

## **Lowcountry Cuisine**

### **Drinks**

St. Cecilia's Society Punch

Firefly and Lemonade

Sweet Tea

### **Appetizers**

Fried Green Tomatoes

Boiled Peanuts

Crab Dip

### **Bread**

Sally Lunn

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Fried Chicken

or

Smothered Pork Chops

### **Sides**

Squash Casserole

Collard Greens

Succotash

### **Dessert**

Red Velvet Cake

or

Miriam's Pound Cake

Wine Pairings available at Apollo Liquor. Bring in a copy of the menu for 10% off wines.

Domaine Nizon Chardonnay

Tilia Malbec

## Drinks

### ***St. Cecilia Society Punch***

*Fine Cooking May 2009*

*by St. John Frizell*

This punch is named for a famously private and exclusive social organization founded in Charleston, South Carolina, in the 18th century. The recipe can easily be doubled.

Serves six to eight.

2 medium lemons, thinly sliced

3/4 cup brandy

3/4 cup granulated sugar

2 tea bags green tea

3/4 cup dark rum, such as Gosling's

1/2 small pineapple, peeled, cored, sliced 1/2 inch thick, and cut into small wedges

1 750-ml bottle dry sparkling wine, such as Domaine Ste. Michelle Brut, chilled

6 cups sparkling water, chilled

Put the lemon slices in a large bowl and pour the brandy over them. Let macerate at room temperature overnight.

In a small saucepan, combine the sugar with 3/4 cup water and bring to a boil over high heat. Cook, stirring occasionally, until the sugar dissolves, 2 to 3 minutes. Remove from the heat, add the tea bags, and steep for 2 to 3 minutes. Discard the tea bags and let the syrup cool.

At least 3 hours and up to 6 hours before serving, combine the lemons, brandy, syrup, rum, and pineapple in a large pitcher or bowl. Chill in the refrigerator.

Just before serving, pour the punch into a large chilled punch bowl with a block of ice. Add the sparkling wine and sparkling water, and gently stir.

### ***Firefly and Lemonade***

*Personal recipe of Guy Jeter*

Firefly Sweet Tea Infused Vodka

Lemonade

Pour 1 part Firefly and 2 parts lemonade over ice. Stir. Some people prefer a 1 to 1 ratio of Firefly to lemonade.

*Personal recipe of Cecelia McPhail*

2 family-sized tea bags

8 cups water

1/3 cup sugar or Splenda

Boil 4 cups of water and pour over tea bags. Do not use a glass pitcher unless you are sure it is tempered. Let steep for 4 minutes exactly, then remove tea bags. Add remaining 4 cups of water along with sweetener and stir. If using sugar, it may be easier to dissolve sugar before adding the water. Cool to room temperature before refrigerating to prevent cloudy tea.

## Appetizers

### ***Fried Green Tomatoes***

*Foodnetwork.com*

*This recipe is made with unripe, or green, tomatoes that would turn red if allowed to mature, not a green variety of mature tomato such as Green Zebra. They may be available at the Farmer's Market or in yours or a neighbor's garden if the plants were started indoors.*

1 cup buttermilk  
1 large egg  
1 tablespoon sugar  
2 medium green tomatoes (about 1 pound), cored and cut into 1/2-inch-thick wedges  
1 cup stone-ground cornmeal  
2 tablespoons all-purpose flour  
3/4 teaspoon kosher salt  
1/2 teaspoon dried thyme  
Pinch of cayenne pepper  
Freshly ground black pepper  
4 slices raw bacon  
Vegetable oil for frying

#### Directions

In a large bowl, whisk together the buttermilk, egg, and sugar. Add the tomatoes and soak for 10 minutes, turning the tomatoes occasionally.

In a large bowl, whisk together the cornmeal, flour, salt, thyme, and cayenne. Season with pepper. Set aside.

Heat a large skillet cast-iron skillet over medium-high heat. Lay the bacon in the skillet and cook, turning once, until crispy, about 2 minutes per side. Transfer the bacon to a paper towel to drain, reserve the bacon fat in the skillet. Pour the oil into skillet to a depth of 1/2 inch and heat until hot.

Meanwhile, drain the tomatoes and toss in the cornmeal mixture until well coated. Working in batches if needed, fry the coated tomatoes, turning once, until lightly browned and hot, about 3 minutes the first side, and 2 minutes the second side. Using a slotted spatula or spoon, transfer the tomatoes to a paper-towel lined plate to drain.

