

Thank you for helping to make this cookbook a success!

I'd like to begin this cookbook by thanking all those who helped to make it possible. First, I thank God for blessing me so richly. Having traveled the world, I know how much better I have it than so many other people in this world. Next, I'd like to thank my grandmother for taking the time to teach me to cook and do other household chores. Secondly, I'd like to thank my family for tolerating and supporting me during all of the long hours I spend on the computer working on projects like this. Next I'd like to thank all of the teachers in my life, from grade school... through college...on into graduate school, for encouraging me and teaching me that you can do practically anything you put you mind to. Finally, I would like to thank the thousands of visitors to my website <http://chitterlings.com> for asking me so often if I had a cookbook. This was just the push that I needed to get busy writing this book. To all of you, a very big THANKS!

Willie Crawford

**Soul Food Recipes - Learned On A North Carolina Tobacco Farm
Copyright 2001 by Willie Crawford
All Rights Reserved**



Mom and Grandma, two of my cooking teachers!

Introduction

I grew up on a tobacco farm in Fairmont, North Carolina where I learned to cook primarily from my grandmother. She was 59 when I was born and by the time I was 6 or so she started teaching me to cook. The recipes were all fairly simple and I gradually learned more complex recipes. We rarely used written recipes, relying more on memory. These recipes are based upon my memories, and the many things I've learned to cook over the years. They are how we took fairly simple ingredients, spiced them up, and turned mealtimes into very pleasant memories.

When cooking, I follow recipes but also feel free to diverge from time to time. I hope that you will use my recipes primarily as a starting point. That is, if you prefer the taste of a different spice, or think that an added ingredient will make the dish taste better, don't be afraid to give it a try. That's a BIG part of learning to cook soul food.

The foods that we ate when I was growing up were based as much on economics as anything else. We were very poor and so we bought less expensive foods, and we grew as much as we could. We always had a garden, ate some wild foods, and raised our own hogs. When it comes to producing meats, it takes the least amount of grain to produce a pound of chicken, more to produce a pound of pork, and several times as much to produce a pound of beef. That drives price, so we ate more chicken than anything else, then pork, then beef. We supplemented this with fish we bought or caught. I also occasionally got a rabbit or squirrel while out hunting with my .22 rifle.

I learned from several good cooks over the years. Give any two cooks the same dish to prepare and you will end up with two distinct tasting dishes (provided they are following their own recipe). For that reason, I have listed several variations of a few of the dishes

listed. Some people prefer spicier dishes, or dishes with more cheese, etc. Where I offer several variations, select the one containing ingredients you like... please.

Enjoy all of the recipes and feel free to drop me an email if you have any feedback. My email address is webmaster@chitterlings.com. Be sure to pass some of these recipes along to your friends, and consider giving them a copy of this cookbook as a gift. You can order extra copies at: <http://williecrawford.com/cookbook.html>. I'd be happy to sign copies if desired.



Baby Willie, Mom and two older brothers... thinking about cooking,

TABLE OF CONTENT

<u> </u>	Page
<u> Soups And Stews</u>	
<u> Baony Chowder</u>	10
<u> Baked Potato Soup</u>	11
<u> Cabbage And Rice Soup</u>	12
<u> Cabbage Soup</u>	12
<u> Bacon Corn Chowder</u>	13
<u> Bacon Cheeseburger Soup</u>	14
<u> Catfish Stew</u>	14
<u> Chicken - Sausage Gumbo</u>	15
<u> Low-Fat Chicken Corn Chowder</u>	16
<u> Chicken Corn Chowder</u>	16
<u> Chicken Chowder</u>	17
<u> Collard Soup</u>	17
<u> Southern Cream Of Pecan Soup</u>	18
<u> Garden Fresh Vegetable Soup</u>	18
<u> Ham And Potato Soup</u>	19
<u> Ham Chowder</u>	20
<u> Left Over Turkey Soup</u>	20
<u> Liver Dumplings</u>	21
<u> Low Fat Crab Chowder</u>	22
<u> Navy Bean Soup</u>	22
<u> Peanut Soup</u>	23
<u> Pot Roast Soup</u>	23
<u> Surf And Turf Chili</u>	24
<u> Squash Soup</u>	24
<u> Oxtail Soup</u>	25
<u> White Bean Soup</u>	26
<u> White Bean And Sausage Soup With Peppers</u>	26
<u> Oxtail Stew</u>	27
<u> Pinto Bean Soup</u>	28
<u> Venison Stew</u>	29
<u> Turkey And Dressing Soup</u>	30
<u> Tuna Noodle Soup</u>	30
<u> Tripe Soup</u>	31
<u> Tomato Meatball Soup</u>	32
<u> Tomato Seafood Stew</u>	32
<u> Thick Vegetable Soup</u>	33
<u> Throw Down Vegetable Soup</u>	34
<u> Tomato, Onion And Celery Soup</u>	34
<u> Turkey And Rice Soup</u>	35
<u> Pork Stew With Beer</u>	35
<u> Potato Chowder</u>	36
<u> Broccoli Potato Soup With Corned Beef</u>	37
<u> Roasted Garlic Soup</u>	37

<u>Salmon Chowder</u>	38
<u>Shrimp Soup</u>	39
<u>Smoked Sausage Soup</u>	39
<u>Sorrel Soup</u>	40
<u>Southwestern Meatball Soup</u>	41
<u>Spaghetti Soup</u>	41
<u>Spicy Chicken Gumbo</u>	42
<u>Spicy Sausage Soup</u>	43
<u>Spicy Smoked Corn Chicken Soup</u>	43
<u>Spicy Split Pea Soup</u>	44
<u>Spinach Egg Drop Soup</u>	45
<u>Split Pea Soup</u>	45
<u>String Bean Soup</u>	46
<u>Large Batch Tomato Soup</u>	46
<u>West African Style Chicken Soup</u>	47
<u>Salads</u>	
<u>Cabbage Carrot Salad</u>	48
<u>Low-Fat Seafood Pasta Salad</u>	48
<u>Macaroni And Pea Salad</u>	49
<u>Veggi Pasta Salad</u>	50
<u>Homemade Potato Salad</u>	51
<u>Three Bean Salad</u>	52
<u>Desserts</u>	
<u>Apple Pie</u>	53
<u>Apple Cobbler</u>	54
<u>Apple Sauce Cake</u>	55
<u>Banana Pudding</u>	55
<u>Better Than Sex Cake</u>	56
<u>Bread Pudding With Bourbon Sauce</u>	57
<u>Buttermilk Pie</u>	57
<u>Chocolate Better Than Sex Cake</u>	58
<u>Chocolate Layer Cake</u>	59
<u>Bread Machine Cinnamon Rolls</u>	60
<u>Bread Machine Yeast Rolls</u>	60
<u>Coconut Layer Cake</u>	61
<u>Coconut Pie</u>	62
<u>Delicious Sweet Potato Pie</u>	63
<u>Diabetic Apple Cobbler</u>	64
<u>Diabetic Pumpkin Pie</u>	66
<u>Diabetic Sweet Potato Pie</u>	65
<u>Fresh Peach Cobbler</u>	66
<u>Low-Fat Apple Pie</u>	67
<u>Mississippi Mud Pie</u>	68
<u>Mississippi Mud Pie II</u>	69

<u>Old Fashion Brownies</u>	69
<u>Pecan Pie</u>	70
<u>Peanut Brittle</u>	70
<u>Pound Cake</u>	70
<u>Sinfully Rich And Delicious Holiday Pie</u>	71
<u>Pineapple Upside Down Cake</u>	72
<u>Sour Cream Cake</u>	73
<u>Quick And Easy Tea Cakes</u>	74
<u>Vanilla Wafer Cake</u>	74
<u>White Potato Pie</u>	75
<u>Vegetables</u>	
<u>Fried Sweet Potatoes</u>	76
<u>Killer Barbecue Beans</u>	77
<u>Butter Beans And Corn</u>	77
<u>Creamed Yellow Squash</u>	78
<u>Fried Squash</u>	78
<u>Black-Eyed Peas</u>	79
<u>Boiled Peanuts</u>	79
<u>Candied Carrots</u>	80
<u>Cheesy Potatoes</u>	80
<u>Corn Casserole</u>	81
<u>Old Fashioned Corn Pone</u>	82
<u>Corn Pudding</u>	82
<u>Corn And Tomato Relish</u>	83
<u>Cole Slaw</u>	84
<u>Mashed Potatoes</u>	84
<u>Grilled Corn On The Cob</u>	85
<u>Dandelion Blossoms</u>	86
<u>Dandelion Greens</u>	86
<u>Lima Beans</u>	87
<u>Enhanced Baked Beans</u>	88
<u>Fried Cabbage</u>	88
<u>Fried Cabbage Second Variation</u>	89
<u>Fried Cabbage Third Variation</u>	89
<u>Fried Collards</u>	90
<u>Fried Green Tomatoes</u>	91
<u>Fried Okra</u>	91
<u>Healthy Heart Green Beans And Corn</u>	92
<u>Mustard And Turnip Greens</u>	93
<u>Okra And Spinach Delight</u>	93
<u>Southern Fried Corn</u>	94
<u>Rutabagas And Country Ham</u>	94
<u>Southern Style Red Beans</u>	95
<u>Spinach</u>	96
<u>String Beans</u>	96

<u>Turnip Greens</u>	97
<u>Vegetarian (Low-Fat) Collard Greens</u>	97
<u>Main Dishes</u>	
<u>Baked Chicken</u>	98
<u>Baked Pork Chops With Gravy</u>	99
<u>Baked Stuffed Flounder</u>	99
<u>Beer Battered Halibut</u>	100
<u>Baked Turkey Wings</u>	101
<u>Barbecued Young Goat</u>	101
<u>Neck Bones And Beans</u>	102
<u>Beef Roast With Onion And Potatoes</u>	103
<u>Beef Tripe</u>	103
<u>Chicken Fried Steak</u>	104
<u>Buttermilk Venison Surprise</u>	105
<u>Fried Chicken Livers</u>	106
<u>Grilled Barbecued Chicken</u>	106
<u>Beer Battered Catfish</u>	107
<u>Blackened Catfish</u>	107
<u>Juicy And Spicy Pork Roast</u>	108
<u>Burgundy Stew Beef</u>	108
<u>Cajun Style Red Beans And Rice</u>	109
<u>Fresh Pork Sausage</u>	110
<u>Homemade Breakfast Sausage</u>	110
<u>Chicken And Rice</u>	111
<u>Chicken And Dumplings</u>	111
<u>Chicken Pot Pie</u>	112
<u>Gourmet Championship Chili</u>	113
<u>Chitlins And Rice</u>	115
<u>Corned beef And Cabbage</u>	115
<u>Country Ham With Red Eye Gravy</u>	116
<u>Deep Fried Crappie</u>	116
<u>Deep Fried Short Ribs</u>	117
<u>Deep Fried Turkey</u>	117
<u>Dirty Rice</u>	119
<u>Down Home Chili With Beans</u>	121
<u>Fried Chicken Wings</u>	120
<u>Hot Wings</u>	121
<u>Fried Chitterlings And Hog Maws</u>	121
<u>Fried Chicken Gizzards</u>	122
<u>North Carolina Style Fried Perch</u>	123
<u>Fried Rabbit</u>	124
<u>Garlic Fried Catfish</u>	124
<u>Baked Country Ham</u>	125
<u>Mackerel And Onion</u>	126
<u>Microwave Spicy Chicken</u>	126

<u>Mouthwatering Pork And Beans</u>	127
<u>Grilled Red Snapper</u>	127
<u>Hearty Meat Loaf</u>	128
<u>Hoppin John</u>	129
<u>Young Goat Stew</u>	129
<u>Spicy Pot Roast With Veggies</u>	130
<u>Tenderly Spiced Grilled Steaks</u>	131
<u>Liver And Onion</u>	131
<u>Liver Mush</u>	132
<u>Liver Pudding</u>	132
<u>Low-Fat Baked Pork Chops</u>	133
<u>Low-Fat Chili</u>	134
<u>Low-Fat Sloppy Joes</u>	135
<u>Macaroni And Cheese</u>	135
<u>Meat Loaf</u>	136
<u>Rocky Mountain Oysters</u>	137
<u>Fried Catfish</u>	138
<u>Mushroom Smothered Chicken</u>	138
<u>North Carolina Style Pulled Pork Barbecue</u>	139
<u>Oven Baked Barbecued Baby Back Beef Ribs</u>	142
<u>Oven Barbecued Pork Baby Back Ribs</u>	142
<u>Pig Tails And Cabbage</u>	143
<u>Pinto Beans And Ham Hocks</u>	143
<u>Pork Chops With Stuffing</u>	144
<u>Quick And Easy Pot Roast</u>	145
<u>Honey Pot Roast</u>	145
<u>Quick And Easy Meat Loaf</u>	146
<u>Red Beans And Rice</u>	146
<u>Roasted Chicken</u>	147
<u>Salmon Croquettes</u>	148
<u>Sausage And Cabbage</u>	149
<u>Scrapple</u>	149
<u>Southern Fried Chicken</u>	150
<u>Smothered Pork Chops</u>	150
<u>Southern Fried Quail</u>	151
<u>Spicy Hot Wings</u>	152
<u>Squirrel With Rice</u>	153
<u>Stew Beef</u>	153
<u>Stuffed Pork Chops</u>	154
<u>Sweetbreads</u>	154
<u>Turkey And Gravy</u>	155
<u>Roasted Turkey With Cornbread Stuffing</u>	156
<u>Miscellaneous</u>	
<u>Crock Pot Beef Stew</u>	159
<u>Butter Rolls</u>	160

<u>Chicken Stock</u>	161
<u>Deviled Eggs</u>	161
<u>Homemade Buttermilk Biscuits</u>	162
<u>Plain Grits</u>	163
<u>Tuna Grits</u>	164
<u>Fried Grits And Eggs</u>	164
<u>Grits With Eggs</u>	165
<u>Grits With Fish</u>	166
<u>Headless Hog Head Cheese</u>	166
<u>Hoe Cakes</u>	167
<u>Homemade Spaghetti Sauce</u>	167
<u>Vegetable Stock</u>	168
<u>Homemade Tomato Catsup</u>	169
<u>Hot Water Cornbread</u>	170
<u>Hush Puppies</u>	171
<u>Pickled Eggs</u>	172
<u>Pickled Okra</u>	173
<u>Pickled Pigs Feet</u>	173
<u>Quick And Easy Gravy</u>	174
<u>Sausage Gravy</u>	175
<u>Seasoned Salt</u>	175
<u>Spicy Souse Meat</u>	176
<u>Barbecue Sauce</u>	177
<u>Yeast Rolls</u>	178
<u>Cracklin Bread</u>	178
<u>Spicy Injectable Marinade</u>	179
<u>Soda Biscuits</u>	180
<u>Cush</u>	180
<u>Quick And Easy Flaky Pie Crust</u>	181
<u>Batter Mushrooms</u>	191
<u>Index</u>	197

Soups And Stews



When it comes to making a little go a long way... nothing beats making soups and stews. I am reminded of the story of "rock soup." You can indeed boil virtually anything, add a little seasoning, and you have a somewhat filling soup. The following soups and stews utilize ingredients I had ready access to all of the time, spiced up a little to make the ordinary extra-ordinary. I hope that you enjoy them.

BACONY CHOWDER

Ingredients:

1/2 pound country bacon
1 large onion, chopped
6 stalks celery, sliced
2 cloves garlic, minced
2 cups water (divided)
3 cups cubed new potatoes with skin
2 tablespoons cooking sherry
1-1/2 cups milk
4 tablespoons all purpose flour
1/8 teaspoon black pepper

Preparation:

1. Cook the bacon in a frying pan until crispy.
2. Put the bacon (including 2 tablespoons drippings), 1 1/2 cups water, milk, onion, garlic and celery in a large pot.
3. Bring to a boil and then turn down and allow to simmer uncovered for 35 minutes.
4. Mix sherry, 1/2 cup of water and flour in a bowl. When thoroughly mixed, stir into chowder. Add salt and pepper and continue to simmer for 15 minutes.

BAKED POTATO SOUP

This is an excellent use for leftover baked potatoes.

Ingredients:

- 3 medium potatoes (baked)
- 1 medium white onion (diced)
- 4 cups chicken broth
- 2 cups water
- 1 cup half and half
- 3 strips bacon (fried and crumbled)
- 1/2 cup shredded mild cheddar cheese
- 4 tablespoons butter
- 2 tablespoons flour
- 1/3 cups cornstarch
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon basil
- 1/8 teaspoon thyme
- 2 green onions chopped (optional)

Preparations:

1. Bake potatoes and allow to cool.
2. Take one of your potatoes and mash thoroughly in a dish.
3. Sauté onion in butter until lightly browned in medium size pot.
4. Stir flour into browned onions to make a roux.
5. Add broth, water, mashed potato, spices and cornstarch to pot. Bring pot to a boil then reduce to a simmer. Simmer 7 minutes.
6. Peel remaining 2 potatoes and cut into 1/2 inch chunks.
7. Add chopped potatoes and half and half to pot. Turn up heat to bring to a boil then turn heat back down to allow soup to simmer for 15 minutes.

Serve hot with cheese, chopped onion and bacon as topping. Great as the first course in a meal.

CABBAGE AND RICE SOUP

Ingredients:

5 cups shredded cabbage
1 medium onion (thinly sliced)
8 cups beef broth
3 tablespoons margarine
1 cup grated cheese (your favorite)
1/2 cup uncooked rice
1/4 teaspoon black pepper
1/8 teaspoon salt
1/8 teaspoon nutmeg

Preparation:

1. Melt margarine in a medium sized pot.
2. Add cabbage and onion to butter, cover and cook over medium heat until lightly browned and slightly tender. You don't need to add any water at this point.
3. Add broth and seasonings. Cover and simmer for another 15 minute.
4. Add rice and continue simmering until rice is done. Stir occasionally.
5. Serve in a soup bowl with grated cheese sprinkled across the top.

CABBAGE SOUP

Here's a great way to get lots of liquids and veggies into the kids

Ingredients:

2 pound stew beef 1 pound cooked cut green beans (1 can)
8 cups water
2 sliced medium carrots
2 teaspoons Lawry's Seasoned Salt
1 medium onion chopped
1/4 teaspoon crushed red pepper
2 bay leaves
1 medium head cabbage chopped up
5 fresh tomatoes cut up

Preparation:

1. Combine stew beef, seasoned salt and water in a large pot.
 2. Bring to a boil and then reduce heat to simmer meat for 2 ½ hours.
 3. Remove meat from broth and skim off excess fat from broth.
 4. Cut up cooked beef and discard any bones.
 5. Add cut up beef, carrots, beans, cabbage, onion, cabbage and red peppers to pot of broth. Simmer for 40 minutes.
- Serve hot.

BACON CORN CHOWDER

Ingredients:

- 8 large potatoes
- 1 large can creamed corn
- 1 pound bacon
- 1 can evaporated milk
- 1 medium onion
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

Preparation:

1. Fry bacon until crisp.
2. Peel and dice potatoes.
3. Peel and chop onion.
4. Cook potatoes and onions in a large saucepan with water (enough to cover) for 12 minutes.
5. Pour off most of the water. Mash the potatoes with potato masher until about half of the chunks are left.
6. Add corn, bacon, salt, pepper, and milk to potatoes and cook for 35 minutes over low heat.

BACON CHEESEBURGER SOUP

Ingredients:

2 slices bacon
1 pound ground beef
1 tablespoon beef bullion powder
1 large green pepper (seeded and chopped)
2 stalks celery, chopped
1/2 pound shredded mild cheddar cheese
4 cups milk
4 tablespoons flour
1/8 teaspoon Lawry's Seasoned Salt

Preparation:

1. Fry bacon in medium pot.
1. Remove bacon from grease and leave 1 1/2 tablespoons bacon drippings in pot.
2. Stir in onion, celery and green pepper, lightly cook until done.
3. Stir in the ground beef and cook over medium heat until browned.
4. Slowly stir in the beef bullion and the seasoned salt.
5. Stir in the flour, mixing well.
6. Turn down heat to low and mix in the milk slowly. Mix thoroughly.
7. Stir in the cheese and allow to melt.
8. Serve hot sprinkling some of the crumbled bacon bits in each bowl.

CATFISH STEW

Ingredients:

2 pounds catfish (filleted, cut into 1 inch cubes)
1/2 pound country bacon (cut into small cubes)
3 cloves garlic (minced)
2 large onions (diced)
1 teaspoon Old Bay Seasoning
1 teaspoon black pepper
1 teaspoon crushed red pepper flakes
1 large green pepper (diced)
2 large tomatoes (diced)
3 cups fish stock
1/2 pound okra (sliced)

Preparation:

1. Sauté bacon in a heavy saucepan until it is brown on all sides.

2. Add onions, peppers, and garlic as soon as bacon browns. Cook over medium heat for 5 minutes, stirring constantly.
3. Add tomatoes and continue cooking for 6 minutes over medium heat. Stir regularly.
4. Add the okra, then the fish stock. Turn up heat to bring mixture to a boil, then reduce to a simmer.
5. Add the catfish and seasonings. Continue cooking at a simmer for 12 - 15 minutes (until fish is done).
6. Serve hot.

CHICKEN - SAUSAGE GUMBO

Ingredients:

- 2 pounds assorted chicken pieces
- 1 pound smoked sausage link (it's sometimes labeled pork sausage)
- 2 pounds fresh okra (sliced)
- 2 fresh tomatoes (chopped)
- 1 cup cooking oil
- 2 tablespoons shortening
- 1 large onion (chopped)
- 2 tablespoons all purpose flour
- 3 quart water
- 2 teaspoons salt
- 1 teaspoon pepper
- 1/4 teaspoon cayenne pepper

Preparation:

1. Rub salt, black pepper and cayenne pepper onto chicken pieces. Dredge chicken in flour and then fry in hot cooking oil until browned on both sides.
2. Remove the chicken and fry the sliced sausage in the same skillet.
3. Reserve the grease from the sausage/chicken.
4. In a separate pan, heat the shortening. Fry the tomatoes, okra and onion until they are slightly browned
5. Make a roux with 2 teaspoons of the sausage drippings and the flour. Brown over medium heat but don't burn.
6. Return chicken and sausage to roux and stir. Chicken and sausage should be thoroughly mixed.
7. Dump everything into a large pot along with the water. Cook over medium heat for 2 hours. Taste and adjust seasonings. Add more water if needed and adjust seasonings to taste.

I like this dish served over white rice. It's also great all by itself.

CHICKEN-CORN CHOWDER

(low-fat)

Ingredients:

2 cups cream-style corn
2 medium cooked skinless chicken breasts (diced)
1 can carnation evaporated milk
3 medium potatoes (diced)
3 large carrots (diced)
2 cups (1 16 oz can) chicken broth
1/4 teaspoon black pepper
1/4 teaspoon salt

Preparation:

1. Combine chicken broth, potatoes and carrots in a large pot.
2. Cook over medium heat until vegetables are done (roughly 12 minutes).
3. Remove approximately 1/2 cup potatoes to a bowl.
4. Add all remaining ingredients to pot and simmer.
5. Take potatoes in bowl and mash them thoroughly. Return them to the mixture. Stir, mixture thoroughly, cover and simmer for 7 minutes.

Serve hot, with crackers.

CHICKEN CORN CHOWDER

Ingredients:

2 cups cooked chicken (diced)
2 cups chicken broth
1 1/2 cups raw potatoes (diced)
1 cup raw carrots (diced)
2 12 oz can cream-style corn
2 cups condensed milk
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 cups cooked potatoes
1 teaspoon corn starch
1 tablespoon butter

Preparation:

1. Boil 1/2 cup potatoes in small pot.
 2. In medium sized pot combine chicken broth, potatoes carrots, and butter. Cook over medium heat until done (roughly 10 minutes).
 3. Mash boiled potatoes and add to broth and vegetables.
 4. Add remaining ingredients except corn starch to mixture and simmer 5 minutes.
 5. Stir in corn starch and continue simmering an additional 3 minutes.
- Serve hot.

CHICKEN CHOWDER

- 2 tablespoons oil
- 1 cup chopped onions
- 1 cup chopped red bell pepper
- 2 boneless skinless chicken breast halves, cut into bite sized pieces
- 1 cup chicken broth
- 1 cup milk
- 1 (16 ounce) can sweet potatoes in syrup, drained, rinsed and coarsely chopped
- 1 (9 ounce) package frozen corn
- 1 (4.5 ounce) can chopped green chilies
- 1 (1-1/4 ounce) package Less-sodium taco seasoning mix

Heat oil in large saucepan over medium high heat until hot. Add onions and bell pepper; cook and stir 1 to 2 minutes or until crisp tender. Add chicken; cook and stir 2 minutes. Add all remaining ingredients; mix well. Bring to a boil. Reduce heat to medium low; simmer 10 minutes or until chowder is thoroughly heated and chicken is no longer pink, stirring occasionally.

COLLARD SOUP

Ingredients:

- 2- 3 pounds collards (fresh or frozen) If fresh you'll need to buy more than 3 pounds since you will trim away some of the stem.
- 2 pounds smoked or fresh pork neck bones
- 2 large white potatoes
- 1/2 teaspoon crushed red peppers
- 1 teaspoon black pepper
- 1 tablespoon salt
- 2 cloves garlic (minced)
- 1 teaspoon powdered onion

Preparation:

1. Place neck bones in pot of boiling water.
2. Add crushed red peppers, black pepper, salt, and powdered onion.

3. Wash collards if fresh and trim off stem below where leaf ends.
4. Slice collards into thin strips. I do this by stacking leaves, rolling them and then cutting like you would a roll of salami.
5. Slice potatoes into chunks (approx 1 1/2 inches)
6. After neck bones are done add more hot water to the mix if water is getting low. Remember we want to end up with a soup.
7. Add potatoes to the mix.
8. Toss the collards in on top of the potatoes and then the garlic.
9. Continue cooking for 30 - 45 minutes over medium heat.
10. When potatoes are fork tender, everything should be done.
11. This soup is great eaten alone, or with other dishes. It really warms the body after coming inside on a cold winter day.

* If you don't like your soup spicy, you can leave out the pepper flakes. I fix a lot of dishes hot (spicy) because I like peppers and understand they are actually good for you.

SOUTHERN CREAM OF PECAN SOUP

2 cups chicken broth
 2 tablespoons unsalted butter
 3 tablespoons onion, finely chopped
 1 tablespoon all purpose flour
 1/2 teaspoon salt
 1/4 teaspoon black pepper
 1/8 teaspoon nutmeg
 1 1/2 cup pecan pieces
 1 small sprig celery leaves
 1-1/2 cups half and half
 2 small sprigs mint

Preparation:

1. Melt butter in saucepan over medium heat. Add onion and sauté until brown.
2. Stir flour into sautéed onion and cook until lightly browned.
3. Slowly add chicken stock stirring constantly.
4. Stir in spices, celery, and pecans. Gently bring to boil and then reduce to medium. Simmer for 8 minutes then add cream. Lower heat and simmer for 7 minutes. Taste and adjust seasoning. Serve hot.

GARDEN FRESH VEGETABLE SOUP

Ingredients:

4 cups fresh tomatoes (diced)
4 cups cabbage (chopped or shredded)
2 cups carrots (chopped)
2 cups celery (chopped)
4 cups beef broth
1 large yellow onion (chopped)
1 tablespoon lemon juice
1 teaspoon sugar
1 teaspoon salt
1/4 teaspoon black pepper

1. Combine all ingredients in a medium saucepan.
2. Stir to blend thoroughly.
3. Cover and simmer for 2 - 2 1/2 hours.

Note: This soup is low-fat and fairly low-cal. If you don't like plain vegetable soup toss a few fresh beef neck bones or diced country ham to the brew.

HAM AND POTATO SOUP

Ingredients:

6 large potatoes
2 cups country ham (cooked and diced)
2 cups whole milk
2 tablespoons butter
1 cup shredded cheddar cheese
2 tablespoons starch
1 teaspoon black pepper
1 teaspoon seasoned salt (If country ham is fairly salty, you may leave this out).

Water

Preparation:

1. Wash, peel, and cut up potatoes
2. Boil ham and potatoes over medium high heat until potatoes are tender. Test with a fork.

3. Whisk milk and starch together, and pour into pot with cooking potatoes. Stir gently.
4. Add remaining ingredients 1 at a time and stir in.
5. Simmer until soup thickens to your preference.

Serve hot on a cold winter day. Reheat leftovers over low heat stirring frequently.

HAM CHOWDER

1/2 pound country ham
1-1/2 tablespoons butter
1 large white onion, chopped
6 stalks celery sliced
2 cloves garlic, minced
3 cups water
3 cups cubed new potatoes unpeeled
2 tablespoons dry sherry
1-1/2 cups
1/2 cup water
4 tablespoons flour
1 teaspoon Lawry's Seasoned Salt
1/4 teaspoon black pepper
1/8 teaspoon cayenne pepper

Preparation:

1. Brown ham in butter in heavy saucepan or pot.
2. Add onion, celery, garlic, potatoes, milk and 1 1/2 cups water.
3. Bring to a boil and then reduce heat to low and simmer for 35 minutes.
4. Thoroughly mix 1 1/2 cups water, sherry and flour in a bowl.
5. Stir sherry mixture into chowder. Add salt and pepper. Simmer until flour mixture is thoroughly blended.

LEFT OVER TURKEY SOUP

Ingredients:

Left over parts of turkey (great after Thanksgiving)
Left over gravy
3 cloves garlic (crushed)
3 carrots
2 white potatoes (diced)
1 stalk celery (chopped)
2 cups (or 1 can) corn

2 cups (or 1 can) green beans
1 large onion
1 pack (12 oz) egg noodles
1 teaspoon Lawry's Seasoned Salt
2 quarts water

Preparation:

1. Carve as much meat as you can off turkey
2. Put turkey pieces in soup pot with water
3. Add garlic and simmer for 2 hours.
4. Add vegetables and boil until carrots are tender.
5. Cook egg noodles separately according to package instructions.
6. Add egg noodles and left over gravy to soup. Allow to simmer for 5 minutes.

Serve hot.

LIVER DUMPLINGS

Liver is one of those foods that you either love or hate. I've discovered that many people find that they like liver once they give it a try. My favorite way to fix liver is fried with onion, but here is a great way to fix it and warm up on a cold winter day.

Ingredients:

1 pound liver, ground
2 eggs
1/2 cup bread crumbs
1/2 teaspoon summer savory
Pinch of allspice
1/4 teaspoon garlic powder
1 small onion, minced
1/4 cup flour
1 teaspoon baking powder
1/2 teaspoon seasoned salt
1/2 teaspoon salt
1/2 teaspoon black pepper
1 envelope Lipton onion soup mix
5 cups water

Preparation:

1. Grind bread crumbs, liver and onion. I use a food processor for this.
2. To ground up liver, bread crumbs and onion add egg, baking powder, and spices. Add flour to make a fairly liquid dough.
3. Boil onion soup mix and water.

4. Dip a tablespoon into hot liquid to heat it. Then put dumplings into boiling liquid one at a time. They'll sink and then rise back to the surface when done.
 5. Cover pot and allow to simmer for 25 minutes.
- Serve hot.

LOW FAT CRAB CHOWDER

This is a great and inexpensive recipe for anyone who is fortunate enough to frequent the beach. A simple crab trap tied off a pier and baited with some fish heads, should trap you all of the crabs you can eat.

Ingredients:

- 1 pound cooked crab meat or imitation crab meat (1/2 inch cubes)
- 4 tablespoons margarine
- 2 medium potatoes (boiled)
- 1 teaspoon salt
- 1/8 teaspoon Old Bay Seasoning
- 1/2 cup chopped onions
- 1/8 teaspoon thyme
- 1/4 cup green pepper
- 1/8 teaspoon black pepper
- 4 tablespoons flour
- 2 tablespoons cooking sherry
- 3 cups whole kernel corn

Preparation:

1. Peel and dice boiled potatoes.
2. Melt margarine in medium saucepan over medium heat. Sauté onion and green peppers in the butter for 5 minutes.
3. Add flour to cooking vegetables. Stir and cook for 1 minute.
4. Slowly stir in milk. Use a whisk to work out any lumps.
5. Stir in corn and seasonings. Cook over low until the corn is done.
6. Stir in crab meat and potatoes. Simmer for 4 more minutes.
7. Stir in sherry and serve hot.

NAVY BEAN SOUP

- 1 pound navy beans; dry
- 1 garlic; clove, minced
- 3 quarts water
- 2 cups celery and tops; finely chopped
- 1 ham bone or hock; smoked

1-1/2 teaspoons salt
2 tablespoons parsley; chopped
1/2 teaspoon pepper
1 cup onions; finely chopped

Cover beans with water in large pot or soup kettle and soak overnight. Rinse beans well and return to pot with ham bone and 3 quarts of water. Simmer, uncovered, for 2 hours. Add parsley, onions, garlic, celery and tops, salt and pepper. Simmer, uncovered, for 1 hour or until vegetables are tender. Remove ham bone, dice the meat, and add meat to soup. Serve hot.

PEANUT SOUP

1/4 cup butter
1 stalk celery (sliced)
1 large onion (diced)
2 cloves garlic (minced)
6 cups chicken broth
4 teaspoons flour
3/4 cup peanut butter (creamy)
1 cup whipping cream
6 tablespoons salted peanuts (chopped)
1/2 cup cream

Preparation:

1. Melt butter in a saucepan over low heat. Do not brown.
2. Add celery, onion and garlic, and sauté until opaque.
3. Add broth and simmer 5 minutes.
4. Strain and discard onions and celery and garlic.
5. Return broth to pot and continue simmering.
6. Mix flour with 4 tablespoons of water (in a bowl), then stir paste into soup.
7. Stir in peanut butter and simmer for another 12 minutes, stirring frequently.
8. Stir in cream and turn off heat.
8. Serve hot, sprinkling chopped peanuts into each bowl.

POT ROAST SOUP

2-1/2 to 3 pounds pot roast
6 carrots
1 bunch broccoli
1 small head cauliflower
3 large zucchini
1 onion
3 potatoes
1 bell pepper
1 large can tomatoes

1/4 cup water

Seasoning salt

2 tablespoons vegetable oil

Cook roast in crockpot with 1/4 cup water on high until tender. Boil potatoes in water with skins on. Slice all remaining vegetables into small slices. Pan fry with 2 tablespoons vegetable oil in cast iron skillet at medium temperature until good and hot through. Cover with tight lid; turn down heat to low and let cook until tender. Cube potatoes, roast and tomatoes. Mix together with juices and vegetables. Sprinkle with all seasons to taste. Add V8 juice if more juice is needed. Serve with French bread, toasted or crackers.

SURF AND TURF CHILI

Ingredients:

6 cups chicken broth

8 jumbo shrimp, peeled and deveined

1 teaspoon vegetable oil

1 tablespoon chili powder

1/2 pound flank steak (sliced into thin strips)

1/2 teaspoon Lawry's Seasoned Salt

3 garlic cloves, minced

1/2 bunch cilantro; chopped

1/8 teaspoon ground allspice

1. Heat vegetable oil in heavy pot or Dutch oven over high heat.
2. Brown steak in oil, stirring constantly.
3. Add chili powder, garlic, and allspice.
4. Add chicken broth, turn heat to high and cook for 1 hour 30 minutes.
5. Add seasonings and simmer for 30 minutes more.
6. Add shrimp and simmer for another 15 minutes.
7. Sprinkle with cilantro.
8. Serve with rice and/or cornbread.

SQUASH SOUP

2 pounds yellow squash (sliced into 1-inch pieces)

3 cups chicken broth

1 medium size onion (chopped)

1 (8 ounce) package cream cheese

1 teaspoon salt

1/2 teaspoon pepper

1/4 teaspoon Accent (monosodium glutamate)

Preparation:

Place squash and onion into broth, bring to a boil and then reduce heat to a simmer. Simmer 15 minutes or until squash are tender.

