

BLACK HISTORY MONTH

Southern Creole Cornbread Muffins

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Prep Time:	Cook Time:	Servings:
30 minutes	20-25 minutes	24 muffins

Ingredients

- 2 large eggs
- 1 cup of whole milk
- 2 ½ cups of Yellow Cornmeal Mix
- ½ cup finely chopped red onions
- 1 tbsp. finely chopped jalapenos
- ¼ cup sugar
- 1 tsp chives
- 1 tsp basil
- 1 tsp oregano
- ½ tsp baking powder
- ¼ cup vegetable or canola oil
- 1 (14.5 oz.) can of Cream Style Corn
- 3 cups of shredded cheese
- Nonstick cooking spray



Instructions

1. Preheat the oven to 350°F and spray lined muffin tins with non-stick spray



2. Mix together the cornmeal, chives, basil, oregano, sugar, and baking powder in a bowl.



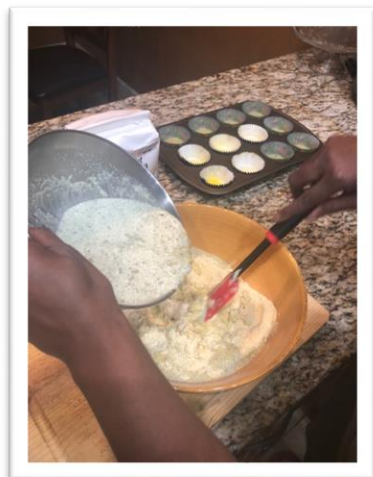
3. In a blender, gently pulse the eggs, whole milk, onions, and jalapenos to create a smooth milk mixture.



4. Mix the cream corn and oil into the milk mixture



5. Slowly incorporate the corn-milk mixture and cheese into the dry ingredients until smooth



6. Slowly spoon the muffin mixture into the lined muffin tins being careful not to overfill



7. Place in at 350°F oven and bake for 20 to 25 minutes until golden brown



8. Remove from the oven, brush with butter and enjoy!





Ms. Alice's Peach Cobbler

Submitted by LaTonji Peace from UNM Gastroenterology and Endoscopy, Cardiovascular/GI Divisions

My children's grandmother taught this recipe to me. She was a great cook and taught me a lot. This cobbler is often requested at my house instead of birthday cake.

Ingredients

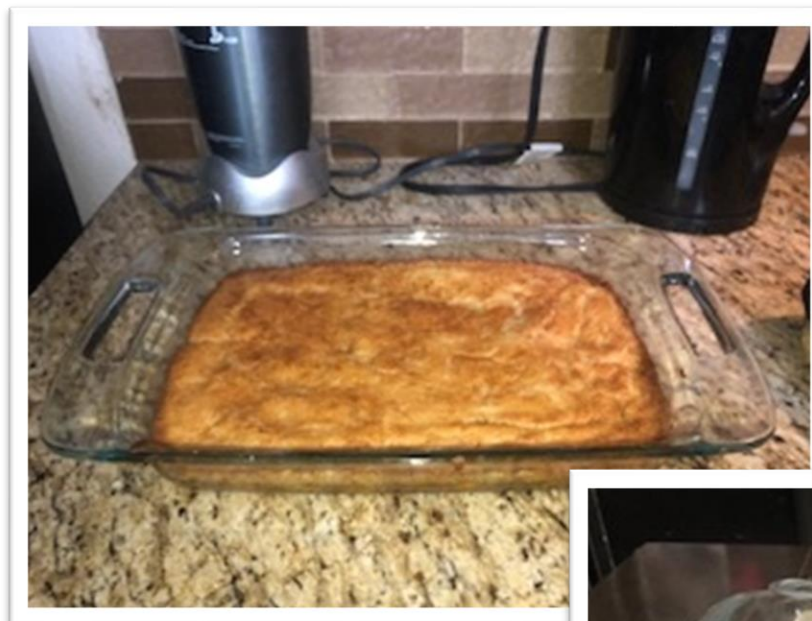
- 1 can of sliced peaches, 29 oz or 4 peaches, peeled and sliced
- 1 c. all purpose flour
- 1 ½ c. sugar, divided
- ¼ c. brown sugar
- 1 tsp cinnamon
- 1/8 tsp nutmeg
- 2 caps of vanilla extract
- Squeeze of lime or lemon juice
- 1 tbsp. baking powder
- Pinch of salt
- ½ c. butter (1 stick)
- Enough milk to moisten, about a 1 c.

Instructions

Preheat oven 375. Melt 1 stick of butter in the baking pan. In a sauce pan, combine the can of peaches (including the juice), ¼ c. brown sugar, ½ c. sugar, 1 tsp cinnamon, 1/8 tsp nutmeg, 1 cap of vanilla extract, squeeze of lime or lemon juice. Stir well. Bring to boil over medium heat. Cut down to low and simmer for a few min. Take the baking dish out of the oven. The butter should be melted. Get your batter ready while the peaches are stewing.



