

Southern



Southern Fried Chicken

Ingredients:

1 chicken cut into pieces (or whatever parts you wish to use)
2 cups all-purpose flour (or enough to coat all the chicken)
Salt and black pepper to taste

Directions:

Soak chicken in salted water (about 2 tablespoons) overnight or at least an hour or two.
Drain and rinse.
Place flour and seasonings in a plastic bag.
Shake 2 or 3 pieces (depending on size-do not crowd) in the bag.
When well coated, place in the refrigerator until ready to fry.
If necessary coat again before frying.
In a chicken fryer or deep skillet heat enough vegetable oil to come about half way up the chicken or to cover (about 375 degrees-oil should be hot, but not smoking).
Add chicken, but do not crowd .
When chicken begins to fry lower heat to medium.
Fry until golden and crisp.
Depending on size of chicken parts this will take from 10-20 minutes.
Serve with cream gravy, mashed potatoes or rice, English peas or green beans, corn sticks, rolls or biscuits, slaw or salad of choice (such as tomatoes, cucumbers and onions in a vinegar and oil based dressing), and easy peach cobbler.

Cream Gravy

Drain all but 3 tablespoons of the oil from the skillet the chicken was fried (leave the particles from the chicken in the bottom of skillet).

Add 3 tablespoons of all-purpose flour to the hot oil, stirring quickly to prevent lumps.

Cook while stirring until desired color (at least 2 minutes).

Add 2 cups of chicken broth, salt and black pepper (white may be used) and cook until thickened.

Whisk in ½ cup cream, half and half or milk.

Cook until desired thickness.

If too thick, add more milk.

If you do not wish to use milk or cream, just use water.

Traditional Southern Fried Catfish

Ingredients:

2 1/2 lb. catfish fillets, skinned or 12 whole, small baby catfish, dressed
1 c. stone ground white cornmeal
1/4 tsp. black pepper
Corn oil for frying

Preparation:

Wash and dry fillets on paper towels.
Cut into 3 inch pieces or keep whole and dressed.
Place cornmeal and pepper in a plastic bag.
Add fish, a few pieces at a time, and shake well to coat.
Spread in single layer on sheet of wax paper and place in refrigerator to chill for 1 hour before frying.
In a deep, 12 inch skillet, heat oil (about 1 inch deep) to 370 degrees.
Add fish, a few pieces at a time, and cook for 2-3 minutes on each side until brown.
Drain well on paper towel and serve hot.

Serves 6

Barbecued Ribs

Ingredients:

3 to 4 lbs. spareribs
2 onions, sliced
2 lemons, sliced

SAUCE:

2 tbsp. butter
1 clove garlic, minced
1 c. ketchup
1 c. water
2 tbsp. lemon juice
1 tbsp. paprika
1 tbsp. Worcestershire sauce
Dash of Tabasco (more if desired)

Preparation:

Salt ribs.
Place fat side up in shallow pan.
Place sliced onions and lemons over.
Bake at 450 degrees for 30 minutes.
Combine sauce ingredients and heat through.
Pour over ribs.
Bake at 350 degrees for 1 1/2 hours, basting frequently.
Delicious!

Old Fashioned Cole Slaw

Ingredients:

1/2 c. mayonnaise
2 tbsp. lemon juice
1 tbsp. water
3/4 tsp. salt
1/2 tsp. sugar
1/4 tsp. paprika
1/2 sm. head cabbage, finely chopped
1 c. chopped celery
1/4 c. chopped green pepper
2 green onions, thinly sliced

Preparation:

DAY AHEAD:

In a large bowl, combine mayonnaise, lemon juice, water, salt, sugar and paprika. Add cabbage and remaining ingredients; toss well.

Refrigerate to blend flavors.

Makes 4 cups.

Old Fashioned Potato Salad

Ingredients:

8 or 9 potatoes, boiled until skins are cracked, cool.
3 to 4 stalks celery, cut fine
Handful parsley, cut fine
Sliced fine green pepper, according to taste
2 or 3 slices bacon, cut in small pieces, fried hard
Add with grease and 2 tbsp. vinegar
Salt and pepper to taste
1 tbsp. sugar
1 c. salad dressing
2 hard boiled eggs

Preparation:

Mix and let stand awhile covered in refrigerator.

Southern Collard Greens

Ingredients:

1 lg. bunch fresh collards
1 tsp. sugar
Salt to taste
1/4 c. bacon drippings
1 sm. ham hock or salt jowl

Preparation:

Wash collards thoroughly; chop.
Cover meat completely with water and cook until tender in large pot.
Add bacon grease.
Salt to taste, cook until tender.

Serve with Hot Water Corn Bread:

You may combine 1 cup of corn meal and 1/3 cup of flour and 1 teaspoon salt.
Add enough boiling hot water to mix well and shape into patties by wetting hands in cold water.
Place in hot grease (skillet) to cook, (turn and brown) until well done.

