

P: Now, do you boil the fish before you put it in the chowder?

W: Right.

P: So you have two different pans--one going with the vegetables things, and one going with fish.

W: Right.

P: Do you take the eyes and stuff out of the fish before you boil them?

W: Yes, I always do. I always take the eyes out regardless. If I am cleaning a fish, I skin his head, too. A good friend of mine once caught a channel cat that weighed twenty-seven pounds, and he gave me the head. He knew I liked to make chowder with them, so he gave me the head off of him. He went ahead and skinned it and froze it. Then he called and told me that he had it for me, so I went over and got it. Well, I made a big pot of chowder just out of the one catfish he gave to me.

P: How did you fix swamp cabbage? Boil it?

W: Yes. You just trim away all the old boot, as you called it. Go down to the tender part, to where you can break it with your thumb and finger. Then you have gotten into the good cabbage, the part that is not bitter. You just keep trimming it to where you cannot break it. You just throw that away, and then go on down and get another shuck off of it. If you follow this procedure, you will not have any bitter cabbage. Now, there are so many ways of fixing swamp cabbage, we could talk about that all afternoon. If have a ham hock, that is one of the best seasonings that you can put in, that or lima beans.

P: My mom [did that], too.

W: Put them in your water and boil them for about forty-five minutes or an hour, till they are tender. Then slice the cabbage and put it in slice down like big Irish potatoes or something like that. Put salt and a little bit of black pepper to please you. Put enough water in it so that it just covers the cabbage, but do not cover it unless you like a lot of juice in it. It does not hurt them. Then put a lid on the pot.

Some people say it is better in an iron fryer, but I disagree with that. I think the thicker the pot that you cook them in the better. I think it can be stainless steel, aluminum, or whatever, and your cabbage will not turn. If you cook it in an iron pot, it will turn a little darker. That will not detract from the taste, but it might make a little indentation on your brain that makes it not quite as good. Put them in whatever you want to cook them in, but