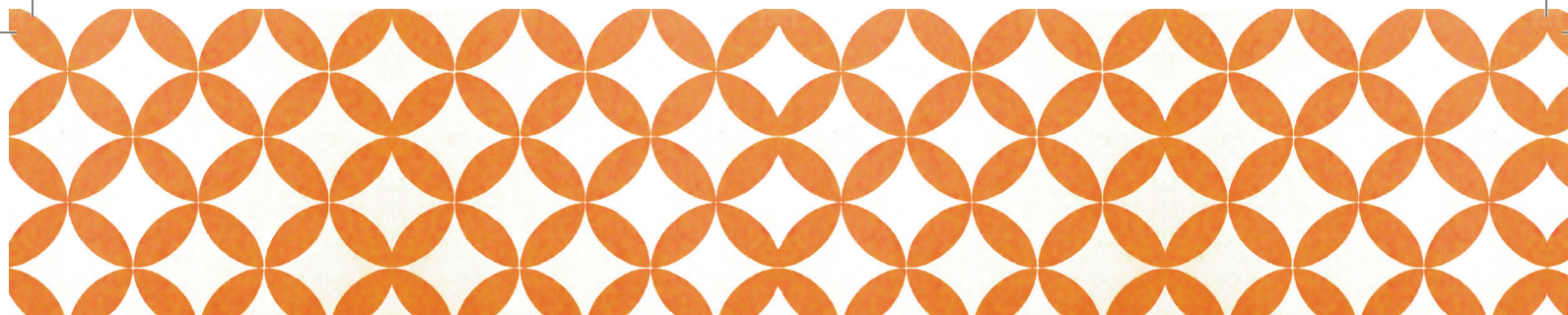


# *Hearty*



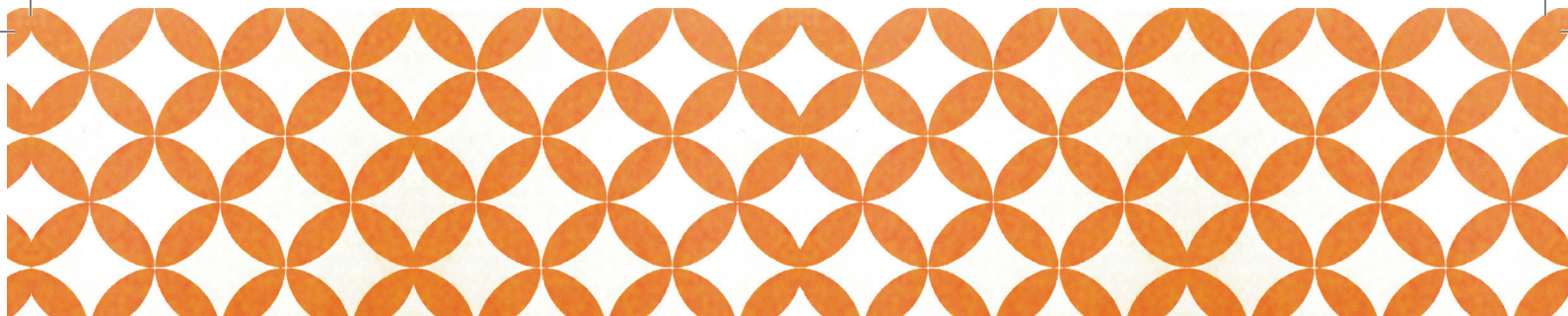
## **Hardworking Meals for Hardworking Families**

**By Milo Sanders**



Milo Sanders is a far from perfect cook. They learn how to do things better all the time, including how to create this cookbook. Their most recent lesson they learned in the kitchen is to add sugar to canned tomato sauces to cut the bitterness of the canned flavor. We can all learn something new every day! Enjoy this book and the recipes within.





