

Col. Harland Sanders



Col. Harland Sanders

The Autobiography of the
Original Celebrity Chef

The Autobiography of the Original Celebrity Chef

Contents

The Story...

Foreword – By Pete Harman	4
Introduction – A Life in Recipes	8
Chapter 1 – The Rising: Baking Bread and Beyond	10
Chapter 2 – A Culinary Education	21
Chapter 3 – From Lawyer to Mechanic, a Jack of all Trades	26
Chapter 4 – What Came First: The Chicken	35
Chapter 5 – A Country Ham Primer	45
Chapter 6 – A Leap into the World of High Finance	50
Chapter 7 – High ‘Steaks’ and the Motel Business	55
Chapter 8 – Hard Times and Grounded Dreams	58
Chapter 9 – Magic in Multiples: Franchising Takes Off	65
Chapter 10 – Gaining Momentum: Business Blooms	72
Chapter 11 – Passing the Torch	80
Chapter 12 – New Leadership, New Goals	83
Chapter 13 – Trendsetting and the Take-Away Bucket	89
Chapter 14 – Hard Work: The Fountain of Youth	92
Chapter 15 – Community Service: Giving Your Best	94
Chapter 16 – From Humble Beginnings, a Legacy	99

The Food...

Appetizers	109
Hot Biscuits, French Fried Parsnips and Cauliflower, Corn Fritters, Corn Chowder, Hush Puppies, Mint Julep.	
Sides	121
Candied Sweet Potatoes, Onion Pie, Transparent Squash, Cranberry Conserve, Fried Tomatoes, Bread Stuffing.	
Breakfast	133
Coffee – the way we used to make it on the farm, Butter Thin Pancakes, Light Bread, Extra Special Scrambled Eggs, The Colonel's Special Omelet, Potato Pancakes.	
Main	143
Roast Turkey, Roast Beef, Meat Loaf, Scalloped Potatoes, Chicken Brunswick Stew, Apple-Stuffed Pork Chops, Mulligan Stew.	
Desserts	157
Baked Apple Dumplings, Pecan Pie, Chocolate Pie, Lemon Sponge Pie, Special Brown Betty, Sand Tarts, Oatmeal Cake, Upside Down Peach Cobbler.	
Conversion Reference Guide	173
Acknowledgements	176

With Best Wishes

Col. Harland Sanders

A close-up photograph of a loaf of bread, likely sourdough, resting on a rustic wooden surface. The bread has a golden-brown crust with some darker, charred areas, particularly along the edges. The interior of the loaf is visible, showing a soft, porous texture.

The Food...



Appetizers

Hot Biscuits
French Fried Parsnips and Cauliflower
Corn Fritters
Corn Chowder
Hush Puppies
Mint Julep

Hot Biscuits

1½ cups (180 g) all-purpose flour
1½ teaspoons salt
1 tablespoon sugar
1 tablespoon baking powder
¼ teaspoon baking soda
¼ cup (48 g) solid vegetable shortening
1 cup (240 mL) milk or buttermilk

Optional ingredients

1 cup (225 g) salted butter
⅔ cup (160 mL) honey

Preheat oven to 400° F (200° C).

Combine flour, salt, sugar, baking powder and baking soda in a large mixing bowl; cut in shortening until mixture resembles coarse crumbs.

Stir in milk or buttermilk just until a soft dough forms.

Turn onto a lightly floured board and knead gently 10 to 12 times or until no longer sticky. Divide dough in half; gently pat or roll each half into an 8-inch (20 cm) circle ½-inch thick (13 mm). Cut out biscuits – pressing straight down – with a 2-inch (5 cm) biscuit cutter. Reform scraps, working it as little as possible and continue cutting.

Place cut biscuits on an ungreased baking sheet with edges barely touching. Brush tops of the biscuits with a little milk. Bake for 15 to 18 minutes.

Makes: 9 to 12 biscuits

Kitchen Tip: These biscuits are great with some honey butter. Beat together 1 cup (225 g) salted butter and ⅔ cup (160 mL) honey until smooth. Place honey butter into small ramekins and then chill in the refrigerator to firm. Remove from the refrigerator 10 minutes before you are ready to serve.

THE COLONEL SAYS:

For a biscuit cutter, I use a frozen orange juice can or a baby food jar.





French Fried Parsnips and Cauliflower

4 or 5 parsnips trimmed,
peeled and sliced into
uniform, equal-sized pieces

2 egg yolks

½ cup (120 mL) milk

1½ teaspoons salt (divided use)

2¼ cups (270 g) all-purpose
flour (divided use)

1½ teaspoons white pepper

1 head of cauliflower cut into
flowerets

2 tablespoons each of
salt (40 g) and sugar (30 g)
for preparing parsnips

Vegetable oil for frying
(Canola or corn oil)

Bring a quart (1 L) of water to boil; dissolve 2 tablespoons of salt (40 g) and sugar (30 g). Add parsnips, lower heat and cook for 4 to 5 minutes. Drain and set aside.

Beat egg yolks at high speed with a hand mixer until they are fluffy and lemon-colored. Add milk and ½ teaspoon of the salt. Gradually add ¾ cup (95 g) of the flour, beating until well incorporated. Chill in the refrigerator until ready to use.

Combine remaining flour, white pepper and salt in a medium sized mixing bowl. Set aside.

Prepare your deep-fryer according to manufacturer's directions. If deep-frying on a stove top, use a cooking or candy thermometer and a deep sided pot large enough to hold enough oil to submerge the parsnips and cauliflower. Because these vegetables will be covered with batter, it is best not to use a frying basket; heat oil to 400° F (200° C).

Remove batter from the refrigerator and set next to the dry flour mixture. Dip parsnip or cauliflower pieces in the batter, shake off excess, then toss in flour mixture to coat. Add coated pieces to the hot oil a few pieces at a time. Fry until golden. Remove from the hot oil with a slotted spoon or tongs. Drain on a plate or tray lined with a paper towel. You may need to add 1-3 tablespoons of cold water to help maintain batter consistency.

Serves: 4 to 6

THE COLONEL SAYS:

This makes parsnips taste good.

