



Down-Home Cookin'

24 Easy Southern Favorites

"OOH IT'S SO GOOD!!®"



Sponsored By

U.S. Farm-Raised Catfish

A Free eCookbook from the Mr. Food Test Kitchen



Down-Home Cookin': 24 Easy Southern Favorites

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Dear Friend,

When you've had a long and difficult day, all you want to eat is a down-home meal just like Mom used to make. You know what kind we're talking about: those hearty meals that'd stick to your ribs as you enjoyed some quality family time with your loved ones. And if you enjoyed our first edition, you're going to love the new recipes we've included, like our fisherman's recipe for **Fresh Catch Strudel** (page 15)!

Our latest eCookbook features just what you're looking for: classic Southern cooking your kids will always remember. Plus, we've included two bonus recipes for even more of our signature "OOH IT'S SO GOOD!!" What meal wouldn't get off to a great start with a helping of **Catfish Cakes** (page 1) or a big ol' slice of **Down South Corn Bread** (page 3)?

The South knows how to do dinner right with traditional favorites like **Fried Catfish** (page 9) and **Good Ol' Honey Fried Chicken** (page 10). Whether you're looking for a restaurant-style dish or a new meal to add to your regular rotation, you can't go wrong with one of these Southern classics. Plus, we've included some new dishes this time around like our **Southwestern Grilled Catfish** (page 11) and **Potato-Crusted Fish and Chips** (page 13) for even more of that signature southern flair.

We can't think of a single meal that wouldn't taste better with a home-style Southern side dish. Wouldn't you agree? From a Test Kitchen favorite like our **Southern Potato Bake** (page 19) to the grab-'em-before-they're-gone **Hush Puppies** (page 20), there's plenty here for the whole gang!

Don't lie – we know you're thinking about skipping ahead to dessert. We don't blame you; these recipes are simply irresistible. What meal wouldn't get five stars when accompanied by a slice of our **Old Fashioned Southern Chocolate Cake** (page 22)? Plus, serve up our recipe for **Peach Coffee Cake** (page 26) for breakfast or dessert. No matter where you're from, you know these Southern recipes have been made with an extra helping of that...

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Mr. Food
and the Test Kitchen



P.S. Enjoy this eCookbook filled with 24 Southern favorites for home-cooked meals you won't forget. Remember, the *Down-Home Cookin'* eCookbook is available FREE, with many others also available on www.MrFood.com. Go on, tell your friends to visit MrFood.com, so they too can get their very own FREE copies!

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Catfish Cakes

These are no ordinary fish cakes! Made with our very own U.S. Farm-Raised Catfish and seasoned to perfection, they'll always bring raves, whether you serve 'em as an appetizer, main dish, or trendy sliders!

Ingredients

1 pound U.S. Farm-Raised Catfish fillets
1 cup panko bread crumbs
1/4 cup mayonnaise
1 egg, beaten
1 tablespoon lemon juice
3 teaspoons Worcestershire sauce
2 teaspoons Dijon mustard
3 teaspoons seafood seasoning (Old Bay)
1 teaspoon chopped fresh parsley
1/4 teaspoon salt
2 tablespoons olive oil

Makes: 10 appetizers

Cooking Time: 25 min



Directions

1. Preheat oven to 375 degrees F. Coat a baking sheet with cooking spray.
2. Place fish on prepared baking sheet and bake 15 to 18 minutes, or until fish flakes easily with a fork; let cool.
3. Meanwhile, in a large bowl, combine bread crumbs, mayonnaise, egg, lemon juice, Worcestershire sauce, mustard, seafood seasoning, parsley, and salt; mix well. Flake fish into breadcrumb mixture and mix gently until well combined. Form mixture into 5 large or 10 small equal-sized "cakes."
4. In a large skillet over medium heat, heat oil until hot. Add fish cakes in batches and cook 4 to 5 minutes per side, or until golden and heated through.



Did You Know? U.S. Farm-Raised Catfish are raised in pure freshwater ponds and fed a controlled diet ensuring their mild flavor. That's the secret.

For more catfish recipes and information, visit www.uscatfish.com

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Good Ol' Southern Deviled Eggs

These deviled eggs are nice and tangy thanks to the Southern way of making them, with yellow mustard and relish. Serve 'em up at any gathering for a snack or appetizer that's sure to be a hit.

