

A True Grit: Appalachian Ways Collection

Celebrating 100k Subscribers



**To everyone who's cooked with us,
canned with us, or simply shared a quiet
evening watching our little life unfold —
thank you.**



**These are just a few of the recipes that
mean something to me, the ones we
reach for again and again. They've been
baked during birthdays, canned in the
heat of summer, and shared around the
table with our youngin's underfoot and
Andy by my side.**

**I hope you enjoy these as much as we do.
— Meagan**

DILL PICKLES

Ingredients:

- 8 lbs cucumbers
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup preserving salt
- 1 quart water
- 1 quart vinegar
- Fresh dill
- Garlic cloves



Instructions:

Wash cucumbers under cold water, or let them sit in an ice bath until ready to use. You can use whole cucumbers, spears, or slices.

In a large pot, combine sugar, salt, vinegar, and water. Bring to a boil, stirring until the sugar dissolves. Reduce heat and simmer for 15 minutes.

Place a piece of dill and one clove of garlic in the bottom of each sterilized jar. Pack cucumbers into jars, then place another piece of dill and another clove of garlic on top.

Ladle the hot pickling liquid over cucumbers, leaving $\frac{1}{2}$ inch of headspace.

Wipe rims, add lids and rings, and (recommended) process in a water bath for 15 minutes. Let cool for 24 hours. Remove rings and store in a cool, dark place.

MOLASSES COOKIES

Ingredients:

- 8 tbsp butter, melted
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup brown sugar
- 1 egg (room temp)
- $\frac{1}{4}$ cup sorghum syrup or molasses
- 2 tsp vanilla
- $\frac{1}{2}$ tsp salt
- 1 tsp ginger
- 1 tsp cinnamon
- 1 tsp baking soda
- 2 cups all-purpose flour



Instructions:

Preheat oven to 350°F.

Cream together melted butter and sugars. Add egg, molasses, and vanilla. Mix well.

Stir in salt, spices, and baking soda. Mix in flour until just combined.

Roll dough into 2-inch balls, roll in sugar, and place on baking sheet.

Bake for 12 minutes or until the tops begin to crack and edges are golden.

CHOW CHOW

Ingredients:

- 1 medium head cabbage
- 4–5 green tomatoes (about 4 cups)
- 3–4 jalapeños
- 6–7 green bell peppers
- 4 red and/or yellow peppers
- 4 cups onions
- 4 cups vinegar
- 6 cups sugar
- 2 cups water
- ½ cup salt



Instructions:

Chop all vegetables and place them in a glass or stainless bowl. Sprinkle with salt and let sit in the fridge overnight (8–12 hours). The next day, drain liquid and transfer vegetables to a large pot. Add vinegar, sugar, and water. Bring to a boil and cook for 5 minutes.

Pack into sterilized jars and water bath for 10 minutes. The longer it sits, the better it gets!

CHOCOLATE CHIP ZUCCHINI BREAD

Dry Ingredients:

- $1\frac{3}{4}$ cup all-purpose flour
- $1\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $1\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ tsp salt

Wet Ingredients:

- 2 eggs
- $\frac{1}{2}$ cup oil (lard, butter, or vegetable oil)
- $\frac{3}{4}$ cup brown sugar
- 2 cups grated zucchini
- 1 tsp vanilla

Instructions:

Preheat oven to 350°F.

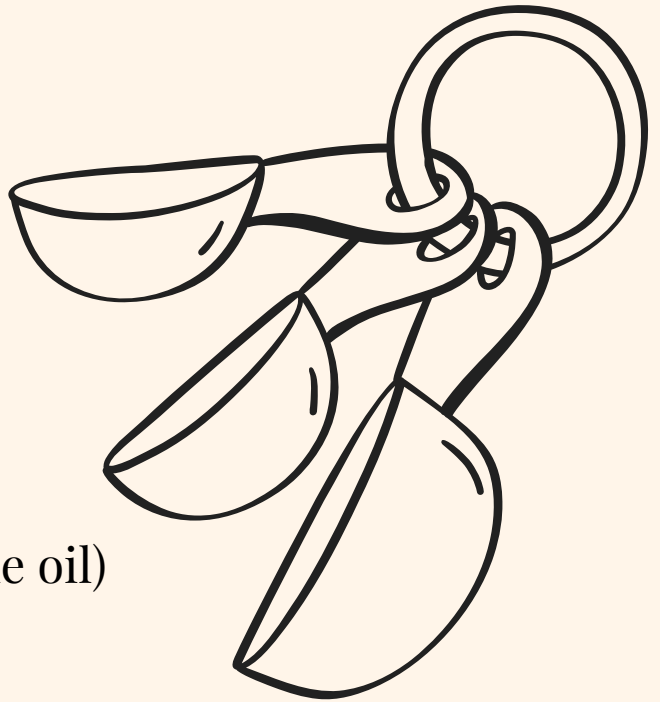
In a large bowl, whisk together dry ingredients.

