

*These are the special recipes from a special lady's file and favorites of her family. The memories that come with each one tells a special story of happy travels, grand times and some wonderful food enjoyed along the way. Each one is pure gold.*

## **FROM KELLY'S KITCHEN**

by Tom Abernathy and Carol Watson-Neal

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From  
Kelly's Kitchen



Tom Abernathy  
and Carol Watson Neal



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## **ABOUT THE RECIPES**

All the recipes in this book have been used by Kelly with success and came from her files. As writer of this book, I have tried to keep them as authentic as possible, but some of the information was in Kelly's head, so I have had to rely on my memory and consultation of friends and family. Most of them were hand written on file cards, note paper, several on napkins and one on part of a brown bag. The most impressive one was written on the back of a Las Vegas show program.

## **ABOUT THE AUTHOR**

Tom Abernathy was the husband of Kelly for thirty years and, during that time, they had many wonderful adventures together. Cooking was one of those, and upon her passing, Tom decided that a book of her recipes would be a fitting tribute to her memory.

Along with family and friends, it began to take shape in late 2017, not only as a recipe book, but as a sharing of some of the stories and memories that accompanied them.

Having published his own chronicle of his childhood on the farm and nearly a decade of writing weekly stories for several local newspapers, this endeavor soon became his new labor of love. Many of these recipes he personally tried to do himself, with fair success, however, the magic of Kelly's touch was what made each one special.

For information, he may be contacted at P.O. Box 41, Flynn, Texas, 77855 or email at [Abernathy\\_tom@yahoo.com](mailto:Abernathy_tom@yahoo.com).

## **ABOUT THE CO-AUTHOR**

Special recognition goes to Carol Watson-Neal, whose skills made this endeavor much easier. Carol was a talent that was there when needed, not just for her abilities in production, but, also in keeping me focused on the task. Without her talents and encouragement, it would have been a long, hard task. My sincere thanks to her.

## **ABOUT THE PHOTOS**

All the photos in this collection were taken in Carol's kitchen by Carol. The photos are the actual, unretouched, not photo-shopped images of various recipes in this book and were enjoyed by Carol and whoever else was present at the time.

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*FROM KELLY'S KITCHEN*



Black Walnut Cake

## **Black Walnut Cake**

### The Legend of the Cake

The story of the Black Walnut Cake is a story of unending love. The week before her passing, our church was having a bake sale to raise money for the youth and Kelly had to do her part by baking a Black Walnut Layer Cake. At the auction, the cake sold, was donated back and sold again. It raised over three hundred dollars.

When she was baking this cake (with the help of her husband) he made a comment of really liking this kind of cake. On Friday morning, Kelly rose early and, in her wheelchair, went to the kitchen to bake her husband a Black Walnut Cake. That night, she went to heaven having given this last act of everlasting love for her man.

This was Kelly's goal in life: seeing others happy.

### The Cake:

- 1 ½ cups brown sugar
- ½ cup shortening
- 2 eggs
- 2 cups flour
- 1 tsp. baking soda
- 1 tsp. salt
- 1 cup milk
- 1 tsp. vanilla
- 1 cup chopped black walnuts

1. Preheat oven to 375° F.

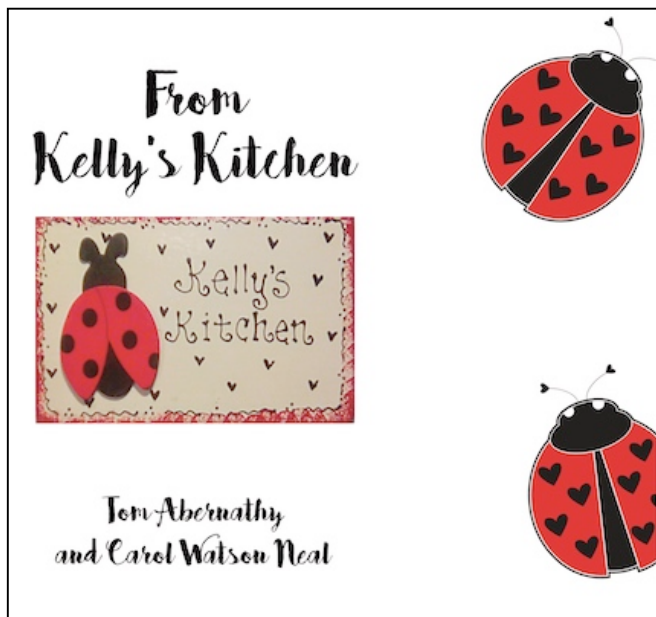


2. Grease and flour two 8-inch round cake pans. Set aside.
3. In large bowl, cream together sugar, shortening and eggs.
4. Sift flour, soda and salt together; add to the creamed mixture.
5. Add the milk and vanilla flavoring to mixture.
6. Pour evenly into two greased and floured 8" round cake pans and bake 25 minutes or until done.
7. Remove and let cool on wire rack about 10 minutes before removing from pan.
8. Cool completely before frosting.

The Black Walnut Icing:

1 cup sugar  
1/3 cup water  
¼ tsp. cream of tartar  
2 egg whites, beaten stiff  
1 tsp. vanilla  
½ cup chopped walnuts  
¼ tsp. walnut extract

1. In double boiler cook sugar, water and cream of tartar until solution becomes clear.
2. Pour the syrup slowly into the egg whites while beating until peaks form.
3. Fold in vanilla, walnuts and extract.
4. Put filling between layers, then around sides before frosting crown of cake.



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