

BRITT HERITAGE FAMILY COOKBOOK



2 0 0 9



Family Recipes
& Food Memories





The times we gather together around the dinner table for a meal prepared with love are precious and cherished events. May your hearts sing in the kitchen and may your families be nourished and nurtured by the foods you prepare. We dedicate this cookbook to all of our ancestors.

BRITT HERITAGE FAMILY COOKBOOK

2 0 0 9



Special Thanks to

WILHEIMINA LONG

Virginia Beach, VA
Founder, Designer and Publisher of the
Britt Heritage Family Cookbook Project

•

ANTENETTE WILLIAMS

Woodbridge, VA
Britt Heritage Family Cookbook Chairperson

•

RECIPE CONTRIBUTORS

James Calvert Britt, Detroit, Michigan
Parrisine Evans, Portsmouth, Virginia
Wilheimina Long, Virginia Beach, Virginia
Lester F. Picot, Woodbridge, Virginia
Mildred Rivers, Norfolk, Virginia
Sabrina Rivers, Gaithersburg, Maryland
Dorothea Scott, Murfreesboro, North Carolina

•

SHARED FOOD MEMORIES

Wilheimina Long
Thornwell Long



I remember mom always cooked fried chicken, white rice and brown gravy for our Sunday breakfast. Sure wish I had a plate about right now — I'd be the first one at the table.

— WILHEIMINA LONG



I remember sitting at mom's kitchen table waiting so eager for the hot stove top cooked corn bread. They would be nice and round. Cut the middle with a knife and stick in a slice of sharp cheeze. Along with a cold glass of ice tea. Smiles oh smiles.

— THORNWELL LONG



Come in from playing and Mom Ida cooking a stove top black frying pan of fried white potatoes which she cut up from whole potatoes, then covering them in flour and her special season. They would stick together all golden brown. This would call for a ice cold glass of ice and pespi. Thanks Mom...smile all smiles. I miss you so much!

— THORNWELL LONG



CONTENTS

SPECIAL THANKS.....	i
FOOD MEMORIES	ii
CHEESE DIP.....	2
SHRIMP & GRITS	3
SOUTHERN SQUASH.....	4
BEER POT ROAST.....	5
CORN PUDDING	6
HONEY BUN CAKE.....	7
PEACHES N CREAM PIE.....	8
GREEN BEAN & TOMATO SALAD	9
SWEET POTATO MUFFINS	10
HEALTHY TIPS.....	Back inside cover
• TIP #1: Tips for People with Diabetes	
• TIP #2: Sugar and other sweeteners with calories	

Cheese Dip

Submitted by
JAMES CALVERT BRITT
Detroit, Michigan

Ingredients:

32 oz cottage cheese
12 oz cream cheese
1 – 2 Packets taco seasoning

Optional Toppings:

Sour cream
Salsa
Shredded Cheese
Green onions
Black olives
Dice tomatoes

Blend ingredients with mixer until well blended.

Spread in 9 x 13 dish.

Before serving top with sour cream and salsa of your choice.

Then top with shredded cheese of your choice.

You can add green onions, black olives, dice tomatoes,
Or what ever you like.

Shrimp & Grits

Submitted by
SABRINA RIVERS
Gaithersburg, Maryland

Ingredients:

4 cups water
Salt and pepper
1 cup stone-ground grits
3 tablespoons olive oil

2 cups shredded sharp cheddar,
mozzarella or any type cheeses you like

1 pound shrimp, peeled and deveined
6 slices bacon, chopped
4 teaspoons lemon juice
1/2 cup green onions
1 can of diced tomatoes
2 tablespoons chopped parsley
1 cup thinly sliced scallions
1 large clove garlic, minced

Grits: Add to water 2-1/3 water to 1/2 cup of grits and 2 teaspoons of olive oil (helps with sticking)

Watch the grits very carefully so they don't burn or stick to the pan. It will take about 20 minutes.

Remove grits from pan and stir in olive oil (just a bit) and cheese.

