

One thing Southerners like to do is eat and drink.

We share here a few of our famous favorites- to inspire you to arrange and to join us in good eating!

Class 2- **Chow-Chow**

Chow-chow is a condiment found on many southern tables to add spice with a variety of meats or vegetables.

1 quart green tomatoes, chopped

2 sweet green peppers, chopped

2 large mild onions, chopped

1 small head cabbage, chopped

1/2 cup salt

3 cups vinegar

2 1/2 cups brown sugar

1 teaspoon dry mustard

1 teaspoon turmeric

2 teaspoons celery seed

Grind the chopped vegetables. Add the salt and let mixture stand overnight. Drain the vegetable mixture, removing as much liquid as possible. Transfer the vegetables to a large pot. Add vinegar, brown sugar, mustard, turmeric and celery seed. Bring to low boil, reduce heat and simmer for one hour. Stir frequently. Pour relish into sterilized pint jars, cover and process in hot water bath for 15 minutes. 8 pints.

Class 3- **Red Velvet Cake**

Long considered a Southern tradition, but probably invented in "New York City" Yikes! This is often the favorite for a Southern groom's cake, birthday cake or just indulgent cake. Did you know it has cocoa in it and you are supposed to taste some chocolate?

2 1/2 cups flour

1 1/2 cups sugar

1 teaspoon baking soda

1 teaspoon salt

2 teaspoons cocoa powder

1 1/2 cups vegetable oil

1 cup buttermilk, room temperature

2 large eggs, room temperature

2 tablespoons red food coloring

1 teaspoon white vinegar

1 teaspoon vanilla

Preheat oven to 350 degrees. Lightly oil and flour 3 9 inch round cake pans.

In large bowl, sift together flour, sugar, baking soda, salt, and cocoa powder. In another bowl, whisk together oil, buttermilk, eggs, food coloring, vinegar and vanilla. Using a standing mixer, mix the dry ingredients into the wet ingredients until just combined and a smooth batter is formed.

Divide cake batter evenly between the 3 cake pans. Place in oven, evenly space apart, Bake, rotating the pans halfway through cooking, until cake pulls away from the side of the pans and toothpick inserted in center of cake comes out clean, about 30 minutes.

Remove cakes from oven, run a knife around edges to loosen and invert on cooling racks. round side up. Cool completely.

Frost cake:

1 pound cream cheese, softened

4 cups confectioners sugar
2 sticks softened unsalted butter
1 teaspoon vanilla

Mix cream cheese, sugar and butter with mixer at low speed until sugar is incorporated. Increase mixer speed, beating at high speed until light and fluffy. (about 5 minutes) Slow mixer, add vanilla and mix briefly. Refrigerate until of spreading consistency. Place one layer, rounded side down on cake plate. Spread with enough frosting to make 1/4 to 1/2 inch layer. Set another layer on top, rounded side down, add frosting. Add Top layer, rounded side up. Cover entire cake with frosting. If desired, Sprinkle sides with chopped pecans.

Class 4- **Pecan Pralines**

Pralines are a wonderful combination of the southern pecan, butter and brown sugar. How can that be bad?!

1 1/2 cups toasted pecans
1 1/2 cups white sugar
6 tablespoons butter(must be butter!)
3/4 cup brown sugar
1/2 cup milk 1 teaspoon vanilla

Line large baking sheet with foil.

In a large saucepan over medium heat, combine pecans, sugar, butter, brown sugar, and milk. heat to between 234 and 240 degrees (soft ball stage) Add vanilla and beat slightly. Drop onto baking sheet and cool. 20 pralines

Class 5- **Sweet Tea**

No self respecting Southerner would use instant tea to make Sweet Tea, nor would they drink it with out sugar, nor would they add sugar to already brewed tea. Southern tea is "Sweet Tea" with sugar added during the steeping process, melting the tea, not "Sweetened tea" with sugar added at the table after the tea has been steeped and chilled. Tea has been served cold since at least the early nineteenth century and is a staple in most true Southern kitchens and Southern hospitality.

Basic Sweet Tea

Add 2 cups of *boiling water* to 6 tea bags. Let steep 10 minutes. Stir in one cup sugar- more if you have a really sweet tooth. When the sugar is completely dissolved, add about 6 cups cold water, then ice. It may be served with lemon, lime wedges, mint or other fruit flavorings. Most true Southerners drink it "Straight".

