

Soul Food Sunday



FOOD, FAMILY, AND FUN

By Alisa Jackson

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SUNDAY DELIGHTS

As long as I can remember food has always been at the center of any great family gathering. I am not sure if we gathered for the fellowship or for the delicious array of Southern delights. Every gathering was huge and an excuse for someone to show off their culinary skills. Every family has someone that is declared a “master” at something; in our family it was no different. Uncle Leo was the family grill master, aunt Doris makes potato salad so good the family says it should be marketed, and EVERYTHING my grandmother cooks is AMAZING. Everyone puts their own unique spin on meal items that have been in the family for generations, yet some recipes need no tweaking.

As a child being raised by my grandmother I was fortunate to sit with her and my great-grandmother as they prepared sumptuous delights for our family. My most favorite memories of grandmother’s house are the Sunday dinners and the delightful smells that would permeate throughout the house, as we awaited the call, “Dinners ready!” Every Sunday she would turn out some amazing dinner and dessert that were second to none. As a child I was not so much concerned as to what went into the process, but the end result, an extremely delicious delight.

SUNDAY DELIGHTS CONT.

When I became an adult with a family of my own, what went into the meal became more important., and that is when I went to my grandmother for some of her famous recipes.

Getting recipes from my grandmother was not as easy as I hoped. My grandmother was like many of yours, most of her recipes were in her head and in her “taster”. When I would ask her about certain recipes, she would tell me, “Child, I don’t know I just put in a little of this and a little of that until it taste right,” I at first thought she was being too secretive and maybe I had to be sworn into some secret society, but this was not the case.

Eventually I learned she did indeed have a basic recipe; however, it really did come down to actual taste and family preference with certain recipes.

Over the years I’ve taken her recipes and made them my own. Cooking truly is an art specific to the artist, don’t allow yourself to be stuck in a certain mold. Over the years I’ve taken grandma’s recipes and adapted them to fit my family and friends around. Just like grandma I continue to produce an array of meals and treats that make my family smile. Some things have changed but the “Sunday Dinner” tradition continue. Through these dinners I’m going to give you a glimpse of grandma’s house and mine, Southern Diva style. The journey begins.





GRANDMA'S MEATLOAF

One of my most favorite Sunday Dinners was my grandmother's famous meatloaf. As children we were very picky eaters and my grandmother always tried to make things we would enjoy. You could see the joy on her face as we told her how delicious one of her creations were. When we were young the thought of eating meatloaf was disgusting and we wanted no part of it, so grandma created a version that we loved with this amazing mushroom sauce. From the first day she made this meatloaf it was a hit and I have been hooked ever since. Of course like anything else, I have tweaked the recipe just a little, but the delicious taste remains consistent. I hope you enjoy this as much as I have.

MEATLOAF RECIPE

INGREDIENTS:

4lbs Ground Beef
1 packet of lipton onion soup mix
2 TBSP Minced onion
2 TBSP Minced garlic
1 tsp paprika
1 tsp Accent
2 tsp season salt
2 tsp garlic powder
2 tsp onion powder
1 tsp basil
2 tsp parsley
2 tsp Ms. Dash
1 tsp worcheschire sauce
2 tsp A-1 Sauce
2 eggs
½ cup milk
11 ritz crackers



GRAVY:

Cream of Mushroom soup
3TBSP Corn Starch
1 tsp Onion Powder
1 tsp Garlic Powder
1 tsp Black Pepper
1 cup of milk
Small can sliced Mushrooms (Optional)

DIRECTIONS:

Place all ingredients in a bowl and mix well with your hands (You may want to use gloves). Place in a 9x13 pan and shape into a loaf. Take a butter knife and make diagonal lines across the top. Pour about a ½ cup of water in the bottom of the pan. Cook in oven on 350 degrees for about 2 hours.

While meatloaf is cooking prepare your gravy, mixing all ingredients well and set aside. Take out of oven and dip out in fat that formed and pour gravy on top and around sides. Wrap back up and place in the oven for approximately an hour.

BAKED CABBAGE

INGREDIENTS:

- **1 large head of cabbage (shredded)**
- **1 Onion (diced)**
- **1 lb Smoked Kielbasa Sausage (sliced into rounds)**
- 1 tablespoon minced **garlic**
- 1 teaspoon **Salt**
- 1 stick salted butter
- ½ cup **Chicken Broth**
- 1/4 tsp red pepper flake
- 2 TBSP sugar

DIRECTIONS:

1. Preheat oven to 400 degrees F. Spray a 9 x 13 roasting pan with cooking spray.
2. Saute sausage in skillet, drain, and put aside.
3. Place cabbage, onion, sausage, garlic, salt, butter, and red pepper in the pan.
3. Pour chicken broth over mixture
4. Cover with a lid and bake for 45 minutes, or until vegetables are tender. I like to stir the pot halfway through the cooking time just to ensure even cooking.



