

Myrtle Mooneyham Moore's Ketchup Beef Roast

Mrs. Myrtle Moore (wife of Walter Maynard Moore) had to feed ten children plus assorted workers who were on the farm at meal time. She learned to cook in large quantities. The Ketchup Beef Roast is based on a recipe that originally came from Wofford College's dining hall which she adapted to family use. This is a scaled down version of her recipe for smaller families. It is designed to produce plenty of gravy which is used to cover mashed potatoes and fill hungry men and a house full of children.

1-3 pound beef roast—chuck or bottom round

1 tablespoon of vegetable oil

1 cup of chopped onion

1 cup of ketchup

¼ cup of Worcestershire Sauce

2 tablespoons of apple cider vinegar

1 ½ teaspoons of salt

Brown the roast in hot oil in a Dutch oven or large pan with a cover. Remove the roast from the pan and set aside.

Sauté the onion in the pan drippings until golden brown.

Return the roast to the pan or Dutch oven.

Combine the remaining ingredients and pour over the roast.

Cover and simmer 2 ½ to 3 hours until meat is tender.

Some recipes call for 2 tablespoons of brown sugar to be added to the sauce.

Myrtle Mooneyham Moore's Apple Pound Cake

This is an old recipe that is so rich and good that it is almost sinful. Note that she modernized it by using an mixer.

Mix (use electric mixer)

- 2 cups sugar
- 1 ½ cups cooking oil (She used Wesson)
- 3 eggs
- 2 cups of cake flour

Add to mixture above:

- 1 teaspoon of baking soda
- 1 teaspoon of salt
- 1 teaspoon of vanilla
- ½ teaspoon of black walnut flavoring

Mix together the following with a spoon before adding the above mix with spatula. It will be too thick for a mixer.

- 3 cups of diced raw apples
- ½ black walnuts
- 1 cup of coconut

Note: you can substitute pecans and leave out the black walnut flavoring.

Bake the cake for 1 hour and 20 minutes at 350 degrees. Ovens may vary. If cake gets too brown before it is done, place a piece of aluminum foil over top of it. Use a straw to check to see when cake is done.

Glaze:

- 1 cup of brown sugar
- 1 stick of butter or margarine
- ¼ cup of milk

Mix and boil for 3 minutes. Then pour on cake while both glaze and cake are still hot.