

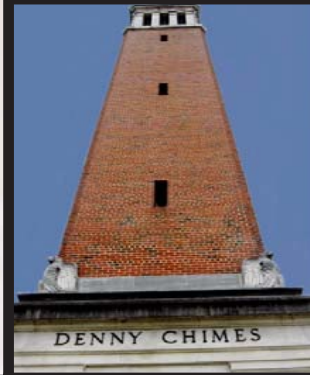


*The Scholarly Gourmet*

**A Collection of Recipes from  
Alabama's Public Universities**



**A Cookbook Celebrating The  
Higher Education Partnership's  
10th Anniversary**



# *University Landmarks*

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## APPETIZERS

### *Creamy Shrimp & Artichoke Dip*

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- 1 8-ounce package frozen salad shrimp, chopped
- 1 8-ounce package cream cheese (room temperature)
- 1 cup mayonnaise
- 1 6-ounce jar artichoke hearts
- 4 ounces sharp Cheddar cheese, grated
- ½ cup Parmesan cheese, grated

Pre-heat oven to 375 degrees. In a medium mixing bowl, blend together cream cheese and mayonnaise until smooth. Stir in remaining ingredients and place mixture into a glass pie plate. Bake uncovered for 15-18 minutes, until heated through and lightly browned. Preparation time: 30 minutes.

[JUDY MORGAN, UNIVERSITY OF MONTEVALLO]

### *Southern Girl's Baked Vidalia Onion Dip*

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- 1 cup Vidalia onion, finely chopped
- 1 cup real mayonnaise (don't try to use low-fat or no fat)
- 1 cup (or a little more) shredded Swiss cheese
- 1 small can chopped green chiles
- 1 small jar pimiento, drained (optional...pretty for color but doesn't change the taste)

Mix all together and bake for 20-25 minutes at 350 degrees until it begins to brown on top. Serve with Fritos® scoops. Can be doubled.

[DEEDEE BARNES BRUNS, UNIVERSITY OF ALABAMA AT BIRMINGHAM]

**J**ohn Stallworth has achieved a lot in his football career, but if you asked him what has given him the greatest feeling that he has ever had, he may tell you that it was being able to give jobs to those who really needed and wanted them. As the former CEO and founder of Madison Research, an engineering and IT company based in Huntsville, Alabama, he was able to do just that.

Stallworth sold Madison Research in 2006, and is now a partner in a small family business in Huntsville. He is now able to concentrate his efforts on the day-to-day running of the John Stallworth Scholarship Foundation, a non-profit organization that he started halfway through his pro-football career as a way to give back to the community and his alma mater. In June each year, Stallworth hosts many of his Steelers teammates and other celebrities at an annual fundraising golf tournament and dinner to raise money for college scholarships.

A native of Tuscaloosa Alabama, John Stallworth was an All-Southern Intercollegiate Athletic Conference receiver for Alabama A&M University in 1972 and 1973. He became the Bulldogs' first player to go to the Senior Bowl.

As a child, he recalls, there were a lot of pickup games in their neighborhood and there were enough kids in the neighborhood to play any sport. In fact, they played whatever sport happened to be in season. "I was always upset when football season was over. I didn't want to play basketball and I didn't want to play baseball – I wanted to play football year-round."

As a child and adolescent, Stallworth was pigeon-toed. In fact, he was so severely pigeon-toed that he could barely put one foot in front of the other. In the ninth grade, he read a book about a fat kid that no one thought could do anything and it had such an influence on his life that he worked hard to overcome his inability to run well.

In 1974, Stallworth was taken in the fourth round of the NFL draft by the Pittsburgh Steelers. He played 14 seasons with the Steelers and was named the team's Most Valuable Player. He played in eight

## BREAD

### *Hawaiian Banana Nut Bread*

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Mix sugar, flour, salt, soda, cinnamon and chopped nuts in large bowl. In separate bowl, slightly beat eggs. Add oil and bananas, mix well. Fold into flour mixture. Mix by hand. Bake 350 degrees for 1 hour 10 minutes. Use 2 regular size loaf pans or 5 mini loaf pans.