Corn Fritters

**3/4 cup (90 g) all-purpose flour
2 teaspoons baking powder
1 teaspoon sugar
1/2 teaspoon salt
1 egg, beaten
1/2 cup (120 mL) milk
1 tablespoon (15 mL) melted butter or shortening
2 cups (480 g) of fresh cut corn off the cob or a 15^{1/4}-ounce (480 g) can of whole kernel corn, drained
Vegetable oil for frying (canola or corn oil)
Confectioner's sugar or maple syrup**

Prepare your deep-fryer according to manufacturer's directions. If deep-frying on a stove-top, use a cooking or candy thermometer and a deep sided pot large enough to hold enough oil to submerge the corn fritters. Heat oil to 365° F. (185° C).

Combine flour, baking powder, sugar and salt in a large mixing bowl. Set aside.

Combine beaten egg, milk, and melted butter or shortening and add them to the dry ingredients mixing until the flour is moist. Stir in the corn.

Carefully drop batter one spoonful at a time into the hot oil. I suggest using two spoons – one spoon to scoop batter, the second to push the batter into the oil. Cook no more than six fritters at a time. Fry until golden brown, about 3 or 4 minutes.

Remove with a slotted spoon and drain on paper towels.

Dust with confectioner's sugar while still warm or serve with maple syrup.

Makes: about 12 to 18 fritters



THE COLONEL SAYS:

These are simple to make and people always relish them.

Corn Chowder

1 tablespoon (15 g) butter
1 cup (130 g) finely chopped sweet onion such as Bermuda or Andes
 $\frac{1}{2}$ cup finely chopped celery
4 cups (900 g) corn cut from cob or 4 cups (900 g) canned corn kernels (not cream-style), divided use
2 medium-size potatoes, washed, peeled and cut into $\frac{1}{2}$ -inch (13 mm) cubes
2 cups (480 mL) chicken broth
2 cups (480 mL) milk, divided use
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
Pinch cayenne
1 cup (240 mL) heavy cream

In a 5-quart (5 L) Dutch oven or large pot, add butter and melt over medium-high. When butter is melted, add onion and celery and cook until softened, about 5 minutes.

Add 2 cups (approximately 450 g) of the corn, potato cubes, and chicken broth. Bring to a boil, lower heat, cover and simmer for about 15 to 20 minutes.

Place remaining corn and 1 cup (240 mL) of the milk in a blender; process until smooth. Add to Dutch oven; stir in remaining cup of milk, salt, black pepper and cayenne. Continue to cook over medium heat until soup is uniformly hot (do not boil).

Stir in heavy cream. Continue to cook and stir until the soup is once again uniformly hot.

To serve: Divide chowder among six individual soup bowls. Sprinkle with a little more black pepper.

Serves: 6

Hush Puppies

3 cups cornmeal (450 g)
- for best results use 2 cups
(300 g) coarse cornmeal plus
1 cup (180 g) fine cornmeal
or cornmeal flour
2 teaspoons baking powder
1½ teaspoons salt
2 eggs, well beaten
1 to 1½ cups
(240 to 360 mL) milk
1 medium yellow onion,
peeled and minced
Vegetable oil for frying
(canola or corn oil)

Combine cornmeal, baking powder and salt in a large mixing bowl.

Stir in eggs and enough milk to form a soft dough. Stir in onion.

Prepare your deep-fryer according to manufacturer's directions.
If deep-frying on a stove-top, use a cooking or candy thermometer
and a deep sided pot large enough to hold enough oil to submerge
the Hush Puppies. Heat oil to 375° F (190° C).

Drop batter by the tablespoonful into the hot oil. You can fry 8 to 10 of
these at a time, but don't crowd the pan. Remove when they are golden
brown using a slotted spoon or strainer. Drain on a dish or tray covered
with a paper towel.

Makes: About 2 dozen



THE COLONEL SAYS:

These Hush Puppies come up
high and light and are mighty
tasty with fried fish.





Mint Julep

Simple Syrup

1 cup (250 mL) water

1 cup (225 g) sugar

Fresh mint bouquet
(divided use)

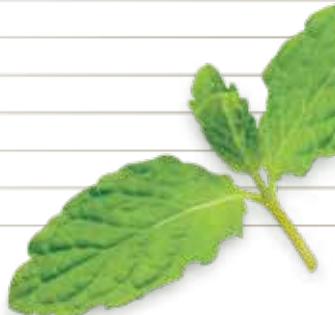
Crushed ice, rolled in a towel
to dry

2 oz (60 mL) Kentucky bourbon

Make a Simple Syrup mixture by combining water and sugar in a 1-quart (900 mL) saucepan. Bring to a boil, then lower heat to a simmer. Stir until sugar is dissolved. Remove from heat. Add 6 sprigs of mint, pressing them against to bottom of the pan to release their flavor. Let stand in syrup until completely cool. This can be done a day or two in advance. Once the syrup is cooled, strain out the mint leaves and then pour the syrup into a screw top jar. Store in the refrigerator until ready to use.

To make a Mint Julep, add crushed ice and 2-3 teaspoons (10 to 15 mL) of the Simple Syrup to a chilled Tom Collins glass or silver julep cup. Add bourbon. Stir, not touching the glass, and add a sprig of mint for garnish. Serve immediately.

Serves: 1





Sides

Candied Sweet Potatoes
Onion Pie
Transparent Squash
Cranberry Conserve
Fried Tomatoes
Bread Stuffing

Candied Sweet Potatoes

4 large sweet potatoes

2 tablespoons butter

1/2 cup (90 g) packed

brown sugar

1/4 cup (60 mL) sherry

Preheat oven to 350° F (175° C).

Scrub and boil the potatoes in a 2 to 3-quart (2 to 3 L) saucepan until tender, about 30 to 40 minutes. Drain, cool and then peel. Slice sweet potatoes into $\frac{3}{8}$ -inch (10 mm) thick slices.

Optional ingredients

1/2 cup (40 g) coarsely crushed
cornflakes

1/2 cup (90 g) packed
brown sugar

1/4 cup (60 g) melted butter

Place slices in a buttered 2-quart (2 L) deep baking dish in layers, with a little brown sugar, and a few dabs of butter over each layer. Repeat until all sweet potato slices are used. Pour sherry over all.

