



Cooking book.

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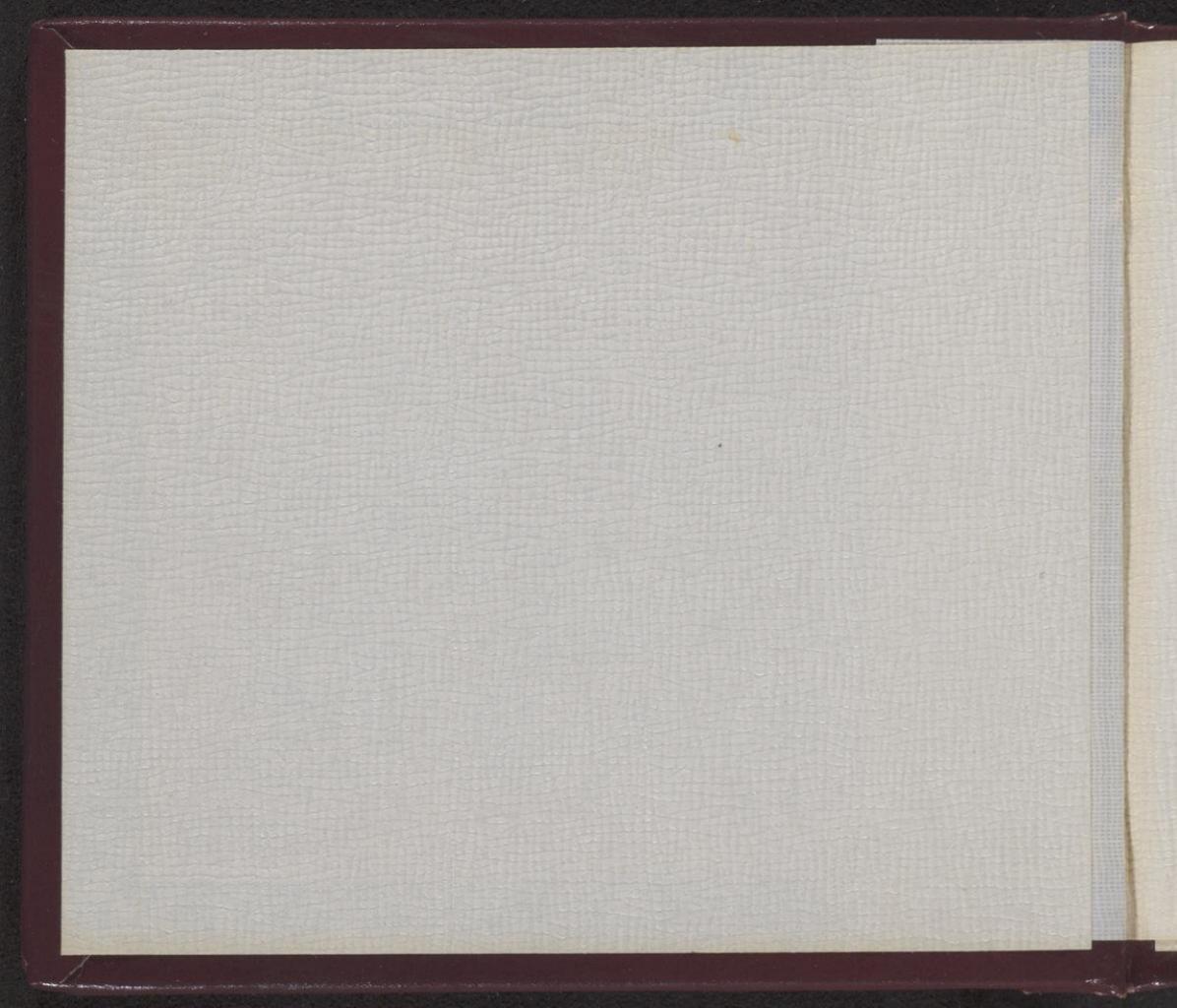
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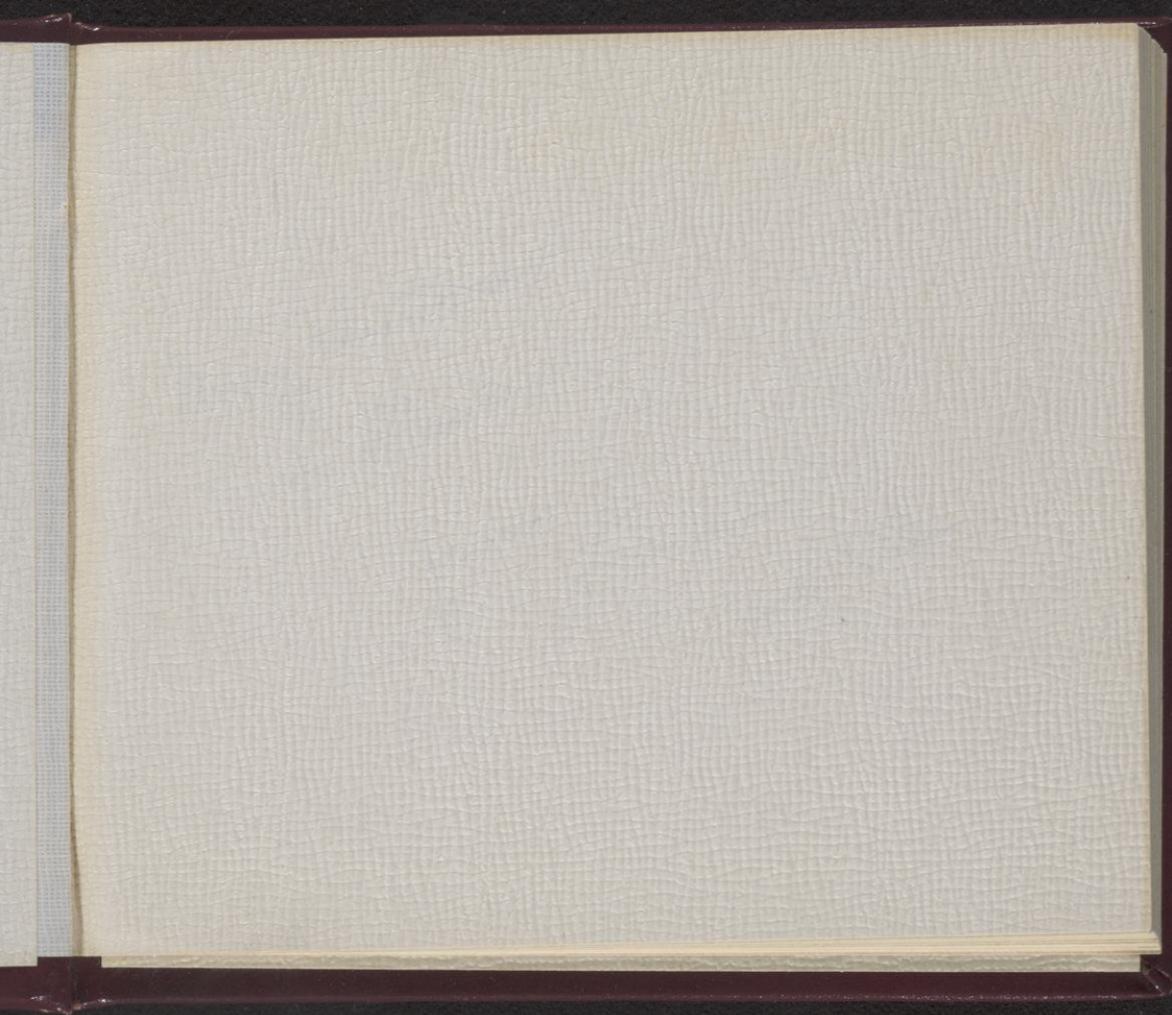
