

# Kitchen Cupboard

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By Rosemary K. Jackson

Many of us like to have a slice of bread with our meal, either plain or toasted, and sometimes we get tired of the same old same old store-bought versions. I did some digging among my cookbook collection and came up with three, using corn, pumpkin and sweet potatoes. Plus, first off, I finally found a recipe for that southern favorite we enjoy every year at Howard's Pub restaurant on Ocracoke Island ... Hush Puppies!. These carry the legend that in the anti-bellem south when dogs had the run of the house, they made these up from leftover dough, deep fried them and had a plate of them in the dining room in case the dogs arrived during a meal, becoming a pest. Legend is they would throw these dough balls along with the words "Hush Puppie!" Enjoy.

## Hush Puppies

1 T flour

1 cup cornmeal

3/4 tsp. salt

1 medium onion, grated

1 egg, beaten

6 T milk

3 tsp. baking powder

dash red pepper

Mix all dry ingredients, add onion, and add beaten egg and milk. Beat until smooth. Drop by tablespoons into 2 inches of hot oil from side of spoon to form pups. Fry until golden brown. NOTE: I'm still looking for a recipe for the sweet version we enjoy at Howard's.

## **Cornbread**

2 cups cornmeal

3 cups boiling water

1/2 tsp. salt, optional

1/2 stick butter

1/2 cup sugar

1 cup milk

2 eggs, beaten

Pour boiling water over the cornmeal. Mix well. Add salt and butter, sugar and milk. Add eggs and mix well. Pour into a greased 8×8 inch pan and bake at 350 degrees until test done. (Very thin batter). After baking, allow to set for about 30 minutes before serving.

## **Pumpkin Bread**

2/3 cup shortening

2 2/3 cups sugar

4 eggs

1 large can pumpkin, drained

2/3 cup water

3 1/3 cups flour

1/2 tsp. baking soda

1 1/2 tsp. salt

1 tsp. cinnamon

1 tsp. ground cloves

2/3 cup broken nuts

2/3 cup chopped dates

Mix all ingredients well. Pour into four 1-pound coffee cans. Bake at 350 degrees for 1 hour. Can be frozen.

### **Sweet Potato Muffins**

2/3 cup canned or cooked fresh sweet potatoes, well drained

4 T butter

1/2 cup sugar

1 egg

3/4 cup all-purpose flour

2 tsp. baking powder

1/2 tsp. salt

1/4 tsp. nutmeg

1/2 tsp. cinnamon

1/2 cup milk

4 T chopped pecans or walnuts

Preheat oven to 400 degrees. Grease muffin tins that are 1 1/2 inches in diameter. Puree the sweet potatoes in a food processor or blender. Cream the butter and sugar. Beat in the egg and sweet potatoes. Sift flour with baking powder, salt, cinnamon and nutmeg. Add dry ingredients alternately by hand with milk and chopped nuts, mixing until blended. Do not over mix. Spoon into greased muffin tins, filling each tin fully. Sprinkle each muffin with a little cinnamon and sugar, if desired. Bake at 400 degrees for 25 minutes.

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