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Poor Folk's Cookbook
By The Poor Boys

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POOR FOLK'S



COOK BOOK

BY THE POOR BOYS

Featuring
Pot Hole Cowboy Stew



POOR FOLK'S COOKBOOK

By The Poor Boys

Ray Montgomery

Roy Butler

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Second Edition

Illustrated by Roy Butler

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HERBS AND SPICES

LEARN TO USE HERBS AND SPICES TO MAKE SIMPLE FOOD INTO TASTY DISHES.
USE THIS LIST AS A FOUNDATION FOR YOUR OWN COOKING.
SEASONINGS, HERBS, AND SPICES MOST NEEDED IN THE KITCHEN

CHILI POWDER:	CAN BE USED ON EGGS, SPAGHETTI, BEANS, SPANISH RICE, SAUSAGES.
GARLIC POWDER:	SPAGHETTI, GARLIC BREAD, SOUPS.
BLACK PEPPER or RED PEPPER:	RED PEPPER IS EASIER TO DIGEST AND HAS ALL THE QUALITIES OF BLACK. ITS USES ARE COUNTLESS.
POULTRY SEASONING:	CHICKEN, DRESSING, CHICKEN SOUP, POT PIES, BISCUITS.
CINNAMON:	ALL PASTRIES.
THYME:	POULTRY SEASONING, STEWS, FISH DISHES, CHEESE, SOUPS, AND VEGETABLES.
SWEET BASIL:	TOMATO DISHES, SOUPS, SQUASH, SAUCES.
OREGANO:	SPAGHETTI SAUCE, MEXICAN DISHES, ITALIAN DISHES.
PAPRIKA:	A MILD SWEET PEPPER AND GARNISH ON SALADS AS COLOR. ADD TO FLOUR FOR BROWNING CHICKEN.
PARSLEY FLAKES: BAY LEAF:	EGGS, CHEESE, SOUPS, SALADS, FISH, MEAT, BREADS. SOUPS, FISH, MEAT, VEGETABLES, POULTRY.
MARJORAM:	A MINT FLAVOR USED IN BEVERAGES, SOUPS, STEWS, JELLIES, SAUCES, EGGS, CHEESE, VEGETABLES, SALADS, POULTRY.
CARAWAY:	ONE OF MY FAVORITES USED IN PASTRIES, SAUERKRAUT, CHEESE, SOUPS, VEGETABLES, SALADS, POULTRY, PORK, FRUITS.
CURRY POWDER:	LAMB CHICKEN, RICE.

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DILL:	MOSTLY A SEASONING FOR PICKLING, BUT CAN BE USED IN POTATO SALAD, EGGS, CHEESE, FISH, VEGETABLES, ALL SALADS, MEAT.
ALLSPICE:	PICKLES, GRAVIES, RELISH.
SAGE:	FOR ALL TYPES OF STUFFING, SAUSAGES, GROUND MEATS, STEWS AND SALADS.
TURMERIC:	USED IN PREPARED MUSTARD OR ANY DISH WHERE MUSTARD IS DESIRABLE. PICKLES.
FENNEL:	WIDELEY USED IN EGGS, SOUPS, STEWS, FISH, VEGETABLES AND SALADS.
TARRAGON:	ALMOST UNIVERSAL, EGGS, CHEESE, SOUPS, STEWS, FISH, VEGETABLES, SALADS, POULTRY, BEEF, BREADS, DRINKS.

THERE ARE MANY, MANY MORE SPICES, HERBS AND SEASONINGS THAT ARE COMMON AND AVAILABLE. ALWAYS TASTE A SMALL AMOUNT ON THE TIP OF YOUR TONGUE. USE YOUR IMAGINATION TO TELL YOU WHEN AND WHERE AND HOW TO USE. DEVELOP A LARGE SPICE RACK AND BE MASTER OF THEM ALL. IT WILL MAKE THE SIMPLEST OF COOKING INTO GOURMET DISHES.

GOOD IDEAS ...

MUSHROOMS: CONSIDER THIS: ONE 4½ OZ. CAN OF MUSHROOMS COSTS \$1.29. ½ POUND COSTS \$0.99. THESE ARE LOCAL PRICES, BUT I'M SURE THE RATIO IS THE SAME EVERY WHERE AND THE FRESH ONES HAVE ALL THE FLAVOR.

