

## MLK Day Recipes

### Fresh Peach Cobbler

#### Ingredients:

8 fresh peaches, peeled, pitted, and sliced into thin wedges

¼ cup white sugar

¼ cup brown sugar

¼ teaspoon ground cinnamon

⅛ teaspoon ground nutmeg

1 teaspoon fresh lemon juice

2 teaspoons cornstarch

1 cup all-purpose flour

¼ cup white sugar

¼ cup brown sugar

1 teaspoon baking powder

½ teaspoon salt

6 tablespoons unsalted butter, chilled and cut into small pieces

¼ cup boiling water



#### Directions:

Preheat oven to 425°F.

In a large bowl, combine peaches, ¼ cup white sugar, ¼ cup brown sugar, ¼ teaspoon cinnamon, nutmeg, lemon juice, and cornstarch. Toss to coat evenly and pour into a 2-quart baking dish. Bake in preheated oven for 10 minutes.

Meanwhile, in a large bowl, combine flour, ¼ cup white sugar, ¼ cup brown sugar, baking powder, and salt. Blend in butter with a pastry blender until mixture resembles coarse meal. Stir in water until just combined.

Remove peaches from oven and drop spoonfuls of topping over them. Sprinkle entire cobbler with a mixture of 3 tablespoons sugar and 1 tablespoon cinnamon. Bake until topping is golden, about 30 minutes.

## Southern Smothered Steak

### Ingredients:

1 teaspoon salt  
½ teaspoon black pepper  
½ teaspoon garlic powder  
1 teaspoon onion powder  
4 pieces cube steaks (tenderized)  
1 cup flour  
½ cup oil  
2 cups water  
1 beef bouillon cube  
1 large yellow onion, sliced in rings



### Directions:

In small bowl, mix 4 seasonings.

Sprinkle seasoning mix on the front and back side of each steak piece and rub deep into grooves of steak.

Heat oil to medium high in skillet (cast iron is best).

Place flour on a large plate. Dredge each piece of steak in flour. Re-dredge in flour again and place carefully in hot oil for 1 minute and then lower heat to medium. Fry steak 4-5 minutes on each side. Remove and drain on a separate plate.

Remove all but 2-3 tablespoons of oil. Over medium high heat, sprinkle with 3 tablespoons flour, whisking until well mixed and roux browns. Add water and bouillon cube. Mix until gravy begins to thicken slightly.

Place steak back in gravy and spread onion rings over the tops. Cover and simmer 30-40 minutes.

## Quilly

### Ingredients:

1 tablespoon gelatin  
 ¼ cup cold water  
 ¼ cup boiling water  
 1 cup sugar  
 1 pint heavy cream, whipped  
 ¼ pound chopped almonds  
 6 stale coconut macaroons, crumbled  
 1 dozen marshmallows  
 1 can fruit salad, well drained  
 1 teaspoon vanilla extract



### Directions:

Soak 1 tablespoon gelatin in ¼ cup cold water for 5 minutes. Then dissolve in ¼ cup boiling water.

Add 1 cup sugar. When mixture is cool, add whipped heavy cream, chopped almonds, macaroon crumbles, marshmallows, and fruit salad.

Flavor with vanilla extract. Pour into a quart mold that has been rinsed in cold water.

## Pickled Eggs

### Ingredients:

2 cans (15 ounces each) whole beets  
 12 hard-boiled large eggs, peeled  
 1 cup sugar  
 1 cup water  
 1 cup cider vinegar



**Directions:**

Drain beets, reserving 1 cup juice. Place beets and eggs in a 2-quart glass jar.

In a small saucepan, bring the sugar, water, vinegar, and reserved beet juice to a boil. Pour over beets and eggs; cool.

Cover tightly and refrigerate for at least 24 hours before serving.

**Southern Baked Macaroni and Cheese****Ingredients:**

16 ounces elbow macaroni, uncooked  
8 ounces sharp cheddar cheese, shredded  
8 ounces jack cheese, shredded  
8 ounces part-skim mozzarella cheese, shredded  
8 ounces American cheese, cubed  
4 ounces cream cheese, cubed  
1 cup half and half  
1 cup heavy cream  
Salt and black pepper, to taste  
½ teaspoon smoked paprika  
1 teaspoon garlic powder  
1 teaspoon onion powder  
¼ teaspoon mustard powder  
2 large eggs

**Directions:**

Preheat oven to 350°F. Butter an 8 x 11 baking dish and set aside.

Fill a large stockpot halfway with water, add a large pinch of salt, and bring to a boil. Add elbow macaroni and cook until just under al dente, according to package directions. Once just under al dente, drain the pasta.

While the pasta boils, use a wooden spoon to mix the half and half, heavy cream, half of the cheddar cheese, half of the jack cheese, all the mozzarella cheese, all the American cheese, and all the cream cheese in a large mixing bowl.

Add smoked paprika, garlic powder, onion powder, mustard powder, and some salt and pepper. Stir well and then mix in the eggs until well incorporated. Add the drained macaroni pasta and the milk-cheese-egg mixture into the prepared baking dish, stirring to make sure the cheese mixture is well distributed throughout the macaroni.

Top the macaroni evenly with the rest of the cheddar cheese and jack cheese. Sprinkle with a little more smoked paprika.

Bake the pan for 35 minutes or until the macaroni and cheese is bubbly and the cheese is nicely browned.

Let the macaroni and cheese cool for about 10 minutes or until just cool enough to serve.