



**5th week: Southern Comfort**

- Winter Salad with citrus & walnuts
- Smothered Chicken with Red Eye Gravy
- Smashed Buttermilk Potatoes
- Quick Braised Greens with Lemon-Pepper
- Pickled onions
- Angel Biscuits with homemade jam
- Strawberry Angel-cake
- Strawberry Citrus-ade



## **Winter Salad with Citrus and Walnuts** serves 24

- 1/3 cup raspberry or red wine vinegar
- 1/4 cup fresh orange juice
- 2 tablespoon balsamic vinegar
- 2 tablespoons walnut or almond oil
- 2 teaspoons sugar
- 3/4 teaspoon black pepper
- 1 1/2 teaspoon soy sauce
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
  
- 24 cups mixed salad greens
- 4 cup citrus sections (mixture of grapefruit, oranges, etc)
- 1/2 - 1 cup thinly sliced sweet onion
- 3/4 cup coarsely chopped walnuts, lightly toasted
- Water & table salt, as needed

To make the dressing, combine first 9 ingredients in a small bowl. Can be made in advance and stored in refrigerator.

To reduce the onion sharpness, soak the sliced onion in lightly salted water for about 10 minutes and then drain well.

To serve, reserve a few pieces of citrus for garnish; combine salad greens, onion slices, remaining citrus, and walnuts in a large bowl. Drizzle with dressing and toss to coat. Garnish with reserved fruit.



**Uptown Chicken and Redeye Gravy** serves 24

- 1/3 cup all-purpose flour
- 1 tablespoon paprika
- 2 teaspoon salt
- 1/2 teaspoon pepper
- 24 (4-ounce) boneless skinless chicken breast halves
- 3 tablespoons butter
- 2 pounds chopped lean country ham
- 1 cup espresso
- 1 cup water
- 1/3 cup brown sugar
- 3 pounds sliced portabella mushrooms (1/2-inch thick)
- 1/3 cup all-purpose flour
- 1/3 cup water
- 2 tablespoons chopped parsley (optional)

Combine the first 4 ingredients in a large heavy-duty zip-lock plastic bag; add in chicken. Seal bag and shake to coat chicken.

Pre-heat the oven to 350 degrees.

Coat a large nonstick skillet with nonstick cooking spray; melt butter in the skillet over med-high heat. Add just enough chicken to skillet so there's room between pieces; cook 2 minutes on each side or until golden. Remove when chicken pieces are golden and place in large, high-sided baking dish. Continue until all chicken is browned.

Combine the ham and next 3 ingredients; pour into now empty skillet; bring to a boil; and simmer 3 minutes.

Add mushrooms; cover and simmer 5 minutes. In a bowl, combine 1/3 cup flour and 1/3 cup water; whisk until smooth. Add flour mixture to cooking liquid in skillet; bring to a boil; cook stirring constantly with a whisk for 1 minute or until thickened.

Pour thickened mixture over chicken, lightly cover with foil and bake in pre-heated oven until chicken is tender (about 45 minutes). If the gravy is thin, uncover chicken after 20 minutes, if the gravy is too thick; feel free to add a little more water.

Place chicken and mushrooms on a serving platter and spoon gravy over. Garnish with chopped parsley.



**Quick Cooked Greens with Garlic and Lemon-Pepper** Serves 24

- 1       tablespoon table salt
- 8       pounds kale, collard, mustard, or turnip greens; stemmed, washed in 2 or 3 changes of clean water, and coarsely chopped
- 6       large cloves garlic, thinly sliced
- 3       tablespoons olive oil
- ½ - ¾   cup low-sodium chicken broth
- ½       teaspoon fresh ground pepper
- 1       teaspoon grated lemon peel
- Kosher salt
- Lemon wedges

Bring 6 quarts water to boil in large, deep pot. Add salt and greens; stir until wilted. Cover and cook until greens are just tender, about 7 minutes; drain in colander.

Rinse pan with cold water to cool, then refill with cold water. Pour greens into cold water to stop the cooking process. Gather handful of greens, lift out of water and squeeze until only droplets fall from them. Repeat with remaining greens. Roughly cut each bunch of greens. Set aside.

In a large sauté pan, heat garlic with oil over medium heat until garlic starts to sizzle. Add greens; sauté to coat with oil. Add ½ cup of broth, cover and cook over medium-high heat, adding more broth during cooking if necessary, until greens are tender and juicy and most of broth has been absorbed, about 5 minutes.

Just before serving, add fresh ground pepper & lemon peel.

Serve with lemon wedges on the side.



## **Buttermilk Mashed Potatoes** Serves 24

*To achieve the proper texture, it is important to cook the potatoes thoroughly; they are done if they break apart when a knife is inserted and gently wiggled. To reduce the chance of curdling, the buttermilk must be at room temperature when mixed with cooled melted butter. Also, once the potatoes are cooked, a gentle hand is important. Overworking the cooked potatoes will turn them pasty.*

- 8 pounds Yukon Gold potatoes, peeled and cut into 1-inch chunks
- Table salt
- ½ cup unsalted butter (melted and cooled)
- 2 ½ cups buttermilk, at room temperature
- Ground black pepper

Place potatoes in large pot; add cold water to cover by 1 inch and 2 tablespoon salt. Bring to simmer over high heat, then reduce heat to medium and simmer until potatoes break apart when paring knife is inserted, about 18 minutes.

