

Iron Skillet Cornbread

Ingredients

1 tsp. Nutiva shortening or butter	1-2 tbsp sugar (optional)
1 large egg	1 1/4 c. milk
2 cups White Lily Enriched Self-Rising Buttermilk White Cornmeal Mix	1/4 c. oil

Directions

Heat oven to 425F. Spoon shortening into 8-inch cast iron skillet. Place in oven to heat for about 5 minutes. Whisk egg in medium bowl. Stir in cornmeal mix, sugar, milk, and oil just until moistened (batter will be lumpy). Carefully tilt skillet to coat bottom with shortening. Pour batter into skillet. Bake 25-30 minutes or until toothpick inserted into center comes out clean.

"And I took that big mouthful of beans and a onion, great big chompr of that corn bread, and I started on it."

Beans

Ingredients

1 lb. pinto beans	Salt and pepper to taste
1/2 lb. cooked ham, diced	Brown sugar to taste (optional)

Directions

Quick Soak:

Rinse and sort beans, discard shriveled beans and any small stones, in a large pot. Add 6-8 cups of hot water. Bring to rapid boil, boil for 2 minutes. Remove from heat. Cover and let stand 1 hour. Drain soak water and rinse beans.

Overnight soak:

Rinse and sort beans, discard shriveled beans and any small stones, beans in a large pot. Add 6-8 cups of cold water. Let stand overnight or at least 6 to 8 hours. Drain soak water and rinse beans.

Cooking:

Return beans to pot and add ham and brown sugar (optional). Add 6 cups of hot water to drained and rinsed beans. Simmer gently with lid tilted until desired tenderness is reached, about 1 1/2 to 2 hours. Add more water if necessary during cooking time.

*"Oh, brother, this is like cornbread and beans,
It sticks to your ribs."*

Chow Chow Relish

Ingredients

1 c. Cabbage
1 c. Corn (approx. 9 ears)
1 c. Green beans
1 c. Ripe tomatoes
1 c. Green tomatoes
1 c. Cucumber (approx. 4 Large)
1 c. Onion
1 c. Vinegar
1 c. Sugar

Directions

In food processor, add your prepared vegetables and coarsely grind.
(You may need to do this in batches)

*if you do not have a food processor, coarsely chop all your vegetables.

In a large stockpot, combine the vegetables, sugar, and vinegar. Bring to a boil and simmer on medium heat, stirring frequently, until vegetables are tender.

"I'd like to come out to your house, and visit with you, and enjoy some good old fashion southern cooking."

Cherry Cobbler

Ingredients

2 (16 oz.) cans sour cherries	1/4 cup granulated sugar
3/4 cup granulated sugar	2 tsp. baking powder
2 tbsp. cornstarch	1/4 tsp. salt, optional
1/8 tsp. almond extract, if desired	1/3 cup butter, chilled
1 cup oatmeal	1/2 cup milk
1 cup all-purpose flour	

Directions

Drain cherries, reserving 1 cup liquid. In medium saucepan, combine 3/4 cup sugar with cornstarch; stir in reserved liquid.

Bring to a boil over medium-high heat, stirring constantly until thickened and clear.

Reduce heat; boil 1 minute. Stir in cherries and almond extract. Pour mixture into 10-inch round quiche dish or 8-inch square glass baking dish. Preheat oven to 400F. In a bowl, combine oats, flour, 1/4 cup sugar, baking powder, and salt; mix well. Cut in butter with a pastry blender or your hands until mixture resembles coarse crumbs. Add milk; mix with fork just until dry ingredients are moistened. Drop by rounded tablespoons over hot filling. Bake 25-30 minutes or until topping is golden brown.

"And mother Wright had baked me a big cherry cobbler, you know, and out of the little tree that I used to help her pick it out of there."