

Pecan Pie Ice Cream

Yield: 1/2 gallon ice cream

1/2 cup butter
1 cup sugar
1 cup light corn syrup

4 eggs
1 teaspoon vanilla extract
1/4 teaspoon salt

2 1/2 cups chopped pecans
1 quart Vanilla Ice Cream*

Preheat oven to 350°. Grease a 10-inch pie plate. In a medium mixing bowl, cream butter and sugar. Add corn syrup. Add eggs one at a time, mixing well after each addition. Add extract and salt. Stir in pecans. Pour mixture into pie plate. Bake for 35-40 minutes. Remove from oven and cool completely. Divide pie into thirds. In a 2-quart freezer container, layer Vanilla Ice Cream and pie filling, beginning and ending with ice cream. Cover freezer container and place in freezer overnight.

* VANILLA ICE CREAM

4 egg yolks
1 cup sugar

2 cups half and half, scalded
1 tablespoon vanilla extract

2 cups whipping cream

In top of double boiler, beat egg yolks until thick and lemon-colored. Beat sugar into egg yolks. Gradually stir in scalded half and half, stirring constantly. Place top of double boiler over simmering water. Cook custard mixture, stirring constantly, until custard coats spoon. Remove from heat. Chill custard in refrigerator. Pour chilled custard into 2-quart ice cream freezer canister. Stir in vanilla and whipping cream. Freeze according to manufacturer's instructions.

Peach Pound Cake

Yield: 1 10" cake

1/2 cup butter
1/2 cup vegetable shortening
3 cups sugar
6 eggs

1 cup milk
3 3/4 cups all-purpose flour
1/2 teaspoon baking powder
1 teaspoon almond extract

1 (10-ounce) package unsweetened, frozen peaches; thawed and diced

Preheat oven to 350°. Grease and flour 10-inch tube pan. Set aside. In large mixer bowl, cream butter, shortening, and sugar. Add eggs one at a time, mixing well after each addition. Stir flour and baking powder together. Add milk and flour, alternating, beginning and ending with milk. Add extract. Fold in peaches. Pour into tube pan. Bake for 1 hour 30 minutes or until cake tester inserted in center comes out clean. Cool completely in pan. Remove from pan and place on cake plate. Frost top and sides with Cream Cheese Frosting*.

* CREAM CHEESE FROSTING

3 (3-ounce) packages cream cheese, softened

4 tablespoons butter
1/2 teaspoon almond extract

1 (1-pound) box powdered sugar
1 tablespoon milk

In a large mixer bowl, cream together cheese and butter. Add extract. Gradually beat in sugar. Add milk. Continue beating until light and fluffy.

Chilly Lemon Pie

Yield: 8 Servings

3 egg yolks
3 10-ounce cans sweetened condensed milk
1/2 cup fresh lemon juice

1/2 teaspoon lemon extract
6 drops yellow food coloring
1 9-inch graham cracker pie shell

1 8-ounce container whipped topping

Preheat oven to 350° F. Combine egg yolks, condensed milk, lemon juice and lemon extract; blend until smooth. Add food coloring and stir until well mixed. Pour into pie shell and bake for 10 minutes. Spread with whipped topping; sprinkle with Coconut Topping. Cover; freeze. Serve frozen. (Can be served at room temperature if preferred)

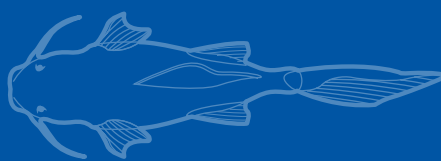
* COCONUT TOPPING

1 cup fresh grated coconut
1 tablespoon fresh grated lemon zest

2 tablespoons sugar

2 tablespoons fresh lemon juice

Preheat oven to 350° F. Combine above ingredients. Spread on baking sheet and bake until toasted brown, stirring occasionally; set aside and cool.



A Collection of Traditional Southern Recipes

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Authentic Southern recipes require certain, traditional ingredients. Many times, the basis for such recipes centers on the egg. So often, in fact, eggs have been called “the cement that holds the castle of cuisine together.”

Eggs can bind, leaven, thicken, emulsify, coat or glaze, clarify, flavor, and retard crystallization. Thanks to this versatility, the egg is perhaps the most important ingredient of all.

