

"Seasons Greetings" with Certified SC Grown

Agriculture connects people to their roots - particularly through food. "Seasons Greetings" pairs tried-and-true recipes handed down from generation-to-generation with creative, fresh new ideas that evoke the charm and spirit of the Palmetto State.

The South Carolina Department of Agriculture's "Seasons Greetings" recipes feature Certified SC grown produce and products of the harvest seasons. "Seasons Greetings" is designed to introduce you to Certified SC, a public-private effort to brand and promote South Carolina products. Our goal is for you to be able to easily identify, find and buy South Carolina products.

While our recipes feature Certified SC grown produce and products, they also help tell the story of our state's diverse regional cooking and eating traditions. From boiled peanuts and sweet potato casserole to mustard greens and stewed tomatoes with okra, we hope to provide a little peek into our state's culture, customs, and tradition through the foods and flavors we enjoy.

Through these culinary delights, we hope that you will get a glimpse of the bounty of Certified SC produce and products provided by people deeply rooted in the business of agriculture.

To learn more about the Certified SC program, contact Ansley Rast, 803-734-2200, arast@scda.sc.gov or visit www.agriculture.sc.gov and click on the Certified SC logo.



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Dessert

Muscadine Cobbler

2 pounds muscadine grapes
2 cups sugar, divided
1 teaspoon grated lemon rind
1/4 teaspoon apple pie spice
1/2 cup butter or margarine
1 cup self-rising Adluh flour
1 cup milk

Remove skins from muscadines; reserve skins. Cook pulp and 1 cup sugar in a saucepan over medium heat, stirring occasionally, 5-10 minutes or until seeds loosen. Press mixture through a wire-mesh strainer, discarding seeds. Return pulp mixture to saucepan; stir in reserved skins, lemon rind, and apple pie spice. Bring to a boil; reduce heat and simmer, stirring occasionally, 5 minutes or until tender. Melt butter in an 11x7-inch baking dish in a 350°F oven. Stir together flour, remaining 1 cup sugar, and milk; pour over melted butter. Pour muscadine mixture over batter. Bake at 350°F for 35 minutes or until golden. Serve with ice cream, if desired. Serves 8.

Sweet Potato/Apple Bake

2 lbs. fresh S.C. sweet potatoes
1 1/2 lbs. S.C. cooking apples
2/3 cup light brown sugar
6 tablespoons margarine
1/2 cup apple cider
3 tablespoons maple syrup
1 tablespoon lemon juice
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger

Boil potatoes, cool, skin and slice 1/4 inch thick. Peel apples, quarter, core and slice 1/4 inch thick. While combining other ingredients, keep apples in fruit juice to prevent discoloration. In a small saucepan, bring sugar, margarine, cider, syrup, lemon juice, cinnamon and ginger to a boil. Reduce heat and cook mixture for 10 minutes, stirring constantly. Drain apples well and pat dry. Arrange apples and sweet potatoes in a 9x13x2 inch casserole dish. Cover with sauce. Bake at 325°F for 25-30 minutes, basting occasionally.

Sweet Potato Cheesecake with Pecan-Crumb Crust

3 8 oz packages cream cheese softened
1 cup sugar
4 large eggs
3 egg yolks
3 tablespoons flour
2 teaspoons cinnamon
1 teaspoon ginger
1 cup whipping cream
1 1/2 cups sweet potatoes, mashed

Graham Cracker-Pecan Crust:
2 cups graham cracker crumbs fine
1/2 cup butter melted
1/4 cup pecans finely chopped

Preheat oven to 425°F. Crust: Combine crust ingredients well and press into a 10-inch springform pan. Blend cream cheese, sugar, and eggs until smooth; add flour, cinnamon, and ginger. Mix cream and well-mashed sweet potatoes on medium speed of a hand held mixer just until well-combined. Pour the batter into the prepared crust.

