

Woman's recipes become meal staples on Athens tables

By JENNIFER R. HILL

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Christy Jordan comes from a long line of Southern cooks. Many of the stories passed down in her family over the generations begin with a memory of a particular dish served at a certain event or the tribulations endured to get a meal to the table.

"They say you can tell a Southerner by how they remember every experience based on what food they had. 'How was your trip?,' 'Oh, it was wonderful. We had the best peach cobbler...' History has wired Southerners to think this way. We relate our experiences to what was served, what was prepared... Celebrations center around dishes steeped in tradition and memories of Great Granny preparing her special rolls or pie," she said.

Jordan, a contributing food columnist for *Al.com* and *foodbuzz.com*, serves up her favorite southern recipes on her Web site, *Southern Plate: Recipes from below the Mason Dixon Line* at *Southernplate.com*.

Jordan will be also be lending her food recipes, stories and advice to *News Courier* readers every Wednesday in the *Lifestyles* section.

Jordan and her husband

live in Athens with their two children, Brady and Katy. She grew up in Athens and in the tradition of staying true to her southern upbringing she focuses on the traditional dishes she was "brought up" on in her mother's and grandmothers' kitchens.

The southern flair in her cooking, perfected by her family's guidance and a bachelor's degree in home economics, is the reason she was recently chosen by *Foodbuzz.com* to be one of 24 featured publishers to be included in the Web site's 24, 24, 24 event, showcasing 24 meals, in 24 hours, on 24 different blogs around the World. Each of the 24 participants presented their meals and blogs within the 24 hours on Oct. 25.

Jordan's submission, titled *A Southern Family: Brunch in the Heart of Dixie*, included fried apples, county ham, fried potatoes, buttermilk biscuits, fat back, sweet tea, grits and oatmeal with traditional add-ins, cheesy scrambled eggs, pecan pie muffins, peach preserves and apple butter. The recipes can be found on both Jordan's and *Foodbuzz's* Web sites.

The *News Courier* introduces Jordan with her column about *Apple Dapple Cake*, at right.



With this yummy cake, a little Dapple'll do ya

Don't you just love the taste of brown sugar? All on its own, I just love brown sugar. Whenever I am baking with it, I can't help but to get a pinch out for myself. Lucky is the day when I find a few precious lumps within the bag!

The wonderful thing about this cake is that the resulting flavor is a perfect blend of fresh apples and buttery brown sugar.

With the special sauce poured over the cake and allowed to soak in before removing the cake from the pan, it is by far the moistest cake I've ever baked. As if the flavor (and smell) were not enough, the slices are gorgeous, too.

Thick slices showcase bits of apple and the slightly granular texture around the edges of the tender crust



CHRISTY JORDAN

Guest Columnist

brought on by the brown sugar. If you've ever wanted to win someone over through their stomach, this cake is a home run.

Apple Dapple Cake

3 c. all purpose flour
1 t. salt
1 t. soda
1 cup pecans, chopped

1 c. vegetable oil
2 c. sugar
3 eggs
2 t. vanilla
3 cups raw apples, peeled and chopped fine
Mix oil, sugar, eggs and vanilla. Sift together flour, salt, soda. Add to first mixture. Fold in pecans and apples. Bake in tube or bundt pan at 350 for 1 hour.
Sauce
1 cup packed brown sugar
1/4 cup milk
3/4 cup margarine (1 1/2 sticks)

Mix and cook 3 minutes after it begins to gently boil, stirring constantly. Pour over hot cake while cake is still in pan. Let cake cool completely before removing.