

A Taste of
SAVANNAH



12 CLASSIC SOUTHERN RECIPES

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Savannah Historical Society's Hot Spinach-Stuffed Mushrooms



INGREDIENTS:

- 36 medium fresh mushrooms
- 2 (10-ounce) packages frozen chopped spinach, thawed
- 6 tablespoons butter
- ½ small onion, chopped fine
- 6 ounces cream cheese
- 1½ teaspoons cayenne pepper (or to taste)
- ½ teaspoon salt
- Juice of ½ lemon
- ¼-½ cup water or vegetable stock

DIRECTIONS:

Remove stems and clean mushrooms. Place thawed spinach in colander or strainer and press with back of a spoon to remove as much liquid as possible. In skillet, melt butter and sauté onion until soft. Add spinach, cream cheese, pepper, and salt. Once combined, remove from heat and stir in lemon juice.

Stuff each mushroom cap with some of the mixture. Place mushrooms on rimmed baking sheet. Add water or stock to the pan. Bake at 350 degrees F. for 25 minutes. Serve immediately.

Brunswick Stew—Georgia Style



INGREDIENTS:

- 2 pounds cooked chicken or pork, diced
- ½ teaspoon black pepper
- 1 teaspoon hot sauce
- 2 tablespoons Worcestershire sauce
- 3–4 tablespoons bacon drippings
- ½ cup barbecue sauce
- 1½ cups ketchup
- 2–3 cups cooked potatoes, diced
- 3 (15–16 ounce) cans cream-style corn
- 1–2 tablespoons dried minced onion

DIRECTIONS:

Place all ingredients in stockpot or Dutch oven. Place pot over high heat and bring to a boil. Reduce heat to low and cover pot; simmer until mixture is hot and bubbly. Adjust seasonings according to taste with more salt, pepper, or hot sauce as needed. Serve with freshly baked corn bread and a tossed salad. Makes 6–8 servings.

Julia's Jambalaya



INGREDIENTS:

- 2 tablespoons vegetable oil
- 3 slices bacon, chopped into 1-inch pieces
- 6 ounces country ham or smoked ham, cut into ½-inch pieces
- ½ cup chopped onion
- 2 ribs celery, diced
- 1 clove garlic, finely chopped
- 1 large can (28 ounces) chopped or crushed tomatoes
- 2 bay leaves
- 1 teaspoon dried thyme
- 1 teaspoon red chili flakes (or to taste)
- ½ teaspoon ground cumin
- 1 cup long-grain rice
- 3 cups low-sodium vegetable or chicken stock
- ½ teaspoon salt
- 1½ pounds medium shrimp, shelled and deveined
- 3 tablespoons chopped parsley

DIRECTIONS:

Heat oil in large heavy pot or Dutch oven. Add bacon and fry until almost cooked. Add ham and sauté for 1 minute. Add onion and celery and sauté until they begin to soften. Add chopped garlic and sauté another minute. Add tomatoes, bay leaves, thyme, chili flakes, and cumin. Bring mixture to a boil, then reduce heat and simmer for about 1 hour.

Add rice, stock, and salt and stir until combined. Cover pot and simmer over low heat until rice is tender (about 1 hour). Add more stock if mixture becomes too dry.

Just before serving, remove bay leaves, stir in shrimp and parsley, and simmer until shrimp are done (3-4 minutes). Serve with a lime wedge.

Maggie Lu's Savannah Fried Chicken



INGREDIENTS:

- 3 eggs
- ⅓ cup water
- About 1 cup hot red pepper sauce
- 2 cups self-rising flour
- 1 teaspoon pepper
- House seasoning (see recipe below)
- 1 (1- to 2½-pound) chicken, cut into pieces
- Oil, for frying, preferably peanut oil

DIRECTIONS:

In medium-sized bowl, beat eggs with water. Add enough hot sauce so egg mixture is bright orange. In another bowl, combine flour and pepper. Season chicken with house seasoning.

Dip seasoned chicken in egg, then coat well in flour mixture.

Fill a deep pot halfway with oil and heat to 350 degrees F.

Fry chicken in oil until brown and crisp. Dark meat pieces will be done in about 13 to 14 minutes. White meat pieces will be done in around 8 to 10 minutes.

HOUSE SEASONING:

- 1 cup salt
- ¼ cup black pepper
- ¼ cup garlic powder

Mix ingredients and store in airtight container for up to 6 months.

