

Southern Style

Sept. 14, 2015

PROJECT & FOODIE



mixing things up in the kitchen with GPL



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Aubrey's Recipe 1

Buttermilk Biscuits

Tip: If you don't have self-rising flour, you can substitute using a ratio of 1 cup all-purpose flour, 1 1/4 teaspoon baking powder, plus 1/8 teaspoon of salt, for every cup of self-rising flour.



What You'll Need...

- 2 ½ cups self-rising flour (plus extra for flouring your surface)
- 2 tsp sugar (Optional)
- ½ tsp kosher salt
- 8 Tbsp butter (chilled) or 4 Tbsp butter and 4 tbsp. vegetable shortening
- 1 cup chilled buttermilk (plus 1-2 tbsp more, if needed)
- 1 tbsp melted butter (Optional: to brush on top of biscuits after baking)

What You'll Do...

1. Preheat oven to 450 F. Prepare a floured surface for shaping the dough and have an ungreased baking sheet ready (lined with Silpat sheets if you have them).
2. Whisk together flour, sugar and salt in a medium-sized bowl. Using a fork or a pastry blender cut in the shortening and butter. Work quickly, you don't want the fats to melt – the key to fluffy biscuits is minimal handling. The mixture should be crumbly.
3. Make a well in the flour mixture, and pour in the buttermilk. Stir with a spoon and blend just until the liquid is absorbed and the dough comes away from the sides of the bowl – add 1-2 tbsp more buttermilk if the dough is dry. Do not over mix; the dough will be tacky, neither wet nor dry.
4. With lightly floured hands, turn out the dough onto a lightly-floured surface and gently fold it over on itself 2 or 3 times. Shape into a 3/4" thick round. If you use a rolling pin, be sure to flour it first to keep the dough from sticking to the pin.
5. Using a 2-inch biscuit cutter, cut out the biscuits pressing straight down (avoid the temptation to twist the cutter as twisting keeps the biscuits from rising). Dip the cutter in flour between cuttings to keep the dough from sticking to the cutter. Place biscuits on the baking sheet so that they just touch (for crunchy sides, leave space in between). Reshape scrap dough and continue cutting. Remember to handle the dough as little as possible.
6. Bake for 15-18 minutes or until lightly golden brown on top. Turn the baking sheet around halfway through baking.

Optional: Brush the tops of the biscuits with melted butter.

Aubrey's Recipe 2

Sausage Gravy

Aubrey's comments: The gravy takes a while to thicken, so be patient! I prefer to make this with a more mild sausage, so that I can play around with the different spices.

What you'll need...

- 1 lb pork sausage
- ¼ cup finely chopped white or yellow onion
- 6 tbsp all purpose flour
- 4 cups whole milk
- ½ tsp poultry seasoning
- ½ tsp ground nutmeg
- ¼ tsp salt
- 1-2 dashes of Worcestershire sauce
- 1-2 dashes of Tabasco sauce, cayenne pepper, or other hot sauce
- 1-2 tbsp butter or bacon grease (if needed)

What You'll Do:

1. Preheat a 4-quart saucepan over medium high heat (put a few drops of water in the pan – when they evaporate, you know the pan is ready). Crumble the sausage into the pan and let it brown for a minute or two, then turn down to medium heat. Continue cooking, breaking up the sausage into smaller pieces, until no pink remains. Stir in the onions and cook until they are transparent.
2. Remove sausage with a slotted spatula or spoon, leaving the drippings in the pan. If less than 3 tbsp of drippings remain, add enough butter (or bacon grease) to equal about 3 tbsp of drippings. Add the cooked sausage back to the pan on medium heat, and sprinkle the flour over the sausage. Stir in the flour and cook for about 6-8 minutes, until the mixture starts bubbling and turns slightly golden brown.
3. Stir in poultry seasoning, nutmeg, Worcestershire sauce, Tabasco sauce and salt – cook for 1 minute to deepen the flavors. Slowly add the milk and cook over medium heat, stirring occasionally, until thickened (about 15 minutes).



Anna's Recipe

Boiled Peanuts

What you'll need:

- Raw peanuts in the shell: They can be either green raw peanuts (freshly picked – usually available around May-November) or dried raw peanuts (available year-round). Note: Green peanuts are harder to find.
- Salt water: Add $\frac{1}{2}$ cup of salt to each gallon of water.





