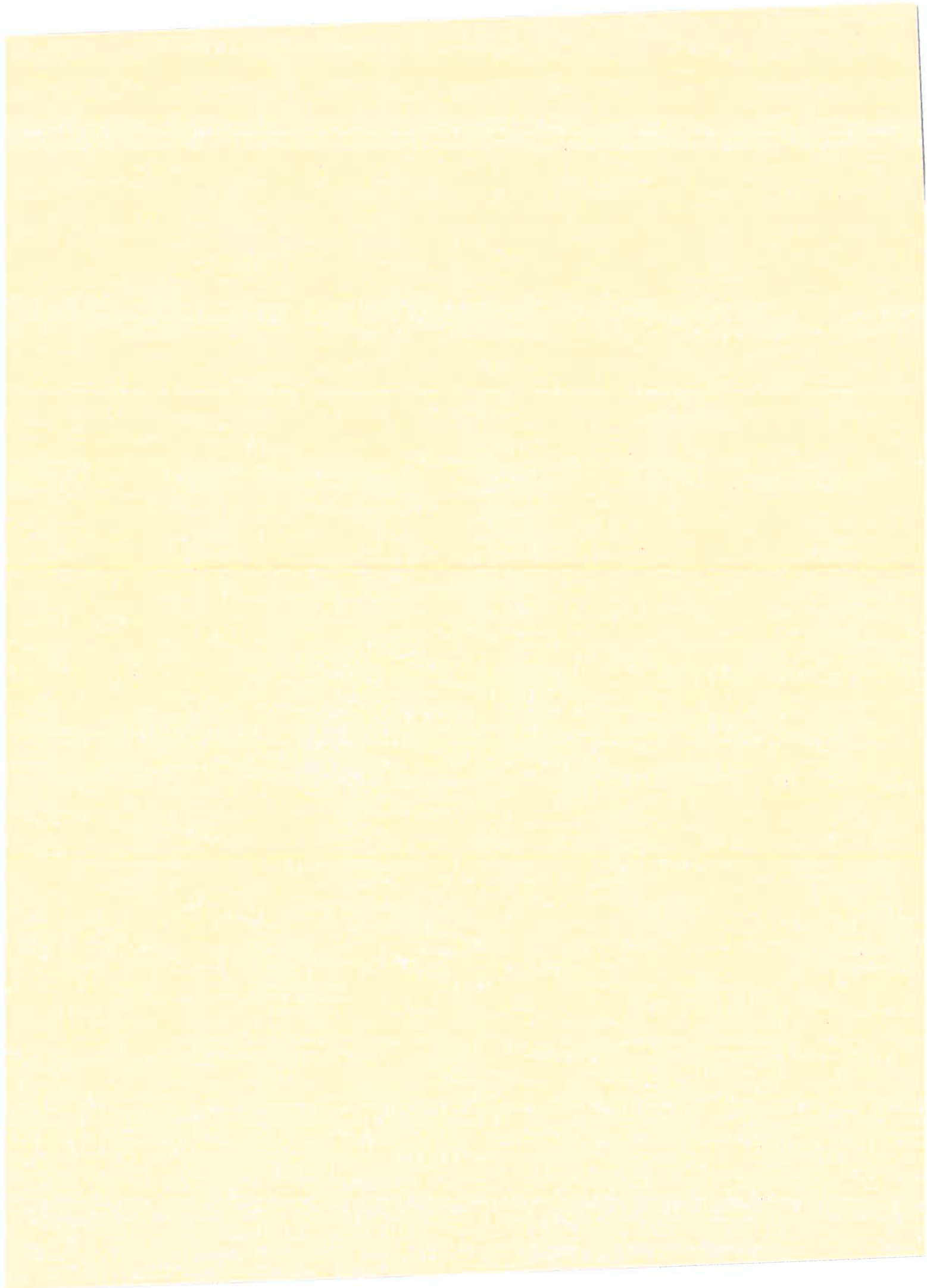


**PASSING IT ON:  
COOKING BRINSON STYLE 2**



*Brinson Family Reunion  
Orlando, Florida  
June 29 - July 1, 2001*





## Straight from the kitchen....

June 29, 2001

Greetings, Brinson Family:

By popular demand, the 1997 Brinson Family Cookbook, in a revised version, is available for your cooking enjoyment. Some new recipes have been added.

It is hoped that you will use this cookbook and bless you and your immediate family members with many wonderful meals and quality time spent together.

If you have any recipes you would like to share, please mail them to Becky Dickey at 108 Bannerman Road, Tallahassee, FL 32312 or e-mail them to her at [beckdickey@aol.com](mailto:beckdickey@aol.com). They will be included in the next edition of "Passing It On: Cooking Brinson Style." Please ensure that all ingredients and directions are provided.

Special thanks are extended to Walter Spencer for his assistance in ensuring that this cookbook would be available for this reunion.

As always, remember to pass it on!

  
Becky Dickey



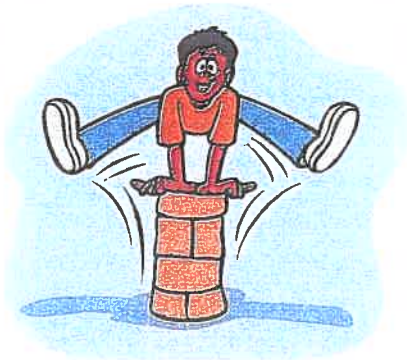
# THE FAMILY



The family is like a book  
The children are the leaves;  
The parents are the covers  
That protecting beauty gives.

At first the pages of the book  
Are blank and purely fair;  
But time soon writeth memories  
And painteth pictures there.

Love is the little golden clasp  
That bindeth up the trust.  
Oh! Break it nit, least all the leaves  
Should scatter and be lost!







# BEVERAGES





# Collins Home Brew

---

Recipe by James "Partner" Collins, Sr.  
Total preparation and cooking time: 1:30  
Serves 25

---

- 5 *tablespoons yeast*
- 1 *cup warm water*
- 5 *pounds sugar*
- 3 *pounds malt syrup (Blue Ribbon)*
- 1 *large box raisins*
- 5 *gallons water*

In a small mixing bowl, dissolve yeast in lukewarm water. Add 1 tablespoon of sugar and mix well. In a large container (#2 wash tub), mix well sugar, malt syrup and one gallon of hot water. Add yeast and raisins and mix well. Add enough water to fill 5-gallon container within six inches from top. Mix well. Pour into clean, sterilized container. Set in cool place at room temperature for one week.

(Careful: Brew will foam over; you will need an overflow pan.) Test brew after one week by putting a little bit in a glass and stirring. If it foams over heavily, let it set for a few more days. Keep testing until brew quits foaming and does not bubble. At this stage, pour out through a strainer into bottles and cap or strain into a large pitcher and drink.

P.S. Becky says, "Pray and ask God if you should try this recipe."

Per serving: 375.9 Calories; 0.1g Fat (0.3% calories from fat); 1.1g Protein;  
96.2g Carbohydrate; 0mg Cholesterol; 26mg Sodium

Items for Which Nutritional Values are Unavailable:

malt syrup (Blue Ribbon)

# Egg Nog

---

Recipe by James Collins, Jr.  
Preparation Time: 5 minutes

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- 2 Eggs (*well beaten*)
- 1 Can of *Eagle Brand Sweetened Condensed Milk*
- 1 Quart of *Milk*
- 2 Cups of *Cool Whip*
- 1/4 Teaspoon of *Salt*
- 1/2 Teaspoon of *Vanilla Extract*

1. Mix all ingredients together except the *Cool Whip*
2. Stir well
3. Fold in *Cool Whip*
4. Sprinkle with *Nutmeg*

## Orange Julius

---

Recipe by Julius Dickey, Jr.  
Preparation Time: 5 minutes  
Serves 4

---

- 1 6 ounce can of Frozen Orange Juice
- 1 Cup of Water
- 1 Cup of Milk
- 1 Teaspoon of Vanilla Extract
- 1/2 Cup of Sugar or 1/4 cup of Honey
- 10 Ice Cubes

Mix all ingredients at high speed in a blender

This is an excellent Summertime drink. Enjoy!

# Punch

---

Recipe by Rosalind Renee' Bush  
Preparation Time: 5 minutes

---

- 3 *Packages of Strawberry Kool-Aid*
- 3 *Packages of Orange Kool Aid*
- 1 *46 ounce can of Dole Pineapple Juice*
- 2 *Gallons of Water*
- 3-4 *Cups of Sugar (to taste)*

Mix well, chill, and serve. Make 3 gallons of delicious, refreshing punch.



