

C.A.E.P. AT KINGSLYNNE PRESENTS:

A COOKING EVENT WITH

SEBRINA WITH AN E UNDERWOOD

OX TAILS

FRIED CHICKEN

CHICKEN WINGS

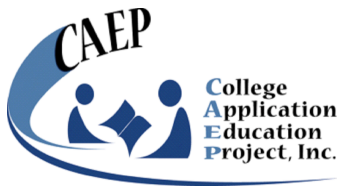
COLLARD GREEN

MACARONI AND CHEESE

RICE AND BEANS

CORNBREAD

BANANA PUDDING



OX TAIL

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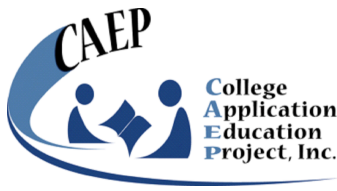
Yes, oxtails are the tails of cattle, typically from cows, steers, or oxen, and the term “oxtail” refers to this cut of meat rather than exclusively to oxen.

Oxtail is a culinary term for the tail of cattle. Historically, it referred only to the tail of an ox, which is a castrated adult male cattle, but today it can come from any type of cattle, including cows and steers [Tasting Table+2](#). The meat is usually skinned and cut into thick cross-sections, each containing a central bone surrounded by meat and connective tissue [Tasting Table+1](#). This gelatin-rich meat is prized for its flavor and tenderness when

slow-cooked, making it ideal for stews, soups, and braised dishes [Wikipedia+1](#). While “cow tail” can also refer to the tail of a cow, it is less commonly used in culinary contexts. The main difference is that oxtail specifically denotes the meat cut from the tail, which is considered more desirable for cooking due to its rich, unctuous texture and high collagen content. Cow tails may be used for other purposes or in traditional dishes, but oxtail is the preferred term in recipes and gastronomy.

Oxtail has a long history in various cuisines worldwide, including British, Caribbean, Chinese, and Italian cooking. It is often slow-cooked to develop a deep, savory flavor, and is a staple in dishes like Jamaican oxtail stew, Italian coda alla vaccinara, and

Filipino kare-kare [Wikipedia+1](#). Its culinary appeal lies in its ability to provide a rich, robust flavor and tender texture, making it a sought-after ingredient in many gastronomic traditions.



SOUTHERN STYLE OX TAIL

Recipes

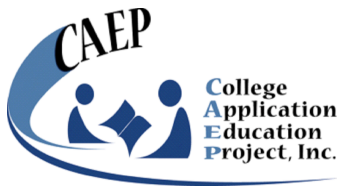
Top rated Quick Low cal Low carb Low fat High protein Low sodium

Southern-style oxtails are slow-cooked until tender, smothered in rich, savory gravy, and traditionally served with rice, mashed potatoes, or cornbread.

Ingredients

Typical Southern oxtail recipes include:

- **Oxtails:** 2–5 lbs, trimmed of excess fat for best results .
- **Vegetables:** Onion, garlic, bell peppers, celery, carrots, and sometimes potatoes
- **Liquids:** Beef broth, water, Worcestershire sauce, and optional red wine or apple cider
- **Seasonings:** Salt, black pepper, garlic powder, onion powder, paprika, thyme, bay leaves, and Creole or Cajun seasoning
- **Thickening agents:** Flour or cornstarch for gravy
- **Cooking Method**
- **Preparation:** Clean and pat dry the oxtails. Trim excess fat and optionally marinate with seasonings and Worcestershire sauce for 30 minutes to overnight
- **Browning:** Sear oxtails in a hot skillet with oil until caramelized on all sides to lock in flavor
- **Sauté vegetables:** Cook onions, garlic, bell peppers, celery, and carrots until soft and fragrant



- **Braising:** Combine oxtails, vegetables, broth, and seasonings in a Dutch oven or slow cooker. Cover and cook **low and slow** for 3–8 hours until meat is fall-off-the-bone tender
- **Gravy:** Thicken the cooking liquid with flour or cornstarch, adjusting consistency as desired

Tips for Best Results

- **Low and slow** cooking is key; patience ensures tender meat and rich flavor
- **Sear before braising** to develop depth of flavor.
- **Use bone-in oxtails** for maximum richness; the marrow adds natural gelatin to the gravy
- **Optional extras:** Add potatoes, lima beans, or carrots for a heartier dish
- **Storage:** Refrigerate leftovers in airtight containers for 3–4 days or freeze for up to 3 months