Bake for 30 to 40 minutes.

Serves: 4

Kitchen tip: Add a crumb topping for attractive presentation. Before placing this dish in the oven, combine coarsely crushed cornflakes with brown sugar and melted butter. Sprinkle over the sweet potatoes.

Onion Pie



Non-stick cooking spray

Preheat oven to 350° F (180° C).

For the crust:

1½ cups (180 g) bread crumbs
1 to 2 tablespoons chopped
fresh parsley
½ teaspoon salt
½ teaspoon ground
black pepper
5 tablespoons (70 g)
butter, melted

Lightly spray a deep 9-inch (23 cm) pie pan with non-stick cooking spray.
Set aside.

For the crust, combine bread crumbs, parsley, salt and pepper in a small
mixing bowl. Set aside.

Melt the 5 tablespoons (70 g) of butter in a 10-inch (25 cm) skillet over
medium heat, being careful not to let it brown. Remove from heat and
gently work into the bread crumb mixture, tossing with a fork until
crumbs are uniformly moistened.

For the filling:

¼ cup (55 g) butter or
margarine
2 pounds (900 g) onions,
peeled and thinly sliced
4 eggs
1½ cups (360 ml) milk
¼ pound (125 g) sharp
cheddar cheese, grated

When cool enough to handle, press breadcrumbs into the pie plate, lining
the sides and bottom completely. Bake for about 10 minutes. Remove from
oven. Set aside until ready to use.

Wipe out skillet with a paper towel, and then melt the ¼ cup (55 g) of butter
over medium heat. Add onion slices and cook, very slowly until onions are
translucent (do not brown) about 10 to 15 minutes. Spread the cooked butter
and onions over the crumb pie crust.

Beat the eggs slightly and then add the milk slowly. Season with salt and
pepper and then pour the mixture over the onions.

Sprinkle the grated cheese over the top and bake for about 25 minutes,
or until it is set.

Serves: 4 to 6



Transparent Squash

1 (2-pound/900 g) acorn squash
or packaged fresh peeled and
cubed acorn squash
 $\frac{3}{4}$ teaspoon allspice
 $\frac{1}{2}$ to $\frac{3}{4}$ cup (100 to 150 g)
sugar
 $\frac{1}{3}$ to $\frac{1}{2}$ cup (75 to 115 g) butter
 $\frac{1}{2}$ teaspoon salt

Using a sharp chef knife, trim the top and the bottom of the acorn squash so that it can sit flat on the table. Using either a vegetable peeler or a sharp knife, *carefully* trim off the green peel. Trim the green peel from the groves by cutting along the groves to form wedges. Separate wedges and continue to peel until all the green has been removed. Dice into $\frac{3}{4}$ -inch (19 mm) cubes.

Add cubes to gently boiling water, cover and lower heat; simmer until it is fork tender, about 10 to 15 minutes. Drain off the excess water until it barely covers the cubed acorn squash.

Combine sugar, allspice and salt; pour over the squash. Dot with butter.

Turn heat to medium-high until the water begins to simmer. Turn heat to low and let it cook down until practically all the juice is gone, about 45 minutes to an hour.

Serves: 4 to 6

THE COLONEL SAYS:

This is a vegetable dish that was a great favorite in my restaurants. Take it from me, it is just out of this world.





Cranberry Conserve

1 (11-ounce/330 g) package
fresh cranberries
2 crisp, tart apples
2 large oranges
1-2 cups (200 to 400 g)
granulated sugar

Wash and remove any damaged cranberries. Process in a food processor until roughly chopped. Transfer to a large mixing bowl.

Wash, core and seed the apples, cut into slices and process in a food processor until roughly chopped. Combine with cranberries.

Wash oranges. Using a zester, zest both oranges and set aside. Remove as much white pith as possible from each orange. Cut orange into 8 sections, removing seeds and as much white membrane as possible. Process zest and orange sections in a food processor until roughly chopped. Combine with apples and cranberries.

Stir in sugar until dissolved. Cover and refrigerate overnight.

Makes: About 4 cups

Kitchen notes: McIntosh, Gala, and Braeburn apples work well in this bright, ruby-red relish.

THE COLONEL SAYS:

This is nice to serve as a side dish with almost any meat or as an appetizer.

Fried Tomatoes

3 large firm, ripe tomatoes
(Beefsteak tomato or similar)
Salt and freshly ground
black pepper
3-4 tablespoons (45 to 60 mL)
of milk
2 eggs, slightly beaten
Unseasoned bread crumbs
Flour
1 tablespoon butter plus more
as needed
3 tablespoons vegetable oil plus
more as needed

Slice tomatoes $\frac{1}{2}$ -inch (13 mm) thick. Season with salt and pepper.

Set aside.

Whisk together milk and eggs in a shallow dish. In another shallow dish, spread out a thick layer of bread crumbs. Place dishes side by side on the counter so you can bread the tomatoes before frying.

Dip each tomato slice in the egg-milk mixture to coat, then in the flour.

Dip the floured tomato slice back into the egg, and then into the bread crumbs.

With heat at medium-high, add butter and oil to 10-inch (25 cm) skillet.

When butter is melted and oil is hot, place coated tomato slices (three or four at a time) in the frying pan, and fry until golden brown on each side, about 3 to 5 minutes per side. Add more butter or oil to the pan, as necessary.

Drain cooked tomato slices on a plate that has been covered with a paper towel.

Serves: 3 to 4

Kitchen tip: Chopped fresh parsley makes a colourful addition to the breadcrumb mixture. Or try substituting Panko (Japanese breadcrumbs) for the plain breadcrumbs for added texture and eye appeal.

THE COLONEL SAYS:

Here's an inexpensive but filling dish that just about everybody loves. I like to fry my tomatoes in bacon drippings; matter of fact, I usually cook up a batch of bacon to serve with my fried tomatoes. But you can use butter if you prefer.

In the Southern United States it is very popular to make these fried tomatoes with unripe green tomatoes.



