

## **Recipes from *Mourning Gloria***

China Bayles #19

By Susan Wittig Albert

### **Kate's Grilled Herb-Buttered Sweet Corn (Chapter Two)**

8 ears fresh corn

Warm water to cover the corn

4 tablespoons butter, softened

3 tablespoons grated parmesan cheese

2 tablespoon chopped fresh herbs: basil, parsley, oregano, dill, or thyme

salt and pepper, to taste

Preparing the ears:

Pull the corn husks down but don't remove them. Remove the silks, and pull up the husks around the ears. Put the ears into a large pan and cover with hot (not boiling) water. Soak for 15 minutes to saturate the husks. Drain, leaving the ears wet.

Grilling the ears:

Combine the butter, cheese, herbs, salt, and pepper. Divide the mixture into eight equal parts.

Pull down the wet husks and rub one-eighth of butter mixture onto each ear of corn. Pull the husks up to cover. Tightly wrap each ear in aluminum foil and place on a hot grill. Steam for 10 minutes. Remove the foil and grill the ears (still wrapped in the husks) 5-7 minutes longer, turning several times. Serve with additional herb butter.

### **China's Cosmetic Vinegar (Chapter Five)**

Cosmetic vinegar helps to tone, refresh, and restore the skin's natural acidity. For each kind of vinegar you want to make, you'll need four cups of high-quality apple cider vinegar and two cups fresh (or one cup dried) herbs. Steep the herbs in the vinegar for several weeks, then strain into pretty bottles. For a gift, add a raffia tie and this instruction: *To use, mix 1/2 cup vinegar with 3 cups water, and spritz or splash it on your face after washing.*

Herbal combinations

- Minty Vinegar: equal amounts of spearmint, sage, thyme, rosemary
- Sweet Floral Vinegar: equal amounts of rose petals and hips, willow bark, chamomile flowers, and dried orange peel. To use, mix with rosewater.
- Lovely Lavender Vinegar: lavender flowers, rosemary, thyme

### **China's Carrot Cupcakes (Chapter Five)**

3 cups washed, grated carrots (about 1 pound)

2 cups flour

1 teaspoon cinnamon

1/4 teaspoon nutmeg  
pinch of cloves  
1 teaspoon salt  
1 teaspoon baking soda  
1 teaspoon baking powder  
4 eggs  
2 cups sugar  
3/4 cup vegetable oil  
1 teaspoon vanilla  
1 cup chopped pecans or walnuts

Preheat oven to 325°F. Grease muffin tin or line with paper cupcake cups. Sift flour, spices, salt, baking soda, and baking powder together. In a large bowl, beat eggs with sugar. Add oil, grated carrots, and vanilla and mix well. Add flour mixture and nuts. Blend until just mixed. Fill cups 3/4 full. Bake about 25 minutes. Cool and frost.

#### Frosting

1/3 cup cream cheese, soft  
¼ cup butter (½ stick) or margarine, soft  
1 teaspoon vanilla  
2 cups confectioner's sugar  
edible flowers for decoration

Blend the cream cheese and butter. Add vanilla and blend, then beat in sugar. If the frosting is still too stiff, add a few drops of milk. Frost.

Decorate the cupcakes with edible flowers (unsprayed!) from your garden: blossoms of lavender, thyme, chives, basil, nasturtiums, bachelor's buttons, clover, chrysanthemum, calendula, and squash.

### **Margie Laughton's Secret Recipe Pizza Sauce (Chapter Five)**

2 pounds ripe tomatoes  
3 tablespoons olive oil  
1 large onion, chopped  
1 green bell pepper, chopped  
1 carrot, grated  
1 zucchini, grated  
5 cloves garlic, minced  
1/4 cup chopped fresh basil  
2 teaspoons fresh thyme, minced, or 1/2 teaspoon dried  
2 teaspoons fresh oregano, minced or 1/2 teaspoon dried  
2 teaspoons fresh dill weed, or 1/2 teaspoon dried  
1/2 teaspoon celery seed

1/3 cup burgundy or other hearty red wine  
1 bay leaf  
2 tablespoons tomato paste

#### Prepare the tomatoes

In a large bowl, add ice cubes to cold water. Bring a pot of water to a boil. Drop whole tomatoes in boiling water. When skin is loosened (about one minute), remove with slotted spoon and drop into bowl of ice water. When cool, remove peel, cut in half, and remove seeds. Chop and set aside two tomatoes. Chop the rest and puree in blender, food processor, or ricer.

#### Make the sauce

In a large pot over medium heat, heat oil and sauté onion, bell pepper, carrot, zucchini, and garlic about 5 minutes. Pour in pureed tomatoes. Stir in chopped tomato, herbs, and wine. Add bay leaf and bring to a boil. Reduce heat, cover, and simmer 2 hours. Stir in tomato paste and simmer an additional hour. Discard bay leaf. Cool and spread over unbaked pizza. Add toppings and bake.

### **Bob Godwin's Cabrito Kabobs (Chapter Six)**

3/4 cup vegetable oil  
Juice of three limes  
3 teaspoons soy sauce  
4 cloves garlic, chopped  
2 teaspoons fresh cilantro, chopped (if desired)  
1 teaspoon dried cumin  
2 pounds cabrito (goat meat), cut into 2-inch cubes  
Cherry tomatoes  
Chunks of onion, pineapple, green peppers

Mix oil, lime juice, soy sauce, garlic, cilantro, and cumin. Place meat in a zip-top bag and pour the marinade mixture over it, making sure that all the meat is covered. Marinate for eight hours. Skewer meat, alternating with tomatoes, onion, pineapple, green peppers. Brush with marinade. Grill over hot coals for about 10 minutes. Turn, repeat. Serve hot.

