



A collection of Southern Recipes from the [www.olsouthrecipes.com](http://www.olsouthrecipes.com) web site.

- \* Bread Recipes
  - \* Beverage Recipes
    - \* Breakfast Recipes
      - \* Dessert Recipes
        - \* Main Course Recipes
          - \* Side Dish Recipes
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*"If you like sweet cornbread, go ahead and put sugar in it.  
Just don't call it Southern Cornbread"  
mom*

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# ***BREAD RECIPES***

## **Real Southern Cornbread**

Southern Cornbread is bread to accompany a meal. It is not cake. It is not dessert. It is not sweet. If you like sweet cornbread, fine...put sugar in it. Just don't call it Southern Cornbread. And most Southerners spell it "cornbread" (one word), not "corn bread".

You should use a cast iron skillet for your cornbread. It will not be the same without it. And it's the traditional way to cook Southern Cornbread. Cast iron is inexpensive and it lasts a lifetime. You can pass it down to your children.

This recipe is for an 8 inch skillet. You should fill to within 1/2 to 1 inch of top of the rim. You may use a larger skillet but you will get a thinner, crunchier bread.

### ***Cornbread Ingredients***

2 cups white cornmeal  
1/3 cup flour  
1-1/2 tablespoons baking powder  
3/4 teaspoon baking soda (omit if you use regular milk rather than buttermilk)  
1 teaspoon salt  
Dash of black pepper  
1 and 1/2 cup buttermilk (more or less)  
2 tablespoons of bacon drippings (you may substitute cooking oil but you lose flavor)

### ***Corn Bread Directions***

1. Preheat the oven to 400 degrees
2. Prepare the skillet by placing the bacon drippings in the skillet and roll the skillet or use a paper towel to coat the interior sides of the skillet with the bacon grease. Place the skillet in the pre-heated oven while preparing the following batter.

3. In a medium size bowl, combine all the dry ingredients and mix well.

4. Add 3/4 of the buttermilk and stir.

Remove skillet from oven and slowly add about 1 tablespoon of the hot oil (bacon grease) from the skillet, into the batter, stirring well. (Use a pot holder to pick up the skillet!!)

Note: the skillet and bacon grease should be very hot but not smoking.

5. Watching the consistency of the batter, carefully add remainder of buttermilk while stirring.

The consistency of the cornbread batter should look like a thick pancake mix. This may require a little more or less of the remaining buttermilk. If the mix is too thick, add more buttermilk. If the mixture is too thin, add more cornmeal.

6. Lightly sprinkle the skillet bottom with dry corn meal and pour in the batter.

Immediately, place skillet in pre-heated oven.

(con't. next page)

**Cornbread - con't.**

7. Bake at 400 degrees approximately 25 minutes. Time will vary according to the consistency of the batter you end up with. Watch the cornbread after about 20 minutes and cook until the top is golden brown.

8. After the top is brown, remove the cornbread from the oven and flip the cornbread over in the skillet (see tip below), then continue baking another 5 minutes.

Serve hot. This recipe makes one serving each for 4 people. You will probably find that people want more so just increase the ingredients above for a larger skillet. Increase by 1/3 for a 10 or 12 inch skillet.

Tip: If the cornbread sticks, run a table knife completely around the inside wall of the skillet while gently shaking. This will usually free the bread for you to flip it over. Protect your hand...it's hot! If the bread does not come out easily, do not try to turn it over. It will crumble and fall apart. Just skip step 8. Allow to cool a few minutes, then run a knife around the edge and the bread should come out in one piece.

Southern Cornbread goes well with all vegetables but a traditional Southern meal would be Fried Pork Chops or Southern Fried Chicken with Black Eyed Peas, Collard, Mustard or Turnip Greens and Iced Tea.



## *Southern Biscuits*

### **Ingredients**

2 cups all purpose flour  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
2 teaspoons salt  
1/2 cup Crisco shortening  
1 cup buttermilk

### **Directions**

1. Combine the dry ingredients. Gently kneed (cut) in the shortening until the mixture looks like "meal" (a very course powder)
2. Add the buttermilk, stirring GENTLY until a dough starts to form.
3. When you get a "sticky" dough ball, turn out on board, flour lightly, and form a flat mass. Cut out the biscuits with a biscuit cutter.
4. Place the biscuits on a cookie sheet and then into a 450-degree preheated oven. Bake until tops are a golden brown (about 10-12 minutes).

Yields 8-10 biscuits according to the size of biscuit cutter you use.

Tip 1: If you do not have a biscuit cutter, check your drinking glasses for one with the diameter the size you want your biscuits. While not the preferred tool, it will work.

Tip 2: Obtaining the correct consistency of the dough takes a little practice. Just add the buttermilk a little at a time and watch for the dough to form as you stir. You may be tempted to add too much flour to prevent the dough sticking to your hands. Don't! It should be light, puffy and sticky when you take it out of the mixing bowl. You can sprinkle lightly with flour after it is on your board to prevent sticking. Don't over flour.

Tip 3: Do NOT handle the dough any more than necessary. Over handling will make tough biscuits. When you turn the dough out on your board, try to double the dough over on itself only three times while flattening it out.

Tip 4: Use buttermilk rather than regular milk. If you do not have buttermilk, you can make a substitute by adding 1 tsp white vinegar in 1 cup regular milk. Stir and allow to sit for 1 minute before use.

Tip 5: Make sure to preheat the oven. Never start your biscuits in a cold oven.

Tip 6: When cutting out the biscuits, push straight down and back up with the biscuit cutter. Do not push down and "twist" or turn the biscuit cutter. This can cause uneven cooking and flat biscuits.

Tip 7: If you want fluffy biscuits, leave a 2" space between the biscuits on the cookie sheet. If you want crispier biscuits, place the biscuits with their sides touching.

Serve with sausage gravy.

## *Mexican (Jalapeno) Cornbread*

### Ingredients

- \* 2 cups white cornmeal
- \* 6 tablespoons flour
- \* 1 and 1/2 tablespoons baking powder
- \* 1/8 tablespoon baking soda (omit if you use regular milk rather than buttermilk)
- \* 1/4 tablespoon salt
- \* Dash of black pepper
- \* 1 cup buttermilk
- \* 8 tablespoons of cooking oil (I prefer corn oil but you can substitute)
- \* 1/2 cup grated medium cheddar cheese
- \* 1 cup cream style corn - DRAINED WELL
- \* 1 medium jalapeno pepper, diced (fresh is good but you may use canned or bottled. Adjust the amount to your taste; one whole pepper will be just a little tangy. Use 3 for "hot").
- \* 1/3 cup onion - diced

### Mexican Cornbread Directions

1. Preheat the oven to 400 degrees
2. Prepare the skillet by placing the oil in the skillet and roll the skillet or use a paper towel to coat the sides of the skillet with oil. Place the skillet on the stove top burner on medium heat
3. In a medium size bowl, combine all the dry ingredients and mix well.
4. Add 3/4 of the buttermilk and stir.
5. Slowly, add the hot oil from the skillet, stirring well.
- 6 Turn stove top burner low and place skillet back on the stove top burner.
7. Watching the consistency of the corn meal batter carefully, add remainder of buttermilk while stirring. The consistency of the batter should appear as a thick pancake mix. This may require a little more or less of the remaining buttermilk. If the mix is too thick, add more buttermilk. If the mixture is too thin, add more cornmeal.
8. Lightly sprinkle the skillet bottom with dry corn meal and pour in the batter. Immediately, place skillet in pre-heated oven.
9. Bake at 400 degrees approximately 25 minutes. Watch the cornbread after about 20 minutes and cook until the top is golden brown. This may take from 25-40 minutes according to the consistency of batter you finished with.

Really good with black eyed peas.