## FROM ME TO YOU

Have you ever stood in front of the fridge, trying to figure out how to cobble together some sort of meal that will satiate not one, not two, but three or more children? Have you ever worried that your slow cooker just isn't big enough to fit the ingredients to feed this many mouths? Do you have more than one cook in the house who approaches dishes in different ways, with different cooking utensils and different favorite cookbooks? Me too.

So many things these days aren't built for big and busy families.

Whether it's assuming that a parent will be home to receive a kid when they get a half day off of school, to recipes that don't scale well for more than four people. What if you're all working until five? What if you need that double oven to fit two casserole dishes instead of one? I hear you. Me too.

This cookbook is for families that are like mine: large, loud, picky, and busy. Our family is blended of four adults and three kids. Guests come and go with reckless abandon. Our table is literally crammed with a mish-mash of

chairs that don't quite fit. And don't forget the dog!

It has been my goal to create within this cook book a vintage, 1960s feel. Partially to hark back to the days when families were larger, but also because I was taught to cook with a vintage cookbook from Better Homes and Gardens. My mother even bought me a copy of the same old cookbook when I got married. For many years I used this book, but now I prefer to share the cooking with my other family members. Including our children, who are now old enough to search



the internet for recipes they are interested in. Our dinners are now a lovely blend of timeless recipes and new favorites, just like the makeup of our family. From my family to yours, enjoy these six recipes.

## A VINTAGE COOKBOOK INTRO

Dear Reader,

From cover to cover, this Better Homes and Gardens *New Cook Book* was written with you in mind. Whether you're an experienced cook or a newcomer to the world of cooking three meals a day, we want it to be your best friend in the kitchen.

Choosing recipes for this edition was a great challenge because we tested so many good ones. As we made our selections, we tried to reflect the growing number of new food products as well as up-to-date appliances. Of course, we just had to keep some of the time-tested favorites. So, along with modern short-cut recipes, you can select from our list of specialty cook books found on page 436.

You'll find helpful ideas from planning and buying on through meal preparation and serving. Color pictures and test kitchen tips are packed with ideas for preparing and arranging foods. We want your meals not only to taste delicious, but to look appealing, too. You can be



assured that every recipe has been tested to give you the quality meals you and your family expect. These are busy days for all of us, so we've placed emphasis on ease in cooking. Electric cooking appliances are versatile, as well as convenient. That's why we've included a superb collection of recipes for your microwave oven, crockery cooker, pressure pan, and electric skillet. And, there's a special chapter called Barbecues and Easy Meals. Easy-meal recipes can be fixed in a jiffy or well ahead of serving time.

Barbecuing has become an American way of life. This method of cooking presents a world of new flavor, so we've included a number of outdoor cooking recipes and grilling tips. Our discussions with homemakers tell us you're much more interested in flavor than you've ever been. So you'll find flavor, in just the right portions, throughout our new edition. These are just a few of the many important particulars we've build into the *New Cook Book*.

We hope these recipes will bring joy and good eating to you and your family. If there are special problems with which you think we can help, do write us. We'll try to be of service.

Source: The Better Homes and Gardens *New Cook Book*, publication date unknown because I have lost the copyright page over the years.





## Red Beans and Rice

Red beans and rice is a huge winner at our house of picky eaters. Evie brought this meal to the family, and we're so thankful she did! It's easy to size up for large families, and the beans can cook all afternoon and easily be thrown together after a long day in the office. I recommend doubling the sausage if you can. Or leave it out to make this dish vegetarian!

## INGREDIENTS

- 1 lb dry red beans
- 2 Tbsp cooking oil
- 28 oz Andouille sausage
- 1 yellow onion
- 1 green bell pepper
- 3 ribs celery
- 4 cloves garlic
- 2 tsp smoked paprika
- 1 tsp dried oregano
- .5 tsp garlic powder
- .5 tsp onion powder
- .25 tsp cayenne pepper
- 1 tsp dried thyme
- .25 tsp freshly cracked black pepper
- 2 bay leaves
- 6 c chicken stock
- 1 ham hock or ham bone
- .25 c chopped parsley
- 1 Tbsp salt, or to taste
- 1.5 c long grain white rice (uncooked)
- 3 green onions



## DIRECTIONS

The night before, add the dry beans to a large bowl with double their volume in water. Allow the beans to soak in the refrigerator overnight.

