



THE
LIFE ON LIFE
COOKBOOK

OAK CLIFF BIBLE FELLOWSHIP

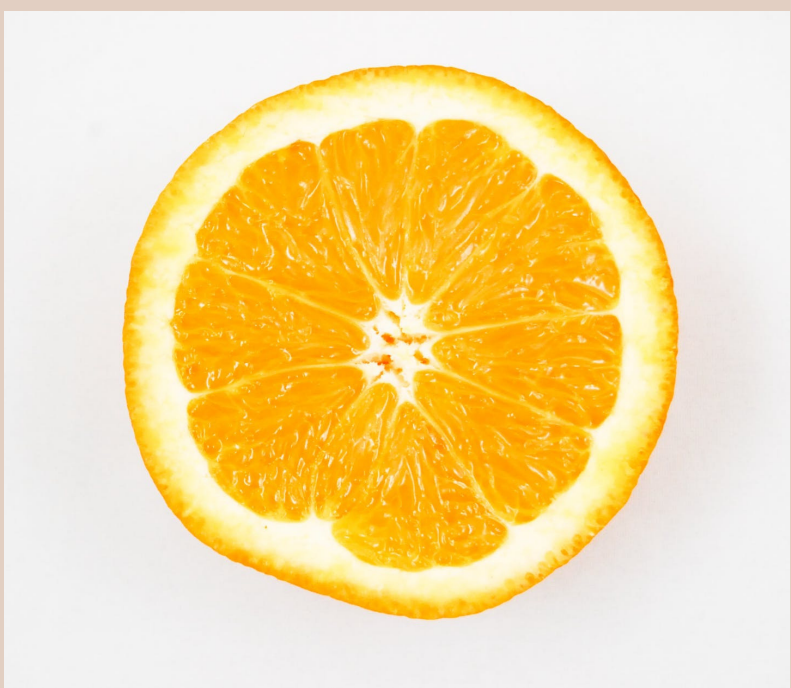


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Cabbage Soup

Submitted by: Dorothy Gillenwater



Ingredients

- 1 medium head cabbage
- 2 onions, chopped
- 3 large zucchini, chopped
- 2 stalks celery, chopped
- 1 green pepper, chopped
- 2- 1 ounce package of dry onion soup mix
- 6 cups of chicken or beef broth
- 2-14.5 ounce can peeled diced tomatoes
- 1 Teaspoon. garlic, minced

Preparation

1. Combine water, soup mix, and vegetables in a large stock pot.
2. Bring to a boil.
3. Reduce heat and simmer until vegetables are tender.

Carrot Cake

Submitted by: Dominic Cinfio



Ingredients

- 1 1/2 cup cooking oil
- 5 eggs
- 2 teaspoon baking powder
- 2 teaspoon cinnamon
- 2 cup grated carrots
- 1/2 cup walnuts
- 2 cup sugar
- 2 1/4 cup flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup crushed pineapple

Preparation

1. Cream together oil, sugar;
2. Add eggs, one at a time.
3. Add flour, baking soda and powder, cinnamon, and salt. Mix.
4. Slowly add in carrots, pineapple, and nuts. Mix thoroughly.
5. Pour into greased 14 x 10 baking pan. Bake at 350 degrees for 1 hour.

Frosting:

6. Cream together 8 oz. cream cheese, 1/2 stick butter, 1 lb. box powdered sugar, and 2 t. vanilla. Pour over cooled cake.

Cashew Cinnamon Brittle



Ingredients

- Vegetable oil
- ½ cup water
- 2 cups sugar
- ¼ Tsp. cream of tartar
- 1 cup light corn syrup
- 2 Tsp. cinnamon
- 2 Tbsp. unsalted butter
- 2 cup roasted, salted cashew nuts, if using unsalted cashew nuts, add 1/8 tsp. salt with the sugar
- 1 Tsp. baking soda

Preparation

1. Using vegetable oil, generously oil a sheet pan (preferably one with sides), at least 11x17 inches (or use a silpat).
2. In a medium size heavy saucepan, combine water, sugar cream of tartar and corn syrup and bring to a boil over medium heat.
3. Using a candy thermometer to test it, boil the mixture until it reaches 350°.
4. Remove from the heat and, working quickly, whisk in the cinnamon, then with a wooden spoon stir in the butter, cashews, and baking soda.
5. Pour the mixture onto the oiled pan and spread it out with a wooden spoon, to about ¼-to ½- inch thickness. Don't spread it to thinly.
6. Let cool and harden, uncovered, 30 to 45 minutes. using your hands, break the brittle into pieces. Store in an airtight container.

Cinnamon Fruit Crumble



Ingredients

- ½ c. quick –cooking rolled oats
- ½ c. packed brown sugar
- ¼ c. all–purpose flour
- ½ Tsp. ground cinnamon
- dash of salt
- ¼ c. butter or margarine
- 3 cans (15.25 oz. each) Del Monte Fruit Cocktail, drained
- Vanilla Low –fat ice cream or frozen yogurt

Preparation

1. Combine oats, brown sugar, flour, cinnamon and salt.
2. Cut in butter until mixture resembles coarse crumbs; set aside.
3. Pour Del Monte Fruit cocktail in 100% juice in a 10x8 inch baking dish.
4. Sprinkle crumb mixture over top.
5. Bake in 350° oven, 40 minutes.
6. Serve with ice cream. May substitute with any canned fruit.

Corn Pudding



Ingredients

- 2 cup cooked corn
- 1 Tbsp. sugar
- 2 Tbsp. melted butter
- 1 Tsp. salt
- 2 eggs, beaten
- 2 cup milk

Preparation

1. Combine corn, sugar, melted butter, salt and eggs. Stir until well blended.
2. Heat milk but do not boil.
3. Add milk to corn mixture and stir until blended.
4. Pour into a greased 1 ½ quart baking dish.
5. Bake at 325° F for 1 ¼ to 1 ½ hours, or until pudding is firm like a custard.

Italian Meatballs



Ingredients

- 2 lbs. lean ground beef
- 5 eggs
- 3/4 cup Italian bread crumbs
- 1 1/4 cup grated parmesan cheese
- 3/4 cup chopped parsley
- 3 cloves garlic, chopped
- 1 24 oz can of tomato sauce

Preparation

1. Preheat oven to 375 degrees
2. Beat eggs lightly
3. Add garlic and then all other ingredients
4. Mix well with hand or spoon.
5. Form meatballs (about the size of a golf ball). Place slightly apart on a cookie sheet
6. Bake for approximately 25 minutes, turning them at the halfway mark.
7. Cook in your favorite tomato sauce for 45 minutes

Janie's Pound Cake



Ingredients

- 3 cups of sugar
- 1 Stick of butter and margarine
- ½ stick butter Crisco
- 3 cups + 6 Tbsp. of cake flour or 3 cups of all purpose flour
- 6 eggs
- 1 cup of milk
- Vanilla extract or your choice of flavoring
- Mace spice (optional)
- Baker's joy

Preparation

1. Cream together, 3 cup sugar, 1 stick of butter and margarine, ½ stick butter Crisco
2. Sift together
3. 3 cups cake flour + 6 Tbsp. (or 3 cups of all- purpose flour), ½ tsp. baking powder
4. Add eggs beating one at a time into cream mixture
5. Pour 1 cup of milk alternating with flour mixture into creamed mixture beating after each.
6. Add 2 Tbsp. vanilla flavor (or any flavor)
7. Optional: sprinkle mace
8. Bake at 325° for 1hr and 15 min (ovens vary in length of time) in Bundt pan floured with Baker's Joy

Liberian Collard Greens



Ingredients

- 4 bunches collard greens
- 4 bunches mustard greens
- 3 Tbsps. baking soda
- 2 Tbsps. margarine
- 3 Tbsps. minced garlic
- 2 onions, chopped
- 2 green bell peppers, julienned
- 2 red bell peppers, julienned
- 3 cup water
- 1 Tbsp. crushed dried red pepper
- 1 ½ lbs. smoked turkey wings or legs
- 3 low sodium chicken bouillon cubes
- 1/3 cup distilled vinegar
- 24 med shrimp (about ½ pound), peeled and deveined

Preparation

1. Remove stems from greens. Wash until water is clear. Fill sink with water. Add baking soda. Dissolve. Soak greens several minutes. (Baking soda keeps greens, green during cooking). Rinse greens in freshwater.
2. Melt margarine in 2-gallon pot or spaghetti cooker on medium heat. Add garlic. Cook until lightly colored. Add onions, green peppers. Red peppers, and dries red pepper. Add drained greens mixture a portion at a time. Stir well. Add 3 cups of water. Cook on high heat until greens are limp.
3. Add smoked turkey parts and additional water to cover. Add bouillon cubes after water comes to a boil. Stir well. Reduce heat to low. Add vinegar. Cook 2-3 hours on low heat. Add shrimp about 20 minutes before cooking is finished.

