

Cooking Corner Tips To Help You

“Food For The Soul” Recipes That Bring Families Together

(NAPSA)—The term “soul food” dates back to the South and the days of slavery in the United States, although this cuisine’s roots can truly be traced back to Africa. Slaves on the plantation would cook thrown-away meat, such as pig’s feet, ham hocks and chitterlings, combined with the discarded tops of vegetables, all seasoned with various spices to add flavor to meals. Today, many of the same combinations make up many soul food dishes. The actual term “soul food” caught on in the 1960s, as “soul” began to be used in association with Black America.

Today, soul food is a tradition in most Black families, and one of the most impressive aspects about its evolution is that it was illegal for slaves to read or write, so the recipes, which would become tradition, were passed on to future generations through word of mouth.

One aspect rarely discussed is the significance of home-cooked meals to Black history. Food has always served as the conduit to bring family and friends together in the African-American community, and for years Lawry’s Seasoned Salt and Garlic Salt have been staples in African-American kitchens, transforming ordinary dishes into extraordinary meals. When gathering around the dinner table with your family and friends, try these delicious, soul food-influenced Lawry’s recipes to add a creative twist to traditional favorites.

Caribbean Jerk Pork Tenderloin With Pineapple Glaze

(makes 4 servings)
Prep time: 5 minutes
Cook time: 35 minutes
Marinate time: 3 hours



Caribbean Jerk Pork Tenderloin With Pineapple

$\frac{1}{2}$ cup Lawry’s Caribbean Jerk Marinade With Papaya Juice
 $1\frac{1}{4}$ -lb. pork tenderloin
1 can (6 oz.) pineapple juice
1 Tbsp. firmly packed brown sugar

In large, resealable plastic bag, combine $\frac{1}{4}$ cup Lawry’s Caribbean Jerk Marinade With Papaya Juice, 2 tablespoons pineapple juice and pork; turn to coat. Close bag and marinate in refrigerator 3 hours or overnight.

Preheat oven to 425°. Remove pork from marinade, discarding marinade. In 13 x 9-inch baking dish, arrange pork. Roast 25 minutes or until done. Meanwhile, in 1-quart saucepan, combine remaining juice, $\frac{1}{4}$ cup marinade and brown sugar. Bring to a boil over high heat. Reduce heat to medium and simmer, stirring occasionally, 25 minutes or until sauce is thickened. To serve, spoon sauce over pork.

Garlic Mashed Potatoes
(makes 6 servings)
Prep time: 5 minutes
Cook time: 3 minutes

3 cups water
 $2\frac{1}{4}$ tsp. Lawry’s® Garlic Salt
 $\frac{1}{4}$ cup Shedd’s Spread Country Crock Spread
 $1\frac{1}{4}$ cups milk or half and half
3 cups instant mashed potato flakes

In 2-quart saucepan, bring water, Lawry’s Garlic Salt and Shedd’s Spread to a boil over high heat. Remove from heat, then stir in milk. Stir in potato flakes.

Collard Greens, Peas And Corn
(makes) 10 servings
Prep time: 10 minutes
Cook time: 35 minutes

2 Tbsp. Shedd’s Spread Country Crock Spread
2 cups corn
1 medium-sweet onion, chopped
1 small head collard greens, trimmed and sliced
1 can (15.5 oz.) black-eyed peas, drained
2 tsp. Lawry’s Seasoned Salt
 $\frac{1}{2}$ cup chicken broth or water

In 4-quart saucepot, melt Shedd’s Spread over medium-high heat and cook corn and onion, stirring occasionally, 5 minutes or until slightly golden brown.

Add remaining ingredients and bring to a boil over high heat. Reduce heat to low and simmer covered 30 minutes or until collard greens are tender.

Visit www.lawrys.com to find delicious recipes your family will enjoy.