

# FOOD

To honor Black History Month and the heritage of our community, the Portland Observer respectfully requests family recipes that have been passed down through generations. The 'Black History Month ~ Community Recipe Collection' will be published throughout the month of February. Email SharonS@portlandobserver.com (with Subject: Recipes ~ Black History Month).

## Cornmeal Fried Catfish & Creole Remoulade



- Ingredients**
- 1/2-cup yellow cornmeal
  - 1/2-cup all-purpose flour
  - 2-tsp. ground cayenne pepper
  - 1-tsp. paprika
  - 1-Tbs. salt
  - 1-tsp. pepper
  - 6-cups vegetable oil, for frying
  - 2-lbs. catfish fillets, cut into strips
  - Lemon wedge

**Instructions**  
1. In a shallow bowl, combine first six

- ingredients, use a whisk and mix thoroughly.  
2. Heat oil in a 12-inch cast iron skillet to a 350F degrees. Line a plate with several layers of paper towels; set aside.  
3. Use a paper towel to blot the fish pieces dry. Season on all sides with salt and pepper and then dredge them in the cornmeal mixture, making sure to cover all sides. Tap fish pieces against your palm to shake off the excess.  
4. Fry fish in batches, turning once, until deep golden brown and crisp on the outside with a flaky inside, about six minutes total. Remove the fish from pan with a slotted spatula to the paper-towel-lined plate to drain. While it's still hot season well with salt. Serve with lemon wedges and remoulade.



"This is a favorite at family celebrations. I remember as a small child asking what's for supper and Momma would wink and say 'just a little sweetie-pie'."  
--Submitted by Cynthia Williamson, Portland

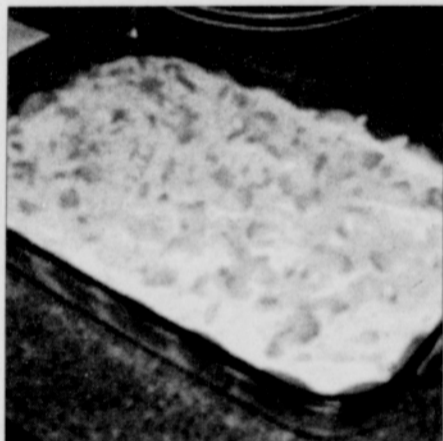
## Sweet Onion Potato Pie, aka "Sweetie-Pie"

- Ingredients**
- 8 cups shredded hash browns, thawed if using frozen
  - 6 Tbs. butter, divided
  - 3/4 tsp. salt, divided
  - 1 cup sweet onion, diced
  - 1/4 cup sweet red peppers, chopped
  - 1 cup cheddar cheese, shredded
  - 3 eggs, lightly beaten
  - 1/3-cup milk

**Directions**  
1. Gently squeeze potatoes to remove excess water. Melt 5 Tbs. butter; add to potatoes along with 1/2 tsp. salt. Press in bottom and up sides of a greased 9-inch pie plate to form a crust. Bake at 425F degrees for 25 to 30 minutes or until edges are browned. Cool to room temperature.  
2. In a saucepan over medium heat sauté the onion and red pepper in remaining butter until tender, about 6-8 minutes. Spoon into crust; sprinkle with cheese. Combine the eggs, milk and remaining salt, pour over onion mixture.  
3. Bake at 350F degrees for 20 to 25 minutes or until a knife inserted near the center comes out clean. Let stand five minutes before serving.

## Aunt Betty's Banana Pudding

"My great aunt Betty created this rich banana pudding recipe. It is one of my favorites because it taste really delicious. Try it, you will think so, too!"



--Submitted by Genia Vincent, Portland

- Ingredients**
- 2-(3.4 ounce) packages instant vanilla pudding mix
  - 1-cup milk
  - 1-(14 ounce) can sweetened condensed milk
  - 1-(8 ounce) container sour cream
  - 1-(8ounce) container frozen whipped topping, thawed
  - 6-bananas, sliced
  - 1/2-(12 ounces) package vanilla wafers

**Directions**  
1. In a medium bowl, combine pudding mix and milk; stir until mix is dissolved. Refrigerate 15 minutes, until partially set.  
2. Stir condensed milk into pudding mixture until smooth. Fold in sour cream and whipped topping. Fold in bananas.  
3. In a 9"x13" dish place a single layer of vanilla wafers lining the bottom. Spread pudding mixture evenly over the wafers. Crush a handful of wafers and sprinkle over the top. Refrigerate until serving.

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to: [www.foods@portlandobserver.com](mailto:www.foods@portlandobserver.com)

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