



# Winedog Speaks

## Down Home Sunday Dinner

If the words “Sunday dinner” fail to prompt wonderful memories of the past then you truly were deprived as a child. Most of the special dinners I recall were hosted by my maternal grandmother with a dose of my mother’s cooking thrown in for good measure.

The men would normally sit out on the lawn and talk about things men talked about back then...cars, their gardens, sports, hunting and other subjects young boys loved to listen to. That was a time when children listened and would never have thought of jumping in with their own comments. Imagine that!

As it turns out, about the same time I was enjoying family feasts at my “Mamow’s”, my future bride was visiting her “Mammy’s” house in Garner, North Carolina, for their own Southern inspired Sunday dinner. All of the cousins would look forward to Sunday and the time they would spend with the very best friends they had. Family was like that back then and we are all poorer these days by a large measure with the loss of those old family traditions.

I’ve grown to love many of the wonderful dishes I’ve had the pleasure of sharing with my wife’s people in North Carolina. I can’t help but smile thinking of the tender butter beans, turnip greens, fried okra, cornbread, creamed corn and a big cold glass of sweet tea. Those people do know how to eat.

The first time I dug into a plate of chicken slick was at cousin Mickey’s in Garner. His wife, Amanda, presented a spread of homemade dishes that took away my breath. Here’s a couple of recipes that might make it easier to attract the family back to the Sunday dinner table.

## North Carolina Chicken Slick

- 4 pounds boneless, skinless chicken meat
- 2 small carrots, sliced
- 3 sweet potatoes, peeled and cubed
- 3 Irish potatoes, cubed
- 5 small onions
- 5 cups water
- salt to taste
- ground black pepper to taste
- 1 bay leaf
- 3 stalks celery tops
- 1 pinch cayenne pepper
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 4 tablespoons rendered chicken fat



Place chicken in a large pot. Add salt and

pepper, a dash of cayenne, a bay leaf, and a handful of celery tops. Cover with water, and cook until done. Discard bay leaf. Add vegetables, and continue cooking until vegetables are nearly done.

Meanwhile, make the dumplings. Mix together flour, 1/2 teaspoon salt, baking powder, chicken fat. Mix in enough water to make stiff dough. Divide dough into three parts. Roll out, and cut into squares.

Add 1/3 dumplings to simmering chicken, and cook 5 minutes. Add another third, and cook 5 minutes more. Add the remaining third, and cook 5 minutes longer. Serve.

If you're looking for the perfect dish to serve on the side with your Chicken Slick look no further than genuine southern style turnip greens. The greatest challenge will be in determining if the greens are the main dish or a side dish after you have tasted them. Don't hesitate to make cornbread to serve with the greens. The combination with a generous serving of the "pot likker," the juice produced from the greens, makes for an eating experience that will have you talking with a southern drawl.

## Southern Style Turnip Greens

**3/4 pound smoke meat (smoked turkey wings work great)**

**4 quarts cold water**

**1/2 teaspoon sea salt**

**1/2 teaspoon garlic powder**

**1/2 teaspoon black pepper**

**2 chicken bouillon cubes**

**1/4 teaspoon ground ginger**

**1 bunch turnip greens with roots**

**4 tablespoons butter**

**1 teaspoon sugar (if there's any bitterness in your greens)**

Place smoked meat in water along with sea salt, pepper, garlic powder, bouillon, and ginger. Cook over low heat for 1 1/2 hours.

In the mean time, strip turnip leaves free of the big stem that runs down the middle of each leaf. Wash leaves in a sink filled with clean water. Drain and wash twice more to be sure you have gotten out all of the grit and sand normally present.

Add greens to meat and cook for another 30 minutes, stirring often. Add butter and sugar, if needed, and serve with cornbread.



My favorite wine find from the recent Cincinnati Wine Festival tasting was a beautifully made Sauvignon Blanc from New Zealand's Whitehaven Winery. The nose is filled full of ripe melon and sweet fruits while the taste was a crisp, complex combination of citrus, lemon grass, fresh savory herbs and tropical fruit. This wine will be absolutely perfect for summer enjoyment and an instant success once people have tried it.

Let us know if you need help finding it and I'll share more of my tasting notes with you in the columns to come. Hope you have a wonderful week. Cheers!

*Allison, a native of Warren County in Southwestern Ohio, has been in the fine wine and fine dining field for 31 years in the South Florida, Chicago and Southwestern Ohio markets. He writes a weekly syndicated column, manages a fine wine business and is the executive chef for Winedog Fine Wines and Catering Services. You can visit his column archive at [www.winedog.com](http://www.winedog.com) and take your comments and questions directly to him at 888-288-0668 or email him at [winedog@winedog.com](mailto:winedog@winedog.com). He has resided with his wife and two sons since 1999 in the country outside of Morrow, Ohio*