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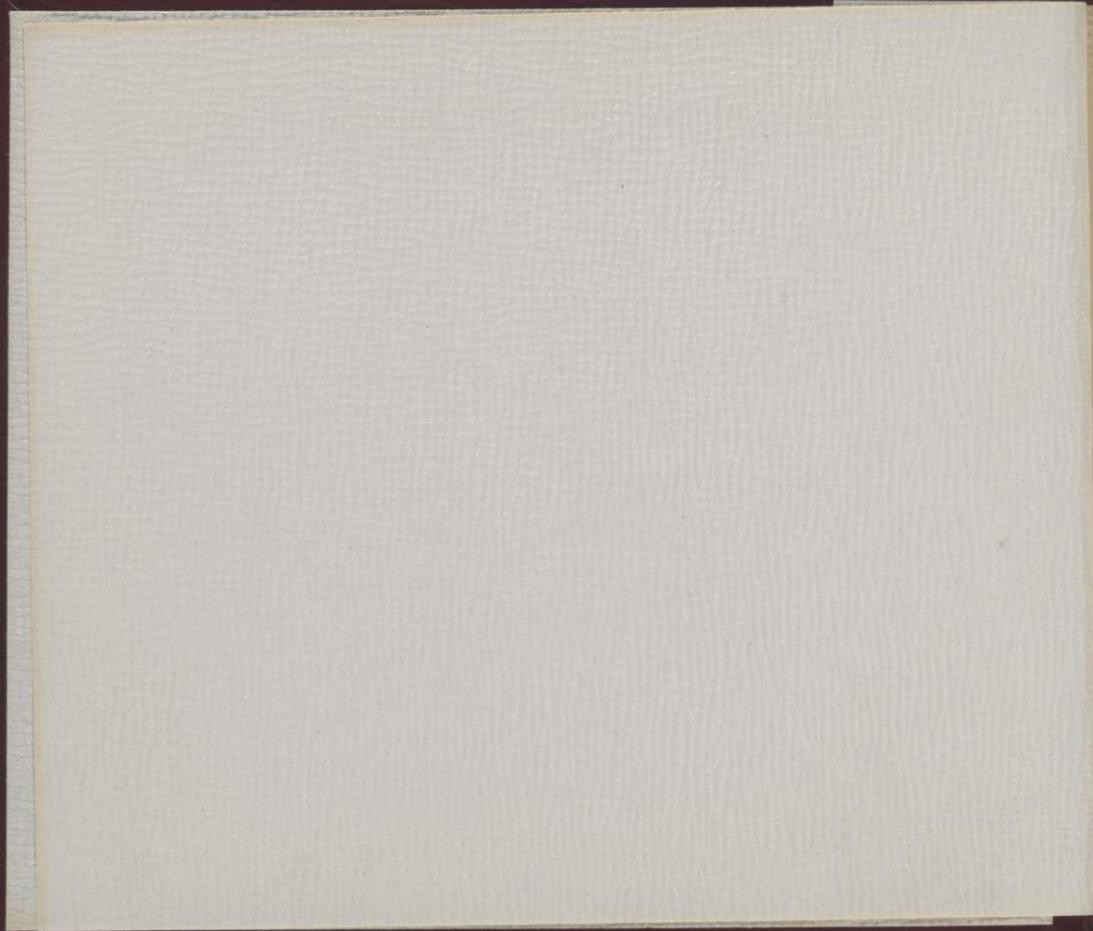
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Autographs