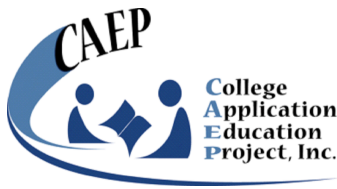
Serving Suggestions

Southern oxtails pair beautifully with:

- **Rice** or **mashed potatoes** to soak up the gravy
- **Collard greens, butter beans, or cornbread** for a traditional soul food meal
- For a creative twist, serve over **pappardelle pasta** with the rich sauce

Variations

- **Slow cooker method:** Ideal for hands-off cooking; cook on low for 6–8 hours
 - **Flavor twists:** Add red wine, apple cider, or smoked paprika for depth
 - **Spicy option:** Include cayenne, red pepper flakes, or hot sauce for heat
- Southern-style oxtails are a classic comfort food, celebrated for their rich, beefy flavor and tender texture. With proper seasoning, slow cooking, and a flavorful gravy, this dish becomes a soul-satisfying centerpiece for any meal



FRIED CHICKEN

Fried chicken, commonly known as **Southern fried chicken**, is a dish consisting of [chicken](#) pieces, coated with seasoned [flour](#) or [batter](#), that are [pan-fried](#), [deep-fried](#), [pressure-fried](#), or [air-fried](#). The [breeding](#) adds a crisp coating or crust to the exterior of the chicken while retaining juices in the meat. [Broiler](#) chickens are most commonly used.

The first dish known to have been deep-fried was [fritters](#), which were popular in the European [Middle Ages](#). However, the [Scottish](#) were the first to have been recorded as deep-frying their chicken in fat with breadcrumbs and seasonings, as evidenced by a recipe in a 1747 cookbook by [Hannah Glasse](#)^{[1][2]} and a 1773 diary entry describing fried chicken on the Isle of Skye.^[2] The first known recipe in the US did not contain the seasonings that were in the earlier Scottish recipe.^[2] There is an English cookbook from 1736 which mentions fried chicken, the "Dictionarium Domesticum", by Nathan Bailey, where it is called "a marinade of chickens".^[3]

History

The expression "fried chicken" was first recorded in the 1830s,^[4] and frequently appears in American cookbooks of the 1860s and 1870s.^[5] The origin of fried chicken in the southern states of America has been traced to precedents in [Scottish](#)^{[6][7][8]} and [West African cuisine](#).^{[9][10][11][12]} Scottish fried chicken was battered with seasonings and deep fried in lard and West African fried chicken added different seasonings,^{[12][2]} and was battered^{[10][13]} and cooked in palm oil.^[9] African seasoning techniques were used in the American South by enslaved Africans.^{[6][7][8][12][2]}

Fried chicken provided some means of an independent economy for enslaved and segregated African-American women, who became noted sellers of poultry (live or cooked) as early as the 1730s though this was cooked on a griddle.^{[14][15]} Because of the expensive nature of the ingredients, it was, despite popular belief, a rare dish in the African-American community^[9] reserved (as in Africa) for special occasions.^{[13][11][12]} When it was introduced to the American South, Southern fried chicken became a common staple. Later, as the [slave trade](#) led to Africans being brought to work on southern [plantations](#), the enslaved people became cooks.^[16] Since most enslaved people were unable to raise expensive meats, but were generally allowed to keep chickens, frying chicken on special occasions continued in the [African-American](#) communities of the South, especially in the periods of [segregation](#) that closed off most

restaurants to the black population.^[17]

American-style fried chicken gradually passed into everyday use as a general Southern dish, especially after the [abolition of slavery](#), and its popularity spread. Since fried chicken traveled well in hot weather before refrigeration was commonplace and industry growth reduced its cost, it gained further favor across the South. Fried chicken continues to be among this region's top choices for "Sunday dinner". Southern Jews blended Southern and Jewish [foodways](#) to make fried chicken a mainstay of Shabbat dinners alongside [charoset](#) and braided loaves of [challah](#).^{[18][19]}

Holidays such as [Independence Day](#) and other gatherings often feature this dish.^[20] During the 20th century, chain restaurants focused on fried chicken began among the boom in the [fast food industry](#). Brands such as [Kentucky Fried Chicken](#) (KFC) and [Popeyes](#) expanded in the United States and across the world.^[20]