Mozzarella Chicken Breast

Submitted by: Artherene Williams



Ingredients

- 8 oz. shredded mozzarella cheese
- 2 lbs. chicken breast tenders
- 2 cans cream of mushroom soup
- garlic salt
- cayenne pepper (go easy)

Preparation

1. Season chicken with garlic salt and pepper;
2. Layer chicken, cheese then spread soup to cover.
3. Cover with foil bake at 350° for 35-45 minutes.
4. Serve with rice and your favorite vegetable.

Albacore Tuna w/Nuts

Submitted by: Eboni Hanson



Ingredients

- 6 cans of Albacore tuna
- ½ cup of finely diced onions
- 5 Tbsp. of Mayonnaise, more if desired
- ½ cup of chopped mixed nuts
- Pinch of lemon juice
- Salt and pepper to taste

Preparation

1. Place the tuna in a medium bowl, stir in onions, nuts, and lemon juice.
2. Add mayo along with the salt and pepper.
3. Cover and chill in container for 30 minutes to an hour.
4. Enjoy with crackers or a delicious tuna melt.

Southern Tea



Ingredients

- 8 tea bags black tea
- 1 1/2 cups sugar
- 1 qt water

Preparation

1. Pour the sugar in a 2-quart pitcher. Set aside.
 2. Place 1 quart water in large pot on stove top burner set on medium-high heat.
 3. Add tea bags to water.
 4. Bring water just to the point where small bubbles begin to form around edge of pot. Do not bring to a full boil.
 5. Remove from heat and discard tea bags
 6. Pour hot tea in pitcher containing sugar. Mix well until all sugar is dissolved.
 7. Add one tray of ice. Stir.
 8. Add water from tap to bring water level to within 4 inches of top of pitcher.
 9. Refrigerate for 30 minutes
- Sounds so simple, huh? Well, it really is. But you will find yourself making this tea all the time...because the pitcher just seems to always be empty.

Tortellini Pasta Salad with Pesto



Ingredients

- 1/3 c. basil pesto
- 4 bay leaves
- 1 1/2 lb. frozen cheese tortellini
- 1/2 small red onion, chopped
- 1 small link pepperoni, sliced into 1/4" slices, then cut in half
- 1 small can black olives
- 4 oz. pine nuts, slightly toasted
- 1/2 bottle Caesar's salad dressing
- 1/4 c. grated parmesan cheese
- 1/2 bunch parsley, finely chopped
- 1T. finely chopped shallots
- 1 t. oregano
- 1/2 c. julienned red bell peppers (fried or roasted)
- 2 small jars, marinated artichoke hearts, drained and chopped
- 1/2 c. finely sliced celery hearts and leaves

Preparation

1. Cook tortellini with bay leaves, until al dente.
2. Remove bay leaves and discard.
3. Drain and rinse under cold water until cooled.
4. Sprinkle all ingredients, except parsley on pasta and mix well.
5. Cover and refrigerate, mixing occasionally.
6. Mix again just before serving and sprinkle fresh parsley on top.

Southern Fried Chicken



Ingredients

- Fresh, cut-up chicken
- 2 cups flour
- 1 tablespoon salt
- 1/2 tablespoon black pepper
- 1 whole egg
- 3/4 cup milk
- Cooking oil as required

Preparation

1. Using a large frying pan (cast iron works best), fill with enough cooking oil to cover at least half the thickness of the chicken (about 3 inches oil depth in the pan minimum).
2. Place frying pan on stove top burner on medium-high heat
3. In a medium size mixing bowl, combine egg and milk, mix well
4. On a large plate, combine flour, salt, pepper, mix well.
5. Wash chicken parts, pat dry.
6. Dip each chicken part in the egg-milk wash, and then roll in flour mix to coat on all sides.
7. Check oil temperature (place handle of wooden spoon in oil. You should get bubbles rising around the handle immediately.)
8. Place chicken parts in frying pan (should not be touching each other)
9. Fry chicken on first side 1 minute then turn to other side for 1 minute
10. REDUCE HEAT TO MEDIUM
11. Continue to fry on each side until golden brown. Should take about 5-7 minutes first side and 4-5 minutes other side

Tips for Southern Fried Chicken

Tip 1: Even though you have a golden-brown crust on the outside, the inside of the thicker pieces may not be fully cooked, especially if you are using frozen chicken which you defrosted. When you have a golden crust, cut deep into one of the thickest pieces with a sharp knife and observe for any pink coloring. If pink (or red) continue cooking (reduce heat slightly). There should be no pink!

Tip 2: Be sure the oil is hot before placing chicken in the pan. The first few minutes of frying is what seals in the flavor and gives a good crust. If the oil is not hot you will not accomplish either. Use the wooden handle test in step 7 to make sure oil is hot enough before adding chicken. Refrigerate leftovers for up to 2 days. Although it will lose its crunchiness, cold fried chicken is very tasty the next day. I would not reheat it. I like it served cold the next day.

Green beans



Ingredients

- Important: Use only fresh green beans. You will not get the same results with canned beans, regardless of how you cook them.
- 6 cups fresh, snapped green beans (do not cook them whole!)
- 1 tablespoon salt
- 1/2 teaspoon black pepper
- 1 slice bacon
- 1 medium size onion
- 1 tsp garlic powder

Preparation

1. Place the snapped beans in a large pot with water up to 2 inches from the top of the pot
2. Place all other ingredients in the pot (slice onion in half)
3. Place pot on medium heat and bring to a slow boil.
4. Here's the secret and most important part of the recipe. Cook the beans until they are very tender and have a dark green color. When cooked properly, they will NOT be bright green. This should take from 1 to 2 hours (perhaps longer if you cook a larger quantity).
5. Taste the beans during the last 1/2 hour of cooking for saltiness. They should have a distinct, but faint saltiness. Don't over-do it but add salt, if necessary.

Fried Okra



Ingredients

- 4 cups cut up okra (or one bag frozen)
- 1 cup WHITE cornmeal
- 2 tablespoons flour
- 1 egg
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Vegetable Cooking oil, enough to cover okra completely in frying pan

Preparation

1. Heat oil in large frying pan on medium heat. Use a pan large enough not to crowd the okra.
2. Chop okra into 1 inch pieces.
3. Beat egg lightly in a bowl and add the okra. Stir to coat okra with egg and let sit for 5 minutes.
4. Place the cornmeal, flour, salt and pepper in a separate large bowl and mix
5. Dredge the okra in the cornmeal mix to cover all sides of okra with mix.
6. Place one piece of okra in the hot oil and check that it immediately bubbles and sizzles. If not, the oil is not hot enough. Increase heat until you get the bubbles when adding one piece of okra.
7. If oil temperature is O.K., add all the okra
8. Cook the okra, stirring frequently, until it is one shade from burned! When done, the okra should not be bright green. It should be brown with a few black (burned) edges.