Bread Stuffing

**For a 1-pound (450 g) loaf
of bread use:**

1 white onion, minced
1/2 cup (110 g) butter
(divided use)
1/2 to 3/4 cup (120 to 180 mL)
chicken broth or water
1/2 teaspoon sage, fresh
1 teaspoon salt
1/2 teaspoon thyme, fresh
Freshly ground black pepper

A day or two before you plan to make the stuffing, lay out approximately 15 slices of bread on a baking rack to dry.

Tear dried bread slices into 1-inch (25 mm) pieces.

Add 3 tablespoons of the butter to a 10-inch (25 cm) skillet over medium-high heat. When butter begins to sizzle, add onion.

Reduce heat to medium and cook, stirring occasionally, until onion is tender.

Meanwhile, in a large mixing bowl, combine bread cubes, sage, salt, thyme and pepper.

Melt remaining butter in the frying pan. Add broth or water and heat through, and then pour onto the bread, stirring and tossing until the stuffing becomes uniformly moist. You'll want it less moist if you are planning on stuffing a chicken or turkey, and wetter if are going to bake it separately in an oiled casserole or pan covered with aluminum foil. Bake along with the turkey or chicken in a 325° F (165° C) oven for 35 to 40 minutes or bake at 350° F (175° C) in a casserole by itself until thoroughly heated, about 20 to 25 minutes.

Serves: 8 to 10 people or enough to stuff a 14 to 18-lb (6 to 9 kg) turkey

THE COLONEL SAYS:

Making stuffing when I was a child was quite a performance. We liked a dry, crumbly, buttery stuffing, not a wet, soggy one. My Mother didn't use any measuring spoon for the spices - she gauged the amounts by tasting and sniffing.





Breakfast

Coffee - The way we used to make it on the farm

Butter Thin Pancakes

Light Bread

Extra Special Scrambled Eggs

The Colonel's Special Omelet

Potato Pancakes

Coffee

The way we used to make it on the farm

¾ cup (70 g) medium to coarse grind coffee

1 egg

6 cups (1.5 L) cold water

1 cup (240 mL) cold water
to settle grounds

Crush the egg – shell and all – into ground coffee in an old-fashioned coffee pot or a medium sized cooking pot. Add 6 cups of cold water. Bring to a boil; then turn down the heat to a gentle simmer. Allow coffee to simmer on the stove for 3 minutes. Remove from heat and immediately add 1 cup cold water to settle the coffee grounds. Let coffee rest for 10 minutes before serving, to allow all the coffee grounds to settle to the bottom of the pot.

Serves: 6

THE COLONEL SAYS:

I know most cookbooks don't tell you this. They seem to think it's "as simple as boiling an egg." The truth is neither one is simple.

Butter Thin Pancakes

1½ cups (360 mL) heavy cream
1½ cups (360 mL) milk
4 beaten eggs
2½ cups (300 g)
all-purpose flour
1 tablespoon baking powder
2 teaspoons salt
1 cup (225 g) melted butter
Canola oil

Combine heavy cream, milk, and beaten eggs in a large mixing bowl. Beat well with a hand mixer on medium-high speed.

In another bowl, combine flour, baking powder and salt. Gradually stir dry ingredients into heavy cream, milk and egg mixture with the mixer on low speed. When batter is smooth, stir in the butter.

Heat a lightly oiled griddle or heat a tablespoon of oil in a 10-inch (25 cm) skillet over medium-high heat. Pour or scoop the batter onto the hot pan, using approximately ¼ cup (60 mL) of the batter for each pancake. These thin pancakes will bubble all over, but do not turn until the bottom edges are dark golden, about a minute. Flip and cook for about 15 to 20 seconds longer. Transfer to a warm plate.

Either tent the plate with aluminum foil or place the plate in a warm oven to keep them hot while you continue to make the rest of the pancakes. As you cook the pancakes, add more oil as necessary.

Makes: About 33, 3½-inch (9 cm) pancakes

THE COLONEL SAYS:

This was the biggest seller in my restaurants. It's a recipe I made up myself. When you put it on a hot griddle or grill, it bubbles up all over. Being so thin, it's almost like a crepe Suzette but it is also out of this world as a pancake! They already have so much butter in them, you may not need to grease your griddle.



Light Bread

1 cup (240 mL) milk
½ cup (100 g) sugar
2 (¼-ounce/7g) packages instant yeast
1 cup (200 g) warm mashed potatoes
4½ to 5 cups (540 to 600 g) all-purpose flour (divided use)
¾ cup (145 g) solid vegetable shortening
1 teaspoon salt
Melted butter

Scald milk by pouring it into a 1-quart (1 L) saucepan over medium high heat. Continue heating until temperature reaches 180° F (82° C) on an instant-read thermometer. Do not allow to boil. Remove from heat and cool to 120° F (48° C).

Pour warm milk into a large mixing bowl and add sugar and yeast. Allow to sit in a warm place for 10 minutes. Yeast should be all bubbly.

To the yeast mixture, add mashed potatoes, 4 cups of flour, shortening, and salt. Kneed 5 to 10 minutes until you can form a smooth ball of dough and dough springs back when gently depressed. Loosely cover with plastic wrap and a tea towel and allow to rise in a warm place until doubled in size (approximately 1 hour).

After doubled in size, turn onto a lightly floured surface and divide into 2 equal dough pieces. Punch down dough pieces and shape into oval loaves. Place oval loaves into two lightly greased 8½ by 4½-inch (22 by 11 cm) loaf pans.

Cover with plastic wrap and a tea towel and allow dough to rise in a warm place until double in size.

Preheat oven to 400° F (200° C).

Remove plastic wrap and towel. Place loaf pans into the preheated oven, bake for 30 to 40 minutes.

Remove from oven, and then remove loaves from pans. Cool on racks. Brush tops with a little melted butter while still hot.

Makes: 2 loaves

Extra Special Scrambled Eggs

2 eggs per person

Pinch of paprika

Pinch of salt and pepper

Pinch of chili powder

1 tablespoon butter or
margarine

1 tablespoon large curd
cottage cheese

Beat the eggs, paprika, salt and pepper, and chili powder with a fork in a mixing bowl. Set aside.