# BREADS



# Broccoli Cornbread

---

Recipe by Rosalyn & De'Vonte Wyche  
Total preparation and cooking time: 0:25  
Serves 5

---

- 10 ounces broccoli, frozen, chopped
- 1 large onion, chopped
- 3 eggs, beaten
- 1 stick margarine
- 1 cup cottage cheese
- 1 package Jiffy Cornbread Mix

Blend all ingredients and bake at 375 degrees for 45 minutes.

Per serving: 105.7 Calories; 4.4g Fat (36.5% calories from fat); 11.3g Protein;  
5.9g Carbohydrate; 112mg Cholesterol; 348mg Sodium

Items for Which Nutritional Values are Unavailable:

Jiffy Cornbread Mix

# Home-made Biscuits

---

Recipe by Hattie Sloan

Total preparation and cooking time: 0:45

Serves 10

---

*4 cups flour, self-rising, Golden Medal is best*  
*1/2 cup shortening, Crisco*  
*2 tablespoons sour cream, softened*  
*dash sugar*  
*milk, desired amount*

1. In large mixing bowl, cut shortening into flour using fork.
2. Add sour cream and sugar and mix well.
3. Add milk and knead well.
4. Roll biscuits with hand -- may use small amount of flour to avoid sticking to hands, if needed.
5. Place in greased pan and bake at 400 degrees for 20 minutes (or until golden brown).

Per serving: 273.8 Calories; 11.3g Fat (37.6% calories from fat); 5.0g Protein;  
37.2g Carbohydrate; 1mg Cholesterol; 637mg Sodium



# Hush Puppies

---

Recipe by Hattie Sloan  
Preparation and Cook Time: 30 minutes

---

1 1/2 *Cups of White or Yellow Corn Meal*  
1/2 *Cup All-Purpose Flour, sifted*  
2 *Teaspoons of Baking Powder*  
1 *Tablespoon of Sugar*  
1/2 *Teaspoon of Salt*  
1 *Small Onion, chopped*  
1 *Green Onion, cut up*  
1 *Egg, beaten*  
3/4 *Cup of Milk*

1. Sift dry ingredients together
2. Mix in onions and add egg and milk, stirring lightly
3. Drop one teaspoon of batter for each hush puppy into hot Peanut Oil, frying several at a time until golden brown
4. Drain on Paper Towel
5. Serve while hot

---

# Soft Dinner Rolls Yeast Bread

---

Recipe by Hattie Sloan

---

- 3 *Packages of Yeast*
- 1 *Cup of Milk (scalded)*
- 6 *Tablespoons of Lard*
- 1 *Tablespoon of Salt*
- 1 *Cup of Warm Water*
- 4 *Tablespoons of Crisco shortening*
- 1 *Cup of Sugar*
- 5 *Large Eggs*

1. Soften the yeast in the warm water
2. Mix with the milk, shortening, lard, sugar, salt, and eggs
3. Beat with mixer
4. Add enough flour to make a soft dough
5. Let rise and shape into rolls
6. Let rise again
7. Bake at 375 degrees Fahrenheit for 15 minutes

# Texas Cornbread

---

Recipe by Becky Dickey  
Preparation and Cook Time: 50 minutes  
Serves 6

---

- 1 *Cup of Sweet Milk*
- 1 *Cup of Corn Meal*
- 1 *Cup of Flour*
- 1 *Small Can of Creamed Corn*
- 2 *Eggs*
- 3 *Teaspoons of Baking Soda*
- 1 *Cup Chopped Onion*
- 1/2 *Pound of Long Horn Cheese*
- 3/4 *Teaspoons of Salt*
- 1/2 *Cup of Bacon grease*
- 1-4 *Chopped Jalapeno Peppers (to taste)*

1. Mix all ingredients together
2. Pour half in greased pan
3. Spread chopped onion, Jalapeno Peppers, and Cheese over the mixture
4. Cover with the remaining batter
5. Bake at 350 degrees Fahrenheit for 45 minutes or until golden brown

# Zucchini Bread

---

Recipe by Sloan Spencer  
Preparation and Cook Time: 1.25 hours  
Serves 6 - 8

---

- 3 Eggs
- 1 Cup of Oil
- 3 Teaspoons of Vanilla Extract
- 1 Teaspoon of Nutmeg
- 3 Cups of Flour
- 1 Teaspoon of Baking Soda
- 3 Teaspoons of Cinnamon
- 2 Cups of Peeled/grated zucchini
- 1 Teaspoon of Salt
- 1/2 Cup of Chopped Nuts
- 1/2 Teaspoon of Baking Powder
- 2 1/2 Cups of Sugar

1. Beat eggs and add oil, sugar and vanilla together
2. Sift flour with salt, baking soda, baking powder, cinnamon and nutmeg
3. Add to the egg mixture and beat well
4. Fold in zucchini and nuts
5. Pour into two greased loaf pans or coffee cans (1 lb. size)
6. Bake at 325 degrees Fahrenheit for 1 hour



# CASSEROLES



# Breakfast Casserole

---

Recipe by Becky Dickey  
Serves 12

---

- 1/2 Pint Half and half*
- 1 Package Hot Pork Sausage, ground*  
*8 or more Slices of white bread*
- 2 Cups Shredded sharp cheddar cheese*  
*6 to 8 Eggs, beaten*

Brown the ground sausage and drain well. Grease the bottom with butter and line a 9 X12 or 10 X 13 glass pyrex dish with the bread slices. Once you have covered the bottom with the bread, place half slice of bread along the sides of the dish. Add the sausage. Mix the eggs and half and half together and pour over the top of the sausage. Top the ingredients with cheese, cover with Saran Wrap and refrigerate overnight. The next morning, pre-heat oven to 350 degrees Fahrenheit and place casserole in for approximately 30 to 45 minutes or until golden brown. Serves about 10-12 people.

Per serving: 102.4 Calories; 8.6g Fat (75.0% calories from fat); 5.3g Protein;  
1.1g Carbohydrate; 27mg Cholesterol; 125mg Sodium

Items for Which Nutritional Values are Unavailable:

Hot Pork Sausage

# Broccoli Rice Casserole

---

Recipe by Everlena Collins

Total preparation and cooking time: 0:45

Serves 8

---

- 10 ounces broccoli, frozen, chopped*
- 1 small onion, chopped*
- 1/2 cup butter*
- 1 1/3 cups rice, cooked*
- 8 ounces Cheez Whiz*
- 1 can cream of mushroom soup, undiluted*

1. Combine broccoli and onion and cook per package directions.
2. Drain broccoli and mix in remaining ingredients well.
3. Pour mixture into greased 2 quart casserole dish and bake at 350 degrees for 30 minutes.

Per serving: 241.8 Calories; 12.8g Fat (47.3% calories from fat); 3.8g Protein;  
28.3g Carbohydrate; 31mg Cholesterol; 323mg Sodium

Items for Which Nutritional Values are Unavailable:

Cheez Whiz



# Chicken and Rice Casserole

---

Recipe by Becky Dickey  
Preparation and Cook Time: 1.5 hours

---

- 1 *Cut-up Chicken*
- 1 *Cup of Uncle Ben's Wild Rice*
- 1 *Cup of Minute Rice or Long Grain Rice*
- 1 *Cup of Chicken Broth or Water*
- 1 *Can of Campbell's Cream of Mushroom Soup*
- 1 *Can of Campbell's Cream of Chicken or Cream of Celery Soup*
- 1 *Onion (browned in sugar)*
- 1/2 *Stick of Butter*

1. Mix Uncle Ben's Wild Rice, minute rice, broth, cream of mushroom, cream of celery or chicken soup, onion and butter
2. Place in 9 X 12 pyrex baking dish
3. Place cut-up chicken pieces on top of rice mixture
4. Bake for one hour at 350 degrees Fahrenheit

## Rice Casserole

---

Recipe by Sophia Regina Stallworth  
Preparation and Cook Time: 1 hour  
Serves 4

---

- 1 *Can of Beef Consomme*
- 1 *Can of French Onion Soup*
- 1 *Can of Sliced Mushrooms*
- 1 *Stick of Butter, sliced*
- 1 1/4 *Cups of Minute Rice*

Combine all ingredients in a 2-quart baking dish.

