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**Special Notes about Recipes:**

All temperatures and oven settings are in Fahrenheit degrees unless otherwise noted.

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# Main Dishes

## **Slammin' Neckbone Soup**

1 package of neckbones  
1 package of frozen corn, peas, okra and lima beans  
2 cans of stewed tomatoes  
A dash of your favorite [seasoning salt](#)  
Black pepper to taste  
2 large bay leaves  
2 chopped large yellow onions

### **Directions:**

1. Cook neckbones in a large Dutch oven or a really large pot.
2. Add onions, seasoning salt, and pepper. Skim the fat off the meat.
3. Cook neckbones until so tender that the meat falls off the bone. You can leave the bones or remove them.
4. Add the vegetables and the bay leaves. Stew for 45 minutes on low heat.
5. At this time, you may want to make some corn bread to go with your neckbones. You can use one of the recipes included here in this recipe booklet.

## **Delicious Fried Chicken Wings**

1 package chicken wings (separated)

Seasonings:

Lemon pepper seasoning, onion & garlic salt, pepper (season chicken to taste)

4 cups cooking oil

### **Directions:**

1. Start oil heating in a large pot.
2. Wash and season the chicken.
3. Once oil is hot, drop seasoned chicken in. Pieces will begin to float once they are done, and they should be a delicious golden brown – approximately 7 to 10 minutes.

## **Brown Paper Bag Fried Chicken**

2-3 pounds of chicken  
2 cups flour  
2 teaspoons salt  
1 teaspoon curry  
1 teaspoon pepper  
1 egg  
1 cup milk  
1 teaspoon poultry seasoning or your favorite [seasoning](#)  
Vegetable oil  
Brown paper bag  
Heavy cast iron frying pan

### **Directions:**

1. Thoroughly rinse and clean chicken, removing as much fat as possible.
2. Let chicken soak in vinegar and water for about 1/2 hour.
3. Mix flour and seasonings together in a brown paper bag
4. Mix egg and milk together in a bowl.
5. Dip chicken, one piece at a time, into egg mixture then into flour bag. Tumble chicken a few times in flour bag.
6. Make sure chicken is coated evenly, and allow chicken to sit for about 15 minutes.
7. Be sure to use enough vegetable oil so that chicken will be covered.
8. Place chicken into pan when oil is hot.
9. Fry till golden brown, covering the last 10 minutes.



## **Baked Turkey Wings**

6 fresh turkey wings  
Mrs. Dash (Original) or your favorite [seasoning](#)  
3 tsp. salt and pepper mixture  
2 tsp. garlic seasoning salt  
1 oz lemon juice  
1/2 stick butter (melted)  
Glass baking dish large enough to hold all the turkey wings

### **Directions:**

1. Preheat oven to 250 degrees.
2. Clean the turkey wings.
3. Mix salt and pepper and garlic seasoning salt together.
4. Add the lemon juice to the butter.
5. Season the turkey wings with the Mrs. Dash (or your favorite [seasoning](#)) and the garlic seasoning mixture.
6. Add just a little water in the bottom of your baking dish and arrange the turkey wings.
7. Top with half the butter and lemon juice mixture.
8. Cover and bake for 2 hours. Uncover and baste with remainder of butter and lemon juice mixture.
9. Bake uncovered for an additional 15 minutes at 350 degrees.

### **Three Bean Caribbean Stew**

1 can crushed tomatoes  
1 cup of cooked black-eyed peas  
1 cup of cooked black beans  
1 cup of red beans  
1 package of kielbasa sausage (sliced in tiny pieces)  
1/2 lb. of jumbo shrimp (shelled & deveined)  
1 cup of white chopped onions, green & red peppers, and banana peppers.  
Seasonings include 1 pinch of paprika, red pepper, & garlic salt.

#### **Directions:**

1. Place a skillet over medium heat and add 2 tablespoons of cooking oil.
2. Add onions, green peppers, red peppers, kielbasa and shrimp. Cook until lightly browned.
3. In a large pot add the beans, crushed tomatoes, green/red peppers, onions, kielbasa, and shrimp.
4. Add seasonings and banana peppers and simmer on medium heat for 20 minutes. Serve hot.

## **Beef Stew**

2 packages (about 3 pounds each) stew beef  
7 carrots cut  
4 celery sticks chopped  
1 onion cut into fine squares  
6 large potatoes cut in pieces

### **Directions:**

1. Wash the meat and put into a roasting pan with all the vegetables inside.
2. Add [seasoning](#) to taste.
3. Place covered roaster into oven at 400 degrees.
4. Bake for 1 1/2 hours and serve over hot cooked rice.

## **Low Country Seafood Casserole**

3 pounds fresh seafood (shrimp, scallops, oysters, clams)

1 cup cooked rice

1/2 cup chopped red pepper

1 cup sliced mushrooms

1 cup chopped celery

1/2 cup chopped Vidalia onion

3/4 cup cream

1 can cream of mushroom soup

1 cup mayonnaise

1 tablespoon Worcestershire sauce

White pepper (to taste)

### **Directions:**

1. Cook the seafood in boiling water.
2. Sauté peppers, onions, celery, and mushrooms together in butter or oil until tender.
3. Toss all ingredients together and put in buttered baking dish.
4. Cook at 375 degrees, uncovered for 30-40 minutes or until heated through.

## **Barbecued Cornish Hen**

4 Cornish hens

Butter, melted

*For Barbecue Sauce:*

1 clove garlic, minced

2 teaspoon Salt

1/4 cup vinegar

1/4 cup lemon juice

1/4 c up oil

1/4 cup ketchup

1 1/4 cup Worcestershire

2 tablespoon chopped onion

1 teaspoon Paprika

1/2 cup brown sugar

### **Directions:**

1. Brush each Cornish hen with butter and place on vertical roaster.
2. To make the sauce, mash garlic and salt together in a bowl. Combine with the remaining ingredients.
3. Set Cornish hens upright on grill over hot coals and cover barbecue grill.
4. Brush with sauce every 10 minutes for about 45 minutes or until tender.

## Shrimp & Grits

1/2 cup yellow grits  
1/2 cup white grits  
2 teaspoons salt  
2 cups water  
2 cups half & half  
2 pounds shrimp, peeled  
1 pound Italian sausage  
1/3 cup chopped red peppers  
1/3 cup chopped green peppers  
1/3 cup chopped onion  
1 teaspoon minced garlic  
2 tablespoon butter  
1/4 cup self-rising flour  
1/2 cup water  
8 oz. of chicken or beef broth  
1 tablespoon Worcestershire sauce  
Spicy or Cajun [seasoning](#)  
Italian seasoning

### Directions:

1. To cook grits, bring water and salt to a boil. Add grits and stir, reducing heat to simmer. Add half and half.
2. Continue to simmer, stirring occasionally. If grits become too thick, add more water or half and half.
3. Chop peppers and onion and set aside.
4. Slice Italian sausage and cook in a large frying pan. Add garlic, peppers and onion to drippings in frying pan.
5. Add shrimp and cook until pink. Sprinkle flour on vegetables and shrimp and stir.
6. Add chicken or beef broth and stir until thickened. Water may be added if this becomes too thick.
7. Add Worcestershire sauce and season with Cajun and Italian [seasonings](#).