Melt butter (or margarine) in a 10-inch (25 cm) skillet or sauté pan.

When the butter is hot but not brown, add eggs to the pan, add the cottage cheese allowing 1 tablespoon for every 4 or 5 eggs. If the cottage cheese is firm, use it sparingly. Be more generous with a loose curd cheese. Stir gently until the cheese is mixed thoroughly with the eggs as they set.

Turn the heat off before they are really done, as the eggs will keep cooking as long as the pan is hot.

Serves: 1 to 2

THE COLONEL SAYS:

The secret is to cook slowly over a low heat. After a time or two, you will know how much cottage cheese your family likes in this delicate, creamy dish.

The Colonel's Special Omelet

2 eggs

2 tablespoons milk

Salt and pepper, to taste

1 tablespoon butter

Your favorite omelet
ingredients

Beat together eggs and milk. Add salt and pepper.

Melt butter in an 8-inch (20 cm) omelet pan over medium heat until it begins to sizzle. Add your favorite omelet ingredients and sauté lightly, pour in egg mixture. Cover and cook for approximately 1 minute.

Remove the cover and lift the edges of the omelet. Tip the pan slightly to let the liquid egg run under the cooked edges. Cover pan again and cook until set (but still soft) and lightly browned on the bottom, about 2 minutes more. Remove cover, then, using a spatula, fold the omelet over and then slide it out of the pan onto a hot plate.

Serves: 1

THE COLONEL SAYS:

I don't like wet, leaky omelets, so I make mine in a covered pan. I also prefer making several small omelets than a big one, but you can still make a good 4-egg omelet for 2 but no more. Use a 10-inch (25 cm) omelet pan instead of an 8.

Potato Pancakes

2 cups (400 g) mashed potatoes
(about 1 pound)
1 teaspoon salt
4 tablespoons (60 g) butter,
melted
1 beaten egg
1 cup (120 g) flour
1 teaspoon baking powder
Vegetable oil for frying

With an electric hand mixer, combine mashed potatoes, salt, butter and beaten egg.

Combine flour and baking powder in a small mixing bowl and then add flour mixture slowly to mashed potatoes, working in as much of the flour as needed to make a soft but firm dough.

Turn out onto a working surface that has been generously dusted with flour. Gently turn the dough over on itself a few times. Then roll out or pat out to a $\frac{1}{2}$ -inch (13 mm) thickness.

Spoon additional flour onto a saucer near the stove top.

Heat $\frac{1}{8}$ -inch (3 mm) of oil over moderately high heat in a large heavy skillet until it is hot but not smoking. Keep about a cupful of oil nearby because you will have to replace it as the pancakes fry.

Dust your hands generously with flour before handling the dough. Tear off a small pancake-size piece of dough, gently dredge it through the flour and place in the hot pan. Fry until light brown.

Drain on a plate that has been covered with a paper towel or place in a warm oven until all dough is fried.

Serve hot with melted butter or honey.

Serves: 4 to 6

Kitchen tip: These potato pancakes make a delicious side dish served with sour cream and chopped chives or apple sauce.



Main

Roast Turkey
Roast Beef
Meat Loaf
Scalloped Potatoes
Chicken Brunswick Stew
Apple-Stuffed Pork Chops
Mulligan Stew

Roast Turkey

16 to 20 lb (7 to 9 kg) young
turkey (approximately 2 lbs
(900 g) per person)
1 cup (225 g) butter,
room temperature
Salt and pepper

Preheat oven to 300° F (150° C).

Remove giblets from the inside cavity of the bird. Cover the bird generously with soft butter, then sprinkle with salt and pepper, inside and out. Place bird in roasting pan breast up (no need to turn it). The old way of roasting poultry was to start with a very hot oven and reduce the heat to moderate after $\frac{1}{2}$ hour. Today's method of using a low heat all the way through seems better to me. The meat is more moist and there is less shrinkage.

Put remaining butter in the pan and baste occasionally with the butter and drippings from the bird. When done, remove from pan to a platter and remove the skewers and string. Keep turkey warm while you make the gravy from the pan drippings.

Cook until you have reached an internal temperature of 165° F (75° C) and juices run clear.

THE COLONEL SAYS:

My own preference is a large hen
turkey, but a large young tom
turkey was better when the whole
family came for Thanksgiving.

Roast Beef

2 to 3 rib roast beef
(preferably the first cut)
Salt and pepper

Preheat your oven to 300° F (150° C).

Place your roast, fat side up, in an uncovered roasting pan and sprinkle with salt and pepper. Do not baste or turn it. Roast to the following internal temperatures. Always check your meat with a meat thermometer!

	Internal temperature
Medium Rare	145° F (63° C)
Medium	160° F (71° C)
Well Done	170° F (77° C)

There will be less shrinkage than in a hot oven, and the meat will be deliciously browned but juicy and never dry.



Meatloaf

3 tablespoons vegetable oil
1 medium onion, minced
 $\frac{1}{4}$ cup (70 g) green pepper,
minced
2 pounds (900 g) ground
chuck beef
2 eggs, beaten
1 cup (90 g) old fashioned oats,
uncooked
 $\frac{3}{4}$ cup (180 mL) tomato juice
 $\frac{1}{4}$ cup (70 g) horseradish
1 tablespoon salt
2 teaspoons paprika
1 teaspoon dry mustard
 $\frac{1}{2}$ cup (140 mL) tomato
ketchup

Preheat oven to 350° F (175° C).

Heat oil in a 10-inch (25 cm) frying pan over medium-high heat.
Add onions and green peppers and cook until onions soften,
about 10 minutes. Set aside to cool.

Combine chuck beef, eggs, oats, juice, horseradish, salt, paprika and
dry mustard in a large mixing bowl, add sautéed vegetables and work
all the ingredients together with your hands until well incorporated.
Pack this in a 9 by 5-inch (23 by 13 cm) greased loaf pan.

Spread the ketchup on top and bake for one hour.