Red Velvet Cake



Ingredients

- 1 ½ cup sugar
- 1 ¼ cup vegetable oil
- 2 eggs
- 2 cups flour
- 2 tsp baking soda
- 1 tsp salt
- 1 bottle red food coloring
- 2 Tbsp. cocoa
- 1 Tbsp. vinegar
- 1 Tbsp. vanilla flavor
- 1 cup buttermilk

Frosting

- 1 box confectioner sugar – sifted
- 1 stick butter
- 1 pkg. 8 oz. cream cheese
- 1 Tbsp. vanilla flavor
- 1 cup walnuts

Preparation

1. Mix cream, sugar and oil;
2. add 2 eggs, mix cocoa, food coloring and vinegar. Add this to sugar and oil.
3. Mix flour, baking soda, and salt.
4. Add mixture to sugar, alternating with buttermilk. Add vanilla.
5. Bake at 350 degrees in 13 ½ x 9-inch pan for 40 minutes or until done.

Linguini Salad



Ingredients

- 1 lb. box of Barilla Linguini
- 16 oz. Italian salad dressing
- 1 jar of McCormick salad supreme seasoning
- ½ cup of red onion, chopped
- 1 green and 1 red bell pepper, sliced into strips
- 1 can of pitted black olives, sliced
- 1 small can of mushrooms, sliced
- 1 small pack of beef salami
- 1 small bag of medium sized shrimp

Preparation

1. Marinate linguini in salad dressing and salad supreme seasoning overnight.
2. Add all other ingredients the next day.

Florentine Prosciutto Wrapped Chicken



Ingredients

- 1 box frozen spinach, defrosted
- 3 Tablespoons pine nuts
- ½ cup ricotta cheese
- ¼ cup grated Parmigiano-Reggiano
- 2 cloves garlic, grated or finely chopped
- Salt and freshly ground black pepper
- A few grates nutmeg
- 6 chicken breasts
- 6 slices prosciutto di Parma, 1/3 pound
- 3 to 4 Tbsp. extra virgin olive oil

Preparation

1. Preheat oven to 400 degrees F
2. Wring out defrosted spinach in clean kitchen towel
3. Toast nuts and combine with spinach in a bowl, mix in cheeses, garlic, salt, pepper, and nutmeg
4. Cut into and across but not all the way through chicken breasts, opening them up like a book with a sharp knife
5. Season the chicken with salt and pepper
6. Fill each with a small mound of stuffing
7. Flap chicken breasts back over stuffing and wrap each breast with prosciutto to seal them, carefully covering the whole breast
8. Brush chicken all over with some extra virgin olive oil and roast 18 to 20 minutes until cooked through

Spinach Parmesan Balls



Ingredients

- 1 pound package frozen chopped spinach, thawed
- 5 eggs
- 1 large onion, minced
- 10 tablespoons margarine, melted
- 1 cup shredded parmesan
- 2 garlic cloves, minced
- ½ teaspoon dried thyme leaves
- ½ teaspoon cayenne
- 1 ¾ cups Italian-style bread crumbs

Preparation

1. Preheat oven to 350 degrees
2. Squeeze the excess water from the spinach and put it in a large mixing bowl
3. Add the remaining ingredients and mix well by hand (Wearing latex gloves while mixing and forming the balls is suggested)
4. Form the mixture into 1 inch balls, either by hand or with a small ice cream scoop
5. Place the balls closely together on a baking sheet
6. Cook in the top half of the oven until firm to the touch, about 20 to 25 minutes
7. Let cool 5 minutes, then transfer to a platter and serve immediately

Wrapped Italian Sausage Balls



Ingredients

- 2 frozen puff pastry sheets, thawed
- 3 mild sausage links
- 3 hot sausage links
- 6 tablespoons grated Romano
- 10 fresh basil leaves

Preparation

1. Preheat oven to 350 degrees F
2. Lay the puff pastry sheets out on a flat work surface
3. Split the sausage casings lengthwise and turn the mild sausage meat out onto 1 pastry sheet and the hot sausage meat out onto the other pastry sheet
4. Gently pat the meat out to fit the pastry sheets, being careful to leave a ½ inch strip bare on both long sides of each sheet
5. Top with 3 tablespoons of Romano and 5 basil leaves per sheet
6. Starting with 1 of the bare strips, roll the pastry tightly around the filling
7. The bare strip on the far end will stick to itself
8. Place the rolls in the freezer for at least 1 hour
9. They should be just frozen enough to make slicing easy
10. The recipe can be made to this point 1 week in advance
11. Slice the rolls into ½ inch pieces, place on baking sheets and place in the oven for 20 to 30 minutes or until golden brown
12. Remove and let cool 5 minutes before serving

Zucchini Gratin



Ingredients

- 2 tablespoons butter
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 6 zucchinis, sliced into half-moons $\frac{1}{4}$ inch thick
- 2 plum tomatoes, chopped and seeded
- 1 tablespoon freshly chopped thyme leaves
- 2 tablespoons all-purpose flour
- Salt and freshly ground black pepper
- 1 tablespoon brown sugar
- 2 eggs, beaten
- $\frac{1}{2}$ cup half-and-half
- $\frac{1}{4}$ cup grated sharp white cheddar
- $\frac{1}{4}$ cup grated parmesan

Preparation

1. Preheat oven to 375 degrees F
2. Butter an 8x8 inch casserole dish
3. In a large heavy bottomed sauté pan over medium heat, melt butter
4. Sauté onion and garlic until translucent
5. Add zucchini and tomatoes, about 7 minutes
6. Add thyme and flour
7. Season with salt and pepper
8. Add mixture to buttered casserole dish
9. In a medium sized bowl, add brown sugar, eggs, and half-and-half
10. Season with salt and pepper
11. Pour the milk mixture over the zucchini and sprinkle with both cheeses
12. Bake for 30 minutes
13. Slice the rolls into $\frac{1}{2}$ inch pieces, place on baking sheets and place in the oven for 20 to 30 minutes or until golden brown

14. Remove and let cool 5 minutes before serving

Lasagna



Ingredients

- 1 lb. ground beef
- 2 ½ shredded low-moisture part-skim mozzarella cheese (divided)
- 1 container 15 oz. Polly-O natural part-skim ricotta cheese
- ½ cup grated parmesan cheese (divided)
- ¼ cup chopped fresh parsley
- 1 egg, lightly beaten
- 1 jar (26 oz.) spaghetti sauce
- 1 cup water
- 12 lasagna noodles (uncooked)

Preparation

1. Heat oven to 350
2. Brown meat in large skillet
3. Meanwhile, mix 1 ¼ cups mozzarella, ricotta cheese, ¼ cup parmesan, parsley, and egg until blended – set aside
4. Drain meat, return to skillet
5. Stir in spaghetti sauce. Add water to empty sauce jar, cover, and shake well
6. Add meat to mixture. Stir until blended
7. Spread 1 cup of sauce onto bottom of 13x9 baking dish
8. Top with layers of 3 lasagna noodles, 1/3 of the ricotta cheese mixture, and 1 cup of sauce
9. Repeat layers twice
10. Top with remaining noodles, sauce, and cheeses
11. Cover with greased foil
12. Bake 1 hour or until heated through, removing foil after 45 minutes
13. Let stand 15 minutes before cutting

David Wade's Turkey in a Sack



Ingredients

- 1 tsp pepper
- 2 tsp salt, onion powder and garlic powder
- 3 tsp Spanish paprika (regular can be substituted)
- 1 cup peanut oil (must use peanut oil, no substitutions)
- 1 turkey (12 lbs. or larger)

Preparation

1. Bring the turkey to room temperature
2. Wash the turkey thoroughly and pat dry
3. Rub seasonings and a portion of peanut oil inside and outside of the bird. Massage the spices all over the skin.
4. Pour remaining oil into large brown paper bag completely coating entire surface
5. Place turkey in the bag breast-side up and place in a large roasting pan
6. Seal the end of the bag tightly (can use twine) Crust the top of the bag down so it doesn't touch the bottom of the oven
7. Bake at 325 degrees F for 10 minutes per pound. *Note: When it's done and you've taken it out of the oven, be VERY careful when opening the bag. Slit the top of the bag and allow the steam to escape, and then proceed with removing the bag. Prepared this way, your turkey will be very moist and flavorful.

