

*Collard Greens Notebook  
Our Private Collection of Collard Greens  
Recipes, Cornbread  
Recipes, And  
Useful Notes*

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## *Greetings*

We are glad you are enjoying our little private collection of some of the best food we have ever put in our mouths. In our “Collard Greens Notebook” we are including some notes and recipes from behind the scene.

We hope you enjoy your copy of this collection!

If you have any questions about anything in this book or one of our big cookbooks – [The Collard Patch](#) or [Flavored with Love](#) – let us hear from you. E-mail us at [GCG@CollardLovers.com](mailto:GCG@CollardLovers.com).

Send us your favorite recipes. Tell us about the way you like to cook. We love to hear from you.



*Crawfish Tortellini Salad*  
P. 144 in [The Collard Patch](#)

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## Notes from Our Cookbook Lagniappe

(Lagniappe is a small gift by way of good will. This south Louisiana French term is pronounced “lanYAP”.)

### *How a Pickup Truck Full of Collards Started a Collard Cookbook Craze*

Two years ago we (Paul and Mary) stopped by the Laurel, MS, home of Ruth and Bill Ishee (Mary’s sister and brother-in-law) to deliver a few boxes of *Flavored with Love*. We moved the greens from our car, and they filled the bed of a small pickup truck.

“What are we going to do with all these collards?” I said. I did not realize what a treasure Bill was sharing with us.

Paul said, “Cook them. Wash and freeze them.”

“Do you know how much work that is?”

“I’ll do it,” Paul said with *absolutely no idea* what he had signed on to do.

With two freezers stuffed with collards, we had to find some ways to cook them. We started looking online and in recipe books for ways to cook collards.

We discovered that “collard greens” has 900,000 Google entries. After a diligent search, we found not one cookbook devoted to collards.

### *A Star Is Born . . . .*

We soon discovered some wonderful recipes, but most of them needed a little more spice to appeal to our Louisiana-Texas Spicemouths™.

We fell in love with collards for their tangy, biting taste. We had to eat them every meal, including breakfast. We couldn’t resist them.

We fell in love with collards for their nutritional value as well as their taste. They are low-calorie, high-fiber, anti-oxidants.

We love the thick leaves that are almost as blue as they are green.

By the time we finished eating Ruth and Bill’s collards, we were buying collards from trucks, planting them in the garden, buying frozen collards, and buying collards in the supermarket. Then we discovered fresh collards pre-washed and chopped.

### *A Cookbook Matures . . .*

As experienced test-kitchen cooks, we went to work doing serious recipe development. For almost two years we cooked, tested, and tasted until we developed *The Collard Patch*.

We knew the book would not be complete without cornbread and special collard fixings. We cooked and tested those too.

Sometimes we use small amounts of collards the way we would normally use herbs or spices in recipes. The collards intensify flavors.

Collards blended to a liquid state adds an intriguingly delicious intensity to the taste of chocolate. Amazing!

### *Celebrity Cooks*

Yvette, Freeman, famous star of the long-running television series *E. R.*, shared one of her recipes for collards.

Willie Crawford, internationally known cook and marketer, shared his favorite collard greens recipe with us: the one which happens to be the world's most famous collard greens recipe.

So did a number of recognized chefs, prize-winning cooks, family members, and friends – all superb cooks! *The Collard Patch* also has authentic recipes for wonderful cornbread.

### *Food Facts*

Research was an integral part of our collard process.

As we worked, we assembled a useful body of information, which we have shared in the cookbook.

### *Stories*

As we cooked, Paul told me poignant, action-filled stories of his youth growing up in Collard Country, better known as Burleson, TX. “You have to write that down,” I told him. We are sharing “Growing Up in Collard Country” with you in *The Collard Patch*.

### *Spreading the Collard News*

We have now published our beautiful book with its 288 big pages containing 214 recipes. It features the most popular collard greens recipe in the world! And it is the world's finest collard greens cookbook!

We are cooking collards on television, scheduling book signings, blogging at <http://CollardPatch.blogspot.com/>, and telling more about the book, *The Collard Patch*.

### *Affiliate Program*

Many of our friends have told us they would like to buy the book in bulk at a discount—you can buy one or one thousand. Others have said they would love to sell the cookbook to their friends and others by email or on their web sites. To satisfy these requests, we have an affiliate program.

Let us know if you are interested. It costs nothing and is a great way to get a discount or make some money. We will assign you an affiliate number and give you some code you can use in your e-mail or on your website.

When customers (including you) click on your link on your website or your blog (web log)\*, the link will take them to our site. You can also send people from your e-mails by putting the code we will give you in your emails. When people click on the link in your email or go from your site to our site and order our cookbook, we'll collect the money, mail the cookbook, and send you a check for your commission.

You will never have to ship the books. Although you are welcome to write some words about why you would like to sell the book, you do not need to do that. Simply copy-paste the code we supply.

\*You don't have own a website to be an affiliate. Starting a blog takes about five minutes and does not require advanced skills. Sending an email with our link in it is even quicker.

Write us at [GCG@CollardLovers.com](mailto:GCG@CollardLovers.com) for more details.

### *Collard Notes*

Tender collards are delicious raw. Use them in wraps with sliced ham, beef, turkey, and chicken. Pick collard leaves from your flowerbed and place them in your sandwich.

If your collards are too chewy, wilt them a few seconds in the microwave either loose or wrapped in moistened paper towels.

To give greens more intense color, cooks sometimes dip them in boiling water and then place them in ice water.

I try to avoid any process that involves washing heated collards and discarding the water. I don't enjoy watching good nutrition being washed down the drain.

The following section is a brief explanation of preparing collard leaves. A more detailed explanation with photographs is on page 15.

### *Preparation of Collard Leaves*

Preparing the leaves begins with cutting or stripping the center stems from the leaves. The stems are usually too tough to be included and should be discarded.

The leaves can be left whole without the stems for use in wraps, rolls, etc., or chopped. The leaves, now without stems, can be rolled from one side to the other forming a tight roll that is the easiest way to chop collards. Begin by slicing the roll in half lengthwise. Then, the halves can be chopped from one end to the other with good results.

You can place collards in a wrap with flour tortillas.

Select some tender baby collard leaves, wash them, and remove the stems.

- Drain them on a paper towel.
- Layer a large tortilla with a single layer of collard leaves.
- Add your favorite sandwich makings or filling.
- If you prefer, use wilted collard leaves on each tortilla:
- To wilt collard leaves in water: Remove the thickest part of the stem from large washed collard green leaves. Place the leaves into a pot of boiling water and blanch for 3-4 minutes. Remove, dry and flatten leaves on a paper towel.
- To wilt collard leaves in microwave oven: Heat the collards to wilt them in the microwave 20-30 seconds at a high setting and allow them to cool.

