



kitchen witch

Gundella

# Shoofly pie isn't what you expected

"Shoofly pie and apple pandowdy. Make your eyes light up, and your tummy say, 'Howdy!'"

So go the words of a song popular in the late 1940s.

Shoofly pie got its name from the fact that its sticky sweetness attracted so many flies you had to shoo them away while you ate it. Apple pandowdy is a type of cobbler served hot, topped with whipped cream.

I'm giving you the recipes to these two desserts because a reader has asked for them. But don't be surprised if they don't live up to your expectations.

I, for one, have never shared the songwriter's enthusiasm for either of these, or for shortenin' bread, also lauded in song.

I think our tastes have become more sophisticated since these dishes were popular.

ANOTHER READER has asked me for some good recipes for cooking venison. It seems her husband has pretty good luck as a hunter, but they usually end up giving the meat away because she never learned how to cook it.

Venison is a delicious meat when properly prepared. However, it is a very lean meat and, therefore, is apt to be quite tough unless marinated before cooking.

I am offering you several recipes I like. Venison burgers are a favorite of my family.

## SHOOFLY PIE

1 1/2 cups flour  
1/2 teaspoon salt  
6 tablespoons shortening  
1 cup hot water  
1 unbaked pie shell (eight inch)  
1/2 cup sugar  
1/2 teaspoon cinnamon  
1/2 cup molasses  
1/2 teaspoon baking soda

Combine dry ingredients. Cut in shortening, and blend until mixture is crumbly. Set aside 1/4 cup of this mixture for topping. Mix molasses, water and soda in a bowl, and stir into flour mixture until evenly moist. Pour into an unbaked pie shell, and sprinkle the reserved crumb mixture over the top. Bake at 400 degrees or until top springs back when lightly pressed with fingertip. Cool before serving.

## APPLE PANDOWDY

1 1/4 cup butter or margarine  
1 egg  
3 teaspoons baking powder  
1 cup milk  
1/4 cup brown sugar  
1/2 cup sugar  
2 1/2 cups flour  
1/2 teaspoon salt  
3 cups apples, peeled and sliced  
1 teaspoon ground cinnamon

Cream butter and sugar together. Add egg, and mix well. Sift together flour, baking powder and salt, and add it, alternating with the milk, to the butter and sugar mixture. Spread apples in the bottom of a well-greased baking dish. Mix together brown sugar and cinnamon. Sprinkle over apples. Pour batter over the top, and spread evenly. Bake at 350 degrees about one hour. Serve warm, topped with whipped cream.

## VENISON STEAKS

Wash and dry steak, and marinate in Italian seasoned, vinegar and oil dressing four to six hours before broiling or grilling as you would any other steak.

## VENISON ROAST

Soak roast overnight or for at least six hours, in salted water and vinegar (a mixture of half and half). Rinse with cold water, and dry the meat with a towel. Using a sharp knife, stick holes in the roast about 1 1/2 to 2 inches apart, and stuff each hole with a sliver of fresh garlic.

Flour well, and brown in a skillet until meat is golden brown on all sides. Place in a covered roaster with one-half cup wine. Top with slices of bacon and onions. Cover, and roast slowly (350 degrees) until tender.

You may also cook this in the same manner in a Dutch oven on the stove top, or in a slow cooker.

## VENISON STEW

2 pounds meat, cubed  
4 potatoes, cubed  
1 package frozen peas  
1 bay leaf  
salt and pepper to taste  
flour

3 tablespoons fat  
2 onions, sliced  
4 ribs of celery, sliced  
2 tablespoons parsley, fresh  
6 carrots, sliced

Dredge meat in flour, until well-coated, and sear in hot fat. Cover with water, and boil. Add remaining ingredients, and cook until tender. Thicken with flour, mixed with a little water. Serve piping hot, with biscuits.

## VENISON BURGERS

Mix together equal parts of seasoned, bulk pork sausage and ground venison meat. Shape into patties. Cook and serve like hamburgers.

If you have questions about these or any other recipes, call Gundella at 427-1072 or write her at Box 434, Garden City 48135.

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# Try an open-face lunch

## MEXI-CHEESE MELTS

1/4 of an 8-ounce package cheese spread with jalapeno peppers, cubed (1 cup)  
2 tablespoons milk  
2 English muffins, split and toasted  
1 small tomato, cut into 4 slices  
1 small avocado, cut into 8 slices

In a 1-quart microwave-safe casserole combine cheese spread and

milk. Cook, covered, on 100 percent power (high) for 1 to 2 minutes or until cheese is melted and hot, stirring once. On each of 2 dinner plates arrange 2 muffin halves. Top each muffin half with 1 tomato slice and 2 avocado slices. Spoon cheese mixture over muffins. Makes 2 servings.

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