

BARBARA
MCLELLANEverything
old is new
again

It is with tears and cheers I write this column.

First the tears: We moved this week from the beautiful, warm Rio Grande Valley where Joe and I have lived for the past 14 plus years. The people there are as warm as the weather.

Now for the cheers: we moved back to our roots in East Texas. It has been so good to be able to celebrate the holidays with our families. Also, I guess I forgot how beautiful East Texas can be in the winter, as well as spring and fall. The palm trees in the Valley were beautiful and welcoming in a casual way, just as the way of life is there.

Here, those stately and very tall pine trees have a majesty all their own. If you have recently moved you know what a challenge it is. Somehow we don't realize how many worldly goods a couple can accumulate (when both are pack rats) until a move. Incidentally, if a marriage survives a move, then I truly believe it will be a stronger one.

Are we all settled in?

No. Are we happy to be back in Longview?

Yes. We do have a roof over our head. Before we left the Valley, many friends were so kind to give us little gifts, and remembrances of our years there. My dear friend Gretchen Chapin, a member of our Tai Chi group, gave me a wonderful cookbook from First Presbyterian Church in McAllen. It has recipes that might not be familiar here, just as our cookbooks here reflect the foods common to our area.

One recipe I want to share would be nice for a New Year's celebration. It is one of those quick and easy things.

Melissa Goebel's
Green Chili Dip

8 ounces cream cheese, softened to room temperature
3 tablespoons mayonnaise
1/2 cup can chopped green chilies
1 teaspoon lemon juice
Dash of Tabasco
Hot paprika (or red pepper)

Blend cream cheese and mayonnaise. Mix in remaining ingredients, except paprika or pepper. Place in a serving dish. Cover and chill over night or 4-6 hours. Sprinkle with paprika, before serving with tortilla chips.

If you have been in this area for any length of time, you know about the black-eyed peas on New Year's tradition. No Texan I know would dare fail to eat black-eyed peas on New Year's Day! Because some of you might not like "peas straight," I am sharing this dip recipe with you.

Black-Eyed Peas Dip

2 (5-ounce) cans black-eyed peas, drained
1/2 cup each of the following: red bell pepper, green bell pepper, onion, celery
1/4 cup chopped paprika or clantino (depending on which you prefer)
1 medium tomato, chopped
3 tablespoons balsamic vinegar
2 tablespoons olive oil

Mix all ingredients except tomato and vinegar and oil. Toss vegetables gently. Mix vinegar and oil, and pour over vegetables. Cover and refrigerate over night or for several hours. Just before serving, gently stir in chopped tomato. Serve with crackers.

For a delicious hot punch try this.

Spicy Hot Punch

1 quart apple juice
1 cup orange juice
1 cup pineapple juice
1/4 cup lemon juice
1 teaspoon whole cloves
2 cinnamon sticks

Place in saucepan, and simmer for about 30 minutes. Serve hot. Makes about 10 servings. Can be doubled.

Back to back visiting with all y'all. Barbara Richardson McEllan is a longtime food columnist and has written three self-published cookbooks. Her column appears in the Longview News-Journal's Taste section each Wednesday. Write her at care@longviewnewsjournal.com, PO Box 1792, Longview, TX 75601 or clantino@newsjournal.com.

A New Year's feast

Annual meal brings
good luck, good
health, some sayBY ROBYN CLARITY
rclarity@newsjournal.com

In the South, no New Year's tradition would be complete without black-eyed peas and their promise of good luck—and we better not forget the greens and cornbread.

However, for one local whole foods chef, good luck is only one of the many benefits of the hearty holiday feast.

"Black-eyed peas are not just any ol' cowpea to southern folk. They symbolize survival, health and prosperity," said Danielle Heard, a Certified Holistic Health Counselor and Natural Whole Foods Chef.

While southerners wait for the stroke of midnight to get their annual taste of good luck from the beans and leafy greens stewing on the stove, Heard said people should put the New Year's practice into their every day eating habits.

"Black-eyed peas are high in fiber and provide good sources of protein, magnesium, potassium, calcium, iron, folic acid, B-vitamins, vitamin C and antioxidants and phytonutrients that help prevent heart and vascular disease, as well as cancer," Heard said. "They have also been known to help lower cholesterol levels and control blood glucose levels."

Greens, which are thought to bring prosperity and wealth when eaten on New Year's, also provide nutritious value that people should be getting daily.

"Leafy green vegetables play a crucial role in healing and maintaining a healthy body," Heard said. "They help regulate body pH, build the immune system, prevent cancer and supports eye health. They also keep the body clean, promote colon health."

As for corn bread, well that's comfort food.

"I want people to start the year healthy, and learn healthy eating habits," she said.