Ingredients

6 hard-boiled eggs, peeled and cut in half lengthwise
1/2 cup mayonnaise
2 teaspoons yellow mustard
2 tablespoons sweet relish, drained
Paprika for sprinkling

Serves: 6

Preparation Time: 5 min



Directions

1. In a small bowl, combine egg yolks, mayonnaise, mustard and relish; mix well.
2. Fill egg white halves with yolk mixture and place on a platter.
3. Sprinkle each egg with paprika. Cover with plastic wrap and refrigerate until ready to serve.



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Down South Corn Bread

Here's some home-baked goodness that'll satisfy the heartiest of appetites. (And this one stays moister than the regular corn breads.)

Ingredients

1 cup all-purpose flour
1 cup yellow cornmeal
1/3 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1 egg
1/2 cup milk
1/4 cup (1/2 stick) melted butter
1 cup (1/2 pint) sour cream

Yields: 9 servings

Cooking Time: 20 min



Directions

1. Preheat oven to 400 degrees F. Coat an 8-inch-square baking dish or with cooking spray.
2. In a large bowl, combine flour, cornmeal, sugar, baking powder, baking soda, and salt.
3. In a medium bowl, beat together egg, milk, and butter. Add egg mixture and sour cream to flour mixture. Stir just until blended. Pour mixture into prepared baking dish.
4. Bake 20 to 25 minutes, or until golden and a wooden toothpick inserted in center comes out clean.



Test Kitchen Tip: If you prefer, you can make this in a round pan and this way we get perfect wedges every time.

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Catfish Fingers

Southern-style fried catfish has a particular taste that's often hard to imitate, but after lots of tries, we cracked the code. By combining eggs and sour cream as the base, the cornmeal sticks better and each finger has a little extra flavor.

Ingredients

Serves: 4

Cooking Time: 15 min

2 eggs
1/4 cup sour cream
1-1/2 teaspoons ground red pepper, divided
1-1/2 teaspoons dried parsley, divided
1 teaspoon salt, divided
2 cups self-rising cornmeal
1-1/2 cups vegetable oil
2 pounds U.S. Farm-Raised Catfish fillets, cut into 1-inch strips

Directions

1. In a shallow dish, whisk together the eggs, sour cream, 1/2 teaspoon ground red pepper, 1/2 teaspoon parsley, and 1/4 teaspoon salt; beat well. In another shallow dish, combine the cornmeal and the remaining 1 teaspoon ground red pepper, 1 teaspoon parsley, and 3/4 teaspoon salt; mix well.
2. Heat the oil in a large skillet over medium-high heat until hot but not smoking. Dip the catfish fingers in the egg mixture then in the cornmeal mixture, coating completely.
3. Cook the catfish fingers in batches for 2 to 3 minutes per side, or until the coating is golden and the fish flakes easily with a fork. Drain on a paper towel-lined platter. Serve immediately.



Did You Know? U.S. Farm-Raised Catfish is one of the freshest, healthiest fish available. It's raised in pure, freshwater ponds and fed a strict diet of nutritious grains – which ensures quality in every bite.

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Catfish Allison

Mr. Food and our TV production team went nuts over this recipe when they visited a restaurant in the Mississippi Delta, where we taped some shows. They thought it was one of the best fish recipes they ever had. Our Test Kitchen agrees... And so will you!

Ingredients

1 cup grated Parmesan cheese
1/2 cup mayonnaise
1/4 cup (1/2-stick) butter, softened
3 scallions, sliced
1/2 teaspoon Worcestershire sauce
1/2 teaspoon hot sauce
4 (6-ounce) U.S. Farm-Raised Catfish fillets

Serves: 4

Cooking Time: 20 min



Directions

1. Preheat oven to 350 degrees F. Coat a rimmed baking sheet with cooking spray.
2. In a medium bowl, combine all ingredients except catfish; mix well.
3. Place fish on prepared baking sheet. Spread mixture evenly over fish.
4. Bake 20 to 25 minutes, or until fish is golden and flakes easily with a fork. Serve immediately.



Good For You: U.S. Farm-Raised Catfish are low in fat and an excellent source of protein.

