



## DISHIN' WITH DEBBIE!

### FOOD FOR HIGH ACHIEVING INDIVIDUALS



Happy March, All and hopefully an end to this interminable winter. Did anyone else feel like a withered vegetable in an old root cellar this winter?

Just in case Mother Nature has more of the white stuff in store for us, we will be taking a virtual tour down south to celebrate all manner of southern cuisine in honor of **Gone with the**

**Wind!** The first time I saw *GWTW*, I was about eight or nine and my adventurous (and brave) Aunt Judi took my younger brother and sister and me to see it. I can't remember where we went, but it was one of those old fashioned theatres with the huge screens covered with heavy velvet draperies. I was enchanted and wanted to be Mellie so badly! Scarlett had better dresses, but Mellie was much nicer AND she got Ashley Wilkes!



Our first recipe is not southern (unless it's from southern Ireland!), but, in honor of Saint Patrick's Day, Mary-Jo Mullen sent her Mother's lovely recipe for Irish Soda Bread titled appropriately as Mrs. Mullen's Irish Soda Bread. Thank you, Mary-Jo!

## MRS. MULLEN'S IRISH SODA BREAD

### Ingredients:

- 4 cups flour
- $\frac{1}{2}$  cup sugar
- 4 teaspoons baking powder
- $\frac{1}{2}$  teaspoon baking soda
- 1 teaspoon salt
- 1 egg, mixed
- 2 cups buttermilk
- 8 ounces of raisins (more or less to taste)



### Directions:

- 1.) Mix dry ingredients together in a large bowl with a spoon.
- 2.) Add egg and milk, mixture should be moist and sticky. Add a little more milk if not.
- 3.) Fold in raisins.
- 4.) Place in a greased round cake pan.
- 5.) Make a cross on top.
- 6.) Bake 350 degrees until light brown, about 1 hour.

**Editor's note:** There are lots of ways you can customize this bread. Some of my favorites are sprinkling with large sugar crystals (Sugar in the Raw, for example) before baking or adding glaze or icing after baking. For a glaze, put one cup of confectioner's sugar in a small bowl. Stir in  $\frac{1}{2}$  teaspoon of vanilla and a small amount of milk (probably less than a tablespoon) until of drizzly texture (and yes, that is a technical cooking term ;). Pour glaze over warm bread. For icing, put two cups of confectioner's sugar in a medium bowl with two tablespoons of soft butter, one teaspoon of vanilla and about two tablespoons of milk. Beat with an electric mixer until light and fluffy- you may need to add some more milk. Icing should be much thicker than a glaze and shouldn't be put on the bread until it is cool.

Our next recipe is From the Film and Food website, which is an excellent resource if you are planning to have a movie themed party. Since no real southern meal is complete without fried chicken, here's a delicious sounding recipe:

## Southern-style Fried Chicken with Coleslaw

### Ingredients:

- 1 large chicken, cut in 8 pieces
- 20 fluid ounces of buttermilk
- Vegetable oil, for frying
- One cup flour, generously seasoned with salt, black pepper and a few pinches of cayenne
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### *For the coleslaw*

- 4 Tablespoons Greek-style yogurt
- 3 Tablespoons high-quality mayonnaise
- 2 Tablespoons Dijon mustard
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- A squeeze of lemon, or to taste
- $\frac{1}{2}$  white cabbage, finely sliced
- A bunch of radishes, cut into julienne strips
- 4 spring onions, finely sliced
- 1 green apple, cored and finely sliced
- 1 carrot, peeled and julienned
- A handful of parsley leaves, roughly chopped



**Directions:**

- 1.) Place the chicken in a deep dish and pour over the buttermilk so all the pieces are completely submerged. Place in the fridge to marinate overnight.
- 2.) The following morning, prepare the coleslaw. Whisk together the yogurt, mayonnaise and mustard and season well.
- 3.) Add a squeeze of lemon juice.
- 4.) Add the rest of the ingredients and stir well.
- 5.) Taste and adjust seasoning as needed.
- 6.) Put to one side while you prepare the chicken.
- 7.) In a large, deep, heavy-bottomed pan, pour in enough oil to fill a third of the pan.
- 8.) Place over a medium heat and heat until it takes about a minute for a cube of bread to turn golden when dropped in.
- 9.) Remove the chicken from the buttermilk and pat dry with paper towel.
- 10.) Place the seasoned flour in a paper bag.
- 11.) Add the chicken to the bag and shake it well so that all the pieces are covered in flour. Shake off any excess flour.
- 12.) Very carefully, lower the chicken into the hot oil and fry in batches, being careful not to crowd the pan.
- 13.) Turn the meat over a few times until it is golden and crisp all over. It should take approximately eight minutes, depending on the size of your chicken pieces.
- 14.) Carefully remove chicken from the pan with a slotted spoon and check that it's cooked through by inserting a skewer; if the juices run clear, it's done. The breast will cook a little more quickly, so leave the leg and thigh in the oil for a moment longer.
- 15.) Drain on kitchen paper for a moment and then sprinkle over some sea salt flakes before serving with the coleslaw.