## *Cornbread Dressing (Stuffing)*

While stuffing is a must for turkey and holidays, this is a great recipe to make for a side dish anytime

### ***Ingredients***

- \* 2 cups self-rising cornmeal (if you do not have self-rising, add 1 tablespoon baking powder)
- \* 2 eggs beaten
- \* 2 cups buttermilk
- \* 2 tablespoons bacon drippings, melted
- \* 3 stalks celery, chopped
- \* 1 medium onion, chopped
- \* 1/3 cup butter or margarine, melted
- \* 12 slices day old bread, crumbled
- \* 2 cups turkey or chicken broth
- \* 1/2 cup milk
- \* 2 eggs, beaten
- \* 1/4 teaspoon salt
- \* 1 teaspoon poultry seasoning
- \* 1/2 teaspoon sage
- \* 1/4 teaspoon pepper

### ***Directions***

1. Combine cornmeal, 2 eggs, buttermilk, and melted bacon drippings, stirring well.
  2. Place a well-greased 10-inch cast iron skillet in a 450 degree oven for 4 minutes or until hot. Remove skillet from oven; spoon batter into skillet. Bake at 450 for 35 minutes or until cornbread is lightly browned. Cool; crumble cornbread into a large bowl.
  3. Place celery and onion in a frying pan and cook until tender. Add cooked celery and onion, with all remaining ingredients, to crumbled cornbread, stirring well.
  4. Spoon dressing into a lightly greased 13 x 9 x 2-inch pan. Bake at 350 for 25 to 30 minutes.
- Don't forget to adjust the liquid to obtain your preference of a moist or dry cornbread dressing. Serves 8.

Goes well as a side dish with Country Fried Steak

## *Hushpuppies (cornbread)*

### **Ingredients**

1 cup white cornmeal  
4 tablespoons flour  
1 tablespoon baking powder  
1/3 cup onion - diced  
1/8 tablespoon baking soda  
1/2 cup buttermilk (more or less)  
1/8 tablespoon salt  
1/8 tablespoon black pepper  
Cooking oil (see below for amount)

### **Directions**

1. In a medium pot (I like cast iron) place enough cooking oil to provide at least a 4 inch depth of oil. The amount depends on the size pot you use. I like corn oil or peanut oil because of their high smoking point. Also, I prefer a medium size pot because it takes less oil. If you have the oil to spare, use a bigger pot and you will be able to cook more hushpuppies at a time and get them to the table hotter.
2. Place the pot on the stove top burner set on medium high heat. The oil temperature is very important. It must be hot but not smoking hot. Here's a tip. Place the end of a wooden spoon or any wooden utensil you have in the hot oil. If bubbles swirl up around the wood immediately, you have the correct temperature. If no bubbles, it's not hot enough.
3. Next, in a medium size bowl, combine all the dry ingredients (including the onions) and stir well. Add the buttermilk slowly while closely observing the consistency. Do not dump the buttermilk in all at once. Add slowly. You are looking for a thick mixture that has the consistency of wet sand. The best way to tell if it is correct is to take a portion in your bare hands and attempt to roll it into a ball. It should stick together without crumbling. If it is mush and runs through your fingers, add more cornmeal to make it thicker. If it crumbles and will not hold together, add more buttermilk to make it hold it's shape. It takes a little experience but it's really not difficult.
4. Next, test your oil temperature. If it is good, begin rolling the cornmeal mixture in balls, using your bare hands. You want balls slightly larger than golf balls.

As each ball is completed, place it on a large spoon (plastic or wood) and submerge in the oil.

This will be a busy time because while you are placing the balls in the oil, you must watch the ones already in the oil and be prepared to remove them as they are ready. They will cook very fast. About one to two minutes. Remove from the oil when they have a golden brown color.

Place the hushpuppies on paper towels as they are removed from the pot to absorb some of the oil. Try to get the hushpuppies to the table as soon as possible. They are not nearly as good cold.

## ***BREAKFAST RECIPES***

### ***Southern Grits***

Today you can buy instant and "quick cook" grits. They are convenient, fast and pretty good, but I prefer the old fashioned, traditional "regular" grits.

Here is the basic recipe

1. In a large saucepan, bring 4 1/2 cups water, seasoned with 1 teaspoon salt, to a boil.
2. Stir in 1 cup regular grits.
3. Reduce heat to low and continue stirring.
4. Cook 30 to 40 minutes, stirring frequently. (They will burn if you do not stir!!)
5. Remove from heat and stir in 4 tablespoons of butter. Serve hot

#### ***Variations:***

You can try one or a combination of the following variations.

1. Add bacon grease (2 tablespoons) when the grits start boiling. Adds a lot of flavor.
2. Stir in one slightly beaten egg while cooking.
3. Add 2 tablespoons chopped onion when starting to boil.
4. Add one slice of (un-cooked) bacon when adding the grits to the water
5. Cook grits per regular recipe above, allow to cool slightly, beat in one egg. Refrigerate until firm, then slice and fry in bacon fat or butter. Good idea for left-over grits tomorrow morning.

Since grits alone do not have a pronounced flavor, they tend to take on the flavor of whatever they are served with. So, use your imagination and try whatever appeals to you.

## **Sausage Gravy**

### Ingredients

- \* 1/2 pound ground breakfast sausage
- \* 1/4 cup bacon grease
- \* 1/4 cup diced onion
- \* 2-4 tablespoons all purpose flour
- \* milk - as described in procedure below
- \* salt and pepper to taste

If you do not have bacon grease on hand, first cook enough bacon to produce 1/4 cup of grease (I didn't say this was a low fat dish).

### **Directions**

1. Brown the sausage, adding the chopped onions the last 2 minutes of cooking the sausage. Set the sausage/onion mixture aside.

2. Pour the bacon grease in a large frying pan on medium heat. After the grease begins to bubble, add one tablespoon of flour while stirring constantly. Watch the consistency of the roux and add more flour as necessary to obtain a thick, dull colored paste. There should be no visible grease in the roux. At the same time, it should NOT be dry. The best I can describe the appearance is to say it should be a wet paste. More wet than paste. If it appears too greasy, add flour. If it appears too dry, add bacon grease.

\*\*Note 1: You must get the roux consistency correct at this point. You can NOT add flour or grease after this or you will end up with lumpy or greasy gravy!

\*\*Note 2: If you want white gravy, go to the next step (milk) just as the roux begins to show color. If you want brown gravy (my recommendation) cook the roux until it turns a rich brown color (just before burning). Remember, you must constantly stir the roux.

3. Add 1/2 cup milk while stirring. As the roux dissolves and the milk begins to boil, add more milk a little at a time while watching the thickness of the gravy. The thickness of your final gravy is determined at this point. The thickness will be determined by how much milk you add and how long you cook it. Remember, when the gravy is removed from the heat and cools, it will become thicker. Only experience and your own preference will guide you as to how thick a gravy you end up with. I prefer a medium thickness (the gravy will have the thickness of pancake syrup when I remove from the heat).

4. As you approach the thickness you want, add the sausage/onion mix to the gravy and cook the last minute. Add salt and pepper to taste and remove from heat.

Pour the steaming hot gravy over home made Southern Biscuits and you have a treat fit for a king!

# **BEVERAGE RECIPES**

## **Mint Julep**

We have included an alcohol and non-alcohol version of the recipe. Fresh mint is available in the vegetable/herb section of most large markets today.

### **Alcohol Version (big Batch)**

#### **Ingredients**

- \* 2 cups sugar
- \* 2 cups water
- \* Sprigs of fresh mint
- \* Crushed ice
- \* Bourbon Whiskey

#### **Directions**

1. Make a syrup by boiling sugar and water together for five minutes. Cool and place in a covered container with six or eight sprigs of fresh mint, then refrigerate overnight.
2. Make one julep at a time by filling a collins glass with crushed ice, adding one tablespoon mint syrup (step 1) and two ounces of Bourbon Whiskey. Stir rapidly with a spoon to frost the outside of the glass. Garnish with a sprig of fresh mint.