As you're boiling the grits rinse and dry the shrimp.

Fry the bacon till browned and drain well. For favor add shrimp to grease. Or you can boil the shrimp separately. Cook until shrimp turns pink. Add the lemon juice.

As the bacon is frying prep your parsley, green onions, scallions and garlic. Sauté for 3 minutes.

Place grits into serving bowl. Garnish your plate by placing the grits on the bottom and mix the shrimp and the other ingredients.

Serve right away.

Southern Squash

Submitted by
WILHEIMINA LONG
Virginia Beach, Virginia

Ingredients:

4 tablespoons butter
1 yellow onion, sliced thin
4 yellow squash, sliced thin
1/4 cup sugar
a dash of salt and pepper

Saute' thin-sliced onion in butter until translucent. Add thin sliced squash, tossing to coat. Add sugar, tossing to coat.

Cover and simmer until squash is tender, takes about 10 minutes.

Remove cover and fry until dry and lightly browned.

Serve with salt and pepper to your taste.

Beer Pot Roast

Submitted by
MILDRED RIVERS
Norfolk, Virginia

Ingredients:

Rub these ingredients on the roast:

1 tablespoon salt
2 tablespoons brown sugar
1/2 teaspoon garlic or onion powder
1 teaspoon paprika
1/4 teaspoon black pepper

Other ingredients:

1 cup of water

3 to 4 pound beef roast
1 tablespoon flour
1 tablespoon ginger
1 teaspoon salt and pepper
2 tablespoons olive oil

1 can of beer (whatever is your favorite)
1 large onion, sliced
1 clove garlic
2 stalks celery, cut into large pieces
1 green pepper cut into medium slices
1 can of tomato chunks
2 carrots, cut into medium chunks

Clean and dry roast.

Mix rub (if not marinated overnight) together with the flour, salt, pepper and ginger. Rub mixture on all sides of the meat.

Heat the oil in a heavy roasting pot. Brown the meat on all sides.

Now place the vegetables around the roast. Pour beer over the roast.

If stovetop — once you place lid on the pot, let it simmer for 3 hours.

If placing in oven — roast can be cooked at medium heat (about 350°F) for about 3 hours.

Corn Pudding

Submitted by
LESTER F. PICOT
Woodbridge, Virginia

Ingredients:

1 can cream style corn
1 can pet evaporated milk (same size as
corn appox 15 oz)
2 eggs
2 tablespoons flour
sugar to taste
1/4 tsp vanilla
dash salt

Beat eggs, add flour, vanilla, salt,
and milk.

Stir or use mixer until smooth no
lumps.

Now add corn and sugar and stir/
blend by hand (for sugar add 1
tablespoon at a time until it suits
your taste).

Bake at 350 for 35-40 minutes
or until set.

Can be placed in a casserole or
deep dish. If pudding starts to
brown before it sets, cover with
tin foil loosely.

Fresh corn can be used also but
this is easier.

Honey Bun Cake

Submitted by
DOROTHEA SCOTT
Murfreesboro, North Carolina

Ingredients:

••• Cake

1 box yellow cake mix
4 eggs
1 – 8 oz. sour cream
3/4 cup oil
6 tablespoon brown sugar
2 tablespoon cinnamon

••• Glaze

2 cups powdered sugar
1 teaspoon vanilla
1/2 cup milk

Preheat oven to 350 degrees.

Place cake mix, eggs, sour cream and oil into large mixing bowl and mix for 3 to 5 minutes. Pour 1/2 of batter into 9 x 11 inch cake pan.

Place brown sugar and cinnamon into small mixing bowl and mix. Sprinkle 1/2 of the brown sugar and cinnamon mixture onto batter in 9 x 11 inch cake pan. Pour remaining batter over brown sugar and cinnamon mixture. Sprinkle remaining brown sugar – cinnamon mixture on top of batter.

Bake in 350 degree oven for approximately 30 – 35 minutes.