What you'll do:

1. Fill a pot with raw peanuts in the shell and cover with the salty water.
2. Simmer on a low boil. If you're using fresh green peanuts, boil for 1-2 hours. If you're using dried raw peanuts, it may take 6-8 hours.
3. Pull peanuts out every so often and test them. They should be tender with the right amount of salt for your taste.
4. Adjust the level of salt in the water as you cook, if need be.

Anna's Recipe 2

from The Pioneer Woman

Hoppin John

What you'll need:

- 4 Tablespoons Butter
- 1 whole Large Onion, Diced
- 4 cloves Garlic, Minced
- 1 whole Green Bell Pepper, Diced
- 2 stalks Celery, Diced
- 4 cups Soaked Black-eyed Peas
- 5 cups Low-sodium (or No-sodium) Chicken Broth
- 1 whole Ham Hock
- Salt And Pepper, to taste
- Cayenne Pepper To Taste
- 2 Tablespoons White Vinegar
- White Or Brown Rice, For Serving

What you'll do:

1. (Soak black-eyed peas in cool water for at least 6 hours. Rinse before using.)
2. Heat butter in a large pot over medium-high heat. Add onion, garlic, green pepper, and celery and stir. Cook for 3 to 4 minutes. Stir in soaked beans, then add chicken broth, ham hock, salt & pepper, and cayenne to taste. Bring to a boil, then reduce heat and cover the pot for 30 minutes.
3. After 30 minutes, check the liquid level; if it's too soupy, cook with the lid off for another 15 minutes or so. If it's too thick, splash in a little more broth.
4. Stir in vinegar, then taste for seasonings. Add more spice if needed.
5. Serve over white or brown rice, making sure to get plenty of the cooking liquid spooned over the top. Or, you may mix the bean mixture with the rice before serving.

Variations: add red bell pepper, canned diced tomatoes, diced jalapenos, diced ham (instead of ham hocks), or sliced bacon (instead of ham hocks). Stir in torn-up kale when 5 minutes of cooking time remain.

Variation: use canned, drained black-eyed peas if preferred. Just use diced ham instead of ham hock and a little less broth, as peas won't need to cook as long.

Anna's Recipe 3

Perfect Southern Sweet Iced Tea

What you'll need:

- 5 to 7 individual tea bags, (Luzianne brand preferred)
- 1 quart of cool filtered or bottled water
- Pinch of baking soda, optional
- 1 (4-cup) glass Pyrex measuring cup for steeping
- 2 quart glass pitcher filled with ice
- 1/2 to to 1 cup granulated sugar, or to taste
- Fresh lemon, sliced or wedges, and some mint sprigs, optional



What you'll do:

1. Boil one quart of cool filtered or bottled water, bringing to a full, rolling boil then turn off heat.
2. Steep tea bags in the hot water for 9 minutes. Gently squeeze bags of excess water and remove.
3. Whisk in sugar (and baking soda if using) until dissolved and set aside.
4. Fill pitcher with ice, and carefully pour the hot tea concentrate over the ice.
5. Stir well and pour over ice filled glasses, garnishing with a sprig of mint leaves and a nice juicy slice of lemon.
6. Savor. Makes 2 quarts.

Cook's Notes: For a milder tea, use 5 bags; for a more robust tea, go with 7. Increase sugar as needed to your sweetness level. Never pour hot tea directly into a glass pitcher without ice in it! To conserve your ice and use the tea per glass, fill the 1/2 gallon pitcher with 1-1/2 quarts of water instead of ice, and top with the steeped tea.

Emily's Recipe

Shrimp and Grits

Emily's comments: You can use water instead of milk

What You'll Need:

For Grits

- 1 1/2 cups chicken broth
- 1 1/2 cups milk
- 1/4 Tsp salt
- 3/4 cup Palmetto Farms Grits\
- 1 cup cheddar cheese

For Shrimp Topping

- 1 cup diced bacon
- 1/2 cup thinly sliced onion
- 2 tsp hot pepper sauce
- 1 lb. medium peeled shrimp
- 1 cup thinly sliced green bell pepper
- Sliced green onions and grated cheese for garnish

What You'll Do

For Grits

1. Bring chicken broth and milk to a boil.
2. Stir in grits and salt, return to boil.
3. Cover and reduce heat to low. Cook for 20-25 minutes, stirring occasionally
4. Stir in cheese, keep warm

For Shrimp Topping

1. Cook bacon in skillet until crisp
2. Remove bacon and all but 2 tbsp. fat
3. Add peppers and onion, cook until tender
4. Add shrimp and cook until pink
5. Return bacon and add hot pepper sauce. Add salt and black pepper to taste
6. Serve shrimp mixture over warm grits. Garnish with green onions and cheese

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