2. Combine half of squash mixture with half of pack of cream cheese in a blender and puree.
3. Process other half of squash mixture and cream cheese the same.
4. Return to pot, add salt and pepper, and Accent, and simmer for another 20 minutes.
5. Serve hot.

OXTAIL SOUP

1 package oxtails
4 slices lean bacon
8 peppercorns
1 stalk celery
6 cups beef stock
1 tablespoon cornstarch
1/2 teaspoon salt
1/2 teaspoon pepper
2 carrots
2 onions
2 medium turnips

Preparation:

1. Wash oxtails and cut into 1-inch pieces.
2. Fry bacon in frying pan.
3. Remove bacon. Salt and pepper oxtail pieces and brown lightly in bacon drippings.
4. Place beef stock in large pot and heat over medium high heat.
5. Add oxtails.
6. Cut up carrots, onion, and turnips and add to stock.
7. Break up bacon and add to stock.
8. Add peppercorns to stock.
9. Simmer whole thing for 2 - 2 1/2 hours over medium heat.
10. Stir a few tablespoons of cornstarch into a few spoons of the bacon dripping and brown this in frying pan.
11. Slowly stir this browned starch into soup. This will thicken it a little. Cover and allow to continue cooking for 2 or 3 minutes.

Enjoy a nice hot bowl of soup.

WHITE BEAN SOUP

3 quarts water
1 cup dried great northern beans, washed in cold running water
1/4 pound bacon or salt pork cut in half
3 medium garlic cloves, peeled and left whole
1 small onion, peeled and quartered
1 bay leaf
1 teaspoon chile powder
3 cups half and half
1/2 teaspoon salt
1/2 teaspoon white pepper
Fresh chives, for garnish

In a large saucepan, bring the water to a boil over moderate to high heat. Add the beans, bacon, garlic, onion, bay leaf and chile powder. Reduce the heat to a simmer, cover the pan and cook until the beans are tender, about 3 1/2 hours, adding a little more water if necessary to keep the beans covered. Remove the bacon and bay leaf from the pan. Pour the contents of the pan into a processor and purée them. Return the purée to the pan over moderate heat, stir in the half and half, salt and pepper, and cook just until the soup is heated through, about 5 minutes. Sieve the soup and serve it immediately in heated bowls, garnished with fresh chives.

WHITE BEAN AND SAUSAGE SOUP WITH PEPPERS

Ingredients:

4 tablespoons sweet butter
2 cups finely chopped yellow onions
2 carrots, peeled and chopped
3 garlic cloves, peeled and minced
6 parsley sprigs
1 teaspoon dried thyme
1 bay leaf
4 cups chicken stock
1-1/4 cups dried white beans, soaked overnight
1 sweet red and 1 green pepper
2 tablespoons olive oil
1/2 pound precooked turkey sausage
1 teaspoon salt
1/2 teaspoon black pepper

Preparation:

1. Melt the butter in a pot.

2. Add onions, carrots and garlic and cook, covered, over low heat until vegetables are tender and lightly colored, about 25 minutes.
3. Add parsley thyme and bay leaf and pour in the stock.
4. Drain the beans and stir them into the pot. Bring to a boil, reduce heat and simmer, partially covered, until beans are very tender, 45 minutes to 1 hour.
5. Pour the soup through a strainer, reserving the stock; discard the bay leaf, and transfer the solids to the bowl of a food processor fitted with a steel blade, or use a food mill fitted with a medium discs add 1 cup of the cooking stock if using the processor and process until smooth.
6. Return pureed soup to the pot and stir in additional cooking liquid 2 to 3 cups, until the soup is of the desired consistency.
7. Cut away stems and ribs of the peppers and dice them.
8. Heat olive oil in a small skillet, add peppers and sauté over low heat, stirring occasionally, until tender but still crunchy, about 15 minutes.
9. Transfer peppers to the soup with a slotted spoon.
10. Skin the kielbasa if necessary, dice it, and add it to the soup.
11. Continue simmering over medium heat, partially covered, for 15 minutes.

OXTAIL STEW

Ingredients:

- 3 pounds oxtails
- 1/3 cup dried white beans
- 1 tablespoon vegetable oil
- 4 garlic cloves, minced
- 1 medium yellow onion, diced
- 1 medium tomato, diced
- 2 cups beef stock
- 2 cups water
- 2 tablespoons ground allspice
- 2 teaspoons Lawry's Seasoned Salt
- 1/4 teaspoon black pepper

Preparation:

1. Wash beans and bring to boil in a small pot of water. As soon as they begin to boil, cover remove from heat and allow to sit for 1 hour. This takes the place of soaking your beans overnight.
 2. Pour off water from beans,
 3. Heat the oil in a medium sized saucepan and brown the oxtails in it.
 4. Add the garlic, onion and tomatoes to the oxtails.
 5. Add beef stock, water, and spices to the pot.
 6. Simmer covered for 1 hour 15 minutes.
 7. Add the beans and simmer for another 2 1/2 hours.
 8. Watch the level of water and stir occasionally.
- Serve hot with cornbread and rice.

PINTO BEAN SOUP

Ingredients:

1 pound pinto beans
3 cloves garlic, minced
1 cup celery, chopped
1 pound boneless pork shoulder or ham (cubed)
2 cups tomatoes (diced)
1 teaspoon salt
1 teaspoon pepper
1/2 cup chopped parsley
1/4 teaspoon cayenne pepper
1 tablespoon vegetable oil
1 cup onions, chopped
1 carrot, chopped
1 teaspoon salt
6 1/2 cups beef broth

Preparation:

1. Soak pinto beans overnight or if you're in a big hurry, briefly bring them to a boil, turn off heat and allow beans to soak in the warm water for 2 hours. Pour off water either way.
2. Heat oil in large pot. Sauté onion, carrots, and celery until wilted.
3. Remove vegetables and set aside.
4. Brown meat on oil sides in oil.
5. Return vegetables to pot with meat. Stir.
6. Add broth, beans, parsley, and tomatoes to mix. Simmer covered over low heat for 2 1/2 hours.
7. Process two cups of the soup in a blend until almost liquid. Return to soup.
8. Simmer for another 30 minutes.

Serve hot.

VENISON STEW

Ingredients:

4 pounds venison or moose meat (I prefer hind quarter meat)
1-1/2 cups red wine vinegar
1 cup fresh mushrooms
2 tablespoon Lawry's Seasoned Salt
3 cups cooking sherry
2 cups beef stock
3/4 cup pearl onions, trimmed
Pinch ground allspice
2 whole bay leaves
3 cloves, garlic, crushed
1 cups celery
2 cups carrots
2 cups leeks
2 pinch ground oregano (chopped)
1 pound fatback (diced)
2 tablespoons sugar
1 small bottle cheap red wine
2 tablespoons butter

Preparation:

1. Pour half bottle of red wine and half the wine vinegar into a non-aluminum pan. Add bay leaves, allspice and vegetables.
2. Bring to a boil for 30 minutes. Cool to room temperature. This can be done overnight in the refrigerator but allow to return to room temperature before adding meat.
3. Strain mixture through cheesecloth. Discard the vegetables and spices in the cheesecloth.
4. Add 2 tablespoons sugar and 2 tablespoons seasoned salt to the liquid.
5. Cut venison into 2-inch cubes. Add to the strained mixture. Let mixture stand in the refrigerator for 24 hours.
6. Sauté mushrooms, onions and leeks in butter until limp. Add gravy, garlic, oregano and the remaining red wine.
6. Fry salt pork until crisp. Drain. Add salt pork to mushroom/gravy mixture.
7. Remove venison from marinade. Throw away marinade. Sauté venison until brown. Add to mushroom/gravy mixture. Place mixture in oven-proof casserole and cover.
8. Bake at 350 for 2 hours or until venison checks done. Serve stew over wild rice with cranberry sauce on the side.

TURKEY AND DRESSING SOUP

Ingredients:

3 cups leftover turkey, torn or cut into small pieces
3 cups cornbread dressing
10 cups water
6 chicken bouillon cubes
2 onions (chopped)
4 potatoes (cubed)
2 cups carrots (thinly sliced)
1 large turnip (cubed)
6 stalks celery (sliced)
1 teaspoon Lawry's Seasoned Salt
1/4 teaspoon pepper
Salt to taste
2 bay leaves
1 teaspoon parsley flakes

Preparation:

1. Boil bullion cubes in water.
2. Add vegetables, turn down heat, and simmer for 45 minutes.
3. Add cornbread stuffing, turkey and seasonings to soup.
4. Simmer for another 5 minutes.
5. Serve hot.

TUNA NOODLE SOUP

Ingredients:

1/2 cup mushrooms (sliced)
1/2 cup onions (sliced)
1/2 cup green bell peppers (seeded and chopped)
2 tablespoons salad oil
3 cans chunky tuna (drained)
2 cans tomato soup
1/2 cup milk
1/8 teaspoon thyme leaves
1/4 teaspoon salt
1/2 cup sour cream
1 package egg noodles

Preparation:

1. Sauté mushrooms, onions and pepper in oil over medium heat until wilted.

2. Stir in tuna, soup, milk, thyme and salt. Simmer for 15 minutes.
 3. Cook noodles in a separate pot according to package instructions.
 4. Drain noodles and add to soup.
 5. Add remaining ingredients and simmer for 12 minutes.
- Serve hot.

TRIPE SOUP

Ingredients:

1. 3 pounds assorted types of tripe (well-rinsed in cold water and cut into 1 inch squares)
 - 1 large onion (quartered)
 - 2 carrots (sliced)
 - 6 garlic cloves (peeled)
 - 8 Poblano chilies
 - 4 cups cooked or drained canned hominy
 - 2 tablespoons chopped cilantro leaves (chopped)
 - 1 teaspoon salt
 - 2 Jalapeno chilies (seeded and finely chopped)
- Flour tortillas

Preparation:

1. Place tripe in a four-quart pot with enough cold water to cover by about four inches.
 2. Simmer over medium heat for 12 minutes.
 3. Pour everything into a strainer and thoroughly rinse the tripe in cold water to eliminate any froth or scum.
 4. Place the tripe in a six-quart pot with the onion, carrots and garlic.
 5. Add enough cold water to cover the ingredients by three inches. Bring the pot to a slow simmer and use a ladle to skim off any froth that floats to the top. Cover the pot and continue simmering for three hours.
 6. Spoon out and taste a piece of tripe to make sure it is completely tender if not, simmer for another 30 minutes and keep checking until it's done.
 7. Strain the soup through a strainer, saving the broth.
 8. Let the solids cool slightly and then sort through, discarding the vegetables, throwing the pieces of tripe into the broth.
 9. Blacken the Poblano chilies in the flame of a gas burner or under a broiler. Peel off the blackened skin with your fingers and scrape off the remainder with a paring knife.
 10. Cut the chilies lengthwise and remove the stem and seeds.
 11. Chop the chilies fine or puree them in a food processor and add them to the broth.
 12. Add the cooked hominy and bring the soup to a simmer. Simmer for 15 minutes.
 13. Thin the soup with the water if it seems too thick.
 14. Add the cilantro and salt
- Serve hot with the flour tortillas instead of corn bread for a change of pace.

TOMATO MEATBALL SOUP

Ingredients:

3/4 pound sausage
3/4 pound lean ground beef
1/4 large yellow onion
1/4 teaspoon crushed oregano
1/8 teaspoon lemon pepper
1/8 teaspoon rubbed sage
Pinch of crushed rosemary
2 cans tomato soup
1 quart tomatoes (chopped in large pieces)
1 1/2 cups water
Chives
Grated cheddar cheese

Preparation:

1. Mix sausage, ground beef, onion, oregano, lemon pepper, sage and rosemary in food processor until thoroughly mixed.
2. Roll meat mixture into golf ball sized balls and cook in covered frying pan until done. Do not overcook or meat will become rubbery.
3. Combine tomato soup, water and tomatoes in large saucepan.
4. Pour meatballs and drippings into soup mixture and simmer for 15 minutes.
5. Add chives and serve topped with cheddar cheese.

TOMATO SEAFOOD STEW

Ingredients:

1/2 pound raw shrimp (shelled)
1 medium green pepper (seeded and chopped)
1 medium onion (chopped)
1 medium carrot (chopped)
3 garlic cloves (minced)
1 teaspoon dried thyme
1 tablespoon cooking oil
1/4 teaspoon pepper
2 medium tomatoes (cut up)
1 tablespoon hot sauce
8 ounces tomato sauce
20 ounces canned whole baby clams (drained)
1 medium potato (peeled and chopped)
1 sprig (chopped)

1 stalk celery (chopped)

Preparation:

1. Thaw shrimp, if frozen; halve length-wise.
2. In a large saucepan sauté onion and garlic in oil till tender.
3. Stir in tomatoes, tomato sauce, potato, green pepper, celery, carrot, thyme, pepper, and hot sauce. Bring to boiling; reduce heat. Cover and simmer 25 minutes (or until vegetables are tender.
4. Stir in shrimp, clams, and parsley. Bring to boiling; reduce heat. Cover and simmer 2 to 3 minutes more.
4. Spoon into serving bowls and serve hot.

THICK VEGETABLE SOUP

Ingredients:

1 tablespoon olive oil
2 large tomatoes (diced)
1 large turnip root (cut into 1/4-inch cubes)
1/4 teaspoon black pepper
1 medium onion (chopped)
2 zucchinis (chopped)
1 stalk celery (chopped)
10 cups chicken stock
1 tablespoon garlic, chopped
1 large carrots (cut into 1/4 inch cubes)
1 pound dry navy beans
1/4 cup fresh basil leaves (chopped)

Preparation:

1. Heat the oil in large pot.
2. Add onions and garlic and cook briefly (until wilted).
3. Add the tomatoes, zucchini, carrots, turnips, and celery. Cook over medium heat for stirring 10 minutes stirring frequently.
4. Add the beans, pepper, and stock. Bring to a boil then lower heat and simmer for 1 hour and 50 minutes.
5. Add the chopped basil. Serve with Parmesan cheese sprinkled across the top.

THROW DOWN VEGETABLE SOUP

Ingredients:

2 cups left over cooked country ham (diced)
water
2 stalks celery (chopped)
3 onions (chopped)
Clove
1 cup navy beans
1 cup lima beans
6 large carrots (diced)
4 stalks celery (diced)
2 quarts tomatoes
1 tablespoon rice
1 tablespoon barley
1 can yellow wax beans (drained)
1 can tomato soup
1 tablespoon Lawry's Seasoned Salt
1 can sweet peas (drained)

Preparation:

1. Soak navy beans and lima beans overnight in water.
2. Put ham into large pot with water.
3. Add celery, onion, and cloves.
4. Simmer for 4 hours.
5. Pour water off soaked beans and add to mixture.
6. Add onion, carrots, celery, and simmer soup for another hour.
7. Add tomato soup, barley, rice, and wax beans. Simmer for another 20 minutes.
8. Turn off heat and add sweet peas. Allow peas to warm just from heat of soup.
9. Serve hot.

TOMATO, ONION AND CELERY SOUP

Ingredients:

4 tomatoes (diced)
3 onions (chopped)
1 cup chopped celery
1 tablespoon butter
3 cups water
1 teaspoon Old Bay Seasoning
1/4 teaspoon Accent

1/4 teaspoon black pepper

Preparation:

1. Put all ingredients in a saucepan. Boil for 10 minutes and serve hot.

TURKEY AND RICE SOUP

Ingredients:

2 cups cooked turkey (cubed)
1 cup all purpose flour
1/2 cup butter
2 cups chicken broth
2 cups half and half
1-1/2 cup cooked rice (wild rice is best)
1 cup corn
1 cup butter beans
1 cup carrots
2 teaspoons Lawry's Seasoned Salt
1 teaspoon black pepper
1/8 teaspoon red pepper flakes
1/8 teaspoon Accent (monosodium glutamate)

Preparation:

1. Combine corn, butter beans, and carrots in pot and boil until corn is done.
 2. Melt butter in a saucepan over low heat. Stir in flour to make a roux.
 3. Turn heat to medium and stir in broth and then half and half.
 4. Add remaining ingredients and simmer for 5 minutes.
- Serve hot.

PORK STEW WITH BEER

Ingredients:

2 pounds boneless pork shoulder or ham (cubed)
1 teaspoon salt
1 tablespoon vegetable oil
1 teaspoon ground cumin
1 medium onion, chopped
1/4 teaspoon dried oregano leaves
3 cloves garlic, minced
2 - 12 ounces beers

2 tomatoes (diced)
1 teaspoon red pepper flakes
1/4 teaspoon cayenne pepper

Preparation:

1. Heat oil in heavy pot or Dutch oven over medium heat. Add pork 20 minutes, stirring so that it browns on all sides.
2. Remove pork from pot.
3. Pour all fat from pot except for about 2 tablespoons. Cook onion and garlic in fat over medium heat until translucent.
4. Add tomatoes and spices. Simmer 15 minutes.
5. Stir in pork and 1 12-oz beer. Bring to a boil, reduce heat and simmer covered for 45 minutes. While stew is simmering drink other beer.
6. Remove cover and continue simmering (allowing some of the water to evaporate. Serve hot over rice with cornbread on the side.

POTATO CHOWDER

Ingredients:

2 large potatoes
3 beef bouillon cubes
3 cups milk
2 cups light cream
4 tablespoons flour
3 tablespoons butter, lard or bacon drippings
1/2 pound grated cheddar cheese
1 tablespoon grated onion
1/4 teaspoon paprika
1/4 teaspoon Worcestershire sauce
1/2 teaspoon salt
1 tablespoon parsley

Preparation:

1. Peel potatoes, cube and boil in water until done.
2. Drain potatoes reserving 1 1/2cup of the liquid.
3. Mash potatoes using potato masher.
4. Combine potatoes, bouillon, milk and cream. Simmer over medium heat.
5. In a separate saucepan melt butter and stir in flour.
6. Pour melted butter and flour mix into soup.
7. Add seasonings and simmer for 20 minutes. Serve hot, topped with cheese and onion.

BROCCOLI POTATO SOUP WITH CORNED BEEF

Ingredients:

8 medium potatoes (cubed)
1 can corned beef
1 pound broccoli (cut up)
1 medium onion (diced)
1 quart whole milk
1/2 teaspoon salt
1/4 teaspoon black pepper
1 clove garlic (minced)

Preparations:

1. Combine potatoes, onion, garlic, and broccoli in large pot.
 2. Add enough water to cover potatoes and simmer for 15 minutes.
 3. Add corned beef and continue cooking until potatoes are done.
 4. Stir in milk and continue simmering 4 minutes.
- Serve hot.

ROASTED GARLIC SOUP

Ingredients:

16 unpeeled cloves garlic
3 tablespoons olive oil
3 medium-large onions, coarsely chopped
3 large carrots, coarsely chopped
4 cups chicken stock
1/2 teaspoon parsley
1/2 teaspoon sage
1/2 teaspoon salt
1/4 teaspoon black pepper
3 tablespoons butter
3 tablespoons all purpose flour
1-1/2 cups heavy cream

Preparation:

1. Bake unpeeled garlic in Pyrex dish with 1 1/2 tablespoons olive oil for 15 minutes in an oven preheated to 350 degrees.
2. Cool and peel garlic (set aside)
3. Heat 1 1/2 teaspoons olive oil in large pot. Sauté onions and carrots in hot oil until carrots are tender.

4. Add chicken stock, peeled garlic, salt, pepper, and other spices to pot.
 5. Bring to a boil, turn down heat and simmer 25 minutes.
 6. Allow soup to cool and then puree in blender a cup or two at a time.
 7. In small saucepan melt butter and slowly add flour. Slowly add cream, stirring to avoid lumps.
 8. Stir pureed soup into saucepan with butter/flour.
- boil, then reduce heat and simmer about 20 minutes, partly covered. Cool slightly, then puree in blender. Set aside. Melt 3 tbsp. butter, stir in 4 tbsp. flour and slowly whisk in cream, stirring constantly over medium heat until thickened. Slowly stir in the vegetable puree until smooth, reheat and serve.

SALMON CHOWDER

Ingredients:

- 1 large can salmon (silver preferred)
- 3 medium potatoes (cubes)
- 1 onion (chopped)
- 2 stalks celery (diced)
- 1 can sweet corn
- 1 teaspoon salt
- ½ teaspoon Old Bay Seasoning
- ¼ teaspoon black pepper
- ⅛ teaspoon garlic powder
- 1 pint milk

Preparation:

1. Combine potatoes, onions celery, salt, pepper, garlic and Old Bay Seasoning in a large soup pot.
 2. Cover with water, bring to a boil, reduce heat and simmer for 45 minutes.
 3. Flake salmon and add to mix. Stir in corn, and milk. Simmer for 15 minutes.
- Serve hot

Note: If you have access to fresh salmon, bake your salmon wrapped in foil until done (1 pound) and then flake and use as above. Pink salmon is more readily available in many places but it is also a softer salmon. When I have a choice I always go for red salmon first (most flavorful due to oils), silver salmon, and then pink salmon.

SHRIMP SOUP

Ingredients:

8 cups chicken stock
2 teaspoons Tabasco brand cayenne sauce
1 cup green onions, chopped
1/2 cup celery, chopped
1 teaspoon Lawry's Seasoned Salt
2 cloves garlic, minced
2 teaspoons Worcestershire sauce
1 cup parsley chopped
2 cups white wine, dry
2 pounds medium shrimp, chopped up
1/2 teaspoon Old Bay Seasoning

Preparation:

1. Put everything except shrimp in large soup pot. Bring to a boil, lower heat and simmer for 50 minutes.
2. Add shrimp and simmer for another 30 minutes.
3. Serve hot. Good over rice, with crackers or croutons.

SMOKED SAUSAGE SOUP

Ingredients:

1 pound smoked sausage (dry sausage often labeled "pork sausage")
1 onion, chopped
2 tablespoons vegetable oil
1 tablespoon chicken bullion crystals
1 teaspoon Lawry's Seasoned Salt
1/4 teaspoon black pepper
1 bay leaf
1/2 teaspoon thyme
3 carrots, chopped
3 celery stalks, chunks
1/2 head cabbage, chunks
2 tablespoons rice, uncooked
1 cup tomato sauce
1 can kidney beans
3 medium tomatoes (diced)
3 cups water

Preparation:

1. Heat oil in soup pot. Sauté onion in hot oil until opaque.
2. Toss in remaining, ingredients, bring to a boil, reduce heat and simmer covered for 50 minutes.

SORREL SOUP

Sorrel is a wild weed that grows many places and can be picked during much of the year in much of the US. I don't know of a place where you can buy the stuff though. Like many "weeds" such as dandelions, it provided much-needed nutrients to the diets of many poor folks at times.

Ingredients:

- 1 pound sorrel, washed and stems removed
- 1 large bunch parsley, chopped
- 1 carrot, peeled and chopped
- 1 stalk celery, chopped
- 1 leek, chopped
- 2 tablespoon butter
- 1 quart vegetable broth
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 tablespoon lemon juice
- 1 pinch of sugar
- 1 tablespoon cornstarch
- 3/4 cup sour cream
- 4 hard-boiled eggs

Preparation:

1. Parboil sorrel in 3 quarts of salted water for 3 minutes.
 2. Pour off the water and pat sorrel dry with paper towels.
 3. Chop sorrel and set aside.
 4. Chop parsley, carrots, celery, and toss in a soup pot with the broth. Boil over medium heat for 35 minutes.
 5. Strain out veggies preserving the broth. Puree the strained vegetables in a blender with just a little broth.
 6. Melt butter in saucepan and then sauté sorrel in butter for 4 minutes stirring constantly.
 7. Add the broth and pureed veggies to sorrel in saucepan. Add seasonings and cook over medium heat for 12 minutes.
 8. Stir the sour cream into the mixture. Then stir the cornstarch into the mixture. Simmer for 3 more minutes.
 9. Peel and dice the hard-boiled egg.
 10. Add egg to the soup after removing from heat.
- Serve hot.

SOUTHWESTERN MEATBALL SOUP

Ingredients:

1 pound ground beef
1 pound ground pork
1/2 cup uncooked long grain rice
2 eggs, slightly beaten
1 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon Accent (monosodium glutamate)
1/4 teaspoon black pepper
1 medium onion, peeled and minced
1 clove crushed garlic
2 tablespoons olive oil
1/2 cup tomato paste
10 cups beef bouillon

Preparation:

1. Mix beef, pork, rice, egg, salt, pepper, Accent, and oregano in mixing bowl.
2. Heat oil in large soup pot and sauté garlic and onion until opaque. Add to tomato paste and bouillon and bring to a boil
3. Form meat mixture into small balls (meatball size). Add to boiling liquid, reduce heat and simmer for 35 minutes.
4. Serve hot as a soup, over rice, or sprinkled with cheese.

SPAGHETTI SOUP

Ingredients:

2 pounds ground beef
2 cans stewed tomatoes (including liquid)
Small potato (diced)
1 can tomato sauce
2 cans green beans (drained)
1 can garden peas (drained)
7 ounces uncooked spaghetti
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon oregano

½ cup water

Preparation:

1. Brown hamburger in a frying pan.
2. Put all ingredients including browned hamburger in a medium saucepan. Cover and bring to a low boil. Reduce heat and simmer for 35 minutes.

Serve hot with fresh homemade rolls!

SPICY CHICKEN GUMBO

Ingredients:

- 1 large chicken (cut up)
- 2 quarts chicken stock
- 1 pound andouille (smoked sausage is a suitable substitute)
- 1 pint oysters
- 1 large onion (chopped)
- 1 green onion (chopped)
- 2 tablespoons parsley (chopped)
- 1 tablespoon file
- 1 tablespoon cayenne pepper
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 teaspoon thyme (chopped) (1/2 teaspoon dry thyme if you can't find it fresh)
- 4 tablespoons vegetable oil
- 1 clove garlic (minced)
- 4 bay leaves

Preparation:

1. Brown the chicken slowly in a large heavy pot in the oil. It doesn't need to be cooked completely, just browned.
 2. Remove the chicken to a dish and sauté the onion in the oil until opaque.
 3. Add the chicken back to the pot with the onion and cook covered (over low heat) for 15 minutes. Stir to prevent burning.
 4. Add the stock, parsley, green onion, garlic, bay leaves, thyme, salt, black pepper, and cayenne pepper to pot. Continue cooking over low heat until chicken is done.
 5. Add precooked sausage to mixture and continue simmering for 8 minutes.
 6. Add oysters (including the juice) and simmer for 12 more minutes.
 7. Remove from heat and stir in file.
- Serve in large bowl over plain white rice.

SPICY SAUSAGE SOUP

Ingredients:

- 1 teaspoon dried oregano leaves
- 1 14 oz can stewed tomatoes
- 1 (13-3/4-ounces) can beef broth
- 1/2 cup salsa
- 1 pound spicy pork sausage (in tube)
- 1 cup frozen whole-kernel corn
- ½ tablespoon finely chopped cilantro

Preparation:

1. Combine tomatoes, broth, salsa and oregano in medium saucepan. Bring to a low boil and cook for 15 minutes, stirring occasionally.
2. Pinch off small bits of sausage to form patties and fry over medium heat until browned on both sides.
3. Add corn to sauce pan with tomato sauce. Stir in and simmer over medium heat 5 minutes.
4. Add sausage, cover and simmer over medium heat for 10 minutes. Test corn for doneness.
5. Remove from heat and add cilantro. Serve hot.

SPICY SMOKED CORN CHICKEN SOUP

Ingredients:

- 1 chicken breast
- 1 tablespoon butter
- 1 tablespoon flour
- 1/2 cup milk
- 3 cups chicken broth
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon liquid smoke
- 1 cup whole kernel corn
- 1 small onion, minced
- 2 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper

Preparation:

1. Cook defrosted chicken breast in broth in medium saucepan until chicken is done. Roughly 40 minutes at medium temperatures.
2. Remove chicken from broth, allow to cool and dice.
3. Melt butter in medium saucepan and then sauté onion and garlic in it. Add flour and brown slightly. Slowly stir in half-and-half.
4. Add broth, red pepper, black pepper, liquid smoke and corn to the saucepan. Simmer 10 minutes. Add remaining ingredients including chicken meat. Simmer until corn is thoroughly cooked. Serve hot!

SPICY SPLIT PEA SOUP

Ingredients:

- 16 ounce package split peas
- 3 smoked ham hocks
- 2 large carrots, thinly sliced
- 2 large celery stalks, thinly sliced
- 7 cups water
- ¼ teaspoon Lawry's Seasoned Salt
- ¼ teaspoon black pepper
- 1/8 teaspoon allspice
- 1/4 teaspoon black peppercorns
- 2 bay leaves

Preparation:

1. Place ham hocks in pot with water and boil for 2 hours, until nearly falling apart.
2. Tie allspice, peppercorns, and bay leaves in a piece of cheesecloth. Add to pot with the ham hocks. Continue cooking over medium high heat (slight boil) for 5 minutes.
3. Clean split peas and add to pot with ham hocks and seasonings. After 10 more minutes, add carrots, celery and more water if needed.
4. Remove ham hocks, chop off as much meat as practical and return meat to soup along with seasoned salt and black pepper. Continue simmering for 1 hour.

Serve over rice along with cornbread.

SPINACH EGG DROP SOUP

Ingredients:

1 package (10 ounce) frozen chopped spinach
2 large eggs
6 cups vegetable or chicken broth
2 tablespoons grated Parmesan cheese
¼ teaspoon salt
1/8 teaspoon Accent (monosodium glutamate)
1/4 teaspoon ground nutmeg

Preparation:

1. Put broth and frozen spinach in a 4-quart pot. Simmer 20 minutes.
 2. Beat eggs, cheese, nutmeg, salt, and Accent in a small bowl.
 3. Bring spinach soup to a boil and slowly stir in egg mixture. Cook for about 2 minutes until egg is done and looks like ribbons in the soup.
- Serve hot.

SPLIT PEA SOUP

Ingredients:

2 cups dried split peas
2 quarts water
1 pound smoked ham hocks
1 medium onion, chopped
1 cup celery, chopped
1 sprig parsley, chopped
1/4 teaspoon pepper
1/4 teaspoon salt
2 medium carrots, thinly sliced

Preparation:

1. Boil peas in a large dutch oven for approximately 2 minutes. Remove from heat and let stand for at least 1 hour.
 2. Add ham hocks, onion, celery, parsley, pepper, and salt. Bring mixture back to a boil, then reduce heat and simmer covered for 90 minutes.
 3. Add sliced carrots, cover and simmer for 25 minutes.
 4. Take ham hocks from soup, trim off meat and return meat to soup. Simmer for another 5 minutes.
- Serve hot.

STRING BEAN SOUP

Ingredients:

3 pounds string beans
3 tables spoons shortening
1 medium onion, diced
4 tablespoons all purpose flour
1 16-ounce package egg noodles

Preparation:

1. Cut beans into pieces approximately 1/2 inch long. Toss beans and onions in large pot and cover with water. Cook until vegetables are done.
2. Melt shortening in skillet over medium heat. Stir flour into shortening and cook over medium heat until browned.
3. Gradually stir 3 cups water into flour mixture. Stir well to get all of the lumps out and cook for 5 minutes.
4. Add flour mixture to soup and stir well.
5. Add egg noodles in and continue cooking (over low heat) until noodles are of desired consistency.

LARGE BATCH TOMATO SOUP

Practically nothing warms you up better than hot tomato soup after coming in on a cold winter day. Here is quick and easy recipe. Like many of my recipes, this one can be stored in canning jars or frozen in Ziploc bags.

Ingredients:

60 large ripe tomatoes (cut it chunks)
5 large onions (chopped)
1 stalk celery (chopped)
10 sprigs fresh parsley (chopped)
6 tablespoons sugar
3/4 cup flour
3/4 cups butter (melted)
2 tablespoons salt
1 1/2 teaspoon black pepper
2 bay leaves (crushed)

1. Toss tomatoes, onion, celery, parsley, and bay leaves in large pot. Cook over medium heat until celery is done.
2. Strain though sieve squeezing out as much juice as possible.
3. Return juice to stove and continue cooking over medium heat.

4. Mix flour with some of liquid in pot until you have a fairly liquid mixture. Stir this into boiling tomato soup.
5. Add remaining ingredients 1 at a time. Stir and boil until all ingredients thoroughly mixed.
6. Pour hot soup into sterilized glass jars (to within ½ inch of the top). Tighten lids and process in boiling water bath for 15 minutes.
7. All, to cool, tighten lids further and store in a cool, dry place until ready to use.

You can also, allow the soup to cool and pour into pint sized Ziploc bags. Don't fill bags as you need room for expansion when the soup freezes. Freeze. To use, defrost over low heat or at room temperature and then boil slightly before serving.

Add crackers, bacon bits, cooked sausage chunks, or your favorite condiment to tomato soup when serving.

WEST AFRICAN STYLE CHICKEN SOUP

Ingredients:

- 1 large onion, diced
- 4 tablespoons olive oil
- 2 teaspoons garlic, minced
- 6 tablespoons curry powder
- 2 teaspoons cayenne pepper
- 2 teaspoons ground coriander
- 6 cups chicken broth
- 2 cans crushed tomatoes
- 1 small can tomato paste
- 1/2 cup peanut butter (smooth)
- 1 pound cooked deboned chicken, diced
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 scallions, thinly sliced
- ½ cup crushed peanuts
- 3 sprigs cilantro (chopped)

Preparation:

1. Heat olive oil over medium heat in soup pot. Add onions and sauté until opaque. Stir in garlic, curry, cayenne and coriander. Stir constantly and cook for 3 minutes.
2. Add chicken stock, crushed tomatoes, and tomato paste. Simmer over low heat for ½ hour.
3. Add salt and pepper and simmer for 5 more minutes.
4. Put 2 cups of soup mix in a blender along with the peanut butter. Blend well. Add this soup/peanut butter mix to soup pot. Add in diced chicken and simmer for 20 minutes stirring frequently.
5. Add scallions and simmer for another 5-6 minutes.
6. Served hot garnished with the crushed peanuts and cilantro.

Salads



Salad always seemed to start with lettuce. As long as you don't load them down with too much fatty salad dressing they're extremely good for you too.

CABBAGE - CARROT SALAD

Ingredients:

3 cups cabbage (shredded)
3/4 cups carrots (shredded)
1/2 cups mayonnaise (Miracle Whip)
1 tablespoon vinegar
2 teaspoons sugar
1/4 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon garlic powder (not garlic salt)

Preparation:

1. Combine mayonnaise, vinegar, sugar, salt, pepper and garlic powder in a mixing bowl. Mix thoroughly.
2. Add cabbage and carrots and stir thoroughly again.
3. Refrigerate and allow time for flavors to blend.

LOW-FAT SEAFOOD PASTA SALAD

Ingredients:

1 large bag multi-colored pasta noodles
1 pounds shrimp (cooked, shelled, and deveined)
1 pound crab meat
1 pounds fish meat (boned)
3 tablespoons virgin olive oil

1/2 cup shredded Parmesan cheese

Preparation:

1. Cook pasta according to instructions on package. Don't over cook it though or the left over salad will want to form large clumps.
2. Drain the pasta and add to large salad bowl.
3. Cut the shrimp into thirds.
4. You want the crabmeat and fish to be in small clumps.
5. Drizzle the olive oil over pasta. Lightly toss the pasta, separating the pieces and coating them.
6. Add the shrimp, crab meat, and fish to the mixture. Lightly toss/mix.
7. Add the cheese to the mix. Lightly toss.
8. Serve chilled. Will keep nicely in the fridge for many days.

Don't eat too much. This is low cal and the olive oil is contains fats that are good for you. I often eat this salad along with some veggie sticks as a meal.