Class 6- **Coca Cola**

Coca Cola was born in Atlanta, Georgia on May 8, 1886. Dr, John Pemberton, a local pharmacist, produced the syrup, originally a nerve tonic, stimulant and headache remedy called "Pemberton's French Wine Coca". When prohibition was enacted in Atlanta in 1886, Dr. Pemberton, reworked his tonic, sweetening his elixir with sugar instead of wine. He carried a jug of the syrup to another pharmacy where it was mixed with soda water and quickly became a "delicious, exhilarating, refreshing and invigorating" soda fountain drink, selling for 5 cents a glass. Mr. Asa Candler, another Atlanta businessman achieved sole ownership of the Coca Cola company for \$2300 in 1891. Coke remained a fountain drink until 1894 when a bottling plant began producing the bottled drink The signature bottle design we knew for so many years was designed by an Indiana company and introduced in 1916. There are still many people in the South that want their Coke in the traditional bottle, paying premium prices to have the frosted, green glass bottle in their refrigerator. Today, with many other Coke brand soft drinks sold world wide and being one of the most recognizable "brands",

Coca Cola is a multibillion dollar business, The word "Coke" in the south means soda to us all- and to Atlanta, Coca Cola has been a generous supporter of the community.

Class 7 Syllabub

Syllabub was a popular English dessert recipe that traveled to the south with the new settlers. It is especially popular for holiday and special occasions. The quantity of white wine added determines whether the dessert is a pudding or punch. Apple juice may be substituted for the wine.

2 cups of whipping cream

1/2 cup white sugar

1/8 cup white wine

2 tablespoons freshly squeezed lemon juice and zest of one lemon

Grated nutmeg, fresh mint leaves, or lemon slices

Whip cream until thick in a chilled bowl. When the cream begins to thicken, add the sugar, white wine lemon juice and zest. Continue to whip until thick. Chill until serving. Spoon mixture into footed parfait glasses and garnish with mint or lemon and sprinkle of fresh grated nutmeg. 10 servings of pudding

Class 8- Hoppin John

A dish required to be served on New Year's Day in the South, to ensure good fortune in the coming year. Another low cost dish, using the products of the Southern pantry.

1 pound black eyed peas, dried

2 small smoked ham hocks or meaty ham bone

2 medium onions, diced

2 large cloves garlic, halved

1 bay leaf

1 cup long grain rice

1 can diced tomatoes with chile peppers

1/2 chopped green bell pepper

1 chopped red bell pepper

3 ribs celery, chopped

1 jalapeno or Serrano pepper, minced (optional)

2 teaspoons Cajun or Creole seasonings

1/2 teaspoon dried thyme

3/4 teaspoon ground cumin

3/4 teaspoon salt

4 green onions/sliced

In a large Dutch oven, combine black eyed peas, ham bone or hocks and 6 cups water. Cut one of the onions in half and add to the pot with the garlic, bay leaf. Bring to boil, reduce heat to medium- low and gently simmer until beans are tender, but not mushy.(2-2 1/2 HOURS) Remove the ham or hocks, cut meat off bone, dice and set aside. Drain peas, remove bay leaf, onion pieces and garlic. Set aside. Add 2 1/2 cups water to pot and bring to boil. Add rice, cover and simmer until rice is almost tender, about 10-12 minutes. Mince in remaining onion then add to the rice with black eyed peas, tomatoes, red and green pepper, celery, jalapeno pepper and other seasonings. Continue cooking until rice is tender, about 8-12 minutes. Stir in green onion slices and diced pork meat. Serve with corn bread and enjoy!

Class 9 Topsy Pudding

A wonderful "Southern" dessert, probably also brought with the new settlers as they traveled from Europe. Similar to trifle.

4 large eggs , separated.

1/2 cup sugar

1 cup sherry (not cooking sherry!!) or 3/4 cup bourbon (the tipsy part)

1/2 cup cold water

1 envelope unflavored gelatin

1 16 ounce thawed frozen whipped topping

1 prepared angel food cake, cut into 1 inch cubes

1 1/2 cup sliced almonds soaked in sherry or bourbon

1 cup golden raisins, soaked in sherry or bourbon

Separate the eggs, mix egg yolks, sugar and sherry in top of double boiler. Cook to boiling, stirring until somewhat thick, about 8 minutes. Remove the double boiler from burner. Set aside and cool to room temperature. While waiting for custard to cool, pour water over the gelatin powder, stir well and let sit for at least 15 minutes.

