

CORNBREAD DRESSING

Cornbread Ingredients:

- ▶ 1 ¼ cup flour
- ▶ ¾ cup corn meal
- ▶ 1 Tbs. sugar
- ▶ 2 Tsp. baking powder
- ▶ 1 cup milk
- ▶ ¼ cup oil
- ▶ 1 egg

1. Mix dry ingredients together.
2. Beat egg
3. Add oil and milk o beaten egg
4. Then add to dry ingredients
5. Place in greased 8 × 8 baking pan
6. Bake for 20 to 25 minutes at 400°F

Cornbread dressing mix ingredients:

- ▶ 3 packs of chicken gizzards
- ▶ 2 packs of chicken livers
- ▶ 2 packs of turkey necks
- ▶ 1 small pork roast

1. Boil gizzards, turkey necks and roast
2. When those meats are almost tender, add chicken liver and cook until the meats are tender
3. Let meat cool and save the juice
4. After meat is cool put in a food processor and mince

Roux ingredients

- ▶ 1 cup celery, chopped
- ▶ 2 large onions, chopped
- ▶ 2 large bell peppers, chopped
- ▶ garlic, minced
- ▶ green onions, sliced
- ▶ parsley

1. Make a roux – ½ cup flour to ¼ cup oil – cook until golden brown
2. Add onions, celery, bell peppers, then simmer until vegetables are limp
3. Then stir in meat
4. Add juice from meat
5. Bring to a boil, then add garlic and simmer for 30 minutes.
6. Season to taste

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- ▶ Make a small cornbread only using 1.0 Lb. of sugar.
- ▶ Make cornbread the night before
- ▶ Leave 6 to 7 slices of white bread out over night to get stale
- ▶ When ready to mix altogether, put cornbread dressing mixture in a pot and simmer about 20 minutes or until hot
- ▶ Then add chopped green onions and parsley to mixture
- ▶ Crumble cornbread
- ▶ Soak the stale white bread in water
- ▶ Squeeze out the water and add to the cornbread
- ▶ Then add cornbread dressing mixture to the cornbread
- ▶ If not enough juice, add some chicken broth (don't make it dry)
- ▶ Bake in the oven "uncovered" at 350°F for 45 minutes.

Submitted By: Bitsy Jackson