



1 FRIED CHICKEN
SERVES 6 TO 8

INGREDIENTS

Chicken
12 assorted chicken pieces

Brine

1/2 cup sea salt
5 quarts filtered water

Flour Dredge (for coating chicken)

4 cups flour
1 teaspoon freshly ground black pepper
1/2 teaspoon paprika
1/2 teaspoon white pepper
1/2 teaspoon dried thyme
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

DIRECTIONS

Pour brine over chicken pieces and refrigerate overnight or marinate for at least two hours for added flavor. Dredge chicken in flour mixture. Fry in heated oil until golden brown or to your liking.



2 CHEESE AND SHELLS
SERVES 6 TO 8

INGREDIENTS

1 16-ounce box uncooked shell pasta

Cheese Sauce

1/4 cup flour
1/4 cup butter
1/8 cup sour cream
1/3 cup Dijon mustard
3/4 cup heavy cream
1 tablespoon Worcestershire sauce
1 tablespoon sea salt
1/2 teaspoon freshly ground

black pepper
1/8 teaspoon cayenne pepper
1/4 teaspoon freshly ground nutmeg
1 pound shredded sharp cheddar cheese

DIRECTIONS

Make a roux by melting butter on the lowest flame possible, then whisking flour slowly into butter while it's still in the heated pan. Add all other ingredients one at a time to the roux, with the cheese last, stirring constantly. Simmer and stir until cheese is melted and sauce comes together. Add cooked pasta and sauce together in another pot or pan. Serve.



3 STEWED GREENS
SERVES 6 TO 8

INGREDIENTS

3 bunches collard or chard greens
1/4 cup sea salt
1 cup veggie stock
3 cups apple cider vinegar
1 to 2 pounds smoked ham hocks
2 jalapeños, whole
1 medium yellow onion
10 quarts water

DIRECTIONS

Clean and rinse greens. Trim stems up to the base of the leaves, dice stems and chop greens roughly. Put all other ingredients except the greens into a pot, and bring to a boil. Reduce to a simmer. Add greens, then let simmer for three hours, partially covered. Serve hot in a cup with plenty of the cooking liquid.

Soul Stirring



SAN FRANCISCO CHEF-RESTAURANT OWNER **JAY FOSTER** SHOWS US THERE'S MORE THAN ONE WAY TO COOK YOUR FAVES

By ALISHA TILLERY

One man holds the honor of being credited with the Bay Area's soul food renaissance, and that's Jay Foster, owner of Farmer Brown restaurant in San Francisco. When the North Carolina native moved to the Golden City in 1996, Southern cuisine was practically nonexistent. Today, West Coasters can't get enough of the dishes Foster loved growing up.

The restaurateur's menu is filled with hearty dishes that represent down-home specialties such as jambalaya from Louisiana, baby back ribs from Tennessee and shrimp and grits from Virginia.

What gives Farmer Brown's dishes an extra edge? Everything is fresh. Foster buys about 80 percent of his produce directly from local Black farmers. "It's great when you eat something that's purchased from the person who grew it and you get it at peak season. We know we're contributing to the sustainability of the local economy," he shares.

You don't have to be a chef to pull off a foodie-approved meal. Foster lives by celebrated Southern-foods specialist Chef Edna Lewis' motto: "Whatever grows together, goes together." Start with checking out your closest farmer's market and finding out what's in season. Then plan and create your dishes around those foods.

If you're ready to incorporate fresh produce and ingredients into your traditional soul food recipes, begin with the right seasonings. Foster suggests you get them fresh and grind them at home. "Friends don't let friends buy preground spices," he notes. He also advises opting for sea salt instead of iodized salt. It's packed with minerals and has an intense flavor, so you'll use less.

According to Foster, selecting whole farm-raised chickens for fried chicken will result in a tastier and more cost-efficient dish. Bored with the same old greens? Try using different types of the leafy vegetable depending on the season. The chef insists chard is the best bet for summer months.

"Experimenting and trying new things—that's where you really fall in love with making food," he explains.