

## DOWNLOAD PDF FAVORITE RECIPES FROM SOUTHERN KITCHENS: MEATS, INCLUDING SEAFOOD AND POULTRY.

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*Favorite recipes from Southern kitchens: meats, including seafood and poultry* Item Preview remove-circle Share or Embed This Item.

Southern style meatloaf, made with ground chuck, onion and sweet bell pepper and finished with a brown sugar ketchup glaze. We sometimes do things a little bit different from one another. Truth is, it rests solely on two things - the region of the south where you grew up, and what your own mama did - which was likely drawn from what her mama did. That said, if there were a meatloaf that might be considered a southern-style meatloaf by most folks, I think it would be something like this one. Moist, from the use of a higher fat and more flavorful ground beef, made with plenty of onion, sweet bell pepper, white bread as the filler, a little ketchup for flavor, maybe a dash of Worcestershire, a nice mix of seasonings, and finished with a sweet ketchup and brown sugar glaze on top. This allows the excess fat to drain away, instead of the meatloaf stewing in it. Remember also, not to over-handle the meat as that can make it very compact and dense after cooking, so form it with a gentle hand. Preheat oven to degrees F. Heat bacon drippings in a skillet over medium heat. Add onion and bell pepper, increase heat to medium high and cook vegetables, stirring regularly, until lightly caramelized, about minutes. Add garlic, cook another minute; set aside to cool. Place ground beef in a large bowl. Sprinkle salt, pepper, paprika, thyme, basil and mustard over meat. Add ketchup and Worcestershire. Dip bread into the milk. Squeeze and smash up bread; add to meat. Add eggs to milk and beat together. Add the sauteed vegetables to the meat. Use a wooden spoon to turn and gently mix the meat, adding milk mixture to moisten the meatloaf. Transfer meat to pan or tray and gently press together to shape into loaf. Do not over compact. Combine glaze ingredients and spoon over the top of the loaf. Bake for about an hour, or until internal temperature reaches degrees F on an instant read thermometer, carefully pouring off fat occasionally if using a regular baking pan. Total cooking time will vary depending on your own oven and how thick you shape the loaf. For more of my favorite ground beef recipes, visit my page on Pinterest! Just snap a photo and hashtag it DeepSouthDish on social media or tag me deepsouthdish on Instagram!

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*Southern Living Cookbook - Meats - including Seafood and Poultry [Favorite Recipes From Southern Kitchens] on calendrierdelascience.com \*FREE\* shipping on qualifying offers. Meats including Seafood & Poultry Cookbook.*

Steve Gordon September 1, 7 Comments Follow our step-by-step, photo illustrated recipe to make this absolutely delicious version of Seafood Macaroni and Cheese. I love the beach. I could just sit, watch, and listen to the waves rolling in for hours. Of course, all visits to the coast, pretty much require a few trips to enjoy the bounty that the ocean provides. I have a couple of favorite seafood restaurants, and really enjoy the Calabash style of lightly battered and lightly fried shrimp, fish, oysters and deviled crab. Even after spending a few years working in the kitchen of a seafood restaurant, I still love a good plate of seafood with Cole slaw and baked potatoes. The hours were long, the kitchen was very hot, and the rush to feed over people in just a few hours was demanding. All the neighborhood cats would follow me home, and the family was quick to tell me I might not be smelling fresh and clean when I arrived home at the end of the day. But, I still love seafood. Seafood Mac and Cheese may not have been something that mama prepared as I was growing up. The fish we ate came from a local pond most of the time. Fresh Spots were sometimes given to us by a cousin when she and her family went fishing along the coast, and daddy ate some oysters every now and then. I was probably a teenager before I discovered shrimp, oysters and deviled crab for myself. Yes, it came out of one of those blue boxes with the little powdery pack of cheese flavoring, but to me, I was cooking. Mama taught me how to prepare the macaroni in the boiling water, then stir in the butter, milk and the little packet of artificial cheese, because it was one of her favorites. At least she said it was. She worked just about a block from our house and often walked back home for lunch. During the summer months, she would let me cook up the blue boxed macaroni and cheese a couple of times a week for her. She ate it, whether it was really her favorite or not. The really great thing about this recipe for Seafood Mac and Cheese, is that you can use your favorite seafood, and seafood combinations, to make it your own. Of course, seafood cost quite a bit more these days than it did when we were in the restaurant business. I only used half a pound, but you could easily add more if desired. Even imitation crab meat would work good if you like that. There are lots of possibilities with this one. Have you ever made a Seafood Mac and Cheese. Do share your thoughts with us, and if you try the recipe, be sure to let me know how it turns out for you. Ready to bring back some seaside memories? Rinse them well, place them in a bowl and refrigerate them until called for in the recipe. These larger shrimp were the only fresh shrimp I could find locally at this time of year. Then, drain them in a colander. A large bowl would work just as well, but why mess up another dish? Just in case you were wondering.

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