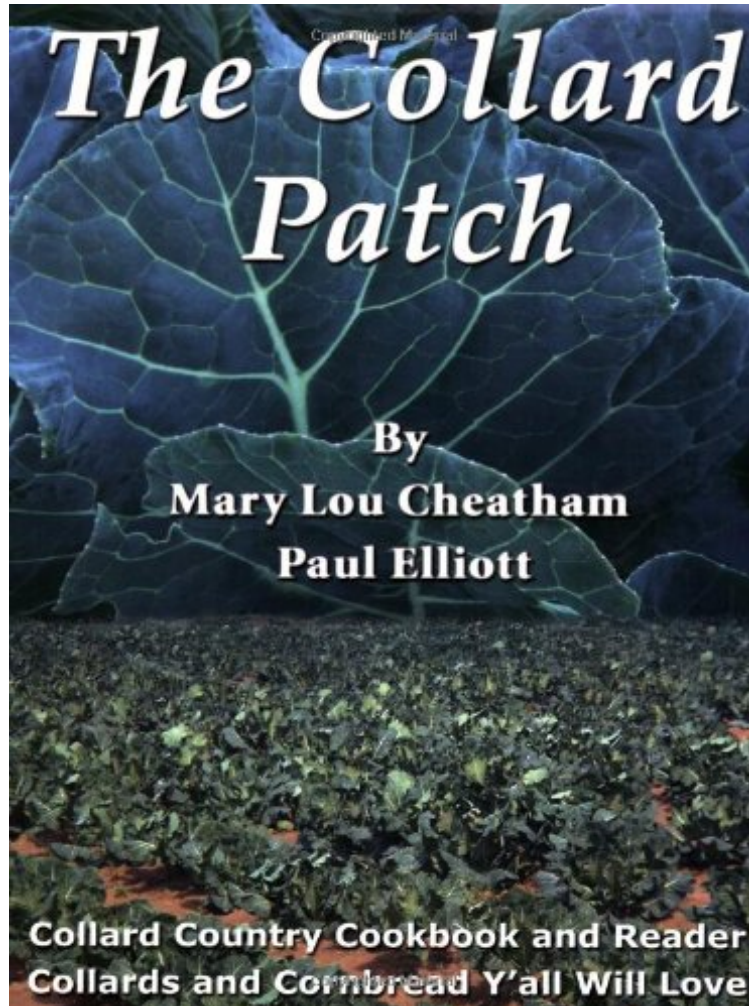


The Collard Patch

Mary Lou Cheatham, Paul Elliott

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Mary Lou Cheatham, Paul Elliott : The Collard Patch before purchasing it in order to gage whether or not it would be worth my time, and all praised The Collard Patch:

8 of 8 people found the following review helpful. Quirky--But What a Fascinating CookbookBy Steven PetersonThis is an absolutely quirky--and fascinating--book. It combines elements of a cookbook (with Mary Lou Cheatham organizing this, using her own and others' recipes) with stories of "collard nation" by Paul Elliott with "collard essentials" (organized as a series of chapters, including discussion of how to clean collards and how to cook "perfect collards"). It also includes some yummy looking cornbread recipes. On page 5, the purpose and flavor of this book is described: "'The Collard Patch' is a collard country cookbook and reader. Y'all will love our collards and cornbread. . . . Here is a book of great eating and good living."However, it is the recipes that are at the heart of any cookbook. Let's take a look at a few that I find interesting to enough to consider making for myself."Awesome collard greens." On