FROM THE EXTENSION SERVICE: THREE DOE RABBITS AND ONE BUCK WILL GIVE A FAMILY OF FOUR ALL THE MEAT THEY WILL NEED IN A YEAR AND THE COST IS ONLY FRACTIONAL.

HOMEMADE SYRUP: CAN BE JUST AS TASTY AND FAR LESS EXPENSIVE. 2 CUPS SUGAR, 1 CUP WATER, ½ TSP. OF MAPLE FLAVORING, SUCH AS MAPELINE. ALSO RASPBERRY, BLACKBERRY, ETC. FLAVORING MAY BE USED.

GARLIC SALT: TAKE ONE CLOVE OF GARLIC, CUT OFF TOP AND PEEL. SLICE DOWN SEVERAL TIMES, BUT LEAVE IN ONE PIECE. PUT INTO PINT JAR OF SALT AND LET STAND ONE WEEK. RESULT: ONE PINT OF EXCELLENT GARLIC SALT.

SPICE GARDEN: MANY SPICES AND HERBS CAN BE GROWN IN FLOWER POTS AND WINDOW BOXES IN YOUR HOME YEAR ROUND. BEAR IN MIND THAT NEWLY DRIED FRESH HERBS HAVE MUCH MORE FLAVOR.

ALOE VERA GEL: ALOE VERA, OBTAINABLE IN HEALTH FOOD STORES, IS GREAT FOR MINOR BURNS, SUNBURN, ETC. IT HAS BEEN USED IN CENTRAL AMERICA FOR CENTURIES. IT'S EXCELLENT.

LOOK FOR STORE WHERE YOU BUY HERBS AND SPICES IN BULK BUT NOT IN SMALL CONTAINERS. THEY ARE MUCH TOO COSTLY IN SMALL CANS.

MENTHOLATUM: ABSOLUTELY ONE OF THE BEST LOTIONS FOR CRACKED HANDS AND CHAPPED FACES CAUSED BY THE WEATHER.

SMALL AMOUNTS OF VINEGAR IS A FINE MEAT TENDERIZER FOR MEAT AND ALSO TO BRING OUT THE FLAVOR.

ONION TEA: SLICE ONE WHOLE ONION, PUT IN SMALL KETTLE WITH 1-1½ CUPS OF WATER. SIMMER SLOWLY, COVERED, FOR TEN MINUTES. POUR LIQUID INTO A CUP AND SWEETEN TO TASTE. HONEY IS GOOD. IT IS A HUNDRED YEARS OLD CURE FOR RUNNY NOSES AND COUGHS FOR SMALL CHILDREN AND THE TASTE IS VERY GOOD. PROLONGED USE MAY CAUSE CONSTIPATION.

LEEKs: LEEKs ARE SOMEWHAT EXPENSIVE, BUT USED SPARINGLY IN SOUPS, STEWS, ETC. ADD MUCH FLAVOR AND DO GO A LONG WAY.

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WHEN VEGETABLES ARE IN SEASON, BUY GENEROUSLY OR GROW SUCH AS PEPPERS, TOMATOES, ETC. THAT ARE TO BE USED FOR SOUP. MAYBE MAKE SLICES AND PUT INTO BREAD SACKS. ESTIMATE THE AMOUNT YOU WILL USE AND SEPARATE IT FROM THE REST WITH A BREAD SACK TWISTER. BE SURE TO FREEZE IMMEDIATELY FOR THEY LOSE MUCH VALUE IF NOT CAPTURED BY FREEZING.

LEMON PEPPER: IS A RELATIVELY NEW PRODUCT, BUT IT'S FINE FOR SEASONING MANY DISHES, ESPECIALLY BARBEQUED MEAT.

SAVE LIQUID FROM BOILED VEGETABLES FOR SOUP STOCK INSTEAD OF WATER. THEREIN LIES VITAMINS AND FLAVOR.

