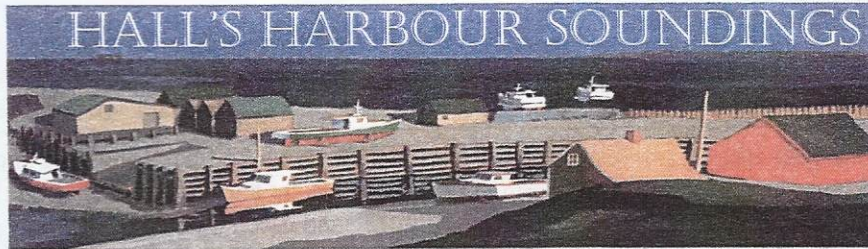


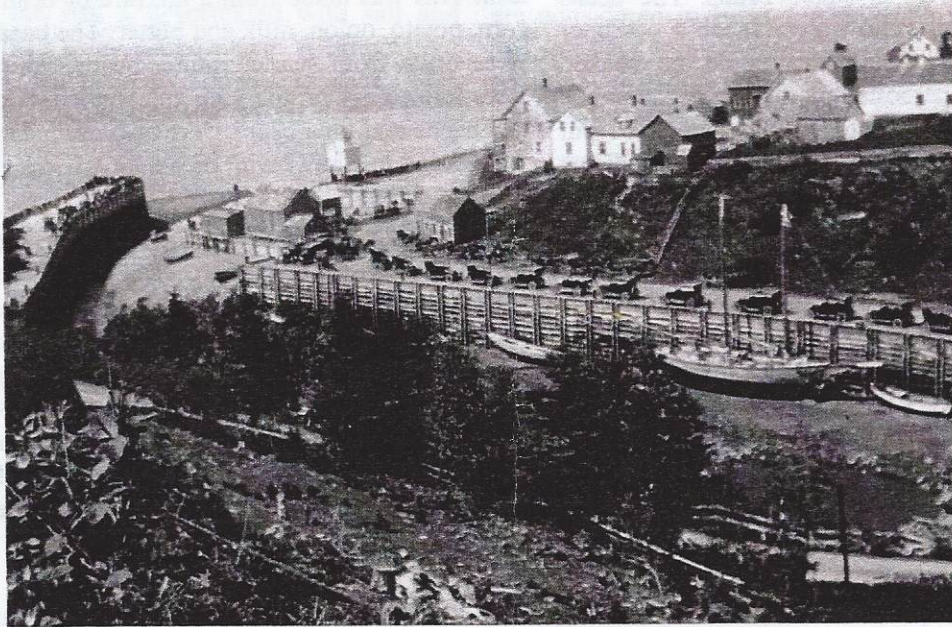
Winter 2011  
Issue

December 31,  
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www.hallsharbour.org



## Happy New Year 2012



*A busy afternoon at the harbour. People came from far and near to view a baptism on the beach.  
Circa 1940s.*

The December issue of Soundings is dedicated to the hardy and courageous women of long ago who lived at Hall's Harbour. They survived many hardships including the cold weather. Harvesting and salting fish they labored as hard as the men. They worked in the family garden from which they preserved the fruit and vegetables for their winter food supply. They "made do with what they had", often reusing garments to make children's clothing, quilts and hooked rugs for their family.

# Salt Fat Pork

By Richard Parker

In the past many families in Hall's Harbour would purchase a piglet in the spring and raise it all summer and slaughter it in the late fall. The Pig would be cut up and salted in a barrel to be used over the winter. The fat was cut into blocks about the size of a brick with the skin still attached and also kept in brine.

The salt fat pork was used in preparing a number of different meals through the winter. The best known is baked beans. The beans used could be yellow eye, Jacob's cattle or kidney beans. The beans could be soaked overnight or parboiled on the top of the stove. When they were softened they would be put into a baking dish and a variety of ingredients added – molasses, white and/or brown sugar, salt and pepper, ketchup, mustard and onion. Slices of fat pork were placed on the beans and baked until done. Water was added as needed throughout the cooking process. Beans are still commonly made today but often the fat pork is replaced with bacon or even butter. Many families served the beans with homemade brown bread and perhaps a pickle. Others served them with meat of some kind and perhaps scallop potatoes.

The fat could be cut from the skin and diced into cubes and fried leaving liquid fat and crispy pieces called scrunch eons. The scrunch eons would be removed from the fat

and cooked potato, carrot and turnip cut up in the fat and then chopped finely with a chopper and diced onion and salt and pepper added and the scrunch eons returned to the hash. This would be allowed to brown and perhaps turned with a metal spatula. This could be served with meat or just homemade brown bread and molasses.