In a separate bowl, mix eggs, oil, brown sugar, zucchini, and vanilla.

Combine wet and dry ingredients until just mixed. Fold in 1 cup chocolate chips (optional).

Pour into a greased loaf pan and bake for 50 minutes, or until a toothpick comes out clean.

Cool in pan 10 minutes, then transfer to a plate or rack.



COWBOY CANDY PICKLED EGGS

(MAKES 1 GALLON)

Ingredients:

- 3 (18-count) packs of boiled, peeled eggs
- 2 cups apple cider vinegar
- 1 cup white sugar
- 1 cup brown sugar
- 1 tsp turmeric
- 1 tsp garlic powder
- ½ tsp cayenne pepper
- ½–1 cup sliced peppers



Instructions:

Place peeled eggs in a clean glass gallon jar.

In a saucepan, combine all other ingredients and simmer until sugars dissolve.

Pour hot brine over eggs. Top off with additional white vinegar if needed.

Refrigerate and let sit for at least 1 month. The longer they sit, the better they get.

FRENCH BREAD

Ingredients:

- 1 cup warm water
- 2 tsp active dry yeast
- 1 tbsp sugar
- 1 tsp salt
- 1 tbsp oil
- 2½–3 cups all-purpose flour
- 1 egg, beaten (for egg wash)



Instructions:

In a bowl, mix water, yeast, and sugar. Let sit 5 minutes until foamy.

Add salt, oil, and 2 cups of flour. Stir to combine. Add remaining flour until dough pulls away from bowl.

Knead on floured surface for 5–7 minutes.

Place in greased bowl, cover, and let rise for 1 hour.

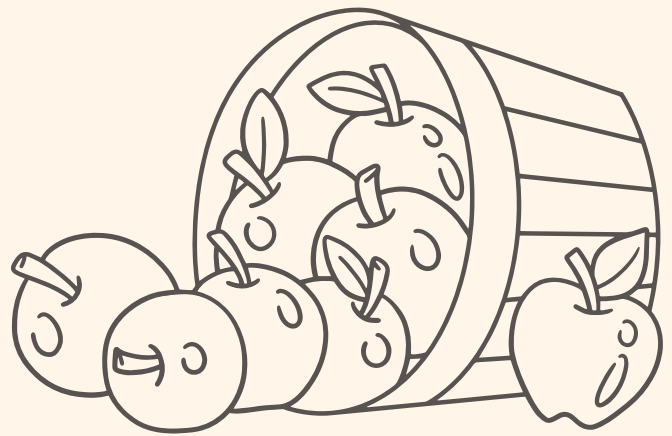
Shape into a loaf, slash the top, and let rise again for another hour.

Bake at 375°F for 20–25 minutes. Brush with egg wash, bake 2–3 more minutes.

APPLESAUCE CAKE

Ingredients:

- $\frac{1}{2}$ cup applesauce
- $\frac{1}{2}$ cup milk or water
- 3 tbsp oil or melted lard
- 2 tsp vanilla
- 1 tbsp apple cider vinegar
- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{3}$ cup sugar
- 1 tsp salt
- $\frac{3}{4}$ tsp baking powder
- $\frac{3}{4}$ tsp baking soda
- $\frac{1}{4}$ – $\frac{1}{2}$ tsp cinnamon
- Optional: chopped nuts or raisins



Instructions:

Preheat oven to 350°F.

Mix wet ingredients in one bowl. In another, mix dry ingredients.

Combine wet and dry. Pour into greased 8x8 pan.

Bake for 18 minutes or until set in the center.

Glaze:

- 2 cups powdered sugar
- 1 tsp vanilla
- 2–4 tbsp milk

Mix and pour over cooled cake.

PONE BREAD

Ingredients:

- 2½ cups self-rising flour
- 1½ tbsp sugar
- Pinch of salt
- 2 tbsp lard
- 1–2 cups milk or buttermilk



Instructions:

Preheat oven to 425°F.