WHEN NO OTHER REMEDY IS AVAILABLE, 1½-2 TSP. OF DRY MUSTARD MIXED WITH 2-3 TBLSP. FLOUR AND MADE INTO A PASTE AND SPREAD ON ONE HALF SECTION FLANNEL CLOTH AND FOLDED OVER MAY BE PUT ON CHEST OF PERSON WITH CHEST CONGESTION. IT WORKS, BUT CAN ALSO CAUSE SKIN BURN, SO USE SPARINGLY. WHEN IT STARTS TO BURN REMOVE. IT'S A VERY OLD REMEDY, BUT USE ONLY WHEN A DOCTOR IS UNAVAILABLE.

CREAM OF TARTAR AND SULPHUR TABLETS: ARE NOW AVAILABLE IN MANY DRUG STORES AND ARE VERY GOOD FOR CHILDREN WITH SKIN PROBLEMS, PIMPLES, ETC. MY FOLKS MIXED THEIR OWN EVERY SPRING. WE HAD OUR SHARE TO PURIFY WINTER BLOOD AND CLEAN THE SKIN.

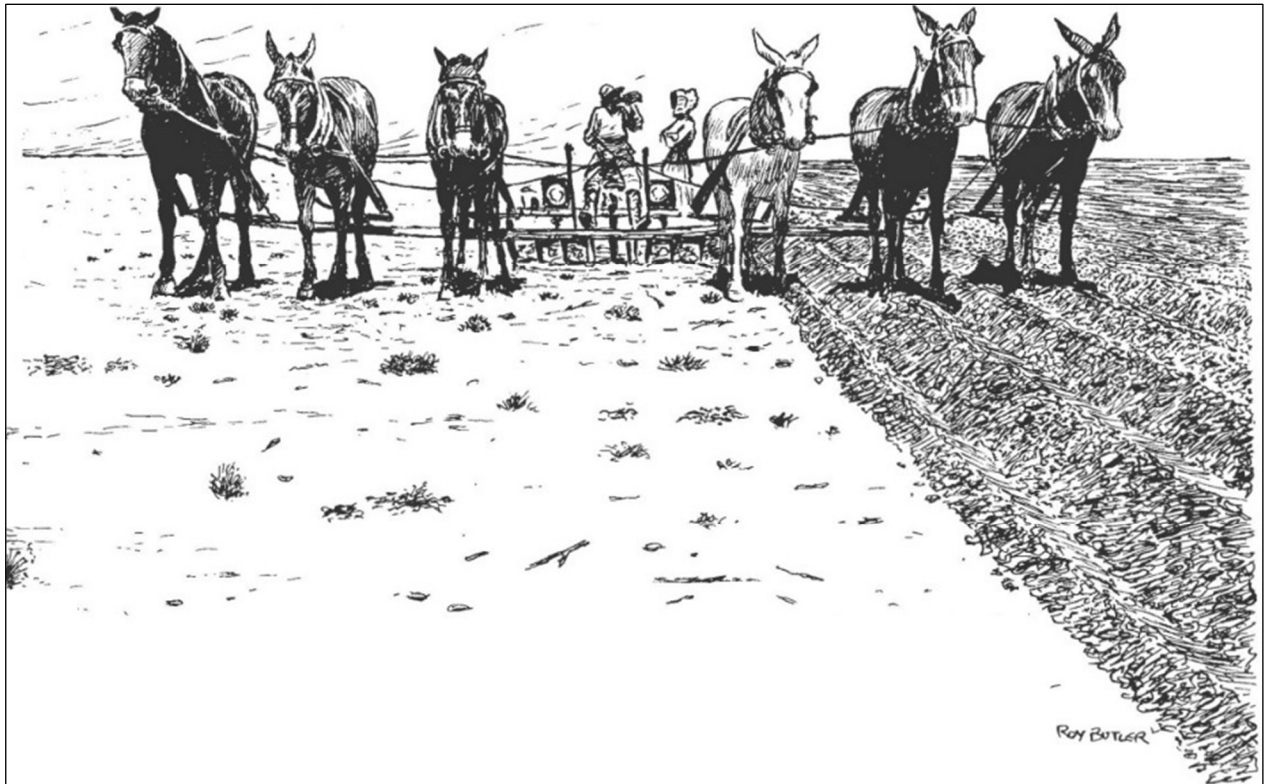
EPSOM SALTS: IS ALMOST MAGICAL FOR MANY THINGS LIKE GARGLING OR ADDING TO BATH WATER FOR SORE MUSCLES. PUT IN SMALLER CONTAINERS, TOO WITH WHATEVER IS TO BE SOAKED. BE SURE WATER IS VERY WARM.