Scrunch eons might also be added to succotash. This was made from a mixture of beans, corn, potato, onion, milk and butter. The beans were often from scarlet runner beans, which were left, to dry on the vine and shelled. Kidney beans and lima beans were also used. This was served in a bowl with bread.

Raw potato hash was also another dish in which the scrunch eons were used. The diced pork was fried and the scrunch eons removed. Raw potato and onion were sliced into the hot fat and the scrunch eons sprinkled over the top. Hot water was added and the heavy frying pan covered and the potato left to cook. Water had to be added as needed. This was another dish, which might be eaten with bread and molasses or perhaps canned corn beef from Argentina.

Dried salt cod also required scrunch eons. The salt cod would be torn into pieces and left to soak in cold water or put on the stove and

*(Continued on next page)*

SEND submissions to: [hallsharbour.cap@xcountry.tv](mailto:hallsharbour.cap@xcountry.tv), preferably as an unformatted text file. Deadline for next issue is March 15, 2012. To help defray the costs of publishing our community newsletter, we hope to find persons or group that would like to sponsor a publication of "Soundings" (\$125). A charitable receipt will be issued.

brought to a scald and the water changed and brought to a second scald. The fish would be flaked apart and added to the hot fat from the scrunchions and the fish and scrunchions mixed around and heated in the pan. Some people added onion to this mixture but my family did not. This was served with boiled blue potatoes and carrots.

Smothered Pollock also required fat salt pork. Slices of fat pork were fried to remove the fat and pieces of fresh Pollock were placed bone side down in a heavy iron frying pan. The slices of pork fat were placed on top of the fish and sprinkled with salt and pepper and some water added. A lid covered the pan and the fish allowed to cook. This dish also required water to be added from time to time. The Pollock would be served with potatoes and various vegetables.

The pigskin could be fried with some fat on

it to make what is called cracklin. I do not know if this was done at the Harbour but I am told that in some places it is regarded as a treat and that it can be chopped up and mixed into the batter for corn bread.

My grandfather sold salt fat pork in his store. He kept it in a barrel of brine in the back shop. Some customers would ask for a piece with a little meat on it. The salt fat pork was an inexpensive way for some families to provide protein and it may have been the only meat in their meal for that day. Today many of these dishes are no longer prepared. They are considered to be unhealthy with the fat and salt but I think many will remember how good they tasted on a cold winter night after a hard day of work.



*Hall's Harbour circa 1950*

## About the Village

### HHVFD

At the annual Firefighters Awards Banquet, October 15, Service Awards/Pins were presented to the following firefighters: Wanda Roy (5yrs); Dwayne Keddy (20 yrs) and David Watson (20 yrs). Steven Brown received the Firefighter of the Year Award.

On December 20<sup>th</sup>, the card players enjoyed a potluck lunch following their card game. Again this year, instead of exchanging gifts, each person donated something for the local food bank. Thanks to Sally Jess for delivering three large boxes of food to the Canning & Area Food Bank the following day.

Sympathy goes to the family of the late Lewis Whitney, a former director of the HHVFD, who passed away in November.

### HHFVCS

Saturday, December 3<sup>rd</sup> saw the last event this year prior to the winter closing of the hall. Friends and supporters met to enjoy a baked ham, beans and potato scallop supper followed by delicious apple crisp. Fundy View has had another successful year, adding several new people to the Board of Directors, and having widened the circle of membership. We ran a very successful series of Variety Concerts hosted by Carroll Edwards; and as always the Ticket Auction was a huge success.

We will be back in late March with plans for the 2012 season. Meanwhile if you wish to book the hall for your event, give Cheryl Keizer a call at 679-7169.

### HHBC

The Candlelight Service at the HH Baptist Church on Christmas Eve, Dec 24<sup>th</sup>, was well attended. Carol singing, and music provided by Harley Corkum and Paul Gervason was enjoyed.

Church services for the winter are held each Sun at 10am with Rev Mike Shreve. The third Sunday of each month refreshments with tea, coffee or juice are provided. Everyone is welcome.

*Wishing everyone a safe and happy holiday and all the best in the New Year. Remember to donate to your local food bank and animal shelter. Your gifts are always needed and appreciated.*



*Traffic Mirror installed in Fall*