#### The Charlotte Post

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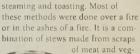
GLORY STORIES Good Taste For The Table. Good Taste For The Soul



# Celebrating The Traditions

In honor of Black History Month, we dedicate this column to those ancestors who took very little in the way of food supplies and created the Southern meals we still enjoy today. They gave us a cooking tradition to relish.

Along with watermelon seeds, sesame seeds, okra and a knowledge of spices, our African ancestors brought cooking skills that included baking, roasting, boiling, frying,



etables, cauldrons of slowly simmering pig's feet and sweet potatoes baked in ashes that is the forerunner of Southern American cuiWe are all aware of the ancestors that served as cooks in the master's kitchens, but there were far more cooks in the cabins than could ever work in the master's house. Their ingenuity at blending spices and herbs coupled with their care and patience in preparing and cooking vegetables, gave birth to traditional Southern fare. After the abolition of slavery, former slaves and their descendants disbursed throughout America carrying the traditions of Southern cooking to a variety of venues across the United

States. It is with this in mind that Glory Foods pre-seasoned canned vegetables were created. Because we appreciate your desire to



Glory Foods' products are a new tradition for you to cherish. Celebrate our heritage with traditional Southern favorites like Buttermilk Fried Chicken, Easy Potato Salad and Baked Apples while enjoying the convenience and good taste of Glory Foods Pre-Seasoned Lima Beans, Field Peas with Snaps and Mustard Greens, as well as delicious Homestyle Corn Bread Mix.

### BUTTERMILK FRIED CHICKEN

Bicancino	
Fryer Chickenl	or 2
Buttermilk	Quar
Flour	Cup
Garlic Powder	Tbls.
Poultry Seasoning	Tbls
Paprika	Tbls.
Salt	Tbls
Black Pepper2	Tbls.
Oil or Shortening As need	ed
Method	
1 Cut shiphen into mente Di	

1. Cut chicken into parts. Rinse and remove excess moisture. Soak overnight in buttermilk, turning once to coat evenly.

 Place remaining ingredients, except oil/shortening, in a large plastic bag and shake to blend.
In a large, heavy bottom pot, place enough oil/shortening to have at least 4 inches of melted fat. Heat to just below smoking.

4. Drain the buttermilk and sprinkle the chicken with salt and pepper. Test the oil by sprinkling a pinch of flour into the oil. If it begins to sizzle, the oil is hot enough.

5. Drop 4-5 pieces of chicken in the flour and shake to coat thoroughly. Carefully place those pieces in the oil and cook until golden. Check a larger piece to see if it is done. If the outside browns before the inside cooks, lower the heat. Be careful not to overcrowd the pot. 6. After the chicken cooks, drain on paper towel and continue until all is

EASY POTATO SALAD

## Glory Foods

(boiled and chopped) Mayonnaise 11/2 Cups Sweet Pickle Relish 3/4 Cups Ground Mustard 2 tsp. or 2 Tbls. Prepared Mustard

## Method

1. Combine all ingredients and season with salt and pepper.Refrigerate or serve at room temperature. **Yields 6 Cups** 

#### BAKED APPLES

Ingredients			
*Apples	6		
Butter or			
Margarine (softened)	1/2 Cup		
Oats	2/3 Cup		
Pecans or			
Walnuts (chopped)	2/3 Cup		
Brown Sugar (packed)	2/3 Cup		
Flour	4 Tbls.		
Granulated Sugar	2 Tbls.		
Cinnamon, ground	l tsp.		
Allspice, ground	1/2 tsp.		
Nutmeg, ground	1/4 tsp.		
*For this recipe, Granny Smith,			
MacIntosh, or Winesap apples work			
best.			

#### Method

1. Preheat the oven to 350 degrees. Combine all dry ingredients and mix thoroughly. Add the softened butter or margarine to dry mixture and mix thoroughly.

2. Cut the tops from the apples directly below the stem. Core the center of the larger portion of the apple completely. Stuff the holes tightly with the filling and cover the tops of the apples with 1/2 inch of filling.

 Bake the apples on a cookie sheet along with the stem piece (cut side down) for 20 to 30 minutes until the tops are browned and the apples are softened, yet still firm.
Allow to cool somewhat but serve warm. Garnish with caramel topping and whipped cream or ice cream

5. To avoid those extra fat calories, blend the granulated sugar and spices thoroughly and sprinkle over the apples. Bake as directed but check after 15 minutes. Yields 6 Apples

For questions or comments, please write to : Glory Foods, Inc. •P.O. Box 328948 Columbus, Ohio 43232

Until Next Month,





# YOUR MOM GOT THE PRAISE... NOW YOU CAN HAVE THE GLORY.

Remember the unforgettable taste of Mom's home cooking? It's a taste that went right to your soul. Nothing in the world could compare to her delicious meals. Her special mixture of herbs and spices gave each dish a taste all its own and you thanked her in more ways than you know, each and every time you asked for seconds.

Now, you can create those special memories for your family. With Glory Foods conveniently packaged pre-sea-

soned side dishes, you can give your family a quick, delicious meal that delivers the taste of yesterday's down-home cooking today!

Glory Foods lets you experience in minutes a variety of Southern-style canned vegetables seasoned and accented with the flavor of home. You just heat



food you've ever tasted will always be your Mom's, but Glory Foods' real good, feel good, down-home flavor comes so close, it's Just About The Best!@ So, be sure to look for these fine, pre-

them and eat them. Now, we know the best

So, be sure to took for these time, preseasoned products from Glory Foods at st About The Best<sup>®</sup> your local supermarket: Fancy Cut Collard Greens, Mustard Greens, Turnip Greens, Mixed Greens and Kale Greens. Delicately seasoned Field Peas, Field Peas with Snaps, Blackeye Peas, Butter Beans, Lima Beans, Pinto Beans, Great Northern Beans, String Beans, String Beans and Potatoes, Sweet Potatoes and Cut Okra. Complement your meal with Glory's Hot Sauce, Peppered Vinegar and moist, delicious Homestyle Corn Bread Mix and Golden Corn Muffin Mix.

# You just heat Just About The Best<sup>®</sup> your local super AVAILABLE AT FOOD LION