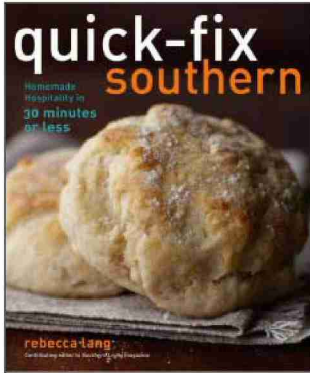


## Enjoying Southern flavors without the wait



By GREG MORAGO  
 HOUSTON CHRONICLE

**S**outhern cuisine isn't hurried. All that stewing, simmering and baking can't be rushed for palates that appreciate authentic flavors and techniques. Even the movie "My Cousin Vinny" features a



Lang

memorable scene about grits: "No self-respecting Southerner uses instant grits."

Still, not all Southern flavors are accomplished by long turns at the stove.

Rebecca Lang, contributing editor for Southern Living, knows that it's 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," which promises jiffy great-tasting, from-scratch meals without sacrificing flavor.

As someone who enjoys cooking, Lang says she knows that cooks need to get a good meal out so they can "attend

to all the other 8,000 things."  
 PHOTO COURTESY OF REBECCA LANG

### Meet the author

Rebecca Lang will sign books 2 p.m. Friday at McIntyre's Books, 2000 Fearington Village Center, Pittsboro.

She will hold a cooking class and book signing 1 p.m. Saturday at A Southern Season at 201 S. Estes Drive, University Mall, Chapel Hill.

## SWEET POTATO BISCUITS

Recipes from Quick-Fix Southern

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

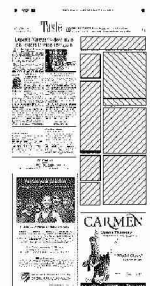
**PREHEAT** the oven to 425 degrees. Line a rimmed baking sheet with parchment paper or a silicone baking mat.

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

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## CHICKEN AND WILD RICE CASSEROLE

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<b>1 rotisserie chicken</b>	<b>1/4 cup diced celery</b>
<b>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</b>	<b>1 (8.5 ounce) can quartered artichoke hearts, drained</b>
<b>1 tablespoon unsalted butter</b>	<b>1 cup sour cream</b>
<b>3/4 cup diced red onion</b>	<b>1/2 cup chicken broth</b>
	<b>1/2 teaspoon salt</b>
	<b>1/4 teaspoon freshly ground black pepper</b>
	<b>1 1/2 teaspoon curry powder</b>

**PREHEAT** oven to 350 degrees. Lightly spray 7-inch-by-11-inch baking dish.

**REMOVE** 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.)

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## JALAPEÑO DEVILED EGGS

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*Older eggs are better for boiling. Some of the white pulls away with the shell when peeling really fresh eggs. When boiled eggs are overcooked, a green ring forms around the edge of the yolk.*

<b>12 large eggs</b>	<b>1 tablespoon finely chopped pickled jalapeño peppers (for sweeter egg without the heat, substitute 3 tablespoons of sweet pickle relish)</b>
<b>3/4 cup mayonnaise</b>	<b>1/4 teaspoon salt</b>
<b>1 tablespoon Dijon mustard</b>	

**COVER** eggs with about 1 inch of cold water in a large saucepan. Bring the water to a boil over high heat. When the water boils, turn the heat off and let the eggs sit for 10 minutes.

**SUBMERGE** eggs under cold water. Peel the eggs while holding them in running cold water. Slice in half lengthwise.

**REMOVE** the yolks from the eggs and place in a medium mixing bowl. Using a whisk, combine the yolks, mayonnaise, mustard, peppers, and salt.

**SPOON** Carefully spoon the yolk mixture back into the egg whites.

**Yield** 24