MACARONI AND PEA SALAD

Ingredients:

- 3 cups cooked elbow macaroni (from roughly 2 1/2 cups uncooked macaroni)
- 1 1/2 cups fresh or frozen garden peas
- 1 cup diced lean ham
- 2 hard boiled eggs (diced)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 pound shredded mild cheddar cheese
- 1/2 cup ranch dressing
- 2 tablespoons sweet pickle relish
- 2 scallions (chopped)
- 1/2 teaspoon lemon juice
- 1 tablespoon mayonnaise (Hellmann's)

Preparation:

1. Defrost peas if frozen.
2. Combine peas, scallions, macaroni, ham, eggs, salt, pepper, cheese and relish in a bowl. Toss lightly.
3. In a separate bowl combine the ranch dressing, mayonnaise, lemon juice. Stir to blend these flavors.
4. Pour dressing blend over macaroni mixture. Toss lightly to blend.
5. Refrigerator and allow flavors to blend further. Serve chilled.

Great alone or as the first course of a meal. Also a great dish to take to office parties or picnics.

VEGGI PASTA SALAD

Ingredients:

2 1/2 cups uncooked pasta noodles (I use multi-colored rotini but just about any type of macaroni noodle will do)
1 cup field peas or black-eye peas (cooked)
1 cup carrots (chopped)
1/2 celery (chopped)
1/2 cup green bell pepper (diced)
1/2 cup red bell pepper (diced)
1/2 cup yellow onion (chopped)
1/2 cup broccoli (chopped)
1/8 teaspoon black pepper
1 medium tomato (chopped)
1 cup French Dressing
Bacon bits (optional)
Shredded mild cheddar cheese (optional)

Preparation:

1. Cook pasta according to package instructions. Add 1/2 teaspoon of salt to cooking water. Do not overcook.
2. Drain pasta and allow to cool in strainer. Running cold water over cooling pasta keeps it from sticking together.
3. Pour pasta in large salad bowl.
4. Add vegetables and stir lightly.
5. Sprinkle with pepper and stir lightly.
6. Drizzle with dressing
7. Chill and allow flavors to blend
8. Sprinkle bacon bits and cheddar cheese across the top just before serving (optional)

Great by itself or as the first course in a meal.

Note: If you don't like French dressing, substitute others. You can also substitute 4 tablespoons olive oil for the dressing. You don't get a heavy coating but it's much healthier.

HOMEMADE POTATO SALAD

Here is my favorite recipe for potato salad. I vary this recipe from time to time based upon my mood and encourage you to do the same.

Ingredients:

4 large baking potatoes.
1/4 white or yellow onion (optional)
2 large eggs
1/2 tsp salt
1/3 cup mayonnaise
4 oz sweet relish
paprika

Preparation:

Boil the potatoes until they are done but not overcooked I use the test here where I stick the fork in and it meets a little resistance but not too much. How long you boil them depends upon how big they are. You do want the potatoes done though since no further cooking is involved. If you overcook them, they don't really hurt the recipe since the extra potato just mixes in with the creamy portion of the mixture.

Boil the eggs over medium high heat until hard-boiled.

Allow the potatoes and eggs to cool. You can run cold water over them in a strainer to speed up the process.

Peel the potatoes and then slice into chunks. If you aim for 1 inch by 1-inch chunks you will do well.

Peel and slice the egg into 1/2-inch pieces.

Chop the onion into very small pieces. I made this optional because you WILL be able to smell the onion on your breath.

Stir all ingredients gently except for the paprika.

After all ingredients are well mixed, pour into a bowl. Add the paprika across the top. Store in the refrigerator until ready to serve.

THREE BEAN SALAD

This recipe was always quick and easy. Perhaps that's why I saw it everywhere from peoples homes to school lunches.

Ingredients:

1 can wax beans (20 oz)
1 can green beans (20 oz)
1 can red kidney beans (20 oz)
1 small onion
2/3 cups vegetable oil
1/2 cup sugar
1/2 cup vinegar
1 teaspoon salt
1 teaspoon black pepper

Preparation:

1. Drain beans and pour in mixing bowl.
2. Slice onion so that you end up with onion rings. Separate the layers.
3. Add the onion to the mixture.
4. Heat the remaining ingredients in a saucepan over low heat stirring constantly until sugar is completely dissolved.
5. Pour mixture over bean. Toss lightly and cool in the refrigerator.
6. Serve as you would any other salad. Great for picnics and summertime out door meals.

** For a low fat variation, use 2 tablespoons olive oil instead of the vegetable oil.

** For diabetic version, leave the sugar out.

** If you have high blood pressure, use low-salt varieties of beans, and leave vinegar, and salt off. Salt substitutes are ok.

Variations:

1. Substitute cooked and cooled pinto beans for kidney beans.
2. Substitute cooked and cooled field peas for kidney beans.
3. Add lightly cooked or raw snow peas to the mixture for extra crunchiness.
4. Sprinkle grated Parmesan cheese across the salad just before serving.
5. Add bacon bits to salad after it cools.



DESSERTS

Treat yourself to something sweet today. You deserve it!

APPLE PIE

When I was small we had many apple trees growing near our place. I'm not sure what varieties of apples they were but they made great pies. When I started planning my own house, apple and peach trees were essential. I've always enjoyed growing my own fruit anyway. Here's a great recipe for an apple pie.

Ingredients:

- 2 pounds raw apples (tart works best)
- 1 stick butter (melted)
- 2/3 cups sugar
- ½ tablespoon cinnamon
- ¾ cups all-purpose flour
- 1 9-inch unbaked piecrust (see my recipe on page?)

Preparation:

1. Defrost piecrust if necessary.
2. Peel, core and slice apples. Place these evenly across piecrust.
3. Mix half of sugar, cinnamon and spread evenly across apples
4. Mix other half of sugar with flour and butter. Pour this across the top of the apples and spread evenly.
5. Bake in oven preheated to 400 degrees for 40 minutes. Pie should be lightly browned. Serve hot or cold. Also great with a scoop of ice cream on top of a slice.

APPLE COBBLER

We made apple pies and cobblers from apples we picked from neighbors farms (with permission of course). The best tasting apples came from this one particular farm that had about 10 large trees. The ripened apples were red with long white marks and were very sweet. I don't know what kind they were. We were free to pick these apples but they still came with a price. This farm was filled with sand spurs. They clung to all of your clothes and stuck your fingers when you tried to pull them off. A small price to pay for great apples though.

Ingredients:

1/2 cups self-rising flour
2 cups peeled and sliced apples
1/3 cup milk
1/2 cup butter
1/2 cup Sugar
1/2 cups water
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 cup Crisco shortening

Preparation:

1. Place the flour into a bowl and stir the shortening into it.
2. Add milk to form into a dough. Set aside
3. Soften butter and put into a bowl.
4. Stir in sugar until slightly fluffy.
5. Add all remaining ingredients except apples. Mix thoroughly. Add in apples and stir lightly.
6. Turn dough out onto lightly battered surface. Roll flat.
7. Cut dough into 1-inch wide strips.
8. Lightly grease a baking dish.
9. Place 3 or 4 strips across bottom of dish. Don't try to cover whole dish.
10. Spoon apple mixture onto dough strips.
11. Place remaining dough strips across top of apple mixture.
12. Bake in 375 degree oven for 55 minutes to 1 hour.

Serve warm.

APPLE SAUCE CAKE

Ingredients:

3 1/2 cups flour
2 1/2 cups sugar
1 1/2 cups raisins
1 cup butter
2 cups chopped pecans
2 cups unsweetened applesauce
2 teaspoons baking soda
2 teaspoons ground cinnamon
1/2 teaspoon salt
2 eggs

Preparation:

1. Mix flour, baking soda, salt, and cinnamon in a bowl. Stir in raisins.
2. In a separate dish, blend butter and sugar.
3. Add eggs to butter - sugar mixture. Mix thoroughly.
4. Slowly add dry mixture (flour mix) alternating with some of the applesauce. Mix.
5. Spread evenly in flat cake pan.
6. Bake in oven preheated to 350 degrees for 1 hour.

BANANA PUDDING

Ingredients:

1/3 cups all-purpose flour
4 large eggs (separated)
2 1/2 cups sweetened condensed milk
1 teaspoon vanilla extract
3 large ripe bananas
1 box vanilla wafers
1/4 cup confectionery sugar
1/4 teaspoon salt

Preparation:

1. In medium saucepan combine flour and salt.
2. Whisk in milk and egg yolk into mixture.
3. Cook over medium heat for 10 minutes or until mixture begins to turn to custard.
4. Remove from heat.
5. Line glass or aluminum baking dish with vanilla wafers.
6. Stir vanilla into custard mix and spoon 1/3 across vanilla wafers.

7. Layer 1/3 of banana slices into custard.
8. Place another layer of cookies, custard and bananas.
9. Place a layer of custard and bananas on top of this.
10. Arrange a layer of vanilla wafers all the way around the sides of the dish, pressing them down into the custard
11. Create a meringue by beating the egg whites until they form a gentle peak. Slowly stir in confectionery sugar.
12. Spread meringue across top of banana pudding, completely covering the top.
13. Place in preheated oven and bake at 325 degrees for 25 – 30 minutes (should be lightly browned).
14. Remove from oven and allow to cool before serving.

I don't think I've ever met a person who didn't like banana pudding!

BETTER THAN SEX CAKE

Here's a sinfully delicious desert. This recipe is one of my newer recipes. It's rich in calories so be careful how much you eat.

Ingredients:

- 1 box yellow cake mix (any kind)
- 1 small box instant vanilla pudding
- 1 large can crushed pineapple (juice and all)
- 3/4 cups sugar
- 1 can Cool Whip (large)
- 1/2 bag shredded coconut (approx 1 cup)
- 3/4 cups chopped pecans

Preparation:

1. Bake cake in square pan (according to instruction on box)
2. Mix pineapple, sugar, pudding and coconut in a large saucepan. Simmer this mixture over medium heat for 5 or 6 minutes.
3. Allow cake to cool but not get completely cold.
4. Punch holes all over top of cake with a fork (about 1 inch deep).
5. Allow pineapple mixture to cool, stir in 1/2 of pecans, and then pour evenly over top of cake.
6. Spread Cool Whip evenly over this mixture, use the whole can.
7. Top with remainder of pecans.
8. Refrigerate for at least 2 hours.
9. Enjoy. This is great for taking to parties. If you're not going to eat it right away at the party, refrigerate it.

BREAD PUDDING WITH BOURBON SAUCE

3 large eggs
1 1/2 teaspoon nutmeg
1 1/2 teaspoon ground cinnamon
2 1/4 cup whole milk
1/2 cup chopped pecans
1 large apple (chopped)
2 cups confectioners sugar
1/4 cup bourbon whisky
1 1/4 cups sugar
1 1/2 teaspoon vanilla extract
1/4 up unsalted butter
1/2 cups raisins
1 loaf French bread (cubed)
2 eggs (for sauce)
1/2 pound unsalted butter

With an electric mixer, beat eggs until frothy (about 3 minutes). Add sugar, nutmeg, vanilla and cinnamon, and beat until well blended. In a sauce, heat the butter and milk until the butter melts (but do not allow it to boil). In a large bowl, mix together raisins, pecans and bread cubes. Combine the milk and egg mixtures, pour this over the bread and allow it to soak for 45 minutes. Preheat oven to 350 degrees F. Lightly grease individual ramekins or a large loaf pan. Add the apple to the bread pudding, and spoon mixture into the baking container. Place in oven immediately reduce heat 300 degrees F and bake for 40 minutes. Increase heat to 425 degrees F and bake for another 15 minutes until nicely browned. To make bourbon sauce, combine 2 eggs and icing sugar. Melt butter in a double broiler, whisk in egg mixture and cook, stirring constantly, until sugar has melted and sauce has thickened slightly. Allow to cool, and add bourbon. Serve over bread pudding.

BUTTERMILK PIE

Ingredients:

2 1/4 cups buttermilk
1 1/2 cups sugar
4 eggs
1/4 cup butter
1 1/2 cup sugar
4 tablespoons flour
1/4 teaspoon flour
1 teaspoon vanilla flavor

Preparation:

1. You can use a dough or graham cracker pie shell.
2. Mix all ingredients thoroughly.
3. Pour into pie shell.
4. Place into oven preheated to 350 degrees and bake approximately 45 minutes. It's done when a toothpick inserted in the middle comes out dry.

Enjoy. Like most pies, I like this one hot.

CHOCOLATE BETTER THAN SEX CAKE

Ingredients:

1 box Duncan Heinz devil's food cake mix
1 small jar caramel topping
1 8oz container Cool Whip topping
5 Heath Bars (chopped into small pieces)

Preparation:

1. Bake devils food cake according to package instructions.
Cook in 13 X 9 pan to ensure enough room for other ingredients.
2. Allow cake to cool but not get cold.
3. Punch holes 1/2 inch deep into top of cake using wooden spoon handle (or suitable substitute)
4. Heat caramel topping in saucepan or in the microwave
5. Pour hot caramel over cake.
6. Spread Cool Whip over caramel covered cake.
7. Sprinkle candy bits across Cool Whip.
8. Refrigerate cake at least 2 1/2 hours.

Keep cake chilled until ready to eat. This is a great dish to fix and take to parties, but be sure to keep refrigerated when you get to the party.

CHOCOLATE LAYER CAKE

Christmas was always my favorite time around our house... not because of the presents, but because that's when everybody in the neighborhood made tons of cakes. Virtually every house that you went to had 3 or 4 cakes setting out for anybody to sample. I remember traveling from house to house and grabbing a delicious slice of chocolate cake, coconut cake, pound cake or pineapple upside down cake at each house. At many houses you were actively encouraged to load your plate down with a slice of each kind of cake. Chocolate layer cakes were my favorite. With virtually all of the cakes I remember, everything was made from scratch. We didn't use cake mix or canned frostings.

Here's a mouthwatering chocolate layer cake.

Cake Ingredients:

2-1/2 cups all-purpose flour
3 cups sugar
3 eggs
1 1/2 cups milk
1 1/4 cup Hershey's Cocoa Powder
2 teaspoons baking powder
2 teaspoons baking soda
1 1/2 teaspoon salt
3/4 cups vegetable oil
1 tablespoon vanilla extract
1 1/2 cups hot water

Frosting Ingredients:

1 cup Hershey's Cocoa Powder
4 cups confectionery sugar
1/2 cup milk
1 1/2 sticks butter or margarine

1. In a large mixing bowl combine flour, sugar, cocoa powder, baking powder, baking soda and salt. Blend dry ingredients.
2. Add eggs, milk and cooking oil. Mix with mixer on low. After a few minutes turn mixer to medium speed
3. Slowly add 1 1/2 cups of hot water. Mix thoroughly.
4. Preheat oven to 350 degrees.
5. Pour batter into 3 9-inch baking pans. If you don't have 3 pans, just do them 1 or 2 at a time.
6. Bake for 30 - 35 minutes. Cake is done when firm to the touch and a toothpick inserted into the middle comes out dry.
7. Allow cake to cool in pan and then place on cake platter. If you try to remove cake before it cools it will pull apart or stick to the pan.

8. Add your chocolate icing between each layer of cake and then pour across the top of stack of cakes ... allowing the frosting to run down the sides.
9. Refrigerate before serving.

To make frosting:

1. In a saucepan, melt butter.
2. Turn heat down and add milk.
3. Slowly add cocoa, stirring to mix well.
4. Slowly add sugar, stirring to mix well.
5. Allow to cool somewhat before using.

CINNAMON ROLLS OR YEAST ROLLS

(Bread Machine)

This recipe provides a way to make great yeast rolls using your bread machine to mix the dough. This same dough can be used to make cinnamon rolls. Here are both recipes:

The recipe is for a bread machine -so hopefully you have one.

The recipe for the cinnamon rolls, and bread, start out the same. For bread, you just put the ingredients in the bread machine and turn it on. Bread machines differ so adjust the recipe according to the instructions for your machine. My wife use to bake several loaves of bread weekly, and my kids (and I) ate it like it was cake. Now my kids are grown so we don't make as much as before:

Ingredients (basic dough):

- 1-1/2 cups water
- 1 1/2 teaspoons of salt
- 3 tablespoons honey
- 2 tablespoons margarine
- 3/4 cups buttermilk
- 3 cups bread flour
- 2 teaspoons yeast or just one of those little packets

For cinnamon rolls you also need:

- 1/2 cup softened margarine
- 1 tablespoon cinnamon
- 1 cup sugar
- chopped pecans or raisins (optional)
- 1/2 cup confectionery sugar
- 1/2 cup whole milk

1 teaspoon vanilla extract

Select the dough cycle. When cycle is complete, to make cinnamon rolls:

1. Roll dough out flat (spread lots of flour on the counter or else it sticks).
2. Spread margarine on the rolled out dough evenly.
3. Cover that with lots of cinnamon, then sugar and lastly nuts or raisins.
4. Roll the dough up in a long tube and cut into equal sections. It should make about 12 rolls.
5. Place the sections in an insulated square pan sprayed with no stick baking spray or put in muffin tins. The pan, produces a sticky roll while using the tin gives you a dry roll.
6. Let the rolls rise over a period of a few hours or overnight depending upon the temperature, etc. Plan on 3 or 4 hours. If you don't want to let them rise overnight, leave them in the refrigerator, and then get up early to let them rise in the morning.
7. Bake for 25 minutes at 350 degrees. If you have a two-shelf oven, put the rolls on the top shelf and place aluminum foil on the bottom shelf. This catches the dripping sugar, etc. so that the oven doesn't start smoking.
8. Bake until light brown on top and remove to cool.
9. Glaze with a mixture of powdered sugar, vanilla, and milk.

For yeast rolls:

Extra ingredient:

1/2 cup melted butter

Use the same basic dough. Dump dough into greased bowl and beat down. Pinch off handfuls and rolling into dough ball. Should get about 12 balls. Place these dough balls on greased baking pan or into greased muffin tins. Allow to rise 3 or 4 hours. Brush tops with melted butter and bake 15 minutes at 350 degrees. They should be lightly browned. Brush more melted butter on top.

Enjoy!

COCONUT LAYER CAKE

Cake Ingredients:

2 -1/2 cups all-purpose flour
3 cups sugar
3 eggs
3 cups milk
1 cup shredded coconut
2 teaspoons baking powder
2 teaspoons baking soda
1 1/2 teaspoon salt
3/4 cup vegetable oil
1 tablespoon vanilla extract

Frosting Ingredients:

1 cup milk
2 cups shredded coconut
3/4 cups confectionery sugar
1 stick margarine or butter
1 teaspoon vanilla extract

1. In a large mixing bowl combine flour, sugar, baking powder, baking soda and salt. Blend dry ingredients.
2. Add eggs, milk and cooking oil. Mix with mixer on low. After a few minutes turn mixer to medium speed
3. Slowly add 1 cup of shredded coconut. Mix thoroughly.
4. Preheat oven to 350 degrees.
5. Pour batter into 3 9-inch baking pans. If you don't have 3 pans, just do them 1 or 2 at a time.
6. Bake for 30 - 35 minutes. Cake is done when firm to the touch and a toothpick inserted into the middle comes out dry.
7. Allow cake to cool in pan and then place on cake platter. If you try to remove cake before it cools it will pull apart or stick to the pan.
8. Add your icing between each layer of cake and then pour across the top and sides of cake. Pat loose coconut on top of frosting.
9. Refrigerate before serving.

To make frosting:

1. In a saucepan, melt butter.
2. Turn heat down and add milk and sugar.
3. Stir well. Turn off heat and add vanilla.
4. Allow to cool and then add 1 1/2 cups coconut.
5. Reserve other 1/2 cups coconut to add to cake after this frosting has been poured between layers and over cake.

COCONUT PIE (QUICK AND EASY)

Ingredients:

3 large eggs
1 cup sugar
1 cup karo light syrup
1 teaspoon vanilla
2 tablespoons butter (melted)
1 1/2 cups flake coconut
1 9" pie shell (deep dish)

Preparation:

1. Break eggs in a medium sized mixing bowl and lightly beat.
2. Add sugar, syrup, flavoring and butter to eggs and stir to blend well.
3. Add coconut to mixture, stirring as you do. I fluff it by hand as I mix it in to make it easier.
4. Pour mixture into pie shell and bake in oven preheated to 350 degrees for 1 hour and 10 minutes.
5. It's done when a toothpick inserted in the middle comes out dry.
6. Allow to cool/chill before serving.

Note: This is a fairly sweet pie.

If you don't use a deep-dish pie shell, you may get some of the mixture bubbling over as it cooks. To prevent this from dirtying your oven, you can place a sheet of aluminum foil directly beneath the pie pan. This catches any spills and makes cleanup a breeze.

DELICIOUS SWEET POTATO PIE

Sweet potatoes were another staple I grew up with. They were fairly inexpensive and were great baked or put in a pie. Baked potatoes were just eaten with a little butter.

Ingredients:

4 large potatoes
2 cups sugar
1 stick butter
1 pinch cinnamon
1 pinch nutmeg
1 store-bought pie 9" deep dish pie crust or your can just line a pan with vanilla wafers instead
1/2 cup milk
2 eggs (slightly beaten)

Boil the potatoes until tender. When you stick a fork in them it should go in easy but you don't want them to fall apart.

Let the potatoes cool and then peel them.

Put the potatoes in a large mixing bowl and mash them thoroughly with a potato masher. Melt the butter and pour it and the other ingredients in the bowl of potatoes. Stir until well mixed.

Pour the potatoes mixture into the crust.

Put into an oven preheated to 375 degrees. Cook for about 35-40 minutes or until a toothpick inserted in the center comes out dry.

If you want you can make a meringue topping by blending confectionary sugar with egg whites. After the pie is almost done, spread the meringue thinly across the top. Continue baking until the meringue turns light brown. If you re going to use a meringue topping, you can add the extra egg yokes to the pie or save them for breakfast.

DIABETIC APPLE COBBLER

Ingredients:

1 1/2 pounds fresh apples
2 tablespoons lemon juice
1/2 teaspoon ground cinnamon
1/4 teaspoon nutmeg
1 tablespoon sugar
2 cups flour
2 tablespoons shortening
1/4 cups milk

Preparation:

1. Cut shortening into flour
2. Add milk and work into a rough dough.
3. Spray round baking dish with nonstick spray (Pam)
4. Roll out dough and drape across pan.
5. Peel and core apples. Slice into thin slices.
6. Place apples onto dough in pan.
7. Sprinkle lemon juice, cinnamon, and nutmeg across apples. Then sprinkle sugar across apples.
8. Fold the sides of dough across apples to semi enclose them.

9. Bake 45 minutes in 350-degree oven, or until the crust is a golden brown and the filling is bubbling.

Enjoy

DIABETIC PUMPKIN PIE

Ingredients:

2 cups cooked pumpkin (1 16 oz can will work)
2 eggs
2 tablespoons Equal (need to match sweetness of 1/2 cup)
1 1/2 cups evaporated milk
1 tablespoon sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1 9" ready-made pie shell (unbaked)

Preparation:

1. Combine pumpkin, sugar, equal, eggs, cinnamon, nutmeg and ginger in a mixing bowl. Mix with wire whisk.
2. Continue whisking and add in evaporated milk.
3. Pour into pie shell.
4. Bake in oven preheated to 375 degrees for 50 minutes. Test for doneness with toothpick. It should come out clean when inserted in the center.

DIABETIC SWEET POTATO PIE

Ingredients:

4 medium potatoes (about 3 cups)
1/2 cups sugar **
1 stick butter
1 pinch cinnamon
1 pinch nutmeg
1 store-bought pie crust deep-dish pie crust or your can just line a 9" pie pan with vanilla wafers instead
3/4 cup milk

2 eggs

Boil the potatoes until tender.

Let the potatoes cool and then peel them.

Put the potatoes in a large mixing bowl and mash them thoroughly with a potato masher. Melt the butter and pour it and the other ingredients in the bowl of potatoes. Stir until well mixed.

** Note: Instead of the half-cup of sugar, you can substitute 7 teaspoons Equal for Recipes or 22 packets of Equal sweetener. This will produce a sweeter tasting pie while holding down the harmful sugar.

Whether you used a ready-made piecrust or just cookies, pour the potatoes mixture into the crust.

Put into an oven preheated to 375 degrees. Cook for about 35-40 minutes or until a knife inserted in the center comes out dry.

FRESH PEACH COBBLER

For part of my youth we lived in my Aunt Mamie's house. This was my grandmother's sister's house. She had lots of peach trees growing near the house and I looked forward to when these trees blossomed each year. I knew that tiny green peaches weren't far behind. It took a while to ripen but I knew great peach pie and peach cobblers were in my future. I'm not sure what kind of peaches they were - they were sort of firm. They made a great cobbler though. Here's my cobbler recipe.

Ingredients:

1/2 cup brown sugar
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 tablespoon lemon juice
4 cups fresh sliced peaches
1 1/4 cups all-purpose flour
1 tablespoon baking powder
2/3 sticks butter
2 egg whites beaten
1/2 cup buttermilk
1/2 teaspoon vanilla
1 1/2 tablespoon granulated sugar

Preparation:

1. Mix sugar, cinnamon, nutmeg, and lemon juice in mixing bowl.
2. Add the sliced peaches and mix gently.
3. Place softened butter in a separate large bowl.
4. Stir in slightly beaten egg whites.
5. Mix flour, baking powder and sugar in yet ANOTHER small bowl.
6. Stir flour /baking powder mixture into butter/egg mixture. Work buttermilk in at the same time.
7. Add the vanilla and stir in.
8. Pour your peaches mixture into a buttered (greased) baking dish.
9. Pour your dough mixture over the peaches and spread evenly.
10. Preheat oven to 325 degrees. Bake cobbler 1/2 hour or until lightly browned. Tastes best when served hot.

Note: In a pinch, you can use canned peaches. Using this option, only cook for 20 minutes at 350 degrees. You want to brown the dough but not overcook the peaches. This will give you a softer cobbler.

Note: To make this recipe for diabetics, leave out the sugar but use softer peaches. The peaches will contain more natural sugars and cobbler won't taste tart. Sugar substitutes can also be used but you will need to compute how much equals 1/2 cups of sugar.

LOW FAT APPLE PIE

Ingredients:

- 2 cups self-rising flour
- 1/4 cup shortening
- 1/3 cup lowfat milk
- 2 cups apples (3 large)
- 3/4 cups apple juice
- 2 teaspoons cornstarch
- 1/2 cup brown sugar
- 1/3 teaspoon apple pie spice
- 1 cup unsweetened apple juice
- 1/4 teaspoon cinnamon

Preparation:

1. Cut shortening into flour.
2. Add milk and mix thoroughly.
3. Turn dough only lightly floured surface and roll flat.
4. Place dough across bottom of pie pan.
5. Mix brown sugar, cornstarch, and apple spice in a small saucepan. Stir in apple juice.
6. Heat over low heat until mixture is thorough blended.

7. Remove from heat and add apples and cinnamon.
8. Spoon warm apple mixture into pie shell.
9. Bake at 350 degrees for 45 minutes or until of desired consistency.

Serve warm.

MISSISSIPPI MUD PIE

Crust:

- 2 cups graham cracker crumbs
- 1/4 cup sugar
- 1/2 cup butter or margarine--softened

Filling:

- 12 ounces Cool Whip
- 3/4 cup sugar
- 8 ounces cream cheese--softened
- 1 small package instant pudding--chocolate
- 1 small package instant pudding--butterscotch
- 3 cups milk

Thoroughly blend crust ingredients.

Press firmly in bottom of pan. Blend together half of the cool whip, sugar, and cream cheese. Spread mixture on top of crust. Whip together the puddings and milk and spread on top of cream cheese mixture. Top with remaining cool whip.

MISSISSIPPI MUD PIE II

Ingredients:

- 2 cups graham cracker crumbs
- 1/4 cup sugar
- 1/2 cup butter or margarine, melted
- 1 (8-ounce) package cream cheese, softened
- 3/4 cup sugar
- 1 (12-ounce) container nondairy whipped topping, thawed
- 1 (4-serving size) package instant chocolate pudding mix
- 1 (4-serving size) package instant butterscotch pudding mix
- 3 cups milk

Preparation:

Combine graham cracker crumbs, 1/4 cup sugar and butter. Press firmly onto the bottom and sides of a 9-inch pie plate.

Blend together the cream cheese and sugar; mixing will. Fold in half the nondairy whipped topping. Spread mixture in the crust-lined pie plate.

Whisk together the pudding mixes and milk; mixing well. Spread on top of the cream cheese mixture. Top with the remaining nondairy whipped topping.
Makes 1 (9-inch) pie; serves 6 to 8.

OLD FASHIONED BROWNIES

Ingredients:

1 cup flour
1 cup sugar
2 large eggs
1/2 cup (1 stick) butter
4 tablespoons Hershey's cocoa powder
1/2 cup chopped pecans
1 teaspoon vanilla extract
1/8 teaspoon salt

Preparation:

1. Mix the flour, cocoa and sugar in mixing bowl.
2. Stir in room temperature (soft) butter.
3. Slowly stir in the other ingredients, one at a time. Mix thoroughly.
4. Preheat oven to 350 degrees.
5. Pour into lightly floured, shallow baking pan.
6. Bake for 20-25 minutes.
7. Let the kids know they are done!

Note: These can also be lightly sprinkled with powdered white sugar.

PECAN PIE

Ingredients:

1 1/2 cup pecan pieces
3 eggs (beaten)
1 cup sugar
1 cup light Karo syrup
2 tablespoons butter (melted)
1 teaspoon vanilla extract
1 9" uncooked pie shell
1 pinch nutmeg

Preparation:

1. Combine all ingredients in mixing bowl.
2. Pour into pie shell.
3. Bake in oven preheated to 350 degrees for 50 minutes to 1 hour.
4. Allow to cool. Slice and serve cold.

Since this is mostly caramelized sugar, this dish is SWEET but delicious.

PEANUT BRITTLE

Many people supplemented their income selling simple things such the created at home. Cottage industries abound in the area where I grew up with people selling everything from homemade butter, to candy, to homemade wine. Homemade peanut brittle was something I could never get enough of. And it's so easy to make. Make some today!

Ingredients:

- 1 pint Karo syrup
- 1 cup sugar
- 1/3 teaspoon baking soda
- 1/4 teaspoon baking soda
- 2 cups roasted peanuts (either salted or unsalted)

Preparation:

1. Mix syrup and sugar in a saucepan.
2. Cook over medium high heat until it boils. Continue boiling gently for 5 minutes or so.
3. Add soda to the "candy" mixture.
4. Spread your peanuts on a lightly oiled cookie sheet or baking pan
5. Pour your candy across the top of the peanuts and allow to cool.

You can cut your candy into nicely shaped pieces using a saw bladed knife or you can just break it into pieces. Store it in plastic Ziploc bags or in a cookie tin. Break it out when the grandkids come over, if you can avoid eating it all yourself.

AWESOME POUND CAKE

My Aunt Ruth used to make the best pound cake in the whole world. It was so rich and creamy. She explained to me that it was called a pound cake because it used a pound of butter and a pound of sugar. This was what made it so rich. Here's my recipe - hers was very similar.

Ingredients:

3 cups cake flour
6 large eggs
1 pound butter
1 pound sugar (2 1/4 cups)
2 teaspoons of pure vanilla extract
1/2 teaspoon salt
1/2 cup buttermilk

Sift the flour into a large mixing bowl. Stir in the sugar. I use a large spoon for this. Next I add the butter. My grandmother would melt the butter in a pan over slow heat to make it blend easier. You can do this or just let the butter soften at room temperature. Add the eggs, whole. At this point I break out my mixer and begin mixing on slow. I slowly add my buttermilk, and then the vanilla extract. After it is thoroughly stirred, I turn the mixer up to medium for a few minutes, and then finally on high. If the mixture is a little thick I add just a touch more buttermilk. If you don't mix things thoroughly you will have lumps that will form air bubbles in your mixture and leave holes in your finished cake. It was always a matter of pride not to have these air pocket holes in our cakes so we always made sure we got all of the lumps. In the pre-electric-mixer day that involved a lot of whipping the cake by hand. We usually didn't have a hand-cranked mixer that worked well, so this involved a large mixing spoon to whip it. Some old timers even counted the number of times they whipped the mixture - sort of made it fun and you didn't notice your arm tiring.

Preheat the oven to 325 degrees.

Take your standard tube cake pan and oil it with butter. Then lightly flour the oiled pan. Shake the excess flour from the pan.

Pour the mix in, bake the cake for about 1 hour and twenty minutes. Keep looking at how your cake is doing through the oven door but avoid opening the door too much while it is cooking as I have seen this, or jarring a cake, cause it to collapse. When you think it is done, do the toothpick test. Stick a wooden toothpick into one of the thickest parts of the cake. If it's dry when you pull it out, the cake is done.

Allow the cake to cool 15 or 20 minutes in the pan. Then gently remove it, and stick it on your favorite decorative cake plate.

SINFULLY RICH AND DELICIOUS HOLIDAY PIE

Ingredients:

4 cups cooked sweet potatoes
2 sticks melted butter
2 cups light brown sugar

3 large eggs (slightly beaten)
1/4 tsp ground nutmeg
1 teaspoon vanilla extract
1 cup shredded (sweetened) coconut
1/2 cup pecans (optional)
2 deep-dish 9" pie shells

Preparation:

1. The easiest way to get 4 cups of sweet potatoes is to boil 3 medium potatoes. Cook them completely. Allow them to cool and then peel.
2. Put potatoes in a mixing bowl and mash with a potato masher.
3. Add melted butter and stir in.
4. Add sugar and stir in.
5. Add remaining ingredients 1 at a time and mix thoroughly.
6. Pour mixture into 2 uncooked 9" deep-dish pie shells
7. Bake in oven preheated to 350 degrees for 1 hour. Test for doneness. Pie is done when toothpick inserted in center comes out dry.
8. Serve hot or cold.

PINEAPPLE UPSIDE DOWN CAKE

Ingredients:

1 1/3 cups all-purpose flour
2/3 cup sugar
2 teaspoons baking powder
2/3 cup buttermilk
1/4 cup butter
2 medium eggs (beaten)
1 teaspoon vanilla extract
1/2 teaspoon lemon extract
1 16-ounce can sliced pineapple
2 tablespoons butter (melted)
1 cup dark brown sugar (loosely packed)
Pam cooking spray

Preparation:

1. Combine flour, sugar and baking powder in a mixing bowl. Mix dry ingredients thoroughly.
2. Melt butter over low heat.
3. Pour butter in a separate bowl.
4. Add buttermilk, eggs, and flavorings to the melted butter.
5. Mix liquids thoroughly and then stir into dry ingredients.
6. Mix ingredients until there are no lumps (3 or 4 minutes)

7. Preheat oven to 350 degrees.
8. Spray a 9-inch round cake pan with the Pam.
9. Lay the pineapple slices in the bottom of the pan.
10. Sprinkle the brown sugar across the pineapple slices.
11. Sprinkle the 2 tablespoons of melted butter evenly across the top of the sugar.
12. Gently pour the batter over the sugar-coated pineapple. Try not to move the pieces of pineapple around.
13. Bake for 45 minutes in your preheated oven. Insert a toothpick into the center of your cake to confirm it's done. The toothpick should come out clean.
14. Allow cake to cool (12 or so minutes)
15. Run a knife around the edge of the cake to keep it from sticking.
16. Invert a cake plate across the top of the cake pan and slowly invert the cake. Tap on the bottom of the pan to help it come out easier.
17. Use a spatula to put any pieces of pineapple that stayed in the pan back onto your cake.
18. Take a picture of your masterpiece and then enjoy.

SOUR CREAM CAKE

Ingredients:

3 cups sifted cake flour
1/4 teaspoon baking soda
3 cups sugar
1 cup sour cream
1/2 pound butter
6 eggs (separated)
1 teaspoon vanilla extract
1 teaspoon lemon extract

Preparation:

1. Put sliced butter into mixing bowl and allow to reach room temperature.
2. Separate eggs putting yolks in dish with butter. Put egg whites in separate bowl and beat lightly.
3. Add sugar to butter and eggs and mix (with mixer) until slightly creamy.
4. Slowly mix in sour cream.
5. Slowly mix in flour and baking soda.
6. Fold in beaten egg whites.
7. Add flavorings and mix until everything is smooth.
8. Preheat oven to 325 degrees. Butter and flour bundt pan.
9. Pour mixture in pan and bake for 1 hour 20 minutes.
10. Allow cake to cook, remove from pan and enjoy.

