

Black History Month Cooking Demonstration Ingredient List

Produce

2-3 bunches Collard Greens
2 medium Yellow Onions
1 clove Garlic

Meat

2-4 Chicken Leg Quarters
1 pack Smoked Turkey (Legs or Wings)

Dairy

1 pint Heavy Cream
8oz Cheddar Cheese
8oz Colby Jack Cheese
8oz Mozzarella Cheese
3 sticks of Butter
2 large Eggs

Dry Goods

8oz of Blackeyed Peas
8oz Elbow Macaroni
2 32oz Chicken or Vegetable Broth
1 12floz can Evaporated Milk
8oz Velveeta Cheese
1 box Jiffy Corn Muffin Mix
1 c Flour
½ c Vegetable Oil

Seasoning

Seasoned Salt
Black Pepper
Onion Powder
Garlic Powder
Oregano
Sugar
Red Pepper Flakes (optional)
Blackening Seasoning (*Make your own or Emeril's Blackened Seasoning Recommended*)

- 2 tablespoons smoked paprika
- 2 teaspoons cayenne pepper
- 2 teaspoon chipotle pepper
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon ground pepper
- 2 teaspoon Kosher salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme

