



# *Momma's Recipes*

*Fresh Recipes from the Midwest*



# Iron Skillet Pork Chops

## Ingredients

2 tablespoons of Extra Virgin Olive (EVO)  
4 (1 to 1 ½ inch-thick) center-cut bone-in  
pork chops  
3 tablespoons of cornstarch  
1 teaspoon kosher salt

2 tablespoons butter  
1½ teaspoons minced fresh garlic  
1 to 1½ cups milk of your choice  
1½ teaspoons fresh thyme leaves  
½ teaspoon ground black pepper

## Instructions

1) In a large cast-iron skillet, heat EVO oil over medium-high heat. 2) Evenly sprinkle pork chops with 1 teaspoon salt and ½ teaspoon pepper on both sides. 3) Add pork chops to skillet. Brown one side of pork chops for 4 minutes on one side, flip and brown the other side for 4-5 minutes without moving, no more than for 8 to 10 minutes total depending on the thickness. Remove the pork chops and place on a plate and cover with aluminum foil to keep warm. 4) Add 2 tablespoons of butter to skillet, melt the butter; add garlic and thyme along with the drippings, stir for several minutes. 5) Add 3 tablespoons of corn starch to the mixture while stirring to prevent clumping.

*My mom taught me a trick to make smooth gravy and works every time; pour milk in a shaker along with the corn starch and shake it up until there is no signs of corn starch and then add the mixture to the skillet, whisking until thickened.*

**Whisk in the skillet 1 to 1 ½ cups of milk. Whisk constantly until thickened and bubbly; Return chops to pan, serve immediately.**



# *Cheesy Scalloped Potatoes*

## *Ingredients*

12 medium thinly sliced Russet potatoes	1 teaspoon ground black pepper
6 tablespoons butter	3 cups of grated sharp cheddar cheese, divided
3 tablespoons of cornstarch	1 ½ teaspoon minced fresh garlic
3 cups milk (whole)	Paprika
2 teaspoons of salt	Optional - Chives

## *Instructions*

*You can use Golden Yukon, but Momma used Russet because these potatoes made for a nice creamy sauce.* 1) Preheat oven to 350 degrees 2) Lightly grease a 9 x 13-inch pan with cooking oil spray; set aside. 3) Cut the potatoes to between 1/8 and 1/4-inch-thick for the best results and even cooking. 4) Melt butter in a medium-sized sauce pan and stir in the corn starch. 5) Whisk in the milk and the salt and pepper and garlic. 6) Cook the sauce on low until it is smooth and continue to stir ensuring that it is not burning. Reduce the heat and stir in 2 ½ cups of the cheddar cheese and continue to stir on low. Once the mixture is nice and smooth cover and turn the fire off. 7) Place half of the sliced potatoes in a lightly greased 9 x 13 greased casserole dish. 8) Pour half of the cheese sauce over the potatoes. 9) Repeat with a second layer of potatoes and cheese sauce and if you have enough repeat again. 10) Sprinkle the remaining ½ cup of cheddar cheese on top and if you want it really cheesy sprinkle a little more to your desire and top with paprika for color. 11) Bake covered with aluminum foil for 40 minutes until potatoes are tender. Remove foil; and continue to bake for another 20 minutes until the top is golden and the sauce is bubbling. If you want the top to be crispier broil on medium heat for 2-3 minutes. 12) Optional-garnish with chives. Serve warm.





BECAUSE YOU NEED OPTIONS

# Mashed Potatoes

## Ingredients

2 lbs. of red potatoes cut up in quarters

½ cup of butter

½ cup of milk

Salt and pepper to taste

Dash a sugar to taste

## Instructions

**Do not peel the potatoes**, *momma liked to keep the skin on as she said the skin was good for you, "full of nutrients!"* Cut the potatoes in quarters.