Shrimp and Grits



Ingredients

Grits:

- 4 cups chicken broth
- ½ whipping cream
- 1 cup quick cooking grits
- Salt and freshly ground black pepper
- 1 tablespoon butter
- ¼ cup parmesan

Shrimp:

- 2 tablespoons butter
- ½ medium onion, chopped
- 2 cloves garlic, minced
- 1 green bell pepper, chopped
- ½ pound smoked kielbasa sliced sausage
- 2 pounds uncooked large shrimp, peeled
- ¼ cup dry white wine
- 1 (14.5 oz.) can diced tomatoes
- Chopped chives, for garnish

Preparation

1. In a heavy-bottomed saucepan, bring the chicken stock and whipping cream to a low simmer. While simmering, whisk in the grits and a pinch of salt. Stir constantly and return to a low simmer. Cook until thickened, stirring often, about 5 minutes. Stir in the butter and parmesan cheese. Season to taste with salt and pepper.
2. Heat a large sauté pan over medium heat. Melt butter and sauté onion, garlic, and green bell pepper. Sauté until tender and translucent, add the sausage. When the sausage has cooked, add the shrimp and sauté for about 2 minutes. Add white wine and diced tomatoes. Bring to a boil, about 5 minutes. Season with salt and pepper. Serve over the parmesan cheese grits. Garnish with chopped chives.
3. Proceed with removing the bag. Prepared this way, your turkey will be very moist and flavorful.

Homemade Seafood Stock



Ingredients

- Dried bay leaf
- Tablespoon of whole peppercorn
- Onion peeled and halved
- Carrot peeled, trimmed and halved
- Teaspoon salt
- Pound shrimp shells

Preparation

1. In a large stock pot place onion, carrots, and celery and shrimp shells.
2. Cover with 4 quarts (16 cups) water. Bring to a boil over high heat, then reduce heat to medium low.
3. Skim off the residue that foams at the top of the stock and discard.
4. Add salt, bay leaf and peppercorns. Simmer uncovered for about 30 minutes.
5. Drain stock, reserving liquid, discard the rest

Cornbread Dressing



Ingredients

- 2 (16 oz.) packages dry corn bread mix
- 3 tbsp. of butter
- $\frac{3}{4}$ cup bell pepper, chopped
- 1 cup celery, chopped
- 1 small onion, chopped
- 1 egg, beaten (optional)
- 2 to 3 cups turkey stock
- 3 tbsp. dried sage
- Salt and pepper to taste

Preparation

6. Prepare dry cornbread mix according to package directions. Cool and crumble.
7. Preheat oven to 350 degrees F. Grease one 9x13 inch baking dish.
8. In a large skillet over medium heat, melt the butter and sauté the celery, bell peppers, and onion until soft.
9. In a large bowl, combine the celery, bell peppers and onions, the crumbles cornbread, ehhs turkey stock, sage and salt and pepper to taste; mix well.
10. Place into prepared dish and bake at 350 degrees F for 30 to 45 minutes.

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5. Drain stock, reserving liquid, discard the rest

Cilantro Lime Hot Sauce



Ingredients

- 4-6 jalapeno peppers (how hot do you want it?) fresh is better, but you can use bottled
- 6 garlic cloves
- 1 small onion
- 2 cups apple cider vinegar
- 1/4 cup chopped cilantro
- 2 teaspoons salt
- juice of 2 limes
- 1 teaspoon black pepper

Preparation

1. Remove the seeds and ribs from the peppers and cut into medium chunks.
2. Roughly chop the onion and garlic and put all the chopped ingredients into a small saucepan. Pour in the vinegar and bring to a boil. Reduce heat and simmer 10 minutes.
3. Roughly chop the cilantro and put into a blender or food processor with the salt, pepper and lime juice. When the jalapeno mixture is cooked, allow to cool 10 minutes, then add to the blender.
4. Turn the blender on low for 10 seconds, then increase to highest setting and puree for 3 minutes.
5. If you want a pure liquid sauce, strain through a medium whole strainer, however, I prefer not to strain. I like the fine pulp in the sauce.
6. Pour into sterilized jar and refrigerate. Makes about 1 pint.

Greens



Ingredients

- 2 1/2 lbs turnip, collard or mustard greens, washed and chopped into 1-in. pieces
- 3 slices bacon, cut into 1-inch pieces
- 2/3 cup chopped onions
- 1 or 2 dashes cider or red wine vinegar
- salt and pepper to taste (start with 1 tablespoon salt and 1/4 teaspoon pepper)

Preparation

1. Fry the bacon in a pot large enough to cook the greens.
2. Add the greens along with onions.
3. Cook on low heat, stirring with wooden spoon, until greens are coated with bacon fat (about 2 minutes). Pour off excess fat.
4. Cover the greens with water and season with salt and pepper.
5. Bring to boil. Cover the pot, reduce heat, and simmer until tender (time will vary, about 1 hour).
6. Stir occasionally and add water if they threaten to scorch. When done, increase heat to med-high, stir often. Boil off nearly all the cooking liquid.
7. Add vinegar. Taste and add salt and pepper if needed. Serve very hot.

Serves 4

Tips: add 1 tablespoon sugar when greens come to a boil for added sweetness. Serve with [Cilantro Lime Hot Sauce](#). Add 1 teaspoon garlic powder to the boiling greens for added flavor. Combine mustard, collard and turnip greens in the same pot.

Southern Cornbread



Ingredients

- 2 cups white cornmeal
- 2/3 cup flour
- 1-1/2 tablespoons baking powder
- 3/4 teaspoon baking soda (omit if you use regular milk rather than buttermilk)
- 1/2 teaspoon salt
- Dash of black pepper
- 1 and 2/3 cups buttermilk (more or less)
- 2-3 tablespoons of bacon drippings (you may substitute cooking oil but you lose flavor)

Preparation

1. Preheat the oven to 400 degrees
2. Prepare the skillet by placing the bacon drippings in the skillet and roll the skillet or use a paper towel to coat the interior sides of the skillet with the bacon grease. Place the skillet in the pre-heated oven while preparing the following batter.
3. In a medium size bowl, combine all the dry ingredients and mix well.
4. Add 3/4 of the buttermilk and stir. Remove skillet from oven and slowly add about 1 tablespoon of the hot oil (bacon grease) from the skillet, into the batter, stirring well. (Use a pot holder to pick up the skillet!!)
Note: the skillet and bacon grease should be very hot but not smoking.
5. Watching the consistency of the batter, carefully add remainder of buttermilk while stirring.
6. The consistency of the cornbread batter should look like a thick pancake mix. This may require a little more or less of the remaining buttermilk. If the mix is

too thick, add more buttermilk. If the mixture is too thin, add more cornmeal.

7. Lightly sprinkle the skillet bottom with dry corn meal and pour in the batter. Immediately, place skillet in preheated oven.
8. Bake at 400 degrees approximately 25 minutes. Time will vary according to the consistency of the batter you end up with. Watch the cornbread after about 20 minutes and cook until the top is golden brown.
9. After the top is brown, remove the cornbread from the oven and flip the cornbread over in the skillet (see tip below), then continue baking another 5 minutes.

Serve hot. Makes 4 large servings.

Tip: If the cornbread sticks (step 8), run a table knife completely around the inside wall of the skillet while gently shaking. This will usually free the bread for you to flip it over. Protect your hand...it's hot! If the bread does not come out easily, do not try to turn it over. It will crumble and fall apart. Just skip step 8. Allow to cool a few minutes, and then run a knife around the edge, while shaking, and the bread should come out in one piece.