Bake at 425°F for 15 minutes; lower heat to 275°F and bake 1 hour more. Turn heat off and leave in the oven to cool for several hours, or cool on a wire rack. Serve with sweetened whipped cream or caramel topping.

Peanut Brittle

2 cups granulated sugar
1 cup light corn syrup
1/2 cup water
1/2 teaspoon salt
3 cups raw shelled peanuts, skins on
2 tablespoons butter
2 teaspoons baking soda

Heat sugar, syrup, water and salt to a rolling boil in a heavy saucepan. Add peanuts. Reduce heat to medium and stir constantly. Cook to hard crack stage (293°F.). Add butter, then baking soda. Beat rapidly and pour on a buttered surface spreading to 1/4 inch thickness. When cool break into pieces. Store in an airtight container. Yields about 2 pounds.

Fall Recipes

South Carolina Department of Agriculture



Hugh E. Weathers
Commissioner

agriculture.sc.gov

Appetizers

Boiled Peanuts Recipe

4 to 5 pounds green (raw) peanuts in shell
4 to 6 quarts water
1 cup plain salt

Wash unshelled peanuts thoroughly in cold water until water runs clear; then soak in cool, clean water for approximately 30 minutes before cooking. In a large pot, place soaked peanuts and cover completely with water. Add 1 cup of salt per gallon of water. Cook, covered, on high heat for 4 to 7 hours.

Boil the peanuts for about 4 hours, then taste. Taste again in 10 minutes, both for salt and texture. Keep cooking and tasting until the peanuts reach desired texture (when fully cooked, the texture of the peanut should be similar to that of a cooked dry pea or bean). Remove from heat and drain peanuts after cooking or they will absorb salt and become over salted. Peanuts may be eaten hot or at room temperature, or chilled in the refrigerator and eaten cold, shelling as you eat them.

Note: The cooking time of boiled peanuts varies according to the maturity of the peanuts used and the variety of peanuts. The cooking time for a "freshly pulled" or green peanut is shorter than for a peanut that has been stored for a time.

Sweet Potato Bread

4 eggs
2 cups peeled, cooked, mashed sweet potatoes
3 1/2 cups flour
1 1/2 tsp. salt
1 tsp. nutmeg
2/3 cup water
1 cup oil
2 tsp. baking soda
2 2/3 cups sugar
1 tsp. cinnamon

Mix eggs, potatoes, oil, and water. Add dry ingredients. Stir until smooth. Do not beat. Grease and flour 2 loaf pans. Spoon batter into pans. Bake at 350°F for 1 hour or until tests done. Cool on wire racks. Note: Pumpkin may be substituted for sweet potatoes. Brown sugar may be substituted for sugar.

*Compliments of Martha Dicks
Certified South Carolina Grown Member*

Entrees

Pecan-Crusted Peachy Chicken

1 8-ounce chicken breast

Batter:
1 tablespoon chopped pecans mixed with 1 cup plain breadcrumbs
1/4 cup flour and 1/4 cup buttermilk

Deep-fry chicken until golden brown on both sides. Finish in a 325°F oven for 20-25 minutes.

Fresh Peach Salsa:

1 fresh peeled and sliced peach
1/3 teaspoon each ground nutmeg and cinnamon
1 teaspoon diced yellow onion
1/3 teaspoon sweet red pepper
Pinch of fresh thyme

Lightly sauté celery, onions, and pepper in olive oil. Add sliced peach.

Bring mixture to a boil and add 1/2 cup water. Let mixture reduce some and add a little cold water and cornstarch to thicken. Pour over chicken.