Bake at 350 degrees Fahrenheit for 40-50 minutes

# Shrimp and Rice Casserole

---

Recipe by Doris James

Total preparation and cooking time: 1:40

Serves 8

---

- 1 10 ounce can cream of mushroom soup*
- 1 10 ounce can cream of celery soup*
- 1 6 ounce can sliced mushrooms*
- 2 tablespoons chopped green bell pepper*
- 1 tablespoon melted butter*
- 1 tablespoon Worcestershire sauce*
- 1/2 teaspoon salt*
- 1/2 teaspoon pepper*
- 3 cups cooked wild rice*
- 1 pound cooked shrimp*
- 1 tablespoon lemon juice*
- 1/2 tablespoon dry mustard*

Mix the mushroom soup, celery soup, mushrooms, green peppers, melted butter, lemon juice, Worcestershire sauce, dry mustard, salt and pepper in a bowl. Add the rice and shrimp and mix well. Spoon into a greased casserole dish and bake at 350 degrees for 30 to 45 minutes or until heated throughout.

Per serving: 164.3 Calories; 4.2g Fat (23.0% calories from fat); 15.1g Protein;  
16.5g Carbohydrate; 117mg Cholesterol; 546mg Sodium

# Tomato Casserole

---

Recipe by Crotel Lawyer  
Serves 10-12

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- 1 *Cup of Green Pepper, chopped*
- 1 *Cup of Onions, chopped*
- 1 *Cup of Celery, chopped*
- 2 *28 ounces cans of Diced Tomatoes*
- 4 *Tablespoons of Corn Starch*
- 4 *Tablespoons of Vinegar*
- 2 *Cups of Bread Crumbss*
- 1 *Stick of Butter*
- 1 *Teaspoon of Salt*
- 1/4 *Tablespoon of Black Pepper*
- 1/2 *Cup of Sugar*

1. Saute pepper, onion, and celery in butter
2. Add Tomatoes and Sugar
3. Bring to a boil.
4. Mix vinegar and corn starch and stir into hot mixture
5. Gradually add salt and pepper and simmer for 5-10 minutes
6. Pour into 9X13X2 casserole dish and top with buttered bread crumbs
7. Bake at 375 degrees Fahrenheit for 40 minutes

Recipe may be done one day before cooking; however, wait until just before baking to top with the buttered bread crumbs. This makes a tasty and colorful holiday buffet dish.

# Turkey Salad Casserole

---

Recipe by Alicia Nicole Bush  
Preparation and Cook Time: 1 hour  
Serves 6

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- 2 *Cups of Cooked, cubed turkey*
- 2 *Cups of thinly-sliced Celery*
- 1 *Cup Salad Dressing or Miracle Whip*
- 2 *Tablespoons of Chopped Onion*
- 2 *Tablespoons of Lemon Juice*
- 1/2 *Teaspoon Salt*
- 1/2 *Cup of Chopped Almonds*
- Velveeta or Grated Cheese*
- Crushed Potato Chips*

1. Mix all ingredients together
2. Place in a 9 X 12 Pyrex Casserole dish
3. Sprinkle with layer of Velveeta or grated cheese
4. Top that layer with crushed Potato Chips
5. Bake at 350 degrees Fahrenheit for 30-35 minutes





# DESSERTS





# Annie Mae's Pound Cake

---

Recipe by Beatrice Spencer

Total preparation and cooking time: 1:40

Serves 10

---

3 *cups cake flour*  
3 *cups sugar*  
3 *sticks butter*  
2 *tablespoons vanilla*  
8 *ounces cream cheese*  
6 *eggs*

1. Blend cream cheese and butter well.
2. Add sugar and eggs.
3. Mix in flour (1 cup at a time) on low speed.
4. Fold in vanilla with spatula.
5. Bake at 350 degrees for 1 hour and 50 minutes (1 hour if using a loaf pan).
6. Turn off oven and let sit for 15 minutes.

Per serving: 500.6 Calories; 14.2g Fat (25.3% calories from fat); 7.6g Protein;  
86.7g Carbohydrate; 142mg Cholesterol; 135mg Sodium

# Aunt Sweet's Tea Cakes

---

Recipe by Rebecca Brinson Meeks  
Total preparation and cooking time: 1:30  
Serves 20

---

- 4 cups flour, all-purpose, White Lilly preferre *6 cup*
- 1 1/2 tablespoons baking powder *1 cup*
- 4 large eggs, beaten
- 3 sticks butter, softened
- 1/4 teaspoon salt
- 1 cup shortening, Crisco
- 1/2 cup condensed milk, sweetened, Carnation
- 2 1/4 cups sugar
- 3 teaspoons nutmeg, ground
- 1 tablespoon vanilla extract, pure
- 1/2 teaspoon cinnamon

1. In large bowl, put in flour and baking powder.
2. Mix in butter and shortening using a large fork or spoon.
3. Pour in milk and beaten eggs and continue to mix well.
4. Mix in remaining ingredients until flour is thoroughly blended.
5. Spoon dough onto greased baking sheet---OR---combine 1 cup flour(all purpose) and 1/2 tsp of baking powder and sprinkle over dough as needed. Roll out as biscuits and bake on greased baking sheet.
6. Bake at 350 degrees until golden brown.

Notes: You can yield up to 45 tea cakes from this recipe.

Per serving: 324.2 Calories; 13.9g Fat (38.1% calories from fat); 4.3g Protein;  
46.4g Carbohydrate; 43mg Cholesterol; 147mg Sodium

# Becky's Blonde Brownies

---

Recipe by Becky Dickey

Total preparation and cooking time: 1:00

Serves 12

---

- 1 1/2 sticks butter, unsalted, melted or softened*
- 2 cups light brown sugar*
- 2 large eggs, room temperature*
- 1 1/2 cups flour, all-purpose, sifted if desired*
- 1 teaspoon vanilla extract*
- 1/2 cup pecans, chopped*
- 1/2 cup semisweet chocolate chips*
- 1/2 teaspoon salt*
- 1 tablespoon baking powder*

In large bowl, mix sugar and melted/softened butter. Mix in eggs, flavoring and salt. On high speed blend in flour and baking powder. All pecans and chocolate chips. Remove mixer and stir ingredients with large spoon until desired consistency is achieved.

Pour ingredients into greased floured 9 x 12 or 10 x 13 baking pan.

Bake at 350 degrees for 30-40 minutes.

Notes: Be sure to pre-heat the oven to 350 degrees.

Per serving: 221.5 Calories; 6.0g Fat (23.5% calories from fat); 3.0g Protein;  
40.8g Carbohydrate; 34mg Cholesterol; 199mg Sodium

# Brownies

---

Recipe by Crotel Lawyer

Total preparation and cooking time: 1:00

Serves 8

---

- 2 cups flour, sifted
- 3/4 cup dry milk
- 2 cups sugar
- 1/2 cup cocoa
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 tablespoon vanilla
- 3/4 cup butter, melted
- 3 eggs
- 1 cup nuts, pecans/walnuts

1. Combine all dry ingredients.
2. Add vanilla and butter, mix well.
3. Mix in eggs and water well, and add nuts.
4. Bake in floured pan at 350 degrees for 30 minutes.
5. Spread frosting to cover. (See recipe)

Per serving: 627.3 Calories; 29.7g Fat (41.1% calories from fat); 11.7g Protein;  
84.3g Carbohydrate; 115mg Cholesterol; 400mg Sodium

## Frosting (for Brownies)

---

Recipe by Crotel Lawyer  
Total preparation and cooking time: 0:15  
Serves 8

---

- 1 stick butter, may use margarine*
- 1/3 cup coffee, strong*
- 1 teaspoon vanilla*
- 1 pound sugar, confectioner's, (4x)*
- 1/3 cup cocoa*
- 1/2 teaspoon salt*

1. Make a hole in middle of sugar.
2. Dump liquid ingredients in hole and stir until mixed.
3. Let stand 5 minutes, then spread on brownies.

Per serving: 242.3 Calories; 2.0g Fat (7.0% calories from fat); 0.7g Protein;  
58.5g Carbohydrate; 4mg Cholesterol; 149mg Sodium

# Chewy Bread

---

Recipe by Emma W. Cooper

Total preparation and cooking time: 1:00

Serves 10

---

- 1 stick butter *Salted*
- 1 ~~cup~~ light brown sugar *2 bot*
- 1 1/2 cups pecans
- 3 large egg
- 2 cups self-rising flour, sifted
- 1 cup coconut flakes *OR nut*
- 1 - Vanilla *Teaspoon*

1. Beat butter, light brown sugar and eggs.
2. Mix in flour.
3. Mix in coconut and pecans by hand.
4. Pour in greased 9x13 pan.
5. Bake at ~~350~~ <sup>325</sup> *1 hr* degrees for 30-35 minutes.
6. Cool and cut in squares.