Drain potatoes and return to pot set on still-hot but turned-off burner.

Using potato masher, gently mash potatoes until a few small lumps remain.

Gently mix melted butter and buttermilk in small bowl until combined. Add butter/buttermilk mixture to potatoes; using rubber spatula, fold gently until just incorporated.

Adjust seasoning with salt and pepper; serve immediately.



**Pickled Purple Onions** makes about 1 quart

- 3 purple onions
- 1 cup rice vinegar
- 1 cup water
- 1/3 cup white wine vinegar
- 3 tablespoons granulated sugar
- 2 teaspoons kosher salt
- 1/4 teaspoon mustard seed
- 1/4 teaspoon celery seed
- 1/4 teaspoon coriander seed
- 1/2 small dried red chili

Peel, remove tops but only slightly remove bottoms of onions. Cut each onion into 8 wedges through the remaining onion bottom (this will keep the onions together at wedges). Sprinkle the onion wedges with 1 teaspoon salt, let stand in bowl 1 hour. Drain.

Bring all ingredients (pickling liquid, flavorings, and onions) to simmer. Simmer onions 5 minutes.

Transfer to bowl and cool to room temperature; refrigerate overnight before serving.

Pickles can be safely stored in fridge for up to 2 weeks.



**Angel Biscuits** Yield: 2 dozen

*The dough will keep for several weeks in the refrigerator.*

- 1 package dry yeast (about 2 1/4 teaspoons)
- 1/2 cup warm water (105° to 115°)
- 5 cups all-purpose flour
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 cup vegetable shortening
- 2 cups low-fat buttermilk
- Cooking spray
- 1 tablespoon butter, melted

Dissolve yeast in warm water in a small bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients (flour through salt) in a large bowl. Cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal. Add yeast mixture and buttermilk; stir just until moist. Cover the dough and chill at least 1 hour.

Preheat oven to 450°.

Turn dough out onto a heavily floured surface; knead lightly 5 times. Roll dough to a 1/2-inch thickness; cut into 24 even squares.

Place the cut biscuits on a baking sheet coated with cooking spray. Brush melted margarine over biscuit tops. Bake at 450° for 13 minutes or until golden.



**Strawberry Angel-Cakes** serves 12, recommend doubling for class

*This light, delicate angel food cake is a nice change from a typical biscuit shortcake.*

1/2 cup sifted cake flour  
3/4 cup granulated sugar, divided  
6 large egg whites  
1/2 teaspoon cream of tartar  
1/8 teaspoon salt  
3/4 teaspoon fresh lemon juice  
3/4 teaspoon vanilla extract  
1/2 teaspoon almond extract  
3 tablespoons slivered almonds  
1 tablespoon powdered sugar  
Cooking spray

3 cups fresh strawberries, quartered  
3 tablespoons granulated sugar  
2 tablespoons orange juice

Whipped Cream

Line 13 x 9-inch baking pan with wax paper; set aside. Preheat oven to 325°.

To prepare cake, lightly spoon the flour into a dry measuring cup, and level with a knife. Combine the flour and 6 tablespoons sugar, stirring with a whisk.

Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Add cream of tartar and salt; beat until soft peaks form. Add 6 tablespoons sugar, 2 tablespoons at a time, beating until stiff peaks form. Beat in lemon juice and extracts.

Sift 1/4 cup flour mixture over egg white mixture; fold in. Repeat with remaining flour mixture, 1/4 cup at a time. Gently spread batter into prepared pan; sprinkle with almonds. Bake at 325° for 25 minutes or until cake springs back when lightly touched.

Place a clean dishtowel over a large wire rack; dust towel with powdered sugar. Loosen cake from sides of pan; turn out onto dishtowel. Carefully peel off wax paper. Lightly coat another large wire rack with cooking spray; place over cake. Invert cake; remove first rack and towel. Cool completely.

Cake can be prepared 1 day in advance. To store, lightly but completely wrap in waxed paper.

To prepare fruit, combine fruit, sugar and orange juice and let stand 1 hour.

To serve; cut the cake into 12 rectangles using a serrated knife, spoon fruit onto cake and add a dollop of whipped cream.



**Strawberry Citrus-ade** Yield: 2 quarts

*Note, this works as well with other types of berries; either fresh or frozen.*

2 cups water  
3 cups berries  
½ cup fresh lime juice (2-3 limes)  
¼ cup fresh lemon juice (1 lemon)  
1 cup sugar (or to taste)

4-5 cups water or sparkling water

Few fresh berries for garnish  
Few thin lemon slices for garnish  
Ice cubes

Place the 2 cups water, berries, lime & lemon juice and ¾ cup of the sugar in a blender and process until smooth. Taste and add more sugar if needed. Let sit for about 15 minutes and then press through a sieve to remove seeds.

Citrus-ade concentrate can be made a day or so in advance. Store covered in refrigerator.

To serve, combine the citrus-ade concentrate, water and ice in a large pitcher, then add the garnish.