## **Cornbread-Stuffed Chicken**

4 cups lightly packed, cornbread (crumbled)  
1 teaspoon plus 1/4 teaspoon salt  
1 teaspoon ground black pepper  
1 1/2 teaspoon dried basil  
1 1/2 teaspoon chervil  
1 1/2 teaspoon sage  
1 teaspoon dried oregano  
1 cup chopped onion  
1/2 cup chopped fresh parsley  
1/4 cup lightly salted butter (melted)  
4 eggs yolks, lightly beaten  
1/2 cup freshly grated parmesan cheese  
1 1/2 cups ricotta cheese  
6 to 7 pound roaster  
4 large russet potatoes, peeled and cubed  
2 tablespoons plus 1 tablespoons olive oil

### **Directions:**

1. To make the stuffing, combine cornbread with 1 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon basil, 1/2 teaspoon chervil, 1 teaspoon sage, and 1/2 teaspoon oregano. Toast in 225-degree F oven 1 1/2 hours, stirring occasionally. Be careful to not brown the crumbs, but dry completely.
2. Toss cornbread mixture with onion, 1/2 cup chopped parsley, the butter, egg yolks, and cheeses. Chill stuffing thoroughly.
3. Raise oven temperature to 400 degrees.
4. Combine potatoes with remaining 1/4 teaspoon salt, 1/2 teaspoon pepper, 1 teaspoon basil, 1 teaspoon chervil, 1/2 teaspoon sage and 1/2 teaspoon oregano. Toss with 1 teaspoon chervil, 1/2 teaspoon sage and 1/2 teaspoon oregano. Toss with 2 tablespoons oil.
5. Place in oiled, deep baking dish or roasting pan with cover.
6. Stuff chicken. Brush with remaining 1 tablespoon oil. Set on potatoes.
7. Cover tightly and bake 1 hour, or until potatoes are tender.
8. Remove potatoes and reduce heat to 350 degrees F.
9. Continue baking chicken, uncovered, 1 hour longer, or until juices run clear when thigh joint is pierced with fork. Baste occasionally with pan juices.
10. Remove chicken to ovenproof platter; let stand in turned-off oven about 15 minutes. Meanwhile, reheat potatoes; arrange around chicken. Skim fat from pan drippings, add hot water if needed, and drizzle juices over chicken.
11. Garnish with parsley sprigs.

Note: Stuffing can also be used for Cornish hens or turkey. There is enough stuffing for 6 to 8 Cornish hens; or you can double the recipe for a small turkey.

The recipe can also be prepared in a clay pot. Use a well-soaked pot and start in a cold oven set at 425 degrees.

## **Pecan-Stuffed Pork Chops**

1/2 cup fresh bread crumbs  
1/2 cup minced scallions  
1/2 cup minced apple  
1/2 cup chopped pecans  
1 garlic clove, minced  
1/4 cup minced fresh parsley  
1/4 teaspoon cayenne  
1/2 teaspoon dry mustard  
1/8 teaspoon ground cumin  
2 tablespoons olive oil  
1/2 cup meat or chicken stock  
1/2 cup dry white wine  
1 bay leaf

### **Directions:**

1. Preheat oven to 350. Make a "pocket" in each chop by cutting horizontally from the fatty side straight to the bone.
2. Combine all ingredients except the stock, wine and bay leaf. Mix well.
3. Divide the mixture among the chops, filling each chop with as much of the stuffing as it will hold.
4. Place chops in a greased baking dish large enough to hold them in 1 layer.
5. Pour stock and wine over the chops and add bay leaf and any remaining stuffing.
6. Cover tightly and bake until tender for about an hour, basting occasionally with the pan juices. Serve with cooking juices spooned over chops.



## **Smothered Turkey Wings and Gravy**

4-6 turkey wings  
1/4 cup cooking oil  
2 tablespoons flour  
1 medium green bell pepper, chopped  
3 cups warm water  
1/2 teaspoon dried thyme  
Salt/black pepper (or your favorite [seasoning](#)) to taste

### **Directions:**

1. Heat the cooking oil in a medium pot.
2. Thoroughly wash and dry turkey wings.
3. Fry the wings in the oil, over medium heat, turning, until they begin to brown on both sides.
4. Remove the wings; add the flour to the pot and stir as it browns.
5. When the flour is brown, add the wings, bell pepper, onion, and warm water.
6. Bring to a boil, stirring occasionally. Add the thyme, salt/pepper (or seasoning) shortly after the pot starts to boil.
7. Turkey wings should cook until they're tender, 45 to 60 minutes or more. Add warm water as needed to maintain a rich gravy.

## Barbecue Turkey Wings

4-6 turkey wings

[Seasoning salt](#) or salt/pepper to taste

1 large onion, sliced into rings

1 1/2 cups your favorite barbecue sauce

### Directions:

1. Wash and drain the turkey wings. Tuck (or fold) the tips into the joints of the wings.
2. Sprinkle the wings lightly with the [seasoning salt](#) (or salt/pepper) and place them in a baking pan.
3. Bake uncovered in a preheated oven at 350 degrees for close to an hour, until browned. You may also grill over a low fire for the same amount of time if you prefer.
4. Spread the onions over the wings and brush/pour on the barbecue sauce. Cover and bake for an additional 20 to 30 minutes, until tender.

## **Barbecue Meat Loaf**

2 pounds lean ground beef  
1 cup of bread fine crumbs  
1 egg  
1/2 cup your favorite barbecue sauce  
Salt to taste  
1/4 teaspoon black pepper or to taste  
1/4 teaspoon cayenne pepper or to taste  
1 clove garlic minced  
1/4 cup chopped red onions

### **Directions:**

1. Combine all ingredients,
2. Shape meat into loaf, and place in loaf style baking dish.
3. Bake at 350 degrees for about 1 hour and 15 minutes covered.
4. Remove from oven, drain excess fat and serve with your favorite side dish.

## Seafood Rice

3 strips smoked bacon  
1 medium onion  
1 medium green bell pepper, chopped  
2 - 14 1/2 ounce cans diced or stewed tomatoes  
1 tablespoon tomato paste  
3 cups warm water  
1/2 teaspoon dried thyme  
1/2 teaspoon minced garlic or garlic powder  
1 pint shucked oysters  
1/2 pound crabmeat (lump and claw)  
1/2 pound shrimp, peeled and de-veined  
[Seasoning salt](#) to taste  
2 cups uncooked rice

### Directions:

1. Fry the bacon in a large pot.
2. When the bacon is about done, add the onion and bell pepper to the grease and stir-fry until the onion is clear.
3. Add the tomatoes, tomato paste, water, thyme, and garlic. Then simmer, stirring often, for 20 to 30 minutes.
4. Add the oysters, crab, and shrimp. Then simmer another 15 minutes. [Season](#) to taste.
5. Wash and drain the rice several times, and add it to the pot. Stir well, cover, and simmer 30 to 45 minutes, until the rice is done.

## **Chicken and Grits w/ Green Onions**

1 pound boneless skinless chicken breasts  
3 tablespoons all-purpose flour  
1/4 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
2 tablespoons vegetable oil  
1 bunch green onions, sliced, 6 to 8 green onions with tops  
3 tablespoons chicken broth  
1 large clove garlic, crushed and minced  
Hot cooked grits

### **Directions:**

1. Cut the chicken into 2-inch strips.
2. Season the flour with salt and pepper and dust the chicken strips lightly with the flour mixture.
3. Heat the vegetable oil in a large skillet over medium-high heat.
4. Add the chicken and brown lightly on all sides for about 7 to 8 minutes.
5. Add the green onions to the skillet. Cook, stirring, for 1 minute.
6. Return the chicken to the pan and add the water and garlic. Cook, stirring, until hot.
7. Divide the grits among 4 warm plates. Spoon the chicken and onions over the grits and serve.

