

Springwater Heritage Committee Presents Cast Iron Cookery – A Taste of History Recipes

These recipes were provided by the event's keynote speakers, Ruthan and Dennis Johnson and were made during the live demonstration on May 24th, 2018.

Red Cabbage and Apple Skillet

4-5 apples, peeled, cored and chopped	½ cup water
½ cup chopped onion	⅓ cup vinegar
4 Tbs. Bacon drippings	½ cup maple syrup
1 head red cabbage, shredded	1 Tbsp. butter
1 tsp. salt	

Heat bacon drippings in a large cast iron skillet. Add apples and onion. Cover skillet and cook over a low fire 10-15 minutes stirring occasionally. All cabbage, salt and water. Cook covered another 20 minutes, stirring occasionally. All vinegar and maple syrup and stir well mixed and mixture is hot and bubbly. Stir in butter. Cook 5 minutes longer, stirring.

Fried Apples

5-6 tart apples peeled and sliced	⅛ tsp. salt
1 tsp. lemon juice	1 tsp. cinnamon
½ cup butter (or bacon fat)	Dash of nutmeg
¾ cup brown sugar	

In a large skillet melt butter or fat. Pour apples evenly over skillet bottom. Sprinkle lemon juice over them, then brown sugar, than salt. Cover and cook over low fire 10-12 minutes until apples are tender and juicy. Sprinkle with cinnamon and nutmeg. Serve as a side dish with pork chops or other meat. I like them on top of pancakes or waffles.

Recipes from Old Fashioned Woodstove Recipes, page 10.

Skillet Cornbread

¾ cup flour	1 tsp. salt
1 ¼ cups cornmeal	1 egg beaten
2 tsp. baking powder	1 cup milk
1 ½ Tbs. brown sugar	3 Tbsp melted butter or bacon drippings

Heat 10 inch cast iron skillet and melt the 3 Tbsp. Butter or bacon drippings until skillet is sizzling hot. In a mixing bowl combine dry ingredients. Then stir in egg mixed with milk. Then add melted butter from skillet. Mix until all ingredients are moistened. Do not over mix. Spread mixture evenly into the hot skillet. Cover with lid. Cook over hot fire (400 degrees F. on your stovetop thermometer) 30 minutes or until golden brown.

Recipe is from Old Fashioned Woodstove Recipes, page 15.

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Feather Cake

Mix together:

1 cup sugar
4 Tbsp. Butter

3 eggs

Mix together: 1 cup flour mixed with 1 tsp. cream of tartar. Add to first mixture.

Mix together: ½ tsp. baking soda dissolved in 8 tsp. water. Add to mixture.

Short Bread

½ lb butter
2 ½ cups flour

½ cup sugar
2 Tbsp. lavender

Cream together butter and sugar, add flour gradually and the gently fold in lavender. Bake in slow oven till edges turn brown. Sprinkle lightly with icing sugar.

Drop Scones

1 ½ cup flour
½ tsp baking soda
1 tsp cream of tartar
¾ cup milk

2 Tbsp. sugar
Pinch of salt
1 Tbsp. maple syrup
1 egg

Preheat a non-stick griddle or lightly oiled heavy skillet. In medium bowl, mix all ingredients. Using preheated griddle or skillet pour or spoon about 1/8 cup of batter for each scone. Cook scones until bubbles appear and edges look slightly dry. Turn over & continue cooking until lightly browned. Place cooked scones on one half of a clean cloth and fold other half over to keep warm.

Chutney

To 4-6 cups of your choice of rhubarb, mango & apricot, peach or tomato add:

1 cup brown sugar
1 ½ tsp ginger
¼ tsp cloves, cayenne, pepper

¾ cup vinegar
½ tsp. salt, cinnamon, allspice
½ cup chopped onion

Cook slow over low heat and simmer till cooked through.