QUICK AND EASY TEA CAKES

My grandma used to fix tea cakes for my two brothers and I all the time. They were quick, inexpensive, and a way to keep 3 finicky grand children happy with a sugar fix. Here's the tea cake recipe that I use:

Ingredients:

4 cups self-rising flour
1 1/2 cups sugar
3 eggs
1 teaspoon vanilla extract
3/4 cups Crisco shortening

Preparation:

1. Pour flour into a bowl and cut in shortening.
2. Slightly whip eggs in a bowl and add to mixture.
3. Add remaining ingredients a little at a time, mixing with your hands.
4. Mix until everything is well mixed and dough can be formed into a ball.
5. Pinch off small handfuls of dough and form into small balls.
6. Place on a greased baking pan and press balls flat.
7. Cook 8-10 minutes on the middle rack of oven preheated to 400 degrees. Be careful not to overcook.

Let the kids have some hot and put the others in a cookie jar. They won't last long.

VANILLA WAFER CAKE

Here's a cake that's incredibly easy, and unbelievably delicious! My friend Flo shared this one with me. She said it was her mother's recipe and I quickly made it my own. Try it and I think it will become a tradition in your household too.

Ingredients:

1 cup margarine
2 cups sugar
6 eggs
1 box vanilla wafers (12 oz. box)
1/3 cup milk
1 cup chopped pecans
1 cup coconut

Preparation:

Heat milk until warm, pour over wafers.

Cream margarine and sugar. Add eggs one at a time. Add wafers & milk to the mixture. Fold in nuts and coconut. Pour into bundt pan

Heat oven 300 degrees

Bake 1 1/2 hours, or until done.

WHITE POTATO PIE

If your kids have a sweet tooth like mine do, here is a way to spice up the venerable white potato. This dish taste best served cold. Cold white potatoes.... sure.

Ingredients:

3 large potatoes
1 cup butter (2 sticks) (melted)
1 1/2 cup white sugar
3/4 teaspoon baking powder
1/4 teaspoon salt
1 1/2 cup heavy whipping cream
2 tablespoons lemon juice
2 teaspoon vanilla extract
6 eggs (lightly beaten)
1/4 teaspoon ground nutmeg
2 (9-inch) pie shells

Preparation:

1. Boil potatoes until completely done. Allow to cool, then peel and mash using potato masher. You can also "mash" them using a blender or food processor. Just do a little at a time if you don't have heavy-duty appliances. Otherwise, you're likely to burn out a motor. You want the potatoes well done because this allows you to mash them easier, and you don't end up with lots of lumps in your mixture.

2. In another mixing bowl, combine sugar, salt, and baking powder.

3. Slowly stir in mashed potatoes.

4. Stir in butter.

5. Add whipping cream, lemon juice, vanilla flavoring, and nutmeg, one at a time... mixing thoroughly after adding each ingredient

6. Stir in eggs.

7. Pour 1/2 of mixture into each pie shell

8. Bake in oven preheated to 350 degrees for 1 hour.

Test for doneness with toothpick. Toothpick inserted in center of pie should come out clean.

VEGETABLES



Vegetables need no introduction. They are the staple of life. What I'd like to supply you with is ways to make this roughage taste better.

FRIED SWEET POTATOES

Sweet potatoes are one of those vegetables that both tastes great and are good for you. Fixed right, kids will gobble them down. If you buy them when in season they are also dirt cheap. We used to grow our own or get them from relatives. To preserve them many people kept them in potato hills. These were dirt mounds lined with pine straw or some other materials. In the winter you just opened the "door" to the mound, took out what you needed, and closed it right back up. Potatoes were also kept in barns, "pack houses," and cellars. To keep them from sprouting while in storage, they were cured with a little heat first.

Anyway... here an easy way to prepare those treasures.

Ingredients:

4 medium to large sweet potatoes
1/2 stick of butter
1/2 cup vegetable cooking oil
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1 cup sugar

Preparation:

1. Wash, peel, and slice the potatoes. Throw away the ends and cut off any bruised parts. Slice the potatoes into fairly thin pieces so they cook quickly. If you slice them into rings they look pretty but you can also slice them lengthwise and it will go quicker.
2. Heat the cooking oil, and fry the potatoes in it over medium high heat, browning both sides.

3. Place cooked pieces in a large platter. Some people drained them on paper towels, but we never had paper towels.
4. Mix sugar, nutmeg and cinnamon in a bowl.
5. Melt butter in a small pan and stir in sugar and spice mixture. Warm mixture but don't cook as this will likely burn the butter.
6. Pour melted butter sauce over potatoes and then serve hot. If there are any leftovers warm before serving, although I bet there won't be any leftovers. Great with most dishes. Use the potato pieces to sop up the sauce.

KILLER BARBECUE BEANS

Ingredients:

- 4 cups cooked pinto beans
- 1/2 cup ketchup
- 1/3 cup white vinegar
- 1/4 cup brown sugar
- 3 tablespoons water
- 1 tablespoon starch
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 8 slices thick bacon (cooked and broken up)
- 1 teaspoon onion powder
- 1 teaspoon prepared mustard

Preparation:

1. Pour beans into a large casserole dish
2. Dissolve corn starch with water and add to dish. Stir to mix well.
3. Stir in the remaining ingredients. Make sure the bacon is spread evenly throughout the dish.
4. Cover casserole and bake in oven preheated to 325 degrees for 1 hour 45 minutes.
5. Stir dish and allow to cool before serving. This dish is great at picnics and cookouts.

Serve with North Carolina style barbecue, cole slaw, hush puppies and iced tea. It doesn't get any better than that.

BUTTER BEANS AND CORN (SUCCOTASH)

- 2 pounds whole kernel corn
- 2 pounds lima beans
- 1 pound fat back or country bacon (cut into 1 inch pieces)

3 cups chicken broth
1/8 teaspoon black pepper
1/2 onion (diced)

Preparation:

1. Fry bacon or fatback in an aluminum skillet until crispy.
2. Allow grease to cool, then slowly add chicken broth to skillet with meat and drippings.
3. Add corn, beans, black pepper and onion.
4. Bring to a boil and then reduce heat to medium
5. Cook over medium heat for 45 minutes or until beans are done to desired tenderness.

CREAMED YELLOW SQUASH

I always preferred my squash fried. However, creaming them with cheese as in this recipe is a great way to get picky eaters to gobble down some squash.

Ingredients:

10 young squash
½ pack creamed cheese
½ teaspoon salt
½ teaspoon black pepper

Preparation:

1. Trim ends off squash ends and discard them.
2. Slice squash cross-wise and then simmer over medium heat in a pot for 15 minutes.
3. Test to see if they are soft enough to be mashed up.
4. Pour off water and mash with a potato masher.
5. Cut cream cheese into small pieces and blend this in with the potato masher.
6. Blend in seasoning and cook over very low heat for 5 minutes, constantly stirring.
7. Serve hot.

FRIED SQUASH

There are a lot of different varieties of squash. The yellow crookneck squash are the ones I always grow. They grow fast, require little care, and produce a LOT of vegetables. They taste great fried, or creamed.

Ingredients:

6 large crookneck squash
1 egg (beaten)
½ cup cooking oil

½ cup all purpose flour
½ cup yellow cornmeal
1/3 cup milk
¼ teaspoon garlic powder
¼ teaspoon onion powder
1 teaspoon seasoned salt

Preparation:

1. Wash squash and slice cross-wise. I like the pieces about ¼ inch thick.
2. Beat the egg slightly then mix in the milk.
3. Combine the other seasonings along with the flour and meal in another dish.
4. Heat oil over medium heat in frying pan.
5. Dredge each slice in the egg/milk mixture, then in the flour mixture. Cover all sides.
6. Fry until brown, turn and brown other side.
7. Drain on paper towel. Best served hot.

BLACK-EYED PEAS

Ingredient:

1 pound black-eyed peas
4 slices country bacon
1/4 teaspoon salt
1/8 teaspoon black pepper

1. Wash peas and soak overnight.
2. Put peas in medium large pot with 2 quarts of water.
3. Fry bacon and allow to cool.
4. Crumble bacon and add to peas. Add a little of the bacon fat too.
5. Simmer for about 2 hours. Taste to confirm peas are done.

BOILED PEANUTS

Many country stores and even truck stops sell boiled peanuts in the south. They are usually in plastic bags near the register or in the freezer case. These "in the shell" peanuts are a real treat. Many people suck on the shells before eating the peanut that's inside.

Ingredients:

5 pounds green peanuts
8 quarts water
1/2 cup table salt

Preparation:

1. Wash peanuts. Discard any that appear spoiled.
2. Place all ingredients in a large pot.
3. Cover and slowly bring to a boil.
4. Boil for approximately 2 hours. Periodically check the water level and after 1 hour 45 minutes test 1 or 2 peanuts for doneness. You don't want them too mushy.
5. Allow the peanuts to cool for 1/2 hour to 1 hour in the brine.
6. Store you peanuts in plastic bag in the refrigerator. If you've made a lot, free part of the batch.

Note: Make sure that you are using green peanuts. The dry one that you can buy whole in the supermarket are not the same thing. Farmers' Markets are a good source for green peanuts in some areas as are organic food stores.

These are a great treat to pack for picnics and in school/work lunches. Friends also appreciate being given a pack every now and then. Why not introduce a friend who has never tried boiled peanuts to them.

Many people that I know also earn good money selling boiled peanuts as a "cottage industry." They prepare large batches and sell them to country stores.

CANDIED CARROTS

Ingredients:

- 2 cups carrots (sliced)
- 2 tablespoons brown sugar
- 1 tablespoon honey
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 2 tablespoons butter
- 1 pinch salt
- 1/2 cup water

Preparation:

1. Place carrots and water in medium saucepan and simmer carrots until tender.
 2. Drain carrots and stir in the remaining ingredients.
 3. Turn heat to medium high and cook until sugars caramelize (2 - 3 minutes)
- Great hot or cold. This is an excellent way to get kids to eat carrots if they don't like them.

CHEESY POTATOES

Ingredients:

10 cups potatoes (shredded)
2 cups (roughly 1/2 pound) shredded mild cheddar cheese
2 cups canned evaporated milk
1 cup fresh mushrooms (sliced)
1/2 small onion (diced)
3 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon black pepper
1/8 teaspoon paprika
1/2 teaspoon dried parsley flakes
1/4 cups melted butter

Preparation

1. Pour melted butter into medium sized baking dish.
 2. Combine evaporated milk, flour, salt, pepper, paprika, and parsley flakes in a separate bowl. Blend with a whisk.
 4. Add potato, mushrooms and onion to this mixture. Stir to mix thoroughly.
 5. Pour mixture into buttered pan.
 6. Sprinkle cheese evenly across top of everything.
 7. Bake in an oven preheated to 350 degrees for 35 minutes.
- Serve hot with your favorite vegetable and entree.

CORN CASSEROLE

Ingredient:

1 pound whole kernel corn (either fresh off of the cob, canned or frozen)
1 can creamed corn
1 cup yellow corn meal
1 cup flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon black pepper
1 cup milk
1 egg
1 clove garlic (minced)

Preparation:

1. Mix corn meal, flour, and baking powder together.
2. Stir in milk and mix thoroughly.
3. Stir in remaining ingredients 1 at a time.
4. Pour into casserole dish and bake at 350 degrees for 35 – 40 minutes. The casserole should be a golden brown.

OLD FASHIONED CORN PONE

Ingredients:

1 cup cornmeal
1/2 cup flour
1 egg
1 cup buttermilk
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 tablespoon sugar
1 tablespoon bacon grease

Preparation:

1. Mix flour, cornmeal, baking powder, baking soda, salt and sugar in a bowl.
 2. Add buttermilk and mix stir thoroughly.
 3. Heat bacon grease in a cast iron skillet over medium - medium high heat.
 4. Pour mixture into frying pan and cook over medium heat until crust begins to form around edge.
 5. Turn and cook thoroughly.
- Serve like cornbread.

CORN PUDDING

Ingredients:

1 large can creamed corn
1 cup milk
2 large eggs
2 tablespoons sugar
3 tablespoons butter
1 1/2 tablespoons flour
1 teaspoon salt
1/4 teaspoon black pepper
1 pinch nutmeg

Preparation:

1. Mix flour and sugar together in a mixing bowl.
2. Stir in milk and mix thoroughly.
3. Lightly beat eggs in a separate bowl and then stir into mixture.

4. Add corn, butter, salt and pepper.
5. Pour into a buttered 1-quart baking dish. Sprinkle nutmeg across the top.
6. Place this baking dish inside a larger pan containing hot water.
7. Bake at 300 degrees for 1 1/2 - 2 hours depending upon your oven.

CORN AND TOMATO RELISH

Growing up on a farm, we had tons of fresh corn. We didn't grow corn separately in our garden. We simply picked it by the sack full from neighbors' fields (with their permission, of course. Most of this corn was shucked, picked of the silt, placed in freezer bags and frozen (on the cob). We had lots of freezer space and didn't generally bother cutting it off the cob. If the corn was a little hard, it was either fed to the pigs or cut off the cob and turned into relish. Here's how to make a down-home corn relish.

Ingredients:

- 8 cups corn (white or yellow)
- 8 cups tomatoes (cut into fairly small pieces)
- 2 cups cucumber (unpeeled and chopped)
- 2 1/2 cups yellow onion (chopped)
- 1 green bell pepper (chopped)
- 1 red bell pepper (chopped)
- 1 yellow bell pepper (chopped)
- 1 cup sugar
- 1 cup apple cider vinegar
- 1 1/2 teaspoon salt
- 1 1/2 teaspoon mustard seed

Preparation:

1. Mix all ingredients in a large pot. Boil for 8-10 minutes. Taste corn for doneness. It should be done but not too soft.
2. Scoop hot relish into sterilized pint sized jars.
3. Screw lids tight on jars and process in boiling hot water bath for 10 minutes.
4. Allow to cool, tighten lids further and store in a cool dry place.

If you don't have red or yellow peppers just use 2 green peppers. The peppers are there as much for color as for flavor :-). They are vitamin rich too.

Serve relish as a side dish with just about any vegetable dish. Great on salads too. Store opened jars in the refrigerator.

CREAMY AND HEALTHY COLE SLAW

Here is my favorite recipe for cole slaw.

An excellent way to add raw cabbage to your diet and therefore add more fiber. See this stuff is good for you!

Ingredients:

2 pound cabbage
2 large carrots
1 medium red pepper
1 medium green pepper
1/3 teaspoon celery seeds
3/4 cups apple cider vinegar
1 teaspoon salt
1/2 cup sugar

Warm the sugar and vinegar until sugar dissolves. Stir gently.

Shred the cabbage and carrots using a grater.

Allow the sugar and vinegar mixture to cool. Then pour this mixture over the cabbage and carrot mixture.

Chop the peppers into small pieces. I slice them as thinly as I can. Then, I chop these slices. The peppers are for flavor, but they are also for color. The same is true for the carrots.

Mix the chopped peppers, the salt, and celery seeds into the cabbage mixture. Pour the whole thing into a bowl, cover, and allow to settle. I put mine in the refrigerator overnight to allow the flavors to blend. This is very important with many dishes. The longer you allow it to just sit, the more the flavors mix.

Enjoy.

CREAMY MASHED POTATOES

Ingredients:

10 large baking potatoes
1 cup whole milk

3 tablespoons butter
2 teaspoons salt
2 teaspoons black pepper
1 teaspoon paprika

Preparation:

1. Boil potatoes whole (unpeeled) until tender.
2. Remove from heat and allow to cool.
3. Peel potatoes and quarter.
4. Using a potato masher, thoroughly mash potatoes
5. Slowly stir in milk
6. Melt butter and add to mixture.
7. Stir in salt, and pepper
8. Top with paprika
9. Serve hot.

Note: You can also spoon this potato mixture into a buttered casserole dish and bake for 30 minutes at 325 degrees to further blend flavors.

Sprinkle 1 cup of shredded cheddar cheese across the top prior to the last 10 minutes of baking for an extra treat.

GRILLED CORN-ON-THE-COB

I grew up around acres and acres of cornfields. We often grabbed a few ears of the corn and roasted it over outdoor fires we had going for various reasons. Sprinkled with a little salt it was a tasty treat. Here's an easy way to prepare that corn on the cob while during your summertime cookouts.

Ingredients:

8 - 10 ears tender corn (still in husks)
butter (to run onto corn when done)
salt (to sprinkle over corn when done)

Preparation:

1. Gently pull back husks on corn and remove most of the silk. Be careful not to separate husk from cob though.
2. Close the husk to close to its original position.
3. Soak the ears of corn in a large pan of cold water. You're adding moisture here that will make the corn even juicier.
4. Place the corn on your fired up grill 5 or so inches from the charcoal or fire. Be careful not to set the husks on fire.

5. Grill the corn 40 minutes or so turning frequently. The husks WILL turn somewhat black but this will not affect the flavor of the corn inside.
6. Remove from grill and serve along with other grilled items. Leave husk on until ready to eat.
7. Brush on butter and/or sprinkle with salt just prior to eating.

Note. A variation of this recipe is to use corn not in the husks. This gives you a parched corn which some people like. I prefer the tender corn.

DANDELION BLOSSOMS

Dandelion blossoms can be batter-dipped and deep-fried. They taste a lot like mushrooms when prepared in this fashion and are a delightful treat.

Ingredients:

- 30 dandelion blossoms (pick blossoms that are open but fairly young)
- 1 cup flour
- 1 cup whole milk
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 2 eggs
- Deep fryer half filled with vegetable oil

Preparation:

1. Combine flour and whole milk. Mix thoroughly.
 2. Whip eggs in a separate bowl and then stir into flour mixture.
 3. Add salt, pepper and garlic powder. Mix thoroughly. Add a little more milk if batter is too thick.
 4. Heat oil in deep fryer to 325 degrees.
 5. Roll blossoms into batter and drop into deep fryer.
 6. Fry 5 - 7 minutes or until golden brown. Blossoms will float to the surface when done.
 7. Place on a paper towel to drain.
- These taste best when eaten hot.

DANDELION GREENS

Most people think of dandelions as weeds. However, they were a very important of many people's diets at one time. When people had very few greens during most of the winter, dandelions were often some of the first wild greens that appeared in the Spring.

They were the first chance that many poor people had to infuse their depleted bodies with many much-needed vitamins.

You can still pick and cook wild dandelions in the spring in many parts of the country. Just make sure that the place where you pick your dandelions is not some place that has been sprayed to kill the weeds. Many places do spray to keep dandelions and other wild plants "under control."

Ingredients:

2 pounds young dandelion greens
1/2 pound cured country ham (diced)
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 cup water
1/4 teaspoons onion powder

Preparation:

1. Brown country ham in cast iron skillet over medium high heat. Stir to brown on all sides.
2. Wash and cut up dandelion leaves. Remove excess stem as you cut up.
3. Add dandelion greens to skillet with ham.
4. Stir to mix thoroughly and distribute meat flavor
5. Sprinkle salt, pepper and onion powder into dish.
6. Add 1/2 cup of water.
7. Reduce heat, cover and simmer for 40 minutes.
8. Stir occasionally.

Serve as you would any other greens.

Note: Younger, more-tender greens will take less time to cook and will have a gentler flavor. Older greens tend to taste a little bitter.

You can also add young dandelion roots to this dish. Simply, wash and scrap young dandelion roots. Dice them and add them to the country ham while it is browning.

Proceed with the rest of the recipe above.

EASY LIMA BEANS

Ingredients:

2 pounds lima beans (approximately 2 cups). Fresh or frozen are ok.
2 large smoked ham hocks or 1/2 pound cured country ham
Pinch black pepper (approx 1/5 teaspoon)

Preparation:

1. Boil ham hock or cut up pieces of country ham until practically falling apart.
2. Add lima beans to mixture.
3. Cook 8-10 minutes and then stick fork in beans to test for doneness. Continue cooking if beans aren't done enough for your taste. I don't like them overcooked.

Butter beans can be substituted for the lima beans.

Serve with rice, smothered pork chops, hush puppies and iced tea for a great meal. Make sure pieces of the ham or ham hock get onto some of the plates.

ENHANCED BAKED BEANS

Ingredients:

- 2 large cans of your favorite baked beans (made using bacon and brown sugar)
- 6 sliced bacon
- 1 cup ketchup
- 1 yellow onion (chopped)
- 1/2 cup prepared mustard
- 2 tablespoons brown sugar

Preparation:

1. Pour beans, onions, ketchup, mustard and sugar into a mixing bowl. Mix thoroughly.
2. Lightly fry bacon - not too crisp (in cast iron skillet).
3. Remove bacon (leaving grease)
4. Pour beans mixture into skillet with bacon grease.
5. Cut bacon strips into 1-inch pieces and sprinkle across top of beans.
6. Bake at 375 degrees for 35 minutes.

Serve hot or cold. Great picnic dish.

FRIED CABBAGE

Cabbage was another one of those vegetables we always had available. Ten or twenty cents would buy enough seeds to plant literally hundreds of cabbage. Cabbage grew well just about anywhere and didn't require a lot of care. My only complaint about cabbage was that they tended to give some people a lot of gas :-). Still, they are filling and healthy.

Ingredients:

- 1/2 pound bacon
- 1 large head cabbage

½ tsp salt
½ tsp black pepper
1 clove garlic
½ tsp red pepper flakes

Fry the bacon until crispy in large frying pan. Pour off most of the grease. Break the bacon into pieces. Chop the cabbage into pieces removing the hard center. Add the cabbage to the pan containing the bacon. Add the seasoning and 1/3 cup of water.

Cook covered over medium heat for 5 minutes. Stir, then continue cooking until desired tenderness.

Note: You preserve more vitamins and mineral if you cook the cabbage less.

FRIED CABBAGE (VARIATION 2)

Ingredients:

2 whole cabbage
1/2 pound fatback (cut into 1-inch slices)
2 teaspoons Lawry's seasoned salt
1 yellow onion (chopped)
1/4 teaspoon crushed red peppers

1. Core and cut up the cabbage, discarding the inner core. Chop into small strips.
2. Wash cut up cabbage thoroughly.
3. Fry the fatback until crispy and much of the grease has been rendered.
4. Add onions and seasonings to fatback and grease mixture.
5. Toss in the cabbage.
6. Stir slightly.
7. Cover and cook for 1/2 hour over medium heat. Stir occasionally. Confirm they are done to your liking.

Great with cornbread and chicken or fried catfish.

FRIED CABBAGE (VARIATION 3)

Ingredients:

1 large head cabbage (shredded)
8 slices country bacon (thick sliced)
1 medium onion (diced)
1 teaspoon Lawry's seasoned salt

Preparation:

1. Core and shred cabbage. If you don't have a shredder, you can also chop it into fairly small pieces.
2. Fry bacon until skin is crispy. Remove bacon and cut or break into 1-inch pieces.
3. Add diced onion to bacon grease and cook until opaque.
4. Return bacon to pan.
5. Add cabbage to the pan.
6. Sprinkle seasoned salt over cabbage and stir well.
7. Cover pan and cook until cabbage is well done.

Stir again and serve hot. Great with just about anything, especially rice, hush puppies, and fried catfish.

FRIED COLLARDS

Ingredients:

- 1/2 pound salt pork or country style bacon
- 3 pounds collards
- 2 cups water
- 1/4 cup apple cider vinegar
- 1/2 medium onion (chopped)
- 1/4 teaspoon red pepper flakes

Preparation:

1. Wash collards thoroughly under cold running water
2. Cut up leaves by stacking them on top of each other, rolling them up, and then slicing across the roll to produce strips.
3. Pour vinegar and water into pot.
4. Bring to a boil and add collards, onions and pepper flakes.
5. Cover, reduce heat to medium and cook for 30 minutes (stirring occasionally).
6. Removed pot from heat and set aside.
7. Cut salt pork into small cubes.
8. Fry salt port in a cast iron skillet over medium high heat until most of the grease is rendered and you have a lots of crunchy pieces of meat and skin.
9. Strain collards, pouring liquid off through strainer. Pour collards and onions into frying pan containing hot grease and meat remnants. Stir to mix thoroughly. Cover and cook for 15 minutes, stirring occasionally. Taste to confirm doneness.

Serve with fried catfish or fried chicken, macaroni and cheese, rice, and hush puppies. Wash down with some sweetened iced tea.

Many people sprinkle their collards with hot sauce before eating them. Give this a try and see what you think.

FRIED GREEN TOMATOES

Tomatoes were and still are a very easy plant to grow. All you need is soil with the right ph balance, a little sun, and regular watering to harvest a great tomato crop just about anywhere. I have lived in many states from North Carolina, to Florida, to Hawaii, to Alaska (while flying military transport aircraft). I grew tomatoes in each of these locations with ease. While tomatoes grow fast, it's hard to wait for them to ripen. Now you've got a great way to eat mature but not ripened tomatoes. Do let some vine ripen though. A juicy fully vine-ripened tomato eaten fresh off the vine is a treat in itself.

Ingredients

4 large green tomatoes
2 cups corn meal (white)
1 tablespoon salt
1/2 teaspoon black pepper
1/2 cup Wesson oil

Preparation:

1. Clean tomatoes
2. Slice tomatoes in slices about the thickness of a cooked hamburger patty
3. Heat oil in frying pan over medium heat.
4. Sprinkle salt and pepper on both sides of tomato slices. I spread them on a clean plate to do this.
5. Coat each side of tomato slices with cornmeal. I simply sprinkled the corn meal over the tomatoes on the plate, turned them over, and sprinkled the other side.
6. Gently shake off the loose meal and then place tomato slices in hot oil.
7. Cook over medium heat until brown on one side, turn over and brown the other side.
8. Place on a paper towel to drain.
9. Serve hot.

I enjoy them with grits.

FRIED OKRA

Ingredients:

2 pounds fresh, young, whole okra
1/2 cup corn meal
1/4 cups all-purpose flour
2 teaspoon salt
1 teaspoon black pepper
1 cup cooking oil or deep fat fryer 1/2 filled with oil.

Preparation:

1. Wash okra, trim off end, and slice into slices about 1/4 inches thick.
2. Combine flour, corn meal, flour, salt and pepper in a paper bag. Shake to mix thoroughly.
3. Drop okra slices into this bag and shake to coat on all sides.
4. Preheat oil in deep fryer to 275 degrees or heat oil in a skillet over medium high heat.
5. Drop okra into deep fryer by the handful and fry until they are golden brown and float to the top. Dump into a serving platter lined with a paper towel. If frying in a skillet, fry until golden brown, turn and brown the other side. It should only take 2 or 3 minutes per side max.

Serve these fried okra along with your favorite entree, just as you would any other vegetable.

Note: When buying fresh okra, you want the young ones because if they are too mature they will harden. Even if you then manage to cook them thoroughly they will be stringy and chewy.

HEALTHY HEART GREEN BEANS AND CORN

The emphasis of this dish is on seasoning the vegetables with spices other than salt. Many vegetables can be seasoned similarly to provide tasty dishes for those with high blood pressure.

Ingredients:

- 1 cup fresh or frozen string beans
- 1 cup fresh or frozen whole kernel corn
- 1/4 cups chopped yellow onion
- 1 tablespoon margarine or low salt butter
- 1/2 teaspoon lemon pepper
- 1/4 teaspoon basil
- 1/8 teaspoon ground black pepper
- 1/2 cup water

1. Cook beans and corn together over medium high heat until done (corn should be tender but not soft).
2. Sauté onions separately in butter/margarine in saucepan over low heat until onions are opaque.

3. Add sautéed onions and other ingredients to pot with corn and beans.
4. Simmer for another 2 minutes over very low heat to combine flavors.

Great with a lowfat entree, rice, and cornbread.

MUSTARD AND TURNIP GREENS

Ingredients:

- 1 1-pound bag frozen mustard greens
- 1 1-pound bag frozen turnip greens
- 1 pound smoked turkey necks
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1 clove garlic minced
- 1/2 teaspoon onion powder

Preparations:

1. Lightly rinse smoked turkey necks.
2. Place turkey necks in a large pot with 2 quarts water and boil over medium high heat for 1/2 hour.
3. Add mustards, turnips and seasoning to turkey necks. Cook over medium high heat (covered) for 1 hour or until tender. Stir occasionally.
4. Serve with your favorite soul foods. Many people top their cooked greens with hot sauce.

Note: If you have access to fresh mustards and turnip greens feel free to use them. Make sure you wash them thoroughly. Slice the leaves thinly after removing the larger stem portions. If your turnips have large roots, it's also ok to add the washed, peeled and diced turnip root to the mixture. It adds a nice taste and has eye appeal.

OKRA AND SPINACH DELIGHT

Ingredients:

- 2 - 3 smoked ham hocks
- 3 pounds fresh or frozen spinach
- 3 pounds fresh or frozen cut up okra
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper flakes
- 1/8 teaspoon garlic powder

Preparation:

1. Cover ham hocks with water in a large pot and bring to a boil. Boil until meat is tender.
2. Add seasonings, spinach and okra to ham hocks and broth. Cook covered over medium heat for 30 minutes. Stir and taste spinach for doneness.
3. Serve over rice with or without a ham hocks.

This dish grows even richer in flavor when refrigerated (as a left over).

SOUTHERN FRIED CORN

Ingredients:

- 2 pound whole kernel corn
- 1/2 cup all purpose flour
- 1 bell pepper (seeded and diced)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/8 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/2 cup cooking oil

Preparation:

1. Combine flour, bell pepper, salt, pepper, onion powder, and garlic powder in a bowl.
2. Coat room temperature corn in the coating.
3. Heat cooking oil in skillet over medium high heat until hot.
4. Add coated corn to skillet and fry covered until corn is done and flour is lightly browned. Stir frequently. Taste corn to confirm doneness to your satisfaction.
5. Serve as you would any other vegetable dish.

RUTABAGAS AND COUNTRY HAM

Rutabagas are a very easy to grow turnip-like plant. Some experts think it a cross between a cabbage and a turnip. It's grown for the root and is available in many grocery stores I've frequented. It tastes great eaten raw, cooked and mashed as you would potatoes, or in a soup or stew. It's loaded with all kind of healthy vitamins. Give it a try today.

Ingredients:

4 large rutabagas (peeled cut into ½ inch cubes)
2 quarts water
2 cups country ham (cut into ¼ inch cubes)
1 tablespoon cooking oil (bacon fat works great)
¼ teaspoon salt
¼ teaspoon black pepper

1. Lightly brown cubed country ham in the oil.
2. Add cubed rutabagas and water.
3. Bring to a boil, turn down down the heat to medium and cook covered for 15 minutes. Serve hot like you would a soup or scoop rutabagas and ham out using a slotted spoon. If you don't consume the liquid now, save it for later. It makes a great tasting soup all by itself.

SOUTHERN STYLE RED BEANS

Ingredients:

2 pound pack of red beans
2 slices thick bacon
4 cloves garlic (minced)
2 large smoked ham hocks
1 large onion (chopped)
1 green bell pepper (chopped)
1 pound link sausage (I use precooked hot dog style spicy sausages)
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon cayenne pepper

Preparation:

1. Soak beans in water until they swell up. Pour off soaking water.
2. Fry bacon in skillet until crispy. Allow bacon to cook and then slick into 1/2 - 1 inch pieces.
3. Combine beans, garlic, bacon, ham hocks, salt and pepper in a pot with 3 1/2 cups of water.
4. Bring to a boil, reduce heat and allow mixture to simmer for 90 minutes.
5. Add remaining ingredients, turn heat up to medium and cook boil for 15 minutes.
6. Turn heat back down and simmer for another 45 minutes.
7. Serve over white rice.

SIMPLE SPINACH

Ingredients:

2 pounds fresh or frozen spinach
1/4 pound fatback
1/2 teaspoon pepper
2 tablespoons water

Preparation:

1. Cut up fatback into slices about the size of a pat of butter. Fry the fatback in frying pan over medium heat until skin is crispy and much of the grease has cooked out.
2. If using fresh spinach, remove larger veins.
3. Add spinach to frying pan.
4. Add pepper and water
5. Cover and simmer 5 minutes on medium heat.
4. Stir slightly before serving to ensure pieces of fatback get included with each serving.

SIMPLE STRING BEANS

String beans was one of those plants that was incredibly easy to grow. The plants also produced an amazing amount of beans. You had to pick them several times a week or the beans would be too mature (hard) to eat. Since they grew so fast and froze well, this was one of those plants that helped to fill neighborhood freezers.

Ingredients:

1 pound fresh string beans
1 smoked ham hock or 1/2 pound smoked neck bones
1/2 teaspoon black pepper
1 garlic clove (finely chopped)

1. Bring 3 or 4 cups of water to a boil in a medium sized pot
2. Add ham hock or neck bones and allow to cook until meat is falling off the bone.
3. Break ends off string beans and break or cut into pieces about 1 inch long.
4. Add beans, garlic, and pepper to pot.
5. Cover pot and cook on medium for about 30 minutes.

TURNIP GREENS

Ingredients:

2 large bunches turnips (both tops and roots if possible)
1/2 pound salt pork
1/2 teaspoon sugar
1 cup water
1/4 teaspoon black pepper

Preparation:

1. Fry the salt pork in a medium sized frying pan.
2. Wash and cut up the turnips. Peel and dice the roots.
3. Put greens in frying pan with cooked salt pork and fried out grease. Add water, pepper, and sugar.
4. Cover and cook over medium heat until greens are tender (roughly 1 hour 45 minutes). Stir occasionally.

VEGETARIAN (LOW-FAT) COLLARD GREENS

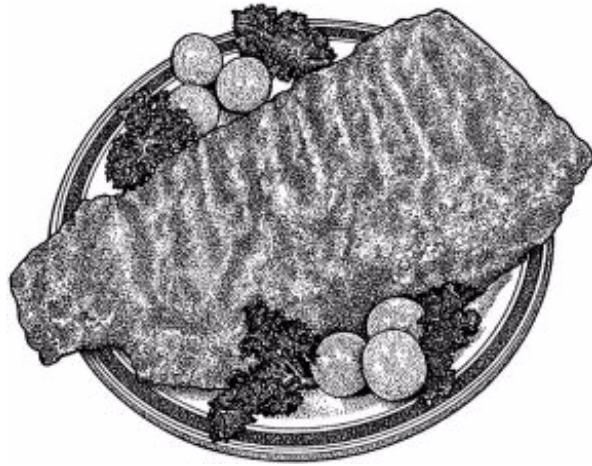
Ingredients:

4 pounds collard greens (approximately)
1 large yellow onion
2 teaspoons Lawry's seasoned salt
1 bunch green onions
1 teaspoon liquid smoke
1/2 teaspoon black pepper
1 tablespoon vegetable oil
1 clove garlic (chopped)

Preparation:

1. Wash and cut up collards. I stack a few leaves, roll them, and then cut into thi
I also discard most of the stem below where the leaf ends. A little stem adds texture and color to the dish.
 2. In a large pot, lightly cook yellow onion and garlic in vegetable oil until onion starts to turn opaque.
 3. Add 6 cups water, liquid smoke, seasoned salt and black pepper.
 4. Turn heat to medium high.
 5. When water starts to boil add collard greens and chopped green onions
 6. Cover and cook for about 45 minutes to hour. Taste greens to confirm done to your preferences.
- Served with baked beans, macaroni and cheese, and hush puppies.