Beat egg whites until stiff. Add gelatin to the cooled custard and add this custard to egg whites. Fold in thawed whipped topping. Place half of angel food cake chunks in bottom of pretty bowl, (clear for presentation is best) Pour custard on top and top with almonds and raisins, if desired. Add second layer of cake and pudding. Cover and refrigerate overnight for flavor to develop.

Class 10- She Crab Soup

What makes "She-Crab" soup so special? The eggs from the she-crab- and of course the dry sherry!

1 tablespoon butter

1 quart milk(whole)

1/2 cup cream, whipped

small amount grated onion

1/8 teaspoon mace

1/2 teaspoon white(or black) pepper

1/2 teaspoon Worcestershire

1 teaspoon flour

2 cups white crab meat and crab eggs

1/2 teaspoon salt

4 tablespoons dry sherry

Melt butter in top of double boiler, blend in flour till smooth. Add milk gradually, stirring constantly.

Add Crab meat, e3ggs and all seasonings except sherry. Cook slowly over hot water for 20 minutes.

To serve, place one tablespoon warmed sherry in each soup bowl, add soup and top with whipped cream. Sprinkle with paprika or finely chopped parsley. (If unable to obtain "she-crab" use "he-crab" meat and sprinkle finely crumbled hard cooked egg yolk (about 1 teaspoon) in bottom of each dish with sherry.)

Class 11- Blown Away by the "Hurricane"

Having a Pat O'Brien's "Hurricane" is one of the most popular ways to celebrate Mardi Gras in New Orleans. The tall red drink is served in a 24 ounce Hurricane glass which looks just like the tall glass chimney on an old-fashioned hurricane lamp. The drink is served is served over ice, meant to be sipped slowly, or you just might feel like you have been through a hurricane

1 1/2 ounce light rum

1 1/2 ounce dark rum

1 ounce fresh orange juice
1 ounce fresh lemon or lime juice
2 ounces passion fruit juice
1/2 ounce simple syrup
grenadine to taste(and color)
maraschino cherry and orange wheel for garnish
Shake all ingredients and strain into an ice filled tall glass. Garnish and enjoy.

Class 12- **Muscadine Wine** in the Garden

Muscadine wine is made from a special native variety of grapes grown in the Southeastern United States. The grapes are adapted to the warm and humid climate, need fewer chilling hours and thrive in the summer heat. Muscadine berries range in color from bronze to dark purple to black in color when ripe. The skin on the grape is so tough that eating the raw fruit often involves biting a small hole in the skin to suck out the contents. The grapes are usually quite large in size, frequently larger in diameter than a nickel and approaching a quarter. The beautiful bronze grapes are known as Scuppernongs and more frequently grown in North Carolina. The wine is considered a dessert wine as it is quite sweet with the addition of lots of sugar.

Class 13- **Mint juleps** in the Blue Grass

Kentucky bourbon and mint- a match made in heaven. Best served in a real silver julep cup that gets frosty and beautiful. OK served in a regular glass

6-8 sprigs mint

2 cups water

2 cups sugar

cracked ice

bourbon

First, make syrup: Heat water, whisk in sugar until dissolved. Remove from heat. Add mint and let steep for 20-30 minutes. Remove mint and chill syrup.

For each Julep:

Add cracked ice to Julep tumbler or glass. Add 1 1/2 ounces Kentucky bourbon. Add 2 1/2 teaspoons syrup or to taste. Stir lightly. Garnish with fresh mint leaves and serve with a straw. (Early Times Whiskey appears to be the "official" whiskey of the Kentucky Derby"

Class 14- **Hot Pepper Jelly**

What would the Southern cocktail party scene be without Hot Pepper Jelly. Just spoon jelly over a block of soft cream cheese and serve with crackers. Add a drink- and the party begins!

4 medium fresh red sweet peppers

4 medium fresh jalapeno peppers

1 cup white vinegar

5 cups sugar

6 ounces liquid pectin

1 teaspoon red food coloring

Seed and chop red peppers. Wearing latex gloves, seed and chop the jalapeno peppers. Put red peppers and jalapeno peppers in blender with vinegar and process until smooth.