Per serving: 264.4 Calories; 10.9g Fat (36.3% calories from fat); 5.0g Protein;  
37.9g Carbohydrate; 57mg Cholesterol; 370mg Sodium

# Cream Cheese Pound Cake

---

Recipe by Beatrice Spencer  
Total preparation and cooking time: 2:30  
Serves 10

---

- 3 sticks butter, softened
- 12 ounces cream cheese, softened
- 6 large eggs, room temperature
- 3 cups sugar
- 2 tablespoons vanilla extract
- 3 cups cake flour

1. Cream butter and cream cheese on low speed for 10 minutes.
2. Add sugar (1 cup at a time) on medium speed until well blended.
3. Return to low speed and add flour (1 cup at a time) until thoroughly mixed. **\*\*\*\*IMPORTANT--DO NOT RUSH THIS PROCESS!!!\*\*\*\***
4. Mix in eggs, one at a time.
5. Mix in vanilla extract, one tbsp. at a time.
6. Place cake in oven and bake at 350 degrees for 1 & 1/2 hours. Turn oven off and leave cake in over for 30 mor minutes. Remove and immediately place on cooling rack.

Notes: Pre-heat oven to 350 degrees for at least 45 minutes before inserting cake.  
Mixture makes 3 single loaf pound cakes or one 10 inch tube pan cake.

Per serving: 540.2 Calories; 18.1g Fat (29.9% calories from fat); 8.5g Protein;  
86.9g Carbohydrate; 155mg Cholesterol; 169mg Sodium

# Dump Cake

---

Recipe by Becky Dickey

Total preparation and cooking time: 0:45

Serves 12

---

- 29 ounces peaches, Slice once more
- 20 ounces pineapple, canned, crushed
- 1 cup chopped pecans
- 1 box Butter Recipe Yellow Cake Mix, Use dry mix
- 1 1/2 sticks butter, melted

In 9 X 12 or 10 X 13 glass pyrex dish, dump in ingredients as listed below:

Sliced peaches (include juice) and crushed pineapple (include juice). It is best to pour the dry cake mix into the palm of your hand and sprinkled it evenly over the fruit. Then evenly spread the chopped pecans on top of cake mix. Evenly cover these ingredients with the melted butter. Place in 350 degree pre-heated oven for approximately 45 minutes or until golden brown.

Per serving: 78.8 Calories; 4.8g Fat (50.7% calories from fat); 0.9g Protein;  
9.7g Carbohydrate; 4mg Cholesterol; 15mg Sodium

Items for Which Nutritional Values are Unavailable:

Butter Recipe Yellow Cake Mix



# Hawaiian Cake

---

Recipe by Crotel Lawyer  
Serves 10-12

---

## **Cake:**

- 1 *Box of Duncan Hines Cake Mix (Butter Recipe)*
- 1 *11 ounce can of Mandarin Orange with juice*
- 4 *Large Eggs*
- 1/2 *Cup of Oil*

1. Follow directions on cake mix box and add mandarin oranges  
Mix well
2. Pour into prepared (greased, floured) 9X13 baking dish
3. Bake at 350 degrees Fahrenheit for 35 minutes; then cool.

## **Topping:**

- 1 12 ounce Tub of Light Cool Whip
  - 1 Large package of Vanilla Instant Pudding Mix
  - 1 20 ounce can of Crushed Pineapple (drained)
1. Mix all topping ingredients and spread on cool cake

Note: Keep in refrigerator

# Heavenly Pie

---

**Recipe by Mattie Mae Andrews**  
**Total preparation and cooking time: 1:00**  
**Serves 10**

---

- 8 ounces cream cheese*
- 1 box powdered sugar, (4x)*
- 12 ounces Cool Whip®*
- 1 graham cracker pie crust, 9 inch*
- 1/2 cup pecans, lightly browned*
- 1 can fruit pie filling*

1. Mix cream cheese, sugar and Cool Whip with mixer.
2. Bake pie shell lightly and cool.
3. Add pecans to bottom of pie shell, cover with Cool Whip mixture.
4. Let cool for 3 hours or overnight, then serve.

Per serving: 371.4 Calories; 24.4g Fat (58.0% calories from fat); 3.3g Protein;  
36.5g Carbohydrate; 25mg Cholesterol; 212mg Sodium

Items for Which Nutritional Values are Unavailable:

fruit pie filling

# Italian Cream Cake

---

Recipe by Lois Byrd

Total preparation and cooking time: 1:00

Serves 10

---

- 2 cups sugar
- 1 stick margarine, softened
- 1/2 cup shortening, (Crisco)
- 5 eggs, separate out yolks
- 2 cups flour
- 1 cup buttermilk
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1 can coconut, (OPTIONAL)

1. Cream sugar with margarine and shortening (Crisco).
2. Beat in egg yolks, one at a time.
3. Add baking soda to buttermilk.
4. Add flour alternately with buttermilk/baking soda mixture.
5. Add vanilla.
6. Fold in stiffly beaten egg whites (and coconut).
7. Put in three 9 inch cake pans and bake at 350 degrees for 25 minutes.
8. Combine frosting ingredients and mix well. (SEE SEPARATE RECIPE)
9. When cake is cool, frost between layers and over top and sides.

Notes: SEE RECIPE FOR FROSTING.

Per serving: 396.5 Calories; 14.6g Fat (32.8% calories from fat); 6.2g Protein;  
61.2g Carbohydrate; 91mg Cholesterol; 185mg Sodium

# Italian Cream Cake Frosting

---

Recipe by Lois Byrd

Total preparation and cooking time: 0:15

Serves 10

---

- 8 ounces cream cheese*
- 1 stick margarine*
- 1 pound confectioner's sugar*
- 1 teaspoon vanilla*
- 1 1/2 cups pecans, toasted and chopped*

1. Combine ingredients and mix well.
2. Frost between layers and over top and sides when cake is cool.

Per serving: 316.9 Calories; 14.1g Fat (39.0% calories from fat); 2.4g Protein;  
47.4g Carbohydrate; 25mg Cholesterol; 72mg Sodium

# Key Lime Pie

---

Recipe by Becky Dickey  
Total Preparation Time: 10 minutes  
Serves 8

---

*2 cups cold milk*  
*2 packages (4-serving size) Jell-o Vanilla Flavor Instant Pudding & Pie Filling*  
*2 teaspoons grated lime peel*  
*1 8 ounce tub of Cool Whip Topping, thawed*  
*1 6 ounce Keebler Ready Crust Graham Cracker Pie Crust*  
*Lime slices (optional)*

1. Pour milk into large bowl.
2. Add pudding mixes and lime peel
3. Beat with wire whisk for two minutes or until smooth
4. Immediately stir in one-half of the whipped topping.
5. Spoon into crust.
6. Refrigerate for four hours or until set.
7. Garnish with remaining whipped topping and lime slices.

# Lemonade Pie

---

Recipe by Doris James

Total preparation and cooking time: 0:20

Serves 6

---

- 1 14 ounce can sweetened condensed milk
- 1 6 ounce can frozen lemonade concentrate, thawed
- 12 ounces whipped topping
- 2 10 inch graham cracker pie shells

Combine the condensed milk and lemonade concentrate in a bowl and mix well. Fold in the whipped topping. Spoon into the pie shells. Chill until serving time.

Per serving: 270.8 Calories; 11.5g Fat (37.4% calories from fat); 6.1g Protein;  
37.1g Carbohydrate; 23mg Cholesterol; 102mg Sodium

Items for Which Nutritional Values are Unavailable:

frozen lemonade concentrate  
graham cracker pie shells

# Old-Fashioned Vanilla Ice Cream

---

Recipe by Everlena Collins and Becky Dickey  
Serves 1

---

- 6 *large eggs, lightly beaten*
- 2 1/2 *cups sugar*
- 4 *cups milk*
- 2 *cups half and half*
- 1/4 *teaspoon salt*
- 2 1/2 *teaspoons vanilla extract*
- 3 *cups whipping cream*

Combine first three ingredients in a large sauce pan; cook over low heat, stirring constantly, 25-30 minutes or until mixture thickens and coats the spoon. Chill.

Stir in half and half and remaining ingredients; pour into freezer container of a five quart hand-turn or electric freezer. Freeze according to manufacturer's instructions.

Serve immediately, or spoon into an air-tight container and freeze until firm. Yields 3 1/2 quarts.