MAIN DISHES



BAKED CHICKEN

- 1 whole chicken
- 1 medium onion (chopped)
- 1 stalk celery (chopped)
- 3 cloves garlic (minced)
- 1 tsp poultry seasoning
- ½ stick butter
- ½ tsp salt
- ½ tsp black pepper
- ½ can cream of mushroom soup
- ½ can water

Preparation:

1. Clean and dry chicken
2. Rub salt, pepper and poultry seasoning on inside and outside of chicken.
3. Stuff onion, celery, garlic, and any remaining seasoning inside chicken. Add butter to ingredients inside chicken.
4. Place chicken in roasting pan and bake covered at 300 degrees for 1 hour.
5. Remove cover and cook uncovered for 30 minutes at 375 degrees. This is to lightly brown the chicken.
5. Pour mixture of ½ can cream of mushroom soup and ½ can of water (same can) over chicken.
6. Cook uncovered for another 45 minutes.

7. Confirm chicken is done by pulling at leg joint. If it begins to easily pull away from the body, it's done.

Serve with rice or potatoes and your favorite side dishes. Spoon pan drippings/soup over chicken, rice, or potatoes.

BAKED PORK CHOPS WITH GRAVY

Ingredients:

4 pork chops
1 tsp seasoned salt
1/2 cup flour
1/2 cup milk
1/2 cup water
1/8 cup cooking oil (vegetable)
1/2 tsp salt
1/2 tsp pepper

Preparation:

1. Sprinkle seasoned salt over pork chops
2. Dip pork chops in flour (both sides). Shake off excess.
3. Heat oil over medium high heat in frying pan.
4. Brown pork chops on both sides (cooking for approximately 4 minutes on each side).
5. Remove pork chops from oil and place in Pyrex (glass) baking dish.
6. Pour off most of remaining oil.
7. Take 3-4 tablespoons of leftover flour and stir into remaining pan dripping. Lightly brown.
8. Slowly milk into flour mixture. Then stir in water.
9. Add 1/2 tsp salt and 1/2 tsp pepper to mixture as you continue cooking gravy. Don't boil down much.
10. Pour gravy over pork chops.
11. Place uncovered dish into oven and back 45 minutes at 325 degrees.
12. Remove from oven and serve. Goes great over rice or mashed potatoes. Make sure you get some gravy!

BAKED STUFFED FLOUNDER

Ingredients:

4 medium sized flounder
1 cup bread crumbs
1/2 pound cooked shrimp (chopped)

1/2 pound lump crabmeat (imitation crab meat ok in a pinch)
1/2 cup chopped celery
3 green onions (chopped)
2 cloves garlic (minced)
2 tablespoons chopped parsley
1 stick butter (melted)
2 tablespoons lemon juice
1/2 teaspoon black pepper
1/8 teaspoon cayenne pepper
1/2 teaspoon salt

Preparation:

1. Melt butter in medium saucepan over medium heat. Stir in onion, celery and garlic. Cook until slightly browned.
2. Remove from heat and scoop onion, celery and garlic into a mixing bowl. Leave butter in pan.
3. Add breadcrumbs, shrimp, crumbled crabmeat, parsley and eggs to cooked vegetables. Stir to mix well.
4. Sprinkle salt, black pepper and cayenne pepper to stuffing. Mix well.
5. Form a pocket on the thick side of the fish by making a slit lengthwise. Then slip the knife in the slit and make a slit widthwise (loosening the meat from the bone).
6. Fill the pocket with stuffing mixture and place fish in roasting pan.
7. Brush melted butter over fish and stuffing.
8. Add 1/3 cup of water and remained of melted butter to bottom of pan (so that fish can be broiled).
9. Broil fish in oven set to broil (on top shelf) until fish is nice and flaky. Baste fish frequently.

BEER BATTERED HALIBUT

Perhaps my all-time favorite fish is halibut, and beer battered is my favorite way of cooking it although it's hard to ruin halibut. Fresh halibut should be available in your supermarket's seafood section when in season. It can get expensive. I get mine from friends who live in the northwest and over-night mail it to me :-)

Ingredients:

3 pounds halibut
1 1/2 cups all purpose flour
1 teaspoon seasoned salt
1 teaspoon pepper
1 teaspoon paprika
1 12 oz can of beer (any kind)

Cooking oil. You can cook it in a frying pan or a deep fryer. That determines how much cooking oil you use. I use vegetable oil.

Preparation:

1. Cut halibut into chunks about 1 1/2 inches square works nicely.
2. Combine all the dry ingredients in a bowl. Mix to blend.
3. Stir in beer to form a loose batter.
4. Drop the halibut chunks into the batter.
5. Heat your oil to medium high. I put my deep fryer on 375.
6. Fish out battered halibut chunks and drop them into the hot oil. Don't put too many at a time. When they are a golden brown on all sides take them out and place on a paper towel to drain.

Goes great with just about anything including collard greens, corn bread, and cole slaw. Also tastes great just eaten alone.

BAKED TURKEY WINGS

If you love chicken wings, you'll love turkey wings even more. You get the same basic taste but a lot more meat :-)

Ingredients:

- 2 pounds turkey wings
- 2 cups chicken broth
- 1 teaspoon onion salt
- 1/4 teaspoon crushed red pepper
- 2 tablespoons vinegar
- 1 stick butter
- 1/4 teaspoon poultry seasoning

Preparation:

1. Place defrosted turkey wings in roasting pan.
2. Mix seasonings with broth. Pour this mixture over turkey wings.
3. Slice butter and place throughout pan containing turkey.
4. Bake uncovered in 350-degree oven for 1 1/2 hours. Baste periodically during cooking.

BARBECUE YOUNG GOAT

Ingredients

- 10 – 12 pounds goat
- 1 8 oz can tomato sauce

3 potatoes (quartered)
3 carrots (sliced)
6 whole cloves
3 cups water
1 tablespoon salt
1 tablespoon black pepper
3 tablespoons butter
3 cloves garlic (minced)
1 tablespoon sugar
3 tablespoons apple cider vinegar
½ teaspoon cumin

1. Place cleaned pieces goat in roasting pan.
2. Sprinkle with salt and pepper and bake at 350 degrees (uncovered) for 30 minutes.
3. Place carrots, and potatoes in pan around goat.
4. Prepare a baste of remaining ingredients. Simmer these ingredients separately in a saucepan for 30 minutes.
5. Pour sauce over goat and continue cooking for roughly 2 hours. Every half-hour brush baste across top of cooking goat.

Serve with rice, cornbread, etc.

NECK BONES AND BEANS

Ingredients:

2 pounds fresh beef neck bones
2 cups kidney or pinto beans
2 tablespoons Lawry's seasoned salt
1 small onion (diced)
1 clove garlic (diced)
4 beef bullion cubes

Preparation:

1. Soak beans overnight. If you can't soak them overnight, boil them for 5 minutes and then soak them 2 - 3 hours.
2. Put 5 or six cups of water into pot and boil beef neck bones until tender.

3. Add bullion cubes, onion, garlic, and seasoned salt to pot with neck bones. Stir.
4. Pour water off beans were soaking in and gently rinse beans.
5. Add beans to pot with neck bones and cook over medium high heat for about 1 hour. Taste-test the beans to confirm they are done.

Add more water to beans as they cook if necessary.

Great served over rice. Like many leftovers, they also taste great as the flavors only seem to blend more.

BEEF ROAST WITH ONION AND POTATOES

Ingredients:

- 1 4 pound beef roast
- 4 large potatoes (quartered)
- 2 large yellow onions (sliced)
- 2 large purple onions (sliced)
- 1 bunch green onions (chopped)
- 10 shallots (chopped)
- 6 cloves garlic (minced)
- 2 teaspoons salt
- 1 teaspoon black pepper
- 3 tablespoons vegetable oil
- 3 tablespoons butter
- 1 bunch green onions
- 1 cup beef broth

Preparation:

1. Sprinkle roast with 1/2 teaspoon salt and 1/2 teaspoon pepper.
2. Brown roast in hot oil in heavy skillet. Turn and brown other side.
3. Transfer browned roast and drippings to roasting pan.
4. Add green onions, garlic, butter, chopped yellow and purple onion, and shallots and bake cooking until onions are tender.
4. Add remaining ingredients (sprinkling salt and pepper over everything) and bake covered at 400 degrees for 50 minutes.

Slice beef to confirm done to your preference.

Great with just about anything.

BEEF TRIPE

Tripe is the name given to the stomach of several different animals. Tripe stew is also called menudo in the southwest.

Ingredients:

1 pound beef tripe
2 large onions
1 pint buttermilk
1/4 teaspoon salt
1/4 teaspoon black pepper
3 tablespoon flour

Preparation:

1. Thoroughly wash tripe.
2. Cut into small strips and toss into medium size pot.
3. Slice onions into rings and toss into pot.
4. Add remaining ingredients.
5. Cook over medium heat until tripe is tender (roughly 3 hours).
6. Stir in 3 tablespoons of flour and continue cooking for 10 minutes to make a thick sauce.
7. Serve over rice or potatoes.

Note: If you prefer your gravy separate you can remove tripe from liquid before adding flour.

Cooked tripe can also be removed from liquid and lightly browned in a frying pan with a little cooking oil. Since the tripe will already be soft just lightly brown and don't over-cook.

CHICKEN-FRIED STEAK

A major percentage of the "country kitchen" restaurants I visited as a youth had something on the menu called chicken fried steak. I often wasn't sure whether it was chicken or steak since it was often seasoned with the same seasoning mix and cooked in the same oils. Here's my own country fried steak recipe.

Ingredients:

4 small boneless steaks
1 cup all purpose flour
1/2 teaspoon baking powder

1/4 teaspoon seasoned salt
2 teaspoons regular salt
2 teaspoon black pepper
1/4 teaspoon Accent
1/2 teaspoon ground red pepper (pepper flakes will also work)
1 pack (sleeve) Original Premium Saltine Crackers
2 eggs (beaten)
4 cups milk
2 cups vegetable cooking oil

Preparation:

1. Make sure steaks are thoroughly defrosted.
2. Sprinkle seasoned salt, black pepper, and Accent on steaks. Rub on all sides and allow to soak in.
3. Mix crumbled saltines, flour, baking powder, salt, black pepper, and red pepper. I do this in a large plate.
4. In a bowl lightly whip eggs. Add 1/2 cup milk.
5. Heat cooking oil in cast iron skillet over medium high heat.
6. Dip each steak in flour/cracker crumb mixture, then milk mixture, then back into flour/crumb mixture.
7. Fry steaks in pan until brown on one side and partly cooked (about 8 minutes).
8. Turn and fry until other side is brown and steaks are done to your satisfaction (roughly another 8 minutes).
9. Place steaks on paper towels to drain.
10. Stir remaining flour, salt and pepper into grease in frying pan. Allow to brown slightly.
11. Slowly add in milk and continue stirring to break up any lumps. Turn down heat and continue simmering until gravy reaches desired consistency.

BUTTERMILK VENISON SURPRISE

Ingredients:

2 pounds venison tenderloin or sirloin
1 cup cooking oil
1 cup buttermilk
3/4 cup all purpose flour
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 teaspoon Accent

Preparation:

How you prepare venison or any wild game depends to a large extent on how tough or old the animal was and what season of the year the meat is harvested. I'm assuming the meat is a little tough here.

1. Cut the meat into 2-inch cubes.
2. Place on a cutting board on a solid counter and pound with a meat hammer. Pound the meat until it about 1/2 inch thick.
3. Put the meat in a glass bowl, pour the buttermilk over it and allow it to soak in the refrigerator overnight.
4. Heat the oil in a cast iron skillet.
5. Remove the meat from the buttermilk and pat dry.
6. Sprinkle the seasoning over the pieces and rub to coat all sides.
7. Lightly coat the seasoned pieces of venison in the flour.
8. Fry in the hot grease until lightly browned (10 minutes or so), turn and brown on other side.
9. Remove from heat, drain and enjoy.

FRIED CHICKEN LIVERS

Ingredients:

- 1 pound package of chicken livers
- ½ stick butter
- ½ teaspoon black pepper
- ¼ teaspoon salt
- ¼ teaspoon Accent
- ¼ teaspoon garlic powder

Preparation:

1. Defrost and gently rinse chicken livers. In my part of the country they sometimes come packaged with chicken hearts too. Look for packages without the hearts since they require different cooking times.
2. Melt butter in skillet over low heat.
3. Sprinkle seasonings on livers making sure you get all sides.
4. Gently place livers into frying pan and turn heat up to medium.
5. Cook for 8 – 10 minutes stirring occasionally to brown all sides.
6. Serve with rice, cornbread, and your favorite vegetables.

GRILLED BARBECUE CHICKEN

Ingredients:

- 6 chicken breasts
- ½ pint barbecue sauce (see my recipe on page 179)

1 teaspoon salt
½ teaspoon pepper
½ teaspoon garlic powder

Preparation:

1. Rub seasonings all over chicken pieces and allow to marinate in dry seasoning for at least 2 hours (in the refrigerator).
2. Cook chicken pieces on barbecue grill, turning frequently. Cook to your desired degree of doneness.
3. 5 minutes prior to removing chicken from grill brush barbeque sauce on chicken. Do not burn the sauce. Turn pieces over at 2 ½ minutes.
4. Serve hot or cold along with your cookout favorites.

BEER BATTERED CATFISH

Just like you can deep fry just about anything and make it taste great, you can beer batter just about any fish and make it taste great. Catfish were plentiful in the rivers near my house and beer battered turned out to be an excellent way to cook them. Here's my recipe for beer battered catfish.

Ingredients:

3 pounds catfish (caught or farm raised)
¼ cups all-purpose flour
⅓ cups corn meal
1 small can of beer
½ small onion, diced
1 teaspoon salt
½ teaspoon pepper
3 cups Wesson oil

Preparation:

1. Cut catfish filets into 1 inch chunks
2. Combine all dry ingredients and onion in bowl, mix, and then stir in beer.
3. Drop catfish chunks into beer batter.
4. Heat oil over medium high heat. You can also use a deep fryer with the heat turned to about 375 degrees.
5. Drop chunks of battered catfish into hot oil and fry until golden brown. If using frying pan turn to brown both sides. In deep fryer, it's done when it's golden brown and floats to the top.
6. Drain on a paper towel and serve with rice, hush puppies, cole slaw, iced tea.

BLACKENED CATFISH

We didn't intentionally blacken a lot of things when I was small but this was a great recipe I discovered in my late teens. This recipe is best prepared outside over a gas burner since it tends to create a lot of smoke. If you don't have a smoke detector as sensitive as mine and want to try it inside, that will work too.

Ingredients:

6 freshwater catfish fillets (I haven't tried this with the ocean varieties of catfish).
1 teaspoon salt
1 teaspoon black pepper
2 teaspoons Lawry's seasoned salt
1 teaspoon paprika
1 cup yellow cornmeal
1 teaspoon powdered garlic
1/2 cup peanut oil

1. Sprinkle salt, black pepper, Lawry's, paprika, and garlic over fillets.
2. Allow to sit in refrigerator for 2 hours for flavors to soak in.
3. Heat oil in skillet until fairly hot.
4. Dip catfish filets in meal to coat all sides.
5. Cook catfish in hot oil for 2 to 3 minutes on each side. The fish will appear blacken and that's where the name comes from.

Serve right away. Great with just about any dish and especially with fresh hushpuppies.

JUICY AND SPICY PORK ROAST

Ingredients:

8 pound pork roast
1 pint spicy marinade (see recipe on page 274)

Preparation:

1. Place roast into roasting pan
2. Inject 2/3rd of marinate into defrosted roast
3. Pour remainder of marinate over roast
4. Place pan with roast and marinate in refrigerator and soak overnight (or at least 4 hours)
5. Remove roast from oven and allow to sit for about a hour to approach room temperature
6. Preheat oven to 325 degrees

7. Bake for 1 hour 20 minutes
Carve and serve

BURGUNDY STEW BEEF

Ingredients:

1/2 pound stew meat 1/2-inch cubes
2 slice country bacon
4 tomatoes, chopped up
1 tablespoon all purpose flour
3 tablespoons dry red wine
1/2 teaspoon instant beef bouillon
1/2 cup pearl onions
1/8 teaspoon dried basil, crushed
6 small whole fresh mushrooms

1. Fry bacon in skillet until done. Remove bacon and set aside.
2. Mix flour, basil, and bullion into bacon drippings (over low heat).
3. Add tomatoes, stew beef, and wine. Cook covered over medium heat for 20 minutes (stirring occasionally).
4. Add onions and mushrooms and cook for another 20 minutes, stirring occasionally. Test stew beef for doneness.
5. When stew beef is done, crumble bacon and sprinkle into mix. Serve hot!

CAJUN STYLE RED BEANS AND RICE

Ingredients:

1 pound dry red beans
1 medium onion (chopped)
1 cup chopped celery
3 bay leaves
3 quarts water
1 cup green peppers (chopped)
3 cloves garlic (minced)
4 table spoons parsley (chopped)
2 teaspoons dried thyme
1 pound andouille sausage (sliced)
1 cup country ham (cooked and diced)
1 tablespoon salt
1 tablespoon black pepper
1 teaspoon Tabasco sauce

Preparation:

1. Thoroughly clean beans.
2. Place beans in a large pot along with water, ham, sausage, onion, celery and bay leaves.
3. Bring beans to a boil, reduce heat and simmer covered for 1 1/2 hours. Test beans for doneness. Cook some more if they are not done.
4. Remove 1 cup of cooked beans from pot and mash them with a spoon. Stir mashed beans back into mixture.
5. Add remaining ingredients and cook uncovered over low heat for about 30 minutes.
6. Serve beans over plain white rice. Put rice in bowl first, then control mixture by adding beans until you get the desired mix.

FRESH PORK SAUSAGE

Ingredients:

- 1 1/2 lb. ground pork
- 1/4 cup minced parsley
- 1 teaspoon rubbed sage
- 1 teaspoon paprika
- 1/2 teaspoon thyme leaves
- 1/4 teaspoon fennel seed
- 1/2 teaspoon black pepper
- 1/4 teaspoon Accent (monosodium glutamate)
- 1/8 teaspoon red pepper

Preparation:

1. Combine all ingredients in a mixing bowl.
2. Shape into patties
3. Brown over medium heat in a non-stick skillet. Should take about 20 minutes, turn after 10 minutes.

HOMEMADE BREAKFAST SAUSAGE

Ingredients:

- 5 pounds pork (I prefer pork butt)
- 5 teaspoons salt
- 1 teaspoon crushed red pepper
- 1 tablespoon ground black pepper
- 2 tablespoons liquid smoke
- 2 table spoon sage
- 1/8 tablespoon nutmeg
- 2 tablespoons brown sugar

Cut pork in chunks and grind with electric food grinder into a large bowl. Pour in all of the above ingredients and mix with hands until all seasonings are well blended in. With meat press or your hands press into thin patties. Store in freezer bags with wax paper separating pieces.

Fry as you would any sausage, in a frying pan until completely done.

CHICKEN AND RICE

Ingredients:

2-3 pounds of chicken pieces (or 1 whole chicken cut up)
2 cups uncooked rice
1 can cream of mushroom soup
2 cans chicken broth
1/2 tsp black pepper
1 tsp salt
1/2 tsp garlic powder
1/4 tsp onion powder
1 jar mushroom pieces (chopped)
1/2 tsp parsley flakes

Preparation:

1. Pour chicken broth in pot and bring to a simmer.
2. Add all spices and cream of mushroom soup. Simmer to blend all flavors for a few minutes.
3. Add 2 cans of water to mixture and increase heat to low boil.
4. Add chicken pieces (bone and all) to the mixture and cook covered for 10 minutes. Add mushroom pieces to mixture.
5. Add rice to mixture and cook (covered) until rice is done and all of the water is absorbed.

Serve with cornbread, and your favorite vegetable.

Note: If you have company coming over or you're taking this to a social function, you can substitute 2-3 pounds of boneless chicken for the whole chicken. Part of the idea behind this dish is cooking the chicken flavors right into the rice and going through fewer steps (and dishes) in preparing the meal.

CHICKEN AND DUMPLINGS

For dumplings:

2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
3 tablespoon shortening
3/4 cups milk
3 strips cooked bacon (crumbled)

For chicken:

6-8 pieces of chicken (or 1 whole chicken)
1 tsp salt
1 tsp pepper
1 tsp poultry seasoning

Cut up the chicken if necessary. If using pieces, just put them in a large pot (6 quart or more). Add 4 cups of water, 1 tsp salt, 1 tsp pepper, and 1 tsp poultry seasoning. Cook over medium heat until the chicken is done and about to fall off the bone. Do not boil. How long will depend upon how thick the pieces are. I average 45 minutes. Cook covered.

While the chicken is cooking:

Mix your flour, baking powder and salt in a bowl. Stir in your shortening and then your milk. You should have a dough that is easy to work. Sprinkle your bacon bits across your mixture and work it in as you slowly add them.

Next flour a countertop or cutting board and place your dough on it. Knead your dough until it is a consistency you are satisfied with. Then you have two choices - you can roll the dough to about a 1/8" thickness and cut it into nice looking pieces, or you can just pinch off small pieces and shape them into small balls (about half the size of a golf ball). If you are going to cut them into nice pieces, you can even make fancy shapes. If your children are helping to make the dumpling they sort of enjoy making hearts, stars, squares, etc. Small cookie cutters work nicely for this. Otherwise, just shaping them into ball works fine.

Make sure you have enough liquid to completely cover your dumplings. Turn the heat up to a low boil and slowly add the dumplings. Cover the pot and cook for 15 minutes. Watch the pot to make sure it doesn't boil over.

Serve piping hot. This is a dish I always sneaked back into the kitchen for more of when I thought nobody was watching. It also tastes great as leftovers. The flavors just blend even more.

As a variation, you can also add shredded cheddar cheese to your dumplings.

CHICKEN POT PIE

Ingredients:

3 pounds chicken pieces or 1 chicken cut up
1 cup peas (fresh or frozen)
1 cup carrots (fresh or frozen)
3 medium potatoes (peeled, boiled, and cubed)
1 1/3 cups self-rising flour (divided)
1 1/2 stick margarine (divided)
2 cups milk (divided)
1 can cream of chicken soup
2 eggs (hard boiled)
2 cups chicken broth
2 stalks celery
1 large onion
1/8 teaspoon salt
1/8 teaspoon black pepper

Preparation:

1. Boil chicken with celery and onion until thoroughly done.
2. Debone chicken after it cools (throw away celery and onion but reserve broth). Cut chicken into small cubes.
3. In a medium saucepan parbroil the peas and carrots for 2 minutes
4. Slice hardboiled eggs.
5. Make a sauce out of 1/2 stick margarine, 1/3 cup flour, 1 pint chicken broth, cream of chicken soup, and 1 cup milk.
6. Mix chicken, peas, carrots, potatoes, salt, pepper, and eggs in a large baking dish.
7. Pour sauce from step 5 over the mixture.
8. Combine rest of flour, milk, and margarine in a bowl. Mix thoroughly to make a loose dough.
9. Pour dough across top of vegetable and chicken mixture.
10. Bake in oven preheated to 375 degrees for 40 minutes.

Serve hot.

Note: Mixture can also be poured into small pastry shells (usually sold in aluminum tins) and dough can be poured across the top of them to make smaller pot pies. Pot pies can be frozen uncooked and then baked in oven preheated to 375 degrees for 50 minutes.

GOURMET CHAMPIONSHIP CHILI

First a few words about chili. Chili is not a Mexican dish as most would suspect. Most historians agree that chili originated during the early cattle drives in the Southwest. With

no refrigeration, “Cookie” had to deal with meat that frequently tended to be “ripe”. To cover the smell/taste, these prairie chefs frequently incorporated locally available hot peppers into their stews. To reduce the number of cooking utensils, not to mention the clean-up, many cooks threw beans, (which were a staple on cattle drives – remember Blazing Saddles!), in the same pot with the stew. Chili was born!

There are two organized chili groups in the US. The Chili Appreciation Society, Inc (CASI) which holds its championship in Terlingua, TX, and the International Chili Society (ICS) whose championship is held in Las Vegas. In addition to chili cook offs sponsored by these two organizations, there are thousands of other cook offs sponsored by a myriad of organizations. Folks who cook in CASI or ICS events refer to all other competition as “backyard cook offs”. The ICS describes chili as “any kind of meat, or combination of meats, cooked with chili peppers, various spices and other ingredients with the exception of BEANS and any type of PASTA, which is strictly forbidden”. If you must to have beans with your chili, serve them as a side dish.

Competition chili will not burn your tonsils off. If your family or guests like it hot, keep a shaker of cayenne pepper and/or a bottle of Tabasco handy. Good chili should be a careful blend of spices that has a small bit and a great after-taste. The following receipt has won six ICS State Championships and 50 or so District and backyard cook offs.

The following recipe makes about 2-21/2 quarts of competition grade chili.

STEP ONE

Buy a sufficiently lean Bottom Round roast to yield 2, 3/4 pounds of meat - no fat. Slice the meat into very small cubes (no more than 1/8th inch on a side). Mix in 1 Tbs. of Chili Powder, 1 Tbs. Cumin, and 1/2 Tsp. Onion Powder. Brown in an iron frying pan containing 1,1/2 Tbs. Of Good virgin Olive Oil. Drain very well and set aside. In the same pan, brown 1/2 pound of mild Country Sausage. Drain well and add to meat mixture.

STEP TWO

In a good chili pot, preferably iron, add the following;

1 Can Swanson’s (141/2 oz) Beef Broth

1 Can Swanson’s (141/2 oz) Chicken Broth (Skim fat)

2 Cans (small) El Paso (whole) mild green chills. Remove all the seeds and chop finely.

3 Tbs. Chili Powder

3 Squirts Tabasco Chili Sauce

1 Tbs. Cumin

1 Tsp. Crushed Garlic

1/2 Tbs. Onion Powder

Cook at a high simmer for 2 1/2 hours or until the meat is tender.

STEP THREE

Add water as required for consistency.

Add the following about 20 minutes before serving time;

1-1/2 Tsp. Cumin

3/4 Tsp.

1 Tbs. Chili Powder

1/2 Tsp. Onion Powder

1/8 Tsp. Ground Oregano

STEP FOUR

Finish off with the spices included above based on your taste.

ENJOY!

CHITLINS AND RICE

Ingredients:

3 cups cooked chitterlings

1 1/2 cups uncooked rice

1 onion (chopped)

2 cups water

1 tablespoon lard

1/2 teaspoon salt

1/4 teaspoon black pepper

Preparation:

1. Melt lard in frying pan.
2. Brown chitterlings and onion in frying pan.
3. Place rice, and water in medium sized pot.
4. Add chitterlings, salt and pepper on top of rice.
5. Cook, covered, over medium heat until rice is done.

CORNED BEEF WITH CABBAGE

Ingredients:

1 large head of cabbage

1 large onion (chopped)

4 pounds corned beef

1 cup sour cream

1 tablespoon horseradish sauce

3 cloves

1 tablespoon dried parsley

8 whole peppercorns

Preparation:

1. Combine corned beef, onion, cloves, peppercorns, and parsley in a large pot. Cover with water and simmer for 2 1/2 hours.
2. Cut up cabbage (discarding core). Add cabbage to pot and simmer for another 1/2 hour. Test cabbage for doneness.
3. Make a sauce out of the sour creme and horse radish. Serve on the side when serving the soup.

COUNTRY HAM WITH RED EYE GRAVY

Ingredients:

4 slices cured country ham
1/4 cup strong coffee

Preparation:

1. Fry country ham in cast iron skillet, browning on both sides.
2. Remove ham from skillet.
3. Pour coffee into skillet with ham fat, and cook over medium heat constantly stirring for 3 minutes.

Serve with grits and eggs. Pour gravy directly over ham and grits depending upon preferences.

Can also be served over rice.

** If you have a sensitivity to caffeine you can substitute water for coffee. However, you get a different flavor.

DEEP FRIED CRAPPIE

Ingredients:

1 1/2 cups of yellow corn meal
1 egg
1 cup of milk
1 teaspoon black pepper
2 teaspoons Old Bay Seasoning
8 crappies fillet
Peanut oil for frying

Preparation:

Soak fish in milk for 1 hour (takes out fishy flavor).

Remove the filets from milk

Sprinkle with salt and pepper and then roll the fish in corn meal.
Drop the fillets into a deep fryer and cook the fish until it floats

DEEP FRIED SHORT RIBS

Ingredients:

2 pounds beef short ribs
1 onion (chopped)
1 clove garlic (minced)
1 scallion (chopped)
1 teaspoon salt
1/2 teaspoon pepper
2 tablespoons soy sauce
1 teaspoon sugar
1 egg
3 tablespoons flour
Water

Cooking oil (in deep fryer)

1. Either have butcher cut ribs into 2-inch pieces or chop them yourself with a meat saw or meat cleaver.
2. Place ribs, onion, garlic, scallion, salt, pepper, soy sauce, and sugar in pot.
3. Cover with water and bring to a boil. Cook covered for 1 hour.
4. Remove ribs from liquid and let cool. Save the liquid.
5. Beat eggs lightly and blend with flour to make a batter. Add a little beef liquid to batter to make it workable. The remaining beef broth can be saved in a jar/container in the fridge for when you have a recipe calling for beef broth or stock.
6. Heat oil to 325 degrees in deep fryer. If you don't have a deep fryer, heat oil in frying pan over medium high heat.
7. Dip ribs in batter and drop into deep fryer.
8. Fry until golden brown and drain on a paper towel.
9. Enjoy with greens, cornbread, and macaroni.... or just eat alone. This is a great finger food for when friends are over watching television etc.

DEEP FRIED TURKEY

My method of choice for fixing turkey is currently deep-frying them. They are much tastier than roasted turkeys and leftovers are never a problem.

First of all, you need a cooker. I have a King Kooker. This is a gas burner that you set up outside, attached to a propane tank, and with a tall pot set on top of the burner. My pot is nearly 2 feet tall. My cooker was made by Metal Fusion, Inc, 712 St. George Ave., Jefferson, LA 70121 (Phone 504-736-0201) but my local Sam's Club carried it.

Anyway, you need the cooker, a pot, a frying rack, and a lifting hook.

To prepare the turkey you inject it with some seasonings. I sometimes use the one created by King Kooker. I prefer the Hot and Spicy with Garlic and Butter injectable marinade. You need a syringe to inject this seasoning. As you might imagine, King Kooker also makes this. You pump 1 ounce of the marinade per pound of turkey into the cleaned and dried turkey. You can also make your own marinade. I have tried several different mixture recipes. There are many different commercial mixtures prepared for this purpose though.

You need enough peanut oil to cover the turkey when lowered into the pot. To determine how much oil that would be you can lower your turkey into a pot and add water until it covers the bird. Remove the turkey and measure the amount of oil you need. I buy my oil from Sam's Club for \$21 for 5 gallons. It was a lot more expensive (locally) in the supermarket. The oil is expensive but can be used to fry many turkeys. I do several at a time (sharing with friends). Strain the oil and put it back into the jug once it cooled completely and the oil can be reused over and over. It keeps well if stored in a cool place.

The brand of peanut oil that I used was called Lou Ana. The container also contained a recipe for fried turkey.

Prepare your turkey by thawing it completely, wash it, and pat it dry. Examine the turkey and remove any pin feathers that the plant may have missed. Pump the marinade into the turkey at 1 ounce per pound of turkey. Light your cooker and heat the oil to 325 degrees fahrenheit. You need a deep fryer thermometer to accurately determine this but many of my friends just fire up the cooker and let it heat up. If you overheat the oil it will begin to smoke. You should also rub some of your marinade on the outside of the turkey. Allow the marinade to soak in 3 or 4 hours before cooking.

The turkey lifting hook is a special gadget designed for lowering your turkey into the oil. Use cooking mitts and lower it slowly. Splashing the hot oil onto your gas burner is likely to cause a real mess!

You heat the oil to around 325 degrees, then when you lower your turkey into the oil, the temperature will drop since the turkey is cooler. You want to maintain a temperature of 280 - 300 degrees and cook the turkey for 3 1/2 to 4 minutes per pound. I shoot for 280 degrees and 4 minutes per pound.

When time is up, pull the turkey out using the lifting hooks and mitts. Put it on a dish with a few paper towels to drain and cool.

After it cools it ready to slice and eat! Serve with the same dishes you'd eat any turkey with... just don't expect as many leftovers.

DIRTY RICE

Ingredients:

2 cups uncooked rice
1 pound chicken livers and gizzards
1/2 pound ground beef
1/2 cup chopped onions
1 green pepper - chopped and seeded
1/2 cup chopped celery
1 clove garlic - minced
2 green onions or scallions chopped
1/2 tsp salt
1/2 tsp black pepper

Preparation:

Cook the rice according to package instructions. Cooking rice is an art unto itself so I won't tell you how to cook it. I grew up adding a few pats of butter to the cooking water so that the grains did not stick together. Now, in my household we use a rice cooker and WANT the rice to stick together. After spending several years in the orient, rice is actually a staple around my house.

Anyway... cook the gizzards and livers in a separate pot. After about 15 minutes over medium heat they should be done enough. Strain and then chop the livers and gizzards. Brown the ground beef in a skillet. Pour off the grease after the ground beef is done. Add all of the other ingredients except the rice. Cook for another 15 minutes over medium heat. Stir in the rice and continue cooking (covered) over medium to low heat for another 5 minutes stirring a few times.

DOWN HOME CHILI WITH BEANS

Ingredients:

1 cup pinto beans (pre-soaked)
3 tablespoons chili powder
2 jalapeno peppers (diced)
2 tablespoons bacon drippings
1 large onion (chopped)

2 teaspoons oregano
1 small green pepper (chopped)
3 cloves garlic (minced)
1/2 cup dry red wine
1 1/2 pound boneless pork chop (cut into small cubes)
1/2 teaspoon black pepper
3 cups fresh tomatoes (chopped)
1/2 pound stewing beef (cubed)
1 tablespoon cumin
2 teaspoons oregano

Preparation:

1. Beans should have been soaked for several hours or even overnight before beginning to prepare chili. Drain and lightly rinse soaked beans. (I use a strainer).
2. Cover beans in medium pot and bring to a boil, reduce heat and simmer for about 1 hour. (Test beans for tenderness).
3. Heat bacon drippings in skillet over medium heat. Add onions, green peppers, and garlic. Sauté until done. Transfer sautéed onion mix to large pot and set aside.
4. Brown pork and beef cubes in skill where onions were. Stir and brown on all sides. Pour browned meat in with sautéed onions.
5. Pour cooked beans and their juice to pot containing onion and meats. Stir. Add tomatoes and seasonings. Stir, cover and simmer for 1 hour.
6. Add wine and continue to simmer uncovered for 45 minutes.
7. Serve hot in a bowl. Feel free to top chili with more chopped onions, shredded cheese and even crackers.

SIMPLE FRIED CHICKEN WINGS

Here is a quick and easy recipe for when you need a light hor d'ovre and don't want to spend a lot of time fixing it.

Ingredients:

1 3-pound package of chicken wings
2 tablespoons Lawry's seasoned salt
1 teaspoon red pepper flakes
1 teaspoon black pepper
1/2 teaspoon garlic powder
Cooking oil to half fill your deep fryer

Preparation:

1. Defrost pieces of chicken.

2. Marinate in all your seasonings, thoroughly coating each piece. I allow the defrosted pieces to sit in my refrigerator for an hour.
3. Heat deep fryer to 275-300 degrees.
4. Toss pieces in basket, not overcrowding pieces.
5. When pieces float to the surface they're done. It should take around 10 minutes. I like my chicken wings fairly crispy.
6. Toss in a serving dish lined with paper towels, and do another batch.

HOT WINGS

Ingredients:

2 pounds deep-fried chicken wings
1/2 cup hot sauce (your favorite brand)
1/3 cup melted butter
1/4 cup white vinegar

1. Use the same recipe above to deep-fry your wings until crispy. I like them extra crispy since I hate soggy wings.
2. In a sauce pan combine hot sauce, butter, and vinegar.
3. Cook sauce over medium heat until bubbling.
4. Place wings in a glass (Pyrex) baking dish.
5. Pour sauce over wings and bake at 400 degrees for 5 minutes.

