

Not Logged In [Login](#) / [Sign-up](#)



NOW 79°

NEWS SPORTS BUSINESS ENTERTAINMENT LIFE TRAVEL BLOGS JOBS HOMES CARS CLASSIFIEDS

Facebook Twitter

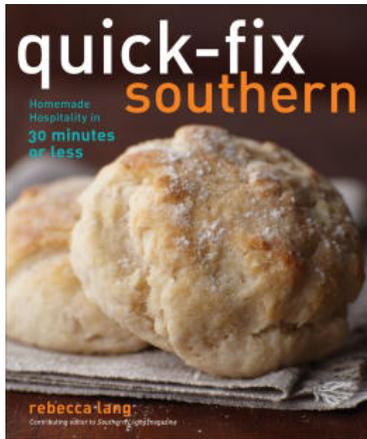
0 Comments Recommend

Search advanced search | archives

Chron.com Web Search by Yahoo! Businesses

### Southern flavors without the wait

By GREG MORAGO Copyright 2011 Houston Chronicle  
March 15, 2011, 3:07PM



Andrews McMeel

• [Sweet-Potato Biscuits](#) • [Chicken and Wild Rice Casserole](#)

You don't need to be from the South to know that Southern cooking can be time-consuming. All that stewing, simmering and baking can't be rushed for palates that appreciate authentic down-home flavors and techniques. Even the movie *My Cousin Vinny* features a memorable scene about grits: "No self-respecting Southerner uses instant grits." Southern cuisine isn't hurried.

Still, not all Southern flavors are accomplished by long turns at the stove. Rebecca Lang, contributing editor for Southern Living, knows that it's entirely possible to make mouth-watering Southern meals that don't require hours in the kitchen. That's the thrust of her cookbook, *Quick-Fix Southern, Homemade Hospitality in 30 Minutes or Less* (Andrews McMeel, \$16.99), which promises jiffy great-tasting, from-scratch meals without sacrificing flavor.

"I am the mother of two young children, a wife, a working woman, a daughter, a friend, a sister, a volunteer, and it seems any other role that needs filling. Needless to say, I know the necessity of a busy weeknight supper," Lang writes. "Between bath times, deadlines, homework, sports, and supper, putting a meal on the table you can be proud of is an art all in itself."

All of Lang's time-saving tips and recipes are in her cookbook. As someone who enjoys cooking, Lang also is aware that cooks need to get a good meal out so they can "attend to all the other 8,000 things" they need to do. Sound familiar?

#### Share

- Del.icio.us
- Digg
- Twitter
- Facebook
- StumbleUpon
- Email

Recommend Be the first of your friends to recommend this.

#### Resources

##### COOKING CLASS

- **What:** Rebecca Lang will conduct a cooking class featuring blue cheese and bacon popcorn, stuffed cornbread, skirt steak with sweet onion chimichurri, roasted tomatoes and Parmesan grits, and double-chocolate scoop pie
- **Where:** Central Market Cooking School, 3815 Westheimer,
- **When:** Tonight at 6:30.
- **Cost:** \$50 per person, which includes a cookbook.
- **Information:** 713-993-9860.



Rebecca Lang

#### SWEET-POTATO BISCUITS

Recipes from *Quick-Fix Southern*

- 1/2 cup buttermilk
- 2 (6-ounce) jars sweet potato baby food
- 4 cups all-purpose flour, plus more for the counter and your hands
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1 cup cold unsalted butter, cut into pieces

Preheat the oven to 425 degrees.

Line a rimmed baking sheet with parchment paper or a silicone baking mat.

Stir together the buttermilk and baby food in a small bowl and set aside.

Combine the flour, baking powder, salt and butter in the bowl of a food processor fitted with the metal blade.

Pulse 7 times or until the butter is cut into very small pieces.

Add the buttermilk mixture and process until the dough comes together, about 15 seconds.