### **For a Quick Single Serving:**

#### **Ingredients**

- \* 4 fresh mint sprigs
- \* 2 1/2 oz bourbon whiskey
- \* 1 tsp powdered sugar
- \* 2 tsp water

#### **Directions**

1. Crush mint leaves in a collins glass.
2. Add powdered sugar, and water. Mix well.
3. Fill the glass with shaved or crushed ice and add bourbon.
4. Top with more ice and garnish with a mint sprig.

### **Mint Julep Non-Alcohol Version:**

#### **Ingredients**

- 3/4 c. sugar
- Juice of 3 lemons, strained
- 1 c. water
- 4 sprigs of mint, bruised
- 1 pt. ginger ale

#### **Directions**

Boil sugar and water 10 minutes, cool  
Add lemon juice, mint leaves and ginger ale  
Fill glasses half full with crushed ice and julep. Garnish with a sprig of mint.

## ***Southern Iced Tea***

Real Southern Ice Tea is sweet tea. Very sweet. Just like no true Southerner would consider sugar in their cornbread, they would not consider iced tea without sugar.

TIP: This is as important as making the tea. When serving, fill the glass with ice first, then pour in the tea. NEVER SERVE TEA WITH 2 CUBES OF ICE like restaurants tend to do. When I say fill the glass with ice, I mean "fill the glass with ice"! After pouring the tea in the glass, the ice will settle down a little, add more ice to fill up glass.

### ***Iced Tea Ingredients***

- \* 8 tea bags black tea
- \* 1 1/2 cups sugar
- \* 1 qt water

### ***Directions***

1. Pour the sugar in a 2 quart pitcher. Sit aside
2. Place 1 quart water in large pot on stove top burner set on medium-high heat.
3. Add tea bags to water
4. Bring water just to the point where small bubbles begin to form around edge of pot. Do not bring to a full boil.
5. Remove from heat and discard tea bags
6. Pour hot tea in pitcher containing sugar. Mix well until all sugar is dissolved.
7. Add one tray of ice. Stir
8. Add water from tap to bring water level to within 4 inches of top of pitcher
9. Refrigerate for 30 minutes

Sounds simple, huh? Well, it really is. But you will find yourself making this tea all the time...because the pitcher just seems to always be empty.

## **DESSERT RECIPES**

### **Sweet Potato Pie (or Pumpkin)**

If you like pumpkin pie, just substitute the sweet potato filling with a 15 oz can of pumpkin pie filling and you have a pumpkin pie. All the other ingredients and procedures are exactly the same. If you can not find 15 oz cans of filling, just make sure you have 1 and 3/4 cup filling.

If you prefer not to use prepared (canned) filling, you can cook your own sweet potatoes very easily. Just boil about 4-5 large sweet potatoes (enough for 1 3/4 cups of filling) in plain water until a fork pushed into a potato enters easily. Then scrape inside of potatoes from peeling and process in a food processor until you obtain a paste consistency. (You can do this with a fork if you do not have a processor).

#### **Ingredients**

- \* 1/2 cup sugar
- \* 1 1/2 tsp ground cinnamon
- \* 1/2 tsp ground ginger
- \* 2 large eggs
- \* 1 tsp vanilla
- \* 4 oz butter (softened)
- \* 1 3/4 cups cooked and mashed sweet potatoes or one 15 oz can sweet potato pie filling.
- \* 1 can (12 oz) evaporated milk (do not substitute regular milk-it will not set properly)
- \* 2 un-cooked pie shells

Note: This recipe will make two 9 inch pies using regular pie shells. If you use deep dish pie shells, you will not get two full pies.

#### **Directions**

1. Mix sugar, cinnamon and ginger in a large bowl
2. Beat eggs in a separate bowl, add vanilla and butter, mix well.
3. Pour egg mixture into dry ingredients while stirring.
4. Add sweet potatoes (or pumpkin) to mix and stir.
5. Add evaporated milk. Mix well.
6. Pour mixture into pie shell(s).
7. Bake in pre-heated 425 degree oven for 15 minutes
8. Reduce heat to 350 degrees and bake 40-50 minutes or until a toothpick stuck into center of pie comes out dry.

Cool pie 1 hour before cutting. Top with whipped cream and cherries or pecans if desired. Refrigerate left-over but do not freeze.

## **Mississippi Mud Pie**

There are two popular versions of Mississippi Mud Pie. One is a cake-like version and the other is an ice cream pie version. We are providing both recipes here.

### **Cake Version**

#### **Ingredients**

- \* 1/4 lb. butter, 1 stick
- \* 2 (1 oz. each) squares un-sweetened chocolate
- \* 3 eggs
- \* 3 tablespoons white corn syrup
- \* 1 1/3 cups sugar
- \* 1 tsp. vanilla
- \* 9 inch graham cracker, chocolate or vanilla wafer pie shell

#### **Cake Version Directions**

1. In a saucepan, heat butter and chocolate, stirring often, until melted and well blended. Remove from heat and set aside.
2. In a bowl, beat eggs; stir in the corn syrup, sugar and vanilla.
3. Add the chocolate mixture to egg and sugar mixture, stirring well. Add slowly so the eggs do not cook.

Preheat oven to 350 degrees.

4. Pour filling into prepared pie shell.
5. Bake 35 to 40 minutes, or until top is slightly crunchy and filling is set.

Serve warm with a scoop of vanilla ice cream or dollop of whipped cream.

Note: The above recipe makes a dessert resembling brownies, except softer in the middle. It should have a topping to make it real Mississippi Mud Pie. You can use a variety of toppings. Such as:

1. White cake icing
2. Marshmallow -cover top with mini-marshmallows and place in oven set on broiler until marshmallows are melted and slightly browned - watch closely, they will burn quickly.
3. Peanut butter (my favorite) - cover top with peanut butter and follow same cooking method as with marshmallows just until peanut butter melts.

#### **Ice Cream Version Ingredients**

- \* 1 prepared 8 inch (6 ounces) chocolate crumb crust
- \* 1 cup powdered sugar
- \* 1 cup (6 ounces) Semi-Sweet Chocolate Morsels
- \* 1/4 cup (1/2 stick) butter or margarine, cut up
- \* 1/4 cup heavy whipping cream
- \* 2 tablespoons light corn syrup
- \* 1 teaspoon vanilla extract
- \* 3/4 cup chopped pecan or walnut, divided (optional)
- \* 2 pints coffee ice cream, softened slightly, divided
- \* Whipped cream (optional)

#### **Ice Cream Version Directions**

1. HEAT sugar, chocolate morsels, butter, cream and corn syrup in small, heavy-duty saucepan over low heat, stirring constantly, until butter is melted and mixture is smooth.

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**Mississippi Mud Pie - con't.**

2. Remove from heat. Stir vanilla extract into the chocolate sauce mixture. Cool until slightly warm.
3. DRIZZLE 1/3 cup chocolate sauce in bottom of crust; sprinkle with 1/4 cup nuts.
4. Layer 1 pint ice cream, scooping thin slices with a large spoon; freeze for 1 hour.
5. Repeat with 1/3 cup sauce, 1/4 cup nuts and ice cream.
6. Drizzle with remaining sauce; top with remaining nuts.
7. Freeze for 2 hours or until firm. Top with whipped cream before serving.

## ***Southern Pecan Pie***

### ***Ingredients***

- \* 1/2 cup sugar
- \* 1/4 cup butter (softened)
- \* 1 cup corn syrup
- \* 1/4 tsp salt
- \* 1 tsp vanilla
- \* 3 eggs
- \* 1 to 1 1/2 cups pecans
- \* 1 9-inch deep dish pie shell (un-baked)

### ***Directions***

1. Cream (mix) the sugar and butter well in a medium sized mixing bowl.
2. Add syrup, salt, and vanilla. Mix again.
3. Add eggs one at a time and mix after each.
4. Stir in pecans (save a few to place on top of pie after cooking).
5. Pour mixture into un-baked pie crust.
6. Preheat oven to 350 degrees F and bake until top is brown and pie set (about 45 minutes).

Toothpick stuck in center of pie should come out almost dry.

Tip: Be sure to mix ingredients well. Otherwise the pie may not set up.

You can use chopped pecans or whole.