For more delicious catfish recipes and to see how catfish are raised, please visit: www.uscatfish.com

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Fried Pork Chops with Cream Gravy

Move over fried chicken, because fried pork chops are in town! You'll love this Southern twist on classic pork chops.

Ingredients

1 teaspoon Cajun seasoning
1/8 teaspoon garlic powder
1/8 teaspoon black pepper
4 (4-ounce) boneless center-cut pork chops
1/2 cup all-purpose flour, divided
1/4 cup buttermilk
2 tablespoons vegetable oil
3/4 cup milk
1/8 teaspoon salt

Serves: 4

Cooking Time: 15 min



Directions

1. Combine Cajun seasoning, garlic powder, and pepper. Rub seasoning mixture evenly on both sides of pork chops.
2. Reserve 1 tablespoon flour, and set aside. Place remaining flour in a shallow dish. Dip chops in buttermilk; dredge in flour.
3. Heat oil in a large heavy skillet over medium heat; add chops, and cook 5 minutes on each side or until golden. Drain on paper towels.
4. Reduce heat to medium-low. Whisk reserved 1 tablespoon flour into milk; add salt, and cook in skillet, stirring constantly, until thickened and bubbly. Serve immediately with chops.



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All American Fish Chowder

Mild and mellow U.S. Farm-Raised Catfish is the star of this chunky, rich All-American Fish Chowder that's hearty enough to ladle up and enjoy as a main dish.

Ingredients

2 pounds U.S. Farm-Raised Catfish fillets, cut into 2-inch pieces
1 cup frozen corn
1 cup frozen peas
6 cups (1-1/2 quarts) milk
1 tablespoon dried thyme
1-1/2 teaspoons onion powder
1 teaspoon dried basil
1 teaspoon salt
1 teaspoon black pepper
1-1/2 cups instant mashed potato flakes

Serves: 6

Cooking Time: 25 min



Directions

1. In a soup pot over medium-high heat, combine all ingredients except potato flakes.
2. Bring to a boil, then reduce heat to low and simmer 8 to 10 minutes. Stir in potato flakes and simmer 3 to 5 additional minutes, or until thickened. Serve immediately.



Did You Know? 94% percent of all U.S. Farm-Raised Catfish is raised in Alabama, Arkansas, Louisiana, and Mississippi.

For more recipes and information about U.S. Farm-Raised Catfish, visit www.uscatfish.com

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Down Home Ribs

There's nothing more lip-smackin' than smoky-flavored country-style Down-Home Ribs made on the grill. Better make sure to have plenty of napkins ready when you chow down on these!

Ingredients

1/4 cup Dijon-style mustard
1/4 cup mayonnaise
1/4 cup balsamic vinegar
1/2 teaspoon garlic powder
1 tablespoon light brown sugar
2-1/2 to 3 pounds country-style pork ribs

Serves: 4

Cooking Time: 15 min



Directions

1. Preheat grill to medium-high heat.
2. To make a glaze, in a small bowl, combine all ingredients except ribs.
3. Grill ribs 15 to 20 minutes, basting occasionally with glaze during the first 10 minutes of cooking, and turning ribs over occasionally.



Serving Suggestion: Our Test Kitchen recommends serving our [Apple Cider Slaw](#) along with some [baked beans](#) and corn a try with these ribs.

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Fried Catfish

Fish fries are as commonplace in the South as clambakes in New England. They're often the focal point of church fund-raisers and other town social events.

Ingredients

1 egg
2 tablespoons prepared yellow mustard
1 tablespoon hot pepper sauce
1 cup self-rising cornmeal
1/2 cup all-purpose flour
1 teaspoon salt
1 cup vegetable oil
6 U.S. Farm-Raised Catfish fillets (about 2 pounds total)

Serves: 6

Cooking Time: 15 min



Directions

1. In a shallow dish, combine the egg, mustard, and hot pepper sauce; mix well. In another shallow dish, combine the cornmeal, flour, and salt; mix well.
2. In a large deep skillet over medium-high heat, heat the oil until hot but not smoking.
3. Dip catfish fillets in egg mixture then in cornmeal mixture, coating completely.
4. Cook fillets a few at a time 2 to 3 minutes per side, or until golden and the fish flakes easily with a fork. Drain on a paper towel-lined platter. Serve immediately.