[MARY G. TAYLOR, TROY UNIVERSITY]

2 cups plain flour  
2 cups sugar  
3 eggs  
1 teaspoon salt  
1 teaspoon soda  
1 teaspoon cinnamon  
1½ cups vegetable oil  
2 cups mashed bananas  
1 small can crushed pineapple, drained  
1 cup chopped pecans

### *Butter Crusted Beer Bread*

---

Preheat oven to 375 degrees. Coat 9 x 5 inch loaf pan with nonstick spray. In a large bowl, combine flour, sugar and beer. Mix just until blended. Scoop into prepared baking pan. Pour melted butter on top of loaf. Bake in preheated oven for 45 to 60 minutes, or until golden brown.

**Note:** If you do not have self-rising flour, simply stir in 6 teaspoons baking soda and 1½ teaspoons salt into the batter along with regular flour.

[BARBARA & KEVIN NIXON, AUBURN UNIVERSITY]

3 cup self-rising flour  
1 12-ounce can beer, warm  
3 tablespoons sugar  
¼ cup butter, melted

## BREAKFAST - BRUNCH

### *Easy Cheese Grits*

---

*Pour completed cheese grits in a crock pot to keep soft and smooth throughout a brunch or breakfast meal.*

- 4 cups water*
- 1 cup quick grits*
- 8 ounces pasteurized processed cheese, cubed*
- dash garlic powder (optional)*
- sprinkle of paprika*

In saucepan, slowly stir grits into boiling water. Reduce heat to medium-low; cover. Cook 5 to 7 minutes or until thickened, stirring occasionally. Add cheese and garlic powder; continue cooking until cheese melts, about 2 to 3 minutes. Sprinkle with paprika. 8 servings

[PAM B. HALL, UNIVERSITY OF WEST ALABAMA]

### *Sausage and Roll Bake*

---

*This is a very easy recipe – takes ten minutes preparation time and fifteen minutes to bake.  
Great to serve out of town guests when you are in a hurry.*

- 2 packages crescent rolls*
- 1 pound sausage (mild or hot to your taste)*
- 1 8 ounce package of cream cheese, softened*

Brown sausage and pour off excess drippings. Spread one pack of the crescent rolls on the bottom of ungreased small cookie sheet. Pinch the edges together. Spread the cream cheese on the rolls and sprinkle the sausage on the cream cheese. Place the other pack of crescent rolls on top of the sausage and pinch the edges together. Bake at 375 degrees until the rolls are a light brown on top. Serve hot. Should serve 4-6 people.

[DONNA YANCEY, UNIVERSITY OF NORTH ALABAMA]

## DESSERTS

### *Blueberries and Cream*

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- 1 14-ounce can sweetened condensed milk
- 1½ cups cold water
- 1 16-ounce container of Cool Whip®
- 1 package (6-serving) instant vanilla pudding
- 5 cups fresh blueberries, stemmed, rinsed and drained
- 1 box vanilla wafers

Mix water and sweetened condensed milk together in large mixing bowl on medium speed. Add pudding and mix until smooth. Place in the refrigerator for about 5 minutes (until pudding sets). Remove from refrigerator and fold in Cool Whip®. Add blueberries. Alternate layers of vanilla wafers and berry mixture beginning with wafers and topping with a few wafers or wafer crumbs. Refrigerate until ready to serve. **Note:** If you like your wafers crispy, serve right away. If you like them softer, wait overnight. The dish is much like banana pudding, without the meringue. Pudding can be made 'lighter' using reduced fat sweetened condensed milk and wafers, sugar free pudding, and light Cool Whip®. Delicious either way.

[GENEVA BUSH STAGGS, UNIVERSITY OF SOUTH ALABAMA]

*“War Eagle” is Auburn’s battle cry (not a mascot or nickname). The most popular story about the battle cry dates back to the first time Auburn met Georgia on the football field in 1892 and centers around a spectator who was a veteran of the Civil War. In the stands with him that day was an eagle the old soldier had found on a battlefield during the war. He had kept it as a pet for almost 30 years. According to witnesses, the eagle suddenly broke free and began majestically circling the playing field. As the eagle soared, Auburn began a steady march toward the Georgia end zone for a thrilling victory. Elated at their team’s play and taking the bird’s presence as an omen of success, Auburn students and fans began to yell “War Eagle” to spur on their team. At the game’s end, the eagle took a sudden dive, crashed into the ground, and died. But the battle cry “War Eagle” lived on to become a symbol of the proud Auburn spirit.*