You can serve them directly from the glass baking dish or you can transfer them to another dish if you're taking them to a party, etc.

To make your wings hotter dip them in more sauce before serving.

To make your wings milder, decrease the amount of hot sauce in mixture.

FRIED CHITTERLINGS AND HOG MAWS

In my part of the country, chitterlings come in 10-pound buckets. Hog maws come in smaller packages found in the freezer case. If you can find the larger containers and like the recipe, simply use several times the ingredients to end up with the same percentages. Local supermarkets also carry smaller packages. After cleaning the chitterlings of the fat you will only end up with about half as much volume.

Ingredients:

2 pounds hog maws (pig stomach)
2 pounds chitterlings (pigs intestines)
3 quarts water
1 teaspoon salt
1/2 teaspoon red pepper (flakes)
1 medium peeled onion (white or yellow)

The hog maws are the thickest and will therefore take the longest to cook. Rinse them thoroughly as you trim off the excess fat. Put them in a 6-quart pot along with your 3 quarts water, onion, pepper, and salt. Bring them to a boil, then reduce heat to medium and cook for 1 hour 15 minutes.

While maws are cooking, rinse chitterlings thoroughly and trim the extra fat off them. Like most organ meats, they have a lot of fat. Add chitterlings to pot after maws have cooked for 1 hour 15 minutes. Cook another 1 hour 30 minutes or until tender. Add a little extra water if necessary.

Prepare a large cast iron skillet with 1/4 stick of butter. Remove maws and chitterlings from pot and slice. I use to slice them right in the preheated skillet although you can use a cutting board. Then stir with a large metal spoon as you lightly brown them. You can pour out the water from the pot, including the onion. The onion added a little flavor and made them smell nicer while simmering.

A variation on this recipe is to slice the chitterlings and hog maws into pieces as above, but then put them back in the pot with the stock. Again, you can get rid of the onion. Cover the pot and simmer the cut up mixture for another 50 minutes.

If you don't like onion or don't have onion, you can add four or five bay leaves to the mixture instead. Again, you throw the bay leaves away before frying or cooking down the chitterlings.

By now the hog maws and chitterlings should be thoroughly done and almost falling apart. You can serve them with your favorite side dishes such as greens, macaroni and cheese, or rice. I actually prefer to eat them by themselves, with several splashes of hot sauce. However, they are fattening and it's tough not to eat too much. So you probably should have a side dish.

Store the leftovers in the refrigerator. Like so many other great soul food dishes, chitlins taste even better after the flavor has soaked in for a few hours. The leftovers won't last long.

FRIED CHICKEN GIZZARDS

My wife probably thinks chicken gizzards are my favorite food. She's close to right. Prepared correctly there is nothing better. They are a perennial favorite in my neck of the woods. I have even seen them sold in 7-11 type convenience stores.

Ingredients:

2 pounds chicken gizzards
1/2 cup cooking oil
1/2 cup all purpose flour
1 tablespoon Lawry's seasoned salt (or your favorite seasoned salt)

Preparation:

1. Wash gizzards. Some places they come packaged with hearts. If that's the case, leave the hearts in if you like them. I'm not particularly crazy about them.
2. Parbroil gizzards in boiling water for 10 minutes.
3. Pour gizzards into a strainer and allow to cool.
4. Put the flour mixed with seasoned salt on a plate or in a paper bag.
5. Thorough coat the chicken gizzards with the seasoned flour mixture.
6. Preheat your cooking oil over medium to high heat.
7. Drop gizzards in oil and allow to brown on both sides. Turn down the heat and continue cooking for 5 - 10 minutes. They are done after 5 minutes but it depends upon how you like your gizzards. After 10 minutes they will be fairly tender. After 5 minutes they will have a slightly chewy texture.
8. Remove from cooking oil, drain, and serve. These are great hot or cold.

If you plan on eating them over rice, or with a large meal, make a gravy by adding 2 tablespoons of flour, 1 teaspoon salt and 1/2 teaspoon black pepper to just a few spoons of the drippings. Stir this flour in good, add 1 1/2 cups of chicken stock and stir constantly. Return gizzards to gravy and simmer for 5 minutes over low heat.

Gizzards can also be fried in deep fryer. Just fill the fryer to an inch above where gizzards will be in basket. Fry at 275 degrees until golden brown. Give one the taste test after cutting it open to confirm it looks done. I cook mine 10 - 12 minutes.

NORTH CAROLINA STYLE FRIED PERCH

Ingredients:

2 pounds fresh perch
3 eggs
1/2 teaspoon Lawry's seasoned salt
1/4 teaspoon black pepper
2 cups instant potatoes
1 1/2 cups Wesson oil

Preparation:

1. Fillet fish.
2. Lightly beat eggs in a bowl
3. Place potatoes and all seasonings in paper bag.
4. Dip fish fillets in the egg mixture and then into paper bag.
5. Shake bag gently to thoroughly coat fish.
6. Fry fish in frying pan over medium high heat, browning on both sides. Don't overcook.
7. Remove to serving platter to drain.

Serve hot. Great with hush puppies, cole slaw, collard greens, and macaroni and cheese.

FRIED RABBIT

Rabbit hunting was big near where I lived. It was an inexpensive way to supplement our diets. When I was around 13 - 14, my grandmother bought me a 22 rifle. I often grabbed my rifle as soon as I got home from school and headed for the woods. I'd sometimes get lucky and shoot a rabbit or squirrel. I never shot anything we couldn't eat. Here is my simple recipe for fried rabbit. It seems you can batter and fry just about anything :-)

Ingredients:

Cut up rabbit
Flour
Salt
Pepper
Garlic powder
Cooking oil

1. Clean and cut the rabbit into pieces. Rinse thoroughly.
2. Sprinkle the seasoning on all pieces of the rabbit.
3. Dip the rabbit into the flour coating on all sides. If you want just toss all of the pieces into a paper bag containing the flour.
4. Get the grease fairly hot.
5. Put in the rabbit and brown on 1 side
6. Turn and brown the other side.
7. Turn heat down and cook for another 20-30 minutes to ensure rabbit is thoroughly done. How long it takes depends upon how old (tough) the rabbit is.

Serve with rice and your favorite vegetables.

GARLIC FRIED CATFISH

Ingredients:

2 pounds catfish fillets
2 medium sized eggs
1/2 cup all purpose flour
3/4 cups yellow corn meal
1 tablespoon Lawry's seasoned salt
1/2 teaspoon black pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon garlic powder
1/2 cup vegetable cooking oil

Preparations:

1. Heat oil in frying pan over medium high heat.
2. Lightly beat eggs in bowl large enough to dip fish fillets in.
3. Dip fillets in eggs.
4. Mix seasoned salt, black pepper, cayenne pepper and garlic powder in a small dish. Sprinkled the mixed seasoning on both sides of catfish fillets.
5. Combine flour and cornmeal in a dish or bag. Dip fillets in this mixture.
6. Place fillets in frying pan and cook until nicely browned. Turn fish after approximately 5 minutes of cooking.
7. Drain fish on paper towels and enjoy with hush puppies, collard greens, and macaroni and cheese.

BAKED COUNTRY HAM

Ingredients:

1 Country Ham
Cloves
1 cup brown sugar
2 cans Pineapple slices

Preparation:

1. Wrap ham in heavy-duty aluminum foil. I use Reynolds Wrap.
2. Bake foil wrapped ham in heavy-duty roaster at 325 degrees for 20 minutes per pound of ham
3. Remove foil from ham and cut off skin.
4. Push cloves into ham on all sides. I space about 3 inches apart but you decide how many you want to use.
4. Sprinkle brown sugar on ham (all sides).
5. Place ham back in pan on a fresh layer of foil (makes cleanup a breeze).
6. Place pineapple slices across top and sides of ham. Hold in place with toothpicks.
7. Return ham to 325 degree over and cook until lightly browned.
8. Bake skin removed from ham in a separate pan for a special crunchy treat.

Serve sliced ham with collard greens, cornbread, and rice. Serve a piece of the crunchy skin on the side! Many people will grab as much of that crunchy skin as they can.

MACKEREL AND ONION

Ingredients:

- 1 12 ounce can precooked mackerel (including juice)
- 1 medium onion (sliced)
- 2 tablespoons butter
- ½ teaspoon Old Bay Seasoning
- ¼ teaspoon black pepper

Preparation:

1. Melt butter over medium heat in a saucepan.
2. Stir in onion and brown (turn heat to medium)
3. Stir in remaining ingredients and simmer for 8 – 10 minutes.
4. Serve hot over rice or grits.

Note: If you have fresh mackerel, cook it first and then proceed with the recipe. Cook the mackerel by filleting it, cutting into 2 inch squares, and simmering it in water until done. Then proceed with recipe above.

MICROWAVE SPICY CHICKEN

I grew up with many cooks who would not eat food cooked in a microwave. I also learned that you can cook just about anything in a microwave with a little creativity. Here's a great microwave chicken recipe.

Ingredients:

- 2 - 3 pound young fryer
- 1 cup spicy injectable marinade (See page 274)
- 1 tablespoon Old Bay seasoning

Preparations:

1. Inject all of marinate into who chicken, pumping it into all of the meaty party. You'll have marinade oozing all over the place.
2. Allow injected chicken to soak in marinade in refrigerator for at least 4 hours.
3. Sprinkle Old Bay seasoning all over outside of chicken.
4. Place chicken in a microwave-safe dish and cover with Saran wrap.
5. Punch 2 or 3 holes in Saran wrap to allow some of the heat to escape.

6. Microwave chicken on high for 9 minutes per pound of bird. I do it in 9 minute increments allowing a minute between cooking bouts to allow chicken to cook a little just from it's internal heat.
7. Carefully remove wrap, allow chicken to cool a little and enjoy.

MOUTHWATERING PORK AND BEANS

- 1 large (14 oz) can of pork and beans
- 1 medium onion (chopped)
- 4 slices bacon
- 1 medium bell pepper (seeded and chopped)
- 2 cloves garlic (minced)
- 1/2 cup ketchup
- 1/4 cup brown sugar
- 2 tablespoons mustard
- 2 tablespoons red pepper flakes
- 1 teaspoon salt
- 1 teaspoon Accent
- 1/2 cup water
- 1 teaspoon Tabasco sauce
- 1 tablespoon hot sauce

Preparation:

1. Place everything in a large baking dish, with the strips of bacon draped across the top.
2. Bake at 350 degrees for 1 hour.
3. Serve hot or cold.

This is a great dish to take to a picnic or cover dish luncheon.

GRILLED RED SNAPPER

We ate a lot of different fish while I was growing up. In my late teens red snapper became one of my favorites. Here is a low-fat, low sodium recipe for preparing this delicious fish. If red snapper is unavailable in your area, you can substitute other "non-fishy tasting" fish. I love fish but certain fish taste stronger than others. This dish has a very light taste, probably because the fish has so little fat.

Ingredients:

- 4 red snapper fillets
- 1/2 stick butter
- 1/2 onion sliced thinly
- 1 clove garlic (finely chopped)
- 1/2 teaspoon black pepper

1/2 teaspoon salt
2 tablespoons lime juice

1. Marinate fish filets in garlic, pepper, salt, and lime juice for 30 minutes in refrigerator.
2. Place each piece on aluminum foil. If your filets came with the skin on, place on foil skin-side down.
3. Place 1/4 of butter on each fillet. Place the onion on top of butter.
4. Seal the foil, and place on grill over medium heat for 10 minutes. Open foil and confirm fish is done to your preference.
5. Serve hot. Great for backyard gatherings.

HEARTY MEAT LOAF

Ingredients:

2 pounds lean ground beef
3 medium eggs (lightly beaten)
1 medium onion (chopped)
1 green bell pepper (seeded and chopped)
1 12oz can Carnation evaporated milk
1/2 cups Kellogg's corn flakes
2 cups ketchup
1 teaspoon black pepper
1/4 teaspoon salt

Preparation:

1. Combine ground beef, onion and bell peppers in a bowl. Mix thoroughly.
 2. Fold in eggs.
 3. Stir 1 1/2 cups of ketchup into mixture.
 4. Sprinkle salt, pepper evenly across mix and stir thoroughly.
 5. Crush corn flakes and mix thoroughly.
 6. Slowly add in milk and mix thoroughly.
 7. Place into a loaf pan or shape into a loaf in regular baking pan.
 8. Cook in oven preheated to 325 degrees for 1 hour 10 minutes.
 9. Spread other 1/2 cup ketchup across top of meat loaf and continue baking at 325 degrees for another 15 minutes.
- Great hot or cold. Can be served with rice or potatoes and your favorite veggies. Can also be sliced and served in a sandwich.

HOPPIN JOHN

Ingredients:

2 cups black-eyed peas
1/2 pound fatback (salt pork)
1 yellow onion (diced)
2 cups rice (uncooked)
1 large bell pepper (seeded and diced)
2 teaspoons salt
1 teaspoon black pepper
1 teaspoon garlic powder
1/2 teaspoon red pepper flakes

Preparation:

1. Soak peas overnight. If you can't wait, lightly boil peas for 5 minutes and then soak 2 hours. Pour off soaking water.
2. Lightly brown salt pork in large pot. Just cook for a few minutes, stirring.
3. Add peas, onion, and bell pepper to cooked pork.
4. Cover with water, add remaining seasonings, and simmer for approximately 2 hours.
5. Cook rice in separate pot according to package instructions. Use your favorite brand of rice but NOT instant rice. That stuff's terrible.
6. When peas are done add cooked rice to the mixture. Ideally you'd have only a cup or so of excess water in the peas. Cover and cook over low heat until the water is gone. Do not stir the rice into the peas, you'll get a mixture when you serve it up, right now you're mainly mixing the flavors.

Serve hot with your favorite meat, another vegetable, and corn bread. Leftovers are great too. Just gently warm them in the microwave.

YOUNG GOAT STEW

Ingredients:

10 pounds goat
1 cup vegetable oil
7 cups water
1/2 cup flour
8 garlic cloves (crushed)
1 bell pepper (seeded and sliced)
2 tomatoes (peeled and diced)
2 onions (sliced)
3 tablespoons Lawry's seasoned salt
2 teaspoons black pepper

¼ teaspoon crushed red pepper flakes
2 teaspoons cumin
1 ½ teaspoons oregano

Preparation:

1. In a Dutch oven (or heavy pot) heat ¼ cooking oil over medium heat.
2. Cut goat meat into 1 inch pieces, sprinkle with seasoned salt, and place in hot oil.
3. Cover and cook for 1 hour. Stir frequently to brown on all sides.
4. In a separate skillet, prepare a roux by browning flour in hot oil. Mix well. Remove from heat and stir in water a little at a time.
5. Add remaining ingredients to meat mixture and mix thoroughly. Continue cooking meat and vegetable mixture over medium heat for another 30 minutes. Pour gravy into stew at 20 minutes into this final cooking.
6. Test meat and vegetables for tenderness. Serve as you would any stew. It's great over rice.

SPICEY POT ROAST WITH VEGGIES

Ingredients:

5 pounds beef roast
4 potatoes (peeled and cut into large chunks)
4 carrots (peeled and cut into large chunks)
1 cup spicy injectable marinade (see recipe on page 181)
1 stalk celery (peeled and chopped)
1/2 cup flour
5 cloves garlic (minced)
1 white onion (chopped)
1/2 cup vegetable oil
1 tablespoon Old Bay Seasoning
1 quart water

Preparation:

1. Inject the marinade into the roast and allow the marinated roast to soak in juices in refrigerator for 3 - 4 hours
2. Warm vegetable oil in Dutch oven. Heat until fairly hot.
3. Lower roast into hot oil and brown on all sides. You're not cooking it, just sealing in the juices.
4. Remove the pot roast and add the flour to make a roux. Cook roux until medium brown.
5. Return roast to Dutch oven, and add water, garlic, onion, celery, and Old Bay Seasoning. Cook covered over medium heat for 1 hour.
6. Add remaining vegetables and continue cooking over medium heat for another hour.
7. Serve hot along with your favorite side dishes.

TENDERLY SPICY GRILLED STEAKS

2 8 oz rib eye steaks
1/4 cup spicy marinade (see recipe on page 274)
1/4 teaspoon Lawry's Seasoned Salt

Preparation:

1. Place steaks in glass dish and inject with marinade
2. Allow to soak in the refrigerator for 2 - 3 hours.
3. Remove from heat and sprinkle with Lawry's Seasoned Salt
4. Grill over medium high heat until done. Share some incredibly delicious steak with a friend.

LIVER AND ONION

Ingredients:

2 pounds sliced calf liver
2 large onions (sliced)
1 cup flour
1/2 teaspoon flour
1/2 teaspoon pepper
1/4 teaspoon garlic powder
3 tablespoons cooking oil

Preparation:

1. Heat oil over medium heat in skillet.
2. Add onions and cook until opaque
3. Remove onion and set aside
4. Sprinkle liver sliced on both sides with spices and dredge in flour
5. Fry liver in oil over medium heat until brown. Turn and brown other side. Don't over cook as liver cooks fast.
6. Remove liver from pan, add leftover flour and spices to oil stirring to brown lightly. Stir in 1/2 to 1 of cup water, stirring and cooking over medium heat to form a light gravy.
7. Return liver and onion to gravy and simmer covered 3 - 5 minutes (covered).

Serve with rice or mashed potatoes, your favorite vegetables and fresh cornbread.

LIVER MUSH

Ingredients:

1 lb. pork liver
1 cup yellow corn meal
1/4 cup sage
1 teaspoon salt
1 teaspoon pepper
1/2 lb. fat back
1/2 cup all-purpose flour
1 onion (chunked)

Preparation:

1. Boil liver and fatback until fork tender.
2. Remove liver and fatback from broth but save broth.
3. Run liver, fatback and onion through meat grinder on course setting.
4. Return ground up meat to broth.
5. Mix cornmeal, flour and sage. Stir in a little water to form a paste.
6. Slowly add corn meal paste to boiling liver.
7. Continue boiling until mixture thickens. Stir constantly.
8. Pour into loaf pan and allow to cool, refrigerate.
9. To serve, slice, roll in flour and fry. Season to taste. Can also be eaten cold.

Enjoy with grits or on a sandwich.

LIVER PUDDING

When I was growing up two of my favorite foods were "smoked pork sausage," and liver pudding. Liver pudding was fried in a skillet and served with grits. Here is my Liver Pudding recipe.

1 pound pork liver
1 pound boneless pork chop
1/2 tsp salt
1/2 tsp pepper
1/4 tsp red crushed red pepper
A pinch of sage

Clean the liver and trim away the excess fat, membrane and veins. Cook the liver and pork chops over medium heat, in separate pots, until they are thoroughly done and a fork easily inserts in them. Cook them separate to avoid overcooking either. Save the stock from the pork chop.

Cut the liver and pork chop into small cubes and then run them thorough a meat grinder together. In a pinch you can use a food processor but you want to grind the meat, not liquefy it. You want it finely ground but not creamy.

Stir in your salt, two types of pepper, and sage. Taste it and see if you want more seasoning. But many of us need to watch our salt so don't over do it. Use some of the liquid from your pork chops to moisten your mixture so that it sticks together nicely.

Now you have two choices. If you have casings, you can run the pudding back through your meat grinder, stuffing it into the casing as you do. This is how we used to do it, and how also how the pudding we bought from the local grocery store was prepared. If you do not have casings available locally, you can pack it tightly into a lightly oiled Pyrex (glass) loaf pan.

Cover with plastic wrap and refrigerate for a day. I know it's tough but you want the flavors to blend and the texture to set in. After a day you it should be set enough where you can put it in a plastic container if you want. It will keep for several days in the fridge.

When ready to eat your liver pudding, I like to slice off a few pieces and fry it in a lightly oiled skillet until it is medium browned. By medium browned I mean it has a slight crust from cooking. Great with grits or on a sandwich.

LOW FAT BAKED PORK CHOPS

Ingredients:

6 pork chops trimmed of excess fat
Egg white from 2 eggs
1/2 cup skim milk
1/2 cups Kellogg's corn flakes
1/4 cups bread crumbs (toasted and then crumbled)
1/2 teaspoon paprika
1/4 teaspoon oregano
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
1/8 teaspoon black pepper
1/8 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 teaspoon powdered sage
1/8 teaspoon lemon pepper

1. In a medium sized bowl beat egg whites and slowly beat in skim milk.
2. In a separate bowl crush corn flakes as finely as practical. You can beat them in a blender if desired or crush them with a wooden spoon.

3. Add the toasted bread to the cereal crumbs.
4. Add all of your spices to this mixture and thoroughly mix.
5. Spray a baking dish with nonstick spray.
6. Dip chops into egg mixture and then into crumb mixture. Coat thoroughly on both sides.
7. Bake chops in 375 degree oven for 20 minutes.
8. Turn chops and bake for another 20 minutes.
9. Remove chops from baking pan to serving dish lined with paper towels.

Serve with salad, rice, low-fat collard greens, and low-fat dessert.

LOW-FAT CHILI

Ingredients:

- 1 pound lean ground beef or ground turkey
- 2 yellow onion (diced) (divided in half)
- 3/4 pounds pinto or kidney beans (cooked)
- 2 ripe tomatoes (diced)
- 1 small can tomato sauce
- 1 cup water
- 3 fresh jalapeno peppers (diced)
- 1 tablespoon white vinegar
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1 teaspoon chili powder
- 1/8 teaspoon cumin
- 1/2 teaspoon garlic powder
- 2 bay leaves
- 1/2 pound grated mild cheddar cheese

Preparation:

1. Brown beef in large saucepan over medium heat. Drain and discard fat.
 2. Add 1/2 of the onions and the jalapeno peppers. Sauté over medium heat for 2 - 3 minutes (until they are translucent)
 3. Add all remaining ingredients, stir, and simmer (covered) for 1 hour 15 minutes.
 4. Stir occasionally.
 5. Serve hot with diced onion and cheese as a garnish.
- Using a low-fat mozzarella cheese makes this dish even more low-fat but I think it also detracts from the flavor.

LOW-FAT SLOPPY JOE'S

Ingredients:

1 pound ground turkey or lean ground beef
1 cup low fat barbecue sauce
1/2 yellow onion (chopped)
1 tablespoon brown sugar
1/2 cup tomato juice
1 pack hamburger buns

Preparation:

1. Brown meat in skillet sprayed with Pam
2. Add onion once meat is browned and stir a little more until onion is slightly opaque.
3. Add other ingredients, stir and simmer until all ingredients are thoroughly blended.
4. Serve on hamburger bun. When I was growing up we rarely bought hamburger buns. We just served our hamburgers, hotdogs, etc. on white bread. If you want to try it on white bread, that ok with me.

Pack a sandwich in a school lunch but maybe cook the sauce down a little first so that the sandwich doesn't get too soggy.

MACARONI AND CHEESE

Ingredients:

5 cups cooked macaroni
(approx 4 cups uncooked)
5 tbsp butter
2 eggs
1/2 tsp salt
1/2 tsp pepper
3 cups milk
2 cups shredded mozzarella cheese
4 cups shredded cheddar cheese

Cook the macaroni until done as usual. Do not overcook it. Drain macaroni in strainer.

Place macaroni, butter, salt, pepper, milk, mozzarella cheese, and 3 cups of cheddar cheese in casserole dish. Mix eggs in a bowl first and then stir into mixture.

Cover everything with aluminum foil and cook for 45 minutes at 350 degrees.

Uncover and add extra cup of cheddar cheese across the top. Bake uncovered for another 15 minutes.

WILLIE'S MEAT LOAF

Meat loaf was always one of my favorites, maybe because I ate so much of it. They even served it practically every week in the school cafeteria.

Ingredient:

3 pounds ground beef (85% lean)
1/2 large yellow onion (chopped)
1 bell pepper (seeded and chopped)
3 eggs
1 cup tomato juice
2 cups bread crumbs
1 small can stewed tomatoes
1 tablespoon Tabasco sauce
1/2 tablespoon salt
1/2 can corn syrup
3/4 cups ketchup

Preparation:

1. Put the defrosted ground beef in a bowl. Spread it out a little to make it easier to mix ingredients.
2. Add the chopped onion, chopped peppers, Tabasco, and salt to the mixture. Sprinkle evenly across the mixture to make mixing easier. Mixed with your hands.
3. Crack the eggs in a small bowl and lightly beat them. Pour across the mixture.
4. Add the tomato juice to the mixture.
5. Cut the stewed tomatoes into small (crouton size) pieces and add to the mixture. Mix lightly.
6. Add the bread crumbs to the mixture and continue mixing to get everything evenly distributed throughout the mixture. You want the mixture to be slightly wetter than bread dough. Add more bread crumbs to the mixture if it's too wet.
7. Pour the mixture into a glass baking dish or into a large loaf pan.
8. Bake at 375 degrees for 1/2 hours. Since different ovens cook differently make sure it is done.
9. Glaze with syrup and ketchup mixture. Spread the mixture evenly across the top of the meatloaf and continue baking about 8 minutes.

Delicious served over mashed potatoes. Tastes great hot or cold. It can also be sliced and put on a sandwich.... a very versatile dish. Growing up, we used the cheapest ground beef because it WAS cheaper. Now I use leaner ground beef but the fat does add to the flavor so not too lean.

ROCKY MOUNTAIN OYSTER

We raised pigs on our farm, and castrated most of the males as a way to encourage growth and good social behavior. Those who raised cattle did the same things. Many people ate these testicles and considered them a delicacy. I never did but did watch a few others prepare them. In my later years I tried many MUCH more exotic dishes.

If you happen upon a supply of these mountain oysters, here's how you prepare them:

Ingredients:

2 pounds mountain oysters (pork or beef)
3 eggs
2 cup crushed Saltine cracker crumbs
1 cup Cooking oil
1 tablespoon seasoned salt

Preparation:

1. Remove skin from "oysters." It's easiest if they're partially frozen.
2. Beat eggs in a bowl.
3. Sprinkle with seasoned salt.
4. Dip in eggs, then in crushed cracker crumbs.
5. Heat oil over medium heat in frying pan.
6. Gently drop into oil and allow to brown. Turn and brown other side.
7. Remove from heat, drain and serve with rice, creamed potatoes, etc.
8. Can also be cooked in a deep fat fryer. Use a fairly low heat setting to cook them slowly. They should float to the top when done.

Can also be eaten as an hor d'ovre.

Take to an office party as a conversation starter :-)

If you are can't find them in local supermarkets, seek out local farmers, vets, or slaughter houses. Modern pig farming operations raise hundreds, if not thousand of pigs. They want them to grow to market weight as soon as possible and castrate most of the males. They use very expensive "championship" boars as their breeding stock.

MOUTHWATERING FRIED CATFISH

Ingredients:

Enough catfish fillets for 3 or 4 medium pieces per person.
1 cup Yellow Corn Meal (This should be enough to coat the catfish fillets)
2 teaspoons Lawry's Seasoned Salt
Crisco or your favorite vegetable cooking oil. (Enough to cover the catfish).

(I use a deep fryer although a frying pan will work just as well)

The secret to fried catfish is cooking it at just the right temperature to seal in the moisture and flavor. When you first drop it into the grease you want to seal it and then cook it.

You can use fresh catfish fillets, or you can use the farm-raised variety available in the supermarket freezer section.

Rinse the fillets thoroughly and then pat dry with a paper towel. If using fresh catfish, skin the catfish and then wash thoroughly. Pat dry with a paper towel.

Roll the fresh, catfish fillets in a mixture of corn meal and Lawry's Seasoned Salt. If you cannot find Lawry's Seasoned Salt, then your favorite seasoned salt will have to do. It's just that Lawry's Seasoned Salt is a Southern favorite. A quick way to coat the fish in the corn meal and season mixture is to place it in a plastic bag and just shake it. Drop into deep fryer at 325 degrees. Fry until it turns golden brown, about 5 minutes. Dump onto paper towel and allow to drain

MUSHROOM SMOTHERED CHICKEN

Ingredients:

3 boneless chicken breasts (cut into thumb-size pieces)
1 teaspoon salt
1/2 teaspoon black pepper
2 garlic cloves (finely chopped)
1 can cream of mushroom soup
1 medium onion (finely chopped)
1/2 cup cream
1 pinch red pepper flakes
3 tablespoons vegetable oil

1. Season chicken strips with salt, black and red pepper. Refrigerate for about 1 hour to allow the seasonings time to soak in.

2. Heat vegetable oil in hot skillet. Stir in the minced garlic and onion, and cook until they are slightly opaque.
3. Add chicken and cook over medium heat until slightly brown. Turn to lightly brown all sides. Turn down heat to low.
4. Combine soup and cream in dish. Stirring to blend flavors. Pour this over the browned chicken being careful not to splatter.
5. Cook on low heat for 15 minutes stirring occasionally.

Serve over rice.

NORTH CAROLINA-STYLE PULLED PORK BARBECUE

Pulled pork barbecue was always a favorite in my part of North Carolina. It was sold in country restaurants, sandwich shops, at church fund-raisers and even by neighborhood entrepreneurs looking to earn some quick money. It was sold as part of a plate lunch (barbecue, slaw, hushpuppies, french fries) or piled high on a sandwich (usually with slaw on the sandwich too). You could smell that barbecue long before you saw it, and if you were a barbecue lover, the smell brought you back over and over again.

The North Carolina barbecue come in two varieties. One has a heavier vinegar flavor and no tomato sauce. The other isn't vinegary and the sauce has a very strong tomato flavor. I grew up eating the bbq with the heavy vinegar flavor but we added just a touch of tomato to our sauce. That's how I currently fix mine, and that's the recipe I will share with you.

There are a lot of factors to consider in barbecuing pork but it's not that complicated at the same time. Basically, you need to decide how much pork you want to barbecue and what you have available to barbecue it.

You can barbecue anything from just a Boston butt (part of a pork shoulder) to a whole hog. We used to throw the whole "butterflyed" pig on the grill. However, if you are new at this or only preparing barbecue for a few friends and family, I would recommend that you start with a nice ham or pork shoulder. These cuts of meat are easy to work with and because of the way the fat "marbling" is distributed throughout the meat, they cook up nicely. If you go to your local supermarket and ask for a whole ham or pork shoulder, the butcher may tell you that he only has the hams or shoulders cut in half. This is because a lot of processing plants separate the hams and shoulders into the upper and lower portions. Either piece is great for making a small batch of barbecue. If you really want a whole hog, check with local farmers, the local farmers' market, or ask your butcher for recommendations. Finding a whole hog in many areas can be a real challenge!

You also have a number of options on how you cook this barbecue. You can cook it on a grill or smoker outside, or you can try to cook it indoors. Outside, you can use a cooker

that has the meat directly over the coals or you can use a cooker that offsets the fire box so that only the heat and maybe some of the smoke reaches the meat.

I grew up cooking over directly over the coals. We used a barbecue grill that was made from a 55gallon drum which had been cut in half (lengthwise),and then had one side hinged to form a lid. A metal grate served to keep the meat away from the fire. This worked fine. You added more charcoal (made from wood burning in another barrel) as needed to maintain the desired temperature. As the meat cooked, the grease dropped onto the coal, generating a natural smoke that added some to the barbecue flavor.

Many people used and still use barbecue grills where the firebox is offset. Some of these have all kinds of ' dampers which allow very precise control of the temperature throughout the cooking process. I don't think it makes as big a difference what process you use to cook you barbecue as long as you season it properly and control the temperature.

Like many cooks, I prepare my barbecue in three stages. The first stage is where I marinate the meat. For this is use what's called a dry run. After cleaning and drying the meat you rub seasoning all over it and then allow it to sit in the refrigerator for 6-8 hours while the flavors work in. For an 8 pound ham (adjust your mixture according to the weight of your meat) I use:

1/4 cup dry mustard
1/3 cup brown sugar
2 tablespoons salt
2 tablespoons black pepper

Mix these dry ingredients together and rub them all over your cut of meat. The stick it in the refrigerator to marinate.

When you're ready to cook the meat, allow it to warm up to room temperature. Rub some more of the dry rub over (into) the meat and cook it at 235 degrees. Place the meat on the grill with the fat side up at first. This allows the fats to baste the meat as it cooks. About 2/3 of the way through the cooking process, turn the meat over. Cook for roughly 1 hour 15 minutes per pound. Your meat will be done when a thermometer inserted near the bone shows an internal temperature of roughly 185 degrees.

As the meat is cooking, you want to apply a basting mix. For this I use:

1 1/2 cups cider vinegar
1 cup water
1/2 teaspoon salt
1/2 teaspoon cayenne pepper

I brush this mixture over my cooking pork once every half -hour.

After the meat is done, allow it to cook before cutting it up. If cooked slowly and at the right temperature it will actually be fairly easy to pull the meat apart into small chunks. That's why it's called pulled pork barbecue. After you pull it apart, than you chop it into smaller pieces. As I cut the meat up, I discard most of the fat. I like a very lean barbecue.

To complete your barbecue, you add a finishing sauce to it. I stir some of this sauce into the cut up meat and also serve some of it on the side for those who like lots of sauce. I make my finishing sauce with:

- 1 1/2 cups cider vinegar
- 1/2 cup water
- 1/2 cup brown sugar (packed)
- 1/4 cup ketchup (optional since some people don't like tomatoes in their barbecue)
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon accent (monosodium glutamate)
- 1 tablespoon Tabasco brand habanera sauce
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper

Combine all of the ingredients for the finishing sauce in a saucepan and simmer for 15 minute, stirring regularly. This blends the flavors well. Stir a little of this sauce into your chopped barbecue and set the rest aside.

Start your barbecuing journey with my recipe, but feel free to modify the ingredients in the finishing sauce slightly since we all have different tastes. For example, some people don't like their sauce as sweet as I like mine. Others prefer less vinegar. I think that the pork tastes great before you apply any finishing sauce on it, and I occasionally eat it without any finishing sauce. The vinegar and mustard flavors from the marinate and basting periods gives the meat a marvelous flavor.

As mentioned earlier, if you don't have access to a large grill, or the weather is simply terrible, you can prepare small cuts of pork in the over. It's still critical that you maintain the same temperature and that you slow cook it, marinating it every 30 minutes, until the internal temperature reaches around 180-185 degrees.

Enjoy the adventure and don't be afraid to barbecue a large piece of meat!

OVEN BAKED BARBECUED BABY BACK BEEF RIBS

I specify beef here because I do fix beef ribs differently than I do pork ribs. They have very different tastes, so it takes different seasonings to derive the desired flavor.

Ingredients:

3 lbs beef ribs
2 teaspoons butter
4 green onions (chopped)
1 teaspoon flour
2 teaspoon prepared mustard
1 cup beef broth
2 teaspoon lemon juice
1 teaspoon cayenne pepper
1/2 teaspoon black pepper
1/2 teaspoon Accent (monosodium glutamate)

Preparation:

1. Cut ribs into individual servings (2 rib pieces)
2. Place in a roasting pan and roast (uncovered) for 30 minutes at 425 degrees.
3. Sauté onions in butter in medium saucepan until opaque.
4. Stir in flour and mustard, mixing thoroughly. Cook over medium high heat for 2 minutes.
5. Stir beef broth into onion mixture. Then add all remaining ingredients. Cook this sauce for 8 minutes over medium heat, stirring constantly.
6. Pour excess fat off of roasted ribs and brush sauce liberally onto ribs.
7. Continue roasting ribs for 40 minutes, basting every 10 minutes or so. Test ribs for doneness.

OVEN BARBECUED PORK BABY BACK RIBS

Ingredients:

5-6 pounds pork back ribs
1/2 teaspoon Accent (monosodium glutamate)
2 T packed brown sugar
1/4 teaspoon liquid smoke
2 C fresh orange juice
1/4 teaspoon minced garlic
2 T fresh lemon juice
1/4 teaspoon black pepper
1 tablespoon cornstarch

Preparation:

1. Combine all ingredients except ribs in medium saucepan. Stir over medium heat until mixture thickens.
2. Place sections of ribs in roasting pan. Brush liberally with sauce. Cover with foil.
3. Bake in 350 degrees oven for 1 hour.