Arrange the fried tomatoes on a platter and crumble the bacon over the top. Serve immediately.

## **Boiled Peanuts**

Paula Deen, [foodnetwork.com](http://foodnetwork.com)

Be sure to use green peanuts, not dry-roasted bulk peanuts. We've included this recipe because it is so popular in the Lowcountry, however green peanuts may be difficult to find here. Asian markets are probably the best bet. Frozen boiled peanuts are also available to order online at several retailers, including the Lee Bros. at [www.boiledpeanuts.com](http://www.boiledpeanuts.com).

2 to 3 pounds fresh green peanuts in the shell

1 1/2 cups salt

Directions

Put the peanuts and the salt in a large stockpot. Cover completely with water. Bring to a boil and simmer for at least 1 hour and up to 3 hours. To check whether they are done, pull 1 or 2 peanuts out of the pot and crack them open. When they are soft, they are done. If they are still slightly crunchy, they are not done yet, if they are not salty enough, leave them in the salted water and turn off the heat. When they are done, drain and serve immediately.

## **Charleston Crab Dip**

[Cooks.com](http://Cooks.com)

1 pkg. (8 oz.) cream cheese

1/2 c. mayonnaise

2 oz. grated Cheddar cheese

1 sm. garlic clove pressed or 1/2 tsp. powder

1 tsp. Worcestershire sauce

Dash of salt

Dash of pepper

6 oz. cooked crab meat

If using canned crab rinse thoroughly before using.

Cream cheese and mayonnaise. Add grated cheese, salt, pepper and garlic. Mix in crab meat. Mix well.

Chill 2 to 3 hours. Serve with crackers.

## Bread

### **Sally Lunn**

*The Lee Bros. Southern Cookbook*

1 cup milk

1 package dry yeast

8 tablespoons (1 stick) butter, softened

1/3 cup sorghum molasses, cane syrup, or honey

3 large eggs

4 cups sifted all-purpose flour

1 teaspoon salt

In a small saucepan, heat the milk over medium heat, stirring occasionally, until the temperature reads 105 degrees on a candy thermometer. Turn off the heat. Pour the yeast into the milk, whisk gently to dissolve, and let stand until tiny bubbles form on the surface of the milk.

With an electric mixer, cream 7 tablespoons of the butter with the molasses in a large bowl until smooth and fluffy, about 2 minutes. Add the eggs, 1 at a time and beat until light in color.

In a medium bowl, sift the flour with the salt. Add the flour mixture and the milk and yeast mixture to the egg mixture alternately, mixing well with a wooden spoon after each addition until all the flour is incorporated.

Cover the dough with a dish towel and let it rest in a warm place until doubled in size, about 35 minutes. When it has doubled, transfer it to a clean surface and beat with your fist about 30 times.

Butter an 8 ½ x 4 ½ inch loaf pan with the remaining tablespoon of butter. Transfer the dough to the loaf pan and pat evenly into place. Let rest until doubled in size again, about 12 minutes. Bake at 350 degrees on the middle rack for 35 minutes, or until the top is golden brown. Cool the bread on a pan on a rack for 10 minutes, then invert the pan and remove the loaf. Cool completely on the rack.

## Entrée

### ***Fried Chicken***

*Alton Brown, foodnetwork.com*

*Makes 8 pieces.*

2 tablespoons kosher salt  
2 tablespoons Hungarian paprika  
2 teaspoons garlic powder  
1 teaspoon cayenne pepper  
Flour, for dredging  
Vegetable shortening, for frying

Place chicken pieces into a plastic container and cover with buttermilk. Cover and refrigerate for 12 to 24 hours.

Melt enough shortening (over low heat) to come just 1/8-inch up the side of a 12-inch cast iron skillet or heavy fry pan. Once shortening liquefies raise heat to 325 degrees F. Do not allow oil to go over 325 degrees F.

Drain chicken in a colander. Combine salt, paprika, garlic powder, and cayenne pepper. Liberally season chicken with this mixture. Dredge chicken in flour and shake off excess.