Southern Black Eyed Peas



Ingredients

- 2 1/2 cups black eyed peas
- 8 cups water
- 1/2 tablespoon salt
- 1/4 tablespoon black pepper
- 1 medium size onion (whole)
- 1 slice bacon (uncooked)
- 1/4 tsp garlic powder
- 1/4 tsp vinegar

Preparation

1. Place all ingredients in a large cooking pot on stove top burner on medium heat.
2. Cook 40 minutes or until peas are tender.
3. Add additional water if needed to keep peas covered. If peas are dry they will burn quickly and be inedible.

Seven Spice Dry Rub Recipe



Ingredients

- 1/2 cup dark brown sugar
- 1/2 cup sweet paprika
- 1/4 cup kosher salt
- 1/4 cup chili powder
- 1/4 cup dry mustard
- 1 tablespoon freshly ground black pepper
- 2 teaspoons Old Bay Seasoning (available in the spice section of nearly all grocery stores)
- 1/2 teaspoon ground ginger

Preparation

1. In a small bowl, whisk together all ingredients. Store in an airtight container. May be refrigerated or frozen up to 6 months.

Sweet Potato Pie



Ingredients

- 1/2 cup sugar
- 1 and 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 2 large eggs
- 1 tsp vanilla
- 4 oz butter (softened)
- 1 and 3/4 cups cooked and mashed sweet potatoes (or one 15 oz can sweet potato pie filling).
- 1 can (12 oz) evaporated milk (do not substitute regular milk-it will not set properly)
- 2 uncooked pie shells

Note: This recipe will make two 9 inch pies using regular pie shells. If you use deep dish pie shells, you will not get two full pies.

Preparation

1. Mix sugar, cinnamon and ginger in a large bowl
2. Beat eggs in a separate bowl; add vanilla and butter mix well.
3. Pour egg mixture into dry ingredients while stirring.
4. Add sweet potatoes to mix and stir.
5. Add evaporated milk. Mix well.
6. Pour mixture into pie shell(s).
7. Bake in preheated 425 degree oven for 15 minutes
8. Reduce heat to 350 degrees and bake 40-50 minutes or when a toothpick stuck into center of pie comes out dry.
9. Cool pie 1 hour before cutting. Top with whipped cream and cherries or pecans if desired. Refrigerate left-over but do not freeze.

Southern Pecan Pie



Ingredients

- 1/2 cup sugar
 - 1/4 cup butter (softened)
 - 1 cup corn syrup
 - 1/4 tsp salt
 - 1 tsp vanilla
 - 3 eggs
 - 1 to 1 1/2 cups pecans
 - 1 - 9-inch deep dish pie shell (unbaked)
- [Pie Crust Recipe](#)

Preparation

Preheat oven to 350 degrees.

1. Cream (mix) the sugar and butter well in a medium sized mixing bowl.
2. Add syrup, salt, and vanilla. Mix again.
3. Add eggs one at a time and mix after each.
4. Stir in pecans (save a few to place on top of pie after cooking).
5. Pour mixture into unbaked pie crust.
6. Bake in preheated oven until top is brown and pie set (about 45 minutes).
7. Toothpick stuck in center of pie should come out almost dry.
8. Be sure to mix ingredients well. Otherwise the pie may not set up.
9. You can use chopped pecans or whole. Store in the refrigerator. May be reheated in microwave before serving (about 15 sec).

Southern Catfish



Ingredients

- Catfish fillets (3 or 4 medium pieces per person)
- 1 cup White Corn Meal
(most catfish recipes call for yellow cornmeal - I prefer white but you can use either)
- 1/3 cup all purpose flour
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon garlic powder
- 2 medium eggs
- 1/4 cup buttermilk
- Enough cooking oil to cover the fish (I use peanut or corn oil)

Preparation

1. Combine all dry ingredients on a plate, mix well
2. Beat eggs and buttermilk in a medium size bowl
3. Wash catfish fillets and pat dry.
4. Dip fillets in the egg wash, shake off excess then roll in the cornmeal mix to coat thoroughly on all sides.
5. Make sure oil is hot, and then place fish in frying pan and fry until golden brown on both sides
6. Drain on paper towels and serve hot

Tips for Southern Catfish

It's a little work but, you should debone and skin the fillets before beginning. Catfish does not have a lot of bones, but biting into one really takes the enjoyment out of the dish. To de-bone simply pull out all the bones with a pair of pliers. It's quick and easy. You can also use the pliers to skin the fish. Just hold one end with a towel or stick a fork in it and pull the skin off with the pliers. It should come off in one piece.

You can use this catfish recipe for any type fish that is firm enough for frying. Soft, flaky fish does not fry well or develop a good crust. And for a change, use the same breading and broil the fish. It will not be as crispy but is quite good.

Country Fried Steak



Ingredients

- 1 pound round steak, cut into 4 portions, pounded to tenderize
- 1/2 cup all-purpose flour
- 1/8 teaspoon black pepper
- Salt
- 2/3 cup buttermilk
- 1 cup cracker meal or crushed saltine crackers
- 3 tablespoons cooking (vegetable) oil
- 1 can (10 3/4 ounces) condensed cream of mushroom soup
- 1 cup milk
- Mushrooms (optional)

Preparation

1. Combine flour and pepper in a bowl.
2. Pour buttermilk into a second bowl.
3. Put cracker meal into a third bowl.
4. Sprinkle steaks with salt; dredge in the flour, dip into the buttermilk, then coat well with the cracker crumbs, pressing with hands to help crumbs adhere.
5. Place cooking oil in a large skillet over medium-high heat.
6. Cook steaks for about 3 minutes on each side, or until nicely browned and cooked through. Drain off most of the excess fat, leaving the dregs, or browned bits.

To make gravy, add soup and milk to the skillet drippings with the steaks; stirring and scraping up browned bits from the bottom of the skillet. Continue cooking, stirring constantly, until mixture comes to a boil. Serve steaks with the hot, creamy gravy.

Chicken and Dumpling



Ingredients

Chicken

- 1 (2 1/2 lb) chicken, cut up
- 1 large onion, chopped
- 2 bay leaves
- 3 celery ribs, chopped
- 2 chicken bouillon cubes
- 1 can condensed cream of chicken soup (10 3/4 ounce)

Dumplings

- 2 cups all-purpose flour
- 1 teaspoon salt
- ice water - as needed (about 3/4 cup)

Seasoning

- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder

Preparation

1. Place the chicken, celery, onion, bay leaves, bouillon, and the Seasoning in a large pot. Add 4 quarts of water and bring to a simmer over medium heat. Simmer the chicken until it is tender, about 30-40 minutes. Remove the chicken from the pot, remove the skin and separate the meat from the bones. Return the chicken meat to the pot. Keep warm over low heat.
2. To prepare the dumplings: Mix the flour with the salt and mound together in a mixing bowl. Beginning at the center of the mound, drizzle a small amount of ice water over the flour. Using your fingers, and moving from the center to the sides

of the bowl, gradually incorporate about 3/4 cup of ice water. Knead the dough and form it into ball.

3. Dust a liberal amount of flour onto a clean work surface. Roll out the dough, working from center to 1/8-inch thick. Let the dough relax for several minutes.
4. Add the cream of chicken soup to the pot with the chicken and simmer gently over medium-low heat.
5. Cut the dough into 1-inch pieces. Pull a piece in half and drop the halves into the simmering soup. Repeat. Do not stir the chicken once the dumplings have been added. Gently rotate the pot so the dumplings become submerged and cook evenly. Cook until the dumplings float and are no longer doughy, 3 to 4 minutes.
6. To serve, ladle chicken, gravy, and dumplings into warm bowls.
Note: If you like a thicker stew, it can be thickened by mixing 2 tablespoons cornstarch in 1/4 cup of water, then whisk this mixture into the stew. Do this before adding the dumplings.

