

Recipes from the Mountains

By Tiffany Sokolowski

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I can hold my own in the kitchen. I enjoy baking and making new recipes. One thing in particular about mountain living is the cooking. It's certainly different here than in the city.

I made "killed lettuce" the other day with bacon grease and green onions. You may call it something entirely different, but I'm sure you know what I'm talking about. I'm also learning about new plants and wildlife I've never heard of before! (Still haven't tried ramps or poke salad either, if you're curious.)

I'm working on a collection of recipes from the mountains. Share with me your favorites. I can't promise they'll be published anywhere, but I'll certainly add them to my own recipe collection! Tell me how you make fried taters and what you do with mustard greens. How do you make a favorite pie? What about liver and onions? I'm sure you've got a recipe for gravy that you could share. Exactly how much sweet goes into sweet tea? Oh, cornbread, I'm going to guess you have a recipe for cornbread.

Share them with me!

My grandmother used to make a chocolate pudding pie that was to die for, and thankfully my aunt can just about replicate that recipe.

E-mail me at tiffsoko@gmail.com, drop your recipes by the office, or send via mail to 1006 East Main Street, Cumberland, KY 40823.

In the meantime, I'll share a signature recipe formula of my own for tasty punch, which is especially nice during summertime! I've been doing this for years!

Juice + Sherbet + Soda = Punch

Here's how it works:

1 large can/container of juice (you pick the juice pineapple, orange, etc.)

1 regular-sized sherbet (you pick the flavor)

2-liter soda (you pick the soda, ginger ale and lemon-lime sodas work well)

And mix it all up! Here are a few combinations that I have tried and are tasty!

Pineapple Juice + Orange Sherbet + Ginger Ale

Pineapple Juice + Lime Sherbet + Ginger Ale

Pineapple Juice + Raspberry Sherbet + Ginger Ale + Frozen Raspberries (for garnish)

Orange Juice + Pineapple Sherbet + Lemon-Lime Soda

1 Can Frozen Limeade/Margarita Mix (prepared) + Lime Sherbet + Lemon-Lime Soda

1 Can Frozen Five Alive (prepared) + Rainbow Sherbet + Ginger Ale

White Grape Juice + Pineapple Sherbet + Ginger Ale

For a baby shower, use 1 container of vanilla ice cream and a 2-liter of Big Blue and float rubber duckies in the punch bowl.

For a holiday party, go green and red: Pineapple Juice + Lime Sherbet + Ginger Ale and garnish with frozen raspberries.

And there are so many more options! I hope you enjoy!

Mountain Momma is a column written by Tiffany Sokolowski, a city girl who moved to the mountains. We'll share life stories, oddities about city versus mountain living, anecdotes about raising my first born and new tales birthed right here in Harlan County. If there's something that this city girl who has been transplanted into the mountains needs to know, please share. Reach me by calling 606.589.2588, emailing tiffsoko@gmail.com or at our Cumberland office, 1006 East Main Street, Cumberland, KY 40823.