Merry Christmas
to Maude
from Louise
and OJ

The fact that I don't know
much about the subject of
cooking should entitle me
to write a book about it.

- Lorine

But Al seems to know
about cooking - he grew up in
the north woods near Paul
Bunyan and ate close to
the soil. He reads while he eats.

Away from the table, I eat
books.

While much that appears here -
in might seems a bit off beat,
All points out that people eat for
breakfast:

the embryos of food
pieces from the belly of an
animal

seeds ground and burned
and covered with a product
from the mammary glands
of an animal

i.e. eggs, bacon, toast, butter

First, Bacon!

At once the cool, crisp core of
Cookery
and the fatty fruit of life.

Without it, one does not even
get up in the morning.

Says Al

Al: Seldom empty a fry pan
of its bacon grease, let it stand
to be used again, coffee can
stand endlessly, why not
bacon grease?

Use bacon grease + flavor
vegetables, i.e. green beans,
adding bits of bacon and
perhaps a few drops of
vinegar.

We got as far as to say:
Why not put green beans
into Salisbury Steak?

Bacon strips with oysters -
Devils on Horseback. "Yes", says
Al.

I used bacon grease in baking powder biscuits one night for supper when I'd run out of lard or crisco. To me, they didn't taste just right, somehow!

I don't know if I should tell the world; I make baking powder biscuits with whipping cream! Or I should say, I did before I got married!

And of course there's ham.
A: Use a ham bone or
end of ham with vegetables, beet
Cook a chunk of ham alone -
in water & cover with sugar
and cloves.

D: Warm up slices or bits
of ham (left-overs) in split-pea
soup or cream of celery soup,
serving as gravy or soup.

Al: People should eat simple, everyday, nourishing things like boiled dinners. One day I heard him singing in the kitchen over beef and vegetables in water: "You should wait till the juice of the cabbage gets into the soup - When you are sorely wounded and half-dead, take the juice of the beef

from the back bone of the
cow - you will get up and
live!"

