

West Virginia Recipes

Pepperoni Rolls

Ingredients:

5 cups all-purpose flour
1 cup water
 $\frac{3}{4}$ cup sugar
1 teaspoon salt
2 eggs
 $\frac{1}{2}$ cup butter, melted
1 tablespoon dry yeast
Olive oil
20 (3") pepperoni sticks
Mozzarella cheese (optional)



Directions:

Preheat oven to 350° F. Dissolve $\frac{1}{2}$ teaspoon sugar in warm water. Add yeast and let sit 5 minutes. Mix flour, sugar, and salt. Stir in yeast mixture, and then eggs and butter. Knead until smooth. Lightly coat with oil and let sit 2 hours.

Form 2" dough balls and flatten. Roll dough around pepperoni stick (and cheese, if desired) and close ends. Place on a baking sheet. Bake about 15 minutes, until tops begin to brown. Let cool.

Ramp Biscuit

Ingredients:

4 cups flour
4 teaspoons baking powder
1 teaspoon baking soda
2 teaspoons sugar
1 ½ teaspoons salt
1 cup butter, chilled and cut into ½" cubes
12 young ramps, bulbs finely chopped
1 cup buttermilk, plus more for brushing



Directions:

Preheat oven to 400° F. In bowl, combine flour, baking soda, baking powder, sugar, and salt. Mix with beater on low speed; add butter and mix until butter is in pea-sized or smaller chunks, about 4 minutes. Add ramps and buttermilk. Once buttermilk is mostly absorbed, turn off mixer and stir with spatula to combine all flour.

Line a baking sheet with parchment. Scoop biscuits into ½-cup mounds, leaving at least 2" between each biscuit on all sides. Brush with buttermilk. Bake for 15 minutes, rotate pan, reduce heat to 350° F and bake for another 15-20 minutes, until lightly colored on top.

Classic Rhubarb Pie

Ingredients:

6-8 tablespoons flour
2 cups sugar
1 tablespoon butter, cut into pieces
4 cups chopped rhubarb
1 double-crust pie crust recipe (or store bought)



Directions:

Preheat oven to 450° F. Mix flour and sugar in a large bowl. Add rhubarb and toss to combine. Roll out bottom pie crust and place in a pie plate. Add rhubarb mix to the pie plate and dot with butter. Roll out the top crust and cut strips to weave. Trim edges and crimp the 2 crusts together. Place pie on a baking sheet and bake for 10 minutes. Reduce heat to 350° F and bake for 30-50 more minutes.

West Virginia Slaw Dog**Ingredients:****For the chili:**

1 pound lean ground beef
1 onion, diced
1 (16-ounce) can tomato sauce
1 (12-ounce) can tomato paste
2 tablespoons chili powder
1 tablespoon sugar
1 ½ teaspoons salt
1 teaspoon freshly ground black pepper
1 teaspoon garlic salt
1 bay leaf
1 tablespoon white wine vinegar

**For dogs:**

Hot dogs, grilled, steamed or boiled
Hot dog buns
Yellow mustard
Coleslaw
Cheese (optional)

Directions:

In a stockpot, combine the beef, onion, tomato sauce, tomato paste, chili powder, sugar, salt, pepper, garlic salt, and 2 cups water. Stir until combined. Add the bay leaf. Cover and simmer over medium-low heat for about 2 hours. Stir in the vinegar and simmer for 30 minutes longer. Place your hot dogs on buns and top with chili sauce, yellow mustard, and coleslaw. Serve immediately.

Beans and Cornbread

Ingredients:

For the beans:

4 cups dry pinto beans
4 slices thick bacon
1 teaspoon salt
1 teaspoon pepper

For the cornbread:

¼ cup plus 2 tablespoons shortening
1 cup yellow corn meal
½ cup flour
1 teaspoon salt
1 cup buttermilk
½ cup milk
1 whole egg
1 tablespoon baking powder
½ teaspoon baking soda



Directions:

Beans: Rinse beans in cool water; pour them into a large pot, cover with water 2"-3" above level of beans. Slice the bacon into 1" thick pieces and throw into the pot. Bring to a boil, reduce heat, and cover. Simmer for 2 hours or until beans are tender. Add more hot water to the pot as needed. Beans should have a thick broth. Add salt and pepper and seasoning to taste. Serve in a bowl with cornbread.

Cornbread: Preheat oven to 450° F. Heat 2 tablespoons shortening over medium heat in an iron skillet or muffin pan. Combine cornmeal, flour, and salt in a mixing bowl. In a separate bowl, combine buttermilk, milk, and egg. Mix the wet ingredients into the dry ingredients. Add baking powder and baking soda. Stir to combine. Add ¼ cup melted shortening, stirring constantly. Pour the batter into the hot pan, smoothing the surface with a spatula. Bake for 20 to 25 minutes or until golden brown on top.