CORNBREAD



INGREDIENTS:

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 1/3 cup granulated sugar
- 1 teaspoon salt
- 3 1/2 teaspoons baking powder
- 1/3 cup neutral oil or melted butter
- 2 large eggs
- 1 cup milk or Buttermilk

INSTRUCTIONS:

1. Grease a 9-inch round cake pan or cast iron skillet well and set aside. Preheat the oven to 400 degrees.
2. In a medium mixing bowl, add the flour, cornmeal, sugar, salt, and baking powder. Whisk to combine well.
3. Make a well in the center of your dry ingredients and add your oil or butter, milk, and egg. Stir just until the mixture comes together and there are only a few lumps remaining.
4. Pour the batter into the prepared pan and bake for 20-25 minutes until the top is a deep golden brown and a toothpick inserted into the center comes out clean.
5. Serve hot.

DELICIOUS DESSERTS

As far back as I can remember the women in my family have been creating amazing dishes for our family to enjoy. Some of the most amazing delights were the desserts. Some of my fondest childhood memories are of me being in the kitchen with my great-grandmother Elvira (MooMoo as I affectionately called her), as she prepared some tasty delight. Those moments were sure to be full of great stories and old gospel songs. MooMoo LOVED the Lord, and she made sure we all knew it. Those times with her shaped my life forever, In those moments I not only developed a great love for God, but also for baking. It is my hope that the love that engulfed me during these wonderful childhood moments, will also engulf you and linger in your hearts and homes. Cooking is a wonderful experience that defies age and gender, that can be shared in every family.

MooMoo lived right on the bank of the Arkansas River and her kitchen had a huge window that provided an amazing view of the river. It was there in that cozy little kitchen that she would create her masterpieces. I remember she would schedule herself days to cook desserts and freeze them for future events. You wouldn't think desserts could be frozen, but they can and would taste just as amazing once unthawed. Some of the desserts I remember my great-grandmother making were coconut cake, jam cake, and sweet potato pie.

MooMoo would make everything from scratch, no cheating or cutting corners with her. Even her pie crusts were from scratch; she would always make a little too much and would use the extra crust to make a sugary cinnamon delight for me as a special treat. I can remember sitting at the kitchen table in eager expectation as the smell of that cinnamon treat baked just for me, as I set in anticipation of my first bite of that warm sugary delight.

Sitting here today it seems as if I can still smell that delicious crust, those delicious pies, and taste those amazing cakes. MooMoo has been gone for some time now, but her legacy and love for God and amazing desserts has passed on to me and I promise I will make her proud. I'm going to start with an adaption of her Jelly Cake. My grandmother, her daughter told me it would be impossible to make it just like her without something called Rex Jelly, so I set out on a quest to find that as well and it was quite a search; however, I was able to find a vendor. So lets start this wonderland of tasty treats.



COCONUT CAKE

CAKE:

2 cups sugar
3 sticks of unsalted butter, room temperature
6 large eggs
2 tsp. vanilla
2 tsp. almond extract
3 cups all purpose flour
1 tsp baking powder
½ tsp baking soda
½ tsp kosher salt
1 cup milk
4 ounces coconut flakes

INSTRUCTIONS:

Preheat the oven to 350 degrees. Grease 3 9-inch round cake pans, and line with parchment paper.

Cream butter and sugar on medium-high for 3 to 5 minutes until light and fluffy. Place eggs into a small bowl and add eggs one at a time into creamed mixture. Add the vanilla and almond extracts and mix well.

In a separate bowl sift together flour, baking powder, baking soda, and salt. Alternately add the dry ingredients and the milk to the cream batter. Mix until just combined. Fold in the 4 ounces of coconut. Pour the batter evenly into pans and smooth the top with a spatula. Bake in the center of the oven for 45 to 55 minutes or until a cake tester comes out clean. Cool for 30 minutes and place on baking rack to continue cooling.



COCONUT CAKE FROSTING

FROSTING:

1 pound Cream cheese
2 sticks unsalted butter
1 tsp vanilla
¼ tsp almond extract
1 pound powder sugar
6 ounces coconut

FROSTING INSTRUCTIONS:

Combine cream cheese and butter, vanilla and almond extracts and blend on low speed. Add confectioner sugar and mix until just smooth.

