

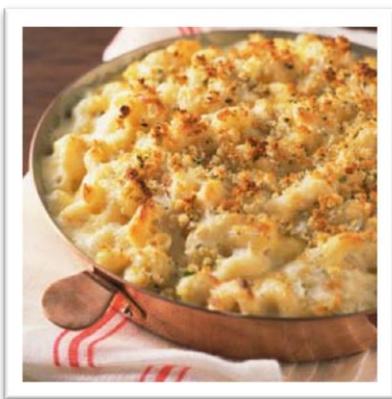
SOUL FOOD COOKING CLASS



Fried Chicken (4 servings)

3 eggs
1/3 cup water
About 1 cup hot red pepper sauce (recommended: Texas Pete)
2 cups flour
1 teaspoon pepper
1 tablespoon garlic powder
1 teaspoon salt
2 1/2-pound chicken, cut into pieces (or chicken wings equivalent to 2 lbs)
Vegetable oil

1. In a medium size bowl, beat the eggs with the water. Add enough hot sauce so the egg mixture is bright orange.
2. In another bowl, combine the flour and pepper. Season the chicken with garlic powder, salt and pepper. Dip the seasoned chicken in the egg, and then coat well in the flour mixture.
3. Fill a large sized pot with 1/3 full of oil.
4. Heat the oil to 350 degrees F (medium-high heat) in a deep pot.
5. Fry the chicken in the oil until brown and crisp. Dark meat takes longer than white meat. It should take dark meat about 13 to 14 minutes, white meat around 8 to 10 minutes to fry.
6. Take chicken out of oil and place in a strainer that has napkins. The oil has to drain out of the chicken.
7. Serve.



Macaroni and Cheese (8 servings)

1 box elbow macaroni
2 large eggs
2 1/4 cups grated cheddar cheese
1 can evaporated milk (12 oz can)
1/2 medium onion diced very small.
1/4 teaspoon salt
2 tablespoon butter
1/2 cup grated/cubed Romano and parmesan cheese

1. In a medium-large sized pot, add 3 cups of water and put the heat on high.
2. Add the box of macaroni to the pot and lower heat to medium-high.
3. Let it boil for 15-20 minutes.

4. Remove and drain the macaroni with a strainer.
5. Preheat oven to 350 degrees Fahrenheit.
6. In a 9 x 13 pan, butter the pan, including the sides.
7. Add the macaroni, eggs, grated cheese (2 cups), onion, butter, and salt to the pan.
8. Mix all the ingredients together until the grated cheese looks melted.
9. Add the rest of the cheese to the top of the macaroni.
10. Bake the macaroni for 30-40 minutes (When the top is golden brown, take it out the oven).



Collard Greens (5 servings)

1 can Glory seasoned collard greens

1. Heat stove to low-medium heat
2. Open can and dispense collard greens into a medium size sauce pan.
3. Heat the greens for 10 minutes.
4. Serve.



Candied Yams (5 servings)

4 pounds sweet potatoes (cut into large cubes)

½ cup orange juice

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

1 teaspoon vanilla extract

2 tablespoons corn starch

1 stick butter

1 cup light brown sugar, packed

1 cup granulated white sugar

1. Preheat oven to 350 degrees F.
2. Boil yams until slightly underdone, to avoid breaking (30 minutes boil). Strain, cool for 15 minutes and set aside.
3. In a large container whisk together orange juice, cinnamon, nutmeg, vanilla and butter.
4. In another bowl, whisk corn starch and both sugars together.
5. Peel off the skin of the yams.
6. Put cooled yams in a deep baking dish, add dry ingredients and stir to coat. Pour liquid over yams and bake for 30-40 minutes.