

# News



from

# Inez

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## PRESS RELEASE

### THE ORIGINAL SOUL FOOD COOKERY COOKBOOK REVISED

Release Date: Immediately

Dr. Inez Y. Kaiser, author of *The Original Soul Food Cookery Cookbook*, has completed the third revision. Due to popular demand the edition will be available in early December.

*Soul Food Cookery* is a cookbook that is different and unique in many ways. First of all, it contains simply written recipes using common everyday foods that can be combined to make tasty dishes that truly satisfy the soul.

Written with the hope that it will help bridge the racial gap by understanding through one of life's basic needs - food, the book contains over 280 recipes on how to cook "soul" food. These recipes are a change from the fancy dishes that require an expert cook or a variety of herbs. Homemakers will find that this cookbook is what is needed in this economy. Low-cost ingredients are used to make up the tastiest dishes imaginable.

The recipes are simply written and set out in such a way that even youngsters and bachelors can follow them easily. The method for combining ingredients is written so that it is understood.

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Divided into sections, you can see at a glance where to find the dish you are looking for. The book is spiral-bound so you can easily keep it open to the page you are cooking from. It is plastic covered, too, so if it gets soiled you just wipe it clean.

Some sample menus include typical "soul" food such as Sweet Potato Pie, Peas and Hog Jowl, Jambalaya, Blackeye Peas & Rice, Hush Puppies, Chitterlings, Collard Greens, Navy Beans & Pig Tails, Corn Meal Dodger for Pot Likker, and other familiar favorites.

Throughout each section are useful hints and information to help you in the kitchen. This cookbook will help the homemaker in planning nutritious meals and how to shop within a limited budget. It also includes other tips on how to freeze prepared foods, maintain stored food, remove stains, plan parties for a number of people, set a table. It also contains a time table for cooking meat, hints on household cleaning, equivalent weights and measures, and a guide for the selection of spices and herbs. A section is devoted to microwave cooking.

SOUL FOOD COOKERY is an excitingly different cookbook - it makes everyday eating an irresistible adventure. When you try these recipes, you too will understand why they will "satisfy your soul."

DR. INEZ YEARGAN KAISER is an internationally known home economist who taught home economics for a number of years. A syndicated columnist, she now runs a successful public relations firm in Kansas City, Missouri, specializing in the African-American market.

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Now in its third printing due to overwhelming demand, SOUL FOOD COOKERY is sold through

Dr. Inez Y. Kaiser  
906 Grand Avenue, Suite 200  
Kansas City, Missouri 64106.

You may receive your copy by sending a check or money order for \$14.95 plus \$1.50 to cover postage and handling.

Soul Food Cookery aprons are also available for \$12.95 plus postage of \$1.25. They are made of black washable fabric with white lettering. Each contains 13 recipes.

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## PEAS & HOG JOWL

dried peas  
smoked jowl

water

SOAK.....dried peas at least one hour in lukewarm water.  
COOK.....smoked jowl in water until tender. Let jowl and stock cool.  
ADD.....peas and cook a further 1 hour, approximately.

## CORN MEAL DODGER FOR POT LIKKER

1/2 pt. white corn meal  
1/2 tsp. salt

2 Tbsp. melted margarine  
cold water

COMBINE.....corn meal and salt and stir in melted margarine.  
ADD.....sufficient cold water so dough will hold shape.  
SHAPE.....dough in biscuit size pieces and drop into boiling Pot Likker.  
COOK.....in tightly covered pot for 20 minutes.  
SERVE.....garnished with greens from Pot Likker.

## HUSH PUPPIES

(to be eaten with fish)

2 c. corn meal  
1 Tbsp flour  
1/2 tsp. soda  
1 tsp. baking powder

1 tsp. salt  
3 Tbsp. onion, chopped  
1 c. buttermilk  
1 egg, beaten

MIX.....dry ingredients together.  
ADD.....onion, then milk and lastly the beaten egg, stirring well.  
DROP.....by the spoonful into pan or kettle in which fish is fried, or hot fat.  
FRY.....to golden brown, and drain on paper.  
NOTE.....If deep fat is used, hush puppies will float when done.

## BLACKEYE PEAS & RICE

(8-10 Servings)

1 c. dried blackeye peas  
water to cover  
1/4 lb. salt pork, cut in small pieces

1 red pepper pod  
3 c. cooked rice  
salt and pepper to taste

SOAK.....peas overnight.  
COOK.....with pork and pepper pod until tender. Do not overcook  
and keep peas whole.  
ADD.....rice and season to taste.  
PLACE.....In covered casserole.  
COOK.....until liquid absorbed and dish is hot through.



## JAMBALAYA

1 1/2 c. cold chicken	2 stalks celery, chopped
1 c. boiled rice (or instant rice)	1/2 green pepper, chopped
1 1/2 c. stewed tomatoes	salt and pepper to taste
1 large onion, chopped	buttered crumbs

MIX.....together chicken, rice and tomatoes in saucepan.  
COOK.....over low heat for 10 minutes.  
ADD.....onion, celery, pepper and seasonings.  
PLACE.....mixture into baking dish and cover with crumbs.  
BAKE.....in moderate oven for 1 hour.  
SERVE.....very hot.  
NOTE.....This is an excellent way of using leftover meat or poultry.