Per serving: 6,019.0 Calories; 378.0g Fat (55.5% calories from fat); 92.9g Protein; 590.0g Carbohydrate; 2,374mg Cholesterol; 1,803mg Sodium

# Pastel Cake

---

Recipe by Everlena Collins

Total preparation and cooking time: 0:30

Serves 10

---

- 1 1/4 cups butter, *SOFTENED*
- 2 1/2 cups sugar
- 5 large eggs
- 1 1/2 teaspoons vanilla extract
- 1 teaspoon lemon extract
- 4 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1 1/2 cups milk
- 8 drops red food coloring
- 6 drops green food coloring
- 4 drops yellow food coloring

Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating 5 to 7 minutes. Add eggs (one at a time) beating just until yellow disappears. Stir in extracts. Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Divide batter into 3 portions. Tint each a different color, beating each portion at low speed just until blended. Pour pink batter into a greased and floured 10-inch tube pan; spoon green batter over pink batter and yellow batter over green batter. Bake at 325 degrees for 1 hour and 5 minutes. Cool in pan on a wire rack 10 minutes; remove from pan, and cool completely on rack.

Per serving: 654.3 Calories; 26.6g Fat (36.4% calories from fat); 9.9g Protein;  
94.9g Carbohydrate; 157mg Cholesterol; 384mg Sodium

Items for Which Nutritional Values are Unavailable:

green food coloring



# Pineapple Sour Cream Nut Pound Cake

---

Recipe by Becky Dickey

Total preparation and cooking time: 2:00

Serves 10

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- 1 cup shortening, Crisco*
- 3 cups sugar*
- 3 cups flour, all-purpose*
- 6 large eggs*
- 1 teaspoon vanilla extract*
- 1/2 pint sour cream*
- 1/4 teaspoon baking soda*
- 1/2 teaspoon salt*
- 1 1/2 cups pecans, finely chopped*
- 1 large can pineapple, crushed & drained*

1. Beat egg whites and 1 cup of sugar until light and fluffy. Refrigerate until ready to fold into cake mixture.
2. Cream 2 cups sugar, Crisco, salt and vanilla flavoring. Add sour cream and blend well.
3. Blend in egg yolks, one at a time.
4. Mix flour and baking soda and slowly mix into above mixture, alternately folding in egg white mixture.
5. Fold pineapple into cake mix thoroughly. Using wooden spoon, fold in pecans.
6. Bake in large cake pan at 350 degrees for 1 1/2 hours. No frosting necessary.

Per serving: 734.2 Calories; 34.4g Fat (41.3% calories from fat); 8.8g Protein;  
101.4g Carbohydrate; 119mg Cholesterol; 185mg Sodium

# Quick Peach Cobbler

---

Recipe by Mary McCaskill

Total preparation and cooking time: 0:45

Serves 10

---

- 1 cup milk*
- 1 cup flour, self-rising*
- 1 cup sugar*
- 1 stick margarine, melted*
- 1 large can peach slices in juice*
- 1 small can peach slices in juice*
- to taste cinnamon*

1. In medium bowl, mix flour & sugar, slowly adding milk.
2. In 9x13 baking pan, melt margarine in oven.
3. When melted, make sure bottom of pan is coated then add flour mixture.
4. Pour both cans of peaches & juice into baker and stir gently to mix flour mixture.
5. Sprinkle cinnamon over top and place in oven.
6. Bake at 375-400 degrees until doe rises and browns.
7. Remove and allow to sit 15-20 minutes, then serve.

Notes: This is simple, quick and really good with a scoop of Vanilla Ice Cream to top it off.

Per serving: 161.8 Calories; 1.3g Fat (7.3% calories from fat); 2.4g Protein;  
36.1g Carbohydrate; 3mg Cholesterol; 177mg Sodium

# Sour Cream Pound Cake

---

Recipe by Vinia Conner

Total preparation and cooking time: 1:00

Serves 12

---

- 1 Cup Sour Cream
- 3 Cups Flour, all-purpose
- 2 3/4 Cups Sugar
- 1/4 Cup Margarine, Room temperature
- 1 Cup Butter, Room temperature
- 6 Eggs
- 1/4 Teaspoon Baking Soda
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Vanilla extract
- 1/2 Teaspoon Lemon extract
- 1/2 Teaspoon Butter flavor
- 1/2 Teaspoon Orange extract

Mix butter, margarine, eggs and sugar in a large bowl, beat until light and fluffy. Sift flour, salt and baking soda together and add to mixture, while at the same time, gradually adding sour cream. Mix well. Add flavors and blend well. Add batter to greased and floured pound cake pan.

Bake at 350 degrees Fahrenheit for 1 & 1/2 hours.

Per serving: 532.1 Calories; 25.4g Fat (42.4% calories from fat); 6.7g Protein;  
70.8g Carbohydrate; 140mg Cholesterol; 352mg Sodium

Items for Which Nutritional Values are Unavailable:

Butter flavor

# Sweet Potato Pie

---

Recipe by Becky Dickey

Total preparation and cooking time: 1:00

Serves 10

---

- 4 *medium sweet potato, cooked and peeled*
- 2 *deep dish pie crust, prick/brown light*
- 1 *whole nutmeg, grated*
- 1 *teaspoon cinnamon, ground*
- 3 *large eggs*
- 2 *dashes allspice, ground*
- 1 2/3 *cups sugar*
- 1 *tablespoon flour, self-rising*
- 2 *sticks butter, softened*

1. Place drained, peeled, cooked potatoes in large mixing bowl.
2. Add butter and sugar; mix well.
3. Add eggs and remaining ingredients and mix well.
4. Pour into baked deep dish pie shells.
5. Baked at 350 degrees until golden brown.

Notes: If cooking potatoes in a pressure cooker, peel and cut in halves and then cook for exactly 8 minutes after the top begins to rock. If using regular pot, DO NOT peel until fully cooked.

Per serving: 374.9 Calories; 13.7g Fat (32.3% calories from fat); 4.5g Protein;  
59.8g Carbohydrate; 60mg Cholesterol; 288mg Sodium



# FRUITS



# Fruit Dip

---

Recipe by Beatrice Spencer  
Total preparation and cooking time: 0:15  
Serves 10

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*8 ounces cream cheese, softened*  
*16 ounces marshmallow cream*  
*1/2 cup orange juice*

1. Mix softened cream cheese and marshmallow creme in bowl.
2. Gradually add orange juice until desired consistency is achieved.

Notes: Delicious with fresh strawberries, bananas, cantaloupes and honey dew melon.

Per serving: 225.4 Calories; 8.0g Fat (30.8% calories from fat); 2.6g Protein;  
38.0g Carbohydrate; 25mg Cholesterol; 88mg Sodium

# Grape Jelly

---

Recipe by James Collins

Total preparation and cooking time: 1:30

Serves 150

---

3 1/2 pounds Scuppernong Grapes, wild or domestic  
1/2 cup water  
7 cups sugar  
1 pouch pectin

To prepare juice: Sort and wash fresh, fully-ripe grapes. Crush the grapes, add water, cover and bring to a boil on high heat. Reduce heat and simmer for 10 minutes. Let the juice cool in a place overnight. Next morning, strain it through two thickness of cheesecloth to remove crystals from the juice.

To make jelly: Measure juice into a large sauce pot (needs to be able to hold no less than 4 cups), stir in sugar. Place on high heat and stir constantly. Bring to a full, rolling boil that cannot be stirred down. Add the pectin and bring to full rolling boil and let it continue to boil for 1 minute. Remove from heat. Skim off foam quickly. Pour into hot, clean, and sterilized jars. Leave 1/2" space at top of jar, adjust caps, process for 5 minutes in boiling water. Make sure rim of jar is clean before putting cap on. This recipe yields 8-9 1/2 pints of jelly.

