

# Cooking a way of life for Catherine Moulden

"We've been around cooks all of our lives. We came from a cooking family," explained Catherine Moulden. "I have made cakes for everybody. Anytime they asked me," she said. "Church. Friends. I made cakes and sent them."

And with every cake came a recipe. That explained why Catherine's kitchen table was covered with cookbooks. "Here's one from Nashville...Gatlinburg...California..." she said, sorting through.

Born in Dandridge, Catherine learned to cook from her mother. "Mostly, I watched her," she said. "Mother didn't have any electrical appliances. She just used a spoon and her hands."

Cornbread was the first thing Catherine ever cooked, but her goal was to bake a cake.

"My mother always made cakes for church," she said. "The genes were in me. I always wanted to learn how to make a cake."

And Catherine did. She baked her first cake and took it to church.

"It was a white layer cake with white icing," she recalled.

Catherine had a fine teacher. Her mother cooked meats in the cafeteria at Carson-Newman College for over thirty years. That's where Catherine first learned to wring a chicken's neck.

"I watched mother cook at Carson-Newman and helped her prepare for the banquets."

Catherine continued her education outside of the kitchen as well. After receiving her high school diploma from Nelson Merry, she attended Morristown College for two years where she received her

teaching degree.

Catherine's first school was in White Pine.

"I was a one teacher schoolhouse with three rooms and I didn't have over fourteen students."

In the mornings, Catherine taught grades one, two and three in the same room until lunchtime.

Then she assisted a few of the older students in preparing lunch for the entire school.

by Eugenia Marion

## Now you're Cooking!

"We all sat down at the table and ate together like a family," she said.

On weekends, Catherine made her way home from White Pine to Jefferson City by train.

After three years at the one teacher schoolhouse in White Pine,

Catherine was elected to teach at Nelson Merry where she taught seventh and eighth grade English for ten years. From there she went to teach fifth grade in the Alcoa city system where she taught for nine years.

Catherine spent her last days in education teaching second grade at Alpha Primary in Hamblen County.

"I taught for thirty-eight years," she said. "I enjoyed the children."

Sorting through more cookbooks, Catherine added, "Here's one called 'Dining with Pioneers'. It's a good one. Here's another from Beta Sigma Phi. Everywhere I go, I pick up a cookbook."

And Catherine is on the go everyday. While traveling with her husband, William Ernest Moulden, a retired employee from TVA, she had plenty of chances to purchase a new recipe.

"My husband always found me in the cookbook section."

Still sorting through the cookbooks, covering her kitchen table, Catherine said, "Last summer I made twenty cakes but none of them were for me. I gave them away. The one I like most is pound cake. You can put any kind of icing or fruit on it. You can do anything with it and it's very simple. I know it by memory. I've made it so much."



Catherine Moulden



### CLIP, PASTE AND SAVE

Save this recipe for later use by clipping around the dotted line, pasting or taping the recipe to a 3 x 5 index card, and saving in a recipe file.

## POUND CAKE

Catherine Moulden, Jefferson City

#### Ingredients

- 3 cups sugar
- 3 cups plain flour
- 5 eggs
- 1/2 tsp. baking powder
- 1 pinch of salt
- 2 sticks margarine
- 1/2 cup crisco
- 1 cup milk
- 2 tsp. vanilla
- 2 tsp. lemon

#### Method

Step 1: In a mixing bowl, add crisco and butter and beat together. Add eggs one at

a time and mix together. Then add sugar. Mix well with an electric mixer for about two minutes.

Step 2: In a separate mixing bowl, sift plain flour twice and add baking powder and salt to flour.

Step 3: Add one cup of flour and a 1/2 cup milk to the crisco, butter, eggs, and sugar mixture. Repeat until all flour and milk have been added. Mix in two teaspoons of vanilla flavoring and two teaspoons of lemon flavoring.

Step 4: Pour batter into a greased tube pan and bake at 300 degrees for 1 hr. and 15 minutes.