

Soul food

RECIPES

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FOOD - GODD FOR THE SOUL

SOUL - the word connotes a culture, a heritage, a feeling of food.

Soul cooking represents combinations created on the spot to utilize native foods, rather than recipes brought from another shore. Cooking with soul began over two centuries ago in response to the challenge of making rib-sticking meals from the few simple foods that could be grown or caught. Soul food is genuine: corn pones and pot likker, hog jowls and turnip greens, cracklin bread, hoppin john, sweet potato pie, black eye peas and ham hock, fried catfish and hush puppies, collard greens and corn dumplings, hominy grits, mush, corn bread, beans and greens.

Soul food recipes were cherished and carried down through the years because they were practical and inexpensive

Recipes listed are nutritious and inexpensive.

COOK WITH FEELING AND YOU COOK WITH SOUL

% B. Q. RIBS %

Place 2 pounds of spareribs in a shallow baking pan and roast at 450° for 30 minutes. Pour off the fat and reduce heat to 350°. Pour 1 cup of Sauce Beautiful over the ribs. Bake uncovered until ribs are nice and tender; (about 1 hour) basting occasionally. Serves 2 to 3.

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SAUCE BEAUTIFUL

- 8 tablespoons peach preserves
- ½ cup water
- Juice of 1 lemon
- 3 tablespoons brown sugar
- 1 tablespoon butter
- 1 tablespoon salad oil
- 1 tablespoon vinegar
- ½ teaspoon paprika
- Salt, pepper, Worcestershire sauce to taste

Combine all ingredients in a small sauce-pan and blend. Cook over medium heat until thickened, stirring occasionally. Makes about 1 cup.

HERITAGE: AFRICAN FOOD

African food is close to nature. Watermelon and okra, sweet potatoes or your coconut and cocoa. Peanut and fish are abundant.

Cous Cous is a one dish meal popular in many parts of Africa.

COUS COUS

- $\frac{1}{2}$ cup peanut or corn oil
- $1\frac{1}{2}$ pounds of boneless lamb, cubed
- 1 broiler fryer chicken, boned, skinned and cubed
- $\frac{1}{2}$ cup chopped onions
- 4 cups water
- 1 can tomato paste(6 oz.)
- 2 teaspoons salt
- 1 large can peas, drained
- $\frac{1}{2}$ teaspoon ground allspice, dash pepper
- 4 medium carrots, pared, cut in $\frac{1}{4}$ " pieces
- 4 medium zucchini, cut in $\frac{1}{2}$ " pieces or slices
- $\frac{1}{2}$ cup unsifted flour
- 6 cups hot cooked brown rice
- $\frac{1}{2}$ teaspoon ginger



Combine oil, lamb and chicken in large saucepan or dutch oven; cook over low heat until lamb is browned on all sides and chicken is white. Add onions and cook 5 minutes; drain off drippings. Mix 3 cups of water tomato paste, salt, allspice, cayenne pepper, dash of pepper and ginger; cover and cook 30 minutes. Add carrots, zucchini and peas, cover and cook about 15 minutes or until vegetables and lamb are tender. Remove from heat combine flour and remaining cup of water; blend well; gradually stir into lamb mixture. Cook over low heat, stirring constantly until slightly thickened. Serve over hot cooked brown rice. Makes 8 servings.

& HOPPIN JOHN &

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- 1 cup black-eyed peas
- 1 ham knuckle of $\frac{1}{4}$ pound salt pork, diced
- 1 green pepper, seeded and chopped
- 1 onion, chopped
- 1 cup uncooked rice
- 1 tablespoon butter
- Pinch of cayenne pepper
- Salt and pepper

Soak the peas overnight in water to cover. If using ham knuckles, place in pot with onion, green pepper, and water to cover, simmer 2 hours (Salt pork need not be precooked) Add peas, drained, and simmer until tender. Steam rice separately until it is dry and "flaky" when peas are done and water cooked low, add steamed rice, butter, cayenne, salt and pepper to taste. Cook over low heat until all liquid is absorbed. Serves 4 to 6.

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& HUSH PUPPIES &

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| 2 cups corn meal | $\frac{3}{4}$ teaspoon salt |
| 1 tablespoon flour | 1 teaspoon sugar |
| 1 teaspoon baking powder | 1 egg, well beaten |
| $\frac{1}{2}$ teaspoon baking soda | 1 cup buttermilk |

Combine dry ingredients; add egg, buttermilk and mix well. Shape into little cakes or drop by tablespoonful into deep hot fat. Fry until golden brown. Drain on absorbent paper, serve hot, makes about $1\frac{1}{2}$ dozen.

& HOG JOWL & TURNIP GREENS &

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½ pound fresh hog jowl
2 pounds, young, tender turnip greens
2 red pepper pods
salt and pepper
Boiling water

Place the hog jowl in boiling water to cover. Add the red pepper pods and cook until the meat is almost tender, Thoroughly wash greens cutting off tough stems, and add to the pot. Let cook gently for another 1 or 2 hours. When done, season to taste with salt and pepper. Drain reserving the liquid. Remove the hog jowl to center of serving platter and surround with the greens. Serve with corn bread and cups of "pot likker" (the reserved cooking liquid) for dunking. Serves 6.

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SKILLET CORN BREAD

2 cups corn meal, sifted
1 teaspoon salt
1 egg
1½ cups buttermilk
¾ teaspoon baking soda
1 tablespoon melted bacon fat

Dissolve soda in buttermilk. Mix the corn meal with salt, egg, and buttermilk. Add hot melted bacon fat. Pour into greased skillet and bake at 375° until done. Cut in wedges.