Store in the refrigerator. May be re-heated in microwave before serving (about 15 sec).

## Walnut Fudge

### **Ingredients:**

- \* 2 cups evaporated milk
- \* 1/4 cup cocoa powder
- \* 6 cups sugar
- \* 1 tsp salt
- \* 6 TBS butter (or margarine)
- \* 1 cup marshmallow cream
- \* 1 1/2 cups chopped English walnuts
- \* 1 tsp vanilla

### **Directions:**

1. Put the milk, cocoa powder, sugar, salt and butter in a large sauce pan.
  2. Mix the ingredients over medium high heat until the mixture comes to a boil. Stir often.
  3. Once mixture comes to a boil, stir constantly while maintaining a hard rolling boil.
  4. Cook until the mixture reaches the soft ball stage\*\*.
- \*\* Soft boil is when a drop of the fudge mixture in a glass of cold water immediately forms a soft ball.
- \*\* This should take about 5 minutes after you obtain a hard boil.
- \*\* If you have a candy thermometer, cook until temperature reaches 230-240 degrees F.
5. Remove from heat and let cool 10 minutes.
  6. Stir in the vanilla, marshmallow cream and nuts. Beat vigorously until the real glossy look is gone.
  7. Spread out in a 12 x 9 pan coated lightly with spray or butter. Wait until the fudge is set (hardened up) to cut.

## ***Apple Brown Betty***

### ***Ingredients***

- \* 2 cups coarse day-old (rather dry) bread crumbs
- \* 6 cups baking apples (tart like Granny Smith)
- \* 1/2 cup sugar
- \* 1/2 tsp cinnamon
- \* 1/4 tsp salt
- \* 3 TBS lemon juice
- \* 1/4 cup water
- \* 2 TBS margarine (or butter)

### ***Directions:***

1. Grease a 11 x 9 baking dish. Buttered is recommended, but Crisco or Pam spray are fine.
  2. Sprinkle approximately 1/3 of the bread crumbs over the bottom of the baking dish.
  3. Place 1/2 of the apples over the bread crumbs.
  4. Mix together the sugar, cinnamon, and salt. Put 1/2 of this sugar mixture over the apples.
  5. Add 1/3 of the bread crumbs and then the rest of the apples sprinkled with the rest of the sugar mixture. Top with the final 1/3 of the bread crumbs. (layered)
  6. Splash the lemon juice and water over the top of the Apple Brown Betty.
  7. Cut the butter into small chunks and spread around the top.
  8. Bake covered at 350 degrees F for 30 minutes.
  9. Remove cover and bake an additional 15 minutes.
- Serve hot or cold. Good with ice cream or whipped cream on top.

## ***Peanut Butter Cookies***

### ***Ingredients:***

- \* 1/4 cup shortening (Crisco)
- \* 1/4 cup butter or margarine (softened)
- \* 1/2 cup peanut butter (smooth recommended but can use chunky if you prefer)
- \* 1/2 cup white sugar
- \* 1/2 cup brown sugar (pack down in measuring cup to get a good, full 1/2 cup)
- \* 1 egg
- \* 1 1/2 cups all purpose flour
- \* 3/4 tsp baking soda
- \* 1/2 tsp baking powder
- \* 1/4 tsp salt

### ***Directions:***

1. Combine shortening, softened butter, peanut butter, sugar, brown sugar, and egg. Blend well.
2. In a separate bowl, mix together flour with baking soda, baking powder and salt. Add to peanut butter mixture. Mix well.
3. Cover and chill for at least an hour.
4. Roll dough into one inch balls - a little smaller than golf balls.
5. Place dough balls on greased cookie sheets. Leave a 2 inch space between the balls.
6. Use a fork to mash the balls out flat like cookies. Make a crisscross pattern. Mash one direction. Turn the fork and mash the other direction. If the fork is sticking to the dough, dip the fork lightly in flour.
7. Bake at 375 degrees F for 10 to 12 minutes. Cookies should be very lightly browned. Don't over cook, or the cookies will be hard instead of soft and chewy.

Want to try something really fun? Make the recipe above and divide the dough into two equal portions. Then make one gigantic cookie out of each portion... about the size of a mini-pizza. The kids love it.

## ***Peach Praline Pie***

### ***Ingredients***

4 cups peeled, sliced peaches (about 4 medium peaches)  
9 inch un-baked deep-dish pie shell  
1/2 cup sugar  
3 1/2 tbsp quick-cooking tapioca  
1 tsp lemon juice  
1/2 cup all-purpose flour  
1/4 cup packed brown sugar  
1/2 cup pecan pieces  
4 tbsp cold unsalted butter

### ***Directions***

1. Preheat oven to 450 degrees
2. Line a rimmed baking sheet with foil.
3. In a large bowl, combine peaches, sugar, tapioca and lemon juice. Let stand for 15 minutes
4. In a small bowl, mix flour, brown sugar and pecan pieces.
5. Using your fingers or a fork, cut in butter until mixture is crumbly.
6. Sprinkle 1/3 of the praline mixture (the brown sugar/flour mix) over bottom of pie shell.
7. Cover with peach mixture. Sprinkle remaining praline mixture over peaches.
8. Place pie on prepared baking sheet (step 2) and bake for 10 minutes.
9. Reduce oven temperature to 350 degrees and bake until peaches are tender and topping is golden brown, about 30 minutes.

## **Main Courses**

### **Southern Fried Chicken**

#### **Ingredients**

- \* Fresh, cut-up chicken
- \* 2 cups flour
- \* 1 tablespoon salt
- \* 1/2 tablespoon black pepper
- \* 1 whole egg
- \* 3/4 cup milk
- \* Cooking oil as required

#### **Directions**

1. Using a large frying pan (cast iron works best), fill with enough cooking oil to cover at least half the thickness of the chicken (about 3 inches oil depth in the pan minimum).
2. Place frying pan on stove top burner on medium-high heat
3. In a medium size mixing bowl, combine egg and milk, mix well
4. On a large plate, combine flour, salt, pepper, mix well
5. Wash chicken parts, pat dry.
6. Dip each chicken part in the egg-milk wash, then roll in flour mix to coat on all sides
7. Check oil temperature (place handle of wooden spoon in oil. You should get bubbles rising around the handle immediately.)  
Note: It is important that the oil is hot. If not the flour coating will wash away before making a crust.
8. Place chicken parts in frying pan (should not be touching each other)
9. Fry chicken on first side 1 minute then turn to other side for 1 minute
10. REDUCE HEAT TO MEDIUM
11. Continue to fry on each side until golden brown  
Should take about 5-7 minutes first side and 4-5 minutes other side

Tip: Even though you have a golden brown crust on the outside, the inside of the thicker pieces may not be fully cooked, especially if you are using frozen chicken which you defrosted. When you have a golden crust, cut deep into one of the thickest pieces with a sharp knife and observe for any pink coloring. If pink (or red) continue cooking (reduce heat slightly). There should be no pink!

Tip 2: Be sure the oil is hot before placing chicken in the pan. The first few minutes of frying is what seals in the flavor and gives a good crust. Use the wooden handle test in step 7 to make sure oil is hot enough before adding chicken.

Refrigerate leftovers for up to 2 days. Although it will lose it's crunchiness, cold fried chicken is very tasty the next day.

## ***Fried Pork Chops***

Before getting to the Southern Fried Pork Chops recipe, here's a quick, different way to cook chops that is not Southern but very good. Brown pork chops in two spoons of cooking oil; pour off oil and pour 1/2 cup soy sauce on the chops. Simmer slowly until the soy sauce boils away. Very good and so simple!