## **Grits Casserole**

1 pound maple breakfast sausage  
1 cup uncooked grits  
4 cups lightly salted water  
1 cup grated cheddar cheese  
1/2 cup butter  
2 large eggs, slightly beaten  
1/2 cup milk  
1 small clove garlic, minced

### **Directions:**

1. Form the sausage meat into patties and fry until crisp and golden brown. Be sure you pour off all the excess fat as you're frying.
2. Drain your patties on paper towels, and then crumble them into a bowl.
3. Preheat your oven to 350 F.
4. While you're doing all of this, prepare the grits according to package directions in the salted water.
5. When the grits thicken to the consistency of porridge, remove them from the heat and stir in your cheese, butter, eggs, milk, and garlic until well blended.
6. Stir in the sausage. Taste and adjust your seasonings.
7. Pour into a well-buttered 1 1/2 quart baking dish and bake for 1 hour or until lightly browned and bubbling.

## **Smothered Chicken**

8 to 10 pieces of chicken  
Pinch of cayenne pepper  
[Seasoning salt](#), to taste  
Pinch of Cajun seasoning salt  
1/4 cup butter  
2 medium onions, diced  
1 bell pepper, diced  
2 cups water  
1 10-oz. can cream of mushroom soup  
2 heaping tablespoon all- purpose flour  
1 teaspoon Kitchen Bouquet

### **Directions:**

1. Clean and dry chicken pieces. Rub with dry ingredients (cayenne pepper, both seasoning salts).
2. Brown coated chicken in frying pan without butter; chicken fat will grease the pan. Remove chicken from pan.
3. In a smaller frying pan, sauté onion and pepper in butter until golden brown.
4. Place chicken and browned vegetables into a stockpot on medium heat. Add water, mushroom soup, flour and Kitchen Bouquet. Whisk until smooth.
5. Bring to boil and reduce to low heat. Cook at least 15 to 20 minutes, or until meat is tender. Serve over hot cooked rice or grits.

## 10-minute Smothered Chicken

4 boneless skinless chicken breast halves  
1 teaspoon garlic powder (or to taste)  
1 teaspoon [seasoning salt](#) (or to taste)  
1 tablespoon vegetable oil  
1 (4.5 ounces) jar of sliced mushrooms, drained  
1 cup of shredded Mexican blend cheese  
1/2 cup of chopped green onions  
1/2 cup bacon bits

### Directions:

1. Flatten chicken to 1/4-inch thickness. Sprinkle with garlic powder, and [seasoning salt](#).
2. In a large non-stick skillet over medium heat brown chicken in oil for 4 minutes. Turn and cook for 4 minutes on opposite side.
3. Top with mushrooms, cheese, green onion, and bacon.
4. Cover and cook until chicken juices run clear and cheese is melted about 4 minutes.



## Chicken with Dumplings

1 hen or 5-6 pounds of chicken  
1 quart of water  
1 cup of milk  
1 teaspoon of salt  
1 egg  
1 egg yolk  
1 tablespoon of shortening  
3 cups of flour  
[Seasoning salt](#) (season to suit taste)

### Directions:

1. Put water into a large pot and bring to a boil.
2. Cut the hen/chicken into pieces. Place the pieces into the pot of boiling water.
3. Reduce heat and simmer for about 2 ½ hours or until tender.

While the hen/chicken is cooking, make the dumplings:

4. Combine the milk, salt, eggs, shortening, and flour in a bowl. Stir ingredients until a ball forms (add more flour if needed).
  5. Use a rolling pin and roll out the dough into a very thin sheet. Cut the dough into 1- inch strips.
  6. Then cut the dough into 1/2 inch squares.
  7. Once the meat has completely cooked, separate the meat from the bone. Drop the bones back into the pot and lay the meat aside. (Leaving the bones in the pot keeps the dumplings from sticking to the bottom and burning.)
  8. Then add the dumpling squares into the pot a few squares at a time until all the dumpling squares have been added.
  9. Cook the dumplings until they are completely done. (They should float when they are completely cooked.)
- Then add the meat back into the pot with the dumplings.
10. Add [seasoning salt](#).

## **Barbecue Chicken**

### *Barbecue Sauce Ingredients:*

4 tablespoons catsup  
2 tablespoons vinegar  
1 tablespoon lemon juice  
2 tablespoons Worcestershire  
2 tablespoons butter  
2 tablespoons brown sugar  
1 tablespoon white sugar  
1 teaspoon mustard  
2 teaspoons paprika  
1/2 teaspoon chili powder  
Touch black pepper & red hot sauce

1 whole cut up chicken

### **Directions:**

1. Combine and mix sauce ingredients to create the sauce.
2. Dip each piece of chicken in the sauce.
3. Cook in a dish or pan covered with aluminum foil for about 2 1/2 hrs at 350 degrees.

## Baked Stuffed Flounder

1/2 cup chopped celery  
1/2 cup chopped green onions with tops  
1 glove garlic - minced  
8 tablespoons butter  
1 cup bread crumbs  
4 tablespoons lemon juice  
1/2 pound boiled shrimp - chopped  
1/2 pound lump crabmeat  
2 tablespoons chopped parsley  
1 egg - slightly beaten  
Salt/Black pepper or [seasoning salt](#) to taste  
4 flounders, medium sized

### Directions:

1. Sauté celery, onions and garlic in melted butter over low heat. Add bread crumbs, crab, shrimp, parsley and egg and mix well.
2. Season with salt and pepper or [seasoning salt](#).
3. Split the thick side of the flounder lengthwise and widthwise, loosen the meat from the bone of the fish to form a pocket for stuffing.
4. Brush well melted butter and lemon juice. Then salt/ pepper or [season](#) and stuff the pocket.
5. Place in a pan with enough water to cover the bottom of the pan.
6. Broil 3" from heat until the fish flakes easily with a fork. Baste frequently with the liquid in the pan.

## **Creole Chicken Gumbo**

1 large chicken-cut up  
4 tablespoons cooking oil  
1 large onion-chopped  
2 quarts chicken stock-heated  
2 tablespoons parsley-chopped  
2 tablespoons green onions-chopped  
1 teaspoon chopped thyme-if fresh or 1/2 teaspoon if dry  
1 clove garlic-mince  
3 bay leaves  
1 pound smoke sausage (or andouille)  
1 pint oysters  
1 tablespoon filé  
Cayenne pepper to taste  
Salt/pepper to taste  
Thyme

### **Directions:**

1. Use a heavy pot (iron if possible), and brown the chicken slowly in oil. Remove the chicken.
2. Sauté the onions until soft. Return the chicken and any juice that has drained off to the pot with onions.
3. Cover and cook on low heat for about 10 minutes, stirring occasionally to prevent burning.
4. Add the heated stock, parsley, green onions, garlic, and bay leaves. Season generously with thyme.
5. Add salt and pepper to taste.
6. Cook over low heat until chicken is tender.
7. Add precooked sausage and cook for 10 minutes.
8. Add oysters and oysters' water and cook for 10 minutes more.
9. Remove from heat and immediately add filé powder, stirring while adding.
10. Serve in large bowls, over steamed rice.

