

Comfort Foods

BAKED MACARONI & CHEESE

Make a white sauce first:

1 stick of butter
1/2 cup all-purpose flour
2 tsps. salt
3/4 tsp. pepper
4 cups of whole milk

Remaining ingredients:

3-4 cups grated Colby and Monterey Jack cheese
1/4 cup grated Parmesan cheese
1 cup grated cheddar cheese (or more)
4 cups uncooked elbow macaroni
Preheat oven to 350 degrees.

White sauce:

Melt butter in a saucepan and remove from heat. Stir in flour; add salt and pepper. Put pan back on heat and continue to stir until bubbly. Add the milk slowly, one cup at a time. Bring to a boil over medium heat, stirring constantly. Reduce heat and simmer 2 minutes. Remove from heat and let stand for several minutes.

Cook macaroni per package directions, drain. While pasta is hot, mix in Parmesan cheese and 3-4 cups of the Colby and Monterey Jack cheese. Mix in white sauce. Stir well. Pour into a casserole dish and sprinkle shredded cheddar cheese over the top. Bake until cheese on top is lightly browned.

SOUTHERN FRIED CHICKEN

3 eggs
1/3 cup water
About 1 cup red pepper hot sauce
2 cups self-rising flour
1 teaspoon pepper
Salt, pepper, and garlic salt
1 (1 to 2 1/2-pound) chicken, cut into pieces
Oil, for frying, preferably peanut oil

Beat eggs with the water in a medium bowl. Add enough hot sauce so the egg mixture is bright orange. In another bowl, combine the flour and pepper. Season the chicken with salt, pepper & garlic salt. Dip the seasoned chicken in the egg, and then coat well in the flour mixture.

Heat the oil to 350 degrees in a deep pot. Do not fill the pot more than 1/2 full with oil. Fry the chicken in the oil until brown and crisp. Dark meat takes longer than white meat. It should take dark meat about 13 to 14 minutes, white meat around 8 to 10 minutes.



MAW'S CORNBREAD

Preheat oven to 450 degrees. Use an iron skillet. Pour a little oil in skillet and let preheat with oven.

Mix 1 cup of Martha White cornmeal, 1 egg, and 1 cup of buttermilk. Make sure mix is thin. If too thick, add a little more buttermilk. Pour in hot skillet. Bake at 450 degrees for 16 minutes. Remove from oven and flip cornbread on to plate. Cut and serve. (6-8 pieces)

*Morgan (Sales Manager Sharon Fralix's daughter) won first place in the Giles County (Elkton) 4-H Bread making competition with this recipe.

OVEN STEW

4 lbs. beef round steak cut in 1" cubes
4 c. sliced carrots
4 c. sliced celery
4 medium onions, sliced
2 cans (5 oz. ea.) water chestnuts, drained and sliced
2 cans (6 oz. ea.) sliced mushrooms, drained
1/4 c. plus 2 tbsp. flour
2 tbsp. sugar
2 tbsp. salt
2 cans (16 oz. ea.) tomatoes
2 c. Burgundy*

Heat oven to 325. In roasting pan or 2 Dutch ovens, mix meat, carrots, celery, onions, water chestnuts and mushrooms. Mix flour, sugar and salt; stir into meat mixture. Stir in tomatoes and burgundy. Cover; bake 4 hours or until meat is tender.

*Burgundy: 2 cups water plus 2 tsp. instant beef bouillon can be substituted for the burgundy.

DEEP DISH CHICKEN POT PIE

1 small can of peas, carrots and potatoes
1 small onion, chopped
2 cups cooked, chopped chicken
1 10 oz. can of cream of potato or chicken soup
1/2 tsp. poultry seasoning
1/4 c. chicken broth *you may not need the full amount-
-don't make too soupy!
2 unbaked, thawed, deep dish pie shells

Preheat oven to 375 degrees.

Combine vegetables and onion in a large bowl. Add chicken, soup, and poultry seasoning, mix well. Add broth to thin, but don't thin it too much! Spoon mixture into pie shell. Place other pie shell on top. Press sides to seal top and bottom pastry. Trim off any excess pastry. Crimp edge and pierce top pastry to vent. Place on cookie sheet and bake for 55 minutes or until golden brown.