Test Kitchen Tip: If you prefer baked catfish instead of fried, preheat the oven to 400 degrees F. Coat the fillets as above, then place on a rimmed baking sheet that has been coated with cooking spray. Coat the tops of the fillets with nonstick cooking spray and bake 12 to 15 minutes, or until the fish flakes easily with a fork. Serve immediately.

Serving Suggestion: Dish these up traditional-style with some crunchy coleslaw and hushpuppies.



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Good Ol' Honey Fried Chicken

Always looking for a new way to make chicken? Well, here's an old Southern favorite made a new way, with the sweetness of honey and the tang of paprika and mustard.

Ingredients

3/4 cup honey
1 chicken (2-1/2 to 3 pounds), cut into 8 pieces
1-1/4 cups biscuit baking mix
2 teaspoons dry mustard
1/2 teaspoon paprika
1 teaspoon salt
1/2 teaspoon black pepper
Vegetable oil for frying

Serves: 3

Cooking Time: 30 min



Directions

1. Place honey in a shallow bowl; coat chicken with honey and set aside. Combine remaining ingredients except oil in a shallow pie plate; dredge chicken in mixture.
2. In a large skillet, heat 1/2 inch oil until hot. Carefully place chicken in oil and cook about 5 minutes, or until underside of chicken is golden. Turn chicken pieces and cook an additional 5 minutes. Reduce heat to low and cook 15 to 20 minutes, or until juices run clear. Remove chicken and drain on paper towels. Serve immediately.



Test Kitchen Tip: When cooking the chicken, we suggest you use a splatter screen to prevent the oil from splattering.

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Southwestern Grilled Catfish

Mild and mellow U.S. farm-raised catfish takes on a south-of-the-border zesty personality with our flavorful seasonings. Hit the grill with our recipe for Southwestern Grilled Catfish, and everyone will come a-running.

Ingredients

1 (15-ounce) can black beans, rinsed and drained
1/4 cup diced red bell pepper
1/4 cup diced celery
1/4 cup diced onion
1/4 cup chopped cilantro
1/2 jalapeno pepper, seeds removed and diced
3 garlic cloves, minced
1 tablespoon olive oil
1/2 teaspoon salt, divided
1/2 teaspoon black pepper, divided
4 U.S. farm-raised catfish fillets
1 teaspoon ground cumin

Serves: 4

Cooking Time: 10 min



Directions

1. In a medium bowl, combine black beans, bell pepper, celery, onion, cilantro, jalapeno, garlic, oil, 1/4 teaspoon salt, and 1/4 teaspoon black pepper; mix well. Cover and refrigerate until ready to serve.
2. Preheat grill to medium-high heat. Coat a hinged grill basket with cooking spray.
3. Evenly sprinkle fish with remaining salt and black pepper, and the cumin, and place in grill basket. Grill 5 to 7 minutes per side, or until fish flakes easily. Remove fish from basket and top with black bean salsa; serve immediately.



Good For You: For information on US farm-raised catfish and for more tasty catfish recipes, please visit: uscatfish.com.

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Pulled Pork Sandwiches

In the South, there's a barbecue joint on every corner and each one boasts the best pulled pork sandwiches. The Southern cooks in our test kitchen helped create a version that comes pretty close to that authentic flavor, but with a shortcut or two.

Ingredients

1 (3- to 3-1/2 pound) boneless pork shoulder blade roast
1 teaspoon salt
1 teaspoon black pepper
2 tablespoons vegetable oil
2 3/4 cups water
2 tablespoons white vinegar
1/4 cup sugar
1/2 teaspoon liquid smoke
8 hamburger buns
1-1/2 cups warm barbecue sauce (see Note)

Serves: 8

Cooking Time: 1 hr 10 min



Directions

1. Season roast with salt and pepper. Heat oil in a 6-quart pressure cooker over high heat. Add roast and brown on all sides 8 to 10 minutes. Add water, vinegar, sugar, and liquid smoke.
2. Lock lid in place and bring to full pressure over high heat. When pressure regulator begins to rock, reduce heat to medium and cook 1 hour.
3. Cool cooker at once by carefully placing under cold running water until steam no longer escapes from vent and pressure is completely reduced.
4. Remove lid and cut roast into 1-inch slices (roast will come apart as you slice). Divide meat equally over buns. Top with barbecue sauce, and serve.