Sprinkle some flour on the countertop.

Turn the dough out onto the floured counter.

Flour your hands well and pat the dough to about 3/4 -inch thick.

Cut the biscuits with a floured 3-inch round cutter.

Flour the cutter again before cutting each biscuit.

Place the biscuits, about 1 inch apart, on the prepared baking sheet.

**THE SUBARU LOVE SPRING EVENT**  
March 1-March 31

**\$199/Month**  
Lease a 2011 Legacy for \$199/month for 36 months.\*

[See All Offers](#)

SUBARU

- [Conroe couple charged in death of 5-week-old baby boy](#)
- [Man facing death row had hit list of 62 names, deputy says](#)
- [Prosecutors: Berlusconi had sex with teen 13 times](#)
- ['Lucky winner' at Astros game learns nothing is free](#)
- [Kelly hopeful Giffords can attend launch](#)

- [Teachers' Capitol rally slams potential funding cuts\(386\)](#)
- [Meltdown threat rises at Japanese nuclear plant\(242\)](#)
- [Harris County Hospital District to screen for green first\(214\)](#)
- [Beaumont prison escapee captured in Nebraska\(169\)](#)
- [See pics of 2 men accused of buying on stolen credit\(116\)](#)

- [Iron Sommelier](#)
- [Cock of the walk](#)
- [Southern flavors fast](#)
- [Chess pie](#)
- [Barreling ahead](#)
- [Houston-area farmers markets](#)

The connection has timed out

Bake for 16 to 18 minutes, or until slightly browned.

**Makes 13-15 biscuits**

---

**CHICKEN AND WILD RICE CASSEROLE**

- 1 rotisserie chicken
- 3 cups cooked long-grain and wild rice or 2 (8.8 ounce) packs ready-to-serve long-grain and wild rice, cooked according to package directions
- 1 tablespoon unsalted butter
- 3/4 cup diced red onion
- 1/4 cup diced celery
- 1 (8.5 ounce) can quartered artichoke hearts, drained
- 1 cup sour cream
- 1/2 cup chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 teaspoon curry powder

Preheat oven to 350 degrees.  
 Lightly spray 7-inch-by-11-inch baking dish.  
 Remove the skin from the chicken and pull the meat off the bone.  
 Use your fingertips to shred the meat by pulling it apart in strips.  
 Place the meat in a large mixing bowl.  
 Add rice.  
 Heat the butter over medium heat in a small frying pan.  
 Add the red onion and celery and cook for 5 minutes, stirring often.  
 Stir the onion and celery, artichoke hearts, sour cream, chicken broth, salt, pepper and curry powder into the chicken.  
 Spoon into the prepared baking dish.  
 Bake for 30 minutes. (Can be topped with grated cheese before going into oven.)

**Read More**

**From Chron.com:**

**Southern flavors fast**

You don't need to be from the South to know that Southern cooking can be time-consuming. All that stewing, simmering and baking can't be...

**Dynamo's Sarkodie tries to pursue soccer...**



**Postcard from Kissimmee: What's mine is...**



**Golden fried chicken**

The secret to great fried chicken is double-dipping and putting a lid on the chicken while cooking.

**FDA advisers: Menthol cig ban would benefit...**



Powered by **one spot**

**From Around the Web:**

-  **National chicken day recipes: Chicken and andouille pasta recipe**  
Mar 19, 2011 | Examiner Food & Drink Channel Articles
-  **National chicken day recipes: Chicken salad with Green Goddess dressing recipe**  
Mar 19, 2011 | Examiner Food & Drink Channel Articles
-  **VIDEO: Chicken Playing Piano**  
Mar 19, 2011 | Lolcats 'n' Funny Pictures of Cats - I Can...
-  **Evol fire grilled chicken fajita burrito is a fresh change**  
Mar 19, 2011 | Examiner Food & Drink Channel Articles

**Tonight's Dinner: Chicken Souvlaki**  
Mar 18, 2011 | What's New

**PROGRESSIVE DIRECT**

PROGRESSIVE	STATE FARM
405	527
AM. FAMILY	NATIONWIDE
684	745

**We make it easy to compare rates and save.**

Enter ZIP Code:  [Get Your Free Quote](#)

ADVERTISEMENT



**Add Your Comment**

**New to the site?**

**Already a member?**

To use commenting, you need to sign up.

