

An Ode to Southern Cuisine

Menu and Recipes (serves 4-6)

Oven Baked Fried Chicken

Ingredients:

- 6-8 Pieces Skin-On Chicken Thighs
- 1 Canister of Plain Panko Breadcrumbs
- 2 Tsp Fine Sea or Kosher Salt
- 1 Tsp Ground Black Pepper
- 1 Tsp Cayenne Pepper
- 1 Tsp Ground Cinnamon
- 1 Tsp Dried Oregano
- 1 Tsp Granulated Garlic Powder
- 1 Tsp Granulated Onion Powder
- 1 Tsp Smoked Paprika
- 4oz Extra Virgin Olive Oil (EVO)

Instructions:

Pre-heat oven to 425° F; Using a cutting board and knife, remove excess fat around the bottom of each chicken thigh near the edge of the skin; DO NOT WASH the chicken, this action potentially spreads salmonella; cover the chicken with an ample amount of EVO; combining all of the dry ingredients to create your spice mix; take spice mix and sprinkle amply on the top and bottom of the chicken; use salt and cayenne to taste

Lay seasoned chicken skin up on a sheet pan or cookie sheet; once on the pan/sheet take your plain Panko and amply coat each piece of chicken until completely covered; place in oven for 30-35 minutes; at 20 mins reduce oven temperature to 350° F; remove from the oven at the 30-35 min mark; be sure to thoroughly clean the surface of your counter, cutting board and knife after preparing your chicken as to avoid salmonella poisoning

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Savoury Roasted Sweet Potato Mash

Ingredients:

- 3 Large Sweet Potatoes
- 1 Box of Low Sodium Chicken Stock or Broth
- 2 Tsp Fine Sea or Kosher Salt
- 1 Tsp Ground Black Pepper
- 1 Tsp Granulated Garlic Powder
- 1 Tsp Dried or Fresh Thyme
- 2 Tsp Unsalted Butter
- 4oz Extra Virgin Olive Oil (EVO)

Instructions:

Pre-heat oven to 425° F; using a vegetable peeler or knife, peel the skin off each sweet potato; after peeling, wash thoroughly to avoid any residue from the peeling process; using your cutting board and knife cut each potato into medium sized cubes; once the potatoes are cubed, place them on a sheet pan or cookie sheet; drizzle EVO atop the potatoes and lightly season with your spice mix; place in the oven for 15-20 mins or until they are lightly caramelised and/or tender; use a toothpick, skewer or knife to check for tenderness

Once the potatoes are finished, place them in a medium sized sauce pan; place your butter in the pan with enough chicken stock/broth to cover 1/3 the volume of your potatoes; put your burner on a medium setting and then begin to mash the potatoes with a potato smasher or a fork until they are no longer in cubes and are starting become smooth and completely integrated like you would regular mash potatoes; turn off burner; salt to taste and the dish is complete

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Braised Kale

Ingredients:

- 2 Bags of Prewashed Kale
- 1 Large Red Onion
- 1 Box of Low Sodium Chicken Stock or Broth
- 2 Tsp Fine Sea or Kosher Salt
- 1 Tsp Ground Black Pepper
- 1 Tsp Granulated Garlic Powder
- 1 Tsp White Wine (Sauvignon Blanc or Chardonnay) or Regular White Vinegar
- 2 Tsp Unsalted Butter
- 4oz Extra Virgin Olive Oil (EVO)

Instructions:

Remove kale from bag(s), wash and set to the side; using a large pot or sauté pan add ample EVO with unsalted butter; set burner to low heat; while the oil is heating, dice your onion and place in the pot/pan; bring burner heat to medium; add the spice mix and the onions in the oil; using a wooden spoon or high temperature rubber spatula, stir until they begin to caramelize;

Once the onions begin to caramelize, add you're a hand full at a time, continue to stir until you start seeing the kale wilt in the pot/pan, then add another handful repeating the same process until all your kale has been incorporated into the pot/pan; as the kale continues to cook down add 1-2 oz of chicken stock/broth as you bring the burner tempt to high and continue to stir

Once you see a slight boil bring your burner tempt to low, add your white wine or vinegar; stir, cover and allow to simmer until the kale is tender, including the stalk; salt to taste and the dish is complete; be sure to turn off the burner

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Buttermilk Cornbread

Ingredients:

- ½ Cup Coarse Yellow Cornmeal
- 1 ½ Cups AP Flour
- 1 Tsp Baking Powder
- ¼ Tsp Baking Soda
- ½ Tsp Fine Sea or Kosher Salt
- ½ Tsp Ground Coriander
- 1 ½ Cups Buttermilk
- 1 Large Egg (lightly beaten)
- ¼ Cup Unsalted Butter

Instructions:

Pre-heat oven to 375° F; lightly oil a 10-in cast iron skillet or baking pan, pre-melt butter in skillet/pan and ensure it's covers the whole of the surface and the rim; place in the oven

Using a large bowl place all your dry ingredients inclusive of spices and mix until fully integrated; then add your wet ingredients and mix thoroughly until smooth; remove your skillet/pan from the oven and then pour your wet ingredients in; once in place back in the oven for roughly 20 mins or until golden brown on the top and the center is completely dry; use a toothpick to test. Remove from oven and it is ready to serve.