When you're ready to start cooking, slice the sausage into rounds. Add the cooking oil and sliced sausage to skillet or bottom of multi-cooker (on sautee) and cook over medium until the sausage pieces are browned. Remove the cooked sausage to a clean bowl. Place the cooked sausage in the refrigerator while you prepare the rest of the dish.

While the sausage is cooking, dice the onion, bell pepper, and celery. Mince the garlic. After removing the cooked sausage, add the onion, bell pepper, celery, and garlic to the pot. Sauté the vegetables over medium heat until the onions are soft.

Add the spices to the pot. Stir and cook for one minute.

Drain and rinse the soaked beans. If you browned in skillet,



let, transfer to crock pot. Add beans to the pot along with 6 c stock and give the pot a brief stir to combine the ingredients. Add ham hock or ham bone if using.

Slow cook on low for 8 hours on low or 4 hours on high.

While the beans are simmering for their final 30 minutes, Add the cooked sausage back to the pot along with .25 c chopped fresh parsley. Stir to combine.

Add salt to taste.

Cook the rice. Add the rice and 3 cups water to a sauce pot. Place a lid on top, turn the heat on to high, and bring it up to a boil. Once boiling, turn the heat down to low and let the rice simmer for 15 minutes. After 15 minutes, turn the heat off and let the rice rest for 5 minutes without removing the lid. Fluff the rice with a fork.

Add the cooked sausage back to the pot along with .25 c chopped fresh parsley. Stir to combine. Taste the red beans and add salt to your liking. Start with 1 tsp and add more as needed. I used 1 Tbsp total (3 tsp).

Serve the red beans in a bowl topped with a scoop of rice and a sprinkle of sliced green onions.



# Pyrex and CorningWare

## A HISTORY OF THE CLASSIC CROCKERY



Pyrex and CorningWare are both kitchen bakeware lines that are made by Corning Glass Works. Corning Glass Works, now rebranded as Corning Inc., was founded in 1851 in Somerville, Massachusetts, but moved to Corning, New York, soon after. In 1908, Corning Glass Works developed a borosilicate glass that could withstand extreme heat and cold without breaking. They called the glass “Nonex” and used it in battery jars and railroad lanterns. Ironically, Nonex’s strength meant battery jars and lanterns no longer broke and needed replacing, so the company looked for other ways to use its heatproof glass. In 1913, a woman named Bessie Littleton, who was married to Corning scientist Jesse Littleton, found it. After an earthenware baking dish cracked in her hot

oven, Bessie asked Jesse to bring home a Nonex battery jar for her to experiment with. The sponge cake Bessie baked in the jar turned out perfectly, and the jar stayed intact. This sent Corning down a new path: cookware. In 1915, the company launched its first Pyrex line.

CorningWare began as a mistake. When firing casserole dishes, the furnace malfunctioned, reaching a temperature that should have been catastrophic. Instead, the glass bloomed a milky white. One of the lab techs dropped a fired piece on the way to the trash, and instead of breaking, the dish bounced. These two “accidents” led to what we know as CorningWare today: break-resistant cookware that can move from the freezer to the oven.

The first CorningWare appeared in 1957. Today, CorningWare casserole dishes are made from ceramic stoneware. This stoneware has changed over time but still retains the qualities of the original break-resistant pyroceram accidentally created in the lab.

Pyrex, similarly, became famous for their bold colors and designs. Each year they came out with new designs, sometimes in tandem with CorningWare designs to make matching sets.