## Smothered Pork Chops

4 slices bacon, diced  
3 tablespoons all-purpose flour  
1 3/4 cups chicken broth  
1 tablespoon vegetable oil  
4 pork chops, 1/2-inch to 3/4-inch thick  
1 teaspoon kosher salt, divided  
1 teaspoon freshly ground pepper  
2 medium onions, halved and then sliced thin  
2 medium cloves garlic, minced  
1 teaspoon minced fresh thyme leaves  
2 bay leaves  
1 tablespoon finely minced parsley leaves

### Directions:

1. Fry the bacon in a medium saucepan or skillet over medium heat until it is lightly browned and the fat is rendered, about 6 to 7 minutes.
2. Remove the browned bacon from the pan with a slotted spoon and set aside on a small plate.
3. Reduce the heat to medium-low and gradually stir in the flour with a wooden spoon, working out any lumps that may form.
4. Continue stirring constantly, reaching into the edges of the pan, until the mixture is light browned, 4 to 5 minutes.
5. Add the chicken stock in a slow, steady stream while vigorously stirring with the wooden spoon. Once the stock is incorporated, you can stop stirring and reduce the heat to low to keep the sauce warm.
6. In a 12-inch skillet, heat the oil over high heat until it shimmers, approximately 2 to 3 minutes.
7. Meanwhile, pat the chops with paper towels until they are very dry. Once the chops are dry, [season](#) both sides with half the salt and all the pepper.
8. Place the chops in the pan in a single layer and cook until a deep brown crust forms, about 2 minutes on the first side (don't move the chops at all for at least a minute and a half, or you will tear off the crust).
9. Turn the chops over and cook for another 2 minutes. Remove the chops from the skillet and set aside on a plate.
10. Reduce the heat in the skillet that the chops were in to medium, and add the onions and remaining salt.
11. Cook, stirring frequently and scraping any browned bits off the bottom of the pan, until the onions begin to soften and brown around the edges, about 5 minutes.
12. Stir in the garlic and thyme and cook until fragrant, about 30 seconds longer. Return the chops to the pan in a single layer, and cover each with chopped onions.
13. Pour in the warm sauce, add the bay leaves, and cover with a tight-fitting lid. Reduce the heat to low and cook until the meat is tender, about 30 minutes.
14. Transfer the chops (leave the onions in the skillet) to a warmed plate and cover with foil.
15. Increase the heat to medium high and, stirring frequently, cook until the sauce thickens to a gravy like consistency, 4 to 5 minutes. Stir in the parsley, and taste the sauce. Add more salt or pepper if needed.
16. Cover each chop with a portion of the sauce, sprinkle with the reserved bacon and serve immediately.

## **Curried Chicken Breast with Spinach**

8 sliced boneless chicken breast (filets)  
Strong Paprika  
Cayenne Pepper or Crushed Red Peppers  
Curry Powder  
Garlic  
Fresh or Frozen Spinach  
Unseasoned Bread Crumbs  
Salt /Black Pepper  
Olive Oil  
Butter  
3 cups water

### **Directions:**

1. Use a large skillet; cover the bottom with olive oil. Heat the skillet over medium heat.
2. Season the chicken with rubbed garlic, black pepper, Paprika, and Cayenne pepper, to your preference of HOT.
3. Season the bread crumbs with a little curry powder and Cayenne pepper, but not much.
4. Bread the chicken breast.
5. Fry the breast for about 20 minutes, turning over and over several times, so as not to over brown.
6. After 20 minutes or so, add three cups of water, and cover the skillet producing a curry sauce. Add excess bread crumbs, no more than a half cup.
7. Cover chicken breasts with spinach, and cover skillet.
8. After 5 minutes lightly salt and butter spinach to taste.
9. When the spinach is to you liking, place everything in a deep dish serving platter.
10. Serve with rice or couscous. Be sure to place butter on top of the couscous or rice. You have to add more water and olive oil as the bread crumbs will absorb the oil.

## **Okra Fish Creole**

1 pound mild white fish fillets  
1/2 cup celery  
1/2 cup okra  
1/2 cup green pepper  
1/2 cup onion - sliced  
1 8-oz.can tomato sauce  
1/2 teaspoon chili powder  
1/4 teaspoon garlic powder  
1/4 teaspoon oregano  
1/4 teaspoon thyme  
2 cups rice - cooked

### **Directions:**

1. Bake fish, covered, in 350 degrees pre-heated oven for about 10 minutes. Be sure to not overcook.
2. While fish is baking, scrub okra lightly and slice it into rounds.
3. Combine vegetables, tomato sauce and chili powder in a saucepan and simmer for 10 minutes, adding a little water if necessary.
4. Flake fish with a fork and add to vegetables; add the herbs and return to a simmer.
5. Remove from heat and serve over rice.

## **Curried Chicken**

1 3-pound chicken (cubed into bite size pieces)  
3 tablespoons vegetable oil  
1 large onion-cut in fine half rings  
1 teaspoon finely chopped garlic  
1/2 teaspoon thyme  
1/2 teaspoon rosemary  
2 tablespoons curry powder  
Hot pepper (optional)  
Salt to taste  
1/4 cup water

### **Directions:**

1. Season chicken with salt, curry powder, onions, rosemary, garlic, pepper and thyme and marinate for 2 hours, or in refrigerator overnight.
2. In a heavy skillet, brown the chicken pieces lightly in oil for approximately 20 minutes. Check constantly to make sure nothing sticks.
3. Add water and let simmer for another 20 minutes until tender.
4. Serve over hot cooked rice.



## **Steak Casserole**

2 pounds round steak (cubed)  
1 can chicken & rice soup  
1 can cream of mushroom soup  
3 tablespoons soy sauce  
1 can evaporated milk

### **Directions:**

1. Preheat oven to 350 degrees F.
2. Roll steak in flour and brown steak in frying pan.
3. Place the steak aside to drain the excess grease.
4. Mix the remaining ingredients in a large bowl.
5. Place the steak in the greased casserole dish, and pour the ingredients from the bowl over the steak.
6. Cover the dish with foil.
7. Place the dish in the oven for 1 1/2 to 2 hours. Remove the foil the last 15 minutes.
8. Serve over hot cooked rice or potatoes.

## Southern Garlic Catfish

1-1/2 pounds catfish (fillets)

1 egg

Garlic salt

1 package of marks fish breading or 1/2 cup of flour and 1/2 cup of corn meal,

Salt/pepper or [seasoning salt](#) to taste

Cayenne Pepper to taste (optional)

Vegetable oil

### Directions:

1. Cover the bottom of a skillet with one inch of vegetable oil and heat.
2. Wash the catfish and season with salt/pepper or [seasoning salt](#).
3. Beat egg in a bowl.
4. Dip catfish in egg.
5. Season both sides of the fillets with the garlic salt.
6. Shake on cayenne pepper. If you do not like spicy foods, you may omit this step.
7. Dip in breading-twice.
8. Place fillets in hot oil and cook until golden brown and tender in the middle, normally 8 to 12 minutes.
9. Take fillets out the skillet and set on a paper towel to drain excess grease.

# Side Dishes

## **Fried Green Tomatoes**

Flour

Cornmeal

Salt/pepper or [seasoning salt](#)

1 egg

3-4 medium to large green tomatoes

### **Directions:**

1. Prepare a mixture of half flour and half cornmeal on a plate and [season](#) to your liking.
2. Scramble an egg in a bowl, and [season](#) it to your taste.
3. Slice the green tomatoes (not too thin) and place them in the egg mixture.
4. Then place the tomatoes on the plate covering both sides of the tomatoes with the seasoned flour and cornmeal.
5. Put about an inch of canola oil in a skillet and brown tomatoes on both sides - approximately five minutes on each side.