All the vegetables ever
grown feed a way to also
beef or pork or chicken.

Cabbage, Yes!

Also: Pork shanks and
cabbage, these are the finer
things of life!

I: Cabbage, on the other
hand, like spinach, has never
vibrated on the same frequency
I do.

Neither one has ever
called to my inner tensions -
Except unfavorably.

Rutabaga.

Also on New Years day, 1964: "We've got turkey, potatoes, lettuce,
But we forgot rutabagas -
They're a New Years dish!"

T: Stick pieces the size of
small potatoes into the
roasting pan with pork,
spare ribs, beef etc.

The rutabaga was intro-
duced into this country
and is still fondly used
by the Norwegians of South
Dakota. They serve it scalloped
with apples, butter and
brown sugar, or glazed
and combined with sautéed
mushrooms and green
peas.

Al at the Art Center
after seeing a lot of abstract
paintings : Ah, here's one -
now we're getting somewhere -
watermelons and rutabagas!

Chicken

Al: Cook the carcass
of chicken for soup after
it's been roasted.

Goose

Dip grease off as it
roasts. Save it + use
with turpentine for
rubbing on the chest -
for chest colds.

Pheasant

The Chinese Ring-neck of South Dakota is sometimes roasted, the breast covered with salt pork. Sometimes it is braised, with chopped liver and tangerine combined in a filling.

Al: You (looking at me)
should eat cooked marrow -

T: What's marrow?

Al: Beef marrow in
the bones - there is no
delicacy in the world like
this.

Liquor is food — sure,
pour wine over cabbage and
over almost anything.

Cherries Jubilee — you set
fire to hot cherries after
pouring on Kirsh, cognac
or grand marnier. Then
carry to the table blazing.

Ever hear of whiskey cake? Lots of raisins, $\frac{1}{2}$ c flour to $\frac{2}{3}$ c bourbon whiskey.

Al doesn't know too much
about sauerbraten. Neither
do I but it seems you
pickle the meat (beef) in a
brine of vinegar, onions,
spices, carrots etc. for
3 or 4 days. Drain meat and
wipe it dry, saving remain-
ing brine for gravy. This
gravy gets thickened at the
last, with gingersnap, all
of it poured over meat which

altogether roasts for 2 hours
and 40 min. Before serving
stir wine into gravy
and strain.

There's such a thing, it seems,
as beer soup! You open beer
and let it stand till it gets
flat! Brown flour and
sugar melted butter. Add
beer, lemon juice, rind and
cinnamon and cook until
boiling. Pour hot beer mixture
into eggs, beating well.
Serve on toast if desired.

Here's Pauline Haase's (Ed
Haase's, I should say perhaps)
bratwurst dish. Use fresh
brats (not smoked ones) in
grill or fry-pan. Soak in
cold water about 2 hrs. Cut
up onions fine and sim-
mer them in beer. Then
grill the brats till "meé"
and brown, then put 'em into
the beer and onion mixture
and let simmer for about an
hour.

Casserole of Sauerkraut and
Pork chops - pour beer
over it. Even Al had
never heard of this one.

Ach, du Liebes Sauerkraut!

How als folks made it on the farm — "In the fall we got out a big wooden barrel — all the better if impregnated with sauerkraut juice from God knows where! After we shook salt by hand fulls between layers of shredded cabbage and filled the barrel almost to the top, we finished with rhubarb leaves. Around

cover went on top - had
a handle on it - and ^a rock
on the cover. The barrel
was kept in the root cellar.
In the winter, as needed, we
would take a dish down there,
lifted the top 2 or 3 inches
of stuff (put it back after-
ward - this stuff didn't
get the fermentation like the
rest) and dipped down into
the delectable kraut.

In the Milwaukee Journal, a Sunday in January, 1964: "From Germany itself comes the news that sauerkraut is no more German than veal scaloppine or bird's nest soup." And this, despite a song in its honor, Metzelsuppen Lied or meat song, composed by a poet 150 years ago. The song said this dish was prepared by a German and therefore it is a German dish. Report

Has it now that ancient Romans invented sauerkraut. Pickled cabbage was highly favored as a remedy for drunkenness and gout, "two national complaints in fun-loving Rome." Another version has it that the Chinese invented it in 200 B. C., altho Learen knows what they called it. Thus another myth is stabbed in the gizzard along with those other two:

that chop suey came from
China and spaghetti from
Italy.

