

Kathleen Sarah Frizell's Creamed Chipped Beef

Courtesy of Richard E. Frizell

When our mother passed in 1987 our eldest sister Gerry, took all of the old photos and assembled nine albums of original and copied photos. In the back of each album are two sections of recipes from Mom and Dad's kitchen. I do consult them now and then but mostly, like Mom, go from memory. Many of the dishes I cook were never written down, such as candied yams, creamed chipped beef, pan fried chicken--salt pepper-flower. All of these dishes prepared in the same large cast iron skillet that I use today. Mom had a great knack for seasoning these skillets and gave many pre-seasoned frying pans as gifts. One of the things Mom could do in amazing fashion was bake pies. All flavors and types. We honor her each year with a pie baking contest held during our family Christmas gathering. The award being "Grandma's Rolling Pin" mounted on a plaque with brass nameplates of the winners.

I get my dried beef fresh sliced from a local deli, I ask for "1/4 pound heavy, not too thin."

I cut that into 1 inch slices and saute it gently in a stick of butter.

When properly frizzled, I stir in 4 or 5 tbsp. of flour making sure it is entirely mixed; then add 5 or 6 cups of milk.

I think the secret to good creamed beef is to not rush it. Stirring often, I let it come to a soft simmer very slowly, then let it simmer and thicken for about 20 minutes.

I hope it turns out for you.