## **Macaroni & Cheese**

1 can evaporated milk  
1 large egg  
1 teaspoon oil  
Velveeta® Cheese (Preferably Bits)  
Mild cheddar cheese (shredded or sliced)  
Sharp cheddar cheese (shredded or sliced)  
1 tablespoon sugar  
Black pepper to taste  
1 pinch Cayenne pepper  
1 box elbow macaroni  
1/3 stick butter

### **Directions:**

1. Blend 1 can of evaporated milk with 1 large egg in a bowl and let set.
2. Boil macaroni for 10 minutes in water. Add teaspoon of oil to water so macaroni doesn't stick.
3. Drain macaroni and season with pepper, sugar, and cayenne.
4. Melt 1/3 stick of butter and put in bottom of casserole dish.
5. Layer macaroni, sharp cheddar, mild, cheddar, Velveeta® in casserole dish. Then pour milk and egg mixture over casserole.
6. Bake in oven at 350 degrees until bubbling brown tips form. VERY IMPORTANT!
7. Let stand for 30-40 minutes before serving.

## **Spicy Corn Bread with Collard Greens**

### *Cornbread:*

1 pound ground sirloin  
1-16 ounce jar "hot" chunky salsa  
2 teaspoons crushed red pepper  
Chilies (optional)  
1 tablespoon black pepper  
2 cups 3 cheese blend  
4 boxes Gold Medal® corn muffin mix

### **Directions:**

1. Prepare 2 boxes of cornbread according to package directions. Be sure to double the recipe, because you are preparing 2 boxes of cornbread. This will be the bottom bread. Cook completely and set aside.
2. Prepare the last 2 boxes of cornbread according to package directions, doubling the recipe. Set the batter aside. Do not cook – this will be the top bread.
3. Brown ground meat, cooking thoroughly.
4. Add pepper, salsa, chilies, and crushed red pepper. Simmer for six minutes to let spices cook together.
5. Layer meat, cheeses, spices over completely cooked bread. Cover with top bread batter.
6. Bake in preheated 375 degree oven for 40 minutes or until golden.

### *Collard Greens:*

In stockpot with 2 cups of water place the following ingredients:

1 large smoked neck bone (must be smoked)  
1 piece salt pork  
Dash salt or [seasoning salt](#)  
1 ham hock

7. Cover and let simmer 20 minutes.
8. While this is simmering, wash and clean 5 bunches of collard greens. After cleaning, cut up collards and place into stock pot.
9. Cover and let slow simmer for 30-40 minutes or until desired tenderness.
10. Serve with the spicy corn bread.

## Fried Cabbage

2 heads of cabbage  
6 slices salt pork (about 1 to 2 inches in length)  
Bacon Drippings--1/2 to 1/3 cup  
2 small onions  
1/2 large green bell pepper  
Red pepper flakes (to taste)  
Salt/pepper or [seasoning salt](#)

### Directions:

1. Put about 1/2 inch of water in a large pot, place the salt pork and red pepper flakes in the pot and simmer slowly about 15 minutes.
2. When the water begins to evaporate pour about 1/4 cup bacon drippings in pot.
3. Slice the onions and bell peppers in thin strips and place in the drippings.
4. Remove the outside green leaves from the cabbage heads. Rinse and lay them in a pile together on top of one another.
5. Slice the cabbage leaves into coleslaw type strips and place in the simmering bacon drippings and cook until they begin to wilt and soften.
6. Cut the rest of the cabbage head in half and slice the same way as the outside leaves. Rinse and place in the pot after the large leaves have begun to cook.
7. Cook for 1/2 hour or to your preference for doneness. Sprinkle with the salt /pepper or [seasoning](#).

## **Red Beans & Rice**

1 pound dried red kidney beans  
1 pound cubed ham seasoning  
½ pound pickled pigtails  
1-chopped yellow onion  
5-toes garlic  
1/2-chopped bell pepper  
1-tsp. crushed red pepper flakes  
1 teaspoon salt  
2 teaspoons lard or bacon fat

### **Directions:**

1. Soak beans in pot over night
2. Drain beans. Put on stove in large pot of water over medium heat and add salt.
3. Put pig tails in a pot of water and cook until almost tender.
4. Cook beans until they begin to boil. Add onion, garlic, bell pepper and crushed red peppers.
5. When beans become slightly tender, add ham seasoning. Cook for 20 more minutes.
6. Add pig tails and cook for 15 more minutes.
6. Add lard or bacon fat.
7. Cook until beans are tender.
8. Serve over hot cooked rice or with corn bread.



## **Fried Grits**

2 cups grits  
1/2 teaspoon salt  
1/2 teaspoon baking powder  
1 teaspoon flour  
2 eggs, beaten  
1/3 teaspoon pepper  
1 teaspoon sugar  
1/2 cup margarine  
1/4 cup milk  
3 eggs beaten  
Canola oil

### **Directions:**

1. Cook grits according to pkg. directions with 1/2 teaspoon baking powder added to the water.
2. Stir in 2 beaten eggs. Add margarine, flour, & sugar. Mix well and cook 15 more minutes.
3. Pour the grits mixture into a shallow baking dish to a thickness of about 3/4 inch. Cover with plastic wrap and refrigerate overnight.
4. Cut grits into squares of desired size and sprinkle with salt /pepper or [seasoning salt](#).
5. Beat 3 eggs well and add 1/4 cup milk.
6. Dip squares in egg mixture and fry in hot oil in a large iron skillet until golden brown, turning only once.
6. Drain on paper towels and serve immediately.

## **Sweet Potato Casserole**

1 pound of sweet potatoes  
1 can of sweetened condensed milk  
1/2 can of evaporated milk  
1 tablespoon of vanilla  
2 teaspoons of cinnamon  
1 teaspoon of nutmeg  
1 teaspoon of ginger  
2 eggs  
1 cup of sugar  
Pecans, chopped  
Marshmallow whip topping

### *Crust:*

1 1/2 cups of flour  
1/2 stick butter

### **Directions:**

1. Boil and cut skins off of the sweet potatoes, then cut up into mixing bowl.
2. Add eggs, sugar and vanilla into the bowl and mix together.
3. Gradually add the condensed milk and evaporated milk into the mix along with the spices until all ingredients are mixed thoroughly.

### *Crust:*

4. In a baking pan add flour, butter, dash of cinnamon and pecans, mix together.
5. Flatten mixture across pan until the bottom of the pan is covered. Bake at 350 degrees in preheated oven for 20 minutes.

### *Casserole:*

6. After crust is finished, add sweet potato mixture on top of the crust and bake for 45minutes.
7. When finished baking, add marshmallow whipped topping immediately after taking casserole out of the oven.
8. Sprinkle pecans over the top and serve.

## **Fried Corn**

1 tablespoon bacon grease  
4-6 ears Silver Queen or other white Corn  
1/4 cup heavy cream  
1/4 cup milk  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper

### **Directions:**

1. Cut corn from cob with a sharp knife.
2. Using the back edge of the knife, scrape the cob to remove the "milk" from the cob and reserve this liquid.
3. In a large skillet, heat bacon grease until it "shimmers" but doesn't smoke.
4. Add corn and season with salt and pepper.
5. Heat through, and then add milk and cream.
6. Cook until corn is hot and liquid just comes to a boil.