4. Baste and cook for another 1/2 hour. Uncover during final 15 minutes of cooking to brown ribs slightly.
5. Brush on additional sauce or dip ribs in sauce at serving time.

PIG TAILS AND CABBAGE

Ingredients:

3 pounds of pig tails
1 large head of cabbage (chopped)
1 large onion (chopped)
2 cloves garlic (minced)
1 bell pepper (seeded and chopped)
1/2 teaspoon red pepper flakes
1/2 teaspoon black pepper
1 teaspoon salt

Preparation:

1. Thoroughly wash pig tails. Place them in a large pot 1/2 filled with water and cook until fork tender.
 2. Pour off all but 2 cups of liquid.
 3. Add all seasonings. Stir well.
 4. Add cabbage to top of mixture and cook covered over medium heat until cabbage are cooked to desired doneness. Stir several times during cooking.
- Enjoy.

PINTO BEANS AND HAM HOCKS

Ingredients:

3 smoked ham hocks
2 lbs. dried pinto beans
1/2 teaspoon garlic powder
1/2 teaspoon crushed red pepper
1/4 teaspoon ground black pepper
1/2 teaspoon salt
2 teaspoon hot sauce
1/2 medium chopped onion

Directions:

Boil ham hocks on high heat for 45 minutes. Add all seasonings except hot sauce and onion. Continue boiling for 20 minutes. Add pinto beans, hot sauce, and onion. Boil on medium heat until beans are done to taste.

Note: To speed up cooking of beans and reduce the gas beans produce, soak beans in cold water overnight or for three hours during the day.

Serve with rice and a meat side dish. You can also use the ham hocks as your meat side dish. However, ham hocks are a high-fat food with not that much meat (mostly skin).

PORK CHOPS WITH STUFFING

This is a recipe I fix around Thanksgiving since I love stuffing but don't want it all to taste like turkey.

Ingredients:

2 cups cornbread stuffing (Use the same recipe as for my turkey and stuffing recipe or if you're lazy use a store-bought mix)
1 cup whole corn kernel corn (cooked)
1 medium onion chopped
1 can Campbell's cream of mushroom soup
1/4 can water
4 or 5 pork chops
3 tablespoons light brown sugar
1 tablespoon Lawry's seasoned salt
1 tablespoon powdered mustard
1 pinch paprika

Preparation:

1. Mix the stuffing, corn, onion, and water in a bowl.
2. Mix the salt, mustard and sugar in a small contain
3. Trim the pork chops of excess fat (I also debone them).
4. Run the salt mixture thoroughly into the pork chops.
5. Spoon the stuffing into a baking dish (I use a Pyrex dish).
6. Place the seasoned pork chops across the top of the stuffing.
7. Bake at 350 degrees for 40 minutes. Check pork chops for doneness. The juices from the pork chops add a nice flavor to the stuffing. Sprinkle paprika across pork chops the last 10 minutes of baking.
8. Serve a pork chop, some stuffing, along with rice and your favorite veggies.

QUICK AND EASY POT ROAST

Ingredients:

3 pound pork roast
1 cup water
1 envelope Lipton onion soup mix
1/4 teaspoon salt
1/4 teaspoon black pepper

Preparation:

1. Place the roast in the center of a sheet of heavy-duty aluminum foil.
 2. Fold up the edges to form a pouch.
 3. Pour in the water and then sprinkle the onion soup mix across the roast.
 4. Sprinkle the salt and pepper across the roast.
 5. Finish folding the foil to form a fairly tight seal.
 6. Place in a shallow baking pan and bake in a 325-degree oven for 1 1/2 hours.
- Open the foil and you have a very tender roast and an onion flavored gravy to go with it.
Serve with mashed potatoes

HONEY POT ROAST

Ingredients:

3 pound pork roast
1/4 cup flour
4 tablespoons flour
4 tablespoons vegetable oil
3 cups sour cream
1/2 teaspoon salt
1/4 teaspoon Accent
1/2 teaspoon black pepper
1/3 cup honey

Preparation:

1. Heat butter and cooking oil in cast iron skillet until hot.
2. Sprinkle salt, pepper, and Accent over roast. Run to coat all sides.
3. Lightly dust roast on all sides with flour and then brown on both sides (sealing in the juices).
3. Pour 1 1/2 cups of the sour cream in a deep glass baking dish.
4. Place the pot roast in the middle of the sour cream.
5. Pour the honey over the top of the roast.
6. Cover and bake in a 325-degree oven for 50 minutes.

7. Add the other 1 1/2 cups sour cream to the roast, lower heat to 300 degrees and continue cooking for another 40 minutes. Slice and serve the roast with the gravy from the pan poured over the slices.

QUICK AND EASY MEAT LOAF

Ingredients:

2 pounds ground beef (not too fat)
1 cup raw oatmeal
3 eggs (lightly beaten)
1 small onion (chopped)
2 tablespoons salt
1/2 tablespoon black pepper
1/8 teaspoon Accent (monosodium glutamate)
1 small can tomato sauce

Instructions:

1. Mix all ingredients thoroughly.
2. Spoon ingredients into a lightly greased baking dish. Spread evenly in dish.
3. Bake in an oven preheated to 350 degrees for 55 minutes.
4. Serve with mashed potatoes, cornbread, and collard greens.

RED BEANS AND RICE

Ingredients:

1 pound red kidney beans
2 pounds smoked ham hocks
1 yellow onion (finely chopped)
3 cloves garlic
1 teaspoon Lawry's Seasoned Salt
1 bell pepper (cut into small strips)
1 teaspoon red pepper flakes
2 cups rice

Preparation:

1. Soak beans overnight. If short on time, boil beans for 5 minutes then soak for 1 hour.
2. Boil ham hocks in large pot of water until tender.
3. Add bean and all other ingredients. Cook over medium heat.

4. Cook rice in separate pot according to instructions on package.
4. Cook until beans are tender. You'll have to taste them to determine when that is :-)
Serve the beans OVER rice. That makes it easy to go back and get more beans if you did not put the right amount in the mixture in the first place. Corn bread or hush puppies round out this treat.

WILLIE'S ROASTED CHICKEN

Ingredients:

- 1 roasting hen
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon poultry seasoning
- 1 scallion (finely chopped)
- 2 cloves garlic (finely chopped)
- 1/2 teaspoon thyme
- 1/2 teaspoon sage 1 tablespoon parsley (finely chopped)
- 2 tablespoons butter
- 1 /2 cup water

1. Season hen with salt, pepper, poultry seasoning, scallion, garlic, sage. Rub the seasoning on both the outside and inside of the chicken
2. Refrigerate chicken for at least 1 hour to allow seasonings to soak in some.
3. Place chicken in baking pan (I usually use the blue roasting pans so many people use for preparing turkeys. The are blue and some have white spots). Spread your butter across the top of the chicken.
4. Cover and bake for 1 hour 45 minutes at 375 degrees. Since chickens vary in size you may vary this time slightly but make sure it is done. Every half hour or so use a basting brush to brush the butter and water mixture across the chicken.
5. If desired you can throw some chopped potatoes and carrots into the pan with the chicken. They will absorb some of the chicken flavor while cooking.

Note: A lot of the old folks I grew up noticed a distinct difference in the taste of a barnyard raised (free-range) chicken and a "factory chicken." The one which was raised in modern large production facilities, and given lots of chemicals to speed up their growth, etc., do not taste as flavorful. If you can find a local farmers' market you might be able to buy a fresh free range chicken. It's worth the effort when preparing a dish such as roast chicken or chicken and dumplings.

SALMON CROQUETTES

Canned salmon was one of the cheaper fish that we could get while growing up in interior North Carolina, unless you caught your own fish. My grandmother often bought canned pink salmon or canned mackerel. With the mackerel she often stirred them into some fried onion, simmer the mixture, and we ate it over rice. With the salmon, she formed patties, fried them and we called them salmon croquettes. Here is the recipe I use for that:

Ingredients:

1 12 oz can pink salmon

2 Whole eggs

1/4 cup chopped onion

1/4 cup all purpose flour

2 tablespoons yellow corn meal

1/2 teaspoon salt (depending upon the brand and how much salt is in it you can leave this out if you want.

1/2 teaspoon ground black pepper

You basically pour all of the ingredients into a large bowl and mix them. A large spoon or a potato-masher worked fine. I add the flour last because I sometimes adjust the amount to control the consistency. Mold the dough-like mix that you end up with into patties (like thick homemade hamburgers).

Coat a frying pan with a little cooking oil. Crisco works just fine. Preheat the oiled pan over medium heat. Slip the patties into the pan, fitting as many as you can but leaving room to turn them. Cook until medium brown on one side, then turn over and do the same to the other side.

I enjoyed eating these hot fresh out of the pan along with rice, maybe some corn or butterbeans, and sweetened iced tea.

After leaving home, the Air Force sent me to Alaska where I learned to catch my own salmon. There I discovered that there are many species of salmon (red, pink, king, silver, chum, etc). Each has a different taste based mainly upon how firm the meat is and how much fat is in the meat. I learned to prepare salmon a lot of other ways but croquettes is still one of my favorite.

SAUSAGE AND CABBAGE

Ingredients

1 large head of cabbage
4 links fresh pork sausages
1/4 teaspoon black pepper
1/2 small yellow onion (chopped)

Preparation:

1. Fry links of sausage in frying pan until done.
2. Slice cooked sausage into 1 inch pieces and put in a medium pot along with 1 cup of water and black pepper. Bring to a boil.
3. Core, chop and wash cabbage. Add cabbage and onion to pot with sausage. Stir.
4. Cover and cook over medium high heat for 30 minutes.
5. Remove from heat and test cabbage for doneness. Cabbage should be somewhat firm.
6. Serve hot making sure you get a few pieces of sausage along with the cabbage.

As an alternative, you can also simply boil the sausage in 2 cups of water on high for 10 minutes and then proceed with step 3. However, frying the sausage brings out more of the flavor in my opinion.

SCRAPPLE

Ingredients:

3 lbs of pork (2/3 lean, 1/3 fat)
3 qts. water
1 1/2 cups of buckwheat flour
1 1/2 cups of cornmeal flour
2 Tsp salt
1 1/2 Tsp. black pepper
1 1/2 tbs. ground sage
1/4 Tsp ground cloves

Preparation:

1. Simmer pork in pot of water until fork tender (about 4 hours)
2. Remove meat and continue cooking broth until it boils down to about two quarts.
3. Run meat through a meat grinder and return to broth.
4. Add the remaining ingredients, 1 at a time, stirring as you do.
5. Continue cooking until mixture thickens (consistency of mashed potatoes).
6. Pour mixture into loaf pans, cool, and then refrigerate. Slice and warm, or dip in flour and fry before serving. Like everything else Southern, it's great with grits.

SIMPLE SOUTHERN FRIED CHICKEN

Ingredients:

1 frying chicken, skin removed if you want lower fat. I leave the skin on.
3 teaspoons Lawry's Seasoned Salt
2 garlic cloves, finely chopped
1 cup all-purpose flour
1 cup vegetable oil

1. Season chicken with all seasonings.
2. Roll chicken in flour until covered. Shake off excess flour. Sprinkle additional seasoning.
3. Simply fry chicken in frying pan until golden brown. I like it crispy so I cook it a little longer than most and turn the heat back up at the very end.

Start out with the oil very hot and then reduce it later. This seals in the moisture and flavor, then cooks it.

SMOTHERED PORK CHOPS

Ingredients:

4 pork chops
1 pound fresh mushrooms (sliced)
1/2 cup cooking oil
1 large onion (sliced)
1 tablespoon seasoned salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1 egg
1/2 cup flour

Preparation:

1. Wash and dry pork chops
2. Whip egg in a bowl
3. Mix flour and seasoned salt
4. Pour oil into pan and heat over medium high heat.
5. Dredge pork chop in egg and then sprinkle flour mixture over it. Shake off excess flour.
6. Cook pork chop in hot oil, browning both sides. When pork chops are done, remove to a dish.
7. Add onion and mushroom to oil and cook for about 3 minutes, stirring constantly.
8. Pour off excess oil and stir two tablespoons of flour into onions and mushrooms.

9. Cook flour over medium heat for 2 minutes, stirring constantly.
10. Add 1 cup of water to mixture, stirring well. Add another cup of water, salt, pepper and garlic powder, and continue stirring.
11. Return pork chops to the mixture, cover, and cook over medium heat for 20 minutes. Check periodically to confirm not all water is cooked out.
12. Remove from heat and serve. Pour some gravy over each chop served making such each person gets some onion and mushrooms.
13. Save excess gravy to serve at other meals... tastes great served over plain rice.

SOUTHERN FRIED QUAIL

I still remember the first time that I saw quail in the freezer case of a country store. I was just laying there, feathers and all, on the ice. I thought "how strange." Many people that I knew hunted quail but before that day I had never seen wild quail sold in stores. Many people also raise them on farms, both for meat and eggs.

Here's a quick and easy way to fix your quail.

Ingredients:

Enough quail for each person to get several

1 cup flour
1 teaspoon flour
1 teaspoon black pepper
1 teaspoon poultry seasoning
Cooking oil

Preparation:

1. If quail are wild or unplucked, pluck all feathers from bird. Unlike with some bigger birds, you do not scale the bird prior to picking the feathers.
2. Clean and wipe thoroughly. I split them in half. Some people cook them whole.
3. Rub seasonings across quail.
4. Roll in flour and drop into hot oil.
5. Brown on both sides and then turn down the heat for 10 to 15 minutes to complete cooking. Serve with the same foods you enjoy eating chicken with.

SPICY HOT WINGS

Ingredients:

4 pounds chicken wings
1 1/2 teaspoon garlic powder (divided)
1 teaspoon salt
1/2 teaspoon black pepper
4 cups cooking oil
4 tablespoons hot sauce
3 tablespoons vinegar
1 teaspoon cayenne pepper
3 tablespoons water
3 tablespoons ketchup
1/2 teaspoon salt
1/2 teaspoon paprika

Preparation:

1. Heat oil in deep fryer to 325 degrees.
2. Coat defrosted chicken wings in salt, pepper and garlic powder. Make sure you get some on all sides.
3. Drop chicken wings into deep fryer basket and fry until crispy. Stir occasionally and remove to a plate coated with paper towels when done. Fry a little at a time to give them room to cook.
4. Combine water, vinegar, ketchup, 1/2 teaspoon garlic powder, salt, paprika, cayenne pepper, and hot sauce in a medium sauce pan. Simmer over medium heat for 10 minute to blend flavors.
5. Place cooked chicken wings in baking pan, pour sauce over them and bake in oven preheated to 375 degrees for 5 minutes.

Serve.

Notes: You can use your favorite commercial buffalo wing sauce if you don't want to make your own. I prefer making my own.

It's very important to fry the wings crispy. Otherwise you will end up with somewhat soggy wings later.

SQUIRREL WITH RICE

Ingredients:

Several young cut up squirrels
1 cup uncooked rice
3 tablespoons bacon drippings
1 onion (diced)
1 bell pepper (chopped)
1 clove garlic (minced)
1 stalk celery (chopped)
1 teaspoon salt
1/2 teaspoon black pepper

Preparation:

1. Brown squirrel in skillet with bacon fat.
2. Remove squirrel from skillet and sauté garlic, onion, bell pepper, and celery in drippings.
3. Return squirrel to skillet.
4. Add remaining ingredients to skillet. Add enough water to fully cook rice. Cover and cook until rice is done and water is absorbed.

Note: If you have older squirrels, they will be tough! You will need to cook them for a few 15-20 minutes in a separate pot (with broth) before proceeding to step 3. Young squirrels are best.

STEW BEEF

Ingredients:

3 pounds stew beef
2 yellow onions (sliced)
8 large potatoes (chunked)
8 carrots (sliced)
4 celery sticks (sliced)
1 teaspoon Lawry's Seasoned Salt

Preparation:

1. Place meat in roasting pan.
2. Place vegetables around meat in pan.
3. Sprinkle seasoning salt across everything.
4. Bake in 400-degree oven for 1 1/2 hours.

Serve over rice. I always thought that the best part was potatoes. They soaked up the flavor so nicely.

STUFFED PORK CHOPS

Ingredients:

4 thick pork chops
1 teaspoon Lawry's seasoned salt
2 eggs
3 cups cornbread crumbs
1/2 onion (diced)
1 cup diced celery
1 cup cook chicken giblets (gizzards, livers, etc)
1/2 teaspoon Worcestershire sauce

Preparation:

1. Combine bread crumbs, onion, celery, and giblets in a bowl. Mix.
2. Lightly beat eggs in a separate bowl. Pour into bread crumb mixture.
3. Add Worcestershire sauce and seasoned salt to mixture. Stir.
4. Split pork chops in half but not quite cutting all the way through .
5. Place 1/4 of the mixture into each pork chop. Don't worry if it doesn't all fit in. Just place any extra in the pan next to the pork chop. The juice will still get into the stuffing. Use a toothpick to hold the pork chops closed if needed.
6. Lightly grease a baking pan. Lay the pork chops in the pan and bake at 350 degrees for 30 minutes.

You can pour pan juices over the pork chops when serving if desired.

SWEETBREADS

Sweetbreads are the glands (usually from the stomach) of the cow. They are available in the meats sections of many southern supermarkets.

Ingredients:

1 pound sweetbreads
1/2 cup all-purpose flour
1/2 cup cooking oil
1/4 teaspoon salt
1/4 teaspoon black pepper
1 pinch onion powder
1 pinch garlic powder

Preparation:

1. Tear/cut the sweetbread into strips. Throw away the fibers that hold them together.
 2. Rinse thoroughly under cold water.
 3. Sprinkle seasonings over sweetbreads.
 4. Roll in flour
 5. Fry in hot oil (in frying pan) over medium heat. Brown on both sides.
 6. Drain on a paper towel.
- Enjoy

TURKEY AND GRAVY WORTH FIGHTING OVER

Ingredients:

- 1 Turkey (defrosted and cleaned)
- 1 tablespoon dry mustard
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon poultry seasoning
- 2 tablespoons cooking oil
- 2 medium onion (chopped) (divided)
- 4 stalks celery (divided)
- 3 sprigs fresh parsley
- 2 cups chicken broth
- 4 strips bacon
- 2 bay leaves
- 2 tablespoons flour
- turkey giblets

Preparation:

1. Combine mustard, salt, pepper and poultry seasoning in small dish. Rub this all over inside and outside of turkey. Allow to sit for several hours as seasonings soak in.
2. Place 1/2 of chopped onion, 1/2 of celery and parsley inside of turkey.
3. Pin bacon strips across turkey with toothpicks.
4. Place turkey in large roasting pan, and add chicken broth.
5. Bake uncovered approximately 15 minutes per pound of turkey. Baste periodically. If breast or legs appear to be browning too fast, cover with pieces of foil to allow more even browning.
6. Cook the giblets separately in a small pot with rest of the onion, celery and bay leaves. When giblets are completely done, allow to cool. Remove giblets from stock but reserve stock. Dice giblets.
8. In a saucepan heat oil over medium high heat. Stir in flour and lightly brown flour. Add cooked onion and celery from giblet broth to flour mixture.
9. Add 3 cups of giblet stock to flour mixture and stir to mix thoroughly. Stir in giblet bits.
10. Simmer over medium heat for 25 minutes stirring frequently.

Serve gravy over turkey slices or over mashed potatoes

ROASTED TURKEY WITH CORNBREAD STUFFING

I like cooking my stuffing inside the turkey since this keeps it moist and adds a little extra turkey flavor to it. I'll give you my cornbread stuffing recipe but if you want something quicker you can just buy a few packs of ready-made stuffing mix and follow the directions on the package. Regardless of how you prepare your turkey, be sure you take care to make sure it is completely done, since we don't want anybody getting sick. I defrost my turkey in the refrigerator. In a pinch you can defrost it in a sink full of water, but this won't be necessary if you give yourself plenty of time.

As I said, my favorite stuffing is a cornbread stuffing. I make the cornbread first and then use that in the stuffing. If you make enough cornbread you can have some with other meals too. For the cornbread you will need:

- 1 cup all purpose flour
- 1 cup yellow cornmeal
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 tablespoon sugar
- 3/4 cups shortening or bacon drippings
- 3 eggs (room temperature)
- 3/4 cup milk

While mixing the cornbread, preheat the oven to 425. Combine the flour, cornmeal, baking powder, salt and sugar in a mixing bowl. In a separate bowl break the eggs and beat them lightly. Stir in the shortening or bacon drippings (I prefer the taste of bacon drippings), then the eggs and finally the milk. Bake in a greased pan. I use a 9X11 pan but have seen people use frying pans too. They work great in the oven and add a little extra flavor.

Pour your batter in the pan and bake for about 17 minutes. It's done when a toothpick inserted in the middle comes out fairly dry. Different people like different degrees of dryness of bread so you may want to experiment a little here. It's hard to mess up cornbread.

Now that we have our cornbread allow it to cool and we will be ready to start making the stuffing.

The ingredients you will need are:

- 1 Defrosted turkey (whatever size you want)

1 Pack turkey gibblets (The neck, gizzard, liver and sometimes the heart come packed inside some turkeys)
1 Pack chicken gizzards
1 Small can water chestnuts
1 Teaspoon salt
1 Teaspoon pepper
1 Small onion (chopped)
2 Stalks celery (chopped)
1 Pan cornbread
1 Short loaf white bread
1/2 Pound mild pork sausage
2 Eggs
2 tablespoon sage
1 tablespoon poultry seasoning
1 tablespoon Lawry's Seasoned Salt
3 tablespoons margarine
1 cup milk
2 cups turkey broth

Take the gibblets and chicken gizzards (minus the livers) boil them in a large saucepan. You will add your celery and onion to this mixture during the last 5 minutes. You are going to put these gibblets in your gravy, and in your stuffing. You are also going to use 2 cups of the broth in your stuffing, and 1 cup of the broth in your gravy... so you need to cook this first. Cover the gibblets with plenty water, add a little salt and pepper and boil everything except the livers (if they are included in the package) over medium high heat until done. The gizzards take a while =(they are done when a fork inserts easily). Add the livers when everything else is done and boil for another 3-5 minutes. It's ok if the liver comes apart since you are going to chop it up anyway. When the gibblets are done scoop them out and place them in a bowl to cool. Add your celery and onion to the broth. Simmer for 5 minutes then allow them to cool. Ideally you would have a little over 3 1/2 cups of broth left in the pot.

You are also going to use the mild pork sausage in the stuffing. Fry it in a frying pan until it is brown. Allow it to cool then crumble it up (set it aside).

In a bowl large enough to hold everything, crumble your cornbread. Tear your white bread into small pieces and add this to the mixture. Stir in your pork sausage pieces.

Take your water chestnuts and chop them into small pieces. Stir them into the mixture.

Take your turkey gibblets along with your chicken livers and chop them into small pieces. If the turkey neck was included, you have to remove it from the bone of course. Use 3/4 of your gibblets in the stuffing and save 1/4 for your gravy.

Add 3/4 of your gibblets mixture, your cooked onion and celery to the mixture. Stir by

hand mixing thoroughly. Add all of the other ingredients. It doesn't matter what order you add them as long as you mix them all in thoroughly. Add the broth slowly though so that it moistens the mixture evenly.

Wash your turkey thoroughly and if you see any pin feathers that the processors missed remove these. Pat the inside and outside of the turkey dry. I use paper towels for this. Sprinkle the inside of the turkey with a little poultry seasoning, salt and pepper. Rub a light layer of cooking oil on the outside of the turkey and then rub some poultry seasoning, salt and pepper into onto the outside of the turkey.

Stuff as much of your mixture as will fit inside of your turkey. Don't pack it too tight though. Stuff the neck cavity full too and then pull the skin back over it.

Place your turkey in a large roasting pan as per the instruction on the wrapper. Some people use a small wire rack under their turkey so that the excess grease drains away. Others allow the turkey and stuffing to absorb this extra grease. That's your call - I don't use the rack.

If you have more stuffing than will fit into your turkey you have two options. You can just place the extra in the pan with the turkey, or you can cook it separate in another dish. I put it in a Pyrex baking dish and cook it separately while roasting the turkey. I have also just added the extra stuffing into the pan and either end of the turkey during the two hours or so of cooking. This worked great too.

Cook the turkey for about 15 minutes per pound at 350 degrees. That should be what the wrapper instructions suggest. As the turkey cooks keep an eye on it. If any part is browning too quick or appears to be cooking much faster than the rest of the bird, you can cover that part with a piece of foil to allow the rest of the bird to catch up with it. I usually find that the wings cook faster than the rest of the bird for example.

Ohh... we forgot the gravy. Gravy is a mixture of oil, meat, flour, spices, and liquid.

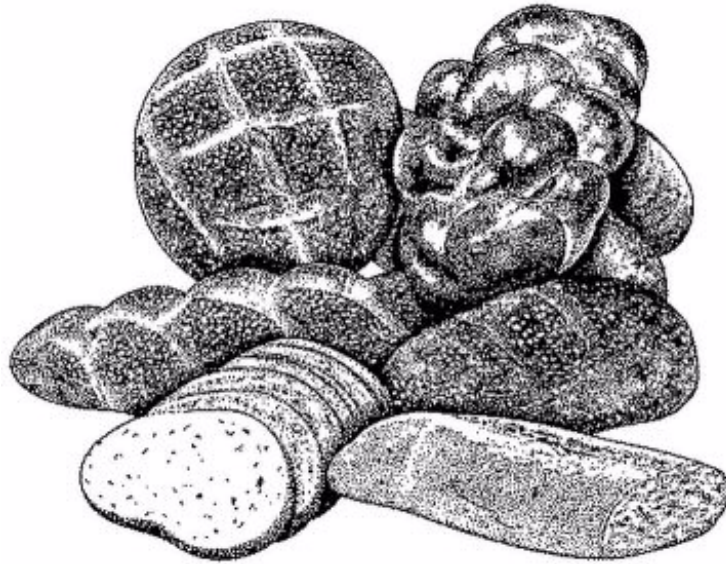
This gravy uses:

- 1 stick butter
- remaining 1/4 of gibblets
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons flour
- 1 1/2 cups chicken broth

I begin any gravy with oil. For my turkey gravy I use 1 stick of butter or margarine. 1/2 cup of cooking oil would work just as well. Melt your butter over medium heat. Add your remaining gibblets, and chicken gizzards, 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Stir this mixture and slightly brown the gibblets. Next add two heaping table spoons of flour. Stir this mixture into the browned gibblets and turn up the heat slightly. Next add the 1 1/2 cups of your turkey broth. Stir well as the mixture boils and bubbles. You want to

stir until you have no lumps. The gravy is basically ready. Now the only question is how thick do you like your gravy. For thinner gravy don't cook it down much, or even add a little more broth. For thicker gravy cook it down more. For really thick gravy you can stir in a teaspoon of corn starch. Now we're ready to eat!

MISCELLANEOUS



Includes breads, sauces, and anything that didn't conveniently fit into another category.

CROCK POT BEEF STOCK

Ingredients:

3 beef soup bones
2 onions (chopped up)
2 stalks celery (chopped up)
2 teaspoons salt
1/2 teaspoon ground black pepper
2 tablespoons dried parsley flakes

Preparations:

1. Place all ingredients in a crock-pot. Add enough water. Cover and cook on low for 16 - 24 hours.

2. Strain and refrigerate. Use in recipes calling for beef stock.

BUTTER ROLLS

Ingredients:

2 cups flour (self rising)
2/3 cups buttermilk
1/3 cups Crisco shortening
7 tablespoons butter
6 tablespoons sugar
1 quart whole milk
1 cup sugar
1 teaspoon vanilla extract
2 tablespoons butter

Preparation:

1. Combine flour, buttermilk and Crisco in mixing bowl. Knead by hand.
 2. Roll dough out on lightly floured surface (into a rectangle).
 3. Spread the 8 tablespoons softened but not melted butter over the flattened dough. Sprinkle the 6 tablespoons sugar across the dough.
 4. Roll dough into a long roll (like a jelly roll).
 5. Cut into 1-inch slices.
 6. Place into an aluminum baking pan.
 7. Combine the remaining ingredients in a saucepan and heat until just below boiling. Pour this mixture over your rolls.
 8. Bake at 400 degrees for 25 - 30 minutes. Rolls should be lightly browned.
- Serve hot. Spoon extra sauce over rolls when serving.

*** Note check out my bread machine cinnamon roll recipe. It tastes similar but is prepared using a bread machine.

CHICKEN STOCK

If you cook a lot of dishes calling for chicken stock, it might be worthwhile to make your own. You can prepare a few quarts from simple ingredients and keep it stored in the refrigerator

Ingredients:

5 pounds of chicken bones (or leftover chicken)
1 large onion (quartered)
1 large carrot (chopped up)
1 stalk celery (cut into 4 pieces)
1 clove garlic (crushed)
2 leeks (cut into thirds)
3 bay leaves

4 sprigs of parsley
1/2 teaspoon dried thyme
8 fresh peppercorns

Place everything into a large pot. Cover with 6- 8 quarts of cold water and bring to a boil.

Boil on high for 5 minutes, skimming impurities that rise to the top off with your ladle
Reduce heat and simmer for about 4 hours.

Taste and adjust seasoning as desired.

Strain stock and discard everything except juice

To de-fat allow to cool and skim congealed fat from top.

Store in pot or in smaller containers in the refrigerator.

Can also be frozen in Ziploc bags.

DEVILED EGGS

Ingredients:

8 hard boiled eggs
1 cup mayonnaise (I use Hellmann's)
1 tablespoon sweet relish
1 tablespoon prepared mustard
1 teaspoon salt
1/2 teaspoon black pepper
1 scallion (very finely chopped)
1 tablespoon paprika

Preparation:

1. Mix the mayo, relish, mustard, salt, pepper, and scallion in a mixing bowl.
2. Shell and cut eggs in half.
3. Spoon out the cooked yoke and add to mixture in bowl.
4. Mix everything thoroughly. It should be the consistency of a paste.
5. Put some of the mixture in each egg half.
6. Sprinkle paprika across the top as a garnish and chill until firm.

These are great for taking to office parties, picnics, etc.

GRANDMA'S (HANDMADE) HOMEMADE BUTTERMILK BISCUITS

I used to really enjoy hot fresh homemade buttermilk biscuits. Split one open and spread some fresh butter (actually, we always used margarine), or slip in a fresh sausage patty. There's nothing better!

After I learned to make them I also enjoyed just getting my hand dirty as I kneaded the dough. Kids have fun in the strangest way. Anyway, here is how my grandma used to make them. I don't think the store-bought, canned biscuits will ever even begin to compare.

Ingredients:

3 cups all purpose flour
3 teaspoons baking powder
3/4 cups buttermilk
1 teaspoon salt
3/4 teaspoon baking soda
3/4 cup Crisco shortening

Sift the flour to make sure there are no lumps. Add in the baking powder, salt, and baking soda. Add the Crisco slowly, working it into the dry ingredients. You can use a large spatula or spoon, but I preferred using my hands.

Next add the buttermilk, working it into the mixture too. After everything is thoroughly mixed, plop it down on a floured counter top or cutting board.

Turn you oven to 450 to allow it to preheat. While it's heating up knead your dough until it is about the consistency of clay that kids play with in grade school. You can make it a little dryer if need be by sprinkling more flour on your counter or cutting board. As you knead your dough it will pick up more of the flour.

After you have it the right consistency you can shape your biscuits by hand or using a cookie cutter. I preferred pinching off a chunk, rolling it into a ball, and then patting it a little flat. It takes a little practice to get you biscuits all about the same size. If you want them more perfect,

you can roll out your dough using a rolling pin and then cut them with a round cookie cutter. That would look neater when you have company over.

Anyway, place you biscuits on a cookie sheet that is either lightly greased or lightly sprinkled with flour. If you use the flour option, be sure not to put too much.

Bake these biscuits for roughly 18 minutes on the middle rack in your oven (depends upon how hot your oven is and how far this rack is from the top). If the rack is too low you can move the biscuits to the top rack the last minute of so to get them browned just the way you want. Leave them on the middle rack and they should turn out lightly browned.

Pop them out of the over and eat them while still piping hot. That's the only way to get the butter to melt just right.

Enjoy!

GRITS

Grits are a staple of the southern breakfast. Keep those hash browns away from me :-)

First of all, grits are nothing more than coarsely ground dried corn. If you grind it finely, it is corn meal. Grind it coarsely and it's grits.

Anyway, there's not too much to cooking grits. You just pour it in a pot of boiling water according to the instructions on the bag or container. You cook it over medium to low heat stirring as it cooks. If you don't stir it occasionally it lumps up and may even stick.

There are a lot of things you can do to enhance the flavor.

- My grandmother used to stir in raw eggs

as her grits cooked. It gave it a unique flavor.

- We also used to add fatback to our grits. Fatback is salted pork with the skin attached. It is mostly fat so when you fry it you get a lot of salty grease and a crispy piece of skin. We used to sprinkle cooked fatback over our grits to add a little flavor. We also used to pour a little of the grease onto the grits to add a little flavor and allows you to have less pots and pans to wash.

- Others just add a pat of butter and sprinkle a little salt and pepper on their grits.

There is no wrong way to fix grits. It's just a filler to go along with your bacon and eggs. Grits sort of takes on the flavor of whatever you eat it with. If you eat it by itself, it just tastes a little "gritty."

TUNA GRITS

Follow instructions on package for cooking grits. While grits are cooking open a can of tuna (packed in oil) and lightly brown in a frying pan. Sprinkle salt and pepper to taste over tuna while it is browning.

As grits are almost done, stir browned tuna into grits.

Serve hot!

FRIED GRITS AND EGG

Ingredients:

Cold Grits
Butter or Margarine
Egg
Salt
Pepper

You'll invariable have left over grits. Save the left over grits to fry for a delectable treat.

Allow the left over grits to cool and then place in the refrigerator. When ready to eat fried grits, take pot out of refrigerator and turn cold grits out onto cutting board.

Place eggs in a small bowl along with salt and pepper. Lightly beat eggs.

Place several pats of butter/margarine in frying pan and melt over medium heat.

Slice grits into 1/4 thick slices.

Dredge grits through egg mixture and place into frying pan.

Allow egg to brown, turn and brown other side.

Remove fried grits to serving platter, add more margarine and fry remained of egg.

Enjoy breakfast.

GRITS WITH EGG

Ingredients:

Raw grits

2-3 eggs

Shredded cheese (optional)

Salt and black pepper to taste

Preparation:

1. Break eggs into bowl, add salt and pepper, and lightly beat.
2. Cook grits according to package instructions or my instructions for basic grits.
3. While grits are cooking stir in the eggs. They will blend right in with the grits and give it a very nice flavor.
4. If you like cheese, stir cheese in after stirring in eggs.

GRITS WITH FISH

Raw grits
Dash of salt
Dash of black pepper
Any type of leftover fried fish (bones removed).

Preparation:

1. Cook grits according to package instructions or my instructions for basic grits.
 2. Warm boneless fish separately. Microwave is ok.
 3. Place serving of cooked grits on plate.
 4. Add serving of warmed fish in the middle of grits.
- Enjoy. The fish and grits flavors blend nicely.

HOG'S HEAD CHEESE (WITHOUT THE HOG'S HEAD)

Ingredients:

1 fresh pork picnic ham with skin
6 fresh pigs feet
1 bunch green onions, chopped
1 c. chopped parsley
1 Tbsp. paprika
4 cloves garlic, minced
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 pinch sage

Preparation:

1. Place all ingredients in a large pot and cover with water.
2. Simmer until meat is tender.
3. Remove meat from broth, cool, and debone.
4. Discard fat and bones. When I was growing up we fed these to the dog. Now my dog gets store bought dog food (except when my wife's not looking and I sneak her some of these scraps).
5. Chops meat into small pieces.
6. Return meat to broth and simmer until thick.
7. Taste and add more seasoning if desired.
8. Pour into long loaf pans and refrigerate until firm.

