

Southern Living®

*home
cooking*

BASICS

**GREAT FOOD
MADE SIMPLE**

a complete illustrated guide
to Southern cooking

Take the guesswork out of great Southern food

With a backdrop of easy-to-follow, delicious Southern recipes, *Home Cooking Basics* presents the principles of traditional cooking in a visually stunning, photographic step-by-step fashion that's like having a cooking teacher at your side. Focused on the key cooking basics—the only ones you really need to know to enjoy a lifetime of great cooking and eating—but with an eye toward those special features that make a recipe or technique “uniquely Southern”.

Through easy-to-follow visual “how-to” images, *Southern Living* makes it easy to prepare fabulous entrees like Brunswick Stew, Mama's Fried Chicken, and Grilled Greek Snapper, or mouthwatering desserts like German Chocolate Pie, Lemon Coconut Cake, and a surprising No-Cook Ice Cream, just to name a few. Over 200 recipes are included that will keep family and friends coming back for more.



40 Years of Experience by Your Side

Learn to cook with skill and restraint and, best of all, impress your discriminating taste buds and your guests. The highly trusted editors and Test Kitchens of *Southern Living* have combined 40 years of experience to create this culinary “bible” that is sure to become essential to everyone's library. Get cooking!

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It is important to know chop from mince and slice from julienne, as these cuts are the action words of most recipes. Chopping and mincing require less precision than most cuts, but mastering them is equally important to the finished dish.

Chop (nuts) To cut food into small, irregular pieces with a chef's knife or cleaver. A food processor may also be "pulsed" to chop food. Cutting boards and sharp knives are crucial for speed and ease of manual chopping.

Cube (Cheddar) To cut into uniform pieces $\frac{1}{2}$ inch or larger on each side. Food that has been cut into cubes is generally larger than diced (see below).

Julienne (carrots) Food cut into thin matchstick-size strips ($\frac{1}{8} \times \frac{1}{8} \times 1\frac{1}{2}$ inches). Vegetables cut in this manner are often used in stir-fry recipes or as a garnish.

Baton (zucchini) A larger cut than julienne, batons are $\frac{1}{4}$ inch \times $1\frac{1}{2}$ -inch matchsticks and are used as a pretty cut for vegetables that need a uniform cut to cook evenly or for easy-to-pick-up vegetable sticks for snacking.

Dice (potatoes) To cut food with a knife into small ($\frac{1}{8}$ inch), medium ($\frac{1}{4}$ inch), or large ($\frac{1}{2}$ inch) cubes.



Mince (garlic) To very finely cut food into irregular pieces that are smaller than $\frac{1}{8}$ inch. Something that has been minced is cut into smaller pieces than something that has been chopped.

Diagonal sliced (green onions) Food that has been sliced on the bias or an angle into uniformly thick pieces. This cut is often used for garnishes and accents.

Slice (tomato) To cut across a piece of food with a knife to get uniformly thick pieces as with a loaf of bread or a tomato.

Lardon (bacon) A matchstick of fat or thick-cut rasher of bacon crisped for use in dishes or as a garnish.

Chiffonade (basil) Finely sliced or shredded herbs or leafy greens that are most often used as a garnish. This is done by stacking the leaves, rolling them like a cigar and slicing them crosswise.

Southern foodlore

Master these cuts and you can make your own "piccalilli" as cooked and seasoned vegetables were called when preserved in jars.

6 greens

Sweet-and-Tangy Braised Greens with Smoked Turkey

Prep: 15 min., **Cook:** 1 hr.