Downhome Diner's Shrimp and Grits



INGREDIENTS:

- 4 cups water
- 1 teaspoon salt
- 1 cup stone-ground grits
- 3 tablespoons butter
- 2 cups shredded sharp cheddar cheese
- 6 slices bacon, chopped into 1-inch pieces
- 1 pound shrimp, peeled, deveined, and patted dry
- 2 cloves garlic, finely chopped
- 1 cup thinly sliced scallions
- 2 tablespoons fresh lemon juice
- 3 tablespoons chopped parsley

DIRECTIONS:

Bring water to boil. Add salt. Slowly stir in grits. Simmer, stirring frequently, 20-25 minutes, or until water is absorbed. Remove from heat and stir in butter and cheese. Cover and keep warm.

In large skillet, fry bacon until browned. Using slotted spoon, remove bacon and set aside. Add shrimp to bacon fat in pan and sauté until shrimp is just turning pink. Add garlic and scallions and sauté for 2 minutes. Add lemon juice and bacon and sauté for 2 more minutes.

Turn grits onto serving platter or bowl. Pour shrimp mixture over grits, sprinkle with parsley, and serve immediately.

Meredith's Simple Green Beans



INGREDIENTS:

- 1 pound fresh green beans, ends snipped
- 3 tablespoons butter
- 4 cloves of garlic, chopped fine
- Zest of 1 lemon
- Salt and pepper to taste

DIRECTIONS:

Place green beans in large pan and cover with water. Over medium-high heat, bring water to boil and simmer until beans are starting to become tender, about 5 minutes. Drain and return beans to pan along with butter and cook 2 to 3 minutes more. Add garlic and cook until fragrant, another minute or so. Take off heat, top with lemon zest, and season with salt and pepper to taste.

Quin's Favorite Corn Pudding



INGREDIENTS:

- 6-8 ears fresh corn
- 3 eggs, beaten
- 1 cup heavy cream
- ½ cup milk
- 2 teaspoons salt
- 1 tablespoon sugar
- 1 tablespoon chopped parsley

DIRECTIONS:

Preheat oven to 350 degrees F.

Cut corn from cobs and scrape cobs to extract “milk” (should equal 2-2 ½ cups).

In large bowl, beat eggs slightly. Beat in cream, milk, salt, and sugar until well combined. Stir in corn. Mix thoroughly.

Pour mixture into buttered casserole dish. Place casserole dish into a shallow pan and place both in oven. Carefully pour warm water into pan until it reaches 1 inch up side of casserole dish. Bake approximately 1 hour or until a knife inserted in center comes out clean.

Carmen's Red Beans and Rice



INGREDIENTS:

- 1 pound dried red beans
- 3 quarts water, plus more as needed
- 1 small ham hock or ½ pound slice uncooked ham
- 1 whole medium onion, peeled
- 2 ribs celery, cut in half
- 2 bay leaves
- ½ teaspoon dried thyme
- 1 teaspoon dried red pepper flakes
- Salt and freshly ground black pepper, to taste
- 2 cups freshly cooked white rice, kept warm
- Chopped fresh parsley, for garnish

DIRECTIONS:

Wash beans thoroughly. Bring 1½ quarts of water to boil in large pot. Add beans, stir, bring back to boil, and boil for 5 minutes. Remove pot from heat and cover. After 1 hour,

drain beans and set aside.

Add other 1½ quarts of water to pot. Add ham, onion, celery, bay leaves, thyme, and red pepper flakes. Bring to boil and simmer for 20 minutes. Add red beans, bring back to a boil, and simmer for approximately 1 hour or until beans are tender but not mushy. Discard ham, onion, celery, and bay leaves. Season with salt and pepper.

Serve beans over rice. Sprinkle with parsley.

Beauregard's (Beau's) Buttermilk Biscuits



INGREDIENTS:

- 2 cups all-purpose flour, plus more as needed
- ¼ teaspoon baking soda
- 1 tablespoon baking powder
- 1 teaspoon salt
- 6 tablespoons vegetable shortening
- ¾ cup buttermilk

DIRECTIONS:

Sift dry ingredients into large bowl. Using 2 knives, a fork, or pastry cutter, cut in shortening until mixture's texture is like coarse crumbs. Mix in buttermilk lightly, using your hand, until it is incorporated. If dough feels sticky, add a little more flour. Turn dough onto a floured work surface and knead for 1 minute. Form mixture into a ball and cover with plastic wrap. Refrigerate for at least ½ hour.