In a bowl, combine flour, sugar, and salt.

Cut in lard like you would for biscuits.

Stir in milk until batter is pourable.

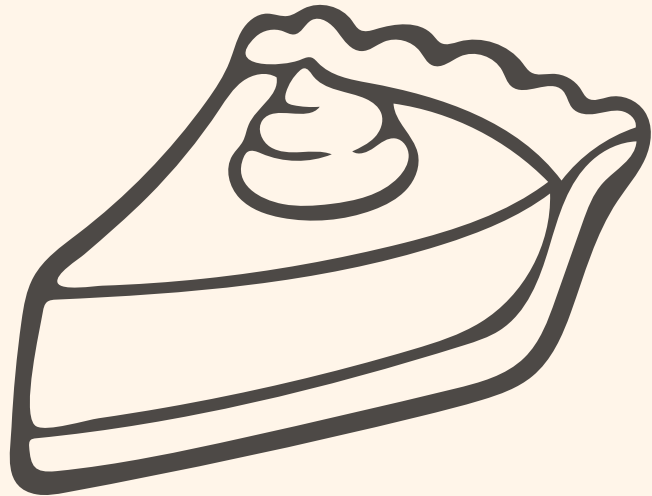
Pour into greased cast iron skillet or baking dish.

Bake for 20–30 minutes until golden brown.

CHOCOLATE PIE

Ingredients:

- 1 precooked pie shell
- $\frac{1}{2}$ cup cocoa
- $1\frac{1}{4}$ cup sugar
- $\frac{1}{3}$ cup cornstarch
- 3 cups milk
- 3 tbsp butter
- $\frac{1}{2}$ –1 tsp vanilla
- Optional: sprinkle of cinnamon



Instructions:

In a saucepan, whisk together cocoa, sugar, and cornstarch. Add milk and stir until smooth.

Cook on medium, stirring often, until thick and pudding-like.

Remove from heat, stir in butter and vanilla.

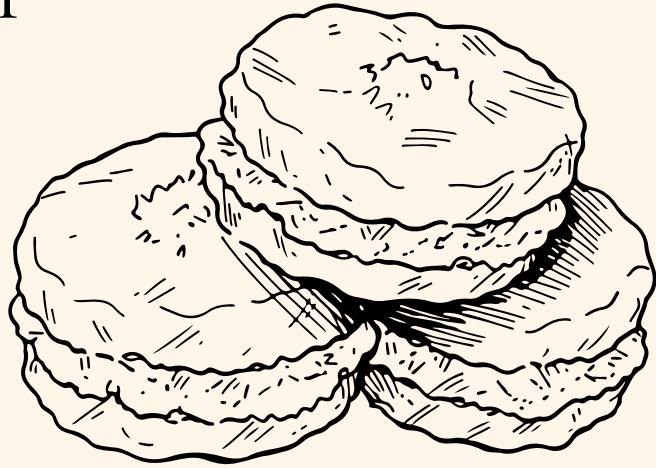
Pour into pie shell. Makes 2 regular or 1 deep-dish pie.

Chill at least 2 hours, or overnight for best results.

EASY BISCUITS

Ingredients:

- 2 cups self-rising flour
- Pinch of salt
- 1 cup milk
- 1 tbsp melted grease



Instructions:

Preheat oven to 400°F.
Stir together flour and salt. Add milk and grease. Mix until just combined.
Roll into balls, flatten slightly, and place on baking sheet.
Pour melted butter over top if desired.
Bake for 20 minutes or until golden brown.



FROM OUR TABLE TO YOURS



As we celebrate this milestone, we find ourselves deeply thankful — not just for the numbers or the views, but for you.

You've pulled up a chair to our life: the early mornings, the garden rows, the sticky counters, the warm biscuits fresh out of the oven. This cookbook isn't fancy, and it's not meant to be. It's real. Practical. Honest.

Just like the kind of life we're trying to live — and just like the stories you're writing in your own kitchen.

We hope these recipes bring warmth to your table, comfort to your hands, and joy to the people you love.

Because that's what they've done for us.

Thank you for being here.

Thank you for making us feel like family.

With grateful hearts,
Meagan, Andy, and the kids
True Grit: Appalachian Ways

“And let us not be
weary in well doing:
for in due season we
shall reap, if we faint
not.”

— GALATIANS 6:9