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Southern Recipes



Wild Sage Bread

Description:

This is a very favorite southern recipe.

Ingredients:

- 1 package dry yeast
- 1 cup cottage cheese
- 1 egg
- 1 tablespoon melted shortening
- 1 tablespoon sugar
- 2 teaspoons crushed dried sage
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 2 1/2 cups flour



Preparation Method

- Combine sugar, sage, salt, baking soda and flour. Dissolve yeast in 1/4 cup warm water. Beat egg and cottage cheese together until smooth.
- Add melted shortening and yeast.
- Add flour mixture slowly to egg mixture, beating well after each addition until a stiff dough is formed.
- Cover dough with cloth and put in warm place until double in bulk (about 1 hour). Punch dough down, knead for one minute and place in well-greased pan. Cover and let rise for 40 minutes.
- Bake in a 350-degree oven for 50 minutes. Brush top with melted shortening and sprinkle with crushed, roasted pine nuts or coarse salt.

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Acorn squash

Description:

A southern acorn recipe, very easy recipe.

Ingredients:

- 1 1/2- to 1 3/4-pound acorn squash, halved lengthwise, seeded
- 1/2 cup dried cranberries or currants
- 1/4 cup hot water
- 4 tablespoons (1/2 stick) butter
- 4 ounces fresh wild mushrooms (such as shiitake), stemmed, chopped
- 1/4 cup chopped onion
- 1 teaspoon dried rubbed sage
- 1 cup fresh whole wheat breadcrumbs



Preparation Method

- Preheat oven to 425°F. Place squash cut side down in
- 8x8x2-inch glass baking dish. Cover dish tightly with plastic wrap. Microwave on high 10 minutes.
- Pierce plastic to let steam escape. Uncover and turn squash halves cut side up. Season cavities with salt and pepper.
- Combine dried cranberries and hot water in small bowl.
- Melt 3 tablespoons butter in heavy medium skillet over medium heat. Add mushrooms, onion and sage and sauté until beginning to soften, about 5 minutes. Add breadcrumbs and stir until crumbs brown lightly,

about 3 minutes. Mix in cranberries with soaking liquid. Season to taste with salt and pepper.

- Mound stuffing into squash halves. Dot with remaining 1 tablespoon butter. Bake until heated through and crisp on top, about 10 minutes.

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Beef stew

Description:

This southern recipe has lots of good taste to it.

Ingredients:

- 1 1/2 lb lean pork ribs, cut into 1-inch pieces
- 1 lb cured bacon
- 1 lb flank steak, cut into 1-inch pieces
- 1 lb beef short ribs, cut between bones
- 3 sweet Italian sausage links, cut into 1 1/2-inch lengths
- 2 Spicy dried pork sausage links, cut into 1 1/2-inch lengths
- 3 quarts water
- 6 carrots, cut into 1/2-inch-thick rounds
- 1 1/2 lb butternut squash, peeled and cut into 3/4-inch cubes
- 1 large boiling potato, peeled and cut into 3/4-inch cubes
- 2 red bell peppers, cut into 3/4-inch pieces
- 1 tablespoon paprika
- 3 (15-oz) cans white hominy, rinsed
- 2 (16- to 19-oz) cans white beans, rinsed
- 1 tablespoon salt
- 1 tablespoon black pepper



Preparation Method

- Stir together meats and water in a 12-quart heavy pot and bring to a boil. Reduce heat and simmer, partially covered, stirring occasionally, 3 1/2 hours.
- Add vegetables and paprika, then simmer, partially covered, stirring occasionally, 30 minutes, or until vegetables are tender.
- Add hominy, beans, salt, and pepper and simmer, stirring occasionally, 15 minutes.

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Meatless Chili

Description:

A very good southern recipe for all seasons.

Ingredients:

- 1 cup dried pinto or kidney beans
- 3 cups water
- 1 tablespoon vegetable oil
- 2 cups chopped onion
- 1 green bell pepper, chopped
- 2 cups chopped tomatoes
- 1 6-ounce can no-salt added tomato paste
- 3/4 cup water
- 3 tablespoons chili powder
- 1 tablespoon cider vinegar
- 2 teaspoons minced garlic
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1/2 teaspoon ground pepper
- 1 bay leaf



Preparation Method

- Place beans and 3 cups of water in saucepan. Bring to boil and cook 2 minutes. Do not drain. Set aside for 1 hour, then return beans to heat, adding water to cover if necessary.
- Simmer for 1 hour, or until beans are tender. Drain and set aside.
- Heat oil in a large, deep skillet or stockpot over medium-high heat. Add onion and bell pepper. Cook until onion is translucent. Add beans

and remaining ingredients. Bring to a boil. Reduce heat and simmer 1 1/2 hours, stirring occasionally. Remove bay leaf

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Maple mashed potatoes

Description:

This is a southern recipe made with tortillas.

Ingredients:

- 6 lb sweet potatoes
- 1 stick (1/2 cup) unsalted butter, melted
- 1/2 cup heavy cream, warmed
- 2 tablespoons pure maple syrup
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Preheat oven to 400°F.



Preparation Method

- Prick each potato twice with a fork and bake in a foil-lined shallow baking pan in lower third of oven until very tender, about 1 hour. Remove and cool slightly.
- Halve potatoes lengthwise and scoop out warm flesh into a large bowl. Mash potatoes with a potato masher or, for a smoother purée, force through a potato ricer. Stir in butter, cream, syrup, salt, and pepper.

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