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**Christmas Day Brunch at *Teranita***  
**By Robert Allen Garland**

Unquestionably, the most memorable and delicious meal of the year served at *Teranita* is the Christmas Day Brunch prepared and presented by Frances in her usual efficient and meticulous manner. Our guests gather around the antique oak table adorned with place settings of our china, crystal and silverware patterns from our marriage. Adding to the holiday festivities is a beautiful floral display in the center of the round table. The meal is served usually around 1:30 p.m. Christmas afternoon. This same scenario with all the family and friends assembled in the dining room is played out by millions throughout the world.

Since our marriage on Oct. 2, 1943, we have experienced numerous Christmas meals at various locations but it was not until much later that we settled on this menu and fare. The first recording of this special meal in our guest books was on Dec. 25, 1979. It has been precisely replicated every Christmas since. The Brunch Casserole recipe was taken from Mrs. John Dalton's pamphlet entitled *Our Favorite Recipes* which of course included the favorite recipes of the Dalton family. Her husband, John Dalton was campaigning for governor in 1977, an election which he easily won. As she campaigned throughout the Commonwealth, Mrs. Dalton used this pamphlet to hand out to the voters which contained 60 recipes, one of which was Brunch Casserole.

In the 25 years Frances has served this extraordinary meal to at least 300 guests composed of family members and close friends. My parents attended as long as they were able (the last time being 1984). Frances's mother, Mrs. Sarah C. Vaughan had been our guest at Christmastime almost every year since the early 1950's, the last visit being Christmas 1992.

**Menu**

Fresh Fruit Cup  
Brunch Casserole  
Smithfield Ham  
Cheese Biscuits  
Orange Marmalade, Grape Jelly, Apple Butter  
Coffee

**Ingredients:**

1 lb. sausage (cooked, but not dry)  
1/2 lb. grated sharp cheese  
8 slices (crusts trimmed) white bread  
3 or 4 eggs (depending on egg size)  
2 cups milk  
1/2 teaspoon salt  
1 teaspoon dry mustard  
dash of pepper

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Preparation of Brunch Casserole: Use a greased 9" x 13" pyrex dish. Place bread as a liner in bottom of dish, then cheese, then sausage. Sprinkle these evenly over the bread.

Mix together eggs, milk, salt, mustard and pepper. Pour egg mixture over the bread, sausage and cheese. CHILL OVERNIGHT; then bake at 350 degrees for 30 to 35 minutes.

### Goldenrod Eggs

During the depression years, it was customary that the female children take courses in Home Economics. Living in the country in Nottoway County, it was almost mandated and expected of all the girls because in those days most of them would marry and become homemakers. Frances was no exception. Moreover, I am sure she was anxious to do so knowing that she would excel in the course given the knowledge and experience that her mother, Mrs. Holmes A. Vaughan had passed on to her and to her 2 sisters, Betsy and Lucy Holmes. As I pen these thoughts, I am reminded of the quote attributed to the famous pediatrician, Benjamin Spock when he said, "Everything I know, I learned from my mother". In my research as to how Frances learned of this delicious breakfast, I found the textbook that she had used in her Home Economics class which would have been 1939-1941. The book was quite torn and tattered coming apart in places from long time use. It is titled *The American Woman's Cookbook* and there on page 371 was the recipe for *Eggs A'La Goldenrod*. I do not remember the first time she prepared this dish for me. Most likely it was while we were in the service stationed in Atlanta, Georgia 1943-1946. After the war and I returned to college and later to Roanoke, she would prepare the dish only occasionally. However, in recent years we have it often and the explanation will follow. Our daughter, Rebecca Jane, and her friend Joseph H. (Jody) Fleming IV who reside in Charlotte, NC visit us often on weekends and leave after breakfast on Monday. On one of those weekend visits (Inauguration Day, Jan. 20, 1997, William J. Clinton's 2nd term) Frances served her Goldenrod Eggs. When the plate was placed before Jody he had this very surprised and pleased look. It brought back fond memories for him since that was his favorite breakfast his mother would prepare for him. That was the first time that he had those eggs since her passing. When he and Becky visit us now, most always on Monday morning before they leave Frances serves them Goldenrod Eggs along with Armour's link sausage. Jody agrees with me that it's the best of all egg dishes and the plates are swept clean.