## POULTRY

### *Fabulous Chicken Croquettes*

---

Dissolve chicken bouillon cube in 3 tablespoons boiling water. Set aside to cool. Combine salt, pepper, mayonnaise, and grated onion in a large bowl. Stir in bouillon and chopped chicken or turkey. Add 2 cups soft bread crumbs, mixing thoroughly with a fork. Divide and shape mixture into 6 cone-shaped croquettes. Roll in ½ cup fine dry bread crumbs. Place on an ungreased cookie sheet and bake at 400 degrees for 15-20 minutes or until golden brown. Serves 6.

**Note:** A medium white sauce mixed with an 8½-ounce can of tiny English peas (drained) and a 2 ounce jar chopped pimientos (drained) poured over the croquettes turns this recipe into an elegant party meal.

[MRS. CAROLYN SERVISS, JACKSONVILLE STATE UNIVERSITY]

- 1 chicken bouillon cube
- 3 tablespoons boiling water
- ⅛ teaspoon pepper
- ½ cup mayonnaise
- 1 teaspoon onion, grated
- 2 cups chicken or turkey, finely chopped
- ½ teaspoon salt
- 2 cups soft bread crumbs
- ½ cup fine dry bread crumbs

### *Gourmet Mushroom Chicken Casserole*

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Wrap each piece of chicken with a slice of bacon. Place chipped beef in bottom of casserole. Top with chicken. Mix mushroom soup and sour cream. Pour over top of chicken. Bake at 275 degrees for 3 hours uncovered. Serve with rice and a dash of curry and fruit salad or green salad. I prefer a fruit salad with the curry. Enjoy!

**Note:** Using breasts with ribs will add a fuller texture to the dish.

[JACQUE SEGARS BEHRENS, UNIVERSITY OF NORTH ALABAMA]

- 8 chicken breasts (with or without ribs) and/or thighs.
- 16 slices bacon
- 1 jar chipped beef
- 1 cup mushroom soup
- 1 cup sour cream

## *Cajun Seafood Gumbo*

---

*This recipe derives from my grandmother's mother (neither of which spoke English until much later in life), and was passed down from generation to generation of daughters. My mother learned this recipe when, upon her marriage to my father, she discovered that he would eat only Cajun Cuisine. Times change, and appetites differ, but the recipe here for Seafood Gumbo (which varies among the Cajuns from family to family) remains a staple in our household.*

2    *tablespoons cooking oil*  
½    *cup flour*  
8-10 *cups water (adjust as needed)*  
¼    *teaspoon Creole seasoning*  
¼    *cup parsley, chopped*  
1    *cup onions, chopped*  
1    *cup bell pepper, chopped*  
½    *cup green onions, chopped*  
1    *cup okra, chopped*  
½    *dozen gumbo crabs*  
1    *dozen oysters*  
1    *pound shrimp and/or crawfish tails*  
      *salt and pepper to taste*

Pour cooking oil into a skillet on low heat, then add the flour and sauté until medium-to-dark brown, being careful not to burn. Once the “roux” (flour and oil mixture) has cooked, pour into a large stock pot, then add the water and remaining ingredients. Once mixture begins to boil, reduce the heat to a low setting and simmer over a low heat for 1½ hours. Serve over rice, and with French bread (recommended).

**Note:** Seasoning may be adjusted to taste, and seafood ingredients may vary according to taste.

[JAMES N. ORTEGO, II, TROY UNIVERSITY – DOTHAN CAMPUS]

## INTERNATIONAL

### *Chicken of the Forest*

*This is an old French peasant dish.*

In a large cast iron skillet, brown the cubed salt pork. Remove the salt pork from the skillet and in the drippings and olive oil, brown the pieces of cut up hen. Remove the browned hen and then saute onions in remaining drippings and olive oil. Add potatoes to a large casserole dish. Pour cooked onions, salt pork and chicken over the bed of potatoes. Add the chicken broth to cover the mixture in casserole dish. Cover the casserole dish with lid or foil and bake at 320 degrees for 2½ to 3 hours. Sauté mushrooms in butter and garnish when you serve.