Potato Salad



Ingredients

- 8 Large (or 10 medium) potatoes
- 1 cup mayonnaise
- 1/2 cup sour cream
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 2 tsp sweet relish
- 1 tsp mustard
- 1/4 lb cooked bacon, crumbled
- 3 hard boiled eggs
- 1 tsp celery seed
- 1/2 tsp garlic powder
- 1/4 tsp dill weed
- 1/4 tsp paprika
- salt to taste
- pepper to taste

Preparation

1. Boil potatoes until a fork pushed in a potato goes in with a slight resistance. Do not overcook. Allow to cool.
2. Peel and cut cold potatoes into bite-sized chunks in a large bowl.
3. Add all other ingredients, except eggs and paprika, and mix thoroughly. Mix gently to avoid ending up with mashed potatoes. Add salt and pepper to taste as you mix.
4. Garnish top with sliced boiled eggs and sprinkle lightly with paprika.
5. For variety, use small red potatoes instead of regular potatoes and leave the skin on. Also, use red onions instead of regular onions. Although this is not traditional Southern, I prefer it this way. Give it a try and decide for yourself.
6. Remember to taste as you go with the salt and pepper and do not overdo the paprika, it's only there for appearance and subtle flavor.

Stuffed Bell Pepper



Ingredients

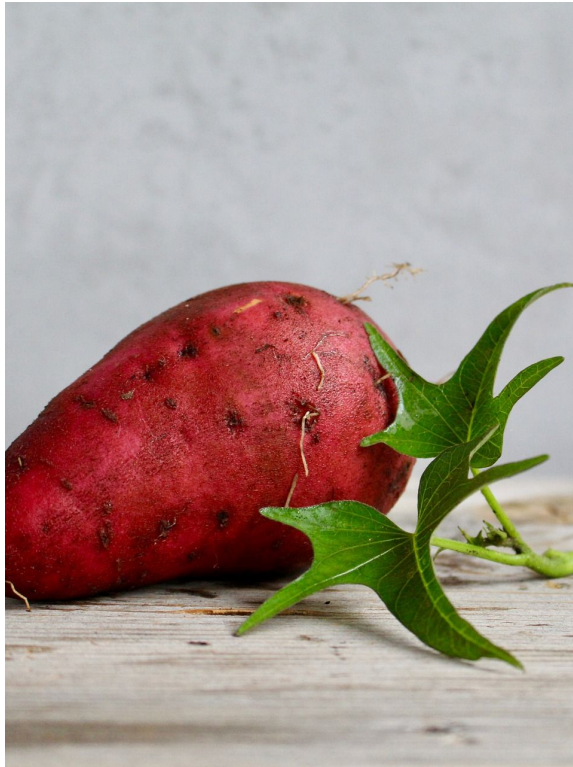
- 6 large bell peppers (green, orange, red or yellow)
- 1 pound ground beef
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 eight ounce can corn kernels, drained
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon thyme
- 2 cups tomato mix (combine 1 cup tomato juice and 1 cup ketchup)
- 3 cups cooked rice
- shredded cheese, as needed

Preparation

1. Preheat oven to 350 degrees F.
2. Make tomato mix by combining 1 cup tomato juice and 1 cup ketchup. Set aside.
3. Cut off tops of bell peppers and remove the spines and seeds.
4. In a large pot, cover the bell peppers with water and boil for 3 minutes. Set bell peppers aside.
5. In a large skillet over medium-high heat, stir and cook ground beef until it is browned. Crumble beef into small pieces while stirring.
6. Add onions and garlic, stir and cook for an additional 3 minutes.
7. Remove skillet from heat. Stir in corn, salt, pepper, thyme, cooked rice and 1 cup tomato mix. Mix all ingredients well, and then stuff mixture into peppers.

8. Place stuffed bell peppers upright into shallow baking dish and cover with the remaining 1 cup tomato mix. Cover with aluminum foil and bake stuffed bell peppers for 35 minutes.
9. Remove foil, add shredded cheese topping and bake an additional 5 to 10 minutes, until cheese melts.
10. . Spoon any remaining tomato mix from the bottom of the baking dish over the stuffed bell peppers and serve hot.

Candied Yams



Ingredients

- 5 large yams, peeled, chopped into 2-3 inch chunks
- 1/2 cup sugar
- 2 tablespoons cinnamon
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt
- water, as needed

Preparation

1. Place all ingredients in large pot.
 2. Add enough water to cover yams 2 inches.
 3. Simmer on medium heat until yams are tender and liquid is syrupy, about 30-45 minutes.
 4. Note: Add water if necessary. Do NOT allow to get dry. You should end with about 1 cup of syrupy liquid in pot. If too watery, add a couple more spoons of sugar the last 15 minutes of cooking.
- Serves 4-5

Variation: After potatoes are cooked, place in a pan and cover with miniature marshmallows. Place in over set on broiler. Watch closely and remove as soon as marshmallows are melted.

Cornbread Dressing (Stuffing)



Ingredients

- 2 cups self-rising cornmeal (if you do not have self-rising, add 1 tablespoon baking powder)
- 2 eggs beaten
- 2 cups buttermilk
- 2 tablespoons bacon drippings, melted
- 3 stalks celery, chopped
- 1 medium onion, chopped
- 1/3 cup butter or margarine, melted
- 12 slices day old bread, crumbled
- 2 cups turkey or chicken broth
- 1/2 cup milk
- 2 eggs, beaten
- 1/4 teaspoon salt
- 1 teaspoon poultry seasoning
- 1/2 teaspoon sage
- 1/4 teaspoon pepper

Preparation

1. Combine cornmeal, 2 eggs, buttermilk, and melted bacon drippings, stir well.
2. Place a well-greased 10-inch cast iron skillet in a 450 degree oven for 4 minutes or until hot. Remove skillet from oven; spoon batter into skillet. Bake at 450 for 35 minutes or until cornbread is lightly browned. Cool; crumble cornbread into a large bowl.
3. Place celery and onion in a frying pan and cook until tender. Add cooked celery and onion, with all remaining ingredients, to crumbled cornbread, stirring well.
4. Spoon dressing into a lightly greased 13 x 9 x 2-inch pan. Bake at 350 for 25 to 30 minutes.
5. Don't forget to adjust the liquid to obtain your preference of a moist or dry cornbread dressing. Serves 8.

Sorghum Baked Beans



Ingredients

- 2 cups cooked beans (kidney, red beans, pinto or whatever you have)
- 5 slices bacon
- 1 onion, coarsely chopped
- 3 tablespoons catsup
- 1 teaspoon prepared mustard
- 1/4 cup water
- 1/2 cup sorghum molasses

Preparation

1. Preheat oven to 350 degrees F.
2. Fry the bacon until done, but not crisp. Cut into 2 inch pieces.
3. Combine bacon with all remaining ingredients in an oven-safe medium casserole dish. Stir well.
4. Cover and bake for twenty minutes.
5. Reduce heat to 250 degrees F, and continue to cook for two hours.
Makes 4 servings

Kalua Pig



Ingredients

- 4-5 lb pork butt
- 2 cups apple cider
- 1 tbsp liquid smoke
- 2-3 tablespoons hawaiian salt (regular sea salt will work)
- Makes 6-8 servings

Preparation

1. The night before the feast, rub pork with salt and liquid smoke and place in crockpot. Add apple cider.
2. Turn crockpot on low and leave it to cook for 10-12 hours, flipping pork over halfway through. Take meat out of the crockpot and shred.
3. Take your pork roast and make a few small slits and shove in some ground ginger (not too much - a little ginger goes a long way).
4. Lay in pan on banana leaves or ti leaves and season with salt (preferably Hawaiian sea salt) and here is the tricky part - add some liquid smoke but only by drops - you can get too much of this stuff real fast. I can't give a measurement as it will depend on the size of your roast. Be intelligent and use it sparingly. A good guess would be to just smear a light coating on the roast.
5. Now wrap the leaves around and secure with toothpicks. Cover with lid or foil - Bake in a slow oven - 250 to 300 until it falls apart. It is very simple and really good.

If you can't get banana or ti leaves - cabbage leaves will also work.