### ***Ingredients***

- \* Pork Chops, boneless, thin cut, but you can use other cuts. Allow one large or two small chops per person)
- \* Cooking oil (enough to submerge half the thickness of chops in oil)
- \* 1 egg
- \* 1 cup milk
- \* 2 cups cornmeal
- \* 1/2 teaspoon salt
- \* 1/2 teaspoon black pepper

### ***Directions***

1. In a medium mixing bowl, combine egg, milk, salt and black pepper. Beat lightly to mix well.
2. Spread cornmeal out on a flat plate.
3. Heat cooking oil in large frying pan over medium heat
4. While oil heats, dip chops in egg/milk bath, drain excess and coat with the cornmeal by turning over several times in the cornmeal mix.
5. Place breaded chops in hot oil and fry until golden brown on both sides.

## ***Fish Fry - Fried Catfish***

You can use this catfish recipe for any type fish that is firm enough for frying. Soft, flaky fish does not fry well or develop a good crust. And for a change, use the same breading and broil the fish. It will not be as crispy but is quite good.

### ***Ingredients***

- \* Catfish fillets (3 or 4 medium pieces per person)
- \* 1 cup White Corn Meal
- \* 1/3 cup all purpose flour
- \* 2 teaspoons salt
- \* 1 teaspoon black pepper
- \* 1/2 teaspoon cayenne pepper
- \* 1/4 teaspoon garlic powder
- \* 2 medium eggs
- \* 1/4 cup buttermilk
- \* Enough cooking oil to cover the fish

### ***Directions***

1. Combine all dry ingredients on a plate, mix well
2. Beat eggs and buttermilk in a medium size bowl
3. Wash catfish fillets and pat dry.
4. Dip fillets in the egg wash, shake of excess then roll in the cornmeal mix to coat thoroughly on all sides.
5. **Make sure oil is hot**, then place fish in frying pan and fry until golden brown on both sides. (See Notes below)
6. Drain on paper towels and serve hot

Notes: It's a little work but, you should de-bone and skin the fillets before beginning. Catfish does not have a lot of bones, but biting into one really takes the enjoyment out of the dish.

To de-bone simply pull out all the bones with a pair of pliers. It's quick and easy. You can also use the pliers to skin the fish. Just hold one end with a towel or stick a fork in it and pull the skin off with the pliers. It should come off in one piece.

It is **very important** to have the oil hot before putting the fish in. Place the handle of a wooden utensil into the oil. Bubbles should rise immediately around the handle. If not, the oil is not hot enough. If the oil is not hot, it will wash the cornmeal mix off and you will not get a crispy coating.

A traditional Southern fish fry would consist of fried catfish, Southern Cole Slaw, Hushpuppies and a plate of fresh vegetables (green onions and sliced tomatoes). Of course you need a big pitcher of Southern Iced Tea to wash it all down.

## **Country Fried (Chicken Fried) Steak**

Country Fried Steak (sometimes called Chicken Fried Steak) is an old favorite in the South.

### **Ingredients**

- \* 1 pound round steak, cut into 4 portions, pounded to tenderize
- \* 1/2 cup all-purpose flour
- \* 1/8 teaspoon black pepper
- \* salt
- \* 2/3 cup buttermilk
- \* 1 cup cracker meal or crushed saltine crackers
- \* 3 tablespoons cooking oil
- \* 1 can (10 3/4 ounces) condensed cream of mushroom soup
- \* 1 cup milk

### **Directions**

1. Combine flour and pepper in a shallow bowl or pie plate.
2. Pour buttermilk into a second shallow bowl.
3. Put cracker meal into a third shallow bowl.
4. Sprinkle steaks with salt; dredge in the flour, dip into the buttermilk, then coat well with the cracker crumbs, pressing with hands if necessary to help crumbs adhere.
5. Place cooking oil in a large skillet over medium-high heat. **See Note**
6. Cook steaks for about 3 minutes on each side, or until nicely browned and cooked through. Drain off most of the excess fat, leaving the dregs, or browned bits in the skillet.
7. To make gravy, add mushroom soup and milk to the skillet drippings; stirring and scraping up browned bits from the bottom of the skillet. Continue cooking, stirring constantly, until mixture comes to a boil and thickens. Serve steaks with the hot, creamy gravy.

If you want a different gravy or a thicker gravy, use our Southern Sausage Gravy recipe and leave out the sausage.

**Note:** Make sure the oil is hot before putting the steaks in the skillet. If it is not hot enough, the cracker crumb coating will wash off and you will not get a good crunchy coating. Place the handle of a wooden utensil in the oil. You should see bubbles rise immediately around the handle. If not, the oil is not hot enough.

## ***Chicken and Dumplings***

### ***Ingredients***

#### *Chicken*

- \* 1 (2 1/2 lb) chicken, cut up
- \* 1 large onion, chopped
- \* 2 bay leaves
- \* 3 celery ribs, chopped
- \* 2 chicken bouillon cubes
- \* 1 can condensed cream of chicken soup (10 3/4 ounce)

#### *Dumplings*

- \* 2 cups all-purpose flour
- \* 1 teaspoon salt
- \* ice water - as needed (about 3/4 cup)

#### *Seasoning*

- \* 1/2 tsp salt
- \* 1/4 tsp black pepper
- \* 1/4 tsp garlic powder

### ***Directions***

1. Place the chicken, celery, onion, bay leaves, bouillon, and the Seasoning in a large pot. Add 4 quarts of water and bring to a simmer over medium heat. Simmer the chicken until it is tender, about 30-40 minutes. Remove the chicken from the pot, remove the skin and separate the meat from the bones. Return the chicken meat to the pot. Keep warm over low heat.
2. To prepare the dumplings: Mix the flour with the salt and mound together in a mixing bowl. Beginning at the center of the mound, drizzle a small amount of ice water over the flour. Using your fingers, and moving from the center to the sides of the bowl, gradually incorporate about 3/4 cup of ice water. Knead the dough and form it into ball.
3. Dust a liberal amount of flour onto a clean work surface. Roll out the dough, working from center, to 1/8-inch thick. Let the dough relax for several minutes.
4. Add the cream of chicken soup to the pot with the chicken and simmer gently over medium-low heat.
5. Cut the dough into 1-inch pieces. Pull a piece in half and drop the halves into the simmering soup. Repeat. Do not stir the chicken once the dumplings have been added. Gently rotate the pot so the dumplings become submerged and cook evenly. Cook until the dumplings float and are no longer doughy, 3 to 4 minutes.
6. To serve, ladle chicken, gravy, and dumplings into warm bowls.

Note: If you like a thicker stew, it can be thickened by mixing 2 tablespoons cornstarch in 1/4 cup of water, then whisk this mixture into the stew. Do this before adding the dumplings.

## **Oven Barbecued Ribs**

Even better barbecued on an outdoor grill.

### **Ingredients**

\* 5 pounds pork loin back ribs  
(substitute beef if you prefer...however, pork tends to be more tender)

### **Dry Rub**

\* 4 tablespoons paprika  
\* 2 teaspoons red pepper  
\* 2 teaspoons white pepper  
\* 2 teaspoons black pepper  
\* 2 teaspoons onion powder  
\* 2 teaspoons garlic powder  
\* 2 teaspoons salt

### **Barbecue Sauce**

\* 6 tablespoons chili powder  
\* 6 tablespoons salt  
\* 2 tablespoons brown sugar  
\* 6 tablespoons black pepper  
\* 2 tablespoons garlic powder  
\* 4 cups ketchup  
\* 4 cups white vinegar  
\* 4 cups water  
\* 1 large onion, diced  
\* 1/2 cup sorghum molasses (you may substitute with 1/2 cup honey)

### **Directions**

**The barbecue sauce** will make about 2 quarts of sauce and is best if made a couple of weeks in advance. Store in sterilized canning jars and keep refrigerated. It can be used right away but will develop more flavor over time.

Combine all sauce ingredients in a large saucepan and bring to a rolling boil. Reduce heat and simmer 1 1/2 hours, stirring every 10 minutes.

### **Dry Rub**

Mix all ingredients together thoroughly.

### **Cooking Procedures**

1. Sprinkle the dry rub liberally on the ribs and allow ribs to stand 30 minutes at room temperature.
2. Pre-heat oven to 250 degrees.
3. Cook ribs, bone side down, for 2 hours.
4. Turn ribs over and cook 2 more hours.
5. Turn ribs again and baste with the barbecue sauce.
6. Cook another 15 minutes.