[HOWARD JONES TURNER, JR., UNIVERSITY OF WEST ALABAMA]

- 1 fat hen
- 1 cup salt pork, cubed
- 2 cups onion, diced
- 8 cups potatoes, diced
- 2 cups mushrooms, diced
- 1 cup butter
- olive oil
- 8 cups chicken broth

### *Mexican Chicken*

I just moved here a little over a month ago from Chicago, and this is one of the favorite dishes I've made back home that everyone seem to love. Enjoy!!!

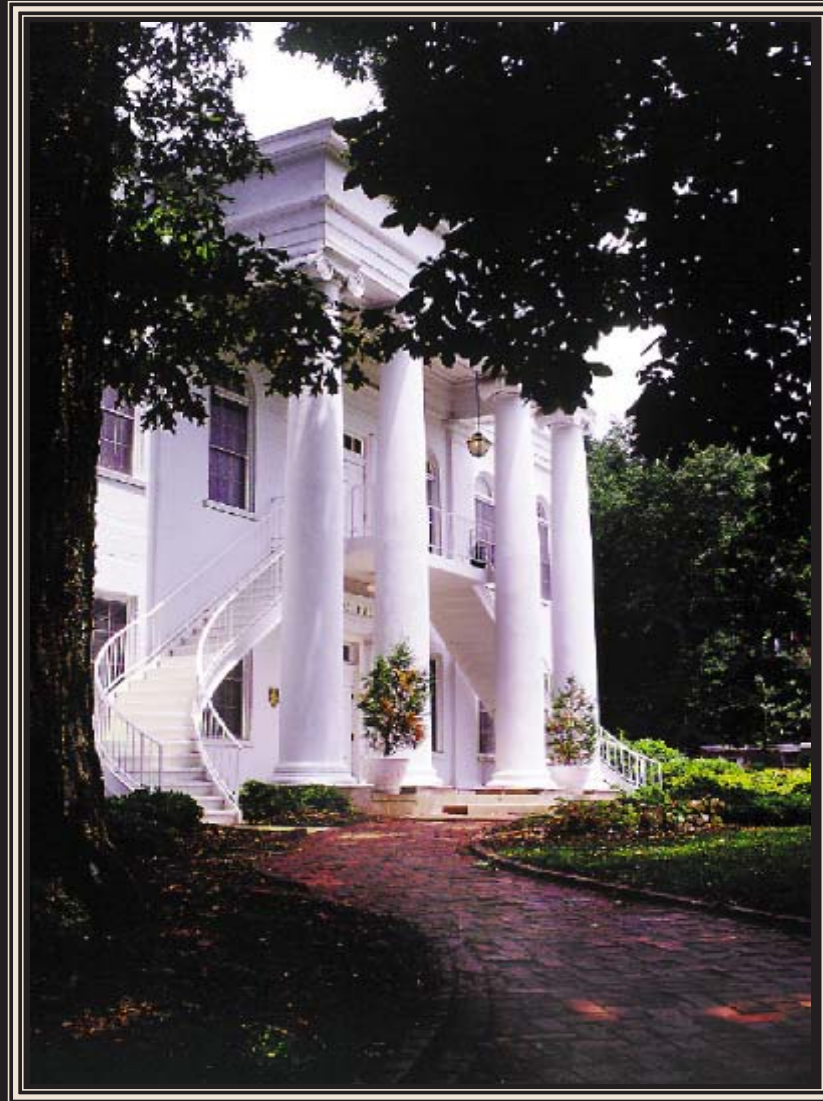
Bake chicken in a 13x9 inch pan at 350 degrees for about 40 minutes or until no longer pink. Mix cream cheese, salsa, chili, and green onions. Pour over cooked chicken. Top with 8-ounce bag of cheese. Bake at 350 degrees for another ½ hour. Serve with Mexican rice.