Test Kitchen Tip: Use your favorite prepared barbecue sauce or make it homemade with one of our barbecue sauce recipes. Try [Sweet Mustard Barbecue Sauce](#), [North Carolina Barbecue Sauce](#), or [Bourbon Barbecue Sauce](#) for starters.

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Potato-Crusted Fish and Chips

Just wait'll you taste this crispy-crunchy recipe for potato-crusted fish and chips! Our shortcuts will have this British favorite on your table in no time.

Ingredients

1/2 cup vegetable oil, divided
1 teaspoon seasoning salt
1/2 teaspoon pepper, divided
4 baking potatoes, cut into wedges
1 cup yellow cornmeal
1 cup instant potato flakes
1/2 teaspoon salt
4 (6-ounce) catfish fillets (see Note)
1/4 cup butter, melted

Serves: 4

Cooking Time: 35 min



Directions

1. Preheat oven to 450 degrees F.
2. In a large bowl, combine 1/4 cup oil, seasoning salt, and 1/4 teaspoon black pepper. Add potatoes and toss until evenly coated. Place on baking sheet.
3. Bake 25 to 30 minutes, or until golden and crispy.
4. Meanwhile, in a shallow dish, combine cornmeal, potato flakes, salt, and remaining pepper. Dip fish in melted butter, and dredge in cornmeal mixture.
5. In a large skillet, heat remaining oil over medium-high heat; add fish and fry 4 to 6 minutes per side, or until it flakes easily with a fork. Drain on paper towels. Serve with potato wedges.



Test Kitchen Tips: For more great recipes using catfish, [click here](#).

Cod or haddock can be used in place of catfish in this British-inspired dish. Don't forget the malt vinegar for an authentic accompaniment.

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Southern Chicken Fried Steak

You don't have to be from the South to enjoy this down-home favorite.

Ingredients

1/4 cup plus 2 tablespoons all-purpose flour, divided
2-1/2 teaspoons salt, divided
1-1/4 teaspoons black pepper, divided
1-1/4 pounds beef cubed steak
1 egg
2-1/4 cups milk, divided
3/4 cup dry bread crumbs
1 cup vegetable oil

Serves: 4

Cooking Time: 15 min



Directions

1. In a shallow dish, combine 1/4 cup flour, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Coat steak in flour mixture and set aside.
2. In a medium bowl, combine egg and 1/4 cup milk; mix well. Place bread crumbs in another shallow dish. Dip coated steak into egg mixture, coating completely, then into bread crumbs; set aside. Discard any remaining coating mixture.
3. In a large deep skillet over medium-high heat, heat oil until hot but not smoking. Add steak and cook 6 to 8 minutes, or until juices run clear and coating is golden brown, turning occasionally. Place on a paper towel-lined platter and keep warm.
4. Drain off all but 2 tablespoons oil. Stir in remaining flour and brown over low heat. Add remaining salt, pepper, and milk, stirring constantly 3 to 4 minutes, or until gravy thickens.
5. Place meat on a serving platter and top with gravy. Serve immediately.



Test Kitchen Tip: If you want to give it some zip, add 1/2 teaspoon hot pepper sauce to the gravy.

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Fresh Catch Strudel

Mild and mellow, U.S. Farm-Raised Catfish is the start to an easy yet elegant main-dish strudel with its flavorful catfish filling baked in flaky puff pastry crust. Serve fish a whole new way with our Fresh Catch Strudel!

Ingredients

Serves: 8

1 pound (about 2 pieces) U.S. farm-raised catfish
1 (9-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
1-1/2 cups shredded mozzarella cheese
1 (4-ounce) jar diced red pepper, drained
2 tablespoons onion soup mix
1 (17.3-ounce) package frozen puff pastry, thawed
Nonstick cooking spray



Directions

1. Preheat oven to 375 degree F. Coat a baking sheet with nonstick cooking spray.
2. Place catfish on baking sheet and bake 15 to 20 minutes, or until it flakes easily with a fork. Let cool and break into bite-sized pieces.
3. In a large bowl, combine fish, spinach, cheese, red peppers, and soup mix until thoroughly combined.
4. Unfold each puff pastry onto a large baking sheet. Spoon half of the catfish mixture lengthwise down the center of each pastry sheet. Cut slits one inch apart lengthwise down each side of filling on both sheets of pastry. Braid dough over filling, overlapping to form "X" shapes.
5. Spray tops with nonstick cooking spray and bake at 400 degree F. for 25 to 30 minutes.