## **Hoppin' John**

1 1/2 cups dried black-eyed peas  
6 strips bacon, diced  
1 medium onion, chopped  
3/4 cups long-grain white rice  
2 tablespoons butter, optional  
Salt and pepper to taste  
Dash of hot sauce  
1/2 cup minced green onions, including tops  
3 tablespoons minced parsley

### **Directions:**

1. Rinse peas and pick them over.
2. Cover with 3 cups of cold water; add 1 tablespoon salt and let stand overnight. (For a quicker soak, to serve peas the same day, place peas in a large pot and pour on 4 cups of boiling water.
3. Heat to boiling again, and cook for 2 minutes. Turn off heat, cover, and let stand for 1 hour.)
4. Drain peas, discarding water, and place in a large pot.
5. In a separate pan, sauté bacon until crisp; add it to the peas, reserving the drippings.
6. Add onion, 1/2 tablespoon salt and 2 cups water. Bring just to a boil, lower heat, and simmer until peas are tender, about 20 minutes (longer in high altitude and hard-water areas). A small amount of cooking liquid should remain; if liquid is absorbed too quickly by cooking, add fresh water by 1/4 cups.
7. Cover rice with cold water. Bring to a boil, stir once, cover and lower heat to the barest simmer.
8. Simmer rice for 20 minutes.
9. When peas are tender, add cooked rice to pot.
10. Stir in 2 tablespoons reserved bacon fat (or butter, if preferred), salt, pepper and hot sauce to taste.
11. Cover and simmer about 15 minutes longer so flavors mingle and rice absorbs some of the remaining cooking liquid.

## **Candied Yams with Marshmallows**

1 large can of yams/sweet potatoes  
1/2 of the syrup in the can  
1/4 cup of margarine, softened  
1 cup of dark brown sugar  
1/2 bag of mini-marshmallows

### **Directions:**

1. Place the yams or sweet potatoes in a shallow baking dish and cut them into smaller pieces, smashing a few of them.
2. Spoon the 1/4 cup of margarine in and around the baking dish of yams.
3. Add the dark brown sugar and spread the sugar all across the top of the yams.
4. Pour 1/2 of the syrup from the can in and around the yams, on top of the dark brown sugar.
5. Add the 1/2 bag of mini-marshmallows across the top of the yams, making sure you completely cover the top.
6. Bake at 350 degrees for approximately 20 to 30 minutes or until the marshmallow topping is melting, bubbly and browning.

Hint: If the marshmallow topping is not brown enough at the end of the cooking time, you can turn your oven to broil for just a few minutes to darken the marshmallow topping, but watch it closely as the marshmallows get dark very fast this way!

## Macaroni with Broccoli & Cheese

1 package frozen chopped broccoli  
1 pound mozzarella cheese, cubed  
2 cloves garlic, minced  
1 pound shell macaroni  
Olive oil  
Salt/pepper or [seasoning salt](#) to taste

### Directions:

1. Boil 6 quarts water for macaroni.
2. In the meantime, cook broccoli until only slightly firm and set aside.
3. Sauté garlic in 2 teaspoons olive oil and add to the broccoli.
4. Cook macaroni in 6 quarts water and drain. Reserve 2 cups water.
5. Add broccoli, cheese, salt/pepper (or [seasoning salt](#)) to macaroni.
6. Place in baking dish. Bake 25 minutes at 350 degrees. Add water if too thick.

## **Cheese Grits**

2 teaspoons salt  
7 cups water  
2 cups grits  
6 ounce roll garlic cheese  
6 ounce roll jalapeno cheese  
4 eggs, well beaten  
1/2 cup milk  
2 sticks butter or margarine

### **Directions:**

1. Cook grits in water with salt until done, stirring constantly.
2. Cut cheese into pieces and add to grits. Stir until melted.
3. Add beaten eggs, milk, and butter.
4. Put in a large buttered baking dish and bake at 350 degrees for an hour.

## **Broccoli & Rice Casserole**

3/4 cup chopped onion  
3/4 cup chopped celery  
2 tablespoons butter or margarine  
3 cups cooked rice  
1 package (10 oz.) frozen chopped broccoli  
1 can (10 3/4 oz.) cream of chicken soup  
4 ounces Cheez Whiz  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/8 teaspoon hot sauce  
1/2 cup grated cheddar cheese

### **Directions:**

1. In large skillet cook onion and celery in butter until tender and crisp.
2. Add remaining ingredients, except for grated cheese.
3. Spoon mixture into a buttered 1 1/2 to 2-quart baking dish.
4. Bake at 350 degrees for 35 minutes or until hot and bubbly. Top with grated cheese.
5. Bake 3 minutes longer, or until cheese melts.



## **Creamy Cheese Grits**

6 cups water  
6 cups milk  
2 teaspoons salt  
1 teaspoon freshly ground white pepper  
4 tablespoons butter  
1 1/2 cups white grits (NOT instant or quick cooking)  
16 ounces finely grated white cheddar cheese

### **Directions:**

1. In a large saucepan, over medium heat, combine the water, milk, salt, pepper and 2 tablespoons of the butter.
2. Bring the liquid to a gentle boil. Stir in the grits.
3. Cook for 1 hour and 15 minutes, stirring occasionally. (The grits will stick to the bottom of the pan, so be sure not to scrape the bottom of the pan. If the grits absorb all of the water, add some hot water to thin out the grits.)
4. Remove the pan from the heat and stir in the remaining 2 tablespoons butter and cheese.

## Fried Corn II

6-8 large ears of sweet yellow corn  
2 large green peppers, diced  
1/2 cup all purpose flour  
1 tablespoon sugar  
Salt/pepper or [seasoning salt](#) to taste  
1/2 cup cooking oil

### Directions:

1. Shuck and de-silk the ears of corn, and then rinse.
2. Using a sharp knife, remove the kernels from the cob, scraping to get it all.
3. Mix green peppers, flour, sugar, salt/pepper (or [seasoning salt](#)) together, coating the corn well with the mixture.
4. Heat oil until one kernel dropped in it sizzles.
5. Once the oil is hot enough, put corn in the skillet and fry until the corn is tender and the flour starts to brown. Cover the skillet with a lid to help tenderize the corn evenly.
6. Stir frequently to prevent the flour from sticking.

## **Green Bean Casserole**

2 cans french cut green beans  
1 can of Durkee® onions  
1 cup of whole milk  
1 teaspoon ground pepper  
1 can of cream of mushroom soup

### **Directions:**

1. Mix green beans, milk, pepper, soup and 3/4 can of Durkee® onions.
2. Bake at 375 degrees for 35 minutes stirring frequently.
3. Add the remainder of onions and bake 5 minutes.
4. Serve casserole hot or cold.

