



Traditional Southern New Year's Dinner Menu

M A I N C O U R S E

Real Simple Southern Fried Chicken

S I D E D I S H E S

Slow Cooked Turnip Greens

Black Eyed Peas (Hoppin' John)

B R E A D

Hot Water Cornbread

C O N D I M E N T S

Sweet Pepper Relish

D E S S E R T

Banana Pudding

B E V E R A G E S

Coffee | Tea





REAL SIMPLE SOUTHERN FRIED CHICKEN

Making fried chicken doesn't have to be complicated. Learn how to make simple, authentic fried chicken with my quick and easy recipe.

INGREDIENTS:

1 frying chicken, preferably under 4 pounds,
cut up
Salt
Pepper
1 ½ cups self-rising flour
Peanut oil

INSTRUCTIONS:

1. Place the chicken pieces in a single layer in a shallow pan.
2. Liberally salt and pepper the chicken on both sides.
3. Sprinkle flour over the chicken in the pan. Toss the chicken until well coated with flour.
4. Meanwhile, heat the peanut oil in a large iron skillet.
5. Place the chicken pieces skin side down in the hot oil. Cook for approximately 10 minutes or until the skin is pale golden brown.
6. Turn the chicken over and cook for 10 minutes on the second side.
7. Turn chicken pieces once more and reduce the heat to medium low. Cover and cook for approximately 10-15 minutes or until the chicken is cooked through.
8. Remove cooked chicken to a paper towel lined plate or a rack set in a baking pan and allow it to drain for about 5 minutes.



TIPS:

- Use additional seasonings if you like (i.e., cayenne, hot pepper sauces, seasoned salt), but for the most authentic taste, stick with just salt and pepper.
- I recommend using peanut oil because it will withstand higher temperatures for a longer time without burning than other oils.



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SOUTHERN TURNIP GREENS

Enjoy a taste of Southern tradition with this recipe. It's about as country as a recipe can be, packed with flavor and nostalgia but updated with a modern, slightly healthier cooking method.

INGREDIENTS:

2 pounds fresh turnip greens cleaned, cut, and washed
Water (see notes)
1 tablespoon bacon fat
1 teaspoon chicken bouillon or 1 cube
1 teaspoon salt

INSTRUCTIONS:

1. In a large pot, combine the greens, bacon fat, chicken bouillon, salt, and water (see notes)
2. Bring to a boil and then reduce to a simmer.
3. Cover and cook for 45 minutes or until the greens are tender. Check the water level during cooking and add more if needed.
4. Taste and add additional salt if needed.

NOTES

- You'll need enough water to cover the turnips by about an inch once they've wilted down into the pot. I usually start with about 2 quarts and adjust as needed.
- In the South, we often serve the cooking liquid from greens (called "pot likker (liquor)" alongside the meal in small bowls. You're meant to crumble your cornbread into the likker and eat that as a side dish. And, yes, it's really, really good!
- Cool the greens completely and store them in an airtight container in the refrigerator. They'll keep well for up to 3 days.



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HOPPIN' JOHN

This Southern dish of white rice and peas served every January 1 to ensure good luck and prosperity in the coming year. It's simple, tasty, and full of tradition!

INGREDIENTS:

- 2 cups water
- 1 tablespoon butter
- ½ teaspoon salt
- 1 cup rice
- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 1 red or green bell pepper, chopped
- 2 ribs celery, chopped
- 2 garlic cloves, chopped
- 30 ounces canned black eyed peas,
rinsed and drained (2 cans)
- ¼ cup chicken stock
- Salt and black pepper
- 2 tablespoons chopped parsley
- 2 green onions, chopped
- 1 large tomato seeded and diced

INSTRUCTIONS:

1. Bring the water, butter, and salt to a boil in a medium saucepan.
2. Stir in the rice.
3. Cover, reduce heat to low, and cook for approximately 20 minutes or until the rice is tender.
4. Heat the olive oil in a large skillet over medium-high heat.
5. Add the onion, bell pepper, celery, and garlic.
6. Cook until the vegetables are tender and the onion is translucent.
7. Add the black eyed peas, stock, salt, and pepper. Cook for approximately 10 minutes.
8. Stir in the parsley.
9. Serve the peas over a bed of rice.
10. Garnish with chopped green onions and tomato.