[DEBRA A GREGORIN, UNIVERSITY OF SOUTH ALABAMA]

- 8-10 skinless chicken breasts (season to taste)
- 1 8-ounce bag of Colby and Monterey Jack cheese (can also use Cheddar cheese)
- 1 can chili - no beans
- 1 8-ounce package cream cheese, softened
- 1 bundle green onion, chopped
- 1 jar salsa (Taco Bell® Chunky-Medium)

# *Presidential Recipes*

## **Reynolds Hall**



**Located on the campus of the University of Montevallo**

## TAILGATING

### *Asparagus Rolls*

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- 2 loaves or 1 giant loaf of thinly sliced white bread
- 1 8-ounce package cream cheese
- 2 tablespoons chives, chopped
- 2 cans Green Giant® asparagus spears (whole spears)
- 8 slices bacon, cooked and crumbled
- ¼ cup milk
- 1 stick of melted butter, approximately Parmesan cheese

Cut crust off bread and flatten with a rolling pin. Combine cream cheese, chives, bacon and milk. Keep mixture at room temperature. Spread mixture on flattened bread (very thin). Place a spear on one edge and roll up. Place rolls seamside down close together on a cookie sheet. Baste with melted butter & sprinkle with Parmesan cheese. Bake at 400 degrees for 12 to 15 minutes.

[CAROLYN YOURICK ROGERS, UNIVERSITY OF ALABAMA]

### *Sausage Fillo Shells*

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- 1 pound mild sausage
- 1 cup green bell pepper, finely chopped
- 1 cup ranch dressing
- 1 cup shredded Mozzarella cheese
- 1 cup shredded Cheddar cheese
- 40 - 50 Fillo pastry shells
- ½ cup onion, finely chopped

Cook sausage, pepper and onion. Drain and run hot water to remove grease. Pat dry. Add ranch dressing and cheeses. Put in pastry shells and bake on 325 degrees for 5 to 8 minutes. (Hint: You can buy the Mozzarella and Cheddar cheeses mixed in one bag).

[JEREMY L. ARTHUR, AUBURN UNIVERSITY]

## VEGETABLES

### *Sweet Potato Supreme*

*This recipe was used by my late husband, James B. Haywood, long-time Director of Food Services for Jacksonville State University. He loved his work and thoroughly enjoyed producing good and beautiful food for the students and the public with his famous buffets. This recipe has been reduced for family use from his recipe file. I hope you enjoy it. Thank you for allowing me to share this recipe with you.  
Miriam W. Haywood (Mrs. James B. Haywood)*

Put potatoes in mixing bowl, add eggs. Mix well. Gradually beat in sugar. Stir in milk, butter, lemon rind and juice. Add cinnamon and nutmeg. Mix well. Pour mixture into a greased baking dish and bake in a moderate (350 degree) oven for about ½ hour or until light brown and well set. If desired, can be served with ice cream. Serves 6.

[MRS. JAMES B. HAYWOOD, JACKSONVILLE STATE UNIVERSITY]

*¼ cup butter, melted  
½ teaspoon nutmeg  
1½ cups rich milk  
2 teaspoons lemon juice  
2½ cups raw sweet potatoes, pared and grated  
½ teaspoon cinnamon  
1 cup sugar (brown sugar is better)  
½ teaspoon lemon rind, grated  
2 eggs, beaten until light*

# *The Scholarly Gourmet*

A Collection of Recipes from Alabama's Public Universities

Celebrating the 10th Anniversary of the Higher Education Partnership, this beautiful cookbook is filled with recipes, stories and photographs of famous alumni, along with over 250 recipes from faculty, staff and alumni of Alabama's public universities. *The Scholarly Gourmet* will provide for hours of great reading and eating.



- *Crunchy Chicken*
- *Hot Clam Cheese Dip*
- *Bananas Foster*
- *Quick Coq Au Vin*
- *The No Ho Bistro Signature Salad with Gorgonzola Vinaigrette*
- *Alabama College Tea House Pound Cake*
- *Alabama Shrimp Creole*
- *Tuscan Herbed Pork Tenderloin*

- STORIES & RECIPES FROM SOME OF ALABAMA'S CELEBRATED ALUMNI
- PHOTOGRAPHS AND HISTORY OF UNIVERSITY LANDMARKS
- UNIVERSITY TRIVIA AND LITTLE-KNOWN FACTS
- RECIPES FROM UNIVERSITY PRESIDENTS