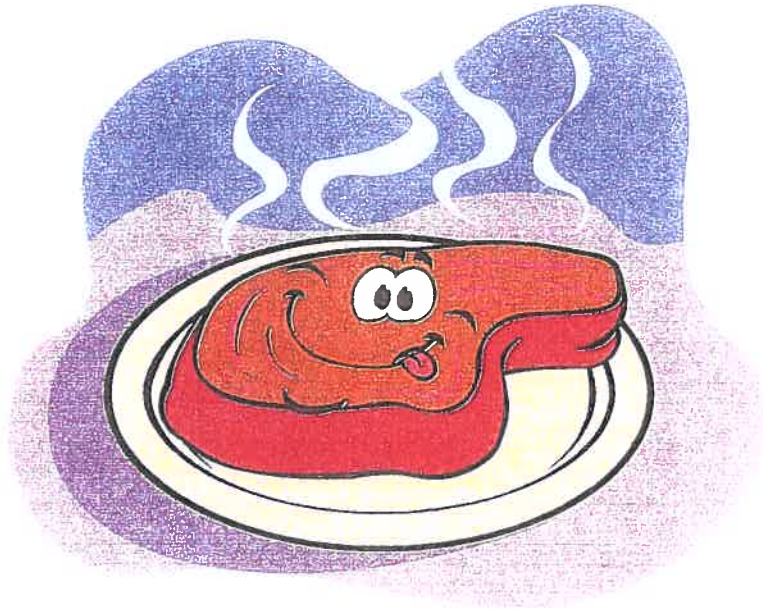
NOTE: Just the strained juice from the fruit is used to make jelly. It is extremely important and crucial that you watch the clock and follow the times listed; use a measuring cup to measure ingredients, use cheesecloth only for straining juice, and please use good, fresh fruit! Enjoy spreaded over one of Hattie's biscuits!

Per serving: 37.4 Calories; 0.0g Fat (0.0% calories from fat); 0.0g Protein;  
9.7g Carbohydrate; 0mg Cholesterol; 1mg Sodium

Items for Which Nutritional Values are Unavailable:

Scuppernong Grapes





# MEATS



# Buffalo Chicken Wings

---

Recipe by Trina Dickey

Preparation Time: 5 minutes - Cook Time: 30 minutes

Serves 8

---

*2 1/2 pounds of chicken wing pieces*

*1/2 cup FRANK'S REDHOT Sauce*

*1/3 cup of melted butter*

1. Grill wings over medium heat 30 minutes, turning often
2. Combine REDHOT sauce and butter
3. Dip wings in sauce to coat

Enjoy with veggie sticks and plenty to drink

# Buffalo Chicken Wings

---

Recipe by Trina Dickey

Preparation Time: 5 minutes - Cook Time: 30 minutes  
Serves 8

---

*2 1/2 pounds of chicken wing pieces*  
*1/2 cup FRANK'S REDHOT Sauce*  
*1/3 cup of melted butter*

1. Grill wings over medium heat 30 minutes, turning often
2. Combine REDHOT sauce and butter
3. Dip wings in sauce to coat

Enjoy with veggie sticks and plenty to drink

# Chicken Orange

---

Recipe by Crotel Lawyer

Total preparation and cooking time: 2:25

Serves 6

---

- 1 whole frying chicken*
- 3 chicken breast halves*
- 1/3 cup oil*
- 1/4 cup vinegar*
- 2 tablespoons ginger, crystalized, chopped*
- 1 cup orange marmalade*
- 3 tablespoons water*
- 1 packet Italian salad dressing*

1. Place chicken in open roasting pan.
2. Combine all ingredients and spread over chicken.
3. Bake uncovered at 300 degrees for 1 1/2 to 2 hours.

Per serving: 841.0 Calories; 49.8g Fat (53.0% calories from fat); 55.8g Protein;  
43.4g Carbohydrate; 170mg Cholesterol; 504mg Sodium

# Country Fried Chicken

---

Recipe by Hattie Sloan

Total preparation and cooking time: 0:30

Serves 6

---

- 1 whole chicken, cut up*
- 1 teaspoon sugar*
- salt, to taste*
- black pepper, to taste*
- paprika, to taste*
- season salt, to taste*
- 1/2 cup flour, self-rising*

1. Wash thoroughly and season well.
2. Pour flour into brown paper bag, add sugar and shake well.
3. Coat each piece of chicken with mixture.
4. Begin frying chicken in crisco shortening on high heat for a couple minutes, then reduce heat to medium and continue to cook until golden brown (approx. 10 more minutes).
5. Drain well on paper towel.

Per serving: 327.1 Calories; 12.1g Fat (34.4% calories from fat); 41.2g Protein;  
10.6g Carbohydrate; 123mg Cholesterol; 252mg Sodium

# Dee-Dee's Baked Coon

---

Recipe by Julius "Dee-Dee" Dickey  
Total preparation and cooking time: 1:30  
Serves 5

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- 1 *Large Raccoon (At least 5 pounds), Cleaned & demusked*
- 2 *Large Onion*  
*Red Pepper, to taste*  
*Black Pepper, to taste*  
*Salt, to taste*
- 4 *hearts Celery*

Clean, demusk, and wash raccoon thoroughly. Cut into pieces (as you would a whole chicken). Place raccoon and ingredients into a large pot and boil until tender. Remove from pot and lightly sprinkle flour over the raccoon; place in a large pyrex dish or baking pan and bake until it begins to brown. About mid-way through the browning process, begin to pour the stock from pot in which you boiled the raccoon over the raccoon. Do not use the entire amount. Use good judgment so that you will not have gravy that is too thin. This recipe is good with "hoe cakes" and baked sweet potatoes.

Per serving: 15.8 Calories; 0.1g Fat (4.7% calories from fat); 0.7g Protein;  
3.4g Carbohydrate; 0mg Cholesterol; 244mg Sodium

Items for Which Nutritional Values are Unavailable:

Raccoon (At least 5 pounds)

# Mae's Honey Wings

---

Recipe by Mary McCaskill

Total preparation and cooking time: 2:00

Serves 12

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- 3 pounds Ice Glazed Chicken Wings, thawed*
- 2 teaspoons accent® seasoning mix*
- 1 teaspoon pepper*
- 1 teaspoon seasoned salt*
- 2 tablespoons margarine*
- 1/3 cup Wyler's Chicken Bouillon, the crushed type*
- 1/2 cup Kraft Original BBQ Sauce*
- 1/4 cup Kraft Honey BBQ Sauce*
- 1/4 cup Grade A Pure Clover Honey*
- 1 teaspoon mustard*
- 1 tablespoon hot sauce, Louisiana*
- 1 tablespoon sugar*

1. Wash thawed wings (5 or more times), dry excess water and place in large bowl.
2. Add all dry ingredients, stir well to season wings.
3. Spread seasoned wings in roaster and add sliced margarine around pan.
4. In small sauce pan mix remaining ingredients and allow to come to a boil, stirring constantly.
5. Remove from heat and pour over wings.
6. Cover roaster and bake in oven at 350 degrees for 1 hour, then remove top and cook for another 30 minutes or until juice is almost gone.

Per serving: 23.7 Calories; 2.1g Fat (76.4% calories from fat); 0.1g Protein;  
1.3g Carbohydrate; 0mg Cholesterol; 149mg Sodium



# Meatloaf

---

**Recipe by Rosalyn & De'Vonte Wyche**  
**Total preparation and cooking time: 0:30**  
**Serves 8**

---

- 1 pound ground beef*
- 1 egg*
- 10 saltine crackers*
- 1 onion, chopped*
- 1/2 can tomato soup*
- 1 green pepper, diced fine*

1. Mix all ingredients and place in casserole dish.
2. Bake at 400 degrees for 30 minutes.
3. Cover with sauce and continue to bake for 30 minutes. (See separate recipe for sauce)

Per serving: 211.0 Calories; 16.2g Fat (69.7% calories from fat); 10.8g Protein;  
5.0g Carbohydrate; 71mg Cholesterol; 217mg Sodium

# Meatloaf Sauce

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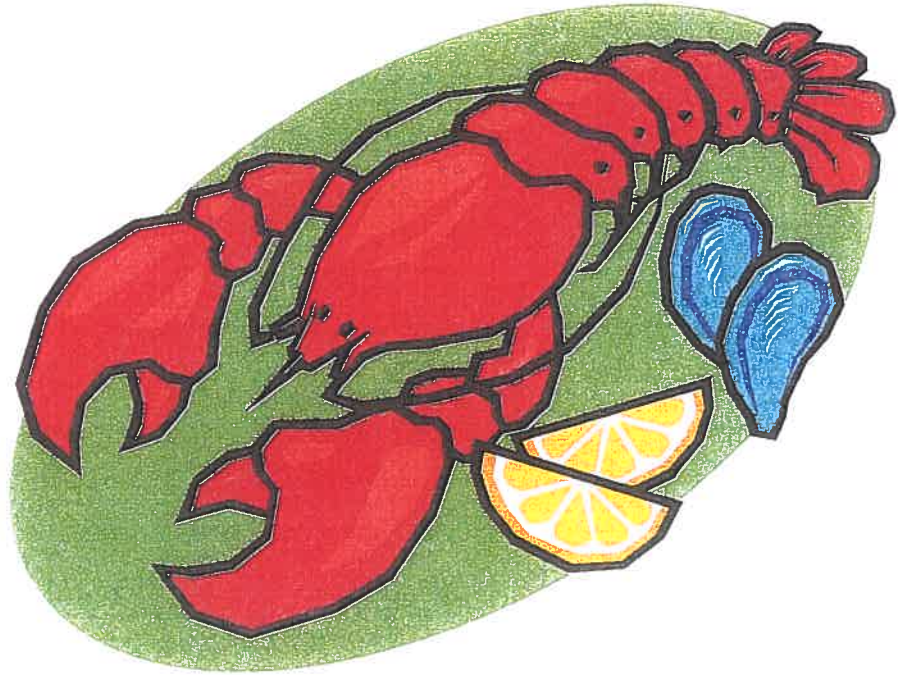
**Recipe by Rosalyn & De'Vonte Wyche**  
**Total preparation and cooking time: 0:10**  
**Serves 8**

---

- 1/2 can tomato soup*
- 1/2 can water*
- 2 tablespoons brown sugar*
- 2 tablespoons vinegar*
- 1 teaspoon dry mustard*

Mix well and pour over meatloaf. Continue to bake for 30 minutes.

