



# Soul Food

The origins of soul food are truly diverse. The flavors have their roots in the slave kitchens of the south, those flavors came from people who were brought to America from all across Africa. In addition, the slave trade started on the islands of the Caribbean. These dishes were made from the cheapest ingredients possible. Both before and after the civil war, these flavors were being blended with those of southern wealthier kitchens to produce a whole category of food. As a whole genre of essences emerged, a new term was coined- Soul Food. Over the years, soul food flavors have gained popularity and new dishes are constantly being designed and traditional favorites updated for today's world.

We hope that tonight's class will be a starting point for you to explore soul food flavors and incorporate them into your kitchen.

## **Southern Fried Chicken**

8 Servings

3 ½ # Frying Chicken cut into 8 pieces  
2 Cups Flour  
Salt  
Pepper

Paprika  
Garlic and Onion Powder  
High heat oil such as vegetable or  
grapeseed

Directions:

- 1) Trim excess fat and skin from each piece of chicken.
- 2) Season flour with spices.
- 3) Sprinkle chicken with salt and pepper.
- 4) Dredge chicken in flour mixture.
- 5) Pour enough oil into a heavy deep skillet to fill about 2 inches. Heat to 375 degrees.
- 6) Add chicken but don't overcrowd. Cook around 6-8 minutes. Check by poking pieces with a fork, making sure the juices run clear.
- 7) Remove chicken to drain and serve hot!

## **Grandma's Mac and Cheese**

*This recipe is a great blend of cheeses. Feel free to experiment with you favorite varieties to make your own signature dish.*

8 Servings

5 cups pasta, cooked and drained  
2 cups sharp cheese  
4 oz pepper jack, chopped  
1/2 cup white cheddar or Gouda, chopped

2 whole eggs, beaten  
2 cups milk  
2 tablespoons butter

Directions:

- 1) Preheat oven to 375 degrees.
- 2) Cook pasta. Drain and set aside.
- 3) Heat but do not boil milk.
- 4) In a separate bowl beat eggs.
- 5) Spray casserole dish with cooking spray.
- 6) Put pasta in dish with cheese, eggs and milk. Season with salt and pepper and stir well.
- 7) Top with pats of butter. Bake for 40 -45 minutes, until bubbly and golden brown.

## **Collard Greens**

*Greens are delicious. This is a classic preparation that translates well to all types of greens. Tougher greens, like collards, may take more time to soften but the results are well worth it.*

6 Servings

4 cups water	Black Pepper, to taste
2 # greens	1 onion, diced
2 hocks	1 tbsp garlic and onion Powder (mixed)
1 tbsp salt (Lawry's seasoning salt preferably)	Cider vinegar

Directions:

- 1) In a large pot add meat to water and allow to simmer for 45 minutes. Skim the foam from top of the broth.
- 2) Prep the greens. Cut away thick part of the stems and wash thoroughly in a large sink.
- 3) Add onion and greens to water. Add seasonings to taste.
- 4) Cook until greens are tender. Taste and add a pinch of sugar if there is any bitterness.
- 5) Serve with cider vinegar and cornbread.

## **Hoppin' John**

*Hoppin' John is traditionally made with black eyed peas or field peas. It is tradition, that when eaten on New Year's Day, it will bring prosperity in the coming year. The beans are meant to represent coins, and in old school kitchens, you might find a coin in the pot or under the bowls on the table. Hoppin' John is often served with greens, which are the color of money, and pork, which represents wealth. In this version, we used more local ingredients to present a modern, Ohio version that is delicious any time of year. 6 Servings*

1 tablespoon oil	1 quart water
1 large ham hock	Bay leaf
1 cup onion, chopped	1 teaspoon dry thyme leaves
1/2 cup celery, chopped	Salt, black pepper,
1/2 cup green pepper, chopped	Red Pepper Flakes
1 tablespoon chopped garlic	3 cups prepared spelt or wheat berries
1 # beans, soaked overnight and rinsed	

Directions:

1. Heat oil in a large soup pot, add the ham hock and sear on all sides for 4 minutes. Add the onion, celery, green pepper, and garlic, cook for 4 minutes.
2. Add the black-eyed peas, water bay leaves, thyme, and seasonings. Bring to a boil, reduce the heat and simmer for 1 1/2 hours or until the peas are creamy and tender, stir occasionally. If the liquid evaporates, add more water or stock. Adjust seasonings.
3. Serve over rice.

## **Yummy Buttery Pound Cake**

*This is the perfect soul food dessert. Serve with berries or other prepared fruits for a delicious dessert. 8 Servings*

2 cups	Salted butter, softened, plus more for pan
3 cups	Cake Flour, plus more for the pan
3 ½ cups	Sugar
8 large	Eggs
1 cup	Heavy Cream or Milk
2 Tbsp	Vanilla Extract

Directions:

- 1) Preheat oven to 350 degree. Butter and flour a loaf pan.
- 2) Beat the butter in a mixer until soft. Gradually add the sugar and continue to beat until light and fluffy. Add the eggs, one at a time and beat well.
- 3) Add the flour, one cup at a time until just blended.
- 4) Stir in milk and vanilla
- 5) Transfer batter to a loaf pan and bake until golden brown, around 1 ½ hours.
- 6) Cool at least 10 minutes before removing cake from pan. Cool completely before serving.