### Eggs A' La Goldenrod

4 hard-cooked eggs  
2 cups of thin white sauce  
8 Holland Rusk toast  
Salt and pepper

Preparation: Boil and peel eggs. Separate the yolks from the whites of the eggs; chop the whites very fine, and add to the white sauce, with salt and pepper. Arrange 2 slices of Holland Rusk on each plate and pour the white sauce mixture over them. Grate yolks on top of white sauce and Holland Rusk and serve with Armour's link sausage.

### **Frances' Brownies**

Although it is difficult for me to select the best of all the desserts, pies, cookies, etc. that Frances has prepared through the years as my favorite, I would have to give the nod and opt for her brownies. To those of you who have eaten one of these would remember it and I believe would agree with me.

Preparation: use one box of Duncan Hines Triple Fudge Brownie mix. Cook according to directions on box and cool. Ice with the following and then chill:

4 tablespoons soft butter  
2 cups Confectioners 10X sugar  
2 tablespoons Half and Half  
2 teaspoons pure vanilla extract

For Glaze: Melt 2 squares of Hershey's unsweetened chocolate and 2 tablespoons butter, pour over filling, tilting pan until glaze covers all. Refrigerate 15 minutes to harden. (the mixed chocolate melts just right in warm oven after you have turned it off).

### **Green Bean Casserole** taken from Mrs. Dalton's recipes

This is a dish that Frances prepares frequently for family dinners. It is a favorite of mine and for many others who have had it served to them at *Teranita*.

Ingredients and Preparation:

2 packages frozen french style green beans  
2 tablespoons flour  
2 tablespoons butter (melted)  
1 teaspoon salt  
2 teaspoons sugar  
3 or 4 teaspoons finely grated onion  
1 pint sour cream  
1 (8 oz.) pkg. grated Swiss cheese  
Corn flakes (crushed)

Cook green beans as usual, drain and set aside. Make a paste of the flour and butter adding the sugar, salt, and onion. Add the sour cream and Swiss cheese. Gently fold in the green beans and spoon into a casserole covering with crushed corn flakes. Bake at 350 degrees for about 25 minutes.

## Frances' Egg Nog

Frances usually waits until Christmas Eve to prepare this holiday drink. It is served after the brunch and throughout the afternoon and evening as our guests arrive. Eloise, her children and grandchildren usually arrive in the late afternoon or early evening. The Egg Nog sprinkled with nutmeg is served along with sugar cookies, Petie and Janie's fruitcake, rum cake (prepared by a neighbor, Mrs. Joyce Rice), See's candy and other toothsome treats. This delicious drink is served throughout the holiday season.

### Ingredients:

12 eggs  
2 cups sugar  
4 cups milk  
2 cups whipping cream  
1/2 cup brandy  
1/4 cup bourbon  
1/4 cup light rum

Preparation: Separate eggs, beat yolks until light. Beat in sugar until mixture is thick. Stir in milk, brandy, bourbon and rum. Beat egg whites until stiff and fold into mixture. Whip the cream and add to the mixture. Place in refrigerator. When serving sprinkle with nutmeg.

## My Favorite Breakfast While Growing up on Belleville Road in the 1930's

By Robert Allen Garland

Although this meal did not require any fancy menu or recipe that one might see in *Southern Living*, it is one that will be forever etched in my childhood memories and for the enjoyment it gave me. It was not complicated, neither did it require a long time to prepare. You needed only 4 ingredients that included one egg, one slice of bread, a sausage patty or 2 strips of bacon and a touch of vinegar. The actual cost for this meal in that depression era of the 1930's was no more than 10 to 15 cents.

