

Allens Southern Recipes

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Candied Yams With Pecans

Portion: 4 ounces

Princella® Cut Yams are glazed with a flavorful sauce, then sprinkled with a touch of tasty pecans.



Ingredients	20 Servings	50 Servings	Method
Princella® Cut Yams*	4 lbs. 9 oz. (1 #10 can)	13 lbs. 8 oz. (3 #10 cans)	1. Measure Princella® Cut Yams and reserve in oiled or nonstick-sprayed 12" x 2 1/2" x 20" insert pans.
Heavy cream	1 1/2 cups	1 qt.	2. Heat cream to a simmer.
Light brown sugar	1 1/2 cups	1 qt.	3. Add brown sugar and corn syrup to cream. Heat mixture to a boil. Boil until mixture reaches 240°F. Remove from heat.
Light corn syrup	1 1/2 cups	1 qt.	
Butter, melted	1 cup	3 cups	4. Add melted butter and pecans to syrup. Pour syrup over reserved Cut Yams. Bake, uncovered, at 350°F (conventional oven) for 20 minutes.
Pecans, chopped	3 cups	2 lbs. 4 oz.	
*Please drain Princella® Cut Yams before measuring. Each #10 can yields approximately 4 lbs. 9 oz.			

Derby Day Bourbon Yams

Portion: 4 ounces

Royal Prince® Whole Yams reflect the spirited touch of a bourbon-laced sauce with mixed spices and orange zest.



Ingredients	20 Servings	50 Servings	Method
Royal Prince® Whole Yams*	4 lbs. 9 oz. (1 #10 can)	13 lbs. 80 oz.. (3 #10 cans)	1. Measure Royal Prince® Whole Yams and reserve in oiled or nonstick-sprayed 12" x 2 1/2" x 20" insert pans.
Margarine, melted	1/2 cup	1 1/2 cups	2. Combine in mixing bowl. Mix well. Pour over reserved Whole Yams. Bake, uncovered, at 350°F (conventional oven) for 25 to 30 minutes.
Light brown sugar	1/2 cup	1 1/2 cups	
Orange juice	1/2 cup	1 1/2 cups	
Bourbon extract	1 tsp.	1 Tbsp.	
Cinnamon, ground	1/2 tsp	1 1/2 tsp.	
Cloves, ground	1/2 tsp.	1 1/2 tsp.	3. Blanch orange peel in boiling water for 2 minutes. Sprinkle over each portion.
Nutmeg, ground	1/2 tsp.	1 1/2 tsp.	
Orange peel, julienne	1/2 cup	1 1/2 cups	
Water, boiling	1 qt.	3 qts.	
*Please drain Royal Prince® Whole Yams before measuring. Each #10 can yields approximately 4 lbs. 9 oz.			

Mighty Mississippi Green Beans

Portion: 4 ounces

Allens® Italian Flat Green Beans are quickly sautéed with chopped tomatoes, celery, scallions and okra then finished with herbs.



Ingredients	10 Servings	50 Servings	Method
Allens® Italian Flat Green Beans*	2 lbs. 4 oz.	11 lbs. 4 oz.	1. Measure Allens® Italian Flat Green Beans and place in large heavy pot.
Tomatoes, chopped	3 cups	3 qts.	2. Add next five ingredients. Stir well. Cook over moderate heat for 5 to 10 minutes, or until Italian Green Beans are well heated. Remove from heat.
Celery, thinly sliced	1 cup	1 qt.	
Allens® Diced Green Bell Peppers	1 cup	1 qt.	
Scallion greens, thinly sliced	1/2 cup	2 cups	
Allens® Cut Okra	1 cup	1 qt.	
Salt	To taste	To taste	3. Adjust seasoning with salt and pepper.
Pepper	To taste	To taste	4. Portion with solid spoon. Serve hot.
*Please drain Allens® Italian Flat Green Beans before measuring. Each #10 can yields approximately 3 lbs. 12 oz.			