### *Snip Your Salad*

Locating organic collards, which are more tender, can be difficult. Specialty grocery stores and health food stores in cities are possible sources of organic collards.

Mixed baby green leaves make a fresh tasting spring salad — a gourmet delight. These salads with their intriguing tiny leaves of varying shapes, textures, and colors have been popular in Europe for years; and they are becoming more popular in the United States.

While these little-leaf salads take us on a tantalizing taste adventure, they supply us with the nutrition our bodies require. We all know that research over the years has been leaning more and more toward a diet rich in vegetables. We have heard that raw vegetables are better than cooked ones. We know we need the vitamins and minerals to maintain our health.

As a matter of fact, green leaves—especially dark green leaves such as collards—provide antioxidants, such as beta-carotene, vitamin E, and vitamin C. Collards are known for their rich supply of vitamin A, vitamin K, and minerals.

The supermarket prices for mixed baby greens sometimes cause us to consider the salads we crave something we can enjoy only on special occasions.

Actually gourmet greens are easy to grow. A flowerbed can be turned into a salad resource with little effort. Or you can grow salad greens in flowerpots.

Flats of mixed baby green are gaining in popularity. Simply prepare some soil in a flat container purchased at a plant nursery. Ask a knowledgeable person in the nursery to help you select fertilizer, soil, and a container. (Here is your chance to grow an organic salad.) Follow the directions – be sure to plant the seeds shallow as recommended.

Plant the flat thickly with seeds. Include a mix of greens that will yield a variety of colors, shapes, textures, and tastes. Collards with their blue tinge and intense flavor are a beautiful addition to mixed green salads.

The leaves will be ready to eat within a few days. When you want a fresh salad, snip the tender baby leaves, wash them, and add salad dressing. More leaves will grow from the same plants, if you don't pull them out by the roots. Your flat should provide gourmet salads for at least a month.

Nothing destroys the glory of fresh salad more than gritty dirt. Wash the greens well to remove the soil. After washing dry the salad leaves to avoid a limp salad. Either pat the greens dry or spin them in a salad spinner.

When you wash collards, try soaking them a few minutes in salty water to loosen the dirt and any bugs lurking on the backs of the leaves.

The salad dressing below is really good with collards. Marinate finely chopped collards in it or simply pour it onto your salad.

### *Scrumptious Dressing*

#### **Ingredients**

1 cup olive oil  
1 teaspoon salt-free Creole seasoning  
½ cup red wine vinegar  
¼ cup lemon juice  
1 tablespoon spicy mustard  
1 teaspoon Splenda®  
¼ teaspoon crushed red pepper  
½ teaspoon freshly ground black pepper  
Salt substitute to taste  
1 tablespoon minced garlic  
1 teaspoon cumin  
1 tablespoon fresh parsley, chopped  
1 tablespoon fresh basil, chopped  
2 teaspoons celery seed

#### **Preparation**

Mix all the ingredients in the blender.

## Collard Fruit Salad



*Here is a tasty salad using the Scrumptious Dressing. We like to make it resemble a flower.*

### Ingredients

For each individual salad:

- Scrumptious Dressing as needed
- 1 big collard leaf
- ½ cup chopped collards
- 3 frozen peach slices, thawed partially
- 6 fresh strawberries
- 1 tablespoon dried blueberries

### Preparation

- Remove the stems from the collards. Place the whole leaves – one for each salad into a large plastic bag.
- Chop the collards for the salad. Place them inside another plastic bag.
- Coat the chopped collards with salad dressing. Marinate them in the refrigerator for 4 or more hours.
- Arrange salad on bowls or plates. Put a collard leaf on the bottom, make a little nest of the chopped collards, and arrange the fruit on top.

### Utensils

Use a sharp knife and large cutting board to prepare the collards and strawberries, some plastic bags, and some open bowls or salad plates.

### Tips about Chopping Collards

Work with clean dry leaves. Fold each collard leaf along the spine. With a sharp knife on a cutting board, slice the spine out of the leaf. Be careful no to let the collard leaf break into two pieces.

To chop collards, roll the leaf (after the spine is removed) into cigar-shaped rolls. Cut them in tiny slices. If you are using them in salads, cut through each little circle to make short pieces.



*The collard leaf in this picture has been blanched. It is not necessary to blanch collards that will be marinated.*

### More Ideas

- Pour some of the Scrumptious Dressing into a skillet, add your collards, and stir-fry them a few minutes.
- A little pepper sauce (sometimes called “pepper vinegar”) tossed in would be good.
- Top the collards with some smoked cheese.
- Another tasty topping is pickled beets.

### *How My Food Became Flavored with Love*

The year was 2002. Having spent my life as a wife, a mother, a teacher, and an RN, I was suddenly alone for the first time in my life. Recognizing the need to be happy in the life on earth that God gave me, I began looking for a happy and productive new way to spend my time.

In June I went to the Gregg family reunion. That room in Summerland, MS, contained more sumptuous food than I had tried to taste in years. I thought, “I’d love to write a recipe book and preserve the way my family cooks.”

As the afternoon passed, we Greggs took turns going to the microphone and telling tall tales. A rush of emotions flowed over me as I remembered events, heard them from other points of view, and learned about new occurrences. I thought, “I’d love to write a book preserving some of the stories about and by my family members.”

Then I decided to use the two ideas at the same time. After a few weeks, I started thinking about the wonderful way my mother-in-law has always cooked. Also I remembered the way my mother’s family cooked delightful old-fashioned dishes. My son-in-law and his family cook south Louisiana food and Italian food. They wanted to help me by giving me some of their treasures. Soon the book evolved into a book about *all* my family as I perceived it.

After the death of my husband, some of my friends became as close to me as family. The book expanded to include their recipes and stories too. As a result the book gained its subtitle, “Mary Lou’s Family and Friends Can Cook.”

The completed book still needed a primary title. As I thought about the theme, I realized that the thread joining the varied fabrics of the story cookbook I had come to treasure was love.

While I was having lunch in an Indian restaurant in Baton Rouge, LA, with Christie and Mike, my precious daughter and son-in-law, Mike said, “Name it ‘Flavored with Love.’”