The same Pigs in a Blanket
covers a multitude of sins.
Al knew it somewhere, some-
time to have been beef
wrapped in a cabbage
leaf. A mix-up in the
animal kingdom.

How to Prepare Pike from The Compleat
Angler by Izaak Walton, first printing, year
1653

First, open your pike at the gills, and if need be, cut also a little slit towards the belly. Out of these take his guts and keep his liver which you are to shred very small with thyme, sweet marjoram, and a littl winter-savory. To these put some pickled oysters and some anchovies, two or three. Use these last whole, for the anchovies will melt, and the oysters should not. To these you must add also a pound of sweet butter which you are to mix with the herbs that are shred, and let them all be well salted. If the pike be more than a yard long, then you may put into these herbs more than a pound; or if he be less, then less butter will suffice. These being mixed, with a blade or two of mace, must be put into the pike's belly and then his belly so sewed up as to keep all the butter in his belly if it be possible; if not, then as much of it as you possibly can. But take not off the scales.

Then you are to thrust the spit through his mouth, and at his tail; and then take four, or five or six split sticks, or very thin laths, and a convenient quantity of tape or filleting. These laths are to be tied around about the pike's body from his head to his tail and the tape tied somewhat thick to prevent his breaking or falling off from the spit. Let him be roasted very leisurely and often basted with claret-wine, anchovies, and butter, mixed together, with what moisture falls from him into the pan. When you have roasted him sufficiently, you are to hold under him, when you unwind or cut the tape that ties him, such a dish as

you purpose to eat him out of and let him fall into it with the sauce that is roasted in his belly. By this means the pike will be kept unbroken and complete. Then, to the sauce which was within, and also that sauce in the pan, you are to add a fit quantity of the best butter, and to squeeze the juice of three or four oranges. Lastly, you may either put into the pike, with the oyster, two cloves of garlic, and take it whole out when the pike is cut off the spit; or, to give the sauce a haut-gout, let the dish into which you let the pike fall be rubbed with it. The using or not using of this garlic is left to your discretion.

This dish of meat is too good for any but anglers, or very honest men. I trust you will prove both, and therefore I have trusted you with this secret.

Much to do also about
Carp, according to Izaak Walton.
Except this time the fish is
cooked in an open kettle
instead of on a spit and he
goes the total recipe down to
the last whiff and shake of
all the seasonings. He finishes
by saying, "And so serve it
up and much good do
you."

In 1808 Indians fed a
party of whites (Montana)
moss bread, dried carp,
and muskrat.

According to books like this
present one, the whites are
now feeding the Indians
some gruesome things.

Anybody know what Hush
Puppies are? Even Al knows
nothing about these; corn-
meal, I understand, onions,
buttermilk and aromatic
bitters.

Al asked me if I'd never
heard of raisin-syrup
for pancakes. I told
him: Yes, I've never
heard of it!

I made cornmeal mush
and fried it, one day. It
fell apart as is quite
customary, when turning
it in the skillet.

Al: Add an egg next
time.

J: But I've never seen
a recipe ~~to~~ that effect.

Al: No, but try it anyway!

Al: cheese is constipating?

No, aged cheese is not,
but new, green cheese is.

Al: Aren't you colouring
Easter eggs this year?

D: Well, I'll have to
go out and buy some color-
ing.

Al: Oh, heavens no, use
some feelings -

D: What color would
that be?

Al: Oh, a kind of gold, or
you can cook carrots —

D: Suppose I want purple
eggs?

Al: Red cabbage will
make the stinkiest purple
you'd ever want to find.

Dessert

Al: I never eat it.

Old remedies
from Al's childhood

lard for cuts and wounds,
the red berries of the barberries
for jaundice. He
speaks also of winter-green
leaves for tea and Queen
Annie's Lace (wildcarrot)
for tea and nasturtiums
for salad.

But were really quite
broadminded and would
let you have Epictetus :
"Preach not to others what
they should eat but eat
as becomes you, and
be silent."

Epilogue

Be it noted: on Saturday, July the 18th, 1964, there was baked on Black Hawk Island a catfish with bacon fat (and celery & onions) and served up before the mass of the house. Too rich. Baking soda ensued. The Fall, one could almost say, of the House of Bacon.

Ye catfish went out.

After a few days — you guessed it — bacon came back.

