

School of Cooking

Martin's

Comfort Food

Hosted by Chef Alan Perry

January 5, 2007

Martin's Super Markets at Heritage Square
Mishawaka, Indiana

Candy Rice

Ingredients

Long Grain Rice
Sugar
Cinnamon Sticks
1 Can Sweetened Condensed Milk

Instructions

Cover rice with cold water add sugar to taste. Add 2 or 3 cinnamon sticks and cook until done. Remove from heat. Add sweetened milk. Return to heat about 5 or 6 minutes, stirring constantly. Enjoy!

Scaroni

Ingredients

Medium size Pasta Shells
Canned Diced Tomatoes
1 Green Bell Pepper-chopped
1 Onion-chopped
Mild Italian Sausage (optional)

Basil
Oregano
Shredded Cheddar Cheese

Instructions

Cook pasta. Cook pork, peppers and onions (breaking up pork). Mix cooked, drained pasta with all ingredients. Bake at 350° for 30 minutes.

Southern Fried Chicken

Ingredients

Cut up chicken
Buttermilk
Flour
Salt and Pepper
Lard or Solid Shortening
Cracker Crumbs
Butter

Instructions

Soak chicken in buttermilk about 30 minutes. Mix flour and cracker crumbs 3 to 1 with salt and pepper. Heat lard in skillet. To test for readiness toss a pinch of flour in. If it sizzles, it's ready. Remove chicken from buttermilk. Using a bowl or bag, coat chicken. Start with dark meat (takes longer to cook). Add wings last. Place in pan with room in between pieces. Leave them alone for about 5-6 minutes to brown. Turn once; at that point add butter (for flavor). When done (about 12 to 15 minutes) remove. Place on paper towel on plate.

For Gravy: Leave only 1/3 of oil in pan with solid cooking residue. Sprinkle flour and blend to smooth. Add 2 cups of room temperature milk, and salt and pepper to taste.

Double Rich Mashed Potatoes

Ingredients

Potatoes (scrubbed)

Salt and Pepper
Butter
Cream Cheese
Sour Cream
Milk
Onion Slices (paper thin)

Instructions

For faster cooking cut potatoes into 3 or 4 pieces. Cover with cold water. Bring to boil. When potatoes are soft enough to mash, drain in colander and return to empty hot pan to dry (3 or 4 minutes). Use a fork or potato masher to break up dry potatoes. When broken down add butter, salt, pepper, cream cheese and sour cream and blend with mixer. When consistency is correct, put into a baking dish or appropriate pan. Top with thin onion slices and drizzle with melted butter. A touch of paprika adds some color. Bake at 350° 15 minutes until browned.

Old Fashioned Meatloaf

Ingredients

Spicy Brown Mustard
Sweet Relish
Breadcrumbs
Egg
Onion (chopped)
Ground Beef
Ground Pork
(Equal parts of each)
Brown Sugar
Salt & Pepper

Instructions

Mix first five ingredients. Combine and gently mix beef and pork. Mix meat with egg and breadcrumbs. Put in loaf pan, bake on cookie sheet for 40 minutes or as needed at 350°. When temperature reaches 160° mix a bit of brown mustard and brown sugar. Brush over top and return to oven for about 5-10 minutes until a glaze forms.