Eggs are easy to use, and when you combine them with such mouth-watering ingredients as pecans, peaches, squash, catfish, and chicken, you’ve got recipes that are real “Southern Delicacies.” Naturally, for the best results, you must use **Good Eggs From Georgia!**

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Fried Catfish With Baked Cheese Grits

Yield: 6-8 servings

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| 2 cups vegetable oil | 4 tablespoons Italian seasoning | 2 pounds fresh catfish filets,
cut into 4-inch pieces |
| 3 eggs | 1 teaspoon black pepper | |
| 1/4 cup milk | 1 teaspoon dry mustard | |
| 1 (10-ounce) box all-purpose
cracker meal mix | 1 teaspoon ground
cayenne pepper | |

Preheat oil in electric skillet to 325°. In a pie plate, beat together eggs and milk. In another pie plate, mix together cracker meal and seasonings. Dip catfish filets in egg batter. Dredge dipped filets with cracker meal mix, coating evenly on both sides. Fry filets in preheated oil, turning once, until golden brown and fish flakes with a fork. Drain on paper towels. Serve with Baked Cheese Grits*.

*BAKED CHEESE GRITS

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| Vegetable coating spray | 2 tablespoons butter | 1 cup shredded, sharp Cheddar cheese |
| 3 cups hot, cooked grits | 4 eggs, beaten | 1/2 cup milk |

Preheat oven to 350°. Spray 2-quart casserole with vegetable coating spray. Set aside. Pour grits into medium mixing bowl. Stir in butter until melted. In another medium bowl, mix together eggs, cheese and milk. Beat egg mixture into hot grits until thoroughly combined. Pour into casserole. Bake for 45 minutes or until center is firm to touch. Serve immediately.

Chicken and Egg Pot Pie

Yield: 8 servings

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| 1 1/2 pounds raw chicken breast nuggets | 1 (4-ounce) can button mushrooms,
drained | 5 hard-cooked eggs, chop 4 and slice 1
for garnish |
| 2 (14 1/2-ounce) cans clear chicken broth | 1 (10-ounce) package frozen peas and
carrots, cooked according to package
directions, drained | 1 (17 1/4-ounce) package frozen
puff pastry sheets |
| 3/4 cup butter | | 1 egg beaten with 1 tablespoon water |
| 3/4 cup all-purpose flour | | |
| 1 teaspoon salt | | |
| 1/2 teaspoon white pepper | | |

Preheat oven to 350°. Grease a 9 x 12-inch baking dish. In a 4-quart saucepan, place chicken and broth. Place over high heat. Bring to a boil. Reduce heat to medium-high and cook until chicken is tender. Remove chicken from broth with slotted spoon and keep warm. Strain broth. Reserve 3 cups. Set aside. In the 4-quart saucepan over medium heat, melt butter. Add flour, stirring until butter-flour mixture is bubbling and foamy. Do not brown. With a wire whisk, gradually whisk in reserved broth. Cook, stirring until sauce is smooth and thick. Stir in salt and white pepper. Remove from heat. Fold in mushrooms, peas and carrots, and eggs. Pour mixture into casserole. Set aside.

Remove one sheet of puff pastry from inner wrapping and thaw at room temperature 20 minutes. Unfold pastry and place on lightly floured board. With floured rolling pin, roll to 14 x 11-inch rectangle. Carefully roll pastry sheet around rolling pin. Unroll pastry across top of casserole. Fold under excess pastry around edges to fit casserole, being careful not to stretch pastry. With the tines of fork, crimp edges of pastry sealing to casserole dish. With a sharp knife, cut six 1-inch slits in top of pastry to allow steam to escape while baking. Brush top of pastry with egg mixture, coating evenly. Bake for 35 minutes or until pastry is golden. Remove from oven. Garnish with sliced, hard-cooked egg. Serve immediately.

Squash Souffle

Yield: 8 servings

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| Vegetable coating spray | 2 tablespoons all-purpose flour | 3 eggs, beaten |
| 3 (10-ounce) package frozen, sliced
yellow squash | 1 cup milk | 1 cup shredded, sharp Cheddar cheese |
| 2 tablespoons butter | 1/4 teaspoon salt | 1 cup butter-flavored cracker crumbs |
| | 1/4 teaspoon white pepper | 1/4 cup sliced almonds |

Preheat oven to 350°. Spray a 1 3/4-quart deep casserole with vegetable coating spray. Set aside. Cook squash according to package directions. Drain well. Finely chop squash. Set aside. In a 10-inch skillet over medium heat, melt butter. Add flour and cook, stirring until butter-flour mixture is bubbling and foamy. Using a wire whisk, gradually blend in milk. Cook, stirring, until sauce is smooth and thick. Stir in salt and pepper. Stir eggs into white sauce. Remove from heat. Mixture will be lumpy. In a medium mixing bowl, combine squash, cheese and white sauce mixture. Pour into casserole. Bake for 25-30 minutes. Top souffle with cracker crumbs and almonds. Continue baking for 5 minutes. Souffle will be soft in center. Remove from oven and let stand 5 minutes before serving.