Place chicken skin side down into the pan. Put thighs in the center, and breast and legs around the edge of the pan. The oil should come half way up the pan. Cook chicken until golden brown on each side, approximately 10 to 12 minutes per side. More importantly, the internal temperature should be right around 180 degrees. (Be careful to monitor shortening temperature every few minutes.)

Drain chicken on a rack over a sheet pan. Don't drain by setting chicken directly on paper towels or brown paper bags. If you need to hold the chicken before serving, cover loosely with foil but avoid holding in a warm oven, especially if it's a gas oven.

## ***Smothered Pork Chops***

*Tyler Florence, foodnetwork.com*

*Serves 4.*

1 cup all-purpose flour  
2 tablespoons onion powder  
2 tablespoons garlic powder  
1 teaspoon cayenne  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
4 pork chops, 3/4-inch thick, bone-in  
1/4 cup olive oil  
1 cup chicken broth  
1/2 cup buttermilk  
Chopped fresh flat-leaf parsley, for garnish

### **Directions**

Put the flour in a shallow platter and add the onion powder, garlic powder, cayenne, salt, and pepper; mix with a fork to distribute evenly. Pat the pork chops dry with paper towels to remove any moisture and then dredge them in the seasoned flour; shaking off the excess.

Heat a large saute pan or cast iron skillet over medium heat and coat with the oil. When the oil is nice and hot, lay the pork chops in the pan in a single layer and fry for 3 minutes on each side until golden brown. Remove the pork chops from the pan and add a little sprinkle of seasoned flour to the pan drippings. Mix the flour into the fat to dissolve and then pour in the chicken broth in. Let the liquid cook down for 5 minutes to reduce and thicken slightly. Stir in the buttermilk to make a creamy gravy and return the pork chops to the pan, covering them with the sauce. Simmer for 5 minutes until the pork is cooked through. Season with salt and pepper and garnish with chopped parsley before serving.

### **Sides**

#### ***Summer Squash Casserole***

*Paula Deen*

*Serves six to eight.*

|                                |   |
|--------------------------------|---|
| 6 yellow summer squash         | 1 medium bowl ice water                               |
| 1 cup onions, chopped          | 1 egg   |
| 1 clove garlic, minced         | Salt and pepper                                       |
| 1/4 cup fresh parsley, chopped | 1 cup cracker crumbs, or enough to cover<br>casserole |
| 1/2 stick butter               |   |
| 2 slices white bread           |   |

Preheat oven to 350 degrees F. Peel and cut squash into cubes. Boil until tender, about 5 to 7 minutes, and drain. Brown onion, garlic, and parsley in 2 tablespoons butter seasoned with salt and pepper. Soak bread in ice water and wring out; chop fine. Add to onion and garlic mixture; cook, stirring, for 2 to 3 minutes. Add drained squash and cook 2 to 3 minutes more, stirring. Remove from heat. Beat egg and add, allowing it to absorb into the mixture. Season with salt and pepper, if needed.

Place in casserole dish or baking pan. Cover top with cracker crumbs and dot with remaining butter. Bake for 20 to 25 minutes, until the crumbs brown.

### ***Slow Cooked Collard Greens***

*Tyler Florence*

*Serves six to eight.*

|                                |   |
|--------------------------------|---|
| 2 large bunches collard greens | 1 smoked ham hock                           |
| 3 tablespoons olive oil        | 2 quarts chicken broth, warm                |
| 1 onion, sliced                | 2 tablespoons cider vinegar                 |
| 2 garlic cloves, smashed       | 1 teaspoon sugar                            |
| 2 bay leaves                   | Kosher salt and freshly ground black pepper |

To prepare the greens: cut away the tough stalks and stems from the collards, and discard any leaves that are bruised or yellow. Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Tear the leaves into large pieces.

Place a large pot over medium heat and add the olive oil. Add the onion, garlic, bay leaves, and ham hock. Cook until the onions are soft and starting to brown, about 8 to 10 minutes. Pack in the greens, pushing them down into the pot. Add the broth, vinegar, and sugar. Bring up to a boil turning the greens over occasionally with a wooden spoon as they wilt. Lower to a simmer, cover the pot, and let cook for 45 minutes. Taste the "pot liquor" (broth) and check the seasoning, add salt and pepper. Cover and let cook for 15 more minutes. Remove the bay leaves and serve.