## SWEET POTATO PIE

9-inch pie crust	1 Tbsp. grated lemon rind
4 Tbsp. margarine	3 eggs, separated
1/4 tsp. salt	1/4 tsp. cinnamon
1/2 c. sugar	3 large sweet potatoes, cooked and mashed through sieve
3 Tbsp. lemon juice	1/4 tsp. nutmeg
1 c. top milk	

CREAM.....margarine until soft.  
ADD.....salt and sugar and cream until sugar is blended.  
Add lemon juice and rind.  
ADD.....beaten egg yolks, cinnamon, nutmeg and sieved potatoes  
and milk. Mix thoroughly.  
FOLD.....in stiffly beaten egg whites.  
POUR .....into 9-inch pie crust.  
BAKE.....in 400 degree oven 10 minutes then lower temperature to  
350 degrees; bake another 40 minutes or until knife  
inserted in center comes out clean.

## PICKLED PIG'S FEET

(4 Servings)

4 pig's feet	12 peppercorns
3 c. vinegar	6 whole cloves
1 onion	1 bay leaf
	1 Tbsp. salt

SPLIT.....pig's feet, wash thoroughly.  
COVER.....with cold water.  
ADD.....vinegar and boil. Skim fat off.  
ADD.....seasoning and simmer 2 hours.  
COOL.....in liquid and serve cold.

## NAVY BEANS & PIG TAILS

(Approximately 6 Servings)

2 lb. pig tails, salt pork or neckbones      1 small onion, whole  
2 c. navy beans      1 pod red pepper, broken into pieces

PARBOIL.....meat until tender. Remove from broth.  
ADD.....beans, onion, salt and pepper.  
BOIL.....and cook until beans are tender, adding water occasionally.  
BONE.....meat and add to beans, stirring well.  
COOK.....covered, over low heat until beans mash easily with fork  
and gravy has thickened. Water may need to be added to  
keep from sticking.

## FRIED OKRA

(Serves 6)

1 lb. small, tender okra pods      salt  
corn meal mix      pepper  
fat

WASH.....okra pods and cut off ends.  
CUT.....pods in 1/2 inch slices.  
SPRINKLE.....with salt and pepper.  
ROLL.....in corn meal mix.  
FRY.....in hot skillet of fat and brown on both sides.

## THRIFTY SOUL GUMBO

2 Tbsp. margarine      2 c. green peppers, chopped  
1 onion, chopped      2 c. okra, finely cut  
2 c. tomatoes      2 c. boiling water  
salt and pepper to taste

MELT.....margarine and fry onion until brown.  
ADD.....tomatoes, peppers, okra and hot water.  
SEASON.....to taste and cook until thick.

## FRIED PIG'S FEET

6 pig's feet, cleaned      1 egg, beaten  
salt and pepper      1 c. dried bread crumbs  
1 c. flour      fat for frying

BOIL.....thoroughly cleaned feet in water until tender.  
Remove and wipe.  
SPRINKLE..... with salt and pepper.  
DIP.....in flour, egg, then crumbs.  
FRY.....in deep fat until golden brown.



## COLLARD GREENS

1 small ham hock or 1/4 lb. salt pork, cut in pieces	1/2 tsp. salt or salt substitute 1/4 tsp. crushed red pepper OR dry red pepper
4 medium sized bunches collard greens, thoroughly washed	2 Tbsp. bacon drippings 1/2 small onion, chopped OR 2 Tbsp. onion powder
1 Tbsp. sugar	

PARBOIL.....meat until tender,, remove from pot.  
ADD.....well-washed greens which have been cut into small pieces.  
PLACE.....greens on top of meat and cover.  
SIMMER .....over a low flame until greens have cooked down.  
ADD.....seasonings of your choice and the bacon drippings.  
COVER.....and simmer until greens cut easily with fork.  
NOTE.....hot water should be added occasionally in small amounts  
to keep from sticking.

## CHITTERLINGS

(6 servings)

10 lb. chitterlings	1 red pepper, cut in pieces
water	garlic clove
1 Tbsp. salt	1 medium onion
1 Tbsp. pepper	1 rib of celery, cut into pieces
1 large Irish potato, peeled and washed (optional)	

THAW.....chitterlings, removing all waste.  
WASH.....chitterlings and clean thoroughly, leaving small amounts of  
fat on each piece for seasoning.  
PLACE.....in full pan of water with salt and pepper.  
ADD.....red pepper, celery, garlic clove, onion and potato (this helps  
absorb most of the odor of the chitterlings and adds flavor.)  
COOK.....until chitterlings can be cut easily with fork (approximately  
3-4 hours.)  
ADD.....water occasionally to keep from sticking.