& CHITLINS &

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2½ pounds chitterlings fresh or frozen	1 large onion, whole
1 red pepper pod, cut in pieces	1 stalk celery
3 whole cloves	½ teaspoon black pepper
1 bay leaf	1/8 cup vinegar
1 clove garlic	Boiling salted water

Soak chitterlings in cold water to cover for at least 6 hours. Drain. Thoroughly clean and wash. Place in kettle with pepper pods, bay leaf, garlic, onion, celery, cloves, black pepper and vinegar. Add boiling salted water to cover. Simmer gently until tender.

Fried Chitlins: Drain the boiled chitlins and cut into pieces. Dip in beaten egg, then in cracker crumbs. Or dip in fritter batter. Fry in deep hot fat until golden brown.

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& FRIED CORN MEAL MUSH &

1 cup enriched corn meal
3 cups boiling water
1 teaspoon salt

Add salt to boiling water. Add corn meal a little at a time, stirring constantly. Cook until thickened, stirring frequently. Pour into a greased loaf pan and chill until firm. Cut into ½" slices, dip in flour, brown on both side in bacon fat, Serve hot with molasses or maple syrup.

½ COLLARD GREENS 'N' CORN DUMPLINGS ½

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1 cup corn meal	2 teaspoon baking powder
1 cup boiling water	½ cup sour milk
1 teaspoon salt	½ teaspoon baking soda
½ cup flour	
1 egg beaten	

Prepare dumpling while collard greens are cooking. Slowly stir corn meal and salt into boiling water. Cook and stir for 2 minutes, remove from heat and cool. Sift together flour and baking powder. Dissolve baking soda in sour milk. Add egg and beat mixture, adding flour and meal alternately. Drop by spoonful on top of turnip greens. Cover and cook about 15 to 20 minutes. To serve, remove dumplings with slotted spoon to deep serving platter. Pour the "pot likker" (the liquid in which greens were cooked) over the dumplings.

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½ FRIED CATFISH ½

2 pounds catfish, cleaned and skinned
½ cup sifted flour, salt and pepper to taste
½ cup yellow corn meal
3 tablespoons bacon fat or shortening

Wipe fish with damp cloth or paper towel. Mix together flour, salt, pepper and corn meal. Boil. Roll the fish in mixture and fry in hot bacon fat until golden brown on one side. Turn, brown other side. Total cooking time will be about ; 8 to 10 minutes, serves 4.

& PICKLED PIG'S FEET &

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8 pig's feet	1 teaspoon whole cloves
1 onion, sliced	1 teaspoon dry mustard
1 carrot, sliced	1 teaspoon celery seed
1 red pepper pod	½ teaspoon salt
1 bay leaf	3 or 4 teaspoon pepper-
Sprig of parsley	corns
	Vinegar

Clean the pig's feet thoroughly. Leave whole or have them split. Place in pan and cover with cold water and vinegar, allowing 1 cup of vinegar for each 3 cups of water. Add the remaining ingredients. Bring to a boil. Then cover and simmer gently until pig's feet are tender. Serves 8.

½ MOLASSES PIE - One 9" Pie

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- ½ cup enriched self-rising flour
- ½ cup light brown sugar, firmly packed
- ½ teaspoon cinnamon
- ½ teaspoon allspice
- 1 teaspoon soda
- 1 cup sour milk
- ¾ cup molasses
- 2 eggs, beaten
- 2 tablespoons butter, melted
- 1 9" pie shell, unbaked

Stir together all dry ingredients. Stir sour milk and molasses into dry ingredients. Add eggs and melted butter, beat until smooth. Pour into pastry shell.

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½ VINEGAR PIE -----½

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| 1. cup sugar | 1 tablespoon allspice |
| ½ cup butter | 1 teaspoon cloves |
| 2 eggs | 2 cups water |
| 6 tablespoons enriched self-rising flour | ½ cup vinegar |
| 1 tablespoon cinnamon | 9 inch pie shell |

Cream together sugar and butter. Beat in eggs, one one at a time. Stir together flour and spices. Thoroughly blend into creamed mixture. Cook stirring constantly over simmering water, until filling thickens about 10 minutes. Pour into pastry shell.

⌘ SWEET POTATO CAKE ⌘

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1½ cup sifted flour
2 teaspoons baking powder
¼ teaspoon salt
2 cups hot boiled and mashed potatoes
½ cup shortening
2 eggs, well beaten
¾ cup brown sugar
½ teaspoon cinnamon
½ teaspoon nutmeg
½ cup milk
1 tablespoon lemon juice

Combine flour, baking powder, and salt and sift into mixing bowl. To the mashed potatoes, add shortening, eggs, brown sugar, cinnamon, and nutmeg. Beat well. Alternately add the flour mixture and milk, beating well after each addition. Add lemon juice and turn into a greased loaf pan. Bake at 350° until done--about 1 hour.

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Four-letter words to use a lot--

SOUL, HOME, and LOVE.

3. SWEET POTATO CAKE

1/2 cup sifted flour
 2 teaspoons baking powder
 1/2 teaspoon salt
 2 cups hot boiled and washed potatoes
 1/2 cup shortening
 2 eggs, well beaten
 3/4 cup brown sugar
 1/2 teaspoon cinnamon

It's not much, but-----

It's Good for the SOUL

1/2 cup milk
 1 tablespoon lemon juice
 Combine flour, baking powder, and salt and sift into mixing bowl. To the washed potatoes, add shortening, eggs, brown sugar, cinnamon, and nutmeg. Beat well. Alternately add the flour mixture and milk, beating well after each addition. Add lemon juice and turn into a greased loaf pan. Bake at 350° until done--about 1 hour.

Campbell County
 VPI & S. U. Extension Division
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