*Compliments of Hickory Knob State Park
McCormick County*

Roasted Pork Loin with Apples & Cinnamon

2-pound boneless pork loin roast
2 apples cored, peeled, and sliced into wedges
1 tablespoon olive oil
1 teaspoon ground black pepper
1 teaspoon ground ginger, divided
1 teaspoon ground nutmeg, divided
1 teaspoon ground cinnamon, divided
1/2 cup dry white wine
1/4 cup honey
1 tablespoon lemon juice

Rub pork loin with olive oil, pepper and 1/2 teaspoon each ginger, nutmeg and cinnamon. In a small bowl, stir together the other half of the spices with the wine, honey, lemon juice and apple wedges. Roast pork in shallow pan in a 350°F. oven for 45 minutes to an hour, until internal temperature (measured with a meat thermometer) reads 155°F.

Remove from oven, let roast rest for 10 minutes. Meanwhile, simmer apple mixture in a small saucepan until apples are tender; stir in any pork roast juices. Serve sliced roast with apples and sauce.

Side dishes

Certified SC Grown Tomato Pie

2 baked and cooled pie shells
4 to 5 Certified SC Grown tomatoes, peeled
1/4 cup green onions, diced
1/4 cup chives, diced
6 to 8 leaves or one bunch of chopped fresh basil
1 cup mayonnaise
1 cup of sharp cheddar cheese

Prepare pie crust according to package directions. Let pie crust cool completely. Peel and slice tomatoes. Layer tomatoes in pie crust. Drizzle with small amount of olive oil. (Optional) Sprinkle tomatoes with salt and pepper. Then top tomatoes with basil, chives, and onions. Mix together cheese and mayonnaise. Spread mixture over top and bake pie at 350-400°F for 30 minutes or until cheese has melted and pie has heated completely through. Serves 4-6.

Sweet Potato Casserole Delight

3 cups cooked, mashed sweet potatoes
1 cup sugar
2 eggs
1/2 cup milk
1/4 stick butter, melted
1 teaspoon vanilla
1/2 teaspoon salt

Mix sweet potatoes, sugar, eggs, milk, butter, vanilla, and salt together until well blended. Pour mixture into a 2-quart buttered baking dish. Sprinkle with topping*. Bake in a 350°F degree oven for 30 minutes. Serves 8.

* Topping:
1/2 stick butter, melted
1 cup brown sugar
1/2 cup self-rising flour
1 cup chopped pecans

Mix butter with brown sugar. Add flour and pecans, mixing together until crumbly for sprinkling on sweet potato mixture.

Southern Style Mustard Greens

1/2 lb. lean ham, or other pork, cubed
2 c. water
2 lbs. mustard greens
1/2 tsp. salt
crumbled bacon

Wash mustard greens 3 or 4 times in fresh water to clean. Drain each time. Fry ham until chunks are brown. Transfer cooked ham to large pot; add mustard greens, water and salt; bring to a boil. Cover; reduce heat and simmer 1/2 hour or until greens are tender. Drain and save pot liquor to serve with greens or add to soups and stews for additional flavor. Garnish with crumbled bacon. Serves 4.

Stewed Tomatoes with Okra

1 pound fresh okra, washed, trimmed, sliced
1 can (14.5 ounces) stewed tomatoes
1 green bell pepper, chopped
2 tablespoons finely chopped onion
salt, to taste

Place sliced okra in pan; cover with water. Bring to a boil and continue to cook for 5 minutes. Drain water; add remaining ingredients. Simmer mixture for 15 to 20 minutes longer, until okra is tender. Add salt, if desired, to taste. Serves 4.

Squash Soufflé

4 cups cooked yellow squash
2 tbsp. butter or margarine
1 tsp. salt
dash black pepper
2 tsp. sugar
2 tbsp. sour cream
2 eggs separated
2 tbsp. fine dry bread crumbs

Combine all ingredients. Bake at 350°F for 35 to 40 minutes.

Recipe Disclaimer:

The same results may not always be achieved because of variations in ingredients, cooking temperatures, typos, errors, omissions, or individual cooking abilities. The South Carolina Department of Agriculture strives to provide you with the most accurate information possible, however the Department is not responsible for the outcome of any recipe provided herein. Please always use FDA guidelines when cooking with raw ingredients.