Put mixture in 4 to 5 quart pot, stir in sugar. Cook over medium heat until mixture boils. Boil for 10 minutes. Remove from heat, stirring food coloring and liquid pectin. Boil one more minute. Fill sterilized jars with jelly and seal. Store in cool dark place or refrigerator. 5 1/2 pint jars

Class 15: **Black Eyed peas**

Black eyed peas, really a bean(legume), are grown around the world for its medium-sized edible bean. There are several related varieties, but most are pale in color with the prominent black eye. These "peas" were first probably domesticated in West Africa , being brought to this country in the 1600s to Virginia. By the 1700s, the pea was grown in Florida and the Carolinas. George Washington Carver promoted the growth of the legume because it added nitrogen to the soil and also had high nutritional value. They are used in many popular dishes in the South.

Eating black eyed peas on New Year's Day is a Southern tradition believed to bring prosperity during the coming year (the beans swell when cooked- increasing in "value". This tradition came to the South through Savannah when Sephardic Jews migrated there in 1790. They ate black eyed peas for Rosh Hashanah for "luck" The rest of the South adopted this tradition soon after the close of the Civil War. The beans became so popular then because the Yankee soldiers did not destroy the bean crops because they considered them animal food , along with the field corn. The corn(grits) and beans became an important staple in the Southern diet.

Class 16- **Shrimp& Grits**

Shrimp and grits- once an inexpensive and lowly meal for Southern coastal folks has become the new "hot "restaurant dish throughout the country. There a million variations, but this is a solid starter.

4 cups water

salt and pepper

1 cup stone ground grits

3 tablespoons butter

2 cups shredded sharp cheddar cheese

1 pound shrimp, peeled and deveined

6 sliced bacon, chopped

4 teaspoons lemon juice

2 tablespoons chopped parsley

1 cup thinly sliced scallions

1 large clove garlic, minced

Bring water to boil. Add salt and pepper. Add grits and cook until water is absorbed, about 20-25 minutes. Remove from heat, stir in butter and cheese.

Rinse shrimp and pat dry. Fry in a large skillet until browned, drain well. In grease, add shrimp, cooking until turning pink. Add lemon juice, chopped bacon, parsley, scallions and garlic. Saute for 3 minutes.

Spoon grits into serving bowl. Top with shrimp mixture. Serve immediately.

Class 17- **Tailgating at the Georgia- Florida Game**

Football fans in the South have elevated tailgating from having a few chips and drinks out of the back of a car to elaborate grills with hamburgers, barbecue cooked all night, to beef tenderloin served on elegant linens with sophisticated salads and expensive wines. It has become a game of one-upmanship to serve and savor wonderful food and libations before joining the throngs in the stadiums of the South on a Saturday afternoon in the fall. The Georgia- Florida football game, held on somewhat neutral territory in Jacksonville, Florida, is the Mac-daddy party of them all ! Red and Black- Orange and Blue- bragging rights for a year- what a celebration of football and Southern hospitality.

Class 18-**Varsity Hot Dogs**

The Varsity- the world' s largest drive in restaurant is located in downtown Atlanta, right across the Interstate from Georgia Tech. It was opened by Frank Gordy in 1928 . Through his dedication to service and fresh ingredients, the restaurant has grown over the years and now boasts 5 smaller restaurants in other near Atlanta locations.

The 2 story facility can accommodate 600 cars and over 800 people inside. On Georgia Tech home football games, as many as 30,000 fans enjoy Varsity meals in one day. On most days, 2 miles of hot dogs, 2500 pounds of potatoes, 5000 fried pies and 300 gallons of chili made from scratch are served to the public. Although the menu has expanded to include chicken fingers, even a salad or two, the hot dogs are the big sellers. Steamed, on a steamed bun, served a myriad of ways- they are the BEST! Along with the famous onion rings, a frosted orange and a peach pie, this Southern transplant is in "hog heaven".

Class 19- Charleston Artillery Punch

Considered a "wicked strong" drink that goes down easy, served at many grand parties and balls in historic Charleston and Savannah and other southern cities. This makes LOTS!