Per serving: 15.2 Calories; 0.2g Fat (9.4% calories from fat); 0.2g Protein;  
3.5g Carbohydrate; 0mg Cholesterol; 56mg Sodium



SEAFOOD



## Baked Fish

---

Recipe by Tony & Cheryl Garnett  
Total preparation and cooking time: 1:00  
Serves 2

---

- 1 medium fish, 3-4 pounds*
- 1 teaspoon garlic salt*
- 2 teaspoons worcestershire sauce*
- 1/2 teaspoon paprika*
- 1/4 cup butter, may use salad oil*
- 1 small lemon*
- 1 small onion, sliced*
- 1 teaspoon pepper*
- 1/3 cup parsley, chopped*

1. Wash fish and remove head if desired.
2. Sprinkle with salt and pepper, inside and out.
3. Cut three 2-inch slits across outside of skin on both sides.
4. Fill fish with onion slices.
5. Squeeze lemon over fish, then cover with butter(or oil).
6. Sprinkle garlic salt and worcestershire sauce into slits.
7. Cover with parsley and place in baking pan and bake at 400 degrees for 40 minutes or until brown.
8. Baste frequently.

Per serving: 261.4 Calories; 23.5g Fat (72.7% calories from fat); 4.0g Protein;  
15.9g Carbohydrate; 61mg Cholesterol; 619mg Sodium

## Boiled or Steamed Fish

---

Recipe by Tony & Cheryl Garnett  
Total preparation and cooking time: 0:30  
Serves 6

---

- 3 pounds fish, whole or steaks
- 3 tablespoons butter
- 1 teaspoon salt
- 1/4 teaspoon paprika
- 1/2 cup parsley, chopped
- 1/4 cup water
- 1 small onl, sliced
- 1/4 teaspoon pepper
- 1/2 teaspoon celery salt, fresh  
tomato (optional), slices or sauce

1. Select whole fish(white, meaty variety) or thick slices of steak fish. Place butter in pan to melt.
2. Add several slices of onion then fish, and rest of onion of top of fish.
3. Sprinkle with salt, pepper, paprika and celery salt.
4. Add water, cover and steam for 15 minutes.
5. Slowly bring to boil (gently)---active boiling destroys the flavor.
6. Fresh tomato slices or sauce may be added if desired, just before serving.
7. Lift fish from pan using spatula, and place on platter. Sprinkle freely with parsley and a small amount of juice from pan.

Notes: We (Tony & Cheryl) suggest serving with tasty green peas(cooked with tiny bits of celery), fluffy mashed potatoes and a crisp green salad.

Per serving: 65.0 Calories; 5.9g Fat (77.1% calories from fat); 1.2g Protein;  
2.7g Carbohydrate; 15mg Cholesterol; 568mg Sodium

Items for Which Nutritional Values are Unavailable:

fish  
onl

# Buck's Seafood Gumbo

---

Recipe by James Collins

Total preparation and cooking time: 2:00

Serves 20

---

- 1 pound corn kernels
- 3 pounds shrimp, small size (30-35)
- 1 pound crab, blue, cocktail fingers
- 2 pounds fish fillet, skinned and boned
- 1 pound okra, cut 1/2 inch thick
- 2 pounds tomatoes, stewed, drained and diced
- 4 cups onion, chopped
- 4 cups celery, chopped
- 1/2 pound sausage links, sliced 1/4" thick
- 3 quarts chicken broth, see recipe
- 4 slices bacon
- 1 cup green pepper, chopped
- 1/8 cup hot peppers, chopped
- 1 large stock pot, about 20 quarts

1. Prepare chicken broth--see recipe.
2. Fry bacon in large stock pot, then remove and drain on paper towel, leaving drippings in pot.
3. Add onions, celery and peppers to pot and saute for 10 minutes, stirring frequently.
4. Add 1 quart of chicken broth and bacon to pot in small pieces and bring to boil over medium heat.
5. Add tomatoes and bring back to boil.
6. Add sausage, corn and another quart of chicken broth and bring back to boil. Lower temperature and simmer for 20 minutes.  
Make sure you have enough chicken broth to keep ingredients suspended.
7. Add crab, fish and shrimp to pot and continue to slow cook for 20-30 minutes. May add broth if needed.
8. Add okra and cook until okra are done(15 minutes).

9. Serve over rice.

Per serving: 280.4 Calories; 8.8g Fat (28.4% calories from fat); 36.3g Protein;  
13.4g Carbohydrate; 151mg Cholesterol; 1,481mg Sodium

Items for Which Nutritional Values are Unavailable:

stock pot



# Crab Stew

---

Recipe by Tony & Cheryl Garnett  
Total preparation and cooking time: 1:30  
Serves 10

---

- 2 *small bell pepper, chopped fine*
- 2 *small onion, chopped fine*
- 2 *medium garlic cloves, chopped fine*
- 4 *celery ribs, chopped fine*
- 1 *quart water*
- 3/4 *cup olive oil*
- 3/4 *cup flour*
- 1 *quart tomato juice*
- 4 *oz mushroom*
- 2 *pounds crab meat*
- tobasco sauce*
- salt*

1. Boil first 4 ingredient in water until tender.
2. Make a roux using olive oil and flour.
3. To roux, add boiled vegetables, water, tomato juice, mushrooms and crab meat.
4. Season highly with Tobasco sauce and salt to taste.
5. Simmer slowly for 1 hour or more.

Notes: This dish may be prepared in advance and frozen BEFORE adding mushrooms and crab meat.

Per serving: 299.2 Calories; 17.6g Fat (52.6% calories from fat); 21.1g Protein;  
14.6g Carbohydrate; 81mg Cholesterol; 781mg Sodium

# Crawfish Etouffee (ay-too-fay)

---

Recipe by Regina Stallworth & James Collins

Total preparation and cooking time: 0:45

Serves 8

---

- 2 pounds crawfish tails, processed
- 1 cup vegetable oil, (peanut)
- 3/4 cup flour, all-purpose
- 1 1/2 cups onion, chopped fine
- 1/4 cup celery, chopped
- 1/3 cup garlic, minced fine
- 2/3 cup green peppers, chopped
- 1/3 cup green onions, chopped
- 1/4 cup butter, unsalted
- 1/2 cup tomato paste
- 1 can chicken broth, 10 oz.
- 3 cups water
- 2 cubes chicken bouillon
- 2 teaspoons black pepper
- 1 tablespoon hot peppers, chopped fine
- 1 tablespoon Cajun seasoning

1. Make roux in large skillet by stirring oil and flour over low to medium heat, until roux reaches peanut butter color. Be sure to constantly stir flour and oil mixture to avoid burning and sticking. Incorporate 1/2 tablespoon Cajun seasoning.
2. In second large pan melt butter, add onions, celery, garlic remaining Cajun seasoning, and peppers. Saute slowly for 5 minutes or until done.
3. Add roux to sauted mixture, stirring to mix well.
4. Add chicken broth and bouillon cubes, stirring to mix well.
5. Add tomato paste and water, stirring to mix well.
6. Add black pepper and bring to boil. Lower temperature and simmer for 5 minutes with top on. Occasionally stirring.
7. Add crawfish tails and continue to cook for 5 minutes over medium heat and continuing to stir.

