

Southern Plate

*Treasured Recipes From Below the Mason
Dixon Line*

Christy Jordan

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This book is dedicated to the next generation of cooks

Brady and Katy

Austin, Connor, Jake, Kyra, and Lane

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♥ Denotes a recipe which has been or will be featured on
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Breads, Appetizers, Drinks

Hoe Cake ♥

2 cups self rising flour
1 to 1 ½ C Milk

1/2 cup vegetable shortening

Heat iron skillet in 400° oven while you mix up dough.

Mix vegetable shortening into flour with fork until well blended.

Add enough milk to make thick biscuit dough. Enough milk should be added so that all the flour is moistened and blended well.

Remove skillet from oven. Pour enough oil into skillet to barely cover bottom.

Pour dough into skillet. Spread with fork so that it covers the bottom of skillet.

Cook on 400 degrees until hoe cake is brown on top.

Brady's Bruschetta ♥

1 c chopped Roma tomatoes

2 T Olive Oil

1 T Finely Chopped Onion

1 T Basil

1 1/2 tsp minced garlic

Texas toast or other thick bread

Cheddar cheese

Mix first five ingredients together in a bowl and refrigerate for at least one hour to allow flavors to blend. Cut circles out of texas toast and butter one side. Place under broiler butter side up until lightly browned. Turn and lightly brown bottom. Remove from oven. Top with vegetable mixture and sprinkle with cheddar cheese. Return to oven until cheese is melted.

Banana Nut Bread ♥

2 cups sugar

1 stick margarine

1 cup milk

2 eggs

1 cup chopped nuts

3 bananas, mashed

3 cups self-rising flour

1 t. vanilla

Soften margarine. Cream margarine and sugar together. Add other ingredients and mix well. Pour into 2 greased and floured loaf pans. Bake at 350° for 1 hour or until done.

Buttermilk Biscuits ♥

1/2 cup cold butter or margarine

2 1/4 c self rising flour

1 1/4 c buttermilk (or whole milk with a tablespoon of lemon juice added)

flour for dusting

melted butter for brushing baked biscuits

**To make your own self rising flour, simply add 1 1/2 tsp baking powder and 1/2 tsp salt for EACH cup of all purpose flour.*

1. Cut butter with a sharp knife or pastry blender into 1/4-inch-thick slices. Sprinkle butter slices over flour in a large bowl. Toss butter with flour. Cut butter into flour with a pastry blender until crumbly and mixture resembles small peas. Cover and chill 10 minutes. Add buttermilk, stirring just until dry ingredients are moistened.

2. Turn dough out onto a lightly floured surface; knead 3 or 4 times, gradually adding additional flour as needed. With floured hands, press or pat dough into a 3/4-inch-thick rectangle (about 9 x 5 inches). Sprinkle top of dough with additional flour. Fold dough over onto itself in 3 sections, starting with 1 short end. (Fold dough rectangle as if folding a letter-size piece of paper.) Repeat entire process 2 more times, beginning with pressing into a 3/4-inch-thick dough rectangle (about 9 x 5 inches).

3. Press or pat dough to 1/2-inch thickness on a lightly floured surface; cut with a 2-inch round cutter, and place, side by side, on a parchment paper-lined or lightly greased jelly-roll pan. (Dough rounds should touch.)

4. Bake at 450° for 13 to 15 minutes or until lightly browned. Remove from oven; brush with 2 Tbsp. melted butter.

Apple Muffins

1 egg	1c peeled, grated apples
½ c milk	1 ½ c self rising flour
¼ stick butter	½ c sugar
½ t cinnamon	½ t salt
½ t vanilla	1/3 c. brown sugar

In bowl, beat egg whites, stir in milk, butter, and apples.

In separate bowl, combine flour, sugar, and cinnamon. Add to milk mixture. Stir enough to moisten. Add vanilla and pour into greased muffin pan.

*Mix 1/3 cup brown sugar and ½ t cinnamon and sprinkle over muffins.

Bake at 350° for 20 to 25 minutes.

Mexican Corn Bread ♥

2 pods jalapeno peppers chopped	1 1/2 c. self-rising corn meal
1 1/2 T. sugar	1/2 t. salt
3/4 c. grated cheddar cheese	1/2 c. corn oil
1/2 large onion, chopped	3/4 c. sweet milk
1 egg	1/2 small can cream style corn

Mix and bake at 350 degrees in preheated and greased iron skillet for 40 to 50 minutes or until brown.