**1) Bring a large pot of lightly salted water to a boil and place the cut potatoes in the boiling pot.** Cook until tender, but still a bit firm. **2) Drain and place the cooked potatoes in a bowl.** **3) Combine potatoes with butter, milk, salt, pepper, sugar and mash together until smooth and creamy.**

*Anyone who knew my momma knew she loved her butter, do not substitute butter for margarine. Always use REAL BUTTER!*





# Fresh Green Beans

page 50 in "Blessed to Be Unwanted"

## Ingredients

4 cups of fresh green beans

8 to 10 slices of bacon

3 to 4 tablespoons of brown sugar

1 teaspoon of garlic powder

Salt and Pepper to taste

2 tablespoons of butter

One tablespoon of Extra Virgin Olive Oil (EVO)

## Instructions

1) Snap the green beans, rinse and place in a large steamer. Steam the green beans to your desired degree of tenderness. *Momma hated mushy green beans, she liked them with a bit of crispness to them and never measure salt and pepper!*

2) While your green beans are steaming cook your bacon. *My mom used to fry her bacon in another cast iron skillet. I chose to go an easier route and bought the "Hormel Black Label Microwave Ready Original Bacon". It not only saves on time and half the mess, but it is super yummy.* Once your bacon is cooked and is pleasantly crispy, break it up and set aside. 3) Coat your iron skillet with EVO and heat your skillet on medium, melt the 2 tablespoons of butter. Carefully transfer the steamed green beans to the iron skillet.

4) Once the green beans are at your desired tenderness, remove the green beans and place in the skillet. 5) Add your brown sugar, bacon, garlic powder, salt and pepper to taste, stir and cover.

Simmer for 10 to 15 minutes and serve.



# Strawberry Rhubarb Pie

page 43 in "Blessed to Be Unwanted"

## Ingredients

1 cup white sugar

½ cup of all-purpose flour

1 lb. of fresh/frozen rhubarb

2 pints of fresh strawberries

2-3 tablespoons of butter

1 egg yolk

2 tablespoons white sugar

Pie Crust :

1 ¼ cups all-purpose flour

¼ teaspoon salt

½ cup butter, chilled and diced

¼ cup ice water

## Instructions

**1) To make a buttery flaky pie crust combine flour and salt in a large bowl.** Cut in butter until mixture resembles coarse crumbs. Stir in water, a tablespoon at a time, until mixture forms a ball. Wrap in plastic and refrigerate for 4 hours or overnight. *Tip! Do not ever over-knead the dough. Momma used to tell me that if you knead the dough too much that it will turn out tough and not be tender and flaky.* **2) Preheat oven to 400 degrees.** **3) Take out of the refrigerator and begin to roll with a rolling pin.** *Do not over roll either.* Roll the dough out to fit a 9-inch pie plate. Place crust in pie plate. Press the dough evenly into the bottom and sides of the pie plate. **4) Cut the strawberries and the rhubarb into ¼ inch pieces and set aside.** **5) In a large bowl, mix flower and sugar.** Add the strawberries and rhubarb to the flower and sugar mixture. Toss and let stand for 30 minutes. **6) Place the mixture in the pie plate and sprinkle the remaining sugar over the mixture.** Dot the top with butter and don't be afraid to be generous with those dots! **7) Begin to seal the edges of the top and bottom crust with water.** **8) Apply the egg yolk to the top of the pie, using a pastry brush and sprinkling a bit of sugar on top.** This gives it a nice golden-brown finish. Cut small holes in the top to let steam escape. **9) Bake the pie at 400 degrees for 35 to 40 minutes.** You should see a bit of bubbly and brown gooey on top. This means it is done. Cool on a rack and serve it up with a scoop of vanilla ice cream. Mmmm good!





# *The Master Chef*

Candy Henderson, author of *Blessed to Be Unwanted*, has a love of cooking and has decided to share her “Momma’s” recipes, most stored in her head, to carry on her mother’s Joan Doyle’s joy of cooking.