

A Taste of History: Recipe Book

Cornbread

1 cup or 8.5 ounces all purpose or gluten free flour
1 cup or 8.5 ounces yellow cornmeal
2 teaspoons baking powder
½ cup or 4 ounces apple sauce
2 tablespoons blue agave syrup or brown sugar, packed
2 tablespoons olive oil or vegetable oil
2 cups milk or non-dairy milk of choice

Step 1

Preheat the oven to 400° F. Lightly grease an 8 x 8 or 9 x 9 pan.

Step 2

In a large bowl, combine flour, cornmeal, and baking powder. Stir in apple sauce, agave syrup or brown sugar, oil and milk. Stir until the mixture comes together and there are only a few lumps remaining. Pour batter into the prepared pan.

Step 3

Bake for 18-20 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Collard Greens

2 pounds collard greens, cut up
2 tablespoons olive oil or vegetable oil
½ cup white or red onion, chopped
½ cup red bell pepper, chopped
2 cloves garlic, minced
1 teaspoon crushed red pepper flakes
1 ¼ cup or 10 ounces vegetable broth or stock
2 tablespoons brown sugar, packed
¼ cup distilled white vinegar

Step 1

In a large pot over medium heat, heat oil. Sauté the onions and red bell pepper until slightly softened, about two minutes, then add the garlic and cook for another minute. Add collard greens and cook for another minute.

Step 2

Add the vegetable stock, crushed red pepper flakes, and brown sugar. Stir to combine. Cover and bring to a simmer. Cook until the greens are tender, about 40 minutes. Add the vinegar, taste, and season with salt and ground pepper.

Sweet Potato Salad

1.5 pounds sweet yams

½ tablespoon cumin

1 tablespoon ground cinnamon

½ cup sweet relish

⅔ cup or 5 ounces regular or vegan mayonnaise

Step 1

Cut yams into quarters and place them in a large pot. Fill the pot with cold water until it covers the top of the yams by 1 inch. Set the pot over medium high heat and bring to a boil. Cook the yams for 10-12 minutes, or until fork tender.

Step 2

Meanwhile, in a medium bowl mix the mayo, sweet relish, cumin, cinnamon, and salt and pepper to taste. Stir until smooth.

Step 3

Once the yams are tender, drain the water from the pot. Remove any loose peels and chop the yams into ½ inch chunks. Place the yams in a large bowl. Gently mix in the dressing until it coats the yams well. Season to taste.

Cauliflower Fried “Chicken”

2 pounds cauliflower, cut into large florets

2 ½ cups milk or non dairy milk

2 pounds all purpose flour

4 pounds panko bread crumbs

Vegetable oil for frying

If you are frying:

Step 1

Heat oil for frying in a large pot or fryer. Fill three shallow bowls, one with flour, one with milk, and one with panko bread crumbs. Flour can be seasoned with salt, pepper, garlic powder and onion powder to taste.

Step 2

Coat each cauliflower floret in flour, then dip in milk, then fully coat with the panko bread crumbs. Double coat if preferred. Continue until each piece is breaded. Transfer the breaded pieces to a plate until ready to cook.

Step 3

Carefully lower the breaded cauliflower into the hot oil. Repeat with the remaining cauliflower until the pot is full. Cook for 2-3 minutes, until the pieces are golden.

Step 4

Transfer fried cauliflower to a large plate covered with two sheets of paper towel to absorb excess oil. Repeat with any remaining cauliflower.

Step 5

Season to taste, coat in barbeque sauce or sauce of choice, and serve hot.

If you are air-frying:

Step 1

Preheat airfryer to 375° F. Fill three shallow bowls, one with flour, one with milk, and one with panko bread crumbs. Flour can be seasoned with salt, pepper, garlic powder and onion powder to taste.

Step 2

Coat each cauliflower floret in flour, then dip in milk, then fully coat with the panko bread crumbs. Double coat if preferred. Transfer the breaded pieces to a plate until ready to cook.

Step 3

Drizzle cauliflower with olive oil and place into the air fryer basket in a single layer with a little space between each floret. Don't overcrowd the basket. Air fry for 9-12 minutes or until golden brown and crisp. Repeat with any remaining cauliflower.

Step 4

Season to taste, coat in barbeque sauce or sauce of choice, and serve hot.

Baked Chicken

4 chicken thighs bone-in, and skin-on

2 tablespoons olive oil

1 teaspoon sea salt or Himalayan salt

½ teaspoon pepper

1 teaspoon garlic powder

1 teaspoon thyme

If you are baking:

Step 1

Preheat the oven to 400° F. Lightly coat a baking dish with cooking spray.

Step 2

Next, brush olive oil over the chicken thighs. Then combine the seasonings in a small bowl.

Step 3

Sprinkle the seasoning blend over both sides of the chicken thighs before placing them in the baking dish.

Step 4

Finally, bake in the preheated oven for 30-40 minutes.

If you are air-frying:

Step 1

Preheat the air fryer to 375° F.

Step 2

Next, brush olive oil over the chicken thighs. Then combine the seasonings in a small bowl.

Step 3

Sprinkle the seasoning blend over both sides of the chicken thighs before placing them in the air fryer basket with a little space between each

Step 4

Air fry chicken for 20 minutes.

Barbeque Sauce

1 cup brown sugar

½ cup apple cider vinegar or white vinegar

2 cups ketchup

1 teaspoon Worcestershire sauce

1 teaspoon turmeric

1 teaspoon paprika

1 teaspoon garlic, minced

1 teaspoon chili powder

Step 1

Combine all ingredients in a medium saucepan, bring to a simmer over medium heat and cook for 5 minutes or until thickened.