Combine 1 c. all purpose flour, 1 c. sugar, 1 tbsp. baking powder, pinch of salt in a mixing bowl. Mix well. Add milk to moisten. Add 1 cap of vanilla. Pour batter into baking dish over the melted butter, distribute the batter evenly over the pan as you pour it in. Spoon stewed peaches over the batter but do not stir it. Bake at 375 for 35-40 min or until golden brown and knife inserted in the center comes out clean. Serve warm with ice cream





Nana's Chicken and Dressing

Submitted by LaTonji Peace from UNM Gastroenterology and Endoscopy, Cardiovascular/GI Divisions

This recipe is special to me because it was the first dish that my mom taught me how to cook that I could do on my own without help. She was a good cook even though she always told me that she didn't know how.

Ingredients

- 1 whole chicken, cut up or 7-10 pieces thighs or drumsticks-washed, excess fat cut off
- 3 slices of onion
- 3 cloves of garlic, minced
- 2 tsp. each black pepper, lemon pepper, salt

Instructions

1. Add all ingredients to stock pot.
2. Cover with cold water and bring to a boil. Lower to medium.
3. Cook until chicken is done about 40 min. Set to the side. You will use the chicken broth later in the recipe.



You can make your cornbread while the chicken is cooking!

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Ingredients

- 1 ¼ c. Cornmeal
- 1 ¼ c. All purposes flour
- 2 tbsp. baking powder
- ¼ c. sugar
- 1 tsp salt
- 2 eggs, beaten
- ¼ c. vegetable oil
- Enough milk to moisten, about 1 c.

• Instructions

Preheat oven to 400. Pre-grease 13x9 baking pan. Combine dry ingredients in large mixing bowl. Mix together. Add eggs. Stir just until mixed. Incorporate milk slowly while stirring to prevent lumps.

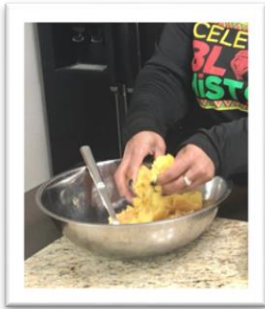


Pour mix into greased baking pan. Bake 35-40 minutes until golden brown. Set to the side

Ingredients

- ½ yellow onion, diced
- ½ green bell pepper, diced
- ¾ tbsp. sage
- 1 tsp. poultry seasonings
- 1 tsp. celery salt
- 1 egg
- Salt and pepper to taste

Break cornbread up into large mixing bowl. Add onion, bell pepper. Mix together. Sprinkle sage, poultry seasoning, and celery salt evenly over the cornbread mixture. Mix well.



Add in enough chicken broth just to moisten the cornbread mixture. Mix well making sure all the cornbread is broken up. Taste it for seasoning. Add salt and pepper as needed. Mix in the egg just to bind it together.



Pour the dressing into a pre-greased 13x9 baking dish. I like to use a lasagna pan because it is deep. Add chicken pieces on top of the dressing. Put 5-7 pats of butter scattered across the top of the chicken. Bake at 400 until golden brown and a butter knife inserted into the center comes out clean



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Southern Style Buttermilk Biscuits

For a taste of homemade comfort, bake these buttery, flaky biscuits. Good enough to eat on their own or to accompany a meal.

Prep Time:	Cook Time:	Servings:
30 minutes	20-25 minutes	10



Ingredients

- 7 cups all-purpose flour
- 3 tbsp. baking powder
- ½ tsp salt
- 1 and 1/4 cups sugar
- 5 and 1/2 cups of buttermilk
- 3 cooking spoons of shortening

Instructions

1. Preheat the oven to 320°F and line a baking sheet with parchment paper.
2. Sift together the dry ingredients in a mixing bowl.
3. Blend the shortening into the dry ingredients using a pastry blender or by hand. Blend or cut until it becomes crumbly and resembles peas.
4. Mix in 5 cups cold buttermilk, just until the crumbs are thoroughly moistened. Add up to 1/4 cup additional buttermilk, if needed. The dough shouldn't be overly wet but, slightly sticky.
5. Roll or pat out on a lightly floured surface about 1-1 1/2 inch thick. Cut into rounds using a 2-inch cookie cutter dipped in flour. Cut the dough, then lift the cookie cutter up.
6. Place biscuits 1 inch apart on the baking sheet. Combine the excess dough together and lay out into a flat circle to cut out more biscuits. Brush the tops with melted butter or heavy cream. Bake at 320°F for 20-25 minutes until lightly golden and puffed.
7. Brush with melted butter after removing from the oven. Serve immediately, and enjoy