1 pound gun powder green tea
2 gallons cold water
3 gallons Catawba wine (or Sauterne)
1 gallon St. Croix Rum
1 gallon Hennessy brandy
1 gallon rye whiskey
1 gallon gin
5 pounds brown sugar
2 quarts maraschino cherries
juice of 2 dozen oranges
juice of 2 dozen lemons

Let the tea stand overnight in the water. Strain. Mix juices, cherries and tea (Preferably in a cedar tub) Add sugar and booze and stir. Let sit about one week, covered. Strain out cherries. Just before serving, mix over blocks of ice with 12 quarts dry champagne. Party hearty!

Class20- Coconut Cake

It isn't a real Southern party- or funeral- without coconut cake. Fresh grated coconut and homemade cake is best, but this recipe is a quick way to make a delicious cake- if you can wait for the 3 days to pass before serving

1 18 1/2ounce Duncan Hines Golden Butter cake mix
2 cups sugar
2 cups sour cream
18 ounces fresh grated or frozen coconut
1 1/2 cups thawed whipped topping

Bake cake as directed using 2 layer pans. Split each layer in half. Combine sugar, sour cream and coconut. Chill. Reserve one cup of sour cream mixture for frosting. Spread remainder between cake layers. Combine sour cream mixture with whipped topping. Blend until smooth. (Will thicken a bit) Spread on top and sides of cake. Store in air tight container in refrigerator for 3 days before serving.

Class 21-Lemon Chess Pie

A wonderful and different pie- that contains- corn meal.

1 unbaked 9 in deep dish pastry shell(frozen is OK)
1/4 cup butter, softened
1 1/2 cups sugar
4 large eggs
1 tablespoon grated lemon rind

1/4 cup FRESH lemon juice

1 tablespoon cornmeal

Bake pastry shell at 425 degrees for 7 minutes or until light golden brown. Reduce oven temperature to 350 degrees.

Beat butter & sugar until creamy, add eggs and remaining ingredients, beating just till blended. Pour mixture into pastry shell. Place on baking sheet.

Bake at 350 degrees for 45 to 50 minutes or until pie is firm, shielding edges with foil to prevent excessive browning, if needed. Cool on wire rack. Garnish with Lemon slices and whipped cream.

Serves 8

Class 22-**Brunswick Stew**

Probably originally invented to use up leftovers, now frequently made with fresh ingredients and served with a good old fashioned southern barbecue platter. For the real adventurous, squirrel, rabbit or deer meat may be used, and probably were used in the original recipes which came from Brunswick county, Virginia

2 pounds chick or pork, or a combination cooked and diced

1/2 teaspoon ground black pepper

1 teaspoon hot sauce- or to taste

2 tablespoons Worcestershire sauce

1/2 cup chopped onions

3-4 tablespoons bacon drippings (or no fat if bacon grease not available)

1/2 cup favorite barbecue sauce

1 1/2 cups ketchup

2-3 cups diced cooked potatoes

2-3 cans creamed style corn

1 can small butter beans(small lima beans)

Place all ingredients in a stockpot or Dutch oven Cover and simmer until hot and bubbly. Adjust seasonings. May also be cooked in a low crock pot for 6-8 hours.)

Class 23- **Fried Green Tomatoes**

3 green tomatoes

2 cups vegetable oil

1 1/2 cups self rising flour

1 teaspoon salt

1 teaspoon black pepper

1/2 cups buttermilk

2 eggs

Wash and slice tomatoes into 1/4 inch slices.

Mix buttermilk and eggs in bowl, adding half the salt and pepper and 1 tablespoon of the flour. Mix well.

Place the tomato slices in the buttermilk mixture.

Preheat oil to 350 degrees in heavy skillet or electric fryer.

Mix remaining flour, salt and pepper in separate mixing bowl.

Toss tomato slices into the flour mixture. Place in hot oil and fry until golden brown, turning two to three times. Cook until crisp. Drain on paper towels. Serve immediately.

Class 24- **Ambrosia**

True Southern ambrosia was simply peeled, sliced oranges layered with freshly grated coconut on a crystal platter. This dish was popular during the Christmas holidays because that was when the

precious oranges were more plentiful and available. Many other things have been added to dishes called "ambrosia" including whipped cream, sour cream and other fruits. This simple recipe sticks to just fruit and is a refreshing salad or dessert.