Yield: 4 servings

Grits

Ingredients:

1 qt. milk
1/2 and 1/2 c. butter
1 c. hominy grits
1 c. grated Gruyere cheese
1/2 c. Parmesan cheese
1 tsp. salt
1/8 tsp. pepper

Preparation:

Bring milk to boil.
Add 1/2 cup butter.
Gradually stir in grits, add 1 cup grated Gruyere cheese.
Stir constantly until mixture thickens and looks like Farina.
DO NOT UNDER COOK.
Remove from heat and add salt and pepper.
Whip 5 minutes with mixer.
Pour into a buttered 9x13x2 inch pan.
Let set in refrigerator until firm.
Cut in squares.
Put in buttered dish like fallen dominoes.
Pour 1/3 cup butter over grits.
Sprinkle with Parmesan.
Bake at 400 degrees for 30-35 minutes.

Cheese Grits

Ingredients:

4 c. boiling water
1 tsp. salt
1 c. quick cooking grits
6 oz. mild cheddar cheese, grated, can use Velveeta cheese
1 stick margarine
2 tbsp. milk
2 eggs, well beaten
Dash of garlic powder, optional

Preparation:

Bring water to boil, add salt and grits.
Cook until thick.
Remove from heat, add margarine and cheese.
Stir until dissolved, add milk and eggs.
Stir but do not beat; pour into greased casserole
and bake at 400 degrees for 45 minutes.
Sprinkle with paprika before baking.

Serves 10 people

Grits with Red-Eye Gravy

Ingredients:

1 c. enriched white hominy grits or quick grits
1 1/2 lb. country-style ham, sliced 1/4 to 1/2 inch thick
1/2 c. coffee or water

Preparation:

Prepare 6 servings of grits according to package directions.
Cut ham into 6 pieces.
In heavy skillet, cook ham over medium-high heat until browned.
Remove from skillet; keep warm.
Reserve 2 teaspoons drippings in skillet.
Reduce heat to medium.
Add coffee to skillet, stirring rapidly to loosen bits of ham from bottom of skillet.
Cook 2 to 3 minutes, stirring occasionally.
Spoon over hot cooked grits.
Serve with ham.

Serves 6

Buttermilk Biscuits

Ingredients:

3 c. all-purpose flour
1/4 tsp. baking soda
1/2 c. shortening
Melted margarine
4 tsp. baking powder
1 tsp. salt
1 1/2 c. buttermilk, do not substitute

Preparation:

Heat oven to 450 degrees.
Grease cookie sheet, lightly.
Combine flour, baking powder, soda and salt; blend well.
Using pastry blender or fork, cut in shortening until consistency of coarse meal.
Add buttermilk, stir with fork just until soft dough forms.
Turn dough onto floured surface; sprinkle lightly with flour.
Knead gently 10 to 12 times until no longer sticky.
Roll or press dough to 1/2 inch thickness, cut with 2 inch floured cutter.
Place biscuits 2 inches apart on greased cookie sheet.
Bake at 450 degrees for 10 to 14 minutes or until golden brown.
Serve immediately.
Makes 18 biscuits.

Corn Muffins

Ingredients:

2 cups self-rising cornmeal
1/4 cup melted shortening
1 1/2 cups buttermilk
1-2 eggs
1 tablespoon sugar

Directions:

Place a 12 cup muffin tin (use a comstick pan or skillet if you like) well greased with shortening into the oven set at 425 degrees.

Mix cornmeal, buttermilk (you may use sweet milk), the egg or eggs (beaten), sugar
And then mix in the melted shortening.

When the oven is preheated remove tin and fill with the mixture while shortening is hot.
Bake until nice and brown.

This will take about 20 to 25 minutes, depending on your oven.

Remove muffins from pan and serve hot with sweet or salted butter.

Hush Puppies

Ingredients:

1 c. yellow cornmeal
1/3 c. flour
1 tsp. sugar
1 tsp. baking powder
1/8 tsp. salt
1/8 tsp. pepper
1 beaten egg
1/4 c. chopped onion
1 (8 oz.) can cream style corn
2 tbsp. milk
Vegetable oil

Preparation:

Add enough oil to pan for deep frying and preheat.
Mix first six ingredients.
Combine with egg, onion, corn and milk.
Stir just enough to mix and no more.
Lumps are okay.
Drop one tablespoon size lump at a time into 350 degree oil.
Remove when golden brown.

Sweet Potato Pie

Ingredients:

1 unbaked pie shell
2 c. mashed cooked sweet potatoes
1/2 stick margarine
2 eggs, well beaten
1 tsp. vanilla
1/2 tsp. cinnamon
3/4 c. sugar
1 c. evaporated milk

Preparation:

Mash sweet potatoes and add all other ingredients, mixing well.
Pour into pie shell.
Bake at 400 degrees for 10 minutes.
Then reduce heat to 325 degrees.
Cook 1 hour or until knife inserted comes out clean.
Makes 10" pie.

Serves 6 to 8