

Rice Bread

Ingredients

1 tablespoon butter melted
1 teaspoon salt
 $\frac{1}{2}$ tablespoon vegetable shortening melted
1 dash of cayenne pepper
1 cup rice cooked
1 cup milk
 $\frac{1}{2}$ cornmeal
3 large eggs beaten



Directions

* The salt, though traditional, may be eliminated if you choose to do so.

Place the melted fats and the rice in a heavy saucepan, covered, over very low heat.

Mix cornmeal and salt and pepper, then stir milk into beaten eggs and blend in the cornmeal.

Blend together with the rice mixture and put into greased 8- or 9-inch square pan.

Bake at 450F until firm when tapped with finger and well browned on top--about 25 minutes. Cut into squares to serve.

Makes 1 to 1 1/2 dozen squares.

http://recipes.recipelands.com/recipe/v/Antebellum_Rice_Bread_3136
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BUTTERMILK BISCUITS

Ingredients:

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup vegetable shortening
3.4 cup buttermilk

Instructions:

Preheat oven to 450 degrees F. In a large bowl, combine first 4 ingredients. Using a fork or pastry blender, cut in shortening until mixture resembles coarse cornmeal. Blend in buttermilk until a soft dough is formed. Turn onto a lightly floured surface, and knead lightly 7 or 8 times. Roll to $\frac{1}{2}$ inch thickness, and cut out with a floured biscuit cutter. Reroll scraps and cut until all dough is used. Place biscuits on an ungreased cookie sheet, about 1 inch apart and bake until golden, approximately 15 minutes.



http://www.gardnersbarbecue.com/southern_recipes.html

Homemade Butter

2 cups (1 pint) heavy whipping cream, chilled
Pinch salt

You will also need a 2-quart jar with a tight lid, a marble, a strainer, a 2-quart bowl, a measuring cup and a wooden spoon.

Chill the jar and the marble in the refrigerator for at least one hour to help the butter form more quickly. Place the strainer over the bowl and set them aside. Pour the cream into the jar, drop in the marble, and fasten the lid tight. Shake the jar. At first you will hear the marble moving. After about 15 minutes, the cream will get so thick that you won't hear or feel the marble. The sides of the jar will be coated with thick cream. Continue shaking the jar. After another 15 to 30 minutes, butter will begin to form.

First you will hear the marble moving again, then the coating of cream will disappear from the sides of the jar and you will see lumps of butter in a milky liquid. The liquid is buttermilk.

Open the jar and pour the butter and the buttermilk into the strainer. The buttermilk will flow into the bowl, and the butter will stay in the strainer. Pour the buttermilk from the bowl into a covered container and store in the refrigerator. You can drink the buttermilk or use it in another recipe. Rinse the bowl with cold water to remove all of the buttermilk. Turn the butter out of the strainer and into the bowl. Cover the butter with cold water and then pour the water off through the strainer. Do not save this milky water. Keep washing the butter this way until the water you pour off is clear. You are washing out the buttermilk -- buttermilk that is not washed out will turn the butter sour.

Use a clean wooden spoon to stir and press the butter against the side of the bowl. Continue pressing the butter against the side of the bowl to work out any liquid that is left in the butter. Pour the liquid off. You may add the salt, if desired. Chill butter for 1 hour before serving. Makes about 6 ounces.