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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,

steaming and toasting. Most of these methods were done over a fire or in the ashes of a fire. It is a combination of stews made from scraps of meat and vegetables, cauldrons of slowly simmering pig's feet and sweet potatoes baked in ashes that is the forerunner of Southern American cuisine.



We 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 enjoy down-home goodness without hours of preparation, we have developed a full-line of Southern-style vegetables that you simply heat and eat.



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

Ingredients
 Fryer Chicken.....1 or 2
 Buttermilk.....1 Quart
 Flour.....3 Cups
 Garlic Powder.....3 Tbls.
 Poultry Seasoning.....3 Tbls.
 Paprika.....2 Tbls.
 Salt.....2 Tbls.
 Black Pepper.....2 Tbls.
 Oil or Shortening.....As needed

Method
 1. Cut chicken into parts. Rinse and remove excess moisture. Soak overnight in buttermilk, turning once to coat evenly.
 2. Place remaining ingredients, except oil/shortening, in a large plastic bag and shake to blend.
 3. 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 done.

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.....1 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.
 3. 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.
 4. 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

EASY POTATO SALAD

Ingredients
Glory Foods
 Peppercorn Vinaigrette.....1 Tbl.
 Potatoes.....8 Large (diced and boiled)
 Eggs.....6 (boiled and chopped)
 Mayonnaise.....1 1/2 Cups
 Sweet Pickle Relish.....3/4 Cups
 Ground Mustard.....2 tsp. or 2 Tbls. Prepared Mustard
 Sugar (optional).....1 tsp.
 Salt and Pepper.....To taste

For questions or comments, please write to:
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Until Next Month,
 Good Cooking!



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



them and eat them. Now, we know the best 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-seasoned products from Glory Foods at 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, Peppercorn Vinaigrette and moist, delicious Homestyle Corn Bread Mix and Golden Corn Muffin Mix.

AVAILABLE AT FOOD LION