

## Comfort Food and Communication Menu

### **Cornbread**

1 teaspoon Vegetable Shortening

¼ C. Vegetable Oil

1 Large egg

1 ½ C. Buttermilk (regular milk will work, but it will have less fluff to it.)

1 1/3 C. Milk (In addition to buttermilk or regular milk above.)

2 C. Self-rising corn meal mix

2 C. Cornmeal buttermilk mix (you can simply use four cups of one or the other for this.)

### **Instructions**

1. Heat oven to 450, drop shortening into the 8- or 10-inch iron skillet and place in the oven while preheating. This is where we used shortening for both the shortening and vegetable oil portions, it allows more to melt in the bottom of your pan, which can create a stronger dark brown crust.

2. Whisk egg, stir in buttermilk, oil (unless it is in the pan, then add and melt as the last step before putting it in the oven.) and corn meal mix until smooth. Batter should be thick, but pourable, if not pourable add in 1 teaspoon of milk until it is, if too runny, add in the same amount of cornmeal to reach the desired thickness. Add remaining oil if necessary.

3. Bake 20-25 minutes until golden brown, allow five to ten minutes to cool, and then cut and serve from the pan, or flip the cornbread out onto a plate for serving.

Note- if it sticks run a knife around the edge of the pan, flip the pan, and give the bottom of the skillet a firm smack or two with the hilt of the butter knife, the loaf should come right out.

## Collards

Before starting make sure you thoroughly wash the greens, you can use a solution of ½ C. of white vinegar and about 2 or 3 tablespoons of salt for this, add this mixture to a sink of water and scrub until clean.

### Ingredients-

2 Bunches of fresh collards (normally I use mustard greens)

1 tablespoon of extra virgin Olive Oil

½ C. Finely diced onion

1 tablespoon minced garlic

½ teaspoon red pepper flakes

4-5 C. Chicken broth (I use about two cups of water as well, and low sodium broth)

1 Tablespoon White Vinegar (I use apple cider vinegar instead)

Salt and Pepper to taste

You also need fat to boil with the greens, I used a ham bone, you can also use a turkey leg or wing (it will stand up well to being boiled for long periods of time.) You can also be adventurous and brave and use either pig cheeks, or pig's feet (if using pigs' feet, ensure they come pre-cleaned from your store or butcher, or look up how to clean them, otherwise you can get VERY SICK)

### Instructions

1. Prepare the collards by washing them if they did not come pre-washed from the store.
2. In a pot large enough to handle the amount you are cooking, add olive oil and allow it to get hot. Add onion and sauté until tender (about three minutes) add in your garlic and red pepper flakes, and cook until fragrant (about 1-2 minutes)
3. Por in your broth and water, and add your fat, turkey leg, ham bone, etc. Bring the mixture up to a rolling boil.
4. Add in your greens and lower the temperature to maintain a light simmer.
5. Cover with a lid, and cook (stirring often) the collards for about an hour (I usually prefer about two hours to ensure everything is cooked down, and that the greens have enough time to absorb the wonderful broth we are cooking them in.)

6. Once done, remove from the heat, and stir in vinegar, and add salt and pepper to taste. Serve with small pepperoncini in vinegar, hot sauce (tobacco or Louisiana brands are best), and a pipping hot slice of cornbread to absorb all the delicious broth and ENJOY!!!

We traditionally eat this dish year-round down home, but I find that it is very delicious next to some home cooked beans and cornbread during the wintertime. It is a cheap, and mostly healthy way to get a good serving of leafy greens as well!!!