Glaze: Place powdered sugar, vanilla, and milk into small mixing bowl. Stir until well blended. Once cake is cooked; pour glaze over it as soon as it comes out of the oven.

6 – 8 servings. May be served warm or cold.

Peaches & Cream Pie

Submitted by
JAMES CALVERT BRITT
Detroit, Michigan

Ingredients:

1 can (14 oz) sweet condensed milk
1/3 cup of lemon juice
1 tub (16 oz) cool whip softened
1 large can (29 oz) sliced peaches
(I like to add another small can)

2 Graham cracker crust pie sheels
(9 inch size sheels)

Cut peaches into bite size.

Mix condensed milk, lemon juice, and cool whip untill smooth (use mixer).

Fold in the peaches and divide evenly into the pie sheels.

Cover and refrigerate.

Serve cold.

Green Bean & Tomato Salad

Submitted by
PARRISINE EVANS
Portsmouth, Virginia

PARRISINE'S FAVORITE RECIPE:
Source: Allyou Magazine —
July 24, 2009 Issue

Ingredients:

2 lb. green beans, trimmed,
cut into 1-inch pieces

2 tablespoon chopped fresh herbs,
such as thyme, basil, or rosemary

1/3 cup red wine vinegar
1/4 cup olive oil

4 medium tomatoes (about 1 lb.),
cored, seeded and chopped

Salt and pepper

Prep: 10 min.

Cook: 3 min.

Serves: 8

Cost per serving: \$1.05

Bring a large pot of salted water to a boil. Add beans and bring back to a boil. Cook until beans are bright green and just tender, about 3 minutes. Drain beans immediately under cold running water. Transfer to a paper lined-plate and gently pat dry.

Just before serving, combine herbs, vinegar and oil in a large bowl. Whisk well to blend ingredients. Add beans and tomatoes, season with salt and pepper and toss gently to combine. Serve at room temperature.

Per Serving; 112 cal. 7g fat (1g sat.) 0mg chol, 4g Fiber, 2g Pro, 11g Carb, 152mg Sodium

Sweet Potato Muffins

Submitted by
PARRISINE EVANS
Portsmouth, Virginia

PARRISINE'S FAVORITE RECIPE:
Source: Taste of Home Magazine —
October/November 2006 Issue

Ingredients:

1-1/2 cups all-purpose flour
1-cup sugar plus 1 tablespoon sugar, divided
3 Teaspoon baking powder
2 Teaspoon grated orange peel
1-1/2 Teaspoon ground ginger
Teaspoon baking soda
1.4 Teaspoon salt
2 eggs, lightly beaten

1 cup cold mashed sweet potatoes
(prepared without milk or butter)

1/4 cup vegetable oil
1/4 Teaspoon cinnamon

Ginger Butter
1/2 cup butter, softened

2 tablespoon finely chopped
crystallized ginger

Pre-heat oven to 400 degrees
Prep: 15 min.
Bake: 20 min.

In a large bowl, combine the flour, 1 cup sugar, baking powder, orange peel, ground ginger baking soda, and salt.

Combine eggs and sweet potatoes; stir into dry ingredients just until moistened.

Fill greased or paper lined muffin cups two-thirds full. Combine cinnamon and remaining sugar; sprinkle over batter.

Bake at 400 degrees for 18-22 minutes or until a tooth pick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

In a small bowl combine the ginger butter ingredients.

Serve with warm muffins.

Yield: 1 dozen.

Healthy Tips



TIP #1: Tips for People with Diabetes

A free food is one with less than 20 calories and 5 grams carbohydrate per serving. Examples include diet soft drinks, sugar-free gelatin dessert, sugar-free ice pops, sugarless gum, and sugar-free syrup.

Sugar-free does not mean carbohydrate-free. Compare the total carbohydrate content of a sugar-free food with that of the standard product. If there is a big difference in carbohydrate content between the two foods, you may want to buy the sugar-free food. If there is little difference in the total grams of carbohydrate between the two foods, choose the one you want based on price and taste. Make sure to read the label carefully to make the best choice.