ICE PACKS: ARE EXCELLENT FOR NEW INJURIES, AS MANY PRO-FOOTBALL PLAYERS HAVE FOUND.

HONEY: IS ONE OF THE FEW NATURAL FOODS LEFT IN THE WORLD. IT'S DOWNRIGHT MYSTERIOUS. IT HAS BEEN KNOWN TO LAST 2,000 YEARS IN SEALED CONTAINERS AND STILL BE GOOD. HERE'S SOME USES FOR IT: QUICK ENERGY, HEALTHFUL FOOD, FOOD SWEETENER, ETC. IT ALSO MAY BE APPLIED TO A FRESH WOUND TO KEEP OUT GERMS. BACTERIA DO NOT GROW IN HONEY. HONEYCOMB, IF PRODUCED IN SAME GENERAL AREA AS PERSON WITH ALLERGIES, CAN BE EATEN TO ALLEVIATE THESE DISCOMFORTS. THERE IS MUCH TO BE LEARNED YET ABOUT THIS FINE NATURAL FOOD.

DILL PICKLE JUICE: 2 TSP. OF DILL PICKLE JUICE OR VINEGAR SWALLOWED SLOWLY OFTEN HELPS A COUGH, SORE THROAT. NOT GOOD FOR THOSE ON A SALT FREE DIET.

RECIPES



PROBATION BEER

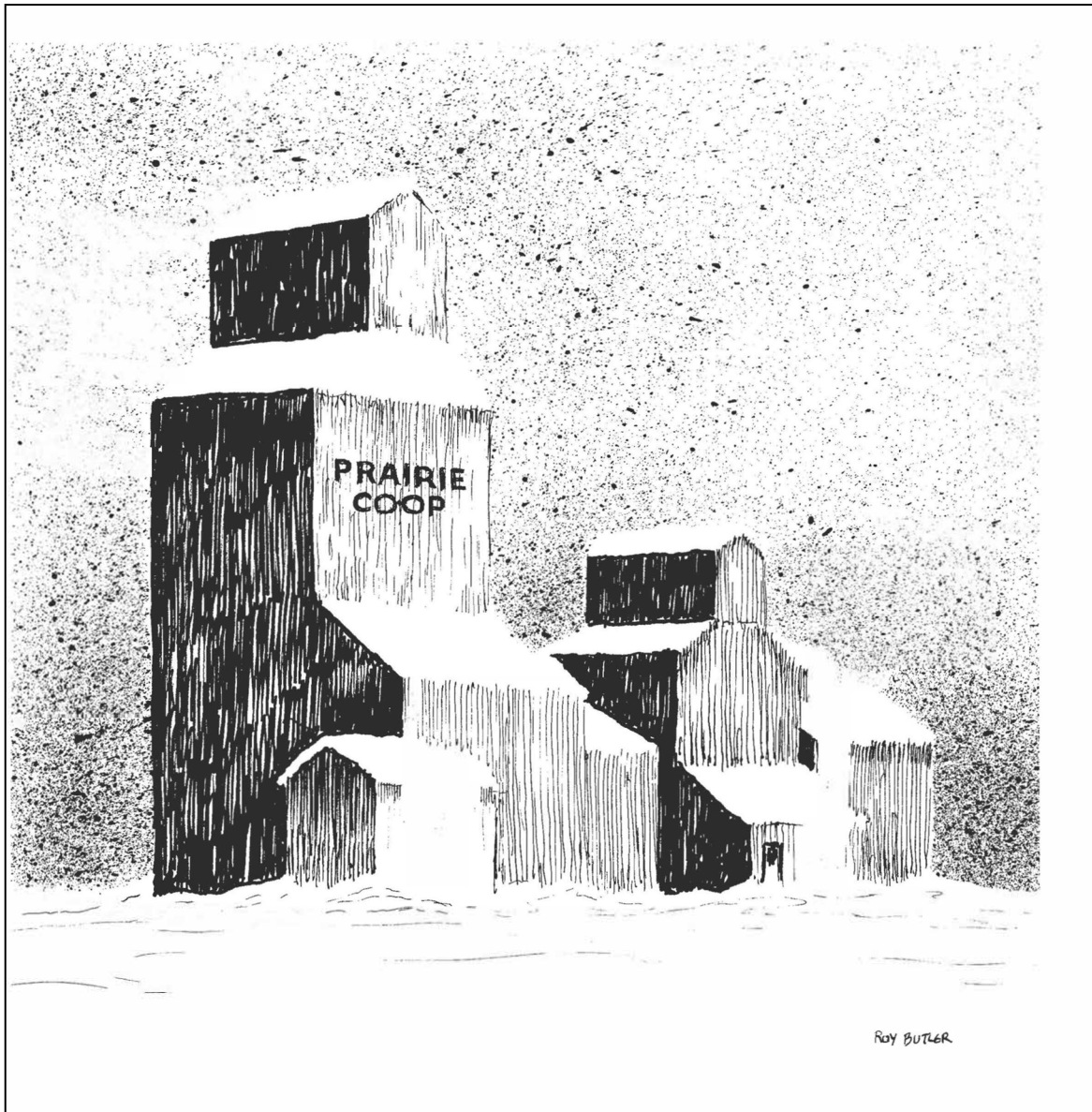
ESSENTIALLY, BEER IS MADE OF MALT, YEAST, AND SUGAR (HOPS IF YOU LIKE). SIMPLE, YET POWERFUL BEER CAN BE MADE WITH ONE CAN (USUAL SIZE) OF BLUE RIBBON MALT, ONE PACKAGE DRY YEAST, AND 3-5 POUNDS OF SUGAR.