Before the industrialization of chicken production and the creation of [broiler](#) breeds of chicken, only young spring chickens (pullets or cockerels) would be suitable for the higher heat and relatively fast cooking time of frying making fried chicken a luxury of spring and summer. Older, tougher birds require longer cooking times at lower temperatures. To compensate for this, sometimes tougher birds are simmered till tender, allowed to cool and dry, and then fried.^[21]

Description



Fried chicken with [fried okra](#) and [macaroni and cheese](#)

Fried chicken has been described as being "crunchy" and "juicy",^[22] as well as "crispy".^[23] The dish has also been called "spicy" and "salty".^[24] Occasionally, fried

chicken is also topped with chili like [paprika](#), or [hot sauce](#) to give it a spicy taste.^[25] This is especially common in fast food restaurant chains such as [KFC](#).^[26] The dish is traditionally served with [mashed potatoes](#), [gravy](#), [macaroni and cheese](#), [coleslaw](#), [corn](#) or [biscuits](#).^[27]

The dish is renowned for being greasy, especially when coming from fast food outlets.^[22] It has even been reported that some of those who enjoy eating the food limit themselves to eating it only a certain number of times a year, to keep their fat intake reasonably low.^[28] Out of the various parts of the animal used in fried chicken, the wings generally tend to contain the most fat, with almost 40 grams (1.4 oz) of fat for every 100 grams (3.5 oz).^[29] However, the average whole fried chicken contains only around 12% fat, or 12 grams (0.42 oz) per every 100 grams (3.5 oz).^[30] 100 grams (3.5 oz) of fried chicken generally contains around 240 calories of energy.^[30]

Preparation



Frying chicken upper wings in corn oil

Generally, chickens are not fried whole. Instead, the chicken is divided into its constituent pieces.^[31] The [white meat](#) sections are the breast and the wings from the front of the chicken, while the [dark meat](#) sections are the thighs and legs or "drumsticks" from the rear of the chicken. The breast is typically split into two pieces, and the back is usually discarded.^[32] [Chicken fingers](#), which are boneless pieces of chicken breast cut into long strips, are also commonly used.^[33]

To prepare the chicken pieces for frying, they are typically coated in a flour-based batter that may contain eggs or milk, or they may be dredged in flour or [breadcrumbs](#). Seasonings such as salt, [black pepper](#), [chili powder](#), [paprika](#), [garlic powder](#), or [onion](#)

[powder](#) can be mixed in with the flour. Either process may be preceded by [marination](#) or dipping in [buttermilk](#), the acidity of which acts as a meat tenderizer. As the pieces of chicken cook, some of the moisture that exudes from the chicken is absorbed by the coating of flour and browns along with the flour, creating a flavorful crust.^[34]



[Paschal's](#) fried chicken, [Atlanta](#), Georgia

Traditionally, [lard](#) is used to fry the chicken, but [corn oil](#), [peanut oil](#), [canola oil](#), [soybean oil](#), or other [vegetable oils](#) are also frequently used.^{[35][36]} There are three main techniques for frying chickens: [pan frying](#),^[37] [deep frying](#)^[38] and [broasting](#).^[39]

Pan frying (or shallow frying) requires a [frying pan](#) of sturdy construction and a source of fat that does not fully immerse the chicken.^[40] The chicken pieces are prepared as above, then fried. Generally, the fat is heated to a temperature hot enough to seal (without browning, at this point) the outside of the chicken pieces. Once the pieces have been added to the hot fat and sealed, the temperature is reduced. There is debate as to how often to turn the chicken pieces, with one camp arguing for often turning and even browning, and the other camp pushing for letting the pieces render skin side down and only turning when necessary. Once the chicken pieces are close to being done, the temperature is raised and the pieces are browned to the desired color (some cooks add small amounts of butter at this point to enhance browning). The moisture from the chicken that sticks and browns on the bottom of the pan becomes the fonds required to make gravy.^[41]

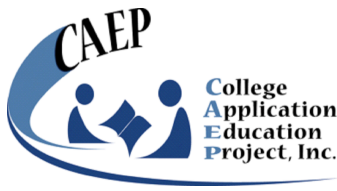


Deep frying chicken cutlets at Angel Chicken Cutlet [Ruifeng Store](#), [Kaohsiung](#), Taiwan