Not long after I published *Flavored with Love, Mary Lou’s Family and Friends Can Cook*, I met Paul Elliott, a highly respected marketer, author, and retired physician. He said, “Girl, do you realize that you have a book that you need to share with all the cookbook collectors, all the eaters, all the cooks, all the inspirational story readers?” The third edition has stories and recipes about and by his family and friends . . .

*Mary Lou*

*More of the story:*

*As people throughout the United States are developing a love for Louisiana food, where do they get their recipes?*

*The following is a news article that appeared in the media:*

After Hurricanes Katrina and Rita, a wave of desire for the Louisiana food experience swept across the country with the Louisianans. People began wanting to eat more Cajun food, to collect more Louisiana recipes, and to read more of the lore of Louisiana.

Ruston resident, Mary Cheatham, an RN, novelist, and teacher, using the pen name of Jane Riley, wrote the story cookbook reader, entitled *Flavored with Love, Mary Lou's Family and Friends Can Cook*, in 2002. This book is full of heart-warming stories and yummy recipes about and by her relatives and friends who live mostly in Mississippi, Louisiana, and Texas.

After Katrina and Rita hit the region, people buying and reading *Flavored with Love, Second Edition*, begged for more south Louisiana food and experiences.

To meet these requests she interviewed cooks with knowledge of authentic Cajun and Creole food in Louisiana towns such as Grammercy and Donaldsonville to add to the book. She persuaded some of the leading Louisiana restaurateurs to share their tastiest recipes in *Flavored with Love*. She interviewed south Louisiana people and captured their words the way they spoke them.

*Flavored with Love, Third Edition*, contains New Orleans influenced cuisine, Mississippi comfort food, and spicy Texas dishes. It introduces a new style of intermingled cooking—La Cuisine Texianne®.

Many of the recipes are for the best old stuff that is difficult to find these days. Other recipes explain methods of cooking light food with an accelerated sense of taste. With this book you can serve an authentic Louisiana meal that you prepared without difficulty and fill your house with the distinctive odors of Creole and Cajun food. There is no equal!

*Flavored with Love, Third Edition*, contains over 300 recipes. There are 320 pages in the third edition with more than 60 new recipes not found in the previous versions. The recipes are in big easy-to-read print so it is possible to place the book on the counter and read it while cooking without smearing it with fingerprints. The book has a lay flat binding, which also helps the book stay open on the counter-top.

With its big 8½ x 11" pages and clever cover, it is pretty enough to place on the living room coffee table. Humorous and poignant stories mixed with the recipes are well loved by all who read them. The stories warm hearts while the food satisfies taste buds.

More information about *Flavored with Love* can be found at the web site <http://www.FWLCookbook.com/>

## *Romaine and Collard Salad*

### *Salad Dressing:*

This quick and easy dressing makes approximately 4 servings.

#### **Ingredients**

½ cup lime juice  
½ cup extra virgin olive oil  
3 tablespoons sugar or sugar substitute  
1 teaspoon minced garlic  
Dash salt  
Dash ground red pepper  
Dash black pepper  
2 teaspoons celery seed



#### **Preparation**

- Mix all the ingredients except the celery seed in the blender.
- Pour the ingredients in a jar.
- Add the celery seed and shake.
- Before serving, shake the dressing.

### *Salad:*

#### **Ingredients**

Hearts of Romaine  
Baby collard leaves from the flowerbed  
Sliced mushrooms  
Sliced boiled eggs  
Crumbled feta cheese  
Walnuts  
Crumbled bacon

#### **Preparation**

- In each salad bowl arrange the ingredients.
- Allow each person to pour salad dressing over his or her own salad.

#### **Utensils**

You will need a blender, of course. We like shallow salad bowls with wide lips.

## Yum Salad

When you begin eating salads with a variety of greens, you will find iceberg lettuce boring. Here is another variation of collard salad.

### Ingredients

4 cups baby collard leaves  
½ cup thinly sliced baby carrots  
¼ cup finely chopped onions  
½ cup grape tomatoes  
½ cup sliced mushrooms  
¼ cup extra virgin olive oil  
1 tablespoon lemon juice  
1 tablespoon red wine vinegar  
1 tablespoon sugar or Splenda®  
Dash salt or salt substitute  
Dash freshly ground black pepper  
Dash crushed red pepper  
1 teaspoon minced garlic  
½ cup blue cheese  
¼ cup toasted pecans

### Preparation

- Go out to the yard or your collard patch and snip or break off some baby collards -- about 4 cups. Soak them in salty water a few minutes to make washing easier. Then wash them 3 or 4 times. Spin them in a salad spinner or shake the water out in a colander with a plate on top.
- Toss the collards, carrots, onions, grape tomatoes, and mushrooms in a bowl.
- Make the dressing: Blend the olive oil, juice, vinegar, Splenda®, salt, peppers, and garlic.
- Toss the dressing into the salad and top it with the cheese and nuts.

## Stirrin' It Up

Chef John Folse featured us (Paul Elliott and Mary Lou Cheatham) on his weekly radio program, *Stirrin' It Up*, November 2, 1006. He gave us a jar of his original pear apple chutney made from wild apples and pears. Also he treated us with his authentic Bulgarian style yogurt.

Weekly co-host Chef Louis Jesowshek goes through the process of cooking recipes by discussing them. He chose our recipe, Collard Greens Gumbo, to discuss – or actually dramatize. By the time he finished we were drooling. Chef Folse loved it. That recipe is on p. 181 of [The Collard Patch](#). Listen to *Stirrin' It Up with Chef John Folse*.

## Tuna Spread

*Explanation:* Our tuna spread is one of our favorite fillers in collard wraps. Here is the recipe, which will be used in the explanation of the wraps.

### Ingredients

3 cans tuna, drained water-packed  
3 eggs, boiled and chopped  
1 tablespoon grated onion  
2 teaspoons minced garlic  
½ cup chopped red bell pepper  
1 tablespoon chopped pickled ginger  
3 tablespoons chopped bread and butter pickles  
½ cup finely chopped mushrooms  
1 tablespoon chopped fresh parsley  
1 teaspoon Tone's® Salmon And Seafood Seasoning  
½ cup toasted pine nuts  
½ cup raisins  
½ cup light mayonnaise  
2 tablespoons lime juice  
1 tablespoon sweet and spicy mustard  
2 teaspoons celery seed  
2 tablespoons orange marmalade  
¼ teaspoon salt (or salt to taste)  
2 teaspoons fennel seeds

### Preparation

- Mix
- Chill

### Utensils

You will need your chopping equipment and a bowl. (It does not really matter whether you grate or chop boiled eggs.)