## **Cheesy Macaroni with Broccoli**

8 ounces elbow macaroni  
1 cup broccoli florets (fresh or frozen)  
4 tablespoons butter  
2 tablespoons flour  
2 cups low-fat (1%) milk  
1 cup Shredded sharp cheddar cheese  
1/2 cup shredded Gruyere cheese  
1/4 cup Grated Parmesan cheese  
1/2 teaspoon salt  
1/4 teaspoon cayenne pepper  
1/4 cup whole-wheat bread crumbs

### **Directions:**

1. In a medium saucepan, cook macaroni according to package directions, until still slightly firm. Drain well.
2. Fill another saucepan 3/4 full with water. Bring water to a boil, add broccoli, reduce heat to medium and cook until al dente (still slightly firm); Drain and set aside.
3. Preheat oven to 375 degrees. Grease an 8 x 8 inch glass baking dish.
4. In a medium saucepan, melt butter. Add flour, stirring 1 minute, until smooth.
5. Gradually whisk in milk, stirring continually until thickened, about 3 minutes, remove from heat.
6. Reserve 1/2 cup cheddar cheese. Stir remaining cheddar, Gruyere, Parmesan, salt, and cayenne into sauce until cheeses melt.
7. Add macaroni and broccoli to sauce. Pour into prepared baking dish.
8. Bake 15 minutes. Sprinkle top with reserved cheddar and breadcrumbs. Bake 10 to 15 minutes, until bubbly.

## **Seafood Pasta Salad**

2 pounds shrimp (cooked and peeled)

1 box spaghetti

2 cucumbers

3 tomatoes

Carrots (shredded) optional

Red cabbage (shredded) optional

2 small packs of powdered ranch dressing, Original - Hidden Valley Ranch®

2 small packs of powdered parmesan Italian dressing - Hidden Valley Ranch®

1 61oz. bottle Kraft® Zesty Italian Dressing

### **Directions:**

1. Cook pasta. Drain well.
2. Add all the vegetables.
3. Add the shrimp.
4. Add the powdered dressings.
5. Add the bottled dressing.
6. Chill for 2 to 3 hours before serving.

## **Fried Cabbage II**

1 head cabbage  
6 strips bacon  
1 tablespoon butter  
Pinch of salt or [seasoning salt](#)

### **Directions:**

1. Shred cabbage.
2. Place in pot of water with salt or [seasoning salt](#) and bring to boil.
3. In the meantime, fry the bacon in a skillet. Crumple cooked bacon on a plate and reserve drippings.
4. When cabbage reaches a boil, remove from heat and drain.
5. Using the bacon drippings and butter, fry the drained cabbage.
6. Add bacon to cabbage and simmer for 5 minutes.

## **Old Fashioned Cole Slaw**

1 quart finely shredded cabbage  
3/4 cup sour cream  
1/2 teaspoon dry mustard  
2 teaspoon sugar  
1/2 teaspoon cider vinegar  
Salt/pepper or [seasoning salt](#) to taste

### **Directions:**

1. Blend all ingredients (except the cabbage) and whip for 1/2 a minute to mix thoroughly.
2. Pour blended dressing over shredded cabbage and toss to mix well.

# Desserts



## **Ice Box Pie**

6 lemons  
6 egg yolks  
2 cans eagle brand milk  
1pound box graham crackers  
2 sticks butter

1. Juice lemons and place in separate bowl. Make sure there are no seeds or pulp. Refrigerate.
2. Crumble graham crackers to make crust (2 of the 3 packs should be fine).
3. In a stainless steel or glass bowl (don't use plastic) beat all egg yolks.
4. Gradually pour in both cans of milk.
5. Mix well. Stir in refrigerated lemon juice.
6. Melt butter and gradually mix graham cracker crumbs with butter to make crust. The mixture shouldn't be gummy. You should be able to sprinkle crumbs over lemon mixture.
7. Layer bottom of casserole dish with crumbs. Pour lemon batter on top. Repeat layering and end with crumbs.

## **Brown Sugar Pie**

One fully baked single 9-inch basic pie crust, cooled

Three large eggs

4 tablespoons unsalted butter, softened, plus 1 tablespoon unsalted butter, melted

1 cup heavy cream or half-and-half

1/8 teaspoon salt

1 teaspoon vanilla extract

1/2 teaspoon grated nutmeg, or to taste

1/2 cup granulated sugar

3/4 cup dark brown sugar, firmly packed

1 tablespoon flour

1 tablespoon fine-grained cornmeal, preferably stone-ground

1/4 teaspoon vinegar or cream of tartar

1/2 cup slivered almonds, lightly toasted

2 tablespoons brown sugar, preferably brown crystallized sugar

### **Directions:**

1. Carefully crack the eggs one at a time and place the yolk and the egg white into two separate bowls, making sure that no egg yolk is mixed in with the egg white.
2. When you are sure that the egg white is free of yolk, transfer to a large bowl for whipping or to the bowl of a standing mixer. If the egg yolk drips into the egg white, discard that egg white, and break another egg, using a clean bowl.
3. Set aside the egg whites to warm to room temperature and return the yolks to the refrigerator.
4. Preheat the oven to 350 degrees.
5. Combine the softened butter and heavy cream or half-and-half in a small saucepan. Heat, stirring, for a few minutes over low heat, just until the butter melts and the cream is warm.
6. Remove the pan from the heat and stir in the salt, vanilla extract and nutmeg and mix until just blended. Set aside.
7. Transfer the egg yolks to a large mixing bowl and beat briskly for a few seconds with a wire whisk.
8. Add both sugars, the flour and the cornmeal and whisk again. Pour the warm cream mixture over the egg yolk and sugar mixture, and beat briskly until smooth. Set aside.
9. Sprinkle the vinegar or cream of tartar over the egg whites.
10. Using a hand held electric mixer, beat the whites on medium-high speed until they just hold slight peaks.
11. Stir a large spoonful of the egg whites into the filling and mix well.
12. Fold in the remaining egg whites, and mix gently but thoroughly until blended.
13. Pour the filling into the prepared pie shell. Cover the edges of the crust with strips of foil to prevent over-browning.
14. Set the pie on the lower shelf of the preheated oven and bake for 25 minutes or until puffy and golden.

## **Sweet Potato Pie**

6 large sweet potatoes  
1 1/2 cups of margarine  
2 cups of sugar  
1 1/2 teaspoons of vanilla flavoring  
1 teaspoon of nutmeg  
1 teaspoon of ground cinnamon  
3 eggs, beaten  
1/4 teaspoon of salt  
2 unbaked pie crusts

### **Directions:**

1. Preheat oven to 350 degrees.
2. Rinse sweet potatoes under cold water and place them in a large pot of water. Do not cut or peel.
3. Boil the sweet potatoes until tender.
4. Drain the water from the pot when the sweet potatoes are through cooking.
5. Remove the skin from the sweet potatoes while they are still hot and place them into a large bowl.
6. Take a knife and cut them into pieces as they sit in the bowl.
7. Add margarine and sugar to the bowl of sweet potatoes.
8. Add the beaten eggs and spices.
9. Smash and blend all of the ingredients together well.
10. Pour the ingredients into 2 unbaked pie crusts and place the sweet potato pies onto a large cookie sheet, if available, to insure even cooking.
11. Wrap aluminum foil around the outer edges of the pie crust, to prevent the crust from possibly overcooking.
12. Bake at 350 degrees for approximately 45-50 minutes or until brown.

## **Simple 7-Up Cake**

1 (18.5 ounce) package yellow cake mix  
1 (3.5 ounce) package instant coconut cream pudding mix  
4 eggs  
3/4 cup vegetable oil  
10 ounces lemon-lime flavored carbonated beverage  
1 (20 ounce) can crushed pineapple  
1/2 cup butter  
1 egg, beaten  
1 tablespoon all-purpose flour

### **Directions:**

1. Preheat oven to 350 degrees.
2. Grease and flour a 9x13 inch pan.
3. In a large bowl, stir together cake mix and pudding mix.
4. Make a well in the center and pour in 4 eggs, oil and the lemon-lime soda. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed.
5. Pour batter into prepared pan.
6. Bake in the preheated oven for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow cake to cool.