8. Serve over rice.

Per serving: 384.6 Calories; 33.8g Fat (77.2% calories from fat); 4.8g Protein;  
17.7g Carbohydrate; 16mg Cholesterol; 833mg Sodium

Items for Which Nutritional Values are Unavailable:

crawfish tails

# Salmon Patties

---

Recipe by Crotel Lawyer  
Serves 4-6

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- 1 16 ounce can of Salmon (drained, skinned, flaked)
- 1 Egg, beaten
- 1/3 Cup of Buttermilk
- 1/3 Cup of Onions, chopped
- 1/3 Cup of Corn Meal
- 1/4 Teaspoon of Baking Soda
- Vegetable Oil for frying
- Salt (to taste)

1. Combine Salmon, egg, buttermilk, onion, corn meal, and baking soda in a bowl and mix well
2. Shape mixture into six patties
3. Fry in 1 1/2 to 2 inches of oil for about 10 minutes or until brown on both sides
4. Drain well

# Salmon Roll

---

Recipe by Roscoe & Carol Wyche  
Total preparation and cooking time: 0:45  
Serves 8

---

- 2 cups salmon*
- 8 ounces cream cheese*
- 1 tablespoon lemon juice*
- 2 teaspoons onion, grated*
- 1 teaspoon horseradish*
- 1/4 teaspoon liquid smoke flavoring*
- 1/2 cup pecans, chopped*

1. Mix all ingredients except pecans. Mix well and chill.
2. Roll in pecans, wrap in wax paper, and refrigerate.

Per serving: 192.4 Calories; 14.4g Fat (67.0% calories from fat); 14.2g Protein;  
1.7g Carbohydrate; 62mg Cholesterol; 128mg Sodium





# VEGETABLES





# Collard Greens

---

Recipe by Becky Dickey

Total preparation and cooking time: 2:30

Serves 10

---

- 1 *Large Collard greens, bundle, cut up*
- 3 *medium hamhocks, pre-cooked*
- 2 *slices bacon, fried*
  - salt, to taste*
  - bacon drippings*
- 1 *small pepper, jalapeno*

Before preparing greens, wash and place hamhocks in a large pot with about 2 cups water. After it comes to a boil, drain the first boiled water off and add another 1 1/2 cups of water. Return to heat and let cook while you prepare the greens. Pick greens and cut into very small pieces (using a cutting board and a sharp knife). Wash thoroughly (at least 3 times). Place greens into pot with hamhocks. After you have put about half of them in, add some salt and half of the jalapeno pepper. Place remaining greens in pot and add more salt and rest of jalapeno pepper. In separate frying pan, fry 2 strips of bacon. When fully cooked, place bacon and drippings on top of greens. Cook on medium heat until fully cooked.

Per serving: 12.2 Calories; 0.7g Fat (45.1% calories from fat); 0.6g Protein;  
1.2g Carbohydrate; 1mg Cholesterol; 23mg Sodium

Items for Which Nutritional Values are Unavailable:

hamhocks

# Mushroom Estelle

---

Recipe by Dexter Stallworth  
Total preparation and cooking time: 4:00  
Serves 8

---

32 ounces mushrooms, whole  
16 ounces Italian dressing, regular (not cream)  
8 ounces brown sugar, dark  
1 large onion, chopped

1. Wash and drain mushrooms, remove stems, and set aside.
2. In large stock pot, place onion, Italian dressing and brown sugar.
3. Cook on medium to high heat until onions are translucent (about 10 minutes).
4. To boiling mixture, add mushrooms. Continuously baste mushrooms with mixture using large spoon for 5 minutes.
5. Remove from heat and cover pot. Let sit for 3 to 4 hours.

Notes: Can be prepared the night before serving.

Per serving: 137.6 Calories; 0.5g Fat (2.8% calories from fat); 2.4g Protein;  
33.4g Carbohydrate; 0mg Cholesterol; 84mg Sodium

Items for Which Nutritional Values are Unavailable:

Italian dressing

# Mustard Greens

---

Recipe by James Collins

Total preparation and cooking time: 1:10

Serves 5

---

- 2 bunches mustard greens (*Florida Broad Leaf only*), cut crosswise
- 1 bunch green onions, chopped
- 2 cups regular onions, chopped
- 1/4 cup peanut oil
- 1/2 cup smoked sausage, cut in 1/4" slices
- 2 each hot chili peppers, seeded and sliced
- 1 cup ham cubes, pre-cooked
- 1 tablespoon salt

Place peanut oil, onions (regular and green) in a 6 to 8 quart pot. Saute over medium heat; add sausage, ham, and peppers. Cut green leaves crossways about 1" wide. Wash well to remove all dirt. Add greens to pot and cook until fully done.

Taste and serve. (Caution: Do not bite utensil!)

Notes: If you have not had mustards cooked with this recipe, you have not eaten Florida Broad Leaf Greens--good to the last bite!

Per serving: 240.5 Calories; 21.0g Fat (77.8% calories from fat); 8.9g Protein;  
4.6g Carbohydrate; 33mg Cholesterol; 1,877mg Sodium

Items for Which Nutritional Values are Unavailable:

mustard greens (*Florida Broad Leaf only*)  
regular onions

# Potato Salad with Seafood & Sweet Corn

---

Recipe by FINE COOKING

Total preparation and cooking time: 1:00

Serves 5

---

- 1 pound Yellow Fin Potatoes, boiled and cooled
- 2 tablespoons lemon juice
- 2/3 cup mayonnaise
- 1/4 cup dill pickles
- 2 tablespoons Sweet onions
- 1 teaspoon tabasco sauce
- 1/4 cup dill weed, fresh
- 1 cup corn kernels, (white or yellow)
- 1/2 pound shrimp, peeled, deveined, co

Per serving: 292.3 Calories; 24.3g Fat (73.2% calories from fat); 10.7g Protein;  
9.4g Carbohydrate; 86mg Cholesterol; 387mg Sodium

Items for Which Nutritional Values are Unavailable:

Yellow Fin Potatoes



# APPETIZERS



# Spring Vegetable Dip

---

Recipe by Queen Austin  
Preparation Time: 5 minutes

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- 1 *Envelope of Dry Vegetable Soup Mix*
- 1 *Pint of Sour Cream*  
*Chips or Vegetables*

1. Combine soup mix and sour cream
2. Chill

Serve with chips or vegetables

# Party Biscuits

---

Recipe by Geraldine Vaughn  
Preparation and Cook Time: 15 minutes

---

- 1 Cup of White Lily Self-Rising Flour
- 1 Cup of Whipping Cream (not whipped)
- 3 Tablespoons of Sugar
- Margarine or butter to grease muffin cups

- 1. Combine all ingredients
- 2. Pour into greased mini-muffin cups
- 3. Bake for 10 minutes at 400 degrees Fahrenheit



# Fruit Dip

---

Recipe by Deborah Jones  
Preparation Time: 10 minutes

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- 1 7 ounce jar of Marshallow Creme
- 1 8 ounce package of Cream Cheese
- 1 8 ounce carton of Sour Cream
- 1 14 ounce can Eagle Brand Sweetened Condensed Milk

1. Combine all ingredients in container of an electric blender and blend until smooth.
2. Chill at least one hour.
3. Serve with assorted fruits

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## Fresh Fruit Dip

---

Recipe by Jalyn Stallworth  
Preparation Time: 10 minutes  
Serves 6

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*1 Cup Sour Cream*  
*1 Tablespoon of Light Brown Sugar*  
*Granulated Sugar (to taste)*  
*Assorted fresh fruits, cut in bite size pieces*

1. Mix Sour Cream and Brown Sugar
2. Add granulated sugar for desired sweetness

Serve with Assorted Fruits

# Easy Crab Spread

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Recipe by Everlena Collins  
Preparation Time: 10 minutes  
Serves 8

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- 1 8 ounce package *Philadelphia Cream Cheese*
- 1 12 ounce bottle *Cocktail Sauce*
- 1 6 ounce can of *Crab Meat, drained*  
*Crackers*

1. Spread cream cheese on dinner plate
2. Pour bottle of Cocktail Sauce over the cream cheese
3. Crumble Crab Meat on top of the Cocktail Sauce
4. Serve with Crackers

## Blessed Eggs

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Recipe by Becky Dickey  
Preparation Time: 5 minutes  
Serves 6

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*6 hard boiled eggs*  
*1 1/2 tablespoons sweet pickle relish*  
*2-3 tablespoons mayonnaise*  
*1/4 teaspoon of sugar*  
*Paprika*  
Salt and Pepper (to taste)

1. Peel boiled eggs and cut in half lengthwise
2. Remove yolks and mash with fork
3. Add relish, sugar, salt and pepper, and egg yolks to mayonnaise
4. Place yolk mixture into the egg white halves
5. Sprinkle with Paprika