*Suggestion:* Feel free to select your own ingredients. These are the ones we like.

## Wraps with Collard Greens

### Ingredients

Collard Greens

Flour tortillas (12" is preferred)

Tuna spread (Use any spread you like, or use meat and cheese.)

### Preparing the Wraps

*Begin* with thoroughly washed collard leaves.

#### Two methods to wilt the leaves:

Dip them into a shallow pan of boiling water for approximately 15 seconds and drain them on paper towels

OR

Wrap them in damp paper towels and microwave them 15 seconds or longer if they need it.

*Second step:* Fold the wilted leaves and cut the stem out. Try not to let the leaf fall into two pieces.



*Tortillas* are sometimes sticky. Warm the tortillas in the microwave 15 – 30 seconds, depending on the size of the package.

Warming makes them more pliable – easier to separate and roll.

Carefully separate the tortillas. (Tactic for separating the tortillas: work a sheet of waxed paper between them.)

*Cover* the tortilla with a collard leaf as shown. The 12" size is the right size to go under a collard leaf.

The *third picture* makes us drool! Spread a generous amount of the spread in a row on one end of the collard leaf and tortilla.

Too much spread will squoosh out the bottom. You have two choices:

- Make the wrap neat and skinny. You may need to eat two of them!
- Make the wrap big and eat one.

A layer of Swiss, cheddar, or Romano cheese could be placed along the top of the spread. Or if you are a spicemouth, you may want to add some jalapeño slices.



*Wrap* it tightly and carefully. Start at the side that has the filling on it. To reduce squooshing, you may want to fold in one side as you wrap it.

Toothpicks are useful to hold the wrap together.



*Slice* at angles or eat a whole one by yourself.



## *Poulet au Paul*

*This delightful chicken dish fuses Jamaican and Indonesian influences.*

### **Ingredients**

2 cups fresh chopped collards (tightly packed)  
½ cup finely chopped garlic  
½ cup finely chopped onion  
1 tablespoon extra virgin olive oil  
½ cup water  
½ cup bottled barbecue sauce  
¼ cup balsamic vinegar  
½ cup lemon juice  
½ cup finely chopped carrots  
1 tablespoon finely chopped pickled jalapeños  
1 tablespoon ground vindaloo seasoning  
1 teaspoon Tony Chachere's® salt free Creole seasoning  
1 tablespoon chopped fresh thyme  
3 tablespoons Madras curry powder  
3 tablespoons powdered ginger  
1 tablespoon Jamaican jerk seasoning  
2 pounds boneless and skinless chicken breasts, cut in 2 inch chunks  
1 cup sweetener (Splenda® or sugar)  
1½ cups crunchy peanut butter  
2 cups raisins  
Rice (cooked)  
Coconut (unsweetened)

### **Preparation**

- Sauté the collards in olive oil in a sauté pan. Cook them quickly over high heat, but do not allow them to brown or burn.
- Place all the ingredients except the peanut butter, raisins, rice, and coconut in a slow cooker. Stir.
- Cook on low 3 hours.
- Add the peanut butter and raisins. Stir. Cook on low 1 more hour.
- Spread a layer of rice over each plate. Add a thin layer of coconut.
- Spoon the chicken mixture over the rice and coconut.

*Continued on next page*

### Utensils

- You will need a sauté pan and a slow cooker.
- Use a sharp knife.
- Select a cutting board you can place in the dishwasher to prepare the chicken.

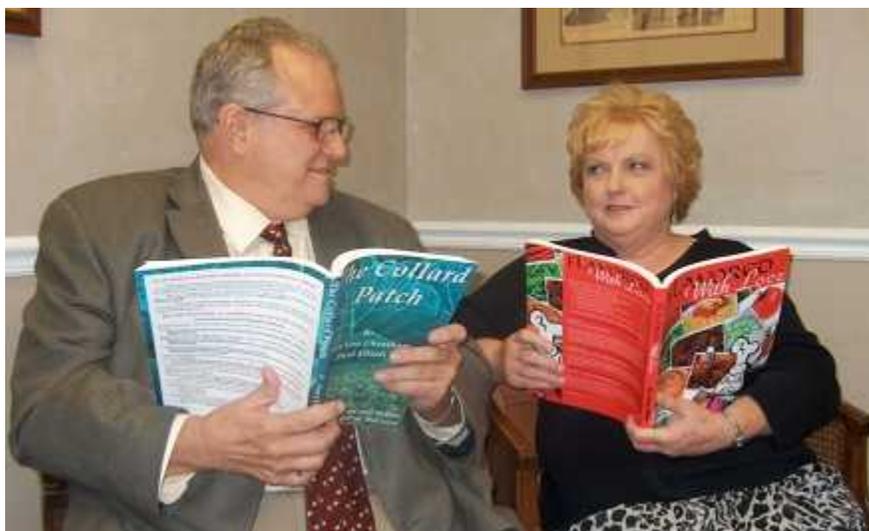
*Note.* This recipe will yield a pot of irresistible chicken. We are not sure how many servings you'll get from this recipe because we are always getting another spoonful of it, but we will say it is enough to feed a crowd.

### *Thank You!*

Special heartfelt thanks to all of you who contributed to *The Collard Patch* and to *Flavored with Love, Third Edition*.

Our families and friends will cherish the stories, recipes, and information you have shared with us.

We hope that as you read these books, you will experience little parts of the South—Mississippi hill country, Texas spice-eating Country, Collard Country, Texas Big Piney, Louisiana Piney Woods, New Orleans, south Louisiana Cajun land—and many more places you wish you could see again . . . or may have never seen. We hope our stories will make you smile.



Paul with *The Collard Patch* and Mary with *Flavored with Love*

*All collards can be tenderized simply by chopping them and marinating them overnight in the refrigerator in equal parts of olive oil and lemon juice.*

### *How Collard Greens Avoid the Spinach/E.coli Threat*

As the nation is gripped in the concern over the widespread outbreak of spinach-borne E. coli illness causing hospitalizations and some deaths in numerous states across the country, people have been discarding their spinach. This dangerous strain of E. coli has been reported to cause severe gastrointestinal illness and serious kidney failure lasting for days or weeks. While the very young and elderly are at the greatest risk of life-threatening illness, it will make anyone very uncomfortable possibly needing hospitalization for days. A delicious, healthy, safe alternative is found in The [Collard Patch](#), a story cookbook.