### **Caitlin's Lemon Icebox Cookies (Chapter Fifteen)**

1 cup shortening, room temperature  
1 cup granulated sugar  
1 cup light brown sugar, firmly packed  
2 large eggs  
1 teaspoon grated lemon rind  
2 tablespoons fresh lemon juice  
3 1/2 cups flour  
1 teaspoon baking soda  
1/2 teaspoon salt

2 tablespoons finely minced lemon herbs: lemon balm, lemon verbena, or lemon thyme

In a large bowl, beat shortening and sugars at medium speed with an electric mixer until fluffy. Add eggs, separately, beating well after each addition. Add grated lemon rind and lemon juice, and beat until blended. In a separate bowl, combine flour, baking soda, and salt. Add by thirds to butter mixture, beating just until blended. Divide dough into thirds. On wax paper, form each third into a 12-inch log. Wrap in wax paper and chill 4-6 hours.

Slice each log into 1/2-inch slices (about 28), and place on parchment-covered or lightly greased baking sheets. Bake at 350°F for 12 to 14 minutes or until edges are lightly browned. Remove cookies to wire racks to cool. Store in an airtight container, or freeze.

### **Yaupon Tea (Chapter Seventeen)**

Yaupon is the only caffeine-producing plant in North America. It has been used by Native Americans as a ritual drink and by people in the Confederate states who ran out of their usual coffee. It does not have the richness of coffee, but it has plenty of caffeine kick.

Prepare the leaves

Gather several cups of young and older yaupon leaves. (Young green leaves have the most caffeine.) Roast leaves at 200°F for 1–2 hours, or toast in a hot skillet until they are dry and brittle. (Euell Gibbons, in *Stalking the Blue-eyed Scallop*, writes that the darker the roasted leaves, the stronger the caffeinated effect.) Use immediately or store in a tightly lidded jar.

Make the tea

Pour boiling water over crushed leaves in a mug or teacup. Use about 1 tablespoon per cup of boiling water. Allow to steep for 4-6 minutes.

Serve either hot or iced. May be flavored with mint or lemon herbs.

### **Gina's Savory Salt-Free Seasoning Blend (Chapter Seventeen)**

3 dried bay leaves, broken  
3 tablespoons dried parsley  
2 tablespoons dried rosemary leaves  
1 tablespoon dried basil  
1 teaspoon dried sage  
1 teaspoon dried thyme  
1 tablespoon dried lemon zest\*  
2 tablespoons onion powder  
1 teaspoon garlic powder  
1 teaspoon cayenne powder

In a blender or grinder, pulverize all herbs, dried zest, and powders. Place in a large-holed shaker. Excellent on poultry, fish, meat, vegetables, and salads.

\*Lemon zest is the yellow peel, without the white pith. If you don't have a zester, use a potato peeler to peel the lemon. Chop fine and dry thoroughly before using.

### **Ruby's Calming Fragrance Blend (Chapter Eighteen)**

6 drops sandalwood essential oil  
4 drops clary sage essential oil  
4 drops myrrh essential oil  
4 drops frankincense essential oil  
3 drops clove essential oil  
2 drops rose essential oil

Combine and mix the oils. Store in a small dark-colored bottle. Use in a diffuser.

### **RosemaryTangerine Liqueur (Chapter Twenty)**

3 tangerines  
1 cup sugar  
2 cups water  
3/4 cup fresh rosemary leaves, loosely packed  
1/4 teaspoon ground coriander  
1 cup 80-proof vodka  
1/2 cup brandy

Prepare the tangerines

Remove peel from tangerines and scrape and discard the bitter white pith from the inside. (Save peeled tangerines for another use.) Chop the peel and place in a pan in a 200-degree oven for 2 hours. Turn off the oven, open the door slightly, and leave peels overnight.

Make the liqueur

Bring sugar and water to a boil over medium-high heat, stirring constantly until sugar dissolves. Add rosemary leaves and simmer for 5 minutes, stirring frequently. Strain and discard leaves, using a fine-mesh strainer. Add the dried tangerine peel and coriander and pour into a clean 1-quart container with a tight-fitting lid. Let cool for 20 minutes. Add vodka and brandy. Cover and let stand in a cool, dark cupboard for 1 month. Strain through a coffee filter into another container, cover, and allow to age for 1 month before serving. Makes about a quart.

### **Lemony Mint Liqueur**

1 lemon  
1 cup sugar  
2 cups water  
3/4 cup mint leaves, loosely packed  
1/2 cup lemon balm leaves  
1/3 cup lemon thyme leaves  
1/3 cup lemongrass, chopped

2 cups light rum

Prepare the lemon

Follow directions for preparing tangerine peels, above.

Make the liqueur

Bring sugar and water to a boil over medium-high heat, stirring constantly until sugar dissolves. Add mint and simmer for 5 minutes, stirring frequently. Strain and discard leaves, using a fine-mesh strainer. Pour into a clean 1-quart container with a tight-fitting lid. Add lemon balm, lemon thyme, lemongrass, and dried lemon peel. Let cool for 20 minutes. Add rum. Cover and let stand in a cool, dark cupboard for 1 month. Strain through a coffee filter into another container, cover, and allow to age for 1 month before serving. Makes about a quart.