Assemble cake with a layer of frosting between each layer, sprinkle a little coconut on each frosted layer. Frost outside of cake and sprinkle coconut on outside layer.



GRANDMA'S APPLE CAKE

CAKE INGREDIENTS:

- 1 cup butter unsalted
- 2 cup sugar
- 2 eggs
- 2 cups flour sifted
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp salt
- 1 tsp vanilla
- 4 cups apples diced
- 1/2 cups chopped nuts

DIRECTIONS:

Prepare baking pans butter and flour pans. 10 inch tube pan or two loaf pans. Cream butter and sugar cream until fluffy, add eggs one at a time, mixing well after each one. Add dry ingredients, add nuts, stir in apples a little at a time until completely combined. Batter will be stiff but will loosen up as you stir in apples. Bake for one hour at 350 let cake cool for 30 minutes before removing from pan

GLAZE






- 1/2 cup apple juice
- 1/2 tsp clear vanilla
- 1 1/2 cup powder sugar

Mix ingredients and drizzle over warm apple cake.



COOKING TIPS & TRICKS

KITCHEN MEASUREMENTS CONVERSION CHART

					
DRY WEIGHTS	1/2 oz	1 tbsp	1/16 C	15 g	--
	1 oz	2 tbsp	1/8 C	28 g	--
	2 oz	4 tbsp	1/4 C	57 g	--
	3 oz	6 tbsp	1/3 C	85 g	--
	4 oz	8 tbsp	1/2 C	115 g	1/4 lb
	8 oz	16 tbsp	1 C	227 g	1/2 lb
	12 oz	24 tbsp	1 1/2 C	340 g	3/4 lb
16 oz	32 tbsp	2 C	455 g	1 lb	

1 GALLON
4 quarts
8 pints
16 cups
128 fl oz
3.8 liters

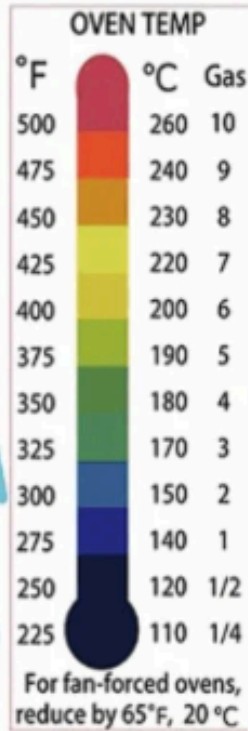
1 QUART
2 pints
4 cups
32 fl oz
946 ml

1 PINT
2 cups
16 fl oz
470 ml

1 CUP
16 tbsp
8 fl oz
240 ml

LIQUID CONVERSIONS

1/2 CUP
4 tbsp 12 tsp
12 fl oz
60 ml



Dash=1/16 tsp
Pinch=1/8 tsp

LIQUID VOLUMES

1 TSP = 5 ml
1 TBSP = 15 ml

oz	tsp	tbsp	ml	C	pt	qt
1 oz	6 tsp	2 tbsp	30 ml	1/8 C	--	--
2 oz	12 tsp	4 tbsp	60 ml	1/4 C	--	--
2(2/3) oz	16 tsp	5 tbsp	80 ml	1/3 C	--	--
4 oz	24 tsp	8 tbsp	120 ml	1/2 C	--	--
5(1/3) oz	32 tsp	11 tbsp	160 ml	2/3 C	--	--
6 oz	36 tsp	12 tbsp	177 ml	3/4 C	--	--
8 oz	48 tsp	16 tbsp	240 ml	1 C	1/2 pt	1/4 qt
16 oz	96 tsp	32 tbsp	470 ml	2 C	1 pt	1/2 qt
32 oz	192 tsp	64 tbsp	950 ml	4 C	2 pt	1 qt



Soul Food Sundays

Collard Greens, neckbones and potatoes, baked sweet potato's, smothered steak, fried chicken, lima beans, homemade rolls, and much more were some of the delights we feasted on growing up in the South. Growing up in the South two things were consistent on Sundays-Church and Sunday dinners. My grandmother would cook an AMAZING meal every Sunday. This meal would included some of the family favorites and would ALWAYS include a delicious dessert. My grandmother was the best cook in the world, and people couldn't wait to get a taste of her special meals. Many people from all around sat at her table to sample of extraordinary culinary skills.

Step back with me to a little bit of the past as I share fond memories and recipes from our Sunday dinners.



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