E. coli is considered by public health authorities as an indicator of fecal pollution of water or food from improper growing techniques, sewage management, or improper food handling techniques. As authorities have emphasized, it does not matter whether the spinach is washed and bagged, in bags mixed with other greens, or in fresh selections: it must still be considered a threat. As some have pointed out, washing in water with chlorine-based disinfectants, and even cooking cannot be considered as making the spinach safe for human consumption.

This unfortunate turn of events is compounded by the fact that the nation has become more health conscious in recent years as consumers enjoy increasing amounts of dark green leafy vegetables. Though our palates are now acclimated to spinach, other excellent alternatives are often neglected. Collard greens are an outstanding example.

Collard greens are grown in many different areas of the nation, as opposed to spinach, half of which is grown in an area of southern California. Collards, on the other hand, are often produced by local farmers on small farms supplying their area supermarkets.

More and more homeowners are growing their own collards in flowerbeds, patio planters and pots, and small gardens. Now is a perfect time to plant winter collards in many areas of the country. Growing, preparing, and serving techniques along with many original recipes for collard greens and their main accompaniment, cornbread, are found in a delightful story cookbook, [The Collard Patch](#).

*Note: The above article by Paul appeared in major news media. It shows how much better eating collards is than eating spinach.*

### *Looking for more of Our Favorite Recipes?*

Visit our [Collard Patch blog](#) for an extensive collection of recipes. If you visit our blog often, you will also find news about recipes and all the interesting things going on in our collard patch.

## Seafood Collard Supreme

*(Here's another of Paul's recipes with the exact combination of spices to make it unique and so flavorful that it is irresistible.)*

### Ingredients

1 cup collards (finely chopped and packed tightly into a measuring cup)  
1 tablespoon olive oil  
Pinch baking soda ( $\frac{1}{8}$  teaspoon)  
1 cup unsalted butter  
 $\frac{1}{2}$  cup all purpose flour  
 $\frac{1}{4}$  cup chopped green onions, including tops  
 $\frac{1}{4}$  cup chopped fresh parsley  
1 medium red onion, chopped  
 $\frac{1}{2}$  cup green bell pepper chopped  
 $\frac{1}{2}$  pound sliced fresh mushrooms  
Salt or salt substitute to taste  
1 tablespoon crushed red pepper (or to taste)  
2-3 tablespoons hot sauce  
2-3 tablespoons Tone's® Salmon and Seafood Seasoning  
2 tablespoons Madras curry powder  
6 fresh catfish fillets (or other fish of choice)  
1 pound shrimp  
 $\frac{1}{2}$  pound crab meat or faux crab meat  
 $1\frac{1}{2}$  dozen oysters  
 $\frac{1}{2}$  cup grated Swiss cheese  
 $\frac{1}{2}$  cup grated sharp cheddar cheese  
 $\frac{1}{2}$  cup bread crumbs  
Sprinkles of paprika

### Preparation

#### Collards:

- Sauté the collards and a pinch of soda in the olive oil.

#### Seafood:

- Sauté the fish, shrimp, crab meat, and oysters in  $\frac{1}{4}$  cup butter over low heat 3 minutes.

#### Sauce:

- Melt  $\frac{3}{4}$  cup butter in a large frying pan, add the flour, and stir until the roux is light brown. Add the collards, onions, pepper, and parsley. Sauté 5 minutes. Add enough water to make the mixture smooth and creamy. Be careful not to add too much water.
- Add the spices and hot sauce. Stir to keep the mixture from sticking.

*Continued on next page*

### The Dish:

- Add the seafood to the sauce mixture.
- Spray a 9 x 13" glass cooking pan. Place the mixture into the pan. Top with cheese and bread crumbs. Sprinkle paprika on top.
- Cover and bake about 15 minutes. Uncover and bake 5 minutes or until the dish is brown and bubbly.

### Utensils

You will need measuring cups and spoons, a sharp knife, a cutting board, large heavy cooking pans, a large heavy skillet, a 9 x 13" glass cooking pan, aluminum foil, and of course a stove.

**Yield:** 8 servings

**Serving Suggestion:** Serve over rice.

### *Go Ahead and Get the Books You Need*

We know you will enjoy using them as much as we enjoyed preparing them. [\*The Collard Patch\*](#) and [\*Flavored with Love\*](#) make excellent gifts for most occasions.

**Click on either link to get a special offer while it lasts!**

*Remember that you can buy in bulk with our affiliate program.*

### *Thoughts in Our Notebook*

*And whatsoever ye do, do it heartily, as to the Lord, and not unto men.*  
*Colossians 3:23*

*Children like collards prepared in interesting ways. Children who do not know they are not supposed to like vegetables enjoy them.*

## Lone Star Oyster Collard Soup

*(This soup provides warm comfort on a cool night.)*

### Ingredients

1 cup collards (finely chopped and packed tightly into a measuring cup)  
1 cup chopped onions  
½ cup finely sliced green onions including tops  
2 tablespoons minced garlic  
⅛ teaspoon baking soda  
1 tablespoon olive oil  
1 quart chicken broth (homemade to avoid the sodium load in prepackaged broth)  
1 bag (30 ounces) frozen hash brown potatoes  
1 cup sliced mushrooms  
4 teaspoons Tony Chachere's® salt free Creole seasoning  
2 teaspoons freshly ground black pepper  
1 teaspoon crushed red pepper  
3 tablespoons Madras curry  
Salt or salt substitute to taste  
1 tablespoon Tone's® Salmon and Seafood Seasoning  
1 stick (½ cup) butter  
½ cup all purpose flour  
1 quart fat free Half & Half®  
4 ounces grated sharp cheddar



### Preparation

- Sauté the collards, onions, and garlic with the baking soda in the olive oil. Cook them fast for 5 minutes over very high heat. Lower the heat.
- Add the broth, potatoes, and seasonings. Simmer 10 minutes. Add the oysters and mushrooms and cook 5 more minutes.
- Melt the butter and add the flour. Turn off the heat and stir until thoroughly mixed. Do not brown. Add the Half & Half®. Heat slowly. Add the cheddar.
- Add the milk mixture to the broth mixture.

### Utensils

You will need a knife, cutting boards, cheese grater, measuring cups and spoons, a large sauté pan, and a soup pot.

