

Give your holidays a taste of *Southern Flavor!*

Try these favorite recipes from Lee Ann Flemming, renowned Southern chef and food stylist on this year's blockbuster movie, *The Help*.

Spinach-Stuffed Squash

Spinach Stuffing:

½ cup chopped onion
½ cup butter
2 (10 oz.) packages frozen chopped spinach, cooked and drained
1 tsp. salt
1 cup sour cream
2 tsp. red wine vinegar
Bread crumbs (garnish)

Squash:

4 yellow crookneck squash
Melted butter
Salt and pepper
Grated parmesan cheese



Directions:

1. Cook whole squash in boiling, salted water for about 10 minutes until tender.
2. Very carefully cut into halves and scoop out the seeds.
3. Sprinkle each shell with butter, salt, pepper, and parmesan cheese.
4. Sprinkle each with additional parmesan cheese and bread crumbs.
5. Dot with butter.
6. Bake at 350° F for 15 minutes or until thoroughly heated to serve.

Spinach Stuffing:

1. Sauté onions in butter until tender.



Homemade Pie Crust

Ingredients:

- 1¼ cups plain flour
- ¼ tsp. salt
- 1/3 cup shortening (butter flavor shortening is great, too)
- 4 - 5 tbsp. cold ice water

Directions:

1. In a medium bowl stir flour and salt together.
2. Using a pastry blender, cut in shortening until pieces are pea-size.
3. Sprinkle 1 tbsp. of water over part of the flour mixture; gently toss with a fork.
4. Push moistened dough to the side of the bowl. Repeat using 1 tbsp. of water at a time, until all the flour mixture is moistened.
5. Form dough into a ball; wrap in plastic wrap and refrigerate for 1 hour.
6. On a lightly floured surface, use your hands to slightly flatten dough. Roll dough from center to edges into a circle about 12 inches in diameter.
7. To transfer pastry, wrap it around the rolling pin.
8. Unroll pastry into a 9-inch pie plate. Ease pastry into pie plate without stretching it.
9. Trim pastry to 1/2 inch beyond edge of pie plate. Fold under extra pastry. Crimp edges as desired.



Cheesecake Pecan Pie

Ingredients:

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| 1 (15 oz.) pkg. refrigerated piecrusts | 2 tsp. vanilla, divided |
| 1 (8 oz.) pkg. cream cheese | ¼ tsp. salt |
| 4 large eggs, divided | 1 cup chopped pecans |
| ¾ cup sugar, divided | 1 cup light corn syrup |

Directions:

1. Unfold and stack 2 piecrusts together. Gently roll or press together and fit into a 9 inch pie plate according to directions; fold edges under and crimp. *Note: For a more homemade flavor, try Lee Ann's Homemade Pie Crust recipe (featured left).*
2. Beat cream cheese, 1 egg, ½ cup sugar, 1 tsp. vanilla and salt at medium speed with a mixer until smooth.
3. Pour into piecrust and sprinkle with pecans.
4. Stir together corn syrup, 3 eggs, remaining ¼ cup sugar, and remaining 1 tsp. vanilla and pour mixture over pecans.
5. Bake at 350° F for 50-55 minutes until set.

Sweet Potato Casserole

Ingredients: Casserole

3 cups cooked, mashed sweet potatoes
1 cup sugar
½ cup melted butter

2 eggs beaten
1 tbsp. vanilla
½ cup raisins (optional)

Directions:

Mix together and pour into a buttered casserole dish.

Ingredients: Topping

1 cup brown sugar
1 cup chopped pecans

1/3 cup flour
1/3 cup melted butter

Directions:

1. Mix topping with fork and sprinkle crumbs on top of casserole.
2. Bake at 350° F for 30 minutes.



Noted Southern chef, Lee Ann Flemming served as a food stylist for *The Help*. In addition to her cookbook, *Recipes and Remembrances*, Lee Ann writes a weekly newspaper article for the Sunday edition of the Greenwood Commonwealth!

Mamaw's Homemade Rolls

Ingredients:

1 cup shortening
1 cup sugar
1 tsp. salt
1 cup boiling water
2 eggs

2 pkg. dry yeast
1 cup lukewarm water
6 cups sifted plain flour

Directions:

1. Soak yeast in the lukewarm water.
2. Pour boiling water over the shortening, sugar, and salt. Allow this mixture to cool to lukewarm.
3. Add yeast to this mixture.
4. Add eggs and flour. Stir and mix well.
5. Cover and store in the refrigerator overnight (or at least 3-4 hours).
Note: The mixture will keep for a week in the refrigerator.
6. Remove the portion you wish to use and knead on a floured board.
7. Roll thin and cut with a biscuit cutter.
8. Dip half in melted butter and fold over for pocket rolls. Place in a greased pan and allow to rise 2-3 hours.
9. Bake at 425° F for 12-15 minutes.

This recipe can easily be cut in half.

Mrs. Walters' Fruit Salad

Ingredients:

1 can mandarin oranges, drained
1 can pineapple chunks, drained
1 can flaked coconut
1 small jar red Maraschino cherries, drained
1 (8 oz.) carton sour cream

Directions:

1. Mix and refrigerate. *Note: Save the drained juice from oranges and pineapples. Add to orange juice to enhance your morning beverage.*



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