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Southern Recipes



Blueberry Muffins

Description:

This is a very favorite southern recipe.

Ingredients:

- 1 cup oats
- 1 cup buttermilk
- 1 cup white wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup brown sugar
- 1 egg
- 1/4 cup butter - melted
- 1 cup fresh blueberries - drained well
- 1 cup frozen blueberries - thawed, drained well



Preparation Method

- Preheat oven to 400°F. Combine oats and buttermilk in a small bowl; set aside and let stand. Combine flour, baking powder, soda, salt, brown sugar, stir well. Add egg and melted butter to oats.
- Add dry ingredients and stir just until all is moistened. Gently fold in blueberries. Spoon into muffin pan until three-quarters full each. Bake for Yields 1 dozen.

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Blueberry Popover

Description:

A southern blueberry recipe, very easy recipe.

Ingredients:

- 1 cup milk or soymilk
- 1/2 teaspoon vanilla extract
- 2 tablespoons butter -- melted
- 1/4 teaspoon salt
- 1/8 teaspoon fresh ground nutmeg
- 1/4 cup granulated sugar
- 1 cup sifted white flour
- 2 eggs, beaten
- 1/4 teaspoon ground cinnamon
- 1 cup blueberries or other berries



Preparation Method

- Mix first 5 ingredients plus 3 tablespoon sugar in a large bowl. Stir in flour, then eggs until just combined; let this batter stand for 5 minutes. Meanwhile, mix remaining
- 1 tablespoon sugar and cinnamon in a separate bowl; set aside.
- Adjust oven rack to middle position and heat oven to
- 450°F.
- Place berries in a buttered 9-inch pie pan. Pour batter over the berries; sprinkle cinnamon-sugar over the batter. Transfer pan to the oven and bake for 20 minutes.
- Reduce oven temperature to 350°F; bake until popover is firm and golden brown, 15 to 20 minutes longer.
- Cut popover into wedges and serve immediately.

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Blue Corn Scones

Description:

This southern recipe has lots of good taste to it.

Ingredients:

- 1/2 cup Blue Corn Meal
- 1 3/4 cup all-purpose flour
- 1/3 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 lb. chilled butter
- 1/4 cup light brown sugar
- 1 egg
- 1/2 milk
- 1/2 teaspoon vanilla extract



Preparation Method

- Preheat oven to 375 degrees F.
- Grease & flour a baking sheet
- Stir the dry ingredients in a bowl then cut the butter into the dry mixture with a pastry blender (or suitable substitute) to form a coarse meal. Beat the egg with the milk, sugar, and vanilla. When smooth, stir into the other mixture until the dough holds together. Knead briefly on a floured surface; pat into an 8 circle; place on baking sheet. Using a pizza cutter or serrated knife, score circle into 8 wedges. Bake for 15 or 20 minutes (depending on high or low altitude) or until nicely brown. Serve with honey, fruits, jams, or, as the British do, with clotted cream.
- Best straight from the oven but still great the next day.

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Blue Corn Flapjacks

Description:

A very good southern recipe for all seasons.

Ingredients:

- Two eggs
- 1 1/2 cups milk
- 1 tablespoon butter
- 3/4 cup all-purpose flour
- 3/4 cup blue roasted cornmeal
- 1 1/2 teaspoons baking soda
- 2 tablespoons sugar
- 1 teaspoon salt



Preparation Method

- Mix all ingredients in a blender. Let stand for 5 minutes. Do not re-mix or stir. Pour serving sized amounts from blender to lightly oiled grill.
- Wait until bubbles form on top of flapjack then flip artfully with a great flourish and considerable bravado.
- Remove from grill when second side is cooked. Serve topped with a pat of butter and syrup, marmalade, applesauce, or whatever.

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Blue Corn and Flour Tortillas

Description:

This is a southern recipe made with tortillas.

Ingredients:

- 1/3 cup sifted all-purpose flour
- 1 cup water
- 1 2/3 cups blue cornmeal



Preparation Method

- Combine flour and cornmeal in bowl. Stir in water and make dough.
- Shape into twelve balls and roll each between two sheets greased wax paper. (Or pat between palms the old style).
- Cook in a slightly greased griddle with medium heat until lightly brown on both sides.

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