Preheat oven to 450 degrees F.

On lightly floured surface, roll out dough from center to edges until it is ½ inch thick. Cut into 24-28 biscuits.

Place biscuits on a parchment paper-lined baking sheet. Bake until golden brown 10 to 12 minutes.

Georgia Peaches-n-Cream Pie



INGREDIENTS:

- 1½ cups sugar
- ⅓ cup flour
- 1½ tablespoons quick tapioca
- Dash salt
- 1½ cup heavy cream, divided
- ½ teaspoon vanilla
- 6 cups sliced peaches, fresh or frozen
(thawed and drained and patted dry)
- 2 piecrust pastries (homemade or store-bought)

DIRECTIONS:

Combine sugar, flour, tapioca, and salt in large bowl. Set aside 3 tablespoons of cream. Combine remaining cream with vanilla. Add to sugar mixture. Toss in peaches, and

mix gently until coated. Allow to sit for 15 to 20 minutes.

Place bottom pastry into 9-inch deep-dish pie pan. Trim edge to about 1 inch past pie plate edge.

Pour peach mixture into bottom crust.

Roll out top crust. Place crust over pie, crimp edges, and cut four slits in top, evenly spaced on four sides to vent.

Once crust is on, brush with reserved cream and sprinkle with sugar.

Bake at 400 degrees F. for 45 to 55 minutes until golden brown and bubbly. If edges of crusts brown too quickly, cover them with thin strips of foil to keep them from getting overdone. Store leftovers in fridge.

Magnolia's Sweet Potato Pie



INGREDIENTS:

- ¼ pound butter (do not substitute margarine)
- 1 cup sugar
- 3 eggs
- 2 tablespoons lemon juice
- ½ teaspoon nutmeg
- 2 cups cooked and mashed sweet potatoes
- 2 tablespoons maple syrup (or dark Karo or King Syrup)
- ½ cup milk
- 1 unbaked pie shell in deep-dish pie pan

DIRECTIONS:

Cream butter, sugar, and eggs. Add lemon juice and nutmeg. Add mashed sweet potatoes, syrup, and milk. Mix well. Pour mixture into pie shell.

Bake for 10 minutes at 425 degrees F. then lower heat to 300 degrees F. and bake for approximately 1 hour. Store in fridge. Serve with a dollop of whipped cream.

Granny Luv's Hummingbird Cake



CAKE INGREDIENTS:

- 3 cups all-purpose flour
- 2 cups granulated sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 3 large eggs, beaten
- 1½ cups vegetable oil
- 1½ teaspoons vanilla extract
- 1 (8-ounce) can crushed pineapple in juice
- 3 chopped ripe bananas
- 1 cup chopped pecans or walnuts

CREAM CHEESE FROSTING INGREDIENTS:

- 2 (8-ounce) packages softened cream cheese
- 1 cup salted butter (unsalted won't work)
- 2 (16-ounce) packages powdered sugar
- 2 teaspoons Madagascar vanilla extract

DIRECTIONS:

Bake cake layers.

Preheat oven to 350 degrees F. Mix together flour, sugar, salt, baking soda, and cinnamon.

In small bowl, beat eggs and oil together. Add to flour mixture and stir until combined. Stir in vanilla, pineapple, bananas, and nuts. Divide evenly into three greased and floured 9-inch round cake pans. Bake 25 to 30 minutes until toothpick inserted in center comes out clean. Cool at least 10 minutes on wire rack; remove from pans to finish cooling completely (at least 1 hour).

PREPARE CREAM CHEESE FROSTING:

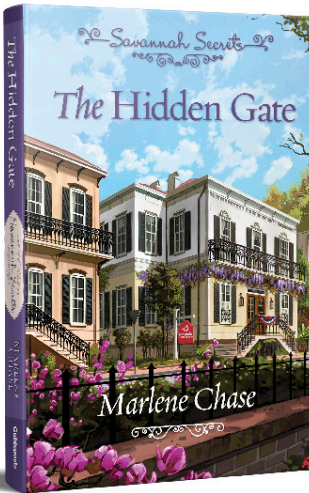
Beat cream cheese and butter until smooth. Slowly add in powdered sugar until blended then stir in vanilla. Beat until fluffy.

ASSEMBLE CAKE:

Place one cooled cake layer on platter and spread with 1 cup frosting. Add second cake layer and another cup frosting. Add third layer, frost entire cake, and arrange nuts on top. For added decoration, crushed nuts can be applied around the edges.

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