

## **Cole Slaw** *serves 6-8*

### **Ingredients**

**1/2 bell pepper, chopped, 1 green onion, chopped**  
**1/2 large carrot, chopped**  
**1/8 cup chopped fresh parsley leaves, 1/2 cabbage head**  
**1/2 cup mayonnaise, 1/2 teaspoon seasoning salt**  
**1/4 teaspoon coarsely ground black pepper, 2 tablespoons sugar**  
**1/4 teaspoon lemon-pepper seasoning, 1 tablespoon white vinegar**

In a food processor, gently process the bell pepper, onion, carrot, and parsley, being careful not to over process. Cut 1/2 of the cabbage into chunks and place in the food processor and process lightly, making sure the cabbage doesn't become mushy. Slice the remaining cabbage thinly. Mix the cabbage together with the processed vegetables. In a separate bowl, mix the remaining ingredients together and allow to stand for a few minutes. Combine the mayonnaise mixture with the vegetables and toss. Chill for 1 hour.

## **Plain Grits** *serves 4-6*

**2 cups water, 1 1/4 cups milk**  
**1 teaspoon salt**  
**1 cup quick cooking grits (not instant)**  
**1/2 stick butter**

In a small pot, bring the water, milk, and salt to a boil. Slowly stir the grits into the boiling mixture. Stir continuously and thoroughly until grits are well mixed. Let the pot return to a boil, cover with a lid, lower the temperature, and cook for approximately 30 minutes, stirring occasionally. Add more water if necessary. Grits are done when they have the consistency of smooth cream of wheat. Stir in the butter and serve.

## **Hushpuppies** *serves 4-8*

**2 cup peanut oil**  
**1 1/2 cups self-rising cornmeal, 1/2 cup self-rising flour**  
**1/2 teaspoon baking soda, 1/2 teaspoon salt**  
**1 small onion, chopped, 1 cup buttermilk**  
**1 egg, lightly beaten**

*Using a deep pot, preheat oil for frying to 350 degrees F.*

Using a mixing bowl, stir together the cornmeal, flour, baking soda, and salt. Stir in the onion. In a small bowl, stir together the buttermilk and egg. Pour the buttermilk mixture into the dry ingredients and mix until blended. Drop the batter, 1 teaspoon at a time, into the oil. Dip the spoon in a glass of water after each hushpuppy is dropped in the oil. Fry until golden brown, turning the hushpuppies during the cooking process.

## **Fried Catfish Fillets** *serves 4-8*

**8 (5 to 6-ounce) catfish fillets, skin removed**  
**Salt, Pepper**  
**Old Bay seasoning**  
**4 cups all-purpose flour**  
**1 cup cornmeal (Alabama King)**  
**Peanut Oil, for frying**

Heat a fryer or a deep pot halfway filled with oil to 350°. Coat both sides of each catfish fillet with salt, pepper and seafood seasoning. In a separate bowl, combine the flour and the cornmeal. Dredge the catfish in the flour mixture and place in fryer. Deep fry for approximately 7 to 8 minutes until done. Drain on paper towels