Test Kitchen Tip: For more catfish recipes and information about U.S. Farm-Raised Catfish, visit <http://www.uscatfish.com/>.

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Golden Grits Casserole

There's more than one way to serve this Southern classic. Try our Golden Grits Casserole, our baked version of grits that's a delicious golden treat!

Ingredients

3-1/2 cups water
1 cup white or yellow grits
1 cup (4 ounces) shredded sharp Cheddar cheese
6 tablespoons (3/4 stick) butter, softened
2/3 cup milk
3 eggs, beaten
2 tablespoons Worcestershire sauce
1/8 teaspoon ground red pepper
1 teaspoon salt
1/4 teaspoon black pepper

Serves: 6

Cooking Time: 40 min



Directions

1. Preheat oven to 350 degrees F. Coat an 8-inch square baking dish with cooking spray; set aside.
2. In a large saucepan, bring water to a boil over high heat. Add grits and cook 5 to 8 minutes, or until water is absorbed and mixture is very thick, stirring constantly.
3. Remove saucepan from heat and add cheese and butter; stir until melted and well combined. Stir in remaining ingredients until well blended, then spoon into baking dish.
4. Bake 30 to 35 minutes, or until light golden.



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Southern Broccoli Tomato Salad

We're betting even your most finicky veggie eaters will be tempted to give our delicious Southern Broccoli Tomato Salad a try. This fresh-tasting colorful, healthy summer salad is sure to be a highlight whenever you serve it.

Ingredients

1 large head broccoli, cut into 1/2-inch florets
1 pint cherry tomatoes, cut in half
1/3 cup finely chopped red onion
8 ounces sharp Cheddar cheese, cut into 1/4-inch cubes
1/2 pound bacon, cooked and crumbled
1 cup mayonnaise
1/4 cup sugar
1/4 teaspoon salt
1/4 teaspoon black pepper
3 tablespoons white vinegar

Serves: 8

Prep Time: 10 min



Directions

1. In a large bowl, combine broccoli, tomatoes, onion, cheese, and bacon.
2. In a medium bowl, whisk together remaining ingredients. Pour dressing over broccoli mixture and toss until vegetables are evenly coated. Serve immediately or cover and refrigerate until ready to serve.



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Country Coleslaw

Good old-fashioned coleslaw. It's right any time of year with any kind of meal. Country Coleslaw is the creamy mayonnaise kind of coleslaw that we all loved as kids.

Ingredients

1 cup mayonnaise
3 tablespoons fresh lemon juice
2 tablespoons sugar
1 teaspoon salt
6 cups shredded cabbage (see Note)
1 cup (about 3) shredded carrots
1/2 cup chopped or thinly sliced green bell pepper

Serves: 10

Prep Time: 10 min



Directions

1. In a large bowl, combine mayonnaise, lemon juice, sugar, and salt. Add cabbage, carrots, and green pepper; toss to coat well. Cover and chill until ready to serve.



Did You Know? A small head of cabbage yields about 8 cups. How about that!

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Southern Potato Bake

Want some down-home, southern-style chow on your table? Then you have to try our Southern Potato Bake. Dish up hearty portions of this hot and hearty potato casserole and enjoy, y'all!

Ingredients

1 (10-1/2-ounce) can cream of broccoli soup
1 (16-ounce) container sour cream
8 ounces shredded sharp Cheddar cheese
3 tablespoons finely chopped onion
1/2 cup (1 stick) butter, melted, divided
1 (32-ounce) package frozen southern-style hash browns
1-1/2 cups corn flakes, coarsely crushed

Serves: 10

Cooking Time: 40 min



Directions

1. Preheat oven to 350 degrees F. Coat an 8-inch square baking dish with cooking spray.
2. In a large bowl, combine soup, sour cream, cheese, onion, and 1/4 cup butter; mix well. Stir in hash browns and pour into prepared dish.
3. In a small bowl, combine corn flakes and remaining butter; mix well. Sprinkle over potatoes.
4. Bake 40 to 45 minutes, or until heated through and golden brown.



