



Colorful Corn

Indian corn is a popular decoration for autumn and Thanksgiving, but did you know Native Americans used to eat this colorful corn? Indian corn isn't sweet and juicy like the corn we're used to; it has a starchy texture when cooked, similar to hominy. Larger kernels

can be ground into flour and cornmeal, while smaller kernels are perfect for popping. But what draws most people to Indian corn are the colors. The calico patterns are hybrids developed over years of cross pollination, but you can also find ears of solid blue, black, ruby, and white.

Made in the South: **GREY GHOST BAKERY**

Right before a storm rolls into Pawleys Island, South Carolina, legend has it that a ghost dressed in grey clothes will appear on the shore warning residents of impending danger. Inspired by this old folktale, Katherine Frankstone started the Grey Ghost Bakery, naming it after the friendly spirit. But instead of warning her island neighbors of stormy weather, Katherine satisfies their cravings for sweets with made-from-scratch cookies. Since age 5, Katherine has been perfecting her recipes from the warmth of her family kitchen.

Baked with all-natural ingredients, Grey Ghost cookies come in an array of flavors including Molasses Spice, Chocolate Espresso, and Cinnamon Pecan. (\$9 per dozen, available at greyghostbakery.com)



COLD BREW COFFEE: A NEW ORLEANS TRADITION

One of the latest trends in the coffee industry is cold-brewed coffee, but this process has been used in New Orleans for nearly 150 years. Phillip McCrory, founder of CoolBrew and a pioneer in the cold-brewed coffee industry, began marketing his original, cold-brewed coffee concentrate in 1989. In search of a better tasting and less acidic coffee, he looked to the cold-drip process familiar to the city of New Orleans. What makes cold-brewed coffee different from hot is the slow brewing process using only cold water, which organically removes the acids, leaving them in the grounds as opposed to the final product.

This highly concentrated product requires that you only mix it with cold or hot water or milk, leading to a more convenient way of making your morning coffee. CoolBrew also came up with an innovative way to package their design: a bottle with which you can easily measure and pour a single serving of coffee. CoolBrew comes in a variety of flavors including Hazelnut, Vanilla, Mocha, Toasted Almond, Original, Decaf, and French Roast. Purchase nationally at The Fresh Market or online at coolbrew.com (\$5.99–\$9.99).

“The thankful receiver bears a plentiful harvest.”

—William Blake

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