**Yield:** Four 24 ounce containers full of soup.

## Asian Influenced Fruit and Collards

*Note: This quickly prepared stir-fried dish contains no meat or dairy. There is a hint of sweet and a hint of sour. It is loaded with antioxidants. With rice it yields four main-dish servings .*

### Ingredients

1 cup uncooked rice (Basmati is a delicious, aromatic choice.)  
6 cups chopped collard greens  
¼ cup extra virgin olive oil  
1 pound frozen pepper stir fry vegetables (containing sliced green, red, and yellow bell peppers and white onions)  
⅛ teaspoon baking soda (a pinch)  
3 tablespoons orange marmalade  
¼ teaspoon nutmeg  
1 Fuji apple, chopped but not peeled  
¼ cup juice from maraschino cherries  
¼ cup lemon juice  
Sprinkle of salt or salt substitute  
Seeds of 1 pomegranate  
1 tablespoon pickled ginger root  
Kiwi  
Madras curry  
Crushed red pepper  
Teriyaki sauce



### Preparation

- Cook the rice according to the instructions on the package or steam it.
- In a 12" nonstick fry pan or in a wok, stir-fry the greens in the olive oil.
- Stir often as you add the pepper mix, baking soda, marmalade, and nutmeg.
- Add the apple and juices and cook until the apple is warm.
- Toss in the pomegranate seeds and ginger root.

*Continued on next page*

### **Assembling the Dish**

For each serving, place  $\frac{1}{4}$  of the rice in the bowl, and spoon the mixture on top. Garnish with kiwi slices.

Serve with curry, crushed red pepper, and teriyaki sauce.

### **Utensils**

You will need a pan to cook the rice, a good knife and a cutting board, and a stir fry pan or wok.

The easiest way to cook rice – or anything else – is to use see-through lids. That way you can watch the food without disturbing the cooking process.



## *New Orleans Style Vegetables*



### **Ingredients**

- ¼ cup extra virgin olive oil
- ¼ cup (½ stick) unsalted butter
- 3 cups coarsely chopped red-skinned potatoes (not peeled)
- 8 cups finely chopped fresh collards
- 1 tablespoon Tony Chachere's® (preferably salt free)
- 1 tablespoon Vindaloo seasoning
- 1 green bell pepper, chopped in big chunks
- 8 ounces sliced andouille sausage
- 1 cup diagonally sliced carrots
- 1 medium red onion, coarsely chopped
- 1½ cup chopped green onions
- 1 cup zucchini, chopped
- 2 cups yellow summer squash, chopped
- 1 tablespoon minced garlic
- 1 cup sliced mushrooms
- ⅓ cup red wine vinegar
- ⅓ cup lemon juice

*Continued on next page*

### Preparation

- Place the olive oil and butter in a huge skillet with a clear lid
- Stir fry the potatoes and collard greens.
- Continue to chop vegetables.
- Add the ingredients in the order listed and continue to cook until the liquid is absorbed. The potatoes will be cooked enough to make gravy, and the collards will be tender. Some of the vegetables added later will be al dente.
- Adjust the seasonings as you like. Mary likes it seasoned as it is. Paul adds 1 teaspoon thyme, 1 teaspoon rosemary, 1 teaspoon basil, another tablespoon Tony Chachere's®, a shake of curry, and a bit of crushed red pepper.

*Notes:* Vindaloo, a term from the Indian subcontinent, is a combination of coriander, garlic, cumin, ginger, cinnamon, brown mustard, red pepper, jalapeño, cardamom, turmeric, black pepper, and cloves.

Maybe we will eventually decide how many servings this recipe makes. It makes a big skillet full, and we eat mounds of these delicious vegetables when we cook it. This recipe is merely a guideline. Use other vegetables if you wish. We love to chop until our skillet is full.

### Utensils

You will need a big cutting board and a chef's knife. A vegetable chopper is useful. Select a big skillet with a see-through lid.



### *Jambalaya Texianne*

*Paul is a Louisiana influenced Texan with eclectic taste buds. Mary Lou has a Mississippi background, but the seasonings she uses are influenced by Louisiana, where she has lived for decades. When Paul and Mary Lou throw their favorite seasonings into a pot, the results are remarkable. Jambalaya Texianne, a tomato rice dish, is a shining example.*



### **Ingredients**

- 1 quart chicken broth
- 3 cups diced chicken
- ¼ cup extra virgin olive oil
- 1 bell pepper
- 3 cups diced onions
- 1 cup chopped frozen collards
- 1 package (14 ounces) turkey sausage
- 1 can tomato soup
- 1 can (10 ounces) Rotel® diced tomatoes with green chilies
- 1 tablespoon Madras curry powder
- 3 tablespoons sugar or sugar substitute
- 2 teaspoons salt or salt substitute
- 2 teaspoons Tony Chachere's® (salt free preferred)
- 4 cups cooked rice
- 1 can (14.5 ounces diced tomatoes)

### **Preparation**

- Place a chicken in a deep pot filled with water. Add some salt, black pepper, red pepper, and ½ cup vinegar or lemon juice. Cook it until it is tender. Allow it to cool. Save the broth and debone the chicken.
- Cook the rice according to package directions. Include the broth in place of the equivalent amount of water in the package recipe.
- In a Dutch oven sauté the vegetables in the olive oil.
- Slice the sausage and add it to the vegetables.
- Continue to cook the mixture as you add the soup, Rotel®, and seasonings. Cook until the flavors are mixed. Add a small amount of water if needed.
- Add the chicken, rice, and diced tomatoes.

### **Utensils**

You will need a deep pot such as a stock pot to cook the chicken, a Dutch oven, a knife, and a cutting board.

## Banana Split Cake

*(What is a cake recipe doing in a collard recipe book? Great cooks have known for a long time that coffee intensifies chocolateness. So do a few collard greens! We have tried it on unsuspecting tasters. Ninety-five percent of the people who have tried our chocolate collard desserts made comments such as, "What is in this cake? It is so delicious."*

*And it is good for dieters! Coffee and collards make chocolate cake so intense that a smaller portion is satisfying. Look in [The Collard Patch](#) for more recipes.)*



### Ingredients

- 1 tablespoon instant coffee
- 1¼ cups water
- 1 cup chopped fresh collards, loosely packed (1 medium sized leaf with stems removed)
- Cooking spray
- 3 large eggs
- 1/3 cup canola oil
- 1 Betty Crocker Super Moist® Triple Chocolate Fudge cake mix (18.4 ounces)
- 1 package (11 ounces, approximately 1½ cups ) Nestle® butterscotch morsels
- 1 tablespoon pure vanilla extract
- 1 cup toasted pecans

*Continued on next page*

**For each serving:**

- 1 scoop premium quality vanilla or vanilla bean ice cream
- 1 half banana cut lengthwise
- 2 teaspoons pineapple topping
- 1 scoop whipped cream
- 3-4 whole frozen or sliced fresh strawberries
- 1-2 tablespoons chocolate syrup
- 1 maraschino cherry

**Preparation**

- Make the coffee. Heat the water and add the instant coffee. Set the coffee aside to cool.
- Chop the collards. Remove the spiny stem from a collard leaf, roll the leaf, cut it in strings, and chop the strings into smaller pieces.
- Blend the coffee and collards until the mixture is completely liquefied. The color will be dark green, but it will not hurt the cake's color.
- Spray a 9 x 13" glass cooking pan and preheat the oven to 350°.
- Beat the eggs, oil, cake mix, and cooled coffee-collards mix until smooth.
- Stir in 1 cup of the butterscotch morsels and the vanilla.
- Bake until a knife inserted comes out clean; top with the pecans and remaining morsels.
- Cool the cake, place cut squares on plates, and decorate with the remaining ingredients.