page 33, we see a recipe by Willie Crawford that is termed "the world's most famous written collards recipe." Ingredients: 2-3 medium smoked ham hocks, 5 pounds of collards, and some salt. Put the ham into lots of water and boil until the ham hocks look like they're falling apart. Then, clean and chop up the collards. Add the collards to the pot and cook until they are tender. Until I read the recipe, I thought it unlikely that I'd ever try it. Now, I think I'll give this a shot. Now, here is a recipe that I know I'm going to try out. First component is pork tenderloin, well marinated and then grilled. I rather like tenderloin, since it is pretty lean. Collards? Accompanying the pork is a dish described as stir-fried greens. Here, a combination of collards, bacon, red onion, rice wine vinegar, and salt and pepper is stir-fried. There is also a sweet and sour sauce. Once the stir-fried greens are finished, pour the sauce over them and serve with the tenderloin. Sounds tasty! And there are other recipes that sounds pretty good to me. And I would never have imagined that I'd be considering collard recipes! Here are some things that appeal to me: stir-fry with pasta; quick, easy, and tasty pasta salad; French onion collard soup (I love French onion soup and have a nice recipe for it, but this sounds kind of intriguing); collard stew; scrambles; stuffed mushrooms; artichoke and collard dip. So, what an unlikely sounding cookbook. . . . But between the recipes and the stories and the tips, this really comes together nicely. Stunning to see all reviewers rating this as 5 stars. But I agree with the other reviewers! 1 of 1 people found the following review helpful. Recipes look good but haven't tried yet By G. Lilly Recipes look good but I haven't tried them yet. I would have to have time and effort to go purchase many items for complex entrees. The simple ones were already known to me. I can't believe an entire book is devoted to Collards. I do buy many bags of frozen already cut collards now to keep on hand. 10 of 10 people found the following review helpful. Collards 101 and then some! By Carol Engan Borrelli For those of you who have never tried collards, this is the book for you. Yet, it is so much more! Even if you're a diehard southern cook who has grown up with collards and has eaten them your whole life, you'll be thrilled. Mary Lou Cheatham and Paul Elliott have pieced together a lovely book. In its 288 pages, and over 200 recipes, you will find mouth watering concoctions like *Sweet Potato and Collards Biscuits*, *Collard and Shrimp Quesadillas* and *Collard Crepes*. Being from Louisiana, the authors also have a gorgeous variety of regional cuisine recipes such as *Crawfish-Eggplant-Collard Pies*, *Louisiana Redneck Beans* and *Crawfish Etouffee Collard Rolls*. There are some southwestern and caribbean recipes as well, including the luscious *Jamaican Collard Stew* which has, among other items, okra, crabmeat, chicken, and cream of coconut YUM---and of course, collards. A lot of the recipes have the nutrition facts included which is an added plus. For instance a serving of *Creamy Crawfish and Collards* has only 180 calories per serving, and 1 g. saturated fat. The authors are very thorough in the beginning pages of the book and go into great detail on the history of collards, growing them, their culture, their extreme health benefits and many more facts about the leafy greens. There is also a lot of humor throughout. They even cover how to properly wash them and how best to prepare them for the many ways of cooking them. At the back of the book are some fun country stories by Paul Elliott including one called *Alligator Snapping Turtles* where he describes how he and his brothers discovered the animals and how they could *expertly snap a half-inch wooden dowel in two*. Great reading and great eating. If you've never tried collards because you were afraid of them and just didn't know how to cook them, you can't say that any more. For the seasoned collards eater, you'll find many new recipes sure to delight you. Recommended!

The Collard Patch newly released story cookbook is all about collard greens growing, cooking, and eating and stories about growing up in Collard Country. If you think you don't like collards, you haven't tasted our collards. That's right, our collards are truly delicious prepared in very unique and creative ways. However, just imagine delicious food that is also wonderful for your heart and healthy for your body. Yes, many of our recipes are very healthy, indeed. They are low in fat, cholesterol, and sodium. How can you beat that good food that's good for you. Think of collards as appetizers, main dishes, side dishes, wraps, salads, and desserts. Yes, desserts. Open your mind . . . and your mouth . . . and don't forget the delightfully entertaining stories, preparation tips, growing tips, and all around excellent information about collards. You'll find it hard to put down even after enjoying one of the mouthwatering recipes. This book features the most popular collard greens recipe in the world with Heart Health Recipes, 288 big pages, and 214 remarkable recipes.

There are lots of reasons to love collard greens, aside from their excellent flavor, their meltingly tender texture after cooking and their versatility in many different dishes. The fact is, they are one of the true super foods of the vegetable world, offering prodigious amounts of natural ingredients that have been shown to support and improve eye health, among other things. Frequently eating collards can reduce the risk of developing age related macular degeneration and cataracts, for example. Naturally low in calories, salt and fat, they boast high levels of vitamins A, B, C, and are rich in calcium, beta carotene and fiber, among many other nutrients and superb characteristics. When you eat collards, you're getting your vitamins in Mother Nature's original package! But even so, best of all, they just plain taste good! In fact, The Collard Patch will expand your idea of what green cuisine can be, with recipes for everything from Collard Crepes for breakfast to Jamaican Collard Stew for supper and Apple Collard Raisin Pie for dessert. --Dorothy Reinhold, recipe developer, Cut n Clean Greens If the title of The Collard Patch summons visions of warm, sunny days, a

