

Down Home Food, Shaker Style

By ELLY

We returned to Shaker town, Ky., earlier this month.

It had been three years since our last visit to the Pleasant Hill community and the magic was still there. Once installed in our room in the Trustees House with the simple Shaker furnishings, the handloomed rugs,

bedspreads and curtains, the change took place. We settled into the pace of 19th century living.

A horse-drawn cart ambled down the gravelled main street. Later we discovered the mare's name was Marie Darnley. She was in foal and was spending the summer as a lady of leisure in the Shaker

village. Sometimes, her driver told us, Marie forgot her "delicate condition" and took off at a wild pace. She is really a standardbred and has done many a turn around harness racing tracks.

The Shakers were noted for their beautiful table. Weary travelers, visitors and even, during the Civil War, hundreds of troops gave glowing accounts of the meals served by the Shaker sisters.

Today, Mrs. Elizabeth Kremer maintains the high standards set by the kitchen deaconesses in the 19th century.

If you would like to try your hand at some Shaker cooking, there are several cookbooks available.

"We Make You Kindly Welcome" is a charming little book written by Mrs. Kremer and published by the Keystone Printery in Lexington, Ky. Caroline B. Piercy's "Not by Bread Alone" published by Crown Publishers, Inc. is also recommended.

CHESS PIE

1 1/2 c. all-purpose flour
1/2 t. salt
2/3 c. shortening
Combine flour and salt in mixing bowl; cut in shortening until mixture resembles small peas. Sprinkle in three

to four tablespoons of water to make a stiff dough, stirring with fork. Do not knead. Gather pastry in ball; turn out on floured board. Roll into circle one inch larger than nine-inch pie plate. Fit into pie plate; flute edge.

FILLING:

3 eggs
1 T. cornmeal
1/8 t. mace
1/2 c. sugar
1/2 c. melted butter or margarine
1 T. cider vinegar
1 t. vanilla
Beat eggs slightly. Combine cornmeal, mace and sugar; stir in eggs. Stir in remaining ingredients; mix well. Pour into pie shell. Bake at 325 degrees for one hour or until firm and brown.

COUNTRY CLUB

CHESS PIE

1 stick butter
2/3 c. sugar

1/2 c. grated Velveeta
4 eggs
1 t. vanilla
1 unbaked 9-inch pie shell
Cream butter and sugar. Add cheese; mix well. Beat in eggs one at a time; add vanilla. Pour into pie shell. Bake in a 350 degree oven for 50 to 60 minutes.

OHIO LEMON PIE

2 lemons
2 c. sugar
Pastry for 2 crusts
4 eggs
This is yet another very old lemon pie recipe which the early Ohio Shakers fashioned frequently. "Slice two lemons as thin as paper, rind and all. Place them in a bowl (it states yellow bowl) and pour over them two cups of sugar. Mix well and let stand for better than two hours. Then go about making your best pastry for two crusts. Line a pie dish with same. Beat four eggs together and pour over lemons.

Fill unbaked pie shell with this and add top crust with small vents cut in to let out steam. Place in a hot oven at 450 degrees for 15 minutes and then cut down heat and bake until a silver knife inserted into custard comes out clean. From "Not by Bread Alone," Shaker Cook Book.

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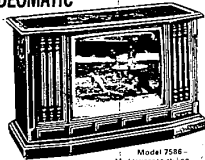
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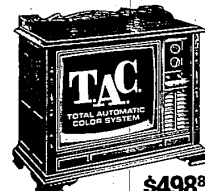


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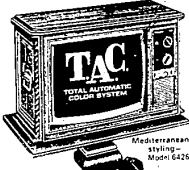
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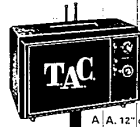


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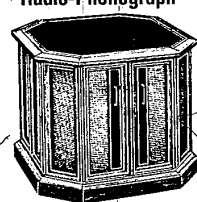


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