Our final recipe is from Melanie Percha who is a Highway Design Manager in PennDOT's District 10 office in Indiana. These Pecan Rolls (or, as we Pennsylvania Dutch like to say, "Sticky Buns") sound delicious and pecans are a definite staple in southern cooking.

### Southern Pecan Rolls

**Ingredients:****Syrup:**

- 2 Tablespoons Butter
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{4}$  cup molasses
- 1  $\frac{1}{2}$  cups pecans

**Rolls:**

- 1 1/4 oz. yeast package
- $\frac{1}{4}$  cup warm water
- 1 cup scalded milk, cool to lukewarm
- 1 cup sugar- divided
- 1 teaspoon salt
- 1 egg, beaten
- 3  $\frac{1}{2}$  cups flour, divided
- $\frac{1}{4}$  cup butter, melted
- $\frac{1}{2}$  cup soft butter
- 1 Tablespoon of cinnamon

**Directions:**

- 1.) For the syrup, heat the butter, sugar and molasses until sugar is dissolved.
- 2.) Stir in nuts.
- 3.) Pour into two 9 x 13 pans. Set aside.
- 4.) For the rolls, mix together  $\frac{1}{2}$  cup sugar and cinnamon in a small bowl.
- 5.) Dissolve yeast in warm water.
- 6.) Stir in milk,  $\frac{1}{2}$  cup sugar and salt.
- 7.) Add beaten egg, 1  $\frac{3}{4}$  cup flour and melted butter. Mix well.
- 8.) Stir in remaining flour.

- 9.) Knead dough until it is smooth.
- 10.) Let the dough rise in a warm area until it is double in size. (Editor's note: I am a little afraid of yeast raised items because if the area is not warm enough, or the milk is too hot or a myriad of other things, the dough may not rise. No pressure! ;) That being said, I have successfully made Sticky Buns, so maybe I'm just a worrywart!)
- 11.) Punch dough down and roll it out to  $\frac{3}{4}$ " thickness.
- 12.) Spread dough with butter and sprinkle with cinnamon sugar.
- 13.) Roll up from long side, being careful to roll tightly and evenly.
- 14.) Cut into 18 rolls.
- 15.) Place rolls on top of syrup and cover with a clean dish towel. Let rise for 2 hours.
- 16.) Bake at 375 degrees for 25-30 minutes.
- 17.) Remove from oven and invert over a cookie sheet, allowing the topping to drizzle over the rolls.

# ENOY!

In lovely springy April, we will be exploring foodstuffs one could associate with one of my favorite movies of all time, Monty Python's **The Holy Grail**. If you have not seen this masterpiece, you owe it to yourself to do so. You will know within the first five minutes whether you love it or hate it. It is absolutely the silliest, goofiest movie full of off the wall British humor, and it never fails to make me smile. If you like the movie, you might want to take in the live stage show **Spamalot**, which is based on it. Now, I can't say that any particular food comes to mind when thinking of the movie, except maybe Killer Rabbit Stew or Shrubbery Salad, so you may need to get creative. I am looking forward to what you come up with.

And for the rest of the year...

May- **Amadeus**

June- **Moonstruck**

July- **True Grit** (either the original with John Wayne or the remake with Jeff Bridges- they were both great).

August- **Forest Gump**

September -**The Green Mile**

October - **The Exorcist**

November - **The Pianist**

December - **A Christmas Story**

**Send me those recipes as soon as you can! I will be forever grateful to you to not have to come up with them all on my own.** *Please send recipes to*



[dereihart@pa.gov](mailto:dereihart@pa.gov). Hurry up and do it now so you

! -**Debbie**

**UNTIL NEXT MONTH- KEEP ON DISHIN'!**