**Utensils**

For the Banana Split Cake you will need your microwave oven, sharp knives, a cutting board, a conventional oven, a mixer, measuring spoons and cups, a 9 x 13" glass cooking pan, a cake cutter, cutlery, and serving dishes.

*Note:* Artistic plating is growing in popularity. Preparing a pretty dessert like Banana Split Cake is an easy way to make the people sharing a meal with you feel special.

## *Collard Culture*

Collard greens can be grown nearly anywhere. Besides regular gardens, they can be grown in flower beds, and all sorts of planters available from lawn and garden stores.

If you want to grow the plants to a standard size, let each plant get several medium sized leaves. Then, pick leaves from the bottom up harvesting a few from each plant as they reach the size you desire. Avoid the practice of most farmers who cut off the whole plant to take to market. This will kill your wonderful leaf producers.

Picking the leaves from the bottom up will mean your plants will produce delicious leaves for months. As the plants grow taller, they will have a tendency to send off additional shoots and finally to "head out" or begin to produce seeds. Pinching these off will force the plants to grow more leaves lower down the shoot and grown them faster.

Collard greens are surprisingly resistant to frost. However, if you live in an area where hard frosts (below about 20-24 degrees F) are present, you may need to harvest your entire crop of winter collards after such a freeze. You can tell this will be necessary if the leaves are very limp the next day. If that happens, you can harvest the leaves and leave the plants, since they may survive to produce more leaves after several weeks.

### *Baby Collards*

Like most species of greens, the small leaves can be harvested before they get larger and tougher. These immature leaves are often referred to as "baby collards." Baby collards make wonderful raw salads with other vegetables. They are also delicious ingredients in wraps made with tortillas.

Growing baby collards can be done a little differently than regular collard plants. It is usually recommended that you put collard plants about 8-10 inches apart which is fine for producing regular sized leaves.

If you want to focus on baby collards, you can plant the seeds or sets much closer together much like a lettuce greens mixture. If you do this you will need to see that the plants are well watered, since their succulent leaves require a lot of water. You will also need to fertilize more, since the amount of plants growing per square foot is greater.

Harvest your baby leaves from the bottom of the plant starting this harvesting process earlier than you would do for the regular sized leaves. Discard any yellow collard leaves.

### *Organic Pest Control*

Aphids are a risk to your collard plants as the weather warms up. These small, soft-bodied pests can easily be controlled with a spray made of capful of dish washing liquid per half-gallon of water. Spray the solution under the leaves and on the stems where the pests reside.

This slightly soapy solution breaks down the surface oils in the insects' bodies and causes

them to swell and burst. For your tender collard leaves its is nothing more than a good bath.

Of course, other pests require different methods, such as those discussed in *The Collard Patch*.

LOVE THOSE COLLARD LEAVES!



## *Paula's Cornbread Made With Prater's Mill Cornmeal*

*Paula Howell cooks excellent cornbread. Paul gave her a sack of yellow cornmeal from Prater's Mill, and she used it to make classic cornbread the way her mother taught her. Paula says, "The secret of cornbread is a hot oven."*

### **Ingredients**

2 cups Prater's Mill cornmeal  
1 teaspoon baking powder  
½ cup self-rising flour  
2 eggs, beaten  
Enough milk to make it like a cake batter  
3 tablespoons bacon dripping

### **Preparation**

Preheat the oven to 425°.  
Mix the dry ingredients.  
Add the eggs and milk.  
Heat the bacon drippings and pour them into the mix while you stir vigorously.  
Coat a cast iron skillet with cold Crisco®.  
Pour the batter into the cold skillet.  
Bake about 25 minutes.

*Prater's Mill, October 14, 2006*

### *What We Learned in Georgia About Collards*

On October 14 and 15, 2006, *The Collard Patch* was the featured book at Prater's Mill Country Fair near Dalton, Georgia. We had a wonderful time talking to hundreds of people attending the fair. Both [\*The Collard Patch\*](#) and [\*Flavored with Love\*](#) were popular favorites of the attendees.

We took notes about the things we learned in Georgia about collards.



*Continued on the Next Page*

*Paul:* I learned that most people I met at Prater's Mill thought that collards could be cooked only in the traditional way. Few people I met had heard of eating collards raw in salads. That was the limit of collard experience of the hundreds of people with whom I spoke.

*Mary Lou:* Having worked two years with Paul – we researched, we cooked, we interviewed, we used our wildest imaginations – on [\*The Collard Patch\*](#), I thought I knew all the ways people eat and cook collards.

WRONG! At least ten groups of people told me that they always had pinto beans with their collards and cornbread. One man told me, as his wife beamed, that she cooks his collards in their pressure cooker, and they are always tender. Although I was impressed, I failed to see the necessity of cooking collards that vigorously.

