



surviv(AL)

Starter

Broccoli Grape Salad

A colorful combination of broccoli, grapes and pasta. A Southern twist on traditional broccoli salad.

Main Course

Southern Shrimp and Grits

Sautéed shrimp and bacon served over cheese grits. A traditional low country favorite.

Dessert

Ambrosia

A sweet and creamy salad full of fruit and coconut. A staple dessert in the South.



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Starter

Corn Fritters

Crispy sweet cornbread fritters loaded with corn. A Southern classic.

Main Course

Chicken and Dumplings

Shredded chicken breasts and dumplings in a rich creamy sauce. The definition of Southern comfort food.

Dessert

Banana Pudding

Bananas, pudding, and vanilla wafers. An old fashioned desert that is loved by everyone.

First Meal:

Salad – Broccoli Grape Salad

Main Dish – Southern Shrimp and Grits

Dessert – Ambrosia

Beverage – Southern Raspberry Sweet Tea

Second Meal:

Appetizer – Corn Fritters

Main Dish – Chicken and Dumplings

Dessert – Banana Pudding

Beverage – Southern Peach Sweet Tea

Broccoli, Grape and Pasta Salad:



Ingredients:

- 1 cup chopped pecans
- 1/2 (16-oz.) package farfalle (bow-tie) pasta
- 1 pound fresh broccoli
- 1 cup mayonnaise
- 1/3 cup sugar
- 1/3 cup diced red onion
- 1/3 cup red wine vinegar
- 1 teaspoon salt
- 2 cups seedless red grapes, halved
- 8 cooked bacon slices, crumbled

Directions:

- Preheat oven to 350°. Bake pecans in a single layer in a shallow pan 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through.
- Prepare pasta according to package directions.
- Meanwhile, cut broccoli florets from stems, and separate florets into small pieces using tip of a paring knife. Peel away tough outer layer of stems, and finely chop stems.
- Whisk together mayonnaise and next 4 ingredients in a large bowl; add broccoli, hot cooked pasta, and grapes, and stir to coat. Cover and chill 3 hours. Stir bacon and pecans into salad just before serving

<http://www.myrecipes.com/recipe/broccoli-grape-pasta-salad>

Southern Shrimp and Grits



Ingredients:

- 3 slices of bacon
- 1 ½ pounds medium raw shrimp
- 1 teaspoon of vegetable oil
- 8 oz. fresh mushrooms, sliced
- ½ cup green onions, chopped
- 1 ¼ cup chicken broth
- 2 tablespoons freshly squeezed lemon juice
- salt and pepper to taste
- cheese grits

Directions:

Fry bacon in a large skillet until crisp. Drain the bacon on paper towels, reserving the bacon drippings in pan. Crumble the bacon and set aside.

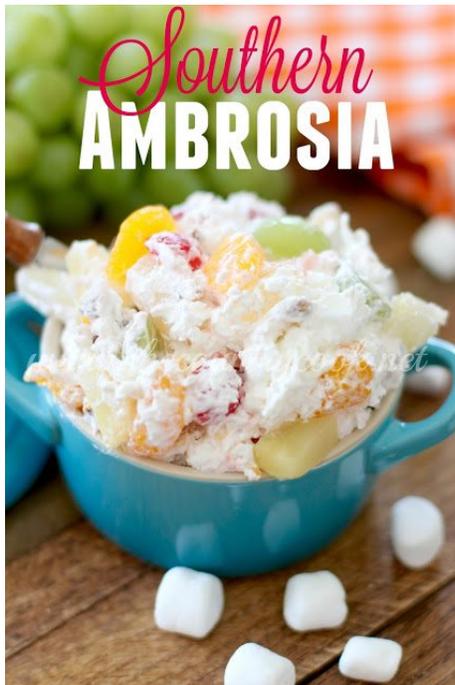
Peel, devein, and salt and pepper shrimp.

Add the oil to the drippings and sauté the mushrooms for a couple of minutes. Add the green onions and continue to sauté for a couple more minutes. Toss in the shrimp and garlic and sauté until the shrimp just begins to brown.

Stir in the chicken broth and lemon juice, making sure to stir in all those drippings and flavors from the pan. Finally, spoon your shrimp mixture over a hot plate of cheese grits and top with crumbled bacon.

