

Southern Style Collard Greens & Cornbread*

Prep & Cook Time ~2 hours

Number of Servings: "A' plenty!"

Shopping list

2 bunches of collard greens (you could substitute with 2 1-lb pre-washed bags of pre-cut collard greens)

2-3 cups of chicken broth (or vegetable broth)

Seasoning salt (I prefer Lawry's)

Crushed red pepper flakes

2 cups Self-Rising Enriched Yellow Corn Meal Mix

1 1/2 cups of buttermilk OR 1 1/3 cups of milk

Optional

Smoked turkey wings (or other preferably smoked and/or fatty meat of your choice)

1 bunch or bag of mustard, turnip, or kale greens (to mix with collards) - if you go for this option, only purchase 1 bunch or bag of collard greens

You'll need, but may already have

1 yellow onion

1/2 lb of butter (or vegan butter substitute) + dab to top cornbread

Salt & Pepper

Garlic salt (or minced garlic if you prefer)

Your favorite savory seasoning(s)

Optional: Apple cider vinegar (ACV) OR white vinegar

Optional: Hot sauce (I prefer Frank's or Louisiana)

1 large egg

1/4 cup vegetable oil + enough to coat pan

1/4 cup sugar (I probably use 1/3 cup)

Collard Greens*Prepare the Water*

- In a tall stock pot, pour enough water to cover about 1/4-1/3 of the inside of the pot**. Add a pinch of salt and bring to a boil.
- While waiting for the water to boil, take the turkey wings (or other meat of your choice) and cut medium-sized slits in the sides (insert as deeply as possible and wiggle the knife). Once the water is boiling, carefully add turkey wings. If you're not using meat, of course skip this step.
- Add salt, seasoning salt, garlic salt, and pepper. Lower heat, cover pot and simmer for 30 mins.
- Cut up onion into slices (or chopped if you prefer). Add 2 cups of broth to pot and 1/2 of sliced or chopped onions.
- Turn heat back up and bring to boil. Lower heat and simmer for another 30 mins.

*Prep Greens*

- Wash and cut your bunch of greens. They are not clean until the water is free of grit (or small bugs). (There are some great videos on YouTube on how to cut and clean collard greens).
- If you bought the pre-cut, pre-washed greens, I would still take a few minutes to wash them, making sure the water is clean after you've rinsed them.



*The collard greens recipe can be modified to be vegan, but I don't know how to modify the cornbread recipe.

**A Southern tradition is never actually measuring anything so I think this is about 2 quarts. For seasonings, start with 1/2 teaspoon and add to your preference.

Simmer Greens

- Bring clean, cut greens to your pot of water (which should now have a brownish, golden color to it). Carefully add the greens to the pot. You may have to take a pair of tongs and press the greens down to fit in the pot.
- Add remaining onions, red pepper flakes, and more seasoning if you like. Bring water to a boil. Turn heat back down, add stick of butter (yep the whole thing) and maybe about 1/4 cup vinegar and a few splashes of hot sauce, cover, and allow greens to simmer.
- The time that you allow them to cook is up to you. I usually allow mine to simmer for at least 1 hour – making sure that the heat is very low so they don't overcook. I also like when the meat from the turkey wings starts to come off the bone. Stir occasionally and taste for seasoning. Add remaining cup of chicken broth if it needs more liquid.
- When you think your greens are tender enough, take a small bit and taste them. Add more seasoning if you like. The longer they simmer, the more flavor they will have.
- While your greens are simmering, this is a perfect time to prepare your cornbread!

Cornbread

Prepare Skillet/Pan

- Preheat oven to 425°. In a 10-inch pan (you could use aluminum or glass but I prefer a cast-iron skillet!), take vegetable oil and spread around enough to cover the bottom & sides.
- Put pan in hot oven and allow to heat (not more than 5 mins).

Prepare Cornbread Batter

- In a medium sized bowl, whisk egg and add vegetable oil, buttermilk (or milk), and cornmeal mix until well-combined. I add a generous 1/4 cup of sugar (probably more like a 1/3 cup) but if you don't like sweet cornbread, you don't have to. Your mixture should be creamy but gritty from the cornmeal. Add more milk if it's not creamy enough.
- Carefully remove the pan from oven using an oven mitt. Slowly pour the cornbread batter into the pan. It should sizzle slightly from the heat.
- Place the pan back into the oven and bake for 20-25 mins, until it is golden brown. You could also stick a toothpick or fork into it to be sure it comes out clean. Remove from the oven once it is done to your liking. While it is still hot, add a dab of butter to melt on the top.



TIME TO EAT!!!

Once your greens are done and seasoned to your liking, use tongs to gather them out of the pot, placing them into a bowl for 1 serving. Southerners sometimes add a spoonful of sugar (or 2 or 3) and/or a few raw onion slices to their greens. Some also like to add more hot sauce and/or vinegar, then take a slice of cornbread, crumble it up, and mix it into the greens. But if you're not ready to take that leap, feel free to enjoy your greens as they are with your cornbread on the side. Be sure that you get some pieces of the turkey wings too! Eat as a meal or as a side!



Enjoy your Southern greens and cornbread and spend an extra half hour on the treadmill tomorrow! ☺

The greens can be stored in a plastic storage bin in the fridge and will probably be even more flavorful the next day.

The leftover water from the greens is called "pot likker" (pot liquor) and you can make soup out of it and/or soak cornbread in it. Some people drink it! It's rich in Vitamin K and other nutrients from the greens.