Deep frying requires a [deep fryer](#) or other devices in which the chicken pieces can be completely submerged in hot fat. The process of deep frying is placing food fully in oil and then cooking it at a very high temperature.^[40] The pieces are prepared as described above. The fat is heated in the deep fryer to the desired temperature. The pieces are added to the fat and a constant temperature is maintained throughout the cooking process.^[42]

A [pressure cooker](#) can be used to accelerate the process.^[43] The moisture inside the chicken becomes steam and increases the pressure in the cooker, such that lowering the cooking temperature is needed. The steam also cooks the chicken through, but still allows the pieces to be moist and tender while maintaining a crisp coating. Fat is heated in a pressure cooker. Chicken pieces are prepared as described above and then placed in the hot fat. The lid is placed on the pressure cooker, and the chicken pieces are thus fried under pressure.^[44] The original recipe used by the KFC franchise used this method, which was marketed as "broasting" by the [Broaster Company](#).^[45]

The derivative phrases "country-fried" and "chicken-fried" often refer to other foods prepared in the manner of fried chicken. Usually, this means a boneless, tenderized piece of meat that has been floured or battered and cooked in any of the methods described. [Chicken-fried steak](#) is a common dish of that variety.^[46] Such dishes are often served with gravy.^[47]



COLLARD GREENS

Collard greens originated in the Mediterranean over 2,000 years ago and became a cultural and culinary staple across Europe, Africa, and the Americas.

Origins in the Mediterranean

Collard greens belong to the Brassica family, which includes cabbage, kale, and broccoli, and were first cultivated in the Mediterranean region by the ancient Greeks and Romans. Ancient texts, including Theophrastus's botanical works and Cato's *De Agri Cultura*, document their use for both food and medicinal purposes. These early greens were hardy, nutritious, and easy to grow, thriving in temperate climates with well-drained soils and tolerating occasional frost. Hippocrates also noted their health benefits, highlighting their long-standing role in human diets.

Spread Across Europe and Africa

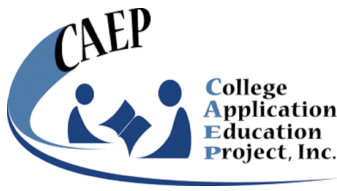
As the Roman Empire expanded, collard greens were introduced to various parts of Europe, where they became a staple in local cuisines. In Spain and Portugal, the Moors incorporated collard greens into traditional dishes like *caldo verde*, a soup made with potatoes and sausage. In Eastern Europe, collards were known as *raštika* or *raštan* and

often stewed with smoked meats and root vegetables ^W[Wikipedia](#). In Africa, collard greens were adopted into local diets, known as *efo* in West Africa and *sukuma wiki* in East Africa, where they are commonly cooked with meat, fish, or maize-based dishes like *ugali*.

Introduction to the Americas

Collard greens were brought to the Americas through the transatlantic slave trade, where enslaved Africans adapted their traditional recipes to local ingredients. In the Southern United States, collard greens became a cornerstone of African American cuisine, often cooked with smoked meats, onions, and seasonings, and served

alongside cornbread and black-eyed peas ^W[Wikipedia+1](#). This culinary tradition not only



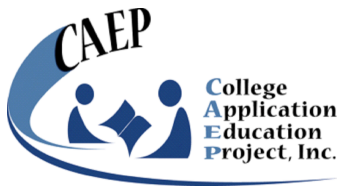
provided nutrition but also became a symbol of resilience and cultural identity for enslaved communities.

Cultural Significance

Collard greens have maintained their importance across centuries and continents. In the U.S., they are traditionally eaten on New Year's Day to symbolize wealth and

prosperity ^W[Wikipedia](#). Globally, they continue to be valued for their nutritional content, versatility, and role in traditional dishes, from Mediterranean soups to African stews and Southern soul food

Collard greens' journey from ancient Mediterranean gardens to modern tables illustrates their enduring appeal and cultural significance, reflecting centuries of human migration, adaptation, and culinary creativity.