### ***Succotash***

*Cathy Lowe, foodnetwork.com*

|   |                      |
|---|----------------------|
| 1 tablespoon butter                               | 1/4 cup water        |
| 1/2 cup chopped red pepper                        | 2 tablespoons butter |
| 2 cups fresh or frozen corn kernels               | Salt and pepper      |
| 2 cups fresh or frozen lima beans or butter beans |                      |

In a saucepan, heat butter and cook red pepper until tender about 1 minute. Stir in corn, lima beans and water. Cover and bring to a simmer. Cook for 3 minutes. Stir in butter and season to taste.

### Desserts

#### ***Red Velvet Cake***

*The Lee Bros. Southern Cookbook*

For the Cake:

|  |  |
|--|--|
| 2 ¾ cups plus 1 tablespoon sifted cake flour or 2 ½ cups sifted all-purpose flour, plus more for flouring the pans | 1 ½ tablespoons water                                  |
| 2 teaspoons salt   | 1 cup unsalted butter, plus more for greasing the pans |
| 2 teaspoons baking powder  | 2 cups sugar   |
| ¼ teaspoon baking soda   | 3 large eggs   |
| ¼ cup natural cocoa powder such as Hershey's   | 1 ½ teaspoons natural vanilla extract                  |
| 1 ounce red food coloring  | 1 tablespoon orange zest                               |
|  | 1 cup whole or lowfat buttermilk                       |

For the icing:

¾ cup unsalted butter

1 pound cream cheese, softened

1 pound (4 cups) sifted confectioner's sugar

2 tablespoons whole milk, if needed

1. Preheat the oven to 350 degrees. Grease and flour 2 9x2 inch cake pans.
2. Sift the flour, salt, baking powder, and baking soda together twice. In a small mixing bowl, whisk the cocoa, red food coloring, and water to a smooth paste and reserve.
3. In a large mixing bowl, beat 1 cup butter with an electric mixer until creamy, about 30 seconds. Add the sugar, ¼ cup at a time, beating about 15 seconds after each addition and scraping the bowl if needed, until the mixture has lightened in color and become fluffy, about 2 minutes. Add eggs, 1 at a time, the vanilla, and orange zest, beating for 15 seconds after each addition. Add the red cocoa paste and mix until evenly incorporated.
4. Add the flour mixture to the butter and egg mixture in thirds, alternating with 2 additions of half the buttermilk. To avoid overworking the batter, gently mix with a wooden spoon or rubber spatula after each addition, until it is just incorporated. Once all the ingredients are incorporated, beat the batter 10 to 12 strokes with your spoon or spatula if using cake flour, 2 to 3 strokes if using all-purpose flour.
5. Divide the batter between the cake pans and spread the tops evenly with the wooden spoon or spatula. Bake until a cake tester comes out clean, about 30 minutes. Remove from the oven and let the cakes cool in their pans on a rack for 10 minutes, then slide a thin knife around the edges of the pans and invert the cakes. Cool cakes completely on a rack, with their tops facing up.
6. In a large bowl, beat ¾ cup butter with the mixer until creamy, about 30 seconds. Add the cream cheese and beat until the mixture is fluffy, white, and very smooth, about 1 minute. Add the confectioners' sugar 1 cup at a time, beating for 30 seconds after each addition, until the mixture is creamy, fluffy, and smooth. If the frosting is too stiff, beat the milk into it to loosen it.
7. Gently ice the cake layers generously. Spoon 1 cup of icing in the center of the first layer. Working and icing or rubber spatula in gentle swirling motions, spread the icing from the center toward the edges of the cake until it forms an even layer 1/3 to ½ inch thick.
8. Carefully set the second cake layer on top of the first and ice the second layer in the same manner, beginning with a dollop in the center and working it out to the sides. Then ice the sides of the cake.

### ***Miriam's Pound Cake***

*Personal Recipe of Miriam Williams*

1 ½ cups butter (3 sticks), softened

1 8-ounce block cream cheese, softened

3 cups sugar

6 eggs

3 cups all purpose flour

½ teaspoon baking soda

Preheat oven to 325. Prepare a tube or Bundt pan by buttering and flouring the inside. Blend butter and creamed cheese together. Add sugar slowly, mixing until blended. Add eggs one at a time blending in between. Sift flour and baking soda together and add slowly. Pour into prepared pan and bake approximately one hour and thirty-five minutes.