



THE STORY OF

Mabry Mill

AND

Old Southern Recipes



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MABRY MILL is typical of the ingenuity of the pioneer people who settle in the Southern Highlands. Ed Mabry, first starting his enterprises with a blacksmith shop, later expanded his operations to include a sawmill, grist mill and woodworking shop. From about 1905 until 1935, this community center provided the needs of the families in the Meadows of Dan area. Shoeing horses, repairing wagons and farm equipment, forging iron into tools and utensils and grinding bread products were all in a day's work for Ed Mabry.

THE STONES IN MABRY MILL are of native granite, quarried near Meadows of Dan. Dressing the stones, a long and tireless task, was another accomplishment of versatile Mabry. Before the 1930's the Blue Ridge people lived in semi-isolated farm communities, handicapped by poor roads and transportation. As with the pioneers, it was necessary to be self-sufficient in maintaining a livelihood. There were farmer blacksmiths, farmer tanners and farmer millers. Some, like Mabry, were capable of many skills and made their living working at them.

THEIR METHODS, though resourceful, have succumbed to the wheels of progress. Mabry Mill, a tribute to initiative and a monument to ingenuity, once again relives the past. From the hillside springs water rushes down the oak flumes and splashes over the massive wheel, which grinds corn meal reminiscent of bygone days. Inside the weathered gray building, now covered with rambling ivy, old fashioned water-ground corn meal, once again is being produced. The vertical stones revolve at about 70 revolutions per minute, retaining the natural flavor and texture of the product, achieved only by this method of manufacture. We have provided for your convenience famous old southern recipes which will help you prepare the foods that are a rare culinary art.

Old Southern Recipes

SOUTHERN HOT CORN BREAD

Beat 2 eggs and add 2 cups buttermilk; 3 tablespoons melted shortening; 2 teaspoon of salt; 3 teaspoons baking powder; 1 teaspoon of baking soda; 2 cups of sifted white corn meal; bake 25 minutes in hot oven.

MAMMYS CORN MEAL MUFFINS

2 cups white corn meal; 1 teaspoon of sugar; 1 teaspoon soda; 1 egg; enough butter milk to make soft; $\frac{1}{2}$ cup flour; 1 teaspoon salt; 2 teaspoon of baking powder; $\frac{1}{2}$ cup melted lard.

Mix in order given, stirring just enough to mix, pour into hot muffin rings or small biscuit pan and bake in hot oven.

SOUTHERN SPOON BREAD

2 cups of white corn meal; $2\frac{1}{2}$ cups boiling water; 2 tablespoons melted fat; $1\frac{1}{2}$ tablespoons salt; 2 eggs; $1\frac{1}{2}$ cups sour or butter milk; 1 teaspoon soda.

Stir corn meal gradually into the boiling water, let stand until cool. Separate the eggs, beat yolk and stir into the corn meal with the fat, salt and sour milk in which the soda has been dissolved. Add the egg whites beaten stiff pour into a greased baking dish bake in 425 degree oven 40 minutes.

SOUTHERN HUSH PUPPIES

2 cups of white corn meal; 1 tablespoon flour; 1 teaspoon soda; 1 teaspoon baking powder; 1 tablespoon salt; 2 cups butter milk; 2 eggs; $\frac{1}{3}$ cup finely chopped onions (optional).

Mix dry ingredients add milk and eggs drop by spoon fulls into deep hot fat. When brown drain on brown paper.

MABRY MILL GRITS

1 cup Mabry Mill Grits; $\frac{1}{2}$ teaspoon salt; $3\frac{1}{2}$ cups water; 2 tablespoons butter or margarine.

Combine grits, salt and water in saucepan. Cook over low heat 25 minutes then add butter and cook 5 minutes. May be served hot or chilled, sliced and fried in butter or pork drippings. Serves 6.

MABRY MILL BUCKWHEAT CAKES

2 cups buckwheat flour; 1 cup white plain flour; 3 teaspoons salt; 1/3 cup sugar; 1/2 cake compressed yeast; 1 qt. warm water.

Blend buckwheat flour and white plain flour. Dissolve yeast in warm water. Make the batter, add 1/2 cup of Wesson oil, and let set at room temperature for 1 hour. Then place the mixture in refrigerator overnight. When used, add small amount of soda to portion to be used in the morning to lighten the sourness of the yeast (if desired).

OLD SOUTHERN BUCKWHEAT FLAP JACKS

1 pt. buttermilk; 1 1/4 cups buckwheat flour; 3 eggs; 1/2 teaspoon salt; 1 teaspoon soda; 1 teaspoon baking power; 1 teaspoon sugar.

Beat egg yolks well, add milk to which soda has been added. Sift dry ingredients and add to milk and eggs, fold in egg whites stiffly beaten. Fry on hot well greased baker.

OLD FASHION BUCKWHEAT CAKES

1 cake yeast; 1 egg; 1 teaspoon salt; Buckwheat flour needed.

Dissolve yeast in one cup of luke warm water pour into mixing bowl, add flour and water until you have the desired amount, beat well. Set where warm to rise over night. The next morning break an egg into this and add enough salt to season, thin with sweet milk, beat real hard for several minutes, fry on greased griddle. Leave about one cup full of this mixture in a bowl to start your cakes next night.

LIGHT FLAVOR BUCKWHEAT CAKES

1 cup buckwheat flour; 1 cup all purpose flour; 3 teaspoon baking powder; 1/2 teaspoon salt; 3 tablespoon sugar; 2 eggs well beaten; 1 1/2 cups sweet milk; 3 tablespoon melted shortening.

Increase milk if necessary. Cook slowly on greased griddle.

**COURTESY
NATIONAL PARK CONCESSIONS, INC.
BLUE RIDGE PARKWAY OPERATIONS**

LAUREL SPRINGS, NORTH CAROLINA 28644

(WE DO NOT SHIP MABRY-MILL PRODUCTS)