After dressing for school and Mama would see that her boys were immaculately dressed, I would arrive in the kitchen and she would have already started the process of cooking my breakfast. I can see her now at the stove as she would pour the whole egg into a pot of boiling water where she had previously put a touch of vinegar. Frances thinks the purpose of this step was to keep the white of the egg together. She would boil the egg until the yolk was completely solidified as I did not like the yellow to be runny (unlike my daughter Anita, who prefers her eggs that way). In a separate frying pan Mama would place about 1/3 inch slab of butter, melt it and then place the slice of bread into the pan. Fry it, turning it over several times to soak up the butter. In another frying pan she would place a sausage patty or 2 strips of bacon and cook it until done. She would then place the poached egg on top of the fried bread and then add the sausage or bacon on the side of the plate. She would then serve it to me in our small breakfast room. This was a

delicious breakfast and a wonderful way to start the day at Virginia Heights Elementary School and Woodrow Wilson Junior High School. Now on Sunday nights around 8PM Frances prepares and serves me two poached eggs (cooked hard) on two pieces of bread that have been fried in the pan with either 3 strips of bacon or Armour's link sausage on the side of the dish just like Mama used to make my breakfast 70 to 75 years ago.

### **The Day-After Christmas Brunch** at *The Cedars*

My brother Petie and his wife Janie would invite all of the family to his home, *The Cedars* at Cifax in the afternoon the day after Christmas. The serving of oyster stew was a family custom that my mother followed on Christmas day.

Hord'oeuvres:

Assorted Cheese and Mixed Nuts  
Bloody Mary

Oyster Stew  
Smithfield Ham on Brown Bread

Egg Custard over Vanilla Ice Cream  
Garland Fruitcake

Red and White Wine  
Coffee

### **Teranita's Most Famous Guest**

It was on a cloudy fall day when the telephone rang around 10 AM and it was my brother Petie. He asked Frances, "How would you like to have Elizabeth Taylor for lunch?" Frances first thought he was kidding. But no, he was serious. John W. Warner who had been Assistant Secretary of Navy under President Nixon and more recently had been chairman of American Bicentennial Commission in 1976 and a friend of Petie was scheduled to make a speech that afternoon at VMI. He had called my brother to go over the speech and seek his help with the speech that he was to make later in the day. The courtship with Ms. Taylor had just recently begun and she was to be with him along with an aide. They were scheduled to arrive in Roanoke around 1 PM. This gave Frances approximately 3 hours to prepare lunch for the worlds most recognizable woman. Because of the shortness of time Frances sought help from a longtime friend of the family, Mamie Vest. Between the two they settled on Seafood Curry which Mamie would prepare and bring with her to the lunch. Frances' selections were Peanut Soup and Chocolate Silk pie. Petie brought Jack Daniels bourbon and also a bottle of champagne. Petie picked them up at the airport and brought them to Teranita and arrived around 1 PM. As you would expect, the lunch was outstanding. Frances and Mamie received praises from our three distinguished guests. Because we did not want any publicity of

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this visit, no press was called but Frances did call our next door neighbor Mrs. Mary Ellen Strickler and told her to be working out in her yard if she wanted to see Elizabeth Taylor which she did. I had asked Mr. Warner if he thought Ms. Taylor would object if I took pictures, for I knew I would never have this opportunity ever again. At the time, our miniature Dachshund "Fig" was 4 years old and Ms. Taylor was seated in a chair in the library. She snuggled and kissed "Fig" lightly and I snapped the picture. "Fig" became the only dog in Roanoke to be kissed by Elizabeth Taylor. We took several other pictures which we treasure. Around 3PM a uniformed driver picked up our three guests and they were on their way to Lexington. Ms. Taylor was extremely nice, quiet spoken and complementary of the meal. John W. Warner would become Virginia's Junior Senator in November of 1978. He is now the Senior Senator from Virginia.

### **F.V.G.'s Homemade Chili Con Carne**

#### **Ingredients:**

1 pound Angus ground beef  
1 large onion (chopped)  
1/2 medium size green pepper (chopped)  
1 teaspoon salt  
2 tablespoons chili powder  
1/2 teaspoon black pepper  
2 teaspoons cumin  
1/4 teaspoon allspice  
1 #2 can diced tomatoes  
1 #2 can red kidney beans  
1 1/2 tablespoon sugar  
1/2 ounce Hershey's semi-sweet chocolate  
1 bay leaf  
1 #2 can tomato sauce  
1/2 can beef broth

Preparation: Sauté beef, green pepper and onion in skillet. Add salt, chili powder, black pepper, cumin and allspice. Bring to boil and reduce heat. Simmer for several hours. May serve with Oysterettes, Cheez-it (white cheddar or original) or over cooked rice.