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HOT WATER CORNBREAD

Light and fluffy on the inside with a crispy, crunchy exterior, this rustic and easy cornbread recipe is a classic Southern treat! All you need are four ingredients and about 15 minutes to make the best fried cornbread you ever put in your mouth!

INGREDIENTS:

2 cups cornmeal (white or yellow,
fine or medium grind)
1 teaspoon salt
1 $\frac{2}{3}$ cups boiling water (more if needed)
Peanut or vegetable oil, for frying
(to a depth of 1/2-inch)

INSTRUCTIONS:

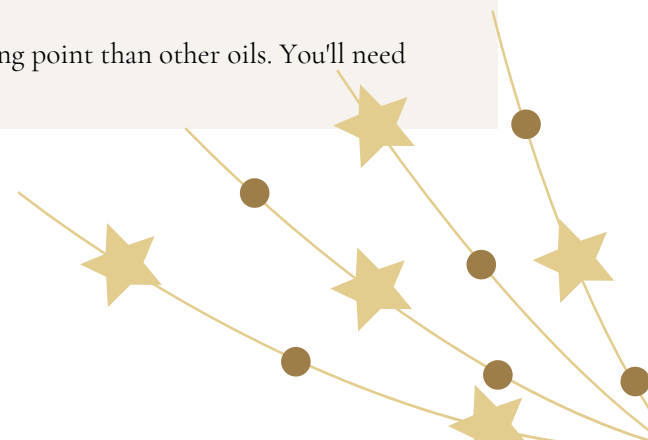
1. Place a 10 or 12-inch skillet (preferably cast iron) over medium high heat. Add oil to an approximate depth of 1/2-inch. Let the oil heat while mixing the cornbread.
2. In a medium mixing bowl, add the cornmeal and salt. Stir together.
3. Gradually stir in the boiling water.
4. Mix well forming a dough with a thick, wet consistency. Add more water if needed to attain the correct consistency.
5. When the oil is sufficiently heated (about 375 degrees F), form small patties of dough.
6. Carefully lower the patties into the hot oil.
7. Cook for about 5 to 6 minutes or until a medium golden brown color.
8. Turn and cook on the second side until well browned.
9. Remove from the oil and drain on a rack or a plate lined with paper towels.
10. Makes about 10 pieces of cornbread. Serve warm or at room temperature.

NOTES

- Cornmeal comes in yellow or white, and either fine, medium, or coarse grinds. I always use white, fine ground cornmeal for any cornbread recipe, but you can use either white or yellow in the fine or medium grind.
- I always use peanut oil for frying because it has a higher smoking point than other oils. You'll need enough oil to fill your skillet to about 1/2-inch deep.



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SWEET PEPPER RELISH

This relish is so much more than a hot dog topping. In south Georgia, it's often on the table as an accompaniment to fresh vegetables or to perk up a winter meal. A dinner of fried chicken, field peas, and cornbread with pepper relish on the side of the plate is an absolute delight. If you happened to have canned some during the summer, do serve it with New Year's dinner!