"No sugar added" foods do not have any form of sugar added during processing or packaging, and do not contain high-sugar ingredients. But remember, they may still be high in carbohydrate, so you have to check the label.

Fat-free foods can be higher in carbohydrate and contain almost the same calories as the foods they replace. One good example of this are fat-free cookies. Fat-free foods are not necessarily a better choice than the standard product, so read your labels carefully.

TIP #2: Sugar and other sweeteners with calories

What's the latest word: Should people with diabetes eat foods with sugar?

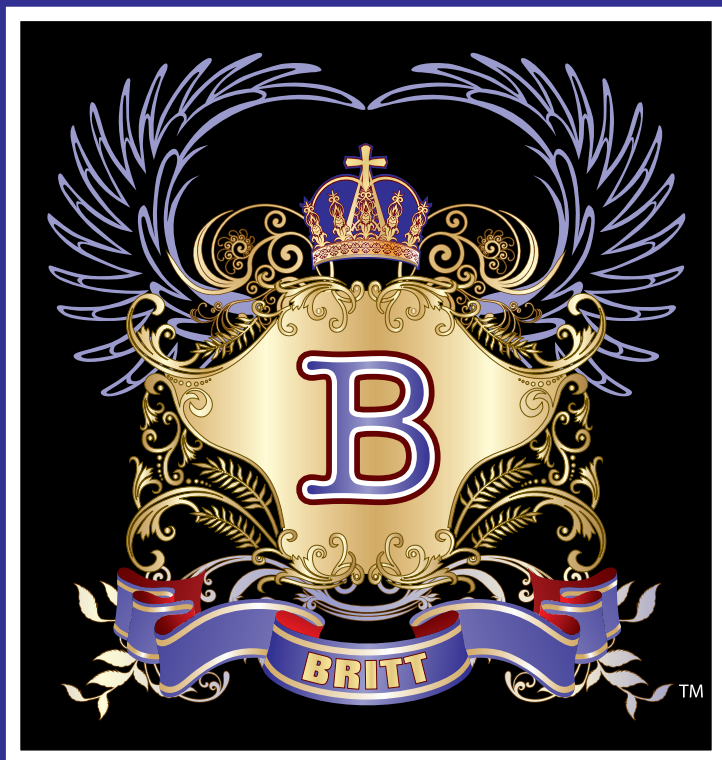
In the past, people with diabetes were warned to avoid sugar. Experts thought that eating sugar would rapidly increase blood glucose, resulting in levels that were too high. Some people even thought that eating sugar caused diabetes, an idea that we now know isn't true.

Research has shown that sugar has the same effect on blood glucose levels as other carbohydrates, also called carbs, such as bread or potatoes. Calorie for calorie, sugar raises blood glucose about the same amount as other carbohydrates. Now experts agree that you can eat foods with sugar as long as you work them into your meal plan as you would any other carb-containing food. The same guidelines apply to other sweeteners with calories, including brown sugar, honey, and molasses.

Of course, most sweets and desserts don't provide the important vitamins and minerals found in more healthful foods, so you'll want to make sure you're still getting the nutrients you need. Many sweets, in addition to having carbs, also have fat and are high in calories.

If you like sweets but also want to lose weight, you can try these tips:

- Eat a small serving of something special such as your favorite dessert instead of a large serving of something ordinary.
- When you're eating out, split desserts with a friend or family member.
- Cut back on the amounts of sugar and fat in your favorite recipes.
- Try new recipes for lower-calorie sweets.
- Satisfy your sweet tooth with fresh or dried fruit.
- Choose lower-calorie, lower-fat versions of your favorite desserts.
- Use a low-calorie sweetener instead of sugar for your coffee or tea.



Britt Heritage Family Cookbook was
designed and published by Wilheimina Long

Printed in the USA

© 2009 Copyright. Britt Heritage Family Cookbook. All rights reserved.
The Britt Heritage Family Cookbook can not be reproduced for resale.
Copies of the Britt Heritage Family Cookbook can not be made without written permission.