

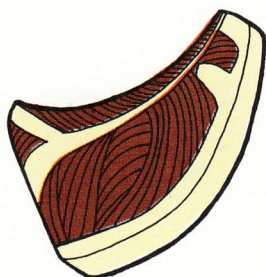
from *Martha White Kitchens*



7

Southern
Suppers

Menus and recipes for traditional Deep-South dishes.



Pork Chops and Cream Gravy
Bixmix Biscuits
Spudflakes Mashed Potatoes
Mountain Salad Green Beans
Chocolate Cake
Beverage



How to Fry Pork Chops: Select chops about $\frac{1}{2}$ -inch thick. Heat fat ($\frac{1}{4}$ -inch deep) in a heavy skillet over medium heat. Sprinkle chops lightly with salt and coat with Bixmix. Brown the chops to a deep rich brown on one side, turn and brown on the other side. This should take about 10 minutes to each side.

How to Make Cream Gravy: Remove skillet from heat. Pour fat from the skillet into a glass measuring cup, leaving any browned particles in the skillet. Return $\frac{1}{4}$ cup of fat to the skillet and blend in $\frac{1}{4}$ cup Bixmix. Stir, over medium heat, to brown the Bixmix. Slowly blend in 2 cups milk and bring to boil. Simmer two or three minutes and season to taste with salt and pepper. Pour hot into a bowl or gravy boat. Good spooned over Bixmix Biscuits.

DIXIE STYLE GREEN BEANS

1 pound country bacon (in one piece)
water

$2\frac{1}{2}$ pounds green beans
salt

Put about 3 quarts of water in a saucepan or kettle. Wash meat, add to water, and place over high heat. As soon as water boils cut heat down low enough to maintain a boil. Wash and string (if necessary) beans and break or cut in 2-inch pieces. Add beans to boiling water. Water should cover the beans about 1 inch. Cover pan but not tightly. Turn heat to high until boiling again, then cut to medium high to keep a full boil going. Do not stir; if something seems necessary, shake the pan occasionally. Cook until all of the water is gone (1 to $1\frac{1}{2}$ hours). After first half hour of cooking add 1 teaspoon salt, taste at end of cooking time to see if more salt is needed. Watch carefully at the end of cooking time so beans do not stick. Serve hot. Chopped onions (preferably spring), may be sprinkled over individual servings, if desired. Makes 6 servings.

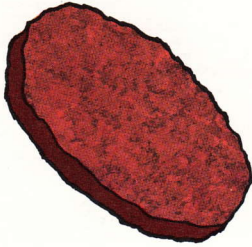
MOUNTAIN SALAD

5 strips bacon
5 cups cut-up leaf lettuce
3 spring onions
1 teaspoon sugar

1 teaspoon salt
2 tablespoons vinegar
bacon drippings

Fry bacon until crisp and drain on paper towel, keep drippings hot over low heat. Put lettuce in a big bowl. Chop onions and tops, and sprinkle over lettuce. Sprinkle sugar, salt and vinegar over lettuce. Pour on hot bacon drippings and toss. Serve immediately. Makes 4 to 6 servings.

NOTE: Leaf lettuce may be cut in strips quickly with kitchen scissors.



Country Fried Steak
Cotton Pickin' Egg Bread
Turnip Greens **Mashed Turnips**
Black-eyed Peas
Butter **Coffee Cake Squares**
Beverage



Egg Bread: Follow recipe on Cotton Pickin' Cornbread package.

COUNTRY FRIED STEAK

1½ pounds round steak
(top round is best)
salt

pepper
Bixmix or Martha White Flour

Cut steak in "serving-size" pieces. Beat with a meat mallet or edge of a saucer or get the butcher to run it through a tenderizer. Sprinkle salt lightly over meat and coat with Bixmix or flour. Heat fat in a skillet, about ¼-inch deep. Brown meat on both sides. Slowly add about 1½ cups of water. Cover skillet and simmer until meat is tender, about 1 hour. Remove meat from skillet and sprinkle with pepper. Make gravy in the skillet by removing from heat and stirring in ¼ cup Bixmix or flour. Add water to desired consistency and return to heat to boil. Season to taste. Serve over meat. Makes 6 servings.

TURNIP GREENS

1 pound country bacon (in one
piece)
2½ pounds turnip greens

1 small pod red pepper
(if desired)
salt

Wash meat and put in a saucepan or kettle with about 3 quarts of water. Place over high heat to boil; when boiling cut heat down to keep a steady boil. Wash greens in cold water two or three times, discarding big pieces of stems and yellow leaves. Add greens to boiling water and meat and cover. Turn on high heat; as soon as boiling resumes cut down to maintain a slow boil for 1½ hours. After ½ hour of cooking add pepper and 1 teaspoon salt. Remove cover last 15 minutes of cooking to reduce liquid. At end of cooking time, about 1½ cups of liquid, "pot likker," should remain. Taste for salt, adding more if necessary. Remove greens with slotted spoon into serving bowl and garnish with slices of hard cooked egg, if desired. "Pot likker" may be put in cups for cornbread dunkers. A cruet of vinegar is passed and a little is poured over the top of individual servings of greens. Makes 6 servings.

Black-eyed Peas: Follow package directions for cooking.