Pecan Praline Yams

Portion: 4 ounces

Princella® Mashed Sweet Potatoes are transformed into velvet-smooth custard, then baked to perfection with butter and pecans.



Ingredients	20 Servings	50 Servings	Method
Princella® Mashed Sweet Potatoes*	5 lbs.	7 lbs. 8 oz.	1. Combine Princella® Mashed Sweet Potatoes with next five ingredients. Mix well. Transfer to oiled or nonstick-sprayed 12"x2½"x20" insert pans.
Butter, softened	1 cup	3 cups	
Sugar	1 cup	3 cups	
Eggs, beaten	4 eggs	12 eggs	
Vanilla	2 tsp.	2 Tbsp.	
Milk	2/3 cup	2 cups	2. Heat cream to a simmer.
Heavy cream	1 1/2 cups	1 qt.	
Light brown sugar	1 1/2 cups	1 qt.	
Light corn syrup	1 1/2 cups	1 qt.	3. Add brown sugar and corn syrup to cream. Heat mixture to a boil. Boil until mixture reaches 240°F. Remove from heat.
Butter, melted	1 cup	3 cups	
Pecan halves	3 cups	2 lbs. 4 oz.	4. Add melted butter and pecans to syrup. Pour syrup over reserved Mashed Sweet Potatoes mixtures. Bake, uncovered, at 350°F (conventional oven) for 20 minutes.
*Each #10 can of Princella® Mashed Sweet Potatoes yields approximately 7 lbs. 3 oz.			

Southern Baked Greens 'N Bacon

Portion: 4 ounces

Allens® Chopped Turnip Greens show off their true southern colors when combined with savory bacon, sautéed onion and a liberal splash of pepper sauce.



Ingredients	10 Servings	50 Servings	Method
Allens® Chopped Turnip Greens*	2 lbs. 8 oz.	12 lbs. 8 oz.	1. Measure Allens® Chopped Turnip Greens and combine with lemon juice, pepper sauce, sugar, salt and pepper. Mix well. Reserve.
Lemon juice	2 Tbsp.	2/3 cup	
Hot pepper sauce	1 tsp.	2 Tbsp.	
Sugar	2 tsp.	1/4 cup	
Salt	to taste	to taste	
Pepper	to taste	to taste	2. Sauté bacon and onion in large, heavy pot until onion is tender, about 5 minutes. Add to reserved turnip greens. Mix well. 3. Pour into greased (or nonstick-sprayed) 12"x10"x2 1/2" pan(s). 4. Bake at 350°F in conventional oven until heated thoroughly, about 35 minutes.
Bacon, diced	1 cup	1 1/2 qts.	
Onion, 1/2 - inch slices	2 cups	3 qts.	
*Please drain Allens® Chopped Turnip Greens before measuring. Each #10 can yields approximately 3 lbs. 10 oz.			

Southern Sunset Sweet Potato Pie

Portion: 4 ounces

Princella® Mashed Sweet Potatoes are prepared as a rich custard filling that's enriched with vanilla and nutmeg, then laced with rum.



Ingredients	2 Pies (9")	5 Pies (9")	Method
Princella® Mashed Sweet Potatoes*	2 lbs.	6lb.s	1. Combine first six ingredients in mixing bowl with whip attachment. Mix at low speed for 3 or 4 minutes.
Condensed milk, sweet	28 oz.	2 1/2 qts.	
Eggs, beaten	4 eggs	12 eggs	
Vanilla extract	2 tsp.	2 Tbsp.	
Rum extract	1/2 tsp.	1 1/2 tsp.	
Nutmeg, grated	1 tsp.	1 Tbsp.	
Pie shells, 9-inch	2 shells	5 shells	2. Divide mixture between pie crusts. Place pie crusts on preheated sheet pans in 425°F conventional oven. Bake for 15 minutes. Reduce temperature to 350°F. Bake an additional 35 minutes, or until inserted knife tip comes out clean. Cool on wire racks at least 1 hour before cutting.
*Each #10 can of Princella® Mashed Sweet Potatoes yields approximately 7 lbs. 3 oz.			