

# Southern Black-Eyed Peas

**TOTAL TIME:** Prep: 20 min. + standing Cook: 45 min.

**YIELD:** 6 servings.

1 pound dried black-eyed peas, sorted and rinsed

1 large onion, chopped

2 tablespoons olive oil

2 ounces sliced salt pork, chopped

6 garlic cloves, minced

2 bay leaves

1 tablespoon minced fresh thyme or 1 teaspoon dried thyme

1/4 teaspoon crushed red pepper flakes

1/4 teaspoon pepper

2 carton (32 ounces) reduced-sodium chicken broth

2 smoked turkey neck or wings

## Directions

Place peas in a Dutch oven; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse peas, discarding liquid; set aside.

In the same pan, sauté onion in oil until tender. Add the salt pork, garlic, bay leaves, thyme, pepper flakes and pepper; cook 1 minute longer.

Add the broth, smoked meat and peas; bring to a boil. Reduce heat; simmer, uncovered, for 35-40 minutes or until peas are tender, stirring occasionally and adding additional broth, if desired.

Discard bay leaves. Remove smoked meat; cool slightly. Remove meat from bones if desired; finely chop and return to pan. Discard bones.

## **Southern Style Dirty Rice**

### **Ingredients**

2 lbs. ground meat  
3 C uncooked long grain white rice  
4 tbsp. creole seasoning (used Tony Chachere's)  
1 C diced sweet bell peppers  
1 C diced onion  
1 1/2 tbsp. minced garlic  
2 tbsp. soy sauce  
6 1/2 cups beef or vegetable broth (can also use water)  
3 tbsp. of butter  
\*dash of paprika on top for taste

### **Directions**

Brown ground beef in large skillet on medium-high heat, make sure you ground it up in very small pieces, then drain and set aside.  
In a large saucepan bring water to a boil and add all the seasonings and butter. Stir until mixed.  
Then add the meat and rice; return to a boil. Reduce heat to low; cover and simmer 25 minutes or until rice is tender.  
Remove from heat. Let stand 5 minutes. Fluff with fork before serving.  
Dash with paprika and enjoy!

# Slow-Cooked Collard Greens in Olive Oil

## Ingredients

- ½ cup extra-virgin olive oil, plus more for
- drizzling 8 garlic cloves, thinly sliced
- ½ teaspoon crushed red pepper flakes
- 2 bunches collard greens, ribs and stems removed, leaves torn into 2-inch pieces
- Kosher salt
- 2 tablespoons (or more) apple cider
- vinegar 1 ½ tablespoons brown sugar

## Recipe Preparation

Heat ½ cup oil in a large saucepan over medium. Cook garlic and red pepper flakes, stirring often, until garlic is golden, about 4 minutes.

Add collard greens to saucepan a handful at a time, stirring until each addition is wilted before adding the next.

Season with salt and add 1 cup water. Bring to a simmer, then reduce heat so mixture is at a very gentle simmer. Cover and cook, occasionally removing lid to stir, until greens are tender and very dark green, 1–1½ hours.

Let cool slightly, then stir vinegar and brown sugar into greens. Transfer to a serving bowl and drizzle with more oil and a splash more of vinegar if desired.

# Macaroni and Cheese

## Ingredients

4 tablespoons (1/2 stick) unsalted butter, plus more for baking dish

Coarse salt and freshly ground pepper 3 cups elbow macaroni

2 (12-ounce) cans evaporated milk

1/3 cup milk

2 large eggs

1/2 teaspoon seasoned salt 1/4 teaspoon garlic powder

2 (8-ounce) packages extra-sharp cheddar cheese, grated

1 (8-ounce) package Monterey Jack cheese,grated

Paprika, for sprinkling

## Directions

1. Preheat oven to 375 degrees. Generously butter a 13-by-9- inch glass baking dish; set aside. Bring a large pot of water to a boil; add salt and macaroni. Cook until al dente according to package directions. Drain, and return to pot. Add butter and toss until pasta is coated and butter has melted; set aside.
2. In a medium bowl, whisk together evaporated milk, skim milk, and eggs. Add seasoned salt, garlic powder, 1 teaspoon salt, and 1/2 teaspoon pepper; set aside. In another medium bowl, combine cheeses; set aside.
3. Place 1/3 macaroni in an even layer in the bottom of prepared baking dish; cover evenly with 1/3 cheese. Repeat with remaining macaroni and cheese mixture. Pour milk mixture evenly over contents of baking dish. Sprinkle with paprika. Bake until top layer is lightly browned, 35 to 45 minutes. Let stand 10 to 15 minutes before serving.