Macaroni and cheese (colloquially known as **mac and cheese** and known as **macaroni cheese** in the United Kingdom^[1]) is a pasta dish of [macaroni](#) covered in [cheese sauce](#), most commonly [cheddar sauce](#).^{[1][2][3]} Its origins trace back to cheese and pasta [casseroles](#) in medieval England.^{[4][5]} The traditional macaroni and cheese is put in a casserole dish and baked in the oven; however, it may be prepared in a sauce pan on top of the stove, sometimes using a [packaged mix](#)^[3] such as became popular in the mid-20th century. The cheese is often included as a [Mornay sauce](#) added to the pasta. It has been described as "[comfort food](#)".^{[6][7]}

History

A recipe for macaroni and cheese was included in [Elizabeth Raffald's](#) 1769 book, *The Experienced English Housekeeper*. Raffald's recipe is for a bechamel sauce which is mixed with macaroni, sprinkled with [Parmesan](#), and baked until bubbly and golden.^[8]

To dress Macaroni with Permasent Cheese. Boil four Ounces of Macaroni 'till it be quite tender, and lay it on a Sieve to drain, then put it in a Tolling Pan, with about a Gill of good Cream, a Lump of Butter rolled in Flour, boil it five Minutes, pour it on a Plate, lay all over it Permasent Cheese toasted; send it to the Table on a Water Plate, for it soon goes cold.^[9]

[Eliza Acton's](#) 1845 *Modern Cookery in All Its Branches* has a recipe "Macaroni a la Reine", which directs the cook to "dissolve gently ten ounces of any rich, well-flavoured white cheese in full three quarters of a pint of good cream" with salt, [Cayenne pepper](#), [mace](#), and butter.^[10] The 1861 edition of *Mrs. Beeton's Book of Household Management* included two instances of "Macaroni, as usually served with the Cheese Course".^[11]

In the United Kingdom in the 21st century, the dish has risen in popularity, becoming widespread as a meal and as a side order in both fast food and upmarket restaurants.^[12]

Canada

Macaroni and cheese was brought to Canada by British immigrants, coming from other

parts of the [British Empire](#). Macaroni and cheese recipes have been attested in Canada since at least *Modern Practical Cookery* in 1845, which suggests a [puff pastry](#) lining (suggesting upper-class refinement); a sauce of cream, egg yolks, mace, and mustard; and grated Parmesan or [Cheshire cheese](#) on top. Canadian Cheddar cheese was also becoming popularized at this time and was likely also used during that era.^[13]

Macaroni and cheese is very popular in contemporary Canada. [Kraft Dinner](#) is the most popular brand of packaged macaroni and cheese. Sasha Chapman, writing in *The Walrus*, considered it to be Canada's national dish, ahead of [poutine](#).^[13] In fact, Canadians purchase nearly 25% of the 7 million boxes of Kraft Dinner sold worldwide each week.^[14]

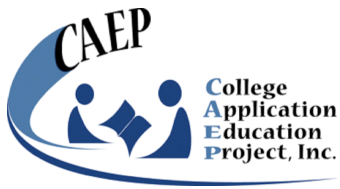
United States

One theory is that [James Hemings](#) brought the recipe to the United States after discovering it in [France](#), prompted by [Thomas Jefferson](#) who was interested in extruded pasta.^{[15][16]} In 1802, Jefferson served "a pie called macaroni" at a state dinner. The menu of the dinner was reported by Reverend [Manasseh Cutler](#), who apparently was not fond of the cheesy macaroni casserole.^[17]

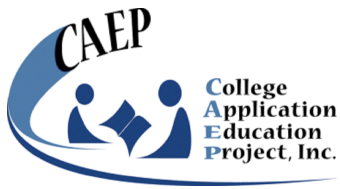


Baked macaroni and cheese

A recipe called "macaroni and cheese" appeared in the 1824 cookbook *The Virginia House-Wife* written by [Mary Randolph](#). Randolph's recipe had three ingredients: macaroni, cheese, and butter, layered together and baked in a [hot oven](#).^[18] The cookbook was the most influential cookbook of the 19th century, according to culinary historian [Karen Hess](#).^[19] Similar recipes for macaroni and cheese occur in the 1852 *Hand-book of Useful Arts*, and the 1861 *Godey's Lady's Book*. By the mid-1880s, cookbooks as far west as [Kansas](#) and [Festus, Missouri](#), included recipes for macaroni



and cheese casseroles. Factory production of the main ingredients made the dish affordable, and recipes made it accessible, but not notably popular. As it became accessible to a broader section of society, macaroni and cheese lost its upper-class appeal.^[20]



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