DILUTE MALT IN GALLON OF BOILING WATER. ADD SUGAR WHILE WATER IS BOILING, SOFT WATER. WHEN COOL ADD TO 4 GALLONS OF WATER ALREADY IN 5 OR 6 GALLON CROCK. SPRINKLE THE YEAST IN, COVER WITH CLOTH.

LET STAND IN 72 DEGREES FOR 5-9 DAYS. IT'S READY TO BOTTLE.

NOW: DIFFERENT ALTITUDES OF COUNTRY WILL DETERMINE THE PROPER TIME FOR FERMENTATION. IF YOU BOTTLE IT TOO SOON IT WILL BLOW YOUR BOTTLES. IF YOU WAIT TOO LONG IT WILL GO FLAT. THEREFORE, YOU NEED A HYDROMETER TO TELL YOU EXACTLY WHEN TO BOTTLE. THE ABOVE RECIPE IS BASIC AND WILL, I GUARANTEE, MAKE BEER. BUT IF YOUR TASTE IS FOR REFINEMENT THEN GET A CATALOG FROM A WINE AND BEER SUPPLY HOUSE. THERE YOU WILL FIND THE FINEST OF MALTS, CORN SUGAR, AND THE BEST OF BREWERS YEAST. ALSO, YOU CAN OBTAIN FROM THEM THE NECESSARY INSTRUMENTS. HYDROMETER, BOTTLE CAPPER, CAPS, CROCKS OR PLASTIC BUCKETS, ETC. WITH PRACTICE YOU CAN PRODUCE BEER UNEQUALED TO ANY ON THE MARKET.

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BLACKBERRY WINE *

(Amount for one gallon of finished wine)

*THIS RECIPE CAN BE USED FOR ANY FRUIT

4 Lbs. BLACKBERRIES
7 pints WATER
4 Lbs. CORN SUGAR MADE INTO A SUGAR SOLUTION USING PART OF 7 pts. WATER
1 SODIUM BISULFITE TABLET
1 YEAST NUTRIENT TABLET
1 Pkg. WINE YEAST