# Frozen Peach Cobbler

**Prep Time:** 20 minutes

**Cook Time:** 1 hour 30 minutes

**Total Time:** 1 hour 50 minutes

## Ingredients:

### For Filling:

10 cups frozen sliced peaches  
2 tablespoons lemon juice  
1-1/2 cups white sugar  
1/4 teaspoon kosher salt  
3/4 cup flour  
1/2 teaspoon cinnamon  
1 stick of butter, melted

**NOTE: DO NOT THAW PEACHES BEFORE YOU MAKE THIS - LEAVE THEM FROZEN**

### For Top Crust:

1 cup flour  
1 cup white sugar  
1-1/2 teaspoon baking powder  
1 teaspoon cinnamon  
1/2 teaspoon salt  
1/2 stick butter, softened  
2 beaten eggs

## Directions:

### For Filling:

Preheat oven to 350 degrees.

Spray baking pan with nonstick spray.

Measure the peaches and put them in a large mixing bowl. Let them sit on the counter and slightly thaw for 10 minutes. Then toss with lemon juice.

In a smaller bowl combine white sugar, salt, flour, and cinnamon. Mix them together with a fork until they're evenly combined.

Pour the dry mixture over the peaches and toss. You may use a spoon or clean hands. Once most of the

dry ingredients are clinging to the peaches, dump them into the pan you have prepared. Sprinkle any dry mixture left in the bowl on top of the peaches in the pan.

Melt the butter, then drizzle over the peaches. Then cover cake pan tightly with foil.

Bake the peach mixture at 350 degrees for 20 minutes. Take out of the oven and set on a heat proof surface, but **DON'T TURN OFF THE OVEN.**

### **For Topping:**

Combine the flour, sugar, cinnamon, baking powder and salt in the smaller bowl you used earlier. Cut in the butter until the mixture looks like coarse cornmeal. Add beaten eggs and mix. The result will resemble library paste but smell a whole lot better!

Remove foil from the peaches and drop on spoonful of the topping. Because the topping is thick you will have to do this in little dabs and dabs scraped from the spoon with another spoon, a rubber spatula, or with your freshly washed finger. Dab over the whole pan until it looks polka-dotted.

Bake in a 350-degree oven uncovered for an additional 50 minutes.

It can be eaten warm, room temperature or chilled

# Southern Shrimp & Grits

## Shrimp & Grits

2 cups chicken

broth 2 cups milk

6 tablespoons butter

$\frac{3}{4}$  teaspoon salt

$\frac{1}{2}$  teaspoon pepper

$\frac{3}{4}$  cup old fashioned grits

1. cup (4 oz.) shredded cheddar  
cheese 1 lb. uncooked medium  
shrimp, peeled 1 tablespoon hot  
sauce

2. teaspoons Cajun or blackening  
seasoning 8 thick-sliced strips of  
bacon

3. garlic cloves,  
minced 4 green  
onions, chopped

Combine chicken broth, milk, butter, salt and pepper in a large saucepan and bring to a boil over high heat. Whisk in grits, reduce heat to low, cover tightly and simmer for 1 hour, whisking every 10-15 minutes. Add cheese and stir until thoroughly incorporated. Set aside and keep warm until ready to serve.

Toss shrimp with hot sauce and Cajun or Blackening seasoning and set aside. Sauté bacon in a large skillet over medium-high heat until browned and crisp. Add garlic and shrimp and sauté until shrimp turn pink (about 3-5 minutes).

To serve, ladle grits into a bowl\*\* and top with shrimp mixture. Garnish with chopped green onions.

\*\*If the grits have thickened up too much for your liking (*I like mine very smooth*), just whisk in a bit of warm milk.

# Vegetarian Louisiana-Style Red Beans and Rice

## Ingredients:

- 1 (1-pound) package Camellia Brand Red Kidney Beans
- 1 (32-ounce) container no-sodium vegetable broth
- 4 cloves garlic, finely chopped
- 1 large yellow onion, chopped
- 4 celery stalks, chopped
- 4 large green bell pepper, chopped
- 5 tablespoons olive oil
- 6 bay leaves
- 2 teaspoons thyme
- 1 teaspoon oregano
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon ground black pepper
- 1/2 tablespoon hot sauce
- 2 teaspoons Liquid smoke seasoning
- Water as needed
- Salt to taste

**Total time:** 4 hours, 30 minutes

**Prep time:** 2 hours

Cook time: 2 hours, 30 minutes

Serving Size: 8

## Directions:

Rinse and sort beans. (Optional: Soak beans using your preferred method.)

Put the beans in a pot and cover them with vegetable broth. Set heat to high.

In another pot or skillet, sauté the garlic, onion, celery, and bell pepper in olive oil until tender.

Add the sautéed vegetable mixture and remaining ingredients, except salt and rice, to the beans.

When the beans reach a boil, reduce the heat to a simmer. Simmer for 2½ hours, stirring every 30 minutes. Add water to beans as needed.

When the beans are completely tender, add salt to taste. Remove bay leaves.

For a creamier texture, process half the beans in a food processor or blender until smooth.

Add processed mixture back to pot.

Salt to taste and serve over cooked rice.