1 cup orange juice

3 medium oranges, sectioned or sliced

8 ounces pineapple chunks (fresh is best but canned may be used)

1/2 cup seedless red grapes, halved

1/2 cup shredded coconut

1/2 cup chopped pecans

Combine juice, orange ,pineapple and grapes, stirring gently to blend. Refrigerate and stir in coconut and pecans just before serving. Serve in your prettiest crystal bowl.

Class 25- **Peanut Brittle**

Peanuts, really a legume, one of the favorite nuts of the South were used in many dishes, but this special candy was made for the holidays, using precious and expensive white sugar.

3 cups sugar

3 teaspoons soda

2/3 cup white vinegar

small piece of paraffin

1 cup light corn syrup

2/3 cup water

4 cups raw peanuts

Mix sugar, water, syrup and vinegar. Add raw peanuts and paraffin. Boil until brown and peanuts pop (hard crack stage). Take from range, add soda. (Will boil up- be careful.) Pour on buttered slab or cookie sheets. Allow to cool and break into pieces.

Class 26- **Goo Goo Cluster**

In 1912, at the Standard Candy Company in Nashville, TN, the world's first "combination" candy bar was invented. A mound of caramel, marshmallow, fresh roasted peanuts and pure milk chocolate with a new "radical" round shape. All candy bars at that time were square or rectangular. For some time, the candy was sold unwrapped, under glass at drugstore counters. It didn't even have a name when first sold. One day while riding the street car to work, the inventor, Mr. Howard Campbell was talking about his newborn son's first words- "googol". A fellow passenger suggested that he name the "unnamed candy "Googol" after his son. And so it goes. Soon after, the chocolate covered mounds were hand wrapped in foil with the name printed in red, still a tradition today.

Googol Clusters has long been a favorite in Nashville, especially when touted at the Grand Old Pry. The company does a huge business in mail order as the candy is sold primarily in the southeast. People try them when visiting the South and want more when they return to their homes. More recent variations include Goo Goo Supreme(with pecans) and Peanut Butter Goo Goo(Peanut butter instead of marshmallow)

Class 27- **Krispy Kreme Donuts**

Krispy Kreme is a chain of doughnut shops, based in Winston-Salem, North Carolina. For many years, they could be purchased only in the distinctive red, white and green stores where the customers can

watch the donut making machines as they produce the rings of dough, raise on the magic conveyor, fall into the hot grease, flip and glaze the final product. The big "Hot Light" neon sign in the window is lit when the donuts are fresh off the production line. People line up to purchase a dozen "hot ones", with some of the best coffee in the South.

Now, a much wider selection of donuts and beverages is available, in shops all over the world, and packaged in grocery stores, convenience stores and gas stations. They are still best when "hot" and freshly glazed.

Class 28-Hush puppies

Corn meal is an important part of so many southern dishes because it was cheap, available more flavorful than "white flour" This bread gets its name because it was believed that bits of the corn bread batter were fried in a hurry and thrown to the dogs to quiet them while the rest of the corn bread baked and the meal was cooked, usually after a day of hunting or fishing- as "Hush, puppy!" They are found with much variation all over the south served with fried fish and seafood, barbecue and more. Best while hot and sure to silence you and the puppies while you enjoy.

2 cups yellow corn meal

1 cup plain flour(gives a lighter taste, so experiment with less and more corn meal to suite your taste)

2 eggs

1 cup buttermilk

3/4 teaspoon seasoned salt

1/2 teaspoon black pepper

1 teaspoon baking powder

2/3 teaspoon baking soda

2 tablespoons bacon grease or cooking oil

(Many have chopped onion, canned corn in them)

Mix dry ingredients in bowl. Add egg, oil, buttermilk. Stir until blended.

Heat a cooking oil at least 1 1/2 inches deep in skillet or use deep fryer. Drop batter by tablespoonfuls into batter. Allow to brown on all sides. They should begin floating when done, but don't over cook them.

Class 29- Johnny Cake

Also know as "Hoe Cake" because the batter could be easily mixed and cooked on the wide blade of a hoe in a bonfire while having lunch, as a break from field work. The dry ingredients would be mixed together at home, the wet ingredients added just before cooking over the fire.

