

WHAT'S COOKIN' DOC?



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About the Author

Dr. Erroll L. Royal is a retired educator with 40 years of professional experience as a school administrator in the elementary, middle, and high school levels. He is a motivational speaker, workshop facilitator, musician, and mentor group organizer. He has formerly served as a high school guidance counselor, and a psychology professor and director of academic advising at Shaw University, Raleigh, North Carolina. He is a graduate of New Bern Senior High School in New Bern, North Carolina, and he holds a Bachelor of Arts degree in psychology from Shaw University, Master of Arts in psychology, Master of Arts in school counseling, a master of arts in education administration from North Carolina Central University in Durham, North Carolina, Ed. S (Educational Specialist) and Ed. D. from Liberty University, and a Ph.D in counseling psychology from Regent University. He resides with his family in Raleigh, North Carolina.



This southern food cookbook is a long-time coming project. Many of the recipes in this cookbook are the recipes my mother, Sarah Louise shared with me and my siblings while growing up on Charles Street in New Bern, NC. I believe my mother put a little “dash” of sugar in all her dishes to help enhance the flavoring of her foods. She used just enough sugar to make sure that the food item was not considered a dessert when served and tasted.



A recipe that is not shared will soon be forgotten; but when it's shared, it will be enjoyed by future generations!



Dedication of Cookbook

First, and foremost, I would like to thank my Lord and Savior, Jesus Christ for providing me with the mental capacity to retain all the recipes observed from my mother's kitchen and word of mouth instruction from her. She didn't believe in being wasteful when it came to food. I dedicate this book and most of the recipes to my deceased mother, Sarah Louise Royal. I am certain that many of the delicious recipes were passed down from generation to generation

A very special "thank you" to my grandson, Tyler for typing the manuscript for this book. He sacrificed his weekend to help his "Papa."

HELPFUL HINTS IN PREPARING FOOD

Do not grease the sides of cake pan, grease ONLY the bottom.

Eggs should be at least three days old before using in cake.

To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg will remain soft and fresh.

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet knife before each cut.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Potatoes soaked in salted water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if placed in salted water (five teaspoons to a quart of water) immediately after peeling.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all the odor from it.

To remove the white membrane from oranges-for desserts or salads – soak oranges in boiling water for five minutes before peeling them.

To get walnut meat out whole, soak the nuts overnight in saltwater before you crack them.

Dip bananas or apples in lemon juice right after they are peeled to prevent them from turning dark. The faint flavor of lemon really adds quite a bit.

Cheese if chilled will grate more easily.

Rinse a pan in cold water before scalding milk to prevent sticking.

Kneading the dough for half minute after mixing improves the texture of baking powder biscuits.

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To absorb odors from string beans or chitterlings, place the end crust of bread on top of the pot.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Rub your hands with celery to remove onion odors.

Add a teaspoon of olive oil to each quart of water in which you boil rice to make grains stay separate and white.

SLOW OVEN.....250 to 325 degrees

MODERATE OVEN...350 to 375 degrees

HOT OVEN.....400 to 450 degrees

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