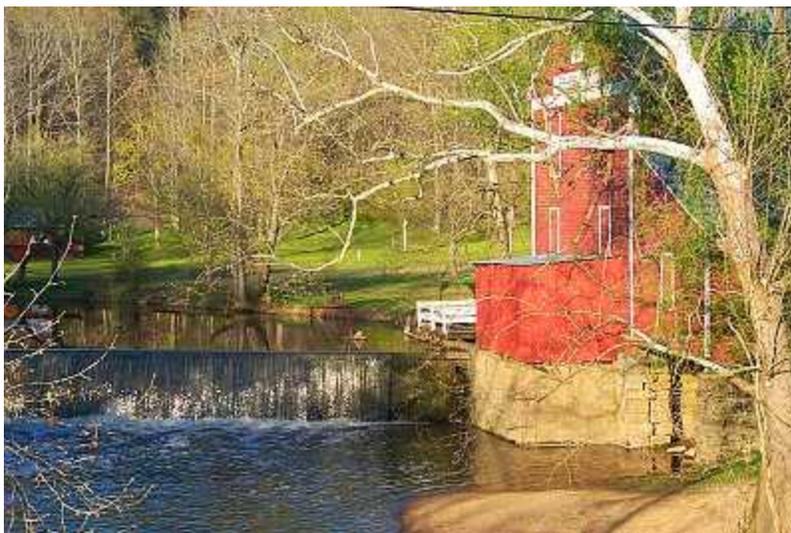
### *Paula's Leftover Cornbread and Squash Casserole*

#### **Ingredients**

½ pan leftover cornbread  
3 cups leftover summer squash  
2 eggs  
1 can cream of mushroom soup  
Salt and pepper to taste  
1 stick (¼ pound) butter, melted

#### **Preparation**

- To cook the squash, cut it in coins, boil it with onions, salt, pepper, and a little butter till it is tender. Drain it, and adjust the seasonings.
- Crumble the cornbread in a bowl.
- Add the leftover squash, eggs, soup, salt, pepper, and butter.
- Bake at 350° until done – about 40 minutes.



*Prater's Mill near Dalton, Georgia:* This glorious view of Prater's Mill was captured by Jane Galay in the spring of 2006. Jane lived in the old Prater house across the road and worked as a potter there a few years ago.

## *D Bread*

*We look for unusual recipes; sometimes the most unusual ones are given to us by our friends. Paula Howell shared this one.*

D Bread is named after her paternal grandfather, Delmore Tate Whitley. He had a bad stomach, and finally a surgeon removed most of it. Grandfather D could not tolerate excessive amounts of grease; however, he loved hot water cornbread. Paula's grandmother developed a method of baking it.

First she would heat the kettle of water and fire up the oven. She placed bacon grease in a well-cured black skillet and heated that in the oven.

Then she would mix some cornmeal and salt. Paula does not know how much, but she said, "Make it like hot water cornbread."

*About Hot Water Cornbread . . .*

- Cheryl Sowers taught us to use 1 cup cornmeal, 1 teaspoon salt, and 1 cup of hot water. Her recipe is on p. 230 in [\*The Collard Patch\*](#).
- Patricia Squyres uses 4 cups water, 2 cups cornmeal, and 2 teaspoons salt. Her recipe is on p. 231.
- The main idea is not to get the mix too soupy. Make the mix like a thick cake batter. It is really hard to say how much because the character of cornmeal varies.

*Back to Paula's Directions*

Put some cornmeal – probably less than 2 cups with a little salt – into a bowl. You don't want it to be thick. Mix in enough hot water to make it have the desired consistency.

Press that into the skillet with the grease in it. Bake it in a hot oven until it is brown around the edges. This bread is good with butter on top.

It is the perfect accompaniment for collard greens.

Paula made some D Bread with cornmeal from Prater's Mill. It was fabulous!

## **Ingredients**

Since Paula does not measure the ingredients, she does not need measuring cups and spoons; the rest of us, however, do. She uses a kettle to heat the water, a mixing bowl (not plastic), and a well-cured iron skillet.

## *Collards and Cottage Cheese Cornbread*

### **Ingredients**

½ stick (¼ pound) unsalted butter  
3 tablespoons canola oil  
3 cups frozen chopped collards  
1 cup chopped red onion  
¼ teaspoon (a pinch) baking soda  
1 teaspoon salt or salt substitute  
2 tablespoons lemon juice  
2 teaspoons sugar or sugar substitute  
4 eggs  
1½ cup small curd cottage cheese  
1 box (8½ ounces) Jiffy® corn muffin mix

### **Preparation**

- Melt the butter in the skillet and pour it in a small bowl to cool.
- Use a heavy pot with a clear lid to cook the collards. Place two tablespoons oil with the collards, onion, baking soda, salt, lemon juice, and sugar in the pot. Cover it and cook it about 4-5 minutes over high heat. The liquid should be absorbed.
- Make yourself a cup of tea while the collards cool.
- Pour 1 tablespoon oil into the skillet and heat it in the oven, which you will preheat to 400° .
- Don't let it burn though. Watch it. You want it to be hot when you spoon the batter into it.
- Beat the eggs well, stir in the cottage cheese and the butter.
- Stir the corn muffin mix and the collards into the egg mixture.
- Spoon the mix into the hot skillet.
- Bake 400° for 35-45 minutes. This bread will be slightly moist, but you should be able to slice it into wedges.

### **Utensils**

You will need a well-cured cast iron skillet, a small bowl, some measuring cups and spoons, a mixing bowl, a whisk, and a heavy pot with a clear top.

## *Ruth Harlan's Hot Water Cornbread*

*Here is unique recipe for hot water cornbread. Ruth always makes it for her church – Rock Corner Baptist, near Pea Ridge, Louisiana – when there is a covered dish meal.*

### **Ingredients**

1 cup cornmeal  
½ teaspoon salt  
½ teaspoon baking powder  
Hot water  
1 egg  
Jalapeños  
Onions  
Cooking oil

### **Preparation**

- Heat the cornmeal and salt in the oven.
- Stir in the baking powder.
- Add hot water as needed.
- Very quickly beat an egg into the mixture.
- Add some Jalapeños and onions if you like.
- Shape it and fry it in hot oil.

### **Utensils**

You will need a container to heat the meal, some measuring spoons, a whisk, and a cured black skillet.

## *New Orleans Corn Pone*

*Note from Mary: I love old cookbooks, and I'm collecting cornbread recipes. This recipe is from an old cookbook named The New Orleans Homemaker. Frankie Stanley gave me this book, which has no author listed, no copyright, and no date of publication. Evidently it was written for brides during World War II.*

*The recipe is quoted exactly as it appears:*

3 cups corn meal  
1 ½ cups boiling water  
2 level tablespoons lard  
1 teaspoon salt  
1 cup milk  
1 egg  
2 teaspoons baking powder

Put meal, lard and salt in bowl, pour in boiling water, and stir until well mixed. Add milk and egg, set aside to cool for an hour, then beat well, add baking powder, and pour into greased pans, or muffin rings. Don't try to have more than two inches thick. Bake in hot oven for 40 minutes.

(Even though the recipe doesn't say beat after the milk and egg are added, it would seem necessary!)



*Thanks for sharing our notebook. Now, please share your favorite recipes and stories with us. We look forward to hearing from you soon!*

*Best wishes and good cooking,*

*Mary and Paul*