Serves: 6 to 8



Scalloped Potatoes

4 to 5 medium-size potatoes,
thinly sliced
2 white onions, thinly sliced
Salt, pepper, paprika
 $\frac{1}{2}$ cup (60 g) all-purpose flour
 $\frac{1}{2}$ pound (225 g) grated Swiss,
Parmesan or Cheddar cheese
Milk
1 pound (450 g) country
sausage links

Preheat oven to 350° F (180° C).

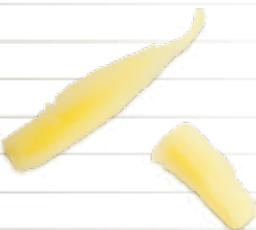
Butter and lightly flour a 1½-quart (1½ L) gratin dish or a shallow oven proof casserole.

Arrange a layer of sliced potatoes in the bottom, then a layer of onion. Season this layer with salt, plenty of freshly ground pepper and paprika. Sprinkle flour over this. Sprinkle some of the grated cheese. Add another layer of potatoes, onions, seasonings, and cheese, and a dusting of flour. When the final layer is in the dish, pour enough heated milk to barely cover the top layer. Cover and bake for 30 minutes.

Meanwhile, fry the sausages in a sauté pan, browning only lightly, remove from sauté pan and slice each sausage into $\frac{1}{4}$ -inch (6 mm) thick bias. When the potatoes have baked 35 minutes, remove from the oven, and arrange drained sausages on top. Return to the oven and finish baking, about 15 to 20 minutes. When the potatoes are tender and the sausage is lightly browned, the dish is ready. You may need to re-cover the dish with tin foil, if you find the dish is getting too dark before potatoes are tender.

Serves: 4 to 6

Kitchen tip: For an alternative way to finish this dish, use bulk country sausage instead of slices. Fry the sausage in a 10-inch (25 cm) frying pan, seasoning well with salt, pepper and paprika until the meat is no longer pink. Pour off excess fat. Top potatoes with the mixture; return to the oven and continue to bake, uncovered for an additional 30 minutes. Remove from the oven and cool for 5 minutes before serving.



THE COLONEL SAYS:

This is an elegant dish, because the sausage flavors the whole thing. Serve with almost any vegetable such as peas, green beans or asparagus.



Chicken Brunswick Stew

3½ pounds (1.6 kg)
chicken parts
Salt and pepper
4 bacon slices, cut into 1-inch
(25 mm) pieces
2 cups (480 mL) warm water
1 (28-ounce/775 mL) can
diced tomatoes
3 medium onions, peeled,
halved and thinly sliced
2 tablespoons
Worcestershire sauce
1½ teaspoons sugar
1 teaspoon salt
1 (10-ounce/315 g) package
frozen baby lima beans or
broad beans
2 cups (420 g) canned whole
kernel corn, drained
2 tablespoons butter
1 teaspoon cayenne pepper

Season chicken with salt and pepper. Set aside.

Fry bacon pieces in a 4 to 5-quart (4 to 5 L) Dutch oven. Remove bacon with a slotted spoon and drain on a plate that has been covered with a paper towel. Set aside.

Add chicken pieces to the bacon drippings. Fry over medium-high heat, turning pieces until they are golden brown all over. Pour off drippings.

Add the water, tomatoes, onions, Worcestershire, sugar and salt. Stir, cover, and simmer over low heat until the chicken is tender, about 1½ hours.

Remove chicken from the pan with a slotted spoon. When cool enough to handle, discard skin and strip meat from the bone. Cut meat into smaller pieces, and then return chicken to the pot. Add beans and corn; cook for 30 minutes longer. Adjust seasoning, adding more salt and pepper, if needed.

Add butter and cayenne pepper. Simmer for 30 minutes.

Ladle into soup bowls, sprinkle with bacon bits.

Serves: 6 to 8

Kitchen tip: This can be prepared in a slow cooker. Follow instructions for frying bacon and chicken. Transfer chicken to your slow cooker set on low. Add water, tomatoes, onions, Worcestershire, sugar and salt. Cook for 6 hours, then remove chicken with a slotted spoon and follow directions for skinning and deboning. Add meat back to the slow cooker along with beans and corn. Cook for an additional hour. Add butter and cayenne pepper. Cook for 2 hours.

THE COLONEL SAYS:

Taste as you go to check on the seasoning. This chicken stew should be seasoned fairly lightly. This makes a fine family dish.



Apple-Stuffed Pork Chops

2 teaspoons butter

2 tablespoons

finely diced onion

2 crisp, tart apples, washed,
cored and chopped

(divided use)

1 cup (60 g) bread crumbs,
fresh

2 teaspoons minced
fresh parsley

Unsweetened apple juice
(divided use)

For chops:

1 tablespoon vegetable oil

4 (5-ounce/155 g) boneless
1-inch (25 mm) thick

pork chops

1/4 cup (30 g) flour

Salt and pepper

Preheat oven to 350° F (180° C).

Melt butter in a 10-inch (25 cm) skillet over medium heat. When the butter begins to sizzle, add the onion and $\frac{3}{4}$ of a cup of apples and cook until just softened, about 3 minutes. Remove from heat.

Combine the bread crumbs with the minced parsley. Gently stir into the onions and apples, adding a bit of apple juice to keep the stuffing moist but not wet. Turn into a mixing bowl. Set aside.

Wipe out the pan and return to the stove.

Create pockets in the fatty side of the pork chops with a sharp, pointed knife. Be sure not to cut all the way through. Open the pockets, season inside with a salt, pepper, and stuff with the cooked bread crumb mixture. Tie each pork chop with butcher string.

Combine salt, pepper and flour and place in a shallow dish or bowl. Dredge chops through the seasoned flour, shaking off any excess; add a tablespoon or two of vegetable oil to the skillet and heat over medium high. When oil is hot (but not smoking), add the pork chops and cook, turning once, until golden, about 3 minutes per side. Repeat with each pork chop.

Place lightly browned pork chops into an 8-inch (20 cm) square baking dish. Add a little water, a splash of apple juice, and the remaining chopped apple to the pan; (liquid should be no more than $\frac{1}{4}$ -inch (6 mm) deep).