Collard, Kale and Turnip Greens
with Pearl Onions

1 large bunch turnip greens
1 large bunch collard greens
1 large bunch kale
2 tablespoons olive oil
1 tablespoon sweet onion finely chopped
1 teaspoon garlic finely chopped (about 2 cloves)
2 cups vegetable stock
2 cups water
30 pearl onions peeled (or as many as you would like)
2 1/2 teaspoons sea salt

1/2 teaspoon ground black pepper
Thoroughly wash all of the collard, kale and turnip greens. Remove the hard middle vein and stem. Cut the leaves into bite size pieces. The pieces of greens should fill a 5 quart bowl.

Next, add the olive oil to a 6 quart stock pot and heat on medium heat. Once the oil is warm, add the chopped onion and garlic to the pot and stir and sweat for approximately one minute until soft.

Add the vegetable stock, water, pearl onions and 1/2 teaspoon of sea salt to the stockpot and bring to a boil. Reduce the heat and simmer covered for 10 minutes to cook the onions.



Left: Festive Black-Eyed Peas, Collard, Kale and Turnip Greens with Pearl Onions and Cornbread Muffins with Jalapeno Peppers and Clantino prepared by Danielle Heard are served. Below: Heard works in her kitchen to prepare a traditional New Year's Day meal. (See Taste/News-Journal Photo.)



"Black-eyed peas are not just any ol' cowpea to southern folk. They symbolize survival, health and prosperity."

Danielle Heard

Certified Holistic Health Counselor and Natural Whole Foods Chef

Stir the collard, kale and turnip greens pieces into the stockpot with the onions. You will need to do this in several batches. Once the greens are added to the pot and covered with the vegetable stock and water, add 2 teaspoons of sea salt and 1/2 teaspoon of ground black pepper. Cook covered for 5 minutes until all of the greens are wilted and soft but are still bright green. Be careful not to overcook the greens.

Remove from the heat and serve hot. Be sure to eat or drink the liquid "pot liquor" as it contains many nutrients from the greens.

Festive Black-Eyed Peas

2 cups dried black-eyed peas (soaked overnight 8-12 hours)
1/2 cup sweet yellow onion small dice
2 garlic cloves finely chopped
1 tablespoon olive oil
2 cups vegetable stock
4 cups water
1 piece of kombu (3-4 inches long)
1/4 teaspoon crushed red pepper flakes
1/2 teaspoon sea salt
1/2 teaspoon sweet paprika
1/4 teaspoon ground black pepper
1/4 cup green bell pepper small dice
1/4 cup red bell pepper small dice

Rinse black-eyed peas thoroughly and remove all of the hard dark brown beans.

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This easy souffle won't deflate your ego

BY ALISON LADMAN
Associated Press

Nothing is more indulgent, more impressive or more intimidating than a souffle.

If they aren't mixed perfectly and folded gently, they don't rise. If you look at them the wrong way, they collapse. And then when you finally nail it and it comes out perfectly, how do you get it to the table without complete deflation? Of your souffle and your ego.

This version has you covered. It's a sturdy souffle that will buy you the sort of wiggle room you need to ensure great results.

You make the batter ahead of time, then refrigerate it until it's time to bake. Be sure not to skip that step—the chilling helps with the stability. And when you bake it, though it doesn't rise as high as a traditional souffle, it is impressive. It won't collapse if you sneeze or, heaven forbid, move it to the table.

Feel free to play with the flavors, switching out the bourbon and butterscotch for other sundae syrups and liqueurs.

Chocolate Bourbon
Butterscotch Souffles

Butter and sugar to coat the ramekins
6 tablespoons jarred butterscotch sauce
1/4 cup (1/2 stick) butter
6 ounces semisweet chocolate
2 ounces unsweetened chocolate
6 eggs, whites and yolks separated
Pinch of salt
2 tablespoons water
3/4 cup sugar, divided
3 tablespoons bourbon
1/2 teaspoon cream of tartar

Lightly coat the inside of 6 ramekins with butter. Coat them with the sugar, tapping out any excess. Place 1 tablespoon of butterscotch sauce in the bottom of each ramekin.

In a large microwave-safe

bowl, combine the butter and both chocolates. Microwave on high in 30-second bursts, stirring between each, until melted and smooth.

In another large bowl, combine the egg yolks and salt. Use an electric mixer to beat until slightly thickened and pale. Set aside.

In a small saucepan over medium-high, combine the water and half of the sugar. Bring to a boil. Resume beating the egg yolks. With the mixer running, drizzle in the hot sugar mixture. Whip on high until light and fluffy, about 5 minutes. Fold the egg yolks into the chocolate mixture. Stir in the bourbon, then set aside.

Thoroughly clean the bowl and whisk of the electric mixer. Whip the egg whites with the cream of tartar until frothy. Slowly add the remaining sugar

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This Chocolate Bourbon Butterscotch Souffle is designed to be easy to make. (Larry Greenleaf Photo)