### *Pineapple Topping:*

1. Into large saucepan, combine crushed pineapple, butter, 1 beaten egg, and flour.
2. Cook over low heat until thick. Pour over cooled cake. Keep in the refrigerator.

## **Southern Fried Apples**

2 medium cooking apples  
2 tablespoons butter  
3 1/2 tablespoons sugar  
1 teaspoon ground cinnamon  
Dash of salt

### **Directions:**

1. Core, but do not peel apples.
2. Slice apples 1/2-inch thick to make perfect rings.
3. Heat butter in a heavy skillet. Fit the apple slices to cover bottom of skillet without breaking slices.
4. Mix the sugar, cinnamon and salt and cover apples with half the mixture.
5. Cook slowly for 5 minutes; turn slices with a pancake turner to avoid breaking.
6. Cover with remaining sugar mixture and cook over low heat until apples are almost transparent. If apples are too well cooked, they will break easily.
7. Serve apples hot. You may top with vanilla ice cream and caramel sauce if desired.

## **Better Than Sex Chocolate Cake**

1 box devil's food cake mix  
1 jar caramel topping  
1 8-ounce container Cool Whip®  
5 Heath® bars (chopped into small pieces)

### **Directions:**

1. Bake cake according to directions on package using a 13x9 pan.
2. Let cake cool for about 10 minutes.
3. Make small holes in cake (the round part of a wooden spoon works).
4. Heat caramel topping in microwave for 45 seconds. Pour into holes in cake.
5. Spread with Cool Whip® and add candy on top.
6. Refrigerate for 2 hours. Enjoy!

## **Fudge Pie**

1 cup white sugar  
1/4 cup flour  
2 eggs, beaten  
3 tablespoons cocoa  
1 stick margarine

### **Directions:**

1. Preheat oven to 350 degrees.
2. Mix all ingredients together in a bowl.
3. Pour into greased pie plate and bake for 30 minutes.

## **Chess Pie**

3 eggs (well beaten)  
1/4 cup milk  
1 1/4 cup sugar  
1 tablespoon corn meal  
1 teaspoon vinegar  
5 tablespoons melted margarine  
1 teaspoon vanilla  
1 pie shell

### **Directions:**

1. Pre-bake the pie shell.
2. Preheat oven to 300 degrees.
3. Mix all ingredients together in a bowl.
4. Pour into pre-baked pie shell and bake for 30 to 40 minutes or until done.



# Breads

## **Homemade Rolls**

1 cup milk, scaled  
1/3 cup shortening  
1/2 cup sugar  
2 beaten eggs  
2 yeast cakes or 2 dry yeast dissolved in water  
5 cups flour, sifted

### **Directions:**

1. Combine scaled milk, shortening and sugar; cool to lukewarm.
2. Soften yeast in lukewarm water, stir and add to milk.
3. Add eggs, then four cups flour, one cup at a time.
4. Mix well after each addition.
5. Use last cup of flour to dust board and to work into dough as you knead it about five minutes.
6. Put dough into greased bowl and let rise.
7. Divide into individual rolls in whatever size or shape you wish.
8. If you wish to freeze dough, freeze at this point.
9. Let rolls rise till double in size once more.
10. Bake at 375 degrees for about 15 minutes.

## **Sweet Potato Biscuits**

2 cups all-purpose flour  
1 tablespoon baking powder  
1 teaspoon of salt  
1 cup of mashed sweet potatoes  
2 tablespoons firmly packed brown sugar  
1/2 cup butter flavored Crisco®, melted  
1/2 teaspoon baking soda  
3/4 cup of buttermilk

### **Directions:**

1. Preheat oven to 425 degrees.
2. Combine flour, baking powder and salt in a large bowl.
3. Combine sweet potatoes, brown sugar and Crisco® in another bowl. Beat at low speed with an electric mixer until well blended and fluffy in texture.
4. Dissolve baking soda in buttermilk.
5. Stir buttermilk and sweet potato mixture alternately into dry ingredients.
6. Roll dough 1-inch thick. Cut out biscuits with a floured 2-inch round cutter.
7. Place biscuits on an ungreased baking sheet.
8. Bake at 425 degrees for 15-20 minutes.

## **Hot Water Cornbread**

3 tablespoons oil  
2 cups self-rising white corn meal mix  
1 1/2 cups hot water  
1 egg (beaten)  
Oil for frying

### **Directions:**

1. Combine 3 tablespoons oil, corn meal mix, and the beaten egg.
2. Slowly add hot water, mixing as you pour.
3. Once all the water has been added and no lumps are left, start molding the meal mix with your hands into 3 inch patties.
4. Slowly add patties to hot grease.
5. Fry on one side till edges are crisp (about 5 minutes); and then turn, cooking another 2-3 minutes.
6. Drain on paper towel to absorb excess oil. Serve warm.

## **Corn Bread**

1 3/4 cups white corn meal  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
2 cups buttermilk  
1 large egg  
3 tablespoons shortening

### **Directions:**

1. Preheat oven to 450 degrees.
2. Put a 9" cast iron skillet on the stove over medium heat and put the shortening in the skillet.
3. Mix all the dry ingredients together in one bowl.
4. Mix the egg and buttermilk together in another bowl.
5. Combine the dry and wet ingredients together in one bowl.
6. When you start to see little wisps of smoke coming from the hot shortening, pour most, not all of the shortening into the cornbread batter and mix well.
7. Then pour the batter into the hot skillet and enjoy the sizzling sound that guarantees a nice crisp crust.
8. Place in the middle of the preheated oven and bake about 30 minutes, until nice and brown on top.

## **Light Corn Bread**

2 cups meal  
2 cups flour  
2 cups buttermilk  
2 whole eggs  
2 tablespoons baking powder  
1 tablespoon salt  
1/2 cup sugar  
1/2 cup lard

### **Directions:**

1. Mix all ingredients together and
2. Pour into 2 loaf pans.
3. Bake at 350 degrees until done.

## Cinnamon Rolls

7 - 7 1/2 cups sifted flour  
1 tablespoon dry yeast  
2 cups milk  
1/2 cup sugar  
1/2 cup Crisco®  
1/4 cup water  
2 teaspoons salt  
2 eggs

*Sugar-cinnamon mixture:*

3/4 cup sugar  
2 tablespoons cinnamon

### Directions:

1. Preheat oven to 375 degrees.
2. Mix yeast and 1 tablespoon of sugar with hotter than warm water (1/4 cup). Mixture will start to bubble when ready.
3. Add 2 cups of warm milk, Crisco®, 1/2 cup sugar, salt and eggs. Work in your flour to make a soft dough.
4. Cover and let rise until doubled (1 1/2 - 2 hours).
5. Roll out into a 15 X 7 rectangle, about 1/2 inch thick.
6. Brush lightly with a little water (if you saturate too much, your loaves will ooze).
7. Sprinkle with sugar-cinnamon mixture. Roll up (jelly roll style) starting with the smallest end.
8. Seal edges placing sealed sides up.
9. Let rise until doubled again (about 1 hour).
10. Bake at 375 degrees for approximately 35-40 minutes.
11. Brush with butter, or you may wish to glaze the top of your loaves with the topping of your choice.