1 CROCK
1 ONE-GALLON JUG
1 QUART MILK BOTTLE
SYPHON HOSE
2 FERMENTATION LOCKS

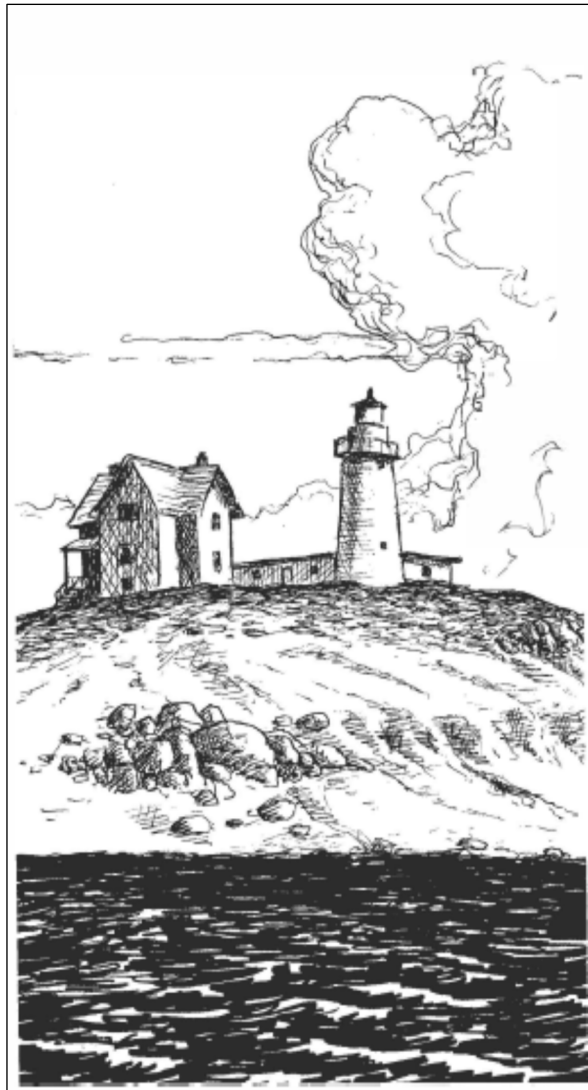
CRUSH THE FRUIT IN A CROCK, ADDING THE REMAINDER OF THE 7 pts. WATER THAT WAS NOT USED IN MAKING THE SUGAR SOLUTION. MIX WELL.

CRUSH AND DISSOLVE SODIUM BISULFITE TABLET IN A SMALL AMOUNT OF COLD WATER. MIX THIS WITH FRUIT PULP. LET MIXTURE STAND IN CROCK FROM 4 TO 6 HOURS. ADD WINE YEAST AND DISSOLVED NUTRIENT TABLET AND ONE HALF THE SUGAR SOLUTION. COVER CROCK WITH MUSLIN AND LET STAND OVERNIGHT.

THEN STIR MORNING AND NIGHT FOR 6 DAYS, ADDING PORTIONS OF THE REMAINING SUGAR SOLUTION DAILY DURING THE FERMENTING PERIOD. AFTER 6 DAY PERIOD, COLLECT JUICE AND PUT IN JUGS AND ATTACH FERMENTATION LOCK. IT WILL TAKE APPROXIMATELY 2 WEEKS AT AROUND 80 DEGREES FAHRENHEIT TO COMPLETE FERMENTATION.

THIS RECIPE IS FOR ONE GALLON, BUT CAN BE INCREASED TO MAKE ANY DESIRED AMOUNT OF FINISHED WINE.

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CHEESE BUTTONS

ANOTHER "OLD COUNTRY" RECIPE. IT MIGHT BE GERMAN, BUT I'M NOT SURE.
WHATEVER ITS ORIGIN, I AM THANKFUL, FOR IT IS ONE OF MY FAVORITES.
FOR THOSE DAYS WHEN YOU ARE NOT TOO INCLINED TO EAT MEAT, THIS WILL FAR
MORE THAN SATISFY YOU. AND FOR YOU WHO NEVER EAT MEAT, YOU WILL REJOICE
OVER THIS ONE. AS FOR ME, I AM GRATEFUL TO THAT WONDERFUL GERMAN FAMILY
THAT INTRODUCED ME TO IT.

