



Heritage Project



Hello! We are 'The Three Kelly Sisters'

Susan Kormos, Pat Kelly and Sandy Bexon
(Sandy writes our Jungle Farm newsletter!)

We were raised by traditional Irish parents in Calgary, so potatoes were on the plate at every dinner (no exaggeration - every single one!). Mom would bake the odd one in the oven, or later on the barbecue when we got one, but most often the potatoes were mashed. A scoop would accompany whatever protein was on menu that day, regardless of whether or not it was a good fit. Potato mash would sit beside everything from tuna noodle casserole to roast beef. We discovered pasta and rice at friends' houses in our teens and thought we had gone to heaven!

Feeding a family of six was taxing and there was nothing fancy about our home or our meals. But we never went hungry, mainly because of Mom's frugality. Dad loved real butter, especially on the darn potatoes, so Mom would mix a brick of butter and a brick of margarine together to try and attain the desired flavour with less cost. Margarine was white back then, so it came with a packet of colouring to add!

Hauling the potatoes up from the root cellar became my brother's task. Us three sisters split the duties of peeling them, setting the table and making the salad. But Mom always made Dad mash the spuds! There was always a pile of store-bought sliced bread placed on the table to fill everyone up a bit more. Sometimes at the end of the meal, Dad would pluck a slice of bread into pieces in a saucer and add a sprinkle of sugar and some milk. All four of us kids and both of our parents had a real sweet tooth! There was always a large can of Rogers' Syrup to pour over pancakes, ice cream and even cottage cheese. A signature recipe from our childhood kitchen was Mom's banana bread, which was known far and wide as the best.

OUR RECIPE - BETTY'S BANANA BREAD

Ingredients:

2/3 cup sugar
1 tsp lemon juice
1/2 cup butter
1-1 1/4 peeled banana
2 eggs
1 cup walnuts (optional)
1 - 1 1/3 cup flour
1/4 tsp salt
1 tsp baking soda
3/4 tsp baking powder
1/2 tsp cinnamon

Method:

- Preheat oven to 350 F
- Mix last five ingredients and set aside.
- Mix lemon, butter and sugar. Add banana and then walnuts.
- Add flour mixture a portion at a time to blend, but don't over mix.
- Bake in a greased loaf tin for about one hour.

Easy peasy! We've discovered that using frozen bananas adds some depth to this recipe. It's a great way to use up over-ripe bananas that you've popped in the freezer - just let them sit for a few minutes on the counter and they will soften a bit. Enjoy!