Yield: Makes 4 servings

- 1 (16-oz.) package fresh collard greens, stems removed
- 1 (0.75-lb.) smoked turkey leg
- 5 garlic cloves, chopped
- 2 tablespoons oil
- ½ cup cider vinegar
- ⅓ cup low-sodium chicken broth
- ½ teaspoon pepper
- 2 tablespoons maple syrup

1. Thoroughly wash greens. Pat dry with paper towels.
2. Remove skin and meat from turkey leg, discarding skin and bone. Coarsely chop meat.
3. Sauté chopped turkey and garlic in hot oil in a large skillet over medium-high heat 2 to 3 minutes. Add vinegar, chicken broth, and pepper; bring to a boil. Add greens, reduce heat to low, and simmer, stirring occasionally, 25 minutes. Stir in 2 Tbsp. maple syrup; simmer, stirring occasionally, 20 to 30 minutes or until greens are tender. Serve immediately.

how to: skillet-braise vegetables



1. After removing the skin and bone from the turkey leg, coarsely chop the meat.



2. Sauté the chopped turkey and garlic in oil over moderately high heat in a large skillet for a few minutes to soften before adding the liquid.

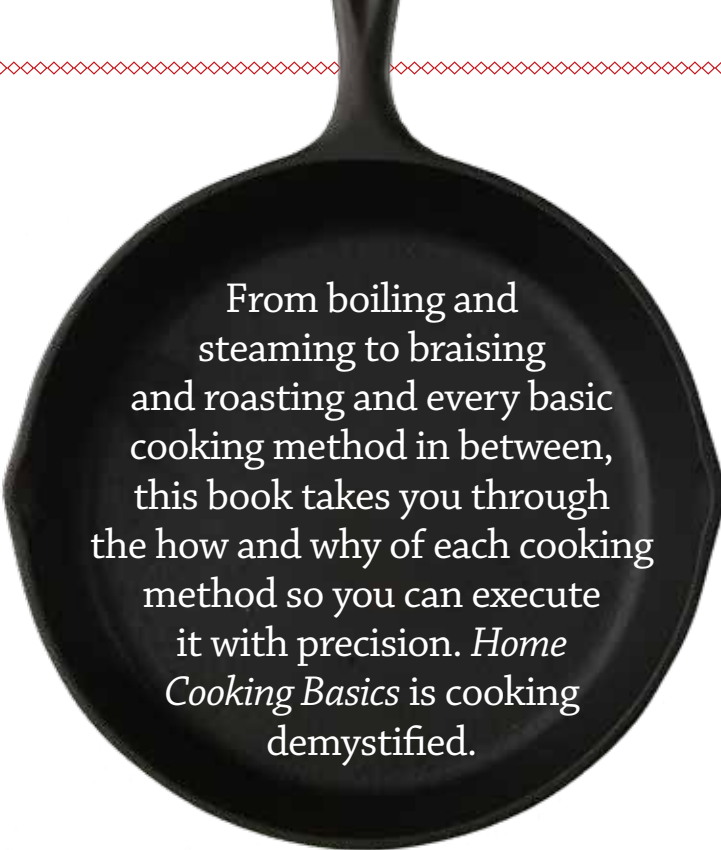


3. After 25 minutes of simmering over low heat, stir in the maple syrup for a touch of sweetness. Continue simmering about a half hour more.

kitchen tip:

Wrap greens, unwashed, in a clean, damp kitchen towel or damp paper towel, and place inside a loose plastic bag; refrigerate 3 to 5 days. Because most dark greens grow close to the ground and have sturdy, curly leaves, they collect large amounts of dirt and sand, so wash thoroughly before using.





From boiling and steaming to braising and roasting and every basic cooking method in between, this book takes you through the how and why of each cooking method so you can execute it with precision. *Home Cooking Basics* is cooking demystified.

Special Features

- **FIX IT:** Ways to correct your cooking mistakes
- **FAKE IT:** Timesaving tips that no one has to know about (or can tell)
- **KITCHEN TIPS:** Test Kitchen secrets for making recipes easier or better
- **MAKE IT LAST:** Focusing on ways to take care of cookware or store ingredients to extend their life
- **SOUTHERN FOODLORE:** Trivia about southern ingredients, methods, or the origin of a dish

Marketing plans

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