Serve with additional sauce on the side, at the table, for those that want to add more.

## ***Corned Ham***

If you are unfamiliar with corned ham, you may be surprised to know that corn has nothing to do with it. Corning means curing with salt.

Note that you must use a fresh ham, not a pre-cooked ham, which may be difficult to find. Most markets today sell ready to eat (pre-cooked) hams, so you might have to shop around.

### ***Ingredients***

- \* 1 fresh ham (16-20 lb, not pre-cooked)  
you can use a smaller ham. You simply will not need as much salt and cooking time will be shorter
- \* 2 pounds kosher salt

### ***Directions***

1. Rinse and dry the ham.
2. There are three places where the bones protrude: at each end and on one side near the hip end. Use a sharp knife to make incisions of about 3 inches deep along all three. Fill these incisions with salt. Then rub the outside of the ham all over with more salt. Just cover the ham lightly with salt.
3. Place the ham in a nonreactive pan (not aluminum), cover with plastic wrap and then aluminum foil and refrigerate. Let it cure for 11 days, turning the ham from time to time, rubbing it with salt again and pouring off any juice that the ham has produced.
4. The day before you plan to cook the ham, wash it under cold running water. Be sure to flush out the salt pockets. Then submerge under clean cold water overnight.
5. Preheat the oven to 325 degrees. Put the ham on a rack in a covered roasting pan and bake for 20 minutes a pound. The internal temperature should reach 150 degrees for safety reasons. The meat should be ready to fall off the bone.
6. About 30 minutes before the ham is done, uncover and increase the temperature to 375 degrees so the ham will brown.  
Store in the refrigerator

## ***Clean-Out-the-Fridge Vegetable Soup***

This is the simplest soup you will ever make. Because...you can put anything you want in it. The ingredients and quantities given here are just a starting point. Feel free to put more or less of any ingredient. Or leave it out all together.

My mom made soup like this when I was growing up and I don't think it ever came out the same. I think she just cleaned out the refrigerator and made soup out of it. But, it was always good!

### ***Ingredients***

- \* 2 (or 3) carrots, sliced
- \* 1 medium onion, quartered
- \* 1 cup cabbage, chopped
- \* 1-2 cups meat, chopped in bite size pieces (see note below)
- \* 2 potatoes, peeled and cut in 2 inch chunks
- \* 1 stalk celery, chopped
- \* 1 cup white beans, cooked (optional)
- \* 2 tablespoons white vinegar
- \* 1 small can tomato paste or large can of tomato sauce (see directions)
- \* 6-8 cups water (see directions)
- \* 1 large tomato, cubed (optional)
- \* 1 teaspoon oregano
- \* salt and pepper to taste
- \* anything else left over in the fridge that you want to add

Note: Meat: I prefer left over beef pot roast but you can use anything you want; ground beef, pork, chicken or...no meat at all. I would not use fish. Never tried it but it just doesn't sound good. Any meat you use should be cooked or at least browned before adding to soup.

### ***Directions***

Pretty simple...throw everything in a large pot and bring to a boil. Reduce heat and simmer about an hour or until vegetables are tender.

If you use tomato sauce, start with about 1 cup. If you use tomato paste, start with 4 tablespoons. Add more or less water and tomato sauce/paste according to your preference for a thick or thin soup and how strong a tomato flavor you like. Stir and taste occasionally. Add salt and pepper (and anything else) to taste.

The number of servings will vary by the amount of liquids you use. Should make 4-6 people very happy.

## ***SALAD AND SIDE DISHES***

### ***Ambrosia***

#### ***Ingredients***

- \* 1 can (20 ounces) pineapple chunks
- \* 1 can (11 ounces) mandarin orange segments
- \* 1 firm large banana, sliced
- \* 1-1/2 cups seedless grapes
- \* 1 cup miniature marshmallows
- \* 1 cup flaked coconut
- \* 1/2 cup pecan halves or coarsely chopped nuts
- \* 1 cup dairy sour cream OR plain yogurt
- \* 1 tablespoon brown sugar

#### ***Directions***

1. Drain pineapple and orange segments.
2. In large bowl, combine pineapple, orange segments, banana, grapes, marshmallows, coconut and nuts.
3. In a separate bowl, combine sour cream and brown sugar.
4. Stir sour cream mix into fruit mixture.
5. Refrigerate, covered, 1 hour.

Serves: 4

## ***Southern Potato Salad***

This recipe serves 6-8. If you want a smaller portion just half the ingredients. To adjust yield, allow 1 large or 1 1/2 medium potato per person.

### ***Ingredients***

- \* 8 Large (or 10 medium) potatoes
- \* 1 cup mayonnaise
- \* 1/2 cup sour cream
- \* 1/4 cup chopped celery
- \* 1/4 cup chopped onion
- \* 2 tsp sweet relish
- \* 1 tsp mustard
- \* 1/4 lb cooked bacon, crumbled
- \* 3 hard boiled eggs
- \* 1 tsp celery seed
- \* 1/2 tsp garlic powder
- \* 1/4 tsp dill weed
- \* 1/4 tsp paprika
- \* salt to taste
- \* pepper to taste

### ***Directions***

1. Boil potatoes until a fork pushed in a potato goes in with a slight resistance. Do not over cook. Set aside and allow to cool.
2. Peel and cut cold potatoes into bite-sized chunks in a large bowl.
3. Add all other ingredients, except eggs and paprika, and mix thoroughly. Mix gently to avoid ending up with mashed potatoes. Add salt and pepper to taste as you mix.
4. Garnish top with sliced boiled eggs and sprinkle **lightly** with paprika.

For variety, use small red potatoes instead of regular potatoes and leave the skin on. Also, use red onions instead of regular onions. Although this is not traditional Southern, it is very good.

Remember to taste as you go with the salt and pepper and do not overdo the paprika, it's only there for appearance and subtle flavor.

### ***Mom's Southern Cole Slaw***

This Southern Cole Slaw may be a little different from what you are use to. But it is sooooo good. The secret is in chopping the cabbage very small.

#### ***Ingredients***

1 large head of cabbage chopped very fine (about 1/4 inch).  
1 cup chopped green bell pepper  
1 cup chopped onion  
2 tablespoon celery seed  
1 cup white vinegar  
1 cup sugar  
1 tablespoon olive oil or salad oil  
2 tablespoons salt  
1/4 tablespoon black pepper  
1/4 cup mayonnaise

#### ***Directions***

1. Mix cabbage, bell peppers and onion, in a large bowl. Set aside.
2. In a small saucepan, bring vinegar, sugar, salt, and celery seed to a boil, stirring until sugar is completely dissolved.
3. Pour hot vinegar/sugar mix over cabbage mix.
4. Stir in black pepper olive oil and mayonnaise. Mix well.
5. Adjust ingredients to taste. If too sweet, add vinegar. If too much vinegar, add sugar and oil. If bland, add salt.
6. Refrigerate for 30-45 minutes. Pour off excess liquid before serving.

#### ***Alternate Directions***

If you have a food processor, you can chop all ingredients in 3 or 4 inch chunks and place in processor with the prepared vinegar mix. Pulse repeatedly until the slaw is very fine (1/4 inch pieces).

**Note:** The longer it sits, the better it taste (up to about 3 days). This cole slaw will be very moist. Additional liquid will form in the bottom of bowl as it sits. Remember, just get pour off the excess, not all the liquid.