7 cups FLOUR
4 EGG YOLKS
2 or 3 WHOLE EGGS
PINCH OF SALT

MIX FLOUR AND EGGS UNTIL CRUMBLY. ADD ABOUT TWO CUPS COLD WATER
A LITTLE AT A TIME. ADD MORE WATER IF NEEDED SO DOUGH IS NOT TOO STIFF.
LET STAND HALF AN HOUR—IT ROLLS BETTER.

2 pkgs. DRY COTTAGE CHEESE
PINCH OF SALT
3 EGG YOLKS

MIX TOGETHER, ROLL DOUGH PRETTY THIN, AND CUT IN SQUARES. PUT A SPOONFUL OF CHEESE
MIXTURE IN EACH SQUARE. PLACE ANOTHER SQUARE OF DOUGH ON TOP AND PINCH EDGES GOOD ALL
AROUND. CAN BE MADE WITH ONE SQUARE OF DOUGH BY MAKING A TRIANGLE AND PINCHING THE EDGES
TOGETHER.

BOIL IN SALT WATER 5 TO 8 MINUTES, DRAIN, FRY IN MARGARINE, TOP WITH
SOUR CREAM.

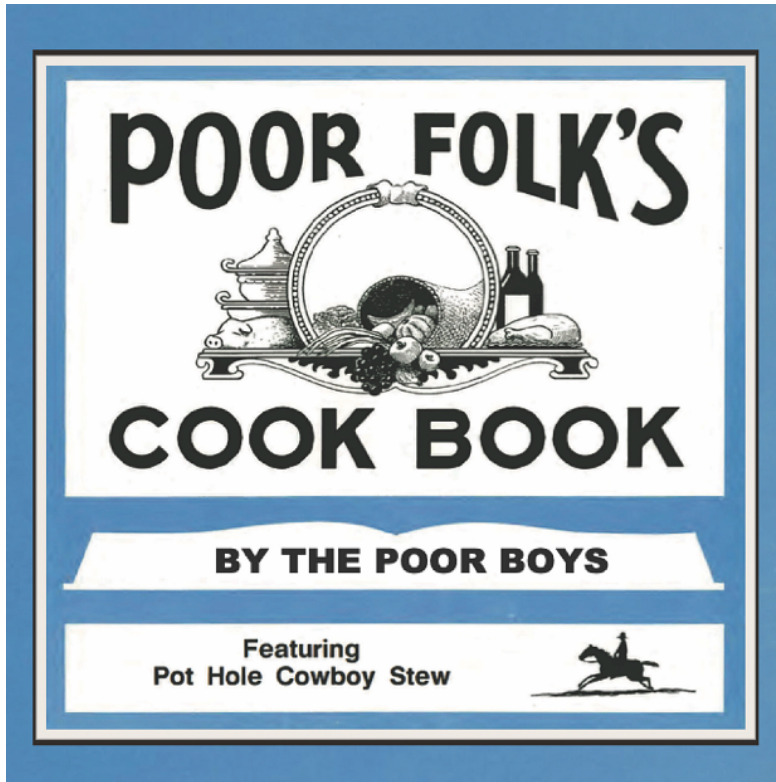
SPANISH RICE

WANT SOMETHING GOOD? SOMETHING EVERYONE WILL LIKE? BUT ARE SHORT ON TIME? PUT THIS TOGETHER AND GIVE IT TO THEM WITH A SALAD AND ROLLS AND YOU HAVE A QUICK, NUTRITIOUS MEAL.

1 pound GROUND BEEF
1 ONION, DICED
1 BELL PEPPER, DICED OR 1 SMALL CAN GREEN
CHILIES, CHOPPED
1 Tbsp. PREPARED MUSTARD
1 Tbsp. CHILI POWDER
1 Tbsp. PARSLEY FLAKES
SALT AND PEPPER TO TASTE
1 small can TOMATO SAUCE
1 - 303 can TOMATOES
1 cup WATER
1 cup UNCOOKED RICE

BROWN GROUND BEEF AND
ONION, ADD RICE AND BROWN
SLIGHTLY. ADD REMAINING
INGREDIENTS, STIR WELL, AND
COVER. LET SIMMER ABOUT 20
MINUTES OR UNTIL RICE IS DONE.





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