MASHED TURNIPS

8 small to medium turnips
¼ pound piece of fresh pork
(can be any cut)

salt, pepper
3 tablespoons sugar

Wash and peel turnips and cut in thin slices across the grain. Put turnips in a saucepan and cover with water. Add pork. Bring to boil over high heat, then cut heat down to maintain a steady boil. Add 1 teaspoon salt after first half hour of cooking. Cook about 40 minutes; all of the water should cook out. Remove from heat and mash with a fork, adding a sprinkle of pepper and sugar. Return to heat, just as low as possible, for a few minutes, and stir frequently to cook out liquid. Makes 4 to 6 servings.



Brunswick Stew
Hot Water Corn Cakes **Butter**
Chess Pie
Beverage



BRUNSWICK STEW

- 1 chicken (3½ to 4 pounds)
- 1 beef soupbone, with some meat attached
- 1½ teaspoons salt
- ½ teaspoon black pepper
- 1 small pod red pepper
- 2 medium size onions, chopped
- 1 pound butter or lima beans, shelled

- 2½ pounds, ripe, peeled tomatoes, chopped
- 1 pound fresh, sliced okra
- 12 ears of corn, cut from the cob
- 1 teaspoon sugar
- Worcestershire sauce

Put the chicken and beef bone in large kettle or saucepan and cover with water. Add salt, black pepper and red pepper. Simmer until the meat falls from the bone. This will take about 2½ hours. Remove beef and chicken from the broth and discard skin, bones and gristle. Strain the broth and return to kettle. Add meat which should be cut in bite-size pieces, not chopped. Add vegetables, except corn, and simmer until vegetables are tender. Add corn and sugar, and simmer about 10 more minutes. Add Worcestershire sauce to taste and more salt if necessary. Serve in big soup bowls with corn cakes. Makes 8 to 10 servings.

NOTE: Old recipes for Brunswick Stew always started out with "catch yourself a rabbit or a squirrel." If you have either handy, feel free to add it to the chicken and beef.

Hot Water Corn Cakes: Follow recipe on Cotton Pickin' Cornbread package.



Shrimp Creole
Cotton Pickin' Corn Sticks
Rice Tossed Green Salad
Lemon Rub Pie
Beverage



Corn Sticks: Follow recipe on Cotton Pickin' Cornbread package.

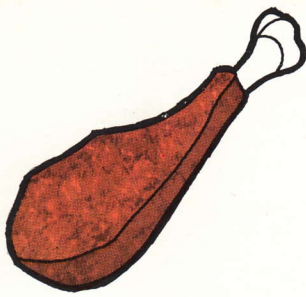
SHRIMP CREOLE

- 2 tablespoons butter or margarine
- ½ cup finely chopped onion
- 2 tablespoons Bixmix or Martha White Flour
- 1 bay leaf, broken up
- ½ cup finely chopped celery
- ½ cup finely chopped green pepper

- 2 teaspoons salt
- dash of cayenne pepper
- 1 6 oz. can tomato paste
- ¼ teaspoon sugar
- 2½ cups water
- 2 pounds cooked shrimp

In a heavy saucepan or skillet, melt butter and add onions. Add remaining ingredients except shrimp. Simmer until thickened, about 30 minutes. Add shrimp. Serve hot over rice. Makes 6 to 8 servings.

NOTE: To cook shrimp, drop into boiling water which has been seasoned with salt, paprika, lemon slices, etc. Cook 10 minutes or until shells turn pink.



Fried Chicken
Bixmix Biscuits Cream Gravy
Lima or Butter Beans Okra
Tomatoes Vinegarette
Chocolate Pie
Beverage



FRIED CHICKEN

1 frying-size chicken, cut-up
(about 3½ pounds)
or
1 package frozen chicken parts

salt
Bixmix or Martha White Flour
Fat for frying

If chicken is frozen, thaw completely. If possible, wash chicken in cold water several hours before cooking and sprinkle each piece with salt. Place covered in the refrigerator. Heat fat in a heavy skillet (¼ inch deep). If vegetable fat is used 1 tablespoon of bacon drippings may be added for flavor. Dry chicken thoroughly. Put Bixmix or flour in a paper sack and shake two pieces of chicken in it at a time. When fat is hot add chicken, but do not crowd pieces. After adding all of the chicken, cover the skillet. Keep heat high enough to keep chicken frying briskly. Remove cover and turn pieces of chicken about every 10 minutes. Fry until tender, 30 to 40 minutes.

CREAM GRAVY

Follow same recipe as Pork Chop Cream Gravy.

BUTTER BEANS

Cover shelled butter or lima beans with water, add a small piece of country bacon (½ pound to 2 pounds beans), cook 15 minutes and add ½ teaspoon salt. Cook until tender. Taste to see if more salt is needed.

OKRA

Select tender little pods of okra. Cut off stem ends and boil in salted water until tender, about 20 minutes. Drain and serve with butter, freshly ground black pepper and a squeeze or two of lemon juice. Okra keeps a pretty green color if cooked in a glass saucepan.

TOMATOES VINEGARETTE

6 ripe, firm tomatoes
salt

French or Italian dressing
½ cup finely chopped onion
½ cup finely cut-up parsley

Peel tomatoes and cut in thick slices. Put tomatoes in a salad bowl and sprinkle each layer lightly with salt. Pour dressing over to cover. Chill for ½ to 1 hour. Just before serving sprinkle with onions and parsley. Serve in individual salad bowls. Makes 6 to 8 servings.

NOTE: Recipes for cakes and pies in these menus may be obtained by writing to Martha White Foods, Inc., P. O. Box 58, Nashville, Tennessee 37202. Please include zip code on return address.

Martha White Foods, Inc.

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