

Buttermilk Cornbread

- 1/4 c. veg. oil
- 1 1/2 c. yellow cornmeal
- 1/2 c. all-purpose flour
- 2 tsp. baking powder
- 1 tsp. sugar
- 1 tsp. salt
- 1/2 tsp. baking soda
- 1 1/2 c. buttermilk
- 2 large eggs

Preheat the oven to 450 degrees. Put the oil in the skillet for about 5 minutes to heat it. Mix all the dry ingredients together. Mix the wet ingredients together and add to the dry. Then stir the hot oil into the batter, pour into pan, and bake for approximately 18 - 25 minutes. It's ready when a thin-blade knife inserted into the center comes out clean.

Chicken-fried Tofu & Gravy

- 1 lb. extra-firm tofu
- 3 tbl. toasted sesame oil
- 1/4 c. tamari or soy sauce
- 3 tbl. nutritional yeast
- 3 tbl. sesame seeds
- 1/4 c. vegetable oil

Slice the block of tofu into 1/4 inch pieces. Heat the oil in a large skillet. When you're ready to fry, sprinkle the nutritional yeast on a plate. Dredge the slices on both sides. Place gently in the hot oil, add sesame seeds and tamari. Fry until brown on both sides, about 15 minutes.

Gravy

After the tofu is removed from the skillet, add 2 tbl. of flour and remaining nutritional yeast leftover from dredging. If necessary, add enough oil to make a loose paste with the flour. Cook one minute, then add about a cup of milk (unsweetened soy milk may be used). Whisk to smooth. Add soy or salt and pepper to taste. Gravy should be thick enough to coat the back of a spoon.

Greens

- 1 bunch greens
can be collard, kale, chard,
turnip, beet greens, mustard,
or your favorite
- 2 tbl. tamari
- 2 tbl. red wine vinegar or
juice of one lemon
salt and pepper to taste
- 2 tsp. oil

Cut the stems off the greens and wash the leaves really well. You don't want them to be gritty. Don't worry about draining the leaves. Put the greens on a cutting board and slice them lengthwise a couple of times, then cut across them about every 2 inches.

Put about 1 cup of water in a pot and let it come to a boil. Put the greens into the pot. You may have to do this in batches as the greens will take up a lot of room until they cook down. Don't be shy; smash them down with a big spoon if you have to get them in. Cover and simmer about 15 minutes, longer if you prefer them cooked down softer. Halfway through cooking, add tamari. Stir occasionally.

The juice that is leftover from cooking is called "potlikker" and is a true delicacy. Heap the greens in a serving bowl, and drizzle lemon or vinegar over the top. Two or three pieces of cornbread of a must to use for sopping up the potlikker.