Serves: As my mom says...a lot! (Easily, 6 people)

## ***Deviled (Stuffed) Eggs***



### ***Ingredients***

- \* 6 eggs, hard boiled
- \* 2 tablespoon mustard
- \* 4 tablespoon mayonnaise (adjust as needed)
- \* 1/2 teaspoon dill weed
- \* 1/2 teaspoon celery seed
- \* 1/4 cup chopped onion (optional)
- \* 1/4 cup FINELY chopped celery (optional, but it adds a wonderful crunch)
- \* 1/4 tablespoon salt (adjust to taste)
- \* 1/4 tablespoon black pepper
- \* Dash paprika

### ***Directions***

1. Slice boiled eggs lengthwise
  2. Carefully remove yolks from eggs into a mixing bowl
  3. Add all ingredients EXCEPT paprika and egg white halves to egg yolks and mash into a paste with a fork
  4. Gently, stuff the egg white halves with the egg yolk mixture
  5. Shake a light dusting of paprika on the top of the stuffed eggs
- Makes 12 stuffed eggs

## **Crab Cakes**



### **Ingredients**

- \* 2 - 6-1/2 oz. cans crab meat or 3/4 lb. fresh crab (about 2-1/2 cups)
- \* 2 tbsp. mayonnaise
- \* 1 Tbsp. Worcestershire sauce
- \* Several drops hot pepper sauce (Tabasco)
- \* 4 green onions, chopped
- \* 2 Tbsps. dry mustard
- \* Salt and freshly ground pepper to taste
- \* 2 egg whites
- \* 1 cup cracker crumbs
- \* Olive oil spray

### **Directions**

1. Drain crab meat and flake with a fork, picking out any shell or cartilage.
2. Put crabmeat in a bowl. Add the mayonnaise, Worcestershire sauce, hot pepper sauce, green onions, dry mustard, pepper and salt.
3. Blend in the egg whites.
4. Using hands, shape into 4 cakes about 4 inches across.
5. Place cracker crumbs on a plate and season with salt and pepper.
6. Roll crab cakes in crumbs, making sure both sides are coated.
7. Heat a nonstick skillet on medium heat. Spray with olive oil spray. Add crab cakes and cook 5 minutes. Turn and cook 5 more minutes

## ***Apple Walnut Salad***

### ***Ingredients***

- \* 6 medium size apples (cored, peeled and chopped into bite size)
- \* 1 cup chopped walnuts
- \* 1 cup sugar
- \* 2 tablespoon lemon or lime juice (I prefer lime)
- \* 1/2 tablespoon salt
- \* 1/2 cup mayonnaise

### ***Directions***

Combine all ingredients in a large bowl and mix well. Taste as you go and adjust flavor to your preference. I like a combination of slightly sweet, slightly tart, which the above recipe makes. If you want it sweeter, add sugar. If you like tart, add salt and lemon juice.

Note: Most any kind of eating apple works O.K., but I have also used cooking apples with good results. Of course, using green apples will result in a tart flavor.

## **VEGETABLE RECIPES**

### **Southern Style Green Beans**

You will be surprised at how simple this recipe is. But these are not your average Green Beans. The secret is in the cooking time. You will find these Southern Green Beans to be a little different...they won't resemble canned beans.

**Important:** *Use only fresh beans. You will not get the same results with canned beans, regardless of how you cook them.*

#### **Ingredients**

6 cups fresh, snapped green beans (do not cook them whole!)  
1 tablespoon salt  
1/2 teaspoon black pepper  
1 slice bacon  
1 medium size onion  
1 tsp garlic powder

#### **Directions**

1. Place the snapped beans in a Large pot with water up to 2 inches from the top of the pot
2. Place all other ingredients in the pot (slice onion in half)
3. Place pot on medium heat and bring to a slow boil.
4. Here's the secret and most important part of the recipe. Cook the beans until they are very tender and have a dark green color. When cooked properly, they will NOT be bright green. This should take from 1 to 2 hours (perhaps longer if you cook a larger quantity).

Taste the beans during the last 1/2 hour of cooking for saltiness. They should have a distinct, but faint saltiness. Don't over-do it but add salt, if necessary.

4 servings

## ***Fried Green Tomatoes***



### ***Ingredients***

- \* Green Tomatoes (as many as you want to cook. allow at least four slices per person)
- \* 2 cups White Corn Meal
- \* 1/2 cup Flour
- \* Cooking oil, enough to provide about 1 inch deep in skillet.
- \* 1 egg
- \* 1/2 cup milk
- \* Salt and Pepper to taste

### ***Directions***

1. Place cooking oil in large frying pan and place on medium heat.
2. Wash and slice tomatoes (slice about 1/4 inch thick)
3. Combine egg and milk in medium sized bowl and mix well
4. Place corn meal and flour on a separate large plate and mix with dash of salt and pepper. Mix well.
5. Dredge tomato slices in cornmeal mix, shake off excess
6. Dip tomato slices in egg/milk wash
7. Dredge in the cornmeal mix again to coat thoroughly
8. Placed coated tomato slices in frying pan without sides touching
9. Cook until golden brown on both sides (only about 2 minutes)
10. Remove and place on paper towels to absorb oil.
11. Serve HOT!

Goes great with fried okra and cornbread.

## ***Fried Okra***

You may be reluctant to do step 9 of the directions, but, give it a try. If you do not like okra this way, modify it the next time you cook Southern Fried Okra.

### ***Ingredients***

- \* 4 cups cut up okra (or one bag frozen)
- \* 1/2 cup WHITE cornmeal
- \* 2 tablespoons flour
- \* 1/3 tsp salt
- \* 1/3 tsp black pepper
- \* Cooking oil, sufficient to cover okra completely in frying pan

### ***Directions***

1. If frozen, defrost okra first
  2. Heat oil in large frying pan (cast iron) on medium heat
- Note: Use a frying pan large enough not to crowd the okra
3. Wash okra and leave wet.
  4. Chop okra into 1 inch pieces (do not cook whole).
  5. Place the cornmeal, flour, salt and pepper in a large bowl and mix
  6. Add the okra to the flour mix and stir to cover all sides of okra
  7. Place okra in hot oil in frying pan.
- Note: Place one piece of okra in the oil first and check that it immediately bubbles and sizzles. If not, the oil is not hot enough. Increase heat until you get the bubbles when adding one piece of okra.
8. If temperature is O.K., add all the okra
  9. Here's the secret! Cook the okra, stirring frequently, until it is one shade from burned! When done, the okra should **NOT** be bright green. It should be brown and shows some black (burned) edges. See pictures below.

Place cooked okra on paper towels to absorb some of the oil. It will be totally dry inside and VERY CRUNCHY! Serve hot.

Okra is good served with Pork Chops or Fried Chicken

NO! TOO GREEN



YES! JUST RIGHT



## ***Black Eyed Peas***

A note of interest: black eyed peas are eaten by Southerners on New Years Day. It is a tradition and is suppose to bring good luck for the New Year



### ***Ingredients***

- \* 2 and 1/2 cups black eyed peas
- \* 8 cups water
- \* 1/2 table spoon salt
- \* 1/4 table spoon black pepper
- \* 1 medium size onion (whole)
- \* 1 slice bacon (un-cooked)
- \* 1/4 tsp garlic powder
- \* 1/4 tsp vinegar

### ***Directions***

Place all ingredients in large cooking pot on stove top burner on medium heat. Cook 40 minutes or until peas are tender. Do not allow water to evaporate entirely. If peas are dry **they will burn quickly**.  
4 servings

Really good with Southern Cornbread

## ***Mashed Potatoes***



We recommend you use Russet or Yukon Gold for mashed potatoes. They are high in starch and make creamy mashed potatoes.

### ***Cooking the Potatoes***

Always start your potatoes in cold water with a teaspoon of salt added to it. Use just enough water to cover the potatoes. Bring the water to a boil and cook the potatoes until they are tender when pierced with a knife. Time depends on how many potatoes you are cooking.

When done, drain them immediately! Do not rinse, just drain and put them back in the pot and return the pot to the stove on low heat for about 2-3 minutes. This will remove some of the excess water and give you more flavor.

### ***Mashing the Potatoes***

The two most common methods are using a potato masher (by hand) or beating with an electric mixer. The electric mixer adds air and results in a creamy texture. I prefer using a potato masher by hand because you have better control over the mix.

Start by mashing the potatoes alone, just to break them up. Make sure your milk is heated and the butter is room temp or melted (I put the butter in the milk and heat them together in the microwave until the butter is melted).