[Sign up](#)

Please log in.

[Forgot Password?](#)

Email

Password

Remember Me

[Log in](#)

**[Houston Investor Deals](#)**

147+ Properties. Get Free Access.  
www.myHouseDeals.com/Houston

**[LUXE Texas](#)**

The New Texas Architecture + Home Design  
www.luxetexas.com

**[Mortgage Rates Hit 2.99%](#)**

If you owe less than \$729k you probably  
www.SeeRefinanceRates.com

**[Y'all's Texas Store](#)**

Unique Texas Gifts for Everyone Lonestar  
www.yalls.com

Ads by Yahoo!

<p><b>CHRON</b></p> <ul style="list-style-type: none"> <li>Home</li> <li>Houston &amp; Texas</li> <li>Nation</li> <li>Business</li> <li>Sports</li> <li>Entertainment</li> <li>Life</li> <li>Travel</li> <li>Corrections</li> <li>Blogs</li> </ul>	<p>Weather</p> <p>Chron Commons</p> <p>Traffic</p> <p><b>TOPICS</b></p> <ul style="list-style-type: none"> <li>Small Business</li> <li>PetsHouston</li> <li>MomHouston</li> <li>HoustonBelief</li> <li>Gardening</li> <li>29-95</li> </ul>	<p><b>NEIGHBORHOODS</b></p> <ul style="list-style-type: none"> <li>Aldine</li> <li>Alief</li> <li>Baytown</li> <li>Bellaire</li> <li>Clear Lake</li> <li>Conroe</li> <li>Cy-Fair</li> <li>East End</li> <li>Fort Bend</li> <li>Heights</li> <li>Katy</li> </ul>	<ul style="list-style-type: none"> <li>Kingwood</li> <li>Lake Houston</li> <li>Magnolia</li> <li>Memorial</li> <li>Montrose</li> <li>Pasadena</li> <li>Pearland</li> <li>Spring</li> <li>Tomball</li> <li>West U</li> <li>The Woodlands</li> </ul>	<p><b>MARKETPLACE</b></p> <ul style="list-style-type: none"> <li>Find Houston jobs</li> <li>Homes</li> <li>Cars</li> <li>Classifieds</li> <li>Place a classified ad</li> <li>Contests</li> </ul>	<p><b>SERVICES</b></p> <ul style="list-style-type: none"> <li>Help</li> <li>Business directory</li> <li>Legal notices</li> <li>Contact us</li> <li>Send us tips</li> <li>About the company</li> <li>Employment opportunities</li> <li>Place a Retail Ad</li> <li>Advertising Services</li> </ul>	<p><b>MEMBERSHIP</b></p> <ul style="list-style-type: none"> <li>Sign up</li> <li>Log in</li> </ul> <hr/> <p><b>OTHER EDITIONS</b></p> <ul style="list-style-type: none"> <li>Home delivery</li> <li>Mobile</li> <li>RSS feeds</li> <li>Chronicle In Education</li> <li>e-Edition</li> <li>Breaking news alerts</li> </ul>
<p><b>LOCAL SERVICES</b></p> <ul style="list-style-type: none"> <li>Houston Attorneys</li> <li>Houston Salons</li> <li>Houston HVAC Contractors</li> </ul>			<p> Find Us</p>		<p> Follow Us</p>	

[Privacy statement](#) | [Terms of service](#) | [About Our Ads](#)  
Copyright © 2011 The Houston Chronicle