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Hush Puppies

In the Old South, they used to make these yummy cornmeal balls so they'd have something to throw to the hounds to keep them from howling when Yankee soldiers approached. And if you've always wondered how they got their name, now you know!

Ingredients

2 cups self-rising cornmeal
1 onion, finely chopped
3/4 cup milk
1 egg
Peanut oil for frying

Makes: 2-1/2 dozen **Cooking Time:** 15 min



Directions

1. In a medium bowl, combine all ingredients except oil; mix well. In a large pot over high heat, heat one inch of oil until hot but not smoking.
2. Drop cornmeal mixture by rounded teaspoonfuls into oil to form hush puppies. Cook in batches 2 to 3 minutes, turning to brown on all sides.
3. Remove from oil with a slotted spoon and drain on a paper towel-lined platter. Serve immediately.



Fried Green Tomatoes

Looking for an easy recipe for Fried Green Tomatoes? Mr. Food has the answer with this down-home southern classic quick side dish idea you can make no matter where you live!

Ingredients

1 egg
1/4 cup water
1-1/2 teaspoons salt
1/2 teaspoon black pepper
5 green tomatoes, cored and cut into 1/4-inch slices (see Tip)
1 cup all-purpose flour
1 cup self-rising white cornmeal mix
1-1/2 cups vegetable oil

Serves: 6

Cooking Time: 25 min



Directions

1. In a large bowl, combine egg, water, salt, and pepper; mix well. Add tomato slices in batches, turning to coat well.
2. In a shallow dish, combine flour and cornmeal mix; mix well. Dip each tomato slice in flour mixture, coating completely.
3. In a large skillet, heat oil over high heat until hot but not smoking. Fry tomato slices in batches 2 to 3 minutes per side, or until golden.
4. Drain on a paper towel-lined platter, then serve.



Did You Know? Green tomatoes are available in the early summer in most supermarkets, and with their popularity growing all around the country, you can often find them during the rest of the year in specialty and health food markets.

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Old Fashioned Southern Chocolate Cake

One forkful of this mellow, light Old Fashioned Southern Chocolate Cake, and you'll be transported to a breezy southern porch!

Ingredients

2 cups all-purpose flour
1/4 cup unsweetened cocoa
1 teaspoon baking soda
1/8 teaspoon salt
1 cup sugar
1/2 cup vegetable shortening
1/4 cup (1/2 stick) butter, softened
4 eggs
1 cup buttermilk
2 teaspoons vanilla extract
Old-Fashioned Southern Chocolate Frosting
(see Note)

Serves: 12

Cooking Time: 25 min



Directions

1. Preheat oven to 350 degrees F. Coat two (9-inch) round cake pans with cooking spray; set aside.
2. In a medium bowl, combine flour, cocoa, baking soda, and salt; mix well and set aside. In a large bowl with an electric mixer on medium speed, beat sugar, shortening, and butter until fluffy. Beat in eggs until well mixed. Gradually beat in flour mixture. Add buttermilk and vanilla until well mixed. Divide batter evenly between prepared cake pans.
3. Bake 25 to 30 minutes, or until a wooden toothpick inserted in center of each comes out clean. Let cool 10 minutes, then invert onto wire racks to cool completely.
4. Place 1 cake layer upside-down on a serving platter and frost top. Place second layer over first and frost top and sides. Serve, or cover loosely until ready to serve.



Test Kitchen Tip: Try our recipe for [Old-Fashioned Southern Chocolate Frosting](#), or use your own chocolate frosting on this cake.

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Mini Pecan Tassies

Our mini tassies are easier to prepare than most because there's no separate crust. Betcha can't eat just one!

Ingredients

1 cup packed brown sugar
1/2 cup butter, melted
2 large eggs
1 teaspoon vanilla extract
1 cup chopped pecans
1/2 cup all-purpose flour
Pecan halves for garnish, optional

Makes: 40

Cooking Time: 12 min



Directions

1. Preheat oven to 375 degrees F. Coat miniature muffin tins with cooking spray.
2. In a medium bowl, combine brown sugar, butter, eggs, and vanilla, beating with a wire whisk until smooth. Stir in pecans and flour. Spoon batter into prepared muffin tins, filling each cup to within 1/8-inch from top. Place a pecan half in center of batter, if desired.
3. Bake 12 minutes, or until lightly browned. Cool in pans on wire racks 1 minute. Run a knife around the edge of each muffin cup to loosen. Remove from pans; cool completely on wire racks.