Tiki Tiki Chicken



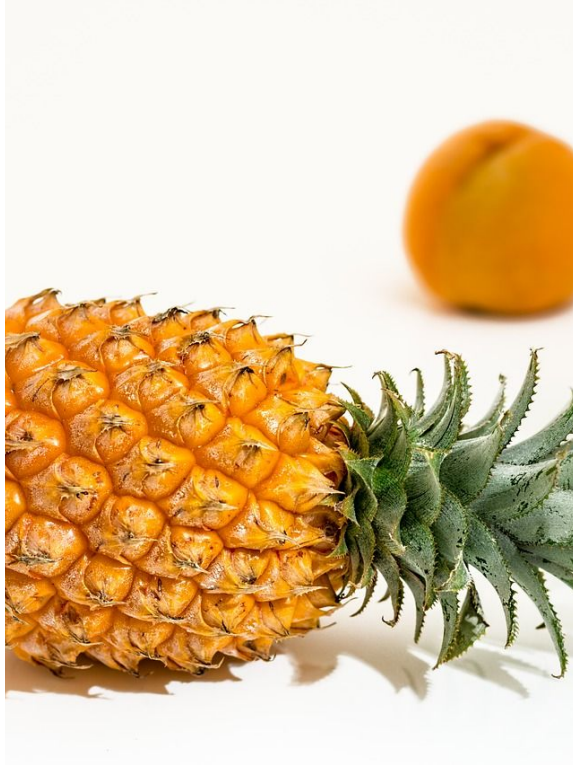
Ingredients

- 2 cups Dole Pineapple Juice or Pineapple Orange Juice
- 1 tablespoon white wine or distilled vinegar
- 2 garlic cloves, finely chopped or 1/2 teaspoon garlic powder
- 1 teaspoon dried rosemary, crushed
- 6 chicken thighs, excess skin and fat trimmed
- 2 teaspoons cornstarch
- 3 cups hot cooked brown or white rice

Preparation

1. Combine pineapple juice, vinegar, garlic and rosemary in large measuring cup. Set aside 2 cup marinade for sauce. Pour remaining marinade in large, shallow, non-metallic dish. Add chicken; turn to coat all sides. Cover and marinate for 15 minutes in refrigerator.
2. Grill or broil chicken, brushing with remaining marinade, 9 to 12 minutes on each side or until chicken is no longer pink in center. Discard any remaining marinade.
3. Combine reserved 1 cup marinade and cornstarch in small saucepan. Bring to boil, stirring constantly. Reduce heat and simmer until sauce thickens, about 1 minute. Serve sauce with chicken and hot rice.

Pineapple Smokies



Ingredients

- 1 cup packed brown sugar
- 3 tbsp. flour
- 2 tsp. ground mustard
- 1 cup pineapple juice
- 1/2 cup vinegar
- 1 1/2 tsp soy sauce
- 2 lbs. mini smoked sausage links

Preparation

1. In a large saucepan, combine sugar, flour and mustard.
2. Gradually stir in pineapple juice, vinegar, and soy sauce. Bring to a boil over medium heat, stir occasionally. Boil for 2 minutes, stir constantly. Add sausages; stir to coat. Cook for 5 minutes or until heated through. Serve warm. Yield 8 doz.

Note: I like to put sausages in a crockpot after boiling in saucepan and cooking them. This will make them more tender & will stay warm til they are served.

Chicken Wraps



Ingredients

- 1 pound skinless, boneless chicken breasts halves
- 1/2 pound bacon
- 1 (20 ounce) can pineapple chunks
- 18 fluid ounces teriyaki sauce

Preparation

1. Cut chicken into bite-sized pieces. Wrap with about 1/3 slice of bacon, thread onto toothpick, and top with pineapple chunk. Marinate for 4 hours or longer in teriyaki sauce.
2. Preheat oven to 375 degrees F (190 degrees C).
3. Place marinated appetizers onto parchment lined baking sheets. Bake for 20 minutes or until chicken is done and bacon golden brown. Drain on paper towels. Serve hot.

Hawaiian Coleslaw



Ingredients

- 4 cups of shredded cabbage
- 1 (11 ounce) can mandarin oranges, drained and liquid reserved.
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon white pepper
- 1 cup crushed pineapple (drained)
- 1/3 cup mayonnaise

Preparation

1. Put cabbage into a large bowl. Combine cabbage, 1 tablespoon of reserved orange juice, salt, ginger, nutmeg, and pepper.
Toss the oranges and pineapples into the mixture. Stir in mayonnaise until evenly coated. Chill well before serving.
2. Serving suggestion - Cut a pineapple down the middle lengthwise (I used my electric knife, which made it so easy.) I cut out the insides to make a pineapple boat. I then filled the two halves with the coleslaw.

Maui Pasta Salad



Ingredients

- 3 cup cooked spiral pasta
- 2 cup dole snow peas
- 1 cup sliced dole carrots
- 1 cup cucumber
- 1 cup dole pineapple juice
- 1/2 cup bottled reduced calorie italian dressing
- 1/4 cup chopped cilantro or parsley
- 1 tbsp toasted sesame seeds
- Combine all ingredients in large bowl. Chill at least 15 minutes. Serves 6

Preparation

1. Combine all ingredients in large bowl. Chill at least 15 minutes. Serves 6

Aloha Sweet Potato



Ingredients

- 4 to 5 medium sweet potatoes
- 1/2 cup butter
- 1 cup brown sugar
- 1/2 cup water
- 1/4 cup shredded coconut

Preparation

1. Boil sweet potatoes in their jackets until tender about 25 minutes. Let cool, then peel and cut into slices 1 1/2-inch thick.
2. In a large skillet melt butter.
3. Stir in brown sugar and water and cook on medium heat about 5 minutes.
4. Reduce heat and add sweet potatoes to skillet before serving. Makes 8 servings.

Hawaiian Rice Pilaf



Ingredients

- 1 Tbs. butter
- 1-1/2 cups long-grain white rice
- 2 to 3 cloves chopped garlic
- 1/3 cup diced red pepper
- 1/3 cup diced yellow pepper
- 3 cups chicken broth
- 1/2 cup golden raisins
- 1/2 cup roasted macadamia nuts
- 1/4 tsp. ground sage
- salt to taste
- 1 cup diced pineapple
- 1/4 cup parsley

Preparation

1. Melt butter in oven-proof casserole dish (with lid).
2. Add rice and garlic, stirring to coat. Stir in peppers and chicken broth.
3. Cover, and bring to boil. Stir in raisins, macadamia nuts and sage.
4. Add salt if desired.
5. Cover, and place in preheated 375-degree oven for 18 to 20 minutes.
6. When rice is finished baking, gently stir in pineapple and parsley.
7. Serve immediately.

Macadamia Nut Pineapple Banana Bread



Ingredients

- 1/2 cup Water
- 1 1/2 cup Granulated sugar
- 3 each Egg
- 1 1/4 cup Oil
- 1 3/4 cup Flour
- 1 1/4 cup Over ripe banana, mashed
- 1/4 teaspoon Salt
- 1/4 teaspoon Baking powder
- 1/2 teaspoon Baking soda
- 1/2 cup Macadamia nut, chopped
- 1 1/4 cup Crushed pineapple (drained)

Preparation

1. Mix oil and sugar together thoroughly. Add bananas, eggs, and water. Sift dry ingredients and blend into mixture; DO NOT over mix.
2. Dust macadamia nuts with flour. Fold dusted macadamia nut and pineapples into mixture.
3. Lightly grease and paper line loaf pans. Pour batter into loaf pans. Bake at 350°F for 1 hour or until firm. Yields 3 mini loaves.

Luau Sweet Potatoes



Ingredients

- 1 (40 ounce) can yams (the large one.)
- 2 bananas, sliced sprinkled with lemon juice
- 1 (8 ounce) can crushed pineapple
- 4 tablespoons melted butter
- 2 tablespoons rum
- 1/2 cup brown sugar, packed
- 3 ounces chopped macadamia nuts

Preparation

1. Preheat oven to 350
2. Place yams in an ovenproof dish and add bananas.
3. Combine remaining ingredients, except nuts.
4. Pour over yams and bananas.
5. Sprinkle with nuts.
6. Bake at 350 for 25 - 30 minutes until bubbly..