1 cup yellow cornmeal

1 cup plain flour

1/4 cup sugar

1/2 tsp salt

2 teaspoonfuls baking powder

1/2 teaspoonful baking soda

1 egg

1 cup buttermilk

1/4 cup shortening

Put soda in buttermilk and stir. Sift dry ingredients together. Add egg, buttermilk, shortening and beat for one minute. Place in well-greased 9 x 9 inch pan. Bake at 425 degrees for 20-25 minutes

Class 30- **Cat head Biscuits**

The "Cat Head" refers only to the size of the biscuit- big! Good southern biscuits are easy- just a use a light touch, use the right flour and serve piping hot with sorghum and butter.

2 cups flour (White Lily is best, but any all- purpose flour will do)

1/2 teaspoon baking soda

2 teaspoons baking powder

1 teaspoon salt

5 tablespoons lard or shortening (Crisco)

about 1 cup buttermilk

Sift dry ingredients together and cup in the shortening. Add enough buttermilk to make a soft dough. Pinch off about a lemon sized ball of dough for each biscuit and pat out, gently with hands. Bake 12-15 minutes at 450 degrees or until golden brown. remove from oven and rub butter on the tops of biscuits to coat.

Class 31- **Southern Comfort**

Southern Comfort is a fruit, spice (vanilla, lemon , cinnamon, cloves, cherries and orange) and whiskey flavored liqueur produced since 1874. The brand was created by a bartender Martin Wilkes Heron, in New Orleans when he wanted to make a better tasting whiskey. He moved to Memphis, Tennessee in 1889 and patented his creation. The liqueur has been used as part of many popular cocktails over the years and around the world. The image on the label, since 1930, is a rendering of Woodland Plantation, an antebellum plantation mansion in West Pointe a la Hache, Louisiana.

Class 32- **Mimosas** Under the Pines

A simple, tasty and festive way to celebrate any special event- like waking up in the morning.

Champagne- 1 bottle

Fresh squeezed orange juice- 1 quart

Fill half of champagne flute with chilled champagne. Top off with chilled orange juice. Stare gently and add a strawberry slice to decorate rim of glass. Enjoy. May have ice added if desired.

Class 33- **Moonshine** on the Mountains

Moonshine is any distilled spirit mad in an unlicensed still. As with all distilled spirits, yeast ferments a sugar source to produce ethanol. Historically, the sugar source in the South is corn mash. The alcohol is then extracted by distillation using a "still". Because of its illegal nature, moonshine is rarely aged in barrels like proper whiskey. It may contain impurities, off flavors and very rarely toxins such as methanol. Although "moonshine" in North America is commonly associated with the Southern United States and Appalachia, varieties of moonshine are produced all over the world. "Good " moonshine is clear, strong and provides a real kick. Is it still available today? Yes!

Class 34- **Cheer Wine**

Cheerwine is a cherry flavored soda, made by the Carolina(North) Beverage Company starting about 1917. The soda has a very sweet cherry flavor, is burgundy colored and has an unusually high degree of carbonation compared to other soft drinks. The product was named for its color and taste. It is sold throughout the South.

Class 35- **Mountain Dew**

Mountain Dew is a soft drink manufactured and distributed by Pepsico. Co. Originally invented in Marion, Virginia, it was first marketed in Knoxville and Johnson City, Tennessee in the 1940's. It

finally was marketed throughout the United States in 1964. Its distinctive green bottle, color and taste make it the 4th most popular selling soft drink in the United States.

Class 36- Fried Chicken at the **Blue Willow Inn**

The Blue Willow Inn, a haven for folks that appreciate Good Southern food and plenty of it, is located in Social Circle, Georgia, a "few" miles east of Atlanta. The old Southern mansion, with its huge buffet has been feeding hungry Southerners for many years. Fried chicken is just one of the specialties, along with chicken pot pie, chicken livers, baked ham, roast beef and gravy, creamed potatoes, candied yams, macaroni and cheese, collard greens, black eyed peas, cheese grits, fried green tomatoes, corn on the cob, chutney, chocolate cake, peanut butter pie, punch bowl cake, coconut cake, pecan pie, peach cobbler just a small list of the food on the buffet. Of course, there is also, cornbread, biscuits, rolls, sweet tea, lemonade and more. One of the requirements of eating there is that everyone has to have at least 2 desserts! Fortunately, the big porches are filled with rocking chairs if you need to rest a spell before waddling to your car. A walk through the quaint down town is another way to fire up the appetite or walk off dinner. If you can't find something to eat or leave hungry, I am so sorry.