Cover with aluminum foil and bake for 30 minutes. Remove foil, return to the oven and continue baking for 30 minutes.

Serve hot with pan juices and cooked apple ladled over each chop.

Serves: 4





Mulligan Stew

3 tablespoons canola oil
1 large onion, medium diced
1 pound (450 g) lean beef
stew meat cut into 1-inch
(25 mm) cubes
1 pound (450 g) lean pork meat
(tenderloin or similar), cut
into 1-inch (25 mm) cubes
1 pound (450 g) chicken
tenderloins cut into
1-inch (25 mm) cubes
3 tablespoons all-purpose flour
1 (14½ ounce/420 g) can of
beef broth
1 (15-ounce/425 g) can green
peas, drained
1 (28-ounce/794 g) can diced
tomatoes, undrained
1 (15¼ ounce/432 g) can
fresh-cut corn kernels
drained
1 (15¼ ounce/794 g) baby
lima beans or broad beans,
drained
1 cup (240 g) sliced carrots
½ teaspoon paprika
¼ teaspoon garlic powder
Salt and pepper, to taste
½ cup (120 mL) dry sherry

Heat the oil in a large stock pot over medium heat. Add onion and cook until translucent. Add the cubed beef and pork and sauté until lightly brown, add the chicken cubes and sauté until lightly browned. Add 3 tablespoons of all purpose flour and coat everything evenly. Add beef broth and use a wooden spoon to scrape all the good stuff off the bottom of the pot. Add the remaining ingredients, and salt and pepper as needed. Cover pot and simmer for 1 hour. Lift lid and allow soup to simmer until pan juices thicken slightly. Adjust seasonings, if needed.

Just before ladling into individual bowls, add sherry, and stir to combine.

Serves: 10 to 12

Kitchen notes: It is the most forgiving of all stews. It can be made with whatever the cook has on hand – all chicken, all pork, all beef, veal, turkey or any combination thereof... add whatever vegetables can fit into the pot. It can be made in a 6-quart (5 L) slow cooker.

Desserts

Baked Apple Dumplings
Pecan Pie
Chocolate Pie
Lemon Sponge Pie
Special Brown Betty
Sand Tarts
Oatmeal Cake
Upside Down Peach Cobbler

Baked Apple Dumplings

3 cups (360 g) flour
3 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
1 cup (190 g) + 2 tablespoons solid vegetable shortening
Milk
 $\frac{3}{4}$ teaspoon nutmeg, ground
 $\frac{3}{4}$ teaspoon ginger, ground
 $1\frac{1}{2}$ teaspoon cinnamon, ground
6 tablespoons (150 g)
light brown sugar
 $2\frac{1}{4}$ cups (450 g) sugar
 $1\frac{1}{2}$ cup (360 g) water
3 tablespoons butter
6 small tart apples pared,
cored, and halved lengthwise

Preheat oven to 400° F (200° C).

Butter a 11 by 7-inch (28 by 18 cm) baking pan.

Combine flour, baking powder and salt in a large mixing bowl. Cut in shortening with a pastry blender until very crumbly. Add as much milk as needed to hold dough together, and mix lightly with a fork.

Roll gently on a flour-covered surface into a large rectangle, about 24 by 16-inches (65 by 46 cm). Cut into six square pieces.

Make sure apples are a uniform size, cutting at base or top, where necessary. Combine nutmeg, ginger and cinnamon with brown sugar and sprinkle over apple halves to coat.

Place 2 apple halves cut sides together, in center of each square and fold up corners. With slightly wet fingertips, bring one corner of pastry square up to the top of the apple, then bring the opposite corner to the top and press together. Bring up the two remaining corners, trim off any excess dough and seal. Slightly pinch the dough at the sides to completely seal in the apple. Repeat with the remaining apples. Place in prepared baking pan. Don't worry if there are a few cracks, as this dish bakes the dough will bake together!

Heat sugar, water, and butter to the boiling point in a 2-quart (2 L) saucepan. Boil for 5 minutes until sugar is melted. Pour over dumplings in baking pan.

Bake for 50 to 55 minutes

Serve warm in individual dessert bowls with pan liquids spooned over the apples.

Serves: 6

Kitchen tip: A scoop of vanilla ice cream goes really well with this dessert.





Pecan Pie

Favorite or prepared unbaked pie crust
4 large eggs, slightly beaten
 $\frac{1}{2}$ cup (110 g) packed dark brown sugar
1 cup (240 mL) dark corn syrup (golden syrup will also work)
Pinch of salt
1 tablespoon apple cider vinegar or lemon juice
 $\frac{1}{4}$ cup (55 g) unsalted butter, melted
2 tablespoons vanilla extract
 $1\frac{3}{4}$ cups (260 g) pecan halves

Heat oven to 375° F (190° C).

Place pie crust in a 9-inch (23 cm) pie plate.

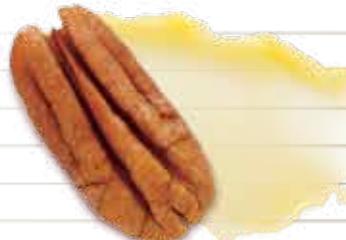
Mix eggs, sugar, syrup, salt, vinegar or lemon juice, butter and vanilla extract in a large mixing bowl until well blended. Place pecan halves in the pie shell. Pour the egg mixture over them.

Bake 40 to 50 minutes or until filling is puffed and pie is golden brown. Cool completely, about 2 hours. Store in refrigerator.

Remove pie from pie plate just before serving and place on a decorative plate.

Serves: 8

Kitchen Tip: If you are using a shortbread pie crust be sure to line your pie plate with parchment – this will help you easily remove the pie once it is baked.



THE COLONEL SAYS:

Pecan pie can turn any occasion into a special affair when you serve it for dessert.

Chocolate Pie

3 ounces (95 g) unsweetened chocolate, cut into pieces
1 teaspoon vanilla extract
2 eggs
1 cup (225 g) butter, softened (do not substitute margarine)
1 cup (200 g) sugar
Prepared 10-inch (25 cm) tart shell or 9-inch (23 cm) single crust pie shell, baked
Chilled whipped cream
Chocolate for shaving

Melt chocolate on a double boiler over low heat; set aside.