Jerk Marinated Chicken Breast Skewers



Ingredients

- 1 onion, finely chopped
- 1/2 cup finely chopped scallion
- 2 teaspoons fresh thyme leaves
- 1 teaspoon salt
- 2 teaspoons sugar
- 1 teaspoon ground Jamaican pimento (allspice)
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1 hot pepper, finely ground (or 2 Scotch bonnet peppers)
- 1 teaspoon ground black pepper
- 3 tablespoons soy sauce
- 1 tablespoon cooking oil
- 1 tablespoon cider or white vinegar
- 2 pounds chicken breast, dice 1/2-inch thick
- 12 wooden skewers, soaked in water for 2 hours
- Green ti leaves
- 2 pounds fresh Yucca, peeled, cut into fries
- 1 recipe cucumber sauce, recipe follows
- Fresh pineapple wedges

Preparation

1. For the marinade: mix together onion, scallion, thyme, salt, sugar, allspice, nutmeg, cinnamon, hot pepper, black pepper, soy sauce, oil and vinegar. These ingredients can also be combined in a food processor.
2. Preheat the fryer.
3. Skewer 2 1/2 ounces of chicken onto each skewer.

4. Place the skewers in a shallow baking dish and cover with the marinade.
5. Marinate in the refrigerator overnight.
6. Place the skewers onto a hot grill and grill until done, about 2 to 3 minutes per side. Place the Yucca fries in the fryer and fry the fries until golden brown.
7. Remove and drain on paper towels. Season with salt.
8. Place 3 of the skewers on the left side of the plate.
9. Place green ti leaf on the other end of the plate and top with a wedge of fresh pineapple.
10. Place 6 ounces of cooked yucca fries in the middle of the plate.
11. Place 3 ounces of cucumber sauce in a souffle cup next to the skewers and serve.

Haupia with Pineapple



Ingredients

- 1 1/2 cups coconut milk
- 1 1/2 cups water
- 1/2 cup sugar
- 3/4 cup corn starch
- 1/2 cup chopped fresh pineapple

Preparation

1. Combine cornstarch, sugar, water, and coconut milk. Stir until smooth.
2. Stir over medium heat until thickened. Lower heat and continue cooking for 10 minutes.
3. Stir in fresh pineapple and pour into a flat pan. Refrigerate until set. (Best described as a "stiff pudding" is a staple desert at every Hawaiian luau)

Hawaiian Wedding Cake



Ingredients

- 2 cups of sugar
- 2 cups of flour
- 2 eggs
- 2 tsp. baking soda
- 1 can crushed pineapple
- 2 tsp. vanilla
- 1 teaspoon of rum
- 1 cup of chopped nuts (walnuts work if you don't want macadamia expense)
- 1 cup . shredded coconut (I prefer the Mounds coconut - bigger pieces)

Preparation

1. Combine sugar and flour.
2. Make a hole in flour mixture and pour in can of pineapple and dissolve baking soda in pineapple.
3. Add eggs and beat this mixture well and then stir in with flour mixture.
4. Add vanilla, rum, nuts and coconut.
5. Bake in greased pan for about 35 minutes at 350.
6. Use toothpick to test for doneness.

Cream Cheese Icing

- 1 Stick Butter
 - 1 8 oz. pkg. cream cheese
 - 1 1/2 C. powdered sugar
 - 1 tsp. vanilla
 - 2 tsp. rum
1. Bring butter and cream cheese to room temp.
 2. Beat until well blended and there are no cream cheese lumps.
 3. Add sugar, vanilla, rum and beat just until combined and smooth

Cucumber Dipping Sauce



Ingredients

- 25 ounces cucumber
- 7 ounces sour cream
- 7 ounces mayonnaise
- 1-ounce cider vinegar
- 1/2-ounce salt
- Pinch cayenne pepper
- 1/2-ounce Dijon mustard
- 1/2-ounce chopped garlic

Preparation

1. Peel and seed cucumbers and roughly chop.
2. Add sour cream and mayonnaise.
3. Add rest of ingredients and puree in a blender.

Yield: about 1 1/2 quarts

Margarita Wings



Ingredients

- 2 lbs. pre-cut chicken wings or whole wings cut into 2 pieces at the joint
- 1/2 cup gold tequila or mescal
- 1/4 cup frozen orange juice concentrate
- grated zest of 1 lemon
- Juice of 1 lemon
- 2 cloves of garlic, minced
- 1/2 teaspoon ground cumin 1 teaspoon
- freshly ground coarse black pepper
- 1 teaspoon salt
- 2 tablespoon mince cilantro

Preparation

1. Wash wings, pat dry and place in a large heavy duty resealable plastic food bag.
2. In a small bowl, combine the remaining ingredients and pour the marinade over the wings in the bag. Seal the bag and refrigerate several hours or overnight,
3. Prepare a medium-hot charcoal fire or preheat a gas grill to medium heat.
4. Drain wings, discarding the marinade.
5. Grill the wings, turning often, until they are slightly charred and cooked through, about 25 minutes.

Yield: 4 servings

Spicy Caribbean Chicken



Ingredients

- 2 lbs. Chicken
- 1/4 cup water
- 2 tablespoon. vegetable oil
- 1 tablespoon vinegar
- 1 package McCormick-Grill Mates Spicy Caribbean

Preparation

1. Marinate chicken for 30 minutes or longer for extra flavor. Grill or bake until done.
2. Suggestion: Caribbean Lime Chicken
Mix 2 tbsp oil and 2 tbsp. lime juice. Add Chicken.

Pina Colada Fruit Dip



Ingredients

- 1 (8 oz) can crushed pineapple in its own juice, undrained
- 1 small package instant coconut pudding mix
- 3/4 cup milk
- 1/2 cup sour cream

Preparation

1. Mix well, cover, chill overnight.

Macadamia Nut Crusted Chicken with Honey Mustard Dip



Ingredients

- Nonstick cooking spray
- 2-3 pounds of chicken drumsticks, skinless
- 1 1/2 cups herb-seasoned stuffing mix, crushed
- 3 1/2 ounce jar macadamia nuts finely chopped
- 1 egg
- 3 tbs milk
- 1 tsp soya sauce
- 2 tbs honey
- 3 tbs butter, melted

Preparation

1. Preheat oven to 375 degrees. Lightly coat 15×10×1 inch pan with cooking spray.
2. In a shallow pan, stir together nuts and the stuffing mix. In a small bowl, combine the milk, 2 tbs honey, 1 tsp soya sauce, and the milk.
3. Dip chicken into the mixture and then into crumb mixture to coat. Place in the pan. Drizzle with melted butter.
4. Bake for 45-55 minutes. Do not turn chicken when baking.

Luau Ham and Glazed Pineapple Snacks



Ingredients

- 1 can of 15 1/4 ounce of pineapple chunks
- 1/4 cup orange marmalade
- 6 ounces thinly sliced cooked ham, cut into 4x1/2 inch strips
- Wooden toothpicks that have decorated ends like flowers or umbrellas, or other festive theme
- 1 jar of 10 ounce maraschino cherries

Preparation

1. In a medium bowl, toss the pineapple chunks (drained) in the orange marmalade and coat.
2. Thread a cherry (drained) through a toothpick or skewer.
3. Wrap a ham string around each pineapple chunk.
4. Then thread each wrapped pineapple on the toothpick.
5. Take a pineapple to use as a base. If the pineapple is unsteady, you may need to cut 1/4 of the bottom off to create a stable base.
6. Place pineapple onto a festive plate. Poke all skewers into the pineapple.
7. Cover and chill for up to 2 hours. Served chilled.
8. Another option: If you prefer to serve this as a warm snack, warm the skewers instead of chilling them in the oven on 325 degrees for about 30 minutes and serve immediately.