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Hummingbird Cake

This 1950's-style cake has got it all. Hummingbird Cake is nutty, cinnamon, and loaded with fruit!

Ingredients

- 1 (18.25-ounce) package yellow cake mix
- 1 (4-serving-size) package vanilla instant pudding and pie filling
- 1/2 cup vegetable oil
- 1 (8-ounce) can crushed pineapple, well drained with juice reserved
- 4 eggs
- 1 teaspoon ground cinnamon
- 1 ripe banana, cut up
- 1/2 cup finely chopped pecans
- 1/4 cup chopped maraschino cherries, well drained
- 1/3 cup prepared cream cheese frosting

Serves: 12

Cooking Time: 55 min



Directions

1. Preheat oven to 350 degrees F. Coat a 10-inch Bundt pan with cooking spray.
2. In a large bowl, combine cake and pudding mixes, the oil, pineapple, eggs, and cinnamon. Add enough water to reserved pineapple juice to make 1 cup; add it to the bowl then beat with an electric mixer until mixture is thoroughly combined.
3. Stir in banana, pecans, and cherries; mix well then pour into prepared pan.
4. Bake 55 to 60 minutes, or until a toothpick inserted in center comes out clean. Let cake cool in pan 20 to 25 minutes, then invert onto a serving plate. Let cool completely.
5. In a microwave-safe bowl, heat cream cheese frosting 10 to 15 seconds. Stir until smooth and pourable then drizzle over cooled cake before slicing.



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New Fashioned Banana Pudding

Who doesn't love great banana flavor? We think this New Fashioned Banana Pudding is so delicious, everyone will find it irresistible!

Ingredients

1 cup milk
2 cups half-and-half
1 (6-serving-size) package vanilla instant pudding and pie filling
1 (12-ounce) package vanilla wafers
6 large ripe bananas
4 large egg whites
1/3 cup sugar
1/2 teaspoon vanilla or banana extract

Serves: 8

Cooking Time: 25 min



Directions

1. In a large bowl, combine milk and half-and-half ; add pudding mix and beat at low speed with an electric mixer until blended. Beat at medium speed 2 minutes, or until smooth; set aside.
2. Preheat oven to 325 degrees F. Arrange one-third of vanilla wafers in bottom of a 3-quart baking dish. Slice 2 bananas; layer slices over wafers. Pour one-third of pudding mixture over bananas. Repeat layers twice, arranging wafers around edge of dish.
3. Beat egg whites at high speed with an electric mixer until foamy. Add sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves, 2 to 4 minutes. Fold in vanilla. Spread meringue over pudding, sealing to edge of dish.
4. Bake 25 minutes, or until golden.



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Peach Coffee Cake

Wanna show them some real Southern hospitality? The next time friends come over for dessert, serve some Peach Coffee Cake with a tall glass of refreshing iced tea.

Ingredients

1-3/4 cups sugar, divided
1 cup plus 2 tablespoons (2 1/4 sticks) butter, softened and divided
3 eggs
3-1/4 cups all-purpose flour, divided
2 teaspoons baking powder
1 teaspoon vanilla extract
1 (21-ounce) container peach pie filling
1/4 cup chopped pecans
1/4 teaspoon ground nutmeg

Serves: 12

Cooking Time: 55 min



Directions

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking pan with cooking spray, set aside.
2. In a large bowl with an electric mixer on medium speed, beat 1-1/2 cups sugar and 1 cup butter until creamy. Beat in eggs one at a time, mixing well after each addition. Add 3 cups flour, the baking powder, and vanilla; beat well.
3. Spread half the batter into prepared baking pan. Spoon pie filling evenly over cake batter, leaving a 1/2-inch border around edge. Drop remaining batter by tablespoonfuls over pie filling. Using a wet knife, carefully spread batter over pie filling, covering filling completely.
4. Bake 55 to 60 minutes, or until a toothpick inserted in center comes out clean. Allow to cool then cut and serve, or cover until ready to serve.



Serving Suggestion: Of course, you can serve this at room temperature, or maybe heat it for a few seconds in the microwave or a few minutes in the oven just before serving.

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