

Kay's Kitchen

By Kay Fisher

This week it is back to summer recipes again. If you'd more specifically like to try the first one is from Fred Francis of Prestonsburg. It is one of his specialties and I think the easiest to make and most delicious. It could be the concise way he gives the recipe. But do let me add there is no easy way to make salt rising bread.

SALT RISING BREAD
1. YEAST—First step. In a pint jar slice one medium size potato (topside) Add 3 teaspoons cornmeal (fresh)—preferably home ground or water ground meal.

1 teaspoon sugar
 1/2 teaspoon salt
 POOR in boiling water to 1/2 of top, seal and shake.
 KEEP in warm place for approximately 12 hours. A white foam forms to top—the yeast is ready.

2. RISING—Second step. Into 1/2 quart pan (with lid) pour liquid yeast (all except potato).
 Add 2 large pinches soda (about 1/2 teaspoon).
 Add All Purpose Flour to make a paste (not too thick a paste). Mix well.



Illustration of a woman in a kitchen setting.

14. Bake for 50 minutes, if then uncover pan and turn broiler on to make tops of loaves brown.

15. Remove from oven and pans. Cover with towels and sprinkle with water. (Place on towel and cover with second towel).

AUNT LUTIE'S SALT RISEN BREAD
 About noon peel and slice thin, one medium size potato into wide-mouth quart jar. Add 1 tablespoon cornmeal, 1/2 teaspoon sugar, 1/4 cup of boiling water, stir and cover with a cloth and place jar in pan of hot water. This must be kept warm until the next morning when it should have worked into a good "sponge" (bubbling up from the bottom). I kept the "sponge" warm by turning the oven on warm and putting the pan of water and contents over the vent burner.

The next morning scald 2 cups of milk and cool to lukewarm. Empty sponge into and cover warm bowl. Throw away potato, it's the liquid you want. Then add the warm milk. Add enough flour, about 2 1/2 cups, to make a soft batter and beat, beat and beat. I used the electric mixer. Place bowl in warm place and let rise to double in bulk. Then add 1 heaping tablespoon of melted shortening, 1 teaspoon salt and 1/2 teaspoon sugar and enough flour to handle. Add 4 to 5 cups. Knead until elastic. Divide into two loaves and place in 5 1/2 x 9 inch loaf pans. Put in warm place to rise to double in size. Bake at 375 degrees for 15 minutes then at 350 degrees for 45 minutes.

Turn out on cake rack. Butter top lightly.

Strawberries are here and now a new Strawberry Pie.

STRAWBERRY PIE
 1 cup sugar
 3 tablespoons cornstarch
 1/2 teaspoon salt
 1 cup water
 2 teaspoons lemon juice
 Few drops red food coloring
 3 cups sliced strawberries
 1 baked 9 inch pastry shell.
 Mix sugar, cornstarch, and salt. Add water, lemon juice, and red coloring. Cook, stirring all the time, until clear and thick. Cool five minutes. Arrange berries in mixture over the berries, trefrigerate. Substitute well drained frozen strawberries if you wish. Serve with whipped cream or Dream whip.—Bernice McClanahan.

16. Cover with the foil and place in warm oven (not hot—don't have heat on).

17. In about 1 hour to 1 1/4 hours, the dough doubles in size.

18. Remove from oven.

19. Heat oven to 300 degrees, insert loaves.



Larry S. Atkinson, resident of Falmouth received his Doctor of Medicine Degree from the University of Kentucky College of Medicine at the Kentucky Training Center on June 3.

Dr. Atkinson is the son of Mr. and Mrs. Steve Atkinson of Falmouth, and the grandson of the late Mr. and Mrs. W.S. Atkinson of Carlisle.

Dr. Atkinson will intern at the Florida Hospital, Orlando, Fla.

Notice
 Hall's Barber Shop will be closed from June 12th thru 16th.
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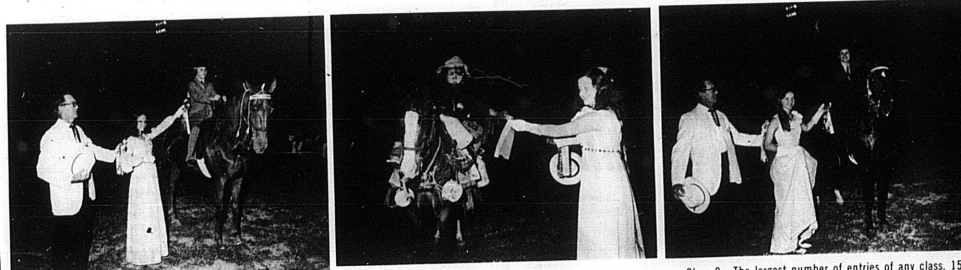
4-H night ushers beautiful weather! Carlisle Jaycee Horse Show Monday night winners pictured



Class 1 - Heather Mathes accepts ribbon along with her sister, Whitney. Ribbons were presented to all 11 participants in this class.
 Class 2 - Mike Woosley accepts the blue ribbon. "Brownie" is owned by Sammy Collins of Carlisle.
 Class 3 - "Chloe Brown" is owned and ridden by Susan Cunningham of Owingsville.



Class 4 - Roberta Hunt, owner and rider, of Mt. Sterling, accepts her first-place ribbon.
 Class 5 - First place goes to "Kim's Blue Man", ridden and owned by Kim Rankin of Georgetown.
 Class 6 - Carlisle's Patricia Grey, owner and rider of "Midnight Passion", accepts her ribbon.



Class 7 - Owner and rider of "My Lady" is Theresa Woosley of Carlisle.
 Class 8 - No. 701, Les Moore, of D & L Stables, Richmond, accepts the blue ribbon.
 Class 9 - The largest number of entries of any class, 15, was entered and won by Nancy Trent of Lawrenceburg. She both owns and rode "Hot Shot".



Class 10 - Rachel Booth, owner and rider of "Scarlet O'Hara's Volunteered Dream", accepts the winners ribbon.
 Class 11 - Frank Hatfield Jr., of Moorefield, owner and rider wins with "Sugar".
 Class 12 - "Lellani Tiki", owned by Narrow Lane Stables of Lexington, and ridden by Trisha Wonderly, captured the blue ribbon.

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