HOE CAKES

My understanding is that hoe cakes were originally a bread that the slaves took to the fields and cooked on their hoes at meal time. They literally placed the dough on their hoe and held it over a fire. This version of hoe cake is closer to a pan fried cornbread but is the one I'm accustomed to.

Ingredients:

1 1/2 cups self-rising cornmeal
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 cup cooking oil
1 1/4 cups buttermilk
1 large egg
1 tablespoon shortening

Preparation:

1. Mix cornmeal, baking soda and salt in mixing bowl.
2. Add buttermilk, egg and shortening. Mix, but don't over-mix.
3. Heat cooking oil in cast iron skillet over medium high heat.
4. Pour about 1/3 cup of batter into skillet and fry 2 minutes.
Turn and fry 2 minutes on other side.
5. Drain on paper towel. Serve hot. Excellent with meals you'd serve cornbread with.

HOMEMADE SPAGHETTI SAUCE

Having grown up as poor as I did, I still believe in making as many things at home as you can. Since tomatoes are so easy to grow, spaghetti sauce is one of those items you can easily make at home. An added benefit of making your own tomato sauce is that you can leave out the dangerous preservatives and even control the amount of salt in it. This recipe can be stored in jars or frozen.

Ingredients:

14 large tomatoes (peeled, cored and chopped)
3 large onions (peeled and chopped)
3 cloves garlic (minced)
3 cans tomato paste (12 oz)
1/3 cup extra virgin olive oil
4 tablespoons brown sugar
4 teaspoons salt
1 tablespoon dried basil
1 tablespoon dried oregano
1 teaspoon ground black pepper

Preparation:

1. Heat garlic oil over medium heat in large saucepan.
2. Add garlic and onion and sauté until slightly opaque.
3. Add remaining ingredients. Stir thoroughly.
4. Cook over medium heat high heat for 5 minutes.
5. Reduce heat to low and simmer for (covered) for 2 hours. Stir occasionally and watch to make sure pot does not boil over.
6. Pour sauce in sterilized jars, leaving 1/2 space at the top. Process in a boiling bath for 10 minute, tighten top and store in a cool dry place. Alternatively, you can allow the sauce to cool and store in Ziploc bags in the freezer.

When using this sauce add fresh sliced mushrooms, cooked meatballs, cooked and drained sausage, cooked and drained hamburger etc. Add your favorite ingredients and then simmer sauce for a few minutes. Serve over spaghetti, other pastas, or even as your sauce for homemade pizza.

Give this sauce as a healthy and always welcomed gift.

To make low salt simply leave out the salt. The tomato paste will have enough salt to make the sauce still salty enough.

EASY VEGETABLE STOCK

Ingredients:

- 3 large carrots, chopped
- 1 large turnip, chopped
- 2 stalks celery, chopped
- 3 quart water
- 2 teaspoons salt
- 6 large sprig parsley
- 2 yellow onions, chopped
- 1 bay leaf
- 2 tablespoons butter
- 1 teaspoon thyme
- 1 clove garlic, minced

Preparation:

1. Melt butter in medium sized saucepan over medium heat.

2. Add carrots, turnips, celery, onion, and garlic to butter and sauté until golden brown.
2. Add water, salt, parsley, bay leaf, and thyme to soup. Cover and simmer for 1 1/2 hour.
3. Strain and discard vegetables. Use stock in recipes where vegetable stock or plain stock is called for. Can be safely stored in the refrigerator for over a week if properly handled.

HOMEMADE TOMATO CATSUP

Ingredients:

- 14 large ripe tomatoes
- 2 large onions
- 4 cloves garlic (minced)
- 2 cups apple cider vinegar
- 1 cup sugar
- 1 cup water
- 2 teaspoons salt
- 1/2 teaspoon cayenne pepper
- 1 tablespoon cinnamon
- 1 tablespoon whole cloves
- 1 tablespoon paprika
- 1 small spice bag

Preparation:

1. Place onions in a small saucepan and cook until tender. Remove from heat and set aside.
2. Wash and chop tomatoes. Place in large pot or sauce pan along with 1 cup of water and boil covered until soft.
3. Pour onions into soft tomato mixture and simmer for 2 more minutes.
4. Run onion tomato mixture a sieve squeezing out as much juice as possible.
5. Discard seeds and peels left in sieve.
6. Boil liquid along with cayenne pepper in saucepan until half of water has evaporated.
7. Place your cloves, cinnamon, and garlic in a spice bag. Drop spice bag in an enamel pan containing the vinegar. Simmer for 30 minute, and remove from heat. Cover to prevent evaporation.
8. Add the vinegar and spice mixture to the tomato juice mixture. Discard the spice bag.
9. Add the remaining ingredients and turn heat to medium high. Boil until mixture is fairly thick (10 - 15 minutes). Stir occasionally.
10. Pour hot mixture into sterilized jars. Pour to 1/2 inch of the top.

Tighten tops on jars and process in boiling water bath for 5 minutes.
11. Allow to cool, tighten lids further and store in a cool, dry place.

Note: if you don't use a lot of catsup, you should probably use 1/2 pint jars. If you use a lot, use 1 pint jars. Store in the refrigerator once opened. This mixture can also be pored into a squeeze catsup bottle when you start to use it.

Use half as much salt for lower salt version.

HOTWATER CORNBREAD

Ingredients:

3 cups white cornmeal
1/3 cup milk
1/3 teaspoon baking powder
1 1/2 teaspoon salt
1 teaspoon sugar
1 1/2 tablespoons vegetable oil
1 pinch black pepper
2 cups boiling water
1/2 cup cooking oil

Preparation:

1. Boil water in small pot.
 2. Mix meal, salt, sugar and baking powder in a mixing bowl.
 3. Add milk and mix thoroughly.
 4. Add oil, sprinkle pepper, and mix thoroughly.
 5. Slowly stir in boiling water, a little at a time. You want it the consistency of a thick pancake batter.
 6. Heat 1/4 cup cooking oil in cast iron skillet (medium high heat).
 7. Pour 1/4 cup batter into hot grease for each piece of bread.
 8. Fry 2 - 3 minutes on each side (or until golden brown).
 9. Drain on paper towels. Serve hot... topped with butter.
- Great with fried catfish, collard greens, and macaroni and cheese.

PIPING HOT HUSH PUPPIES

We ate a lot of cornmeal based foods when I was growing up because corn meal was cheap. In fact, we could even take grain to the local mill and have it ground into flour, meal, livestock feed, etc. Cornbread or biscuits were almost always served at any meal I attended at many houses in the neighborhood. They were usually pretty good too, although I preferred the lighter tasting hush puppies. Eaten fresh out of the fryer, they practically melted in your mouth. Here is my recipe:

Ingredients:

2 cups yellow corn meal
1 cup plain flour (flour is what gave it the lighter taste and you can experiment with the amount you use if you want)
2 eggs
1 cup buttermilk (you can also use plain milk in a pinch, but nothing compares to buttermilk)
3/4 teaspoon seasoned salt. I use Lawry's but just about any brand will work as you are just looking for something to spice things up a little
1/2 teaspoon ground pepper blend (again, the idea is to spice things up a little).
1 teaspoon baking powder
2/3 teaspoon baking soda
1/8 cup bacon grease. This is another big key to the flavor. In a pinch you can use other types of cooking oil, but bacon is my favorite.

You also need some type of cooking oil to deep-fry these in. I usually use Crisco oil although peanut oil and some of the lower fat oils work well too.

Mix all of the dry ingredients in a bowl. Add your eggs, oil, and buttermilk. Stir it all up until the flavors are thoroughly blended.

Turn your cooker on medium-high heat. When it's hot you can drop your hush puppies in using a tablespoon. Allow them to brown on all sides. They should begin floating when done, but if they don't, don't overcook them.

Serve as a side dish with just about any meal. I loved eating them with fried catfish or fresh chopped or pulled pork barbecue. Most of the local restaurants added them as a standard feature when you bought plate meals.

After getting to Alaska, I visited a restaurant that also added yellow corn to their hush puppies and a touch of sugar. If you want to give this a try, precook the corn, but don't overcook it. Use 3/4 cups in the recipe above. On top of that add 2 table spoons of white sugar. The recipe at the restaurant in Alaska was so popular that customers often ordered side orders to take home. I always thought that it tasted pretty good.

You can also store this mixture in the refrigerator for a day or so if you are only cooking for a smaller group. Before cooking let it reach near room temperature.

PICKLED EGGS

Ingredients:

12 hard boiled eggs
1 cups apple cider vinegar
½ cup white vinegar
1 cup water
1 white onion (sliced)
1 teaspoon salt
1 teaspoon pickling spice
1 clove garlic (minced)

Preparation:

1. Place all ingredients except eggs in pot. Bring to a boil and then turn down heat to and 8 – 10 minutes.
2. Place eggs in sterilized jars or container being careful not to crowd them.
3. Pour hot brine over eggs.
4. Seal jars or container.
5. Allow to cure in the refrigerator 4 – 6 weeks. It takes this long for the flavor to really soak in. Include the cooked onion while curing the eggs.

Enjoy. Beware... these do give some people a lot of gas.

PICKLED OKRA

Okra is a very easy to grow and prolific vegetable. The plant requires minimal care and at times can put out so many okra pods that it's difficult to keep up with them. They freeze well and keep for a long time frozen. Here's a quick and easy way to pickle them.

Ingredients:

5 - 6 pounds fresh okra
1 cup water
1/2 cup pickling salt
8 cups apple cider vinegar
1 teaspoon crushed pepper flakes
6 cloves garlic (minced)

Preparation:

1. Wash okra and remove any that are badly damaged.
 2. Mix vinegar, salt, water and pepper flakes in a large pot.
 3. Bring to a rolling boil.
 4. Add okra to boiling mixture and cook for 2 minutes.
 5. Put okra in pint sized sterilized jars while still hot. Add enough of the liquid to cover them.
 6. Seal jars while hot.
 7. Allow okra to cure in brine at least 8 weeks before serving.
- Use as a condiment on the dinner table. They also make a welcomed gift.

PICKLED PIGS FEET

Pickled pigs feet were (are) not only a favorite of people sitting around drinking beer, they were often served to guest in your house. They were available on the bar/counter at many of the nightclubs I hung out in as a teenager. You ordered one the same as ordering a hamburger. The attendant reached into the jar with a fork or something and fished one out for you. He often handed to you in a small paper bag to help reduce the amount of the vinegary brine you got on your hand. You'd eat them right there at the bar or while watching the action on the dance floor. Great memories! You could also buy small jars in local grocery stores about every where I went.

Ingredients:

4 pounds pigs feet (split)
2 cups apple cider vinegar
1/2 cup sweet pickle juice

2 teaspoons ground cloves
3/4 cups brown sugar
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon crushed red pepper flakes

Preparation:

1. Wash pig feet thoroughly.
2. Add pig feet to a large pot of boiling water and cook until fork tender.
3. In a medium saucepan combine all remaining ingredients.
4. Stir and bring to a boil over medium high heat.
5. Drain pigs feet, pour vinegar mixture over them in large pot and return to heat.
6. Cook over low heat for 20 minutes to gently get the flavor into them.
7. Allow to cool. Store in container or jar with the juice until ready to eat.

Since the pigs feet are cooked and in a brine they will keep unrefrigerated, but I always store mine in the fridge until shortly before were ready to eat. Then I take them out and allow them to reach room temperature before serving. They make a surprisingly delicious appetizer for serving at parties.

QUICK AND EASY GRAVY

4 tablespoons all purpose flour
1 tablespoon vegetable oil
2 cups chicken broth
1/4 teaspoon salt
1/8 teaspoon black pepper
1/8 teaspoon monosodium glutamate

Preparation:

1. Warm oil in saucepan over medium heat.
 2. Stir in flour and heat until flour is lightly browned.
 3. Stir in the remaining ingredients beginning with the broth.
 4. Simmer for 15 minutes, stirring frequently.
- This gravy is excellent over potatoes, stuffing, and many dishes. It can be stored in a container in the refrigerator or even frozen for later use.

SAUSAGE GRAVY

Ingredients:

- 1 pound fresh pork sausage (look in fresh meats department)
- 3 tablespoons all purpose flour
- 1 1/2 cups whole milk
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon pepper

Preparation:

1. Defrost and fry sausage until brown. Break into small pieces by stirring with a fork as it cooks. When sausage is done, crumble further.
 2. Pour off all fat except about 2 tablespoons.
 3. Stir flour into sausage as it continues to cook over low heat. Mix flour thoroughly with sausage.
 3. Sprinkle seasonings over sausage mix and stir.
 4. Slowly pour milk over hot, cooking sausage mixture. Stir to avoid the formation of lumps. Cook slowly until gravy is desired consistency. Add water if you desire more watery gravy.
- Serve over hot biscuits, or with grits.

SEASONED SALT

Commercial seasoned salts are very convenient. However, making your own allow you to control the taste better and put only things that you want in it. Here is a seasoned salt you can make and store in an empty seasoning jar or two. Feel free to modify it, but to see what difference little changes make you should only change one thing at a time.

Ingredients:

- 2 tablespoons salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon monosodium glutamate
- 2 teaspoons sugar
- 1/2 teaspoon paprika
- 1/4 teaspoon turmeric
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cornstarch

Mix thoroughly.

SPICY SOUSE MEAT

Ingredients:

3 pounds pigs' feet (split)
1 large onion (chopped)
1 12oz beer
1/2 cup water
1 1/2 cups white vinegar
4 cloves garlic (minced)
1 cup hot sauce (not mild)
1 1/2 tablespoons salt
1 teaspoon black pepper
1 tablespoon onion powder
1/2 teaspoon crushed pepper flakes
2 bay leaves

Preparation:

1. Wash and clean pig feet.
2. Put pig feet in large pot with water, beer, 1 cup of vinegar, 1/2 cup hot sauce, garlic, salt, pepper, bay leaves, and onion powder.
3. Boil covered for 3 - 4 hours (until pigs feet are tender)
4. Remove from heat and allow to cool.
5. Debone pigs feet and chop into small pieces.
6. Mix pigs feet, crush red pepper flakes, 1/2 cup hot sauce, 1/2 cup vinegar, 1/2 cup cooking liquid (from pot where you cooked pigs feet) in a bowl.
7. Taste and adjust seasoning.
8. Put mixture in sauce pan, cover with plastic wrap and allow to "set" in the refrigerator.
9. Slice and serve cold.

AN EASY BARBECUE SAUCE

Everybody seems to have their own favorite barbecue sauce for using on the various meats they grill or barbecue. Here is a sauce I prepare ahead and store in a jar in the refrigerator to use in certain dishes.:

Ingredients:

1 cup apple cider vinegar
1 cup tomato paste
3 cups water
½ cup brown sugar
½ cup Grandma's molasses
1 teaspoon salt
1 teaspoon black pepper
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon paprika
2 teaspoons liquid smoke
1 cup karo corn syrup
½ teaspoon crushed red pepper flakes
¼ teaspoon prepared mustard

Preparation

Toss everything into a medium size pot. Bring to a boil and then turn heat down to a slow simmer. Simmer for 1 hour and 15 minutes. Store unused sauce in jar in the refrigerator.

Great mixed with ground meats as well as on your favorite piece of meat or on your favorite sandwich.

YEAST ROLLS

Nothing smells better than the aroma of freshly baked yeast rolls. The yeast smell seems to permeate every corner of the house with a mouth watering, magic potion. Making yeast rolls is sort of a lost art. You have to do it just right for perfect rolls. The yeast has to be at just the right temperature to grow properly (making the bread rise). Sugar feed the yeast, and salt inhibits its growth (as I understand it). Here is how to make some great yeast rolls that you children will not be able to resist.

Ingredients:

3 cups all purpose flour
¾ cups whole milk

3 tablespoon Crisco shortening
3 tablespoons sugar
1/2 teaspoons salt
1 packet dry yeast
1 large egg
1/2 stick butter
1/4 cup lukewarm water

1. Dissolve yeast in water (which should be slightly warm if you stick your finger in it).
2. Warm milk slightly in a saucepan. Pour milk into mixing bowl.
3. Add sugar, shortening, and salt to warm milk. Mix until well blended.
4. Mix in flour, adding a little at a time.
5. Knead flour with your hands until thoroughly mixed, and then form into a ball.
6. Grease another bowl lightly and transfer dough ball to this bowl.
7. Place a clean cloth across the top of this bowl and let bread rise at room temperature for 1 1/2 hours.
8. Punch bread down and then allow to rise again at room temperature for about 10 minutes.
9. Divide dough into about 12 pieces, forming balls of dough. Place these dough balls on a greased baking pan or into greased muffin tins.
10. Let bread rise in pan for 50 minutes (at room temperature)
11. Melt 1/2 stick butter in saucepan. Do not brown/burn.
12. Brush tops of unbaked rolls with butter and put in oven preheated to 400 degrees.
13. Bake for 12 - 15 minutes (until golden brown).
14. Remove from oven and brush tops again with butter.

Serve hot. These are great plain, filled with jam or jelly, or even filled with sausage and cheese.

Give a fresh baked pan of these to a neighbor who has just moved in and you're well on your way to having a great set of neighbors.

CRACKLIN CORNBREAD

Ingredients:

2 cups yellow cornmeal
1/2 cup all purpose flour
1/2 teaspoon baking powder
1 teaspoon baking soda
2 tablespoons sugar
1 teaspoon salt
1 egg (beaten)
2 cups buttermilk
2 cups cracklins
2 tablespoons bacon grease

Preparation

1. Sift together all dry ingredients.
 2. Stir in buttermilk
 3. Stir in eggs
 4. Grease a cast iron skillet with bacon grease. Cooking oil will do in a pinch, but the bacon grease adds to the flavor more.
 5. Bake in oven preheated to 400 degrees for 30 minutes.
- Tastes great hot or cold.

SPICY INJECTABLE MARINADE

Ingredients:

- 1 cup water
- 2 sticks butter
- 1 tablespoon cayenne pepper
- 1 tablespoon salt
- 1 teaspoon black pepper
- 2 tablespoons lemon juice
- 3 tablespoons soy sauce
- 1 teaspoon tobacco sauce
- 1 teaspoon Accent
- 1 teaspoon onion powder
- 2 teaspoons garlic powder

Preparation:

Place everything in a blender and blend thoroughly.

Use this to inject into pork, chicken and turkey that you will deep fry, roast, or grill to make it extra juice and tasty throughout.

SODA BISCUITS

Ingredients:

2 cups all purpose flour
3/4 teaspoon baking soda
1 teaspoon cream of tartar
1/2 tablespoon shortening
1/2 teaspoon salt
1 cup milk

Preparation:

1. Sift flour in bowl if not pre-sifted.
2. Add other ingredients.
3. Mix thoroughly then form into a dough ball.
4. Place on lightly floured surface and roll to about 1/2 inch thick.
5. Cut with biscuit/cooking cutter.
6. Place in floured biscuit pan.
7. Bake in oven preheated to 400 degrees for 12 - 15 minutes or until golden brown.

CUSH

Cush is one of those dishes I think of when you have very little to eat. It's basically a way to fry up some corn meal and fill an aching stomach. There are many variations, including some where the mixture is stirred constantly as it's fried up. I fix more of a pancake flavored by the bacon drippings.

Ingredients:

1 cup yellow corn meal
1/2 cup flour
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup buttermilk
1 egg

2 tablespoons bacon grease

Preparation:

1. Mix the dry ingredients in a bowl.
2. Stir in the buttermilk
3. Stir in the egg
4. Heat the bacon grease in a cast iron skillet.
5. Pour the batter into the bacon grease and allow to brown slightly on one side.
6. Turn and brown on the other side.
7. Remove and eat.

QUICK AND EASY FLAKY PIE CRUST

I sometimes use store bought pie crusts but if you're going to fix a lot of pies, you'll probably want to make your own. You can make up several in advance, separate them with wax paper and then store them in a Ziploc bag.

Ingredients:

- 1 cup self-rising flour
- 1/3 cup shortening (Crisco)
- 2 tablespoons milk
- 1/2 teaspoon salt

Preparation:

1. Cut the shortening into the flour. Work this mix until thoroughly mixed.
2. Blend in milk and then salt.
3. Form dough into a ball, place on a lightly floured surface and roll out.
4. Place into pie tins or freeze.

This makes 1 pie crust so multiply the ingredients if you want more than 1 pie.

BATTER FRIED MUSHROOMS

Ingredients:

- 2 cups all-purpose flour
- 1 tablespoon seasoned salt
- 1/2 teaspoon garlic powder
- 1 teaspoon baking powder

Mix flour, salt, garlic powder, and baking powder in med bowl. Add beer and whisk until smooth. Cover and chill 30 minutes . Whisk again, let stand in refrigerator until

ready to use. Batter can be prepared 1 day ahead if desired.

Heat oil to 375 degrees F. Holding stem, dip each mushroom into batter, covering cap completely. Fry in batches until golden brown. Drain on paper towels

INDEX

Item	Page
<u>Apple Cobbler</u>	54
<u>Apple Pie</u>	53
<u>Apple Sauce Cake</u>	55
<u>Bacon Cheeseburger Soup</u>	14
<u>Bacon Corn Chowder</u>	13
<u>Bacony Chowder</u>	10
<u>Baked Chicken</u>	98
<u>Baked Country Ham</u>	125
<u>Baked Pork Chops With Gravy</u>	99
<u>Baked Potato Soup</u>	11
<u>Baked Stuff Flounder</u>	99
<u>Baked Turkey Wings</u>	101
<u>Banana Pudding</u>	55
<u>Barbecue Sauce</u>	177
<u>Barbecued Young Goat</u>	101
<u>Beef Roast With Onion And Potatoes</u>	103
<u>Beef Tripe</u>	103
<u>Beer Battered Catfish</u>	107
<u>Beer Battered Halibut</u>	100
<u>Better Than Sex Cake</u>	56
<u>Blackened Catfish</u>	107
<u>Black-Eyed Peas</u>	79
<u>Boiled Peanuts</u>	79
<u>Bread Machine Cinnamon Rolls</u>	60
<u>Bread Machine Yeast Rolls</u>	60
<u>Bread Pudding With Bourbon Sauce</u>	57
<u>Breakfast Sausage</u>	110
<u>Broccoli Potato Soup With Corned Beef</u>	37
<u>Burgundy Stew Beef</u>	108
<u>Butter Beans And Corn</u>	77
<u>Butter Rolls</u>	160
<u>Buttermilk Pie</u>	57
<u>Buttermilk Venison Surprise</u>	105
<u>Cabbage And Rice Soup</u>	12
<u>Cabbage Carrot Salad</u>	48
<u>Cabbage Soup</u>	12
<u>Cajun Style Red Beans And Rice</u>	109
<u>Candied Carrots</u>	80
<u>Catfish Stew</u>	14
<u>Cheesy Potatoes</u>	80
<u>Chicken - Sausage Gumbo</u>	15
<u>Chicken And Dumplings</u>	111

<u>Chicken And Rice</u>	111
<u>Chicken Chowder</u>	17
<u>Chicken Corn Chowder</u>	16
<u>Chicken Fried Steak</u>	104
<u>Chicken Pot Pie</u>	112
<u>Chicken Stock</u>	161
<u>Chitlins And Rice</u>	115
<u>Chocolate Better Than Sex Cake</u>	58
<u>Chocolate Layer Cake</u>	59
<u>Coconut Layer Cake</u>	61
<u>Coconut Pie</u>	62
<u>Cole Slaw</u>	84
<u>Collard Soup</u>	17
<u>Corn And Tomato Relish</u>	83
<u>Corn Casserole</u>	81
<u>Corn Pudding</u>	82
<u>Corned beef And Cabbage</u>	115
<u>Country Ham With Red Eye Gravy</u>	116
<u>Cracklin Bread</u>	178
<u>Creamed Yellow Squash</u>	78
<u>Crock Pot Beef Stock</u>	159
<u>Cush</u>	180
<u>Dandelion Blossoms</u>	86
<u>Dandelion Greens</u>	86
<u>Deep Fried Crappie</u>	116
<u>Deep Fried Short Ribs</u>	117
<u>Deep Fried Turkey</u>	117
<u>Delicious Sweet Potato Pie</u>	63
<u>Deviled Eggs</u>	161
<u>Diabetic Apple Cobbler</u>	64
<u>Diabetic Pumpkin Pie</u>	65
<u>Diabetic Sweet Potato Pie</u>	65
<u>Dirty Rice</u>	119
<u>Down Home Chili With Beans</u>	119
<u>Enhanced Baked Beans</u>	88
<u>Fresh Peach Cobbler</u>	66
<u>Fresh Pork Sausage</u>	110
<u>Fried Cabbage Second Variation</u>	89
<u>Fried Cabbage Third Variation</u>	89
<u>Fried Cabbage</u>	88
<u>Fried Catfish</u>	138
<u>Fried Chicken Gizzards</u>	122
<u>Fried Chicken Livers</u>	106
<u>Fried Chicken Wings</u>	120
<u>Fried Chitterlings And Hog Maws</u>	121
<u>Fried Collards</u>	90

<u>Fried Green Tomatoes</u>	91
<u>Fried Grits And Eggs</u>	164
<u>Fried Okra</u>	91
<u>Fried Rabbit</u>	124
<u>Fried Squash</u>	78
<u>Fried Sweet Potatoes</u>	76
<u>Garden Fresh Vegetable Soup</u>	18
<u>Garlic Fried Catfish</u>	124
<u>Gourmet Championship Chili</u>	113
<u>Grilled Barbecued Chicken</u>	106
<u>Grilled Corn On The Cob</u>	85
<u>Grilled Red Snapper</u>	127
<u>Grits With Eggs</u>	165
<u>Grits With Fish</u>	166
<u>Ham And Potato Soup</u>	19
<u>Ham Chowder</u>	20
<u>Headless Hog Head Cheese</u>	166
<u>Healthy Heart Green Beans And Corn</u>	92
<u>Hearty Meat Loaf</u>	128
<u>Hoe Cakes</u>	167
<u>Homemade Buttermilk Biscuits</u>	162
<u>Homemade Potato Salad</u>	51
<u>Homemade Spaghetti Sauce</u>	168
<u>Homemade Tomato Catsup</u>	169
<u>Honey Pot Roast</u>	145
<u>Hoppin John</u>	129
<u>Hot Water Cornbread</u>	170
<u>Hot Wings</u>	121
<u>Hush Puppies</u>	171
<u>Juicy And Spicy Pork Roast</u>	108
<u>Killer Barbecue Beans</u>	77
<u>Large Batch Tomato Soup</u>	46
<u>Left Over Turkey Soup</u>	20
<u>Lima Beans</u>	87
<u>Liver And Onion</u>	131
<u>Liver Dumplings</u>	21
<u>Liver Mush</u>	132
<u>Liver Pudding</u>	132
<u>Low Fat Crab Chowder</u>	22
<u>Low-Fat Apple Pie</u>	67
<u>Low-Fat Baked Pork Chops</u>	133
<u>Low-Fat Chicken Corn Chowder</u>	16
<u>Low-Fat Chili</u>	134
<u>Low-Fat Seafood Pasta Salad</u>	48
<u>Low-Fat Sloppy Joes</u>	135
<u>Macaroni And Cheese</u>	135

<u>Macaroni And Pea Salad</u>	49
<u>Mackerel And Onion</u>	126
<u>Mashed Potatoes</u>	84
<u>Meat Loaf</u>	136
<u>Microwave Spicy Chicken</u>	126
<u>Mississippi Mud Pie II</u>	68
<u>Mississippi Mud Pie</u>	67
<u>Mouthwatering Pork And Beans</u>	127
<u>Mushroom Smothered Chicken</u>	138
<u>Mustard And Turnip Greens</u>	93
<u>Navy Bean Soup</u>	22
<u>Neck Bones And Beans</u>	102
<u>North Carolina Style Fried Perch</u>	123
<u>North Carolina Style Pulled Pork Barbecue</u>	139
<u>Okra And Spinach Delight</u>	93
<u>Old Fashion Brownies</u>	69
<u>Old Fashioned Corn Pone</u>	82
<u>Oven Baked Barbecued Baby Back Beef Ribs</u>	142
<u>Oven Barbecued Pork Baby Back Ribs</u>	142
<u>Oxtail Soup</u>	25
<u>Oxtail Stew</u>	27
<u>Peanut Brittle</u>	70
<u>Peanut Soup</u>	23
<u>Pecan Pie</u>	69
<u>Pickled Eggs</u>	172
<u>Pickled Okra</u>	173
<u>Pickled Pigs Feet</u>	173
<u>Pig Tails And Cabbage</u>	143
<u>Pineapple Upside Down Cake</u>	72
<u>Pinto Bean Soup</u>	28
<u>Pinto Beans And Ham Hocks</u>	143
<u>Plain Grits</u>	163
<u>Pork Chops With Stuffing</u>	144
<u>Pork Stew With Beer</u>	35
<u>Pot Roast Soup</u>	23
<u>Potato Chowder</u>	36
<u>Pound Cake</u>	70
<u>Quick And Easy Flaky Pie Crust</u>	181
<u>Quick And Easy Gravy</u>	174
<u>Quick And Easy Meat Loaf</u>	146
<u>Quick And Easy Pot Roast</u>	145
<u>Quick And Easy Tea Cakes</u>	74
<u>Red Beans And Rice</u>	146
<u>Roasted Chicken</u>	147
<u>Roasted Garlic Soup</u>	37
<u>Roasted Turkey With Cornbread Stuffing</u>	156

<u>Rocky Mountain Oysters</u>	137
<u>Rutabagas And Country Ham</u>	94
<u>Salmon Chowder</u>	38
<u>Salmon Croquettes</u>	148
<u>Sausage And Cabbage</u>	149
<u>Sausage Gravy</u>	175
<u>Scrapple</u>	149
<u>Seasoned Salt</u>	175
<u>Shrimp Soup</u>	39
<u>Sinfully Rich And Delicious Holiday Pie</u>	71
<u>Smoked Sausage Soup</u>	39
<u>Smothered Pork Chops</u>	150
<u>Soda Biscuits</u>	180
<u>Sorrel Soup</u>	40
<u>Sour Cream Cake</u>	73
<u>Southern Cream Of Pecan Soup</u>	18
<u>Southern Fried Chicken</u>	150
<u>Southern Fried Corn</u>	94
<u>Southern Fried Quail</u>	151
<u>Southern Style Red Beans</u>	95
<u>Southwestern Meatball Soup</u>	41
<u>Spaghetti Soup</u>	41
<u>Spicy Chicken Gumbo</u>	42
<u>Spicy Hot Wings</u>	152
<u>Spicy Injectable Marinade</u>	179
<u>Spicy Pot Roast With Veggies</u>	130
<u>Spicy Sausage Soup</u>	43
<u>Spicy Smoked Corn Chicken Soup</u>	43
<u>Spicy Souse Meat</u>	176
<u>Spicy Split Pea Soup</u>	44
<u>Spinach Egg Drop Soup</u>	45
<u>Spinach</u>	96
<u>Split Pea Soup</u>	45
<u>Squash Soup</u>	24
<u>Squirrel With Rice</u>	153
<u>Stew Beef</u>	153
<u>String Bean Soup</u>	46
<u>String Beans</u>	97
<u>Stuffed Pork Chops</u>	154
<u>Surf And Turf Chili</u>	24
<u>Sweetbreads</u>	155
<u>Tenderly Spiced Grilled Steaks</u>	131
<u>Thick Vegetable Soup</u>	33
<u>Three Bean Salad</u>	52
<u>Throw Down Vegetable Soup</u>	34
<u>Tomato Meatball Soup</u>	32

<u>Tomato Seafood Stew</u>	32
<u>Tomato, Onion And Celery Soup</u>	34
<u>Tripe Soup</u>	31
<u>Tuna Grits</u>	164
<u>Tuna Noodle Soup</u>	30
<u>Turkey And Dressing Soup</u>	30
<u>Turkey And Gravy</u>	155
<u>Turkey And Rice Soup</u>	35
<u>Turnip Greens</u>	97
<u>Vanilla Wafer Cake</u>	74
<u>Vegetable Stock</u>	168
<u>Vegetarian (Low-Fat) Collard Greens</u>	97
<u>Veggi Pasta Salad</u>	50
<u>Venison Stew</u>	29
<u>West African Style Chicken Soup</u>	47
<u>White Bean And Sausage Soup With Peppers</u>	26
<u>White Bean Soup</u>	26
<u>White Potato Pie</u>	75
<u>Yeast Rolls</u>	178
<u>Young Goat Stew</u>	129

About the author:

Willie Crawford learned to cook while growing up on his grandmother's tobacco farm in Fairmont, North Carolina. His grandmother raised Willie and his 2 younger brothers while his mother worked a job in the Northeast. Willie started learning to cook when he was about 6 or 7, when his grandmother was about 66 years old. It was simple dishes at first, but things as complex as a cake from scratch soon became ordinary fare for the youngster. Other older relatives encouraged the budding chef.

Willie worked for neighboring farmers during the summer earning money for school and to help the family. Money was very tight as Willie grew up and the family survived on government surplus food, food stamps and government medical care. They always raised a garden and the family was never really hungry, just poor.

The harsh life and a set of World Book Encyclopedia convinced Willie that he did not want to spend the rest of his life on the farm. He studied hard and managed to get accepted into North Carolina State University where he earned his bachelors' degree.

After high school and college, Willie went into the U.S. Air Force as a crewmember on a C-130 military transport airplane. The Air Force years allowed Willie to see much of Europe, the Mediterranean, Central and South America, and the Pacific. In all of these places Willie learned to appreciate the foods of other cultures but never outgrew his down-home country recipes. Willie's wife and daughters also shared his love of country cooking - often preparing a mess of collard greens and ham hocks when the craving struck.

After traveling all over the world, and much of the United States and Canada, Willie settled in Navarre, Florida – only 5 minutes from a beautiful beach bathed with water flowing from the Gulf of Mexico.

As Willie tired of the Air Force and moving around so much, he looked for some other way to earn a living. Willie discovered the internet in late 1996 and never looked back. Willie built a series of websites which have proven wildly successful. First, he built WillieCrawford.Com which is a site related to starting a business over the internet. From this site, Willie offers his consulting services and publishes materials designed to teach other to start their own business.

Almost on a whim, Willie created a website to share his love of country food. He brainstormed on a name that was easy to remember and suggested down-home cooking. The name Chitterlings.Com jumped out at Willie and the site was a success from the very start. Website visitors come to the site following search engine listings showing that many great recipes can be found on the site. Site members find many of Willie's recipes as well as those of many site visitors posted right on the site. Site visitors can also join a mailing list and exchange recipes with other list members. In late 2001, at the prompting of numerous site visitors, Willie compiled his favorite recipes into this cookbook.

This cookbook would prove to be a source of income not only for Willie but for thousands of others. Willie sells both paper copies and electronic versions of the cookbook directly from the website. In addition, a network of thousands of webmasters and individuals sell copies of the cookbook through Willie's affiliate program. Resellers of the cookbook simply register at <http://chitterlings.com/affiliate.html> and then earn a 35% commission off all cookbooks sold.

The internet now provides a full time living for Willie. Willie has written several other books in addition to the cookbook including Website Traffic PhD, Merchant Accounts Exposed, and How To Earn \$100,000 A Year From Your Website In Your Spare Time! These books are each sold from their own websites.

When Willie is not on the computer, he enjoys fishing, karate, and cooking (of course). Willie does e-commerce and internet-related business workshops and seminars in addition to his writing. He is a featured speaker at physical seminars and many on-line tele-seminars.

Willie can be reached at: P.O. Box 636, Valparaiso, Florida 32580 or via email at willie@williecrawford.com