beautiful table set in the solarium or sun room of a charming country home a home situated in a verdant, pastoral setting with meandering varieties of vividly colored flowers, you're getting the picture. Simply add to this scene you and friends sitting at this table, while mixed aromas of hot corn bread, and the unmistakable fragrance of hot collard greens and a baked apple pie are wafting into the room. Your host, a busy cook is coming in and out of the room, setting one tempting, mouth watering entree after another on the table before you. As she scuttles in and out the room, your eyes look beyond the tall French door style windows onto a patch of neatly planted rows of large, leafy rosettes of something favoring cabbage, but with much darker leaves. Oh, that's the collard patch over there. Your host now enters the room, and with flushed excitement takes her seat nearest the entryway to the kitchen as both she, coauthor Paul Elliott, you, and other friends await the blessings upon the food and the first palate pleasing delights of collard greens, cornbread and all the country trimmings. You have just met the delightful and ever gracious host, Mary Cheatham, and marketing genius and author Paul Elliott, co authors of *The Collard Patch*. A simple browse through the pages of this wonderfully warm and enchanting book will transport you, as it has me, to the scene or scenes like the one described above. The only difference being, that as you prepare the incredibly delicious recipes that grace the pages of this uniquely written story book of recipes, you become the host, setting your easily duplicated entrees before your own friends. Never mind the fact that you may not be serving your dishes in a country setting ...the foo --Carolyn Forche, Author, *Colors Come From God Just Like Me**The Collard Patch* is gorgeous. Not only is it attractive, I love the lay out and the themes. The stories make the recipes come alive. I love my cookbook. Now if I could just cook. -- Beth Boswell Jacks, Author of *Snippets**From the Publisher**The Collard Greens Experience* Read *The Collard Patch*. You will be . . . Blessed by the memories of a callow youth in Collard Country Informed about the process of growing, gathering, cooking, and eating collards Enlightened by intriguing ways to cook cornbread *The Collard Patch* is full of the gastronomic joy of Louisiana and Texas. Everywhere we go, people are trying to duplicate the pleasurable tastes we cook here. We are sharing *La Cuisine Texianne* with you in this book. Cook these recipes. You will enjoy your accomplishment. If you are not accustomed to eating collards, you will soon discover that you have missed incredibly tasty flavor. You will find yourself looking for collards every time you go to the grocery store. Good luck shopping! The shelves labeled "collards" in the frozen food section are often empty. Try some of the lovely prepackaged fresh collards. If your store does not have these, demand them! Eat this food one of the worlds healthiest vegetables! You will be satisfied by the work of your hands. Your body will benefit from vitamins A, B, and C; calcium; beta-carotene; and fiber in a marvelous natural food free of fat and low in carbohydrates. Collards and olive oil (so healthy!) are a blissful match. Share your pleasure. We are simultaneously publishing two cookbook readers: *The Collard Patch Flavored with Love*, Third Edition Buy several of each. Keep some on hand to give as wedding gifts, holidays that slip up on you, and times when you simply want to say, "I love you." Write MaryAndPaul@CollardLovers.com with your recipes! "Send us your recipes, stories, and suggestions. You may be our guest in a future edition. Be sure to e-mail us and select your free gift. You will love what we have for you," say Cheatham and Elliott Collard green cuisine experience it! If you think you dont like collards, you havent tasted our collards! From the Author If you do not own this book, go ahead and buy yourself a copy. If you have purchased this book, congratulations! We know you will enjoy using it as much as we enjoyed preparing it. We are joyful to share recipes from some incredibly talented cooks. For example . . . Dorothy Reinhold, who runs the test kitchen for *Cut n Clean Greens*, has been featured in *Sunset Magazine* and other food publications. We are delighted that this prize-winning food authority has shared some of her greatest collard recipes with us to publish in *The Collard Patch*. Jim Rooker; an outstanding south Louisiana chef, has contributed recipes by John Martin Terranova, his mentor, who is now deceased. John was lauded for his work as the executive chef of the *Castle*, an exquisite restaurant located in the old stables of historic Dunleith Plantation, Natchez, Mississippi. Carolyn Forche, a well-known author, lecturer, editor, and writing coach, wrote the popular, highly acclaimed, and prize-winning childrens book, *Colors Come From God Just Like Me!* She is sharing her favorite collard greens recipe and her favorite cornbread recipe. *The Collard Patch* with its section "Growing Up in Collard Country" provides the perfect reading for your relaxation and entertainment at the end of a stressful day. The anecdotes about an innocent albeit impish childhood can be read individually; but since they are chronological events in Pauls life, they have continuity. Youll want to read and reread them. Read these stories and go inside the mind of a boy becoming a man as he faces all manner of hilarious hardships, such as being sprayed by a skunk, dealing with his drunk cow, and being frightened by a screeching owl on a Boy Scout campout. Also you will be inspired and blessed as you read all we are sharing with you. Even if you dont ever cook, youll enjoy *The Collard Patch*.