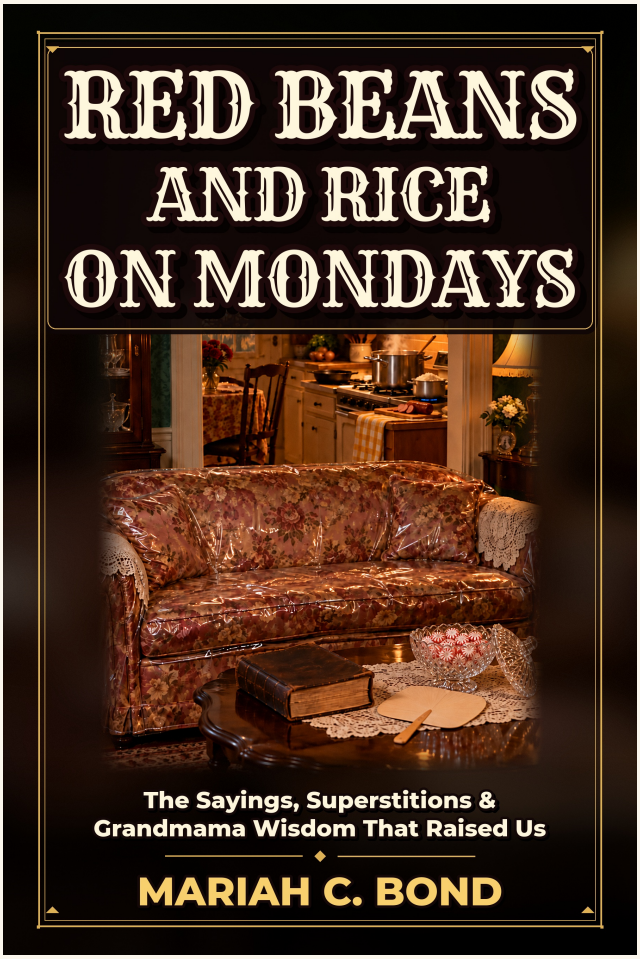
GRANDMAMA'S KITCHEN

Keepsake Pack



Our Family Sayings pages | A week of suppers | 6 recipe cards | Gift tags

A free gift to go with Red Beans and Rice on Mondays

Print at home on letter paper (cardstock for the cards and tags).

OUR FAMILY SAYINGS

Write them down before somebody forgets

THE SAYING _____

WHO SAID IT _____

WHAT IT MEANT _____

THE SAYING _____

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A WEEK OF SUPPERS

What our house cooked, day by day

Monday *red beans and rice*

Tuesday

Wednesday

Thursday

Friday *fish*

Saturday

Sunday *dinner after church*

MONDAY RED BEANS AND RICE

Serves 8

1 lb dried red kidney beans, rinsed (soaked overnight if you like)

1 lb smoked sausage, sliced

1 smoked ham hock or a ham bone (optional)

1 onion, 1 bell pepper, 2 ribs celery, chopped

4 cloves garlic, minced

2 bay leaves, 1 tsp thyme, cayenne to taste

Salt and pepper; hot cooked rice; green onions

Brown the sausage, then soften the onion, pepper and celery in the drippings with the garlic. Add the beans, ham hock, bay, thyme and water to cover by 2 inches. Simmer low on washday, stirring now and then, 2 to 3 hours, adding water as needed. Mash some beans against the pot to make them creamy. Season, and serve over rice.

Grandmama's version: _____ Red Beans and Rice on Mondays

FRIDAY FRIED CATFISH

Serves 4

4 catfish fillets

1 cup buttermilk + a few dashes hot sauce

1 cup fine yellow cornmeal, 1/4 cup flour

1 tsp each salt, pepper, garlic powder, paprika

Oil for frying; lemon wedges

Soak the fillets in buttermilk and hot sauce for 20 minutes. Mix the cornmeal, flour and seasonings. Dredge each fillet, shaking off the extra. Fry in oil at 350 F, 3 to 4 minutes a side, until golden and flaky. Drain on a rack, salt right away, and serve with lemon and hot sauce.

Grandmama's version: _____ Red Beans and Rice on Mondays

Cut along the dotted lines. Classic family-style versions: write your own in the margins.

SUNDAY SKILLET CORNBREAD

Serves 8

1 1/2 cups yellow cornmeal, 1/2 cup flour

1 tbsp baking powder, 1/2 tsp baking soda, 1 tsp salt

1 to 2 tbsp sugar (if your house does sugar)

1 1/2 cups buttermilk, 2 eggs

4 tbsp butter or bacon grease

Heat the oven to 425 F with the fat in a cast-iron skillet. Whisk the dry ingredients, then the buttermilk and eggs. Pour most of the hot fat into the batter, stir, and pour the batter into the sizzling skillet. Bake 20 to 25 minutes, until golden. Turn it out onto a plate and cut it at the table.

Grandmama's version: _____ Red Beans and Rice on Mondays

COLLARD GREENS

Serves 6

2 large bunches collards, stemmed, washed well, cut in ribbons

1 smoked turkey wing or ham hock

1 onion, chopped; 3 cloves garlic

4 cups broth or water

1 tbsp vinegar, pinch of sugar, red pepper flakes, salt

Simmer the smoked meat with the onion, garlic and broth for 45 minutes to make the pot liquor. Add the greens a handful at a time. Cover and cook low 1 to 1 1/2 hours until tender. Finish with vinegar, a pinch of sugar, pepper flakes and salt. Save the pot liquor for the cornbread.

Grandmama's version: _____ Red Beans and Rice on Mondays

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SWEET POTATO PIE

Makes one 9-inch pie

2 cups mashed baked sweet potatoes
1/2 cup butter, melted; 1 cup sugar
2 eggs; 1/2 cup evaporated milk
1 tsp vanilla, 1/2 tsp each cinnamon and nutmeg, pinch of salt
1 unbaked 9-inch pie crust

Heat the oven to 350 F. Beat the sweet potatoes with the butter and sugar until smooth, then the eggs, milk, vanilla, spices and salt. Pour into the crust. Bake 55 to 60 minutes, until the center barely jiggles. Cool completely before slicing, if anybody lets you.

Grandmama's version: _____ *Red Beans and Rice on Mondays*

BREAD PUDDING WITH VANILLA SAUCE

Serves 10

1 loaf day-old French bread, torn (about 8 cups)
4 cups milk, 4 eggs, 1 1/2 cups sugar
2 tsp vanilla, 1 tsp cinnamon, 1/2 cup raisins (optional)
Sauce: 1 stick butter, 1 cup sugar, 1 egg, 1 tsp vanilla

Soak the bread in the milk for 15 minutes. Beat in the eggs, sugar, vanilla, cinnamon and raisins. Pour into a buttered 9x13 pan and bake at 350 F about 1 hour, until set. For the sauce, melt the butter and sugar, whisk a little into the beaten egg, return it to the pan and stir off the heat until glossy. Add vanilla and pour over warm pudding.

Grandmama's version: _____ *Red Beans and Rice on Mondays*

Cut along the dotted lines. Classic family-style versions: write your own in the margins.

Grandmama said it.
Now it's in a book.

To: _____

From: _____

RED BEANS AND RICE ON MONDAYS

For the family
that raised me.

To: _____

From: _____

RED BEANS AND RICE ON MONDAYS

Pass the wisdom
and the red beans.

To: _____

From: _____

RED BEANS AND RICE ON MONDAYS

Merry Christmas
from my kitchen to yours.

To: _____

From: _____

RED BEANS AND RICE ON MONDAYS