Class 37- **Dirty Rice**

Another dish using the Southern favorite of rice and leftovers with lots of flavor, including the "holy trinity"- onion, celery and bell pepper. The traditional "dirt" comes from chopped chicken livers

6 slices bacon, diced

8 ounces ground pork

3/4 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped green bell pepper

1/2 cup chopped red bell pepper

1 tablespoon minced garlic

1 teaspoon cayenne pepper

1 teaspoon salt

1 teaspoon freshly ground black pepper

1 teaspoon cumin

1/2 teaspoon oregano

1 cup long grain rice

2 cups chicken stock

8 ounces chicken livers, trimmed, rinsed, patted dry and minced

2 tablespoons fresh chives, chopped

In large Dutch oven, over medium heat, saute bacon until slightly crisp, about 5 minutes. Remove bacon and drain all but 1 tablespoon of fat. Add ground pork and saute, breaking into small pieces. Remove pork and combine with bacon. Add the onion, celery, bell peppers and garlic to pan. Saute on low heat for 5 minutes. Add cayenne, salt, black pepper, cumin and oregano. Stir and cook 3 minutes.

Stir in the rice and cook 5 minutes. Add the stock and reserved bacon and pork. Bring to boil, reduce heat, cover pan and simmer for 10 minutes. Stir in chicken livers, cooking 5 minutes. Serve immediately, garnished with chives.

Class 38- **Hominy**

Hominy refers to corn without the germ and can be whole corn or ground as in "hominy grits." Traditionally, corn kernels that were left whole or very coarsely ground were treated with lye to soften the hulls. In many parts of the US, hominy (treated whole corn kernels) or "big hominy" is used as a side dish like potatoes or rice. In the southeast, ground hominy(grits) is cooked and eaten for cereal, as a main dish, fried or eaten as a staple with any meal.

Class 39- **Cheese Grits**

Northerners have been eating grits as corn meal mush for centuries. They may beat them with sugar and milk, syrup for breakfast. In the South, grits are eaten with breakfast with salt, pepper and butter- often with a soft fried egg mixed in. Red eyed gravy may be an accompaniment. One of the best ways to eat them is with cheese! This casserole can be made for breakfast, lunch or dinner.

6 cups water (may use some milk for richer grits)

1 1/3 cups grits

3 eggs

3/4 cup butter

16 ounces cheese(I prefer good sharp cheddar, but many prefer processed American) cubed or grated
In large pot, bring water to boil before adding grits. Reduce the heat to low, adding grits and whisking slowly. Stir often while thickening. When mixture is thick ,add butter, cheese and stir. Quickly beat in eggs, one at a time, continue stirring until cheese melted. Season with a few drops of hot sauce. Pour into 9 x 13 greased baking dish. Bake at 350 degrees for 45 minutes. Serve hot for brunch or dinner.

Class 40- **Divinity**

Another classic candy made for the holidays when expensive white sugar was a treat. This recipe is a new take on the old recipe and stands up better to the humidity in the South.

2 cups sugar

1 cup water

1 7 ounce jar marshmallow cream

1 teaspoon vanilla

1 1/2 cup chopped nuts

In a large sauce pan, combine sugar and water. Cook over medium heat, without stirring, until candy thermometer reads 250 degrees(hard ball stage). Remove from heat, stir in marshmallow creamer, vanilla and pecans. Continue stirring candy until it begins to hold shape when dropped from spoon. Quickly drop by heaping teaspoonfuls onto a waxed paper lined baking sheet. Cool. Store in air tight container at room temperature.

Class 41- **Yoo Hoo**

Yoo-hoo actually originated in New Jersey in the 1920's when an Italian-American Natale Olivieri sold "Tru-Fruit" soft drinks in his store. He discovered a process to produce a chocolate soft drink that would not spoil. Yoo-hoo would soon be picked for bottling by a major bottling company (Pepsi- a Southern company) and was soon distributed worldwide. Because of the love of soft drinks in the south, the chocolate milk soft drink that would not spoil soon became very popular here.