CorningWare's most famous design is "Cornflower Blue", shown as the top design on the picture of the previous page. Its simplicity and memorable design contribute to its popularity. On the next page you'll see part of an internet collector's collection, a work of 8 years.

What makes Corning Ware so beloved by enthusiasts decades later? Its timeless appeal lies in a perfect blend of nostalgic beauty, exceptional durability, and practicality. The classic designs, characterized by clean lines and elegant shapes, evoke a bygone era and bring a vintage flair to modern kitchens.

In addition to their aesthetic value, Corning Ware vintage pieces are celebrated for their remarkable durability, thanks to the sturdy Pyroceram material. This durability allows for multiple uses – from freezing, to stove-top cooking, to oven baking, to microwave reheating and serving – truly a multifunctional marvel for any chef.

The Great Depression beginning in 1929 dealt Corning and Pyrex a great challenge. Part of its high cost lay in the fact that, even though annual pro-



duction numbered in the millions, the pieces were still individually blown by hand. Corning, with technology acquired from a merger with a competitor, was able to survive the poor economy by switching its Pyrex manufacturing process to automated machine pressing, thus enabling a reduction of retail prices by 30-50%.

The 1940s saw two major developments in the history of Pyrex ovenware. First was the switch from the original borosilicate glass formulation to tempered soda lime glass. Even with the change from hand-blown to pressed glass production, borosilicate Pyrex was still expensive. Tempered soda lime offered virtually the same benefits as borosilicate, but with the added advantage of increased impact resistance.



The second development was the introduction of colorware. Opal glass, also a tempered soda lime formulation, was offered painted in bright colors, the first being the iconic multicolor nesting bowl set which came to be known as the «primary colors» set.

The introduction of color ware in the fall of 1945 and, later, new styles and decorative patterns would further enhance the attractiveness of Pyrex. The 1950s through the 1970s saw the release of dozens of seasonal gift items, and the advertising focus shifted to their promotion. New standard patterns and promotional

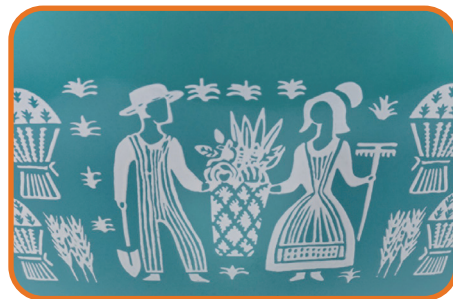
tionals continued to be introduced up until about 1983.

- Sources:
- «CorningWare casserole dish vs. Pyrex casserole dish», Daily News
- «Vintage CorningWare: A Journey Through Timeless Kitchen Elegance», Flea Market Insiders
- «A Brief History of Pyrex», Food and Wine
- «A Brief History of Pyrex Kitchenware», The Pyrex Collector



## DESIGNS NAMES AND EXAMPLES

- Spring Blossom Green, 1972 (page 17, top)
- Friendship, 1971 (page 17, bottom)
- Cornflower Blue, 1958 (previous page)
- Butterfly Gold, 1970s (right, top)
- Butterprint, 1957 (right, bottom)
- Snowflake, 1956
- French White, 1978
- Spice of Life, 1972
- Black Star, 1960s



# Index

## B

beans 4, 5, 6, 7  
black pepper 5

## C

casserole 1, 8, 9, 10  
celery 5, 6  
chicken 5  
CorningWare 8, 9, 10

## G

garlic 5, 6

## O

onion 5, 6

## P

Pyrex 8, 9, 10

## R

rice 4, 5, 7

## S

sauce 7  
sausage 5, 6, 7

## T

tomato B

# Photo Credit

Milo Sanders B

Adobe Stock (photoshopped Milo  
Sanders) 2, 3

Evelyn King 4, 6, 7

Chattanooga Times Free Press (photo-  
shopped Milo Sanders) 8

Pyrex.cmog.org 9, 11

reddit.com/r/Pyrex\_Love 10

Flea Market Insiders 11

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