INSTRUCTIONS:

1. Wash 6 pint canning jars and keep them hot until ready to fill. Prepare the lids and rings according to the manufacturer's instructions. Fill a boiling water canner about 2/3 full and keep hot until needed.
2. Core the peppers and cut them into large chunks. Peel the onions and cut them into large pieces.
3. Grind the bell peppers and onions by either 1) pulsing in batches in a food processor or 2) using a stand mixer with a grinder attachment. Work in batches and don't overload the food processor.
4. Lightly drain the peppers and onions in a colander.
5. In a large, heavy saucepan, combine all ingredients.
6. Bring the mixture to a boil and then reduce the heat to a simmer. Continue cooking, stirring frequently, for 30 minutes.
7. Working quickly, fill the hot jars one at a time, leaving 1/2-inch of headspace. Clean the jar rims with a wet paper towel and apply the lids and rings until just fingertip tight.
8. Place the hot, filled jars into the canner rack and lower it into the water (water should cover the jars by at least 1 inch). Bring the water back to a boil and process for 10 minutes.
9. Remove the jars from the canner and place them on a kitchen towel to cool.
10. When cool, check for complete seals. Store in a cool, dark place. Use within one year. Refrigerate after opening.

INGREDIENTS:

- 12 green bell peppers
- 12 red bell peppers
- 7 medium onions
- 3 cups sugar
- 3 cups white vinegar 5% acidity
- 2 tablespoons pickling salt



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SOUTHERN BANANA PUDDING

This is the original and best banana pudding recipe. It's comprised of layers of luscious vanilla custard, crunchy vanilla wafers, and sliced bananas topped with a fluffy golden meringue.

INGREDIENTS:

- ¾ cup sugar, divided
- ⅓ cup all-purpose flour
- Dash salt
- 3 eggs, separated
- 2 cups milk
- ½ teaspoon vanilla extract
- 45 vanilla wafers, divided
- 5 ripe bananas sliced (about 3 ½ cups), divided

INSTRUCTIONS:

1. Preheat the oven to 350 degrees.
2. In the top pan of a double boiler, mix ½ cup sugar, flour and salt. Into the sugar and flour, blend 3 egg yolks and the milk.
3. Cook while stirring constantly over gently boiling water for about 6-8 minutes or until thickened.
4. Remove the pan from the heat and stir in the vanilla.
5. Spread a small amount of the custard on the bottom of a 1 ½-quart casserole or other oven-safe dish. Make a layer of wafers and top the wafers with a layer of sliced bananas. Pour about ⅓ of the custard over the bananas.
6. Make two more layers of wafers, bananas and custard for a total of 3 layers, ending with custard.
7. In a large mixing bowl (or the bowl of a stand mixer), beat the egg whites until soft peaks form.
8. Slowly add the remaining ¼ cup sugar and continue beating until the meringue is stiff but not dry.
9. Spoon the meringue on top of the pudding, spreading evenly to cover the entire surface and sealing to the edges of the casserole dish.
10. Bake in the top half of the oven for 15 to 20 minutes or until the meringue is golden.
11. Cool slightly or refrigerate until serving.
12. Garnish servings with additional wafers and banana slices if desired.



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Shopping List

Includes every ingredient needed to make the recipes in the menu, *with the exception of the Sweet Pepper Relish canning recipe*. You would need to add those ingredients if you'd like to make a batch of relish.

For items like spices or pantry staples where no specific amount is listed, simply purchase the smallest available size or package to avoid overbuying.

DRY / PANTRY / CANNED

Salt and ground black pepper
Peanut oil (about 24 ounces)
1 chicken bouillon cube
1 cup long grain white rice
Olive oil
2 (15-ounce) cans black eyed peas
1/4 cup chicken stock or broth
2 cups cornmeal
1 1/2 cups self-rising flour
1/3 cup all-purpose flour
3/4 cup sugar
Vanilla extract
1 box vanilla wafers

FROZEN

DAIRY

1 tablespoon butter
3 eggs
2 cups milk

MEATS

1 frying chicken, cut up
preferably under 4 pounds

WINE / DRINKS

Tea
Coffee

PRODUCE

2 pounds fresh turnip greens
1 yellow onion
1 red or green bell pepper
2 ribs celery
2 garlic cloves
Fresh parsley
2 green onions
1 large tomato
5 ripe bananas

OTHER

1 tablespoon bacon fat