Add butter and milk a little at a time while mashing. Watch the texture of the potatoes closely at this point. This is where you obtain the final texture. If you like a light, creamy, fluffy texture, add milk and beat until it is the way you want it. If you like a heavier, course, full-bodied texture, go light on the milk and stop when you have the texture you want.

Note; Be careful adding the milk. Watch the texture closely. If you add too much liquid at this point, you will have liquid potatoes. You can always add more milk, but you can not take it out.

**(con't. next page)**

### ***Mashed Potatoes - con't.***

Here's the basic recipe.

#### ***Ingredients***

- \* 2 pounds of potatoes
- \* 1 teaspoon of salt
- \* 1 cup of half and half (half milk and half cream - you can use regular milk if you prefer)
- \* 6 tablespoons of butter
- \* Salt and pepper, to taste

#### ***Directions***

Peel and quarter the potatoes

1. Add the potatoes to a large pot with enough cold water to cover them by an inch or so. Add salt and bring the water to a boil. Cook until the potatoes are tender when pierced with a fork.
2. Drain the potatoes, return them to the pot and cook the drained potatoes over low heat for a couple of minutes to evaporate some of the water still in the potatoes.
3. Mash by your method of choice. (As stated earlier, I prefer a potato masher by hand)
4. Blend in butter, half and half, and any other ingredients you prefer (see below).
5. Season with salt and pepper.

#### ***Additives***

You can add practically anything that appeals to you. Some of the more popular additives are:

- \* Garlic (two crushed cloves)
- \* Bacon bits (1/4 cup)
- \* Cream Cheese (1/4 cup)
- \* Grated Cheddar Cheese (1/4 - 1/2 cup)
- \* Chopped shallots or onions (1/4 cup)
- \* Worcestershire sauce (1 tablespoon)
- \* Prepared mustard (1 tablespoon)
- \* Dried, prepared dill (or fresh if you have it) (1 tablespoon)

You can add any one or a combination of the additives. My favorite is Garlic, shallots, dill and 1/4 teaspoon of mustard.

Serve with Southern Fried Chicken.

## ***Collard, Turnip, Mustard Greens***

You may use the same procedure below for either Collards, Turnips Greens or Mustard. Or combine all of them. They are really simple to cook.

### ***Ingredients***

- \* 2 and 1/2 lbs turnip, collard or mustard greens, washed and chopped into 1-in. pieces
- \* 3 slices bacon, cut into 1-inch pieces
- \* 2/3 cup chopped onions
- \* 1 or 2 dashes cider or red wine vinegar
- \* salt and pepper to taste (start with 1/2 tablespoon salt and 1/4 teaspoon pepper)

### ***Directions***

1. Fry the bacon in a pot large enough to cook the greens.
  2. Add the greens along with onions.
  3. Cook on low heat, stirring with wooden spoon, until greens are coated with bacon fat (about 2 minutes).  
Pour off excess fat.
  4. Cover the greens with water and season with salt and pepper.
  5. Bring to boil. Cover the pot, reduce heat, and simmer until tender (time will vary, about 1 hour).  
Stir occasionally and add water if they threaten to scorch. When done, increase heat to med-high, stir often. Boil off nearly all the cooking liquid.
  6. Add vinegar. Season with salt and pepper to taste. Serve very hot.
- Serves 4

For variety, try adding 1 tablespoon sugar or honey and 1/2 tablespoon garlic powder while cooking.

## ***Stuffed Bell Peppers***

### ***Ingredients***

- \* 6 large bell peppers (green, orange, red or yellow)
- \* 1 pound ground beef
- \* 1 small onion, finely chopped
- \* 2 garlic cloves, minced
- \* 1 eight ounce can corn kernels, drained
- \* 1/2 teaspoon salt
- \* 1/2 teaspoon black pepper
- \* 1/2 teaspoon thyme
- \* 2 cups tomato mix (combine 1 cup tomato juice and 1 cup ketchup)
- \* 3 cups cooked rice
- \* shredded cheese, as needed

### ***Directions***

1. Preheat oven to 350 degrees F.
2. Make tomato mix by combining 1 cup tomato juice and 1 cup ketchup. Set aside.
3. Cut off tops of bell peppers and remove the spines and seeds.
4. In a large pot, cover the bell peppers with water and boil for 3 minutes. Set bell peppers aside.
5. In a large skillet over medium-high heat, stir and cook ground beef until it is browned. Crumble beef into small pieces while stirring.
6. Add onions and garlic, stir and cook for an additional 3 minutes.
7. Remove skillet from heat. Stir in corn kernels, salt, pepper, thyme, cooked rice and 1 cup tomato mix. Mix all ingredients well, then stuff mixture into peppers.
8. Place stuffed bell peppers upright into shallow baking dish and cover with the remaining 1 cup tomato mix. Cover with aluminum foil and bake stuffed bell peppers for 35 minutes.
9. Remove foil, add shredded cheese topping and bake an additional 5 to 10 minutes, until cheese melts.
10. Spoon any remaining tomato mix from the bottom of the baking dish over the stuffed bell peppers and serve hot.

## ***Candied Yams (Sweet Potatoes)***

This recipe may be used for either yams or sweet potatoes.

### ***Ingredients***

- \* 5 large yams, peeled, chopped into 2-3 inch chunks
- \* 1/2 cup sugar
- \* 2 tablespoons cinnamon
- \* 1/4 teaspoon ground cloves
- \* 1/2 teaspoon salt
- \* water, as needed

### ***Directions***

1. Place all ingredients in a large pot.
2. Add enough water to cover yams 2 inches.
3. Simmer on medium heat until yams are tender and liquid is syrupy, about 30-45 minutes.

Note: Add water if necessary. Do not allow to get dry. You should end with about 1 cup of syrupy liquid in pot. If too watery, add a couple more spoons of sugar the last 15 minutes of cooking.

Serve with a spoon of butter on top of hot potatoes.  
Serves 4-5

Variation: After potatoes are cooked, place in a pan and cover top with miniature marshmallows. Place in oven set on broiler. Watch closely and remove as soon as marshmallows are melted.

## ***Corn Fritters***

This is a simple, quick recipe which may be served as a side dish or as a substitute for bread at a meal.

### ***Ingredients***

- \* 1 and 3/4 cup all-purpose flour
- \* 3 teaspoons baking powder
- \* 1/2 teaspoons salt
- \* 1 egg, slightly beaten
- \* 1 cup milk
- \* 1 tablespoon melted shortening
- \* 2 cups whole kernel corn
- \* oil for frying (enough for about a 3/4 inch depth in your frying pan)

### ***Directions***

1. In a mixing bowl, combine all of the ingredients except the corn, blending until smooth.
  2. Add the corn and mix well.
  3. In a large skillet, heat the oil until very hot. Place the handle of a wooden spoon or other utensil into the oil. You should see bubbles rise around the wooden handle immediately. If not wait for oil to get hotter.
  4. Drop the batter by the tablespoon into the hot grease
  5. Fry until browned on both sides, Serve Hot!
- serves 6.

Goes well with Fried Pork Chops

## DEDICATION

*This collection of Southern Recipes is dedicated, in loving memory, to mom. Probably the best Southern cook ever.*

*She taught me how to cook... as she always said, "from scratch". She regarded store-bought packaged and canned foods with great disdain. In her mind, if it wasn't made from scratch, it wasn't worthy of putting on the table in front of your family.*

*Nearly all the recipes and Southern cooking techniques in this book came from mom.*

*She left us March 2, 2006, at the age of 93.*

*She was the most un-selfish, thoughtful person I have ever met. She provided me with a love that knew no boundaries all of my life...and I miss her terribly.*

*In conclusion, a word of advice.*

*If you are fortunate enough to still have your mom, do something nice for her today. Tell her you love her every day. And...never get into the mode of thinking that she will always be here. Because, she will not!*

*If you think of these things after it is too late, you will regret it the rest of your life.*

*ken*