Batter will be thinner than regular corn bread.

Raisin Bran Muffins ♥

6 cups raisin bran cereal	2 ½ c plain all purpose flour
2 cups buttermilk	1 cup sugar
½ cup oil	2 eggs, beaten
2 ½ t baking soda	1 t salt

In large bowl mix well all ingredients. Refrigerate overnight. Next morning, stir well and bake as many as needed in greased muffin pan for fifteen minutes or until toothpick inserted comes out clean in a 400° oven. Store remaining batter tightly covered in refrigerator for up to one month.

Bill's Rise and Shine Biscuits

2 c self rising flour	2/3 c buttermilk
6 T shortening	

Preheat oven to 350°. Cut shortening in to flour. Add buttermilk. Mix until well blended. Turn out onto floured surface and knead several times. Roll dough to ½ inch thickness. Cut out biscuits with floured glass. Liberally oil cookie sheet with vegetable oil. Dip top if biscuit in oil and then place in pan. Bake for approximately 20 minutes or until golden brown. Makes 10 to 12 biscuits.

Southern Plate

Banana Pecan French Toast ♥

½ c. milk
pinch of salt
¼ c. powdered sugar
Thick sliced bread (Hawaiian bread or egg bread is best)

¾ t. vanilla
bananas
pecans, chopped

Mix milk, eggs, salt, powdered sugar, and vanilla. Dip only one side of one piece of bread in batter. Place dipped slice batter side down on wax paper. Layer banana slices on top. Dip second slice of bread both sides and put on top of bananas (making a sandwich). Lay sandwich on chopped pecans and press. Brown on both sides in medium hot skillet with small amount of oil. Sprinkle with confectioner's sugar. Serve with syrup.

Blueberry French Toast

12 slices day old white bread, crusts removed
2 pkgs (8 ounces each) cream cheese
1 c fresh or frozen blueberries
2 c milk

12 eggs
1/3 c maple syrup

Sauce:

1c sugar
1c water
1T butter or margarine

2T cornstarch
1c fresh or frozen blueberries

Cut bread into one inch cubes; place half in a greased 9x13 inch pan. Cut cream cheese into one inch cubes and place over the bread. Top with blueberries and remaining bread. In a large bowl, beat eggs. Add milk and maple syrup, mix well. Pour over bread mixture. Cover and chill 8 hours or overnight. Remove from refrigerator thirty minutes before baking. Cover and bake at 350 for thirty minutes. Uncover; bake for 25 to 30 minutes or until golden brown and the center is set.

In saucepan, combine sugar and cornstarch; add water. Bring to a boil over medium heat; boil for three minutes, stirring constantly. Stir in blueberries; reduce heat. Simmer for eight to ten minutes or until berries burst. Stir in butter until melted. Serve over French toast.

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About Us

Janice Davis



This is my "Mama", Janice Davis. She taught me how to cook, tie my shoes, and say I'm "glistening" instead of "sweating". She also gave me my heirloom rolling pin which I tend to mention quite often and never pass up a chance to photograph.

Mama has been cooking full blown meals since she was thirteen. For her, it isn't a meal unless it involves a meat, at least two vegetables, a bread, dessert, and tea.

She is an amazing cook as was evidenced by the extra folks crowding around our dinner table each and every night growing up. Even now, I don't know a soul who would pass up a chance to eat one of her meals.

Pretty much all of my recipes and definitely my love of cooking, came from her. Mama is helping out with brainstorming, tutorials, and ideas for Southernplate.com.

Christy Jordan



I come from a family of great southern cooks. People who can take ingredients they have on hand and not just "make do" but make magic at the dinner table. Fresh vegetables, cornmeal batters, our beloved White Lily flour, and tattered hand written recipes are in my blood and in my kitchen.

Armed with these recipes, my HomeEc degree, and Mama and Grandmama on speed dial, I hope to bring a bit of our heritage to you.

We've lived in the south all of our lives. Our ancestors were among the first families ever to settle in the Tennessee Valley. It doesn't get more southern than this. Now go to the grocery store and get cooking!