On bridge nights with Petie and Jane Ingram, Frances frequently serves this chili as the entree. Petie complains that she does not put enough cumin. Having eaten his chili at "The Cedars" the taste of cumin is quite prominent and very good also. Although this is an ideal fare to serve on a cold snowy day when you are sequestered FVG serves this delicious dish the year around.

I was first introduced to Chili Con Carne in the 1930's at Roanoke's landmark *Texas Tavern*. I can still remember some of the framed signs behind the counter. Since there were only ten stools, one sign read "We can seat a thousand customers ten at a time".

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Another sign reads "We don't cash checks or play with bumble bees". Another reads, "Please pay when served". In that depression ridden era in the 1930's you could order a bowl of chili, which included a bag of cheese crackers, a hamburger or hot-dog and a Coca-Cola or a mug of cold buttermilk (pumped out) all for 20 cents. There was no sales tax and no tip was expected. After Sunday School, my older brother Dickie and I would leave Greene Memorial Church and go to the Texas Tavern and order one or more of the items listed above. The owner was a Mr. Bullington who would most always be there on Sunday mornings checking up etc. I believe that business remains in the Bullington family. A side window on Church Avenue provided take out service but was mainly used for black customers to place an order as they could not be seated because restaurants were segregated. It remained open all night and was the gathering place for high school proms and sporting events. There has been no change in the building. The menu remains essentially the same as in the 1930's featuring Western and Denver sandwiches. Former residents of Roanoke who come back to visit will invariably return to their old haunting place to visit and get a bowl of chili.

### **F.V.G.'s Cream Cheese and Olive Spread**

#### **Ingredients:**

- 4 ounce Philadelphia cream cheese
- 5 ounce Spanish olives
- 3/4 cup mayonnaise
- 3 shakes Tabasco sauce
- 1 tablespoon Worcestershire sauce

#### **Preparation:**

Soften the cream cheese to room temperature. Place olives in small food processor until chopped. Whip in the mayonnaise and add the Tabasco and Worcestershire sauce.

### **F.V.G.'s Horseradish Sauce**

#### **Ingredients:**

- 4 ounces mayonnaise
- 4 ounces sour cream
- 2 teaspoons lemon juice
- 1 tablespoon horseradish
- 2 teaspoons honey
- 2 tablespoons Dijon mustard

#### **Preparation:**

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Mix the lemon juice, honey, horseradish and Dijon mustard. Gradually add the mayonnaise and sour cream until thoroughly mixed.

Frances serves this at dinner between bridge games with corned beef, cabbage, carrots and onions. This is an excellent sauce over the corned beef. Our guests are usually my brother Petie and good friend Jane Ingram.

### **Mama's Sandwiches Made for the Drugstore in the 1930's**

As most all of you know Daddy had his first drugstore at 132 Campbell Avenue S.E. which was then the corner of Campbell Avenue and Randolph Street. The latter is now Williamson Road. As was the custom in those days, most drugstores had soda fountains where various drinks, ice-cream and milkshakes were served. In the early days few stores served any food or sandwiches. As time went on these services were added. Across the street from Daddy's drugstore was a building which housed the Appalachian Electric Power Company which had approximately 100 employees. My brother Dickie who worked in the drugstore met his future wife Eloise who was an employee of Appalachian.

My parents decided that Mama would make various sandwiches at home in the morning to be sold at the drugstore at lunchtime. During that depression period we had a maid named Katie who helped my mother around the house with the cleaning and cooking. They would start preparing the sandwiches shortly after my brother and I left for school. They prepared Pimento Cheese, egg salad, cream cheese and olive and ham salad sandwiches on white bread to sell to the customers at lunchtime. Once completed, the sandwiches were wrapped in wax paper and a small white slip placed on top to identify what kind it was. This was done in my Mama's own handwriting. They made approximately 30 sandwiches and placed them in a large broiler pan. Katie would walk down to the corner of Grandin Road and Sherwood and stop the streetcar and give the pan to the conductor with a token for the fare. An employee of the drugstore would meet the streetcar and pick up the pan of sandwiches which would be served to our lunch customers. The sandwiches sold for between .15 and .25 cents.

12 June 2007

To Alicia

With my best wishes to a  
excellent interviewer

Fondly,

Robert A. Garland