<http://writtenreality.com/shrimp-and-grits/>

Southern Ambrosia



Ingredients:

- 1 (8 oz.) tub of whipped topping, thawed
- 1 cup sour cream
- 1 (20 oz.) can pineapple tidbits, drained well
- 1 (15 oz.) can mandarin orange segments, drained well
- 1 cup red or green seedless grapes, sliced in half
- 1 1/2 cups sweetened coconut flakes
- 1 1/2 cups mini marshmallows
- 1 (10 oz.) jar of maraschino cherry halves, drained very well (optional)
- 1/2 cup chopped pecans (optional)

Directions:

1. In a medium bowl, combine whipped topping and sour cream.
2. Add in coconut flakes and marshmallows.
3. Then gently fold in pineapple, mandarin oranges, grapes and maraschino cherries and nuts (if using).
4. Once combined, put some plastic wrap on it or put it in a bowl with a lid and refrigerate for about an hour before serving

<http://www.thecountrycook.net/creamy-ambrosia>

Raspberry Iced Tea:



Ingredients:

2 tbsp (1oz) Torani Raspberry Syrup
1 Cup Brewed sweet Tea, chilled ice

Directions:

Combine chilled tea and torani in a glass filled with ice and stir well.

<http://www.torani.com/recipes/raspberry-iced-tea>

Corn Fritters



Ingredients:

1 can whole kernel corn
1 egg
1 box Jiffy corn muffin mix
½ cup milk

Directions:

Empty can of corn in a large mixing bowl. Wisk together egg and milk then add corn muffin mix. Blend well with corn. Spoon into hot skillet with a little grease and fry like pancakes, turning when edges start drying. One tablespoon makes a good size fritter.

<http://www.cooks.com/recipe/xb0w5433/corn-fritters.html>

Chicken and dumplings



Ingredients:

- 1 – 32 oz carton of Chicken Broth
- cooked chicken, shredded
- 2 cans refrigerated biscuits
- 1 can Cream of Chicken Soup
- pepper, to taste

Directions:

1. Heat chicken broth in pot on medium-high heat and cook until gently boiling.
2. Add chicken.
3. Quarter biscuits and place in chicken broth. Stir well.
4. Add cream of chicken soup and stir.
5. Put small layer of pepper over dumplings. Stir well and let simmer for 5-10 minutes.

http://www.southernkissed.com/quick-and-easy-chicken-and-dumplings/#_a5y_p=1026545

Banana Pudding



Ingredients:

- 2 boxes Vanilla Wafers
- 6 to 8 bananas, sliced
- 2 cups milk
- 1 (5 oz.) box French Vanilla pudding
- 1 (8 oz.) package cream cheese
- 1 (14 oz.) can sweetened condensed milk
- 1 (12 oz.) container frozen whipped topping thawed, or equal amount sweetened whipped cream

Directions:

1. Line the bottom of a 13x9 inch dish with 1 bag of cookies and layer bananas on top.
2. In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer.
3. Using another bowl, combine the cream cheese and condensed milk together and mix until smooth.
4. Fold the whipped topping into the cream cheese mixture.
5. Add the cream cheese mixture to the pudding mixture and stir until well blended.
6. Pour the mixture over the cookies and bananas and cover with the remaining cookies.
7. Refrigerate until ready to serve!

<http://flavorite.net/2015/10/06/the-best-banana-pudding-ever/>

Peach Iced Tea:



Ingredients:

2 tbsp (1oz) Torani Raspberry Syrup
1 Cup Brewed sweet Tea, chilled ice

Directions:

Combine chilled tea and torani in a glass filled with ice and stir well.

<http://www.torani.com/recipes/peach-iced-tea>

Pecans
Bow Tie pasta
Broccoli
Mayo Sugar
Red onion
Red wine vinegar
Salt
Pepper
Red grapes
Green grapes
Bacon
Shrimp
Vegetable oil
Mushrooms
Green onion
Chicken broth
Lemon
Cheese grits
Whipped topping
Sour cream
Can pineapple
Can mandarin oranges
Coconut flakes
Mini marshmallows
Maraschino cherry halves
Torani Raspberry Syrup
Torani Peach Syrup
Iced Tea
Can corn
Eggs
Jiffy corn muffin mix
Milk
Chicken
Refrigerated biscuits
Cream of chicken soup
Vanilla wafers

Bananas

Vanilla pudding

Cream cheese

Sweet and condensed milk