While chocolate cools, whip the butter and the sugar together in a large mixing bowl until fluffy. Then beat in the cooled chocolate and vanilla extract. Add eggs one at a time at medium mixer speed for 5 minutes after each addition.

Return mixture to double boiler and bring up to 140° F (60° C) stirring constantly.

Pour into pie shell and chill 1 to 2 hours before serving.

Just before serving spread or pipe on whipped cream and finish with some chocolate shavings.

Serves: 10

Kitchen tip: If you like nuts, try adding some walnut halves on top of the whipped cream for an added crunch!

THE COLONEL SAYS:

This is really rich and good, and it doesn't require any baking.

You won't lose any weight eating this pie, but you can worry about that later.





Lemon Sponge Pie

3 tablespoons butter,
room temperature
1 1/4 cups (250 g) sugar
4 eggs, separated
3 tablespoons flour
Dash of salt
1 1/4 cups (300 mL) milk
Juice and grated zest of
2 medium-sized lemons
1 unbaked 9-inch (23 cm)
pie crust

Preheat oven to 375° F (190° C).

Beat the butter and sugar with an electric hand mixer on high until light and fluffy. Set aside.

Beat the egg yolks, flour, salt, milk, lemon juice and lemon zest until well combined. Then beat this mixture into the butter and sugar mixture.

In a clean bowl and with clean beaters, beat the egg whites until stiff. Gently fold the egg whites into the egg yolk-lemon mixture.

Pour this mixture into the pie crust and bake for 15 minutes. Reduce oven temperature to 300° F (150° C), or until the top is golden and a toothpick inserted in the center comes out clean, about 45 minutes.

Serves: 6 to 8

Kitchen tip: Macerated raspberries make a delicious and colorful topping for this pie. Simply mash a half-cup of raspberries, sprinkle with 2 tablespoons of sugar and stir until sugar dissolves. Stir in some whole, fresh berries, and stir to coat. Ladle over the pie just before serving.

THE COLONEL SAYS:

This is a different kind of lemon pie because it really has a sponge. Those egg whites will gradually rise to the top, bringing the flour up with them – the result is a lovely sponge effect. I could eat half of one of those pies anytime.

Special Brown Betty

Filling:

6 tart cooking apples
1/2 cup (120 mL) water
1/2 cup (120 mL) orange juice
1/2 cup sugar (100 g) sugar
1/2 teaspoon nutmeg

Crust:

16 square graham crackers
1/4 cup (50 g) sugar
1 teaspoon grated orange peel
1/4 cup (40 g) chopped almonds
2 tablespoons butter

Preheat oven to 375° F (190° C).

Peel, core and cut the apples into eighths.

Combine apples, water and orange juice in a 2-quart (2 L) saucepan; cook over medium heat until slightly tender, about 10 minutes. Add the sugar and nutmeg. Transfer contents of pan to a shallow baking dish.

Roll out the graham crackers to fine crumbs. Combine with the sugar, orange peel and almonds. Sprinkle on top of the apples and dot all over with butter. Bake until the top is crusty approximately 15 to 20 minutes.

Serves: 6

Kitchen tip: Packaged graham cracker crumbs speed the making of this easy dessert.

Sand Tarts

1/2 cup (115 g) butter
1 1/2 teaspoons baking powder
1 1/4 cups (150 g) all-purpose flour
1/3 cup (65 g) sugar
1 teaspoon vanilla extract

Preheat oven to 375° F (190° C).

Melt the butter in a heavy bottomed saucepan over low heat, and continue cooking and stirring occasionally until golden brown, about 7 to 8 minutes. Remove from heat and stir with a wooden spoon until cool. Combine flour, baking powder and sugar. Set aside.

When the butter is cool, add the vanilla extract and then stir in the flour mixture, a heaped tablespoon at a time, and work into a smooth paste.

Form paste into 1-inch (25 mm) balls, using your fingers and pressing the mixture firmly together.

Place on a buttered cookie sheet and press down gently. Bake until lightly browned, about 16 to 18 minutes, but keep a careful eye on them. They brown quickly. Remove from oven and cool completely before removing from the cookie sheet with a spatula.

Makes: 18 cookies

Kitchen tip: These are also great with a little peach jam placed into the center of each cookie, just press your thumb into the center of the cookie prior to baking and fill each depression with a bit of peach jam.



Oatmeal Cake

Cake

1 cup (90 g) oatmeal
1½ cups (360 mL) water
½ cup (115 g) butter, softened
plus extra for greasing pan
1 cup (180 g) brown sugar,
packed
1 cup (200 g) sugar
2 eggs
1 teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon
1½ cups (180 g) cake flour or
all-purpose flour
1 teaspoon vanilla extract

Preheat oven to 350° F (175° C).

In a medium sized pot, bring 1½ cups (360 mL) of water to a rolling boil and add 1 cup (90 g) of raw oatmeal; cook until all the water has been absorbed by the oatmeal; remove from heat, and set aside.

In a clean bowl cream together softened butter with brown and white sugar. Add 2 eggs to the butter and sugar mixture and beat in cooked oatmeal. Sift together all remaining dry ingredients and add to the cooked oatmeal mixture, add vanilla extract, and gently blend together.

Lightly grease a 11 by 7-inch (28 by 18 cm) pan with a little butter or margarine. Lightly dust greased pan with flour, make sure you get the corners and the sides of the pan. Line the bottom of the pan with parchment paper. Gently pour batter onto the parchment lined pan and level batter into an even layer. Bake in oven for approximately 15 to 20 minutes.

You'll know it's done when it is firm to the touch and the cake no longer jiggles. Remove from oven and allow to cool slightly.

While cake is cooling, prepare frosting by placing a small- to medium-sized dry non-stick pan over medium heat. Add ½ cup (40 g) of sweetened shredded coconut to the dry pan and gently toast until golden, make sure you continually stir so it doesn't burn. In a small bowl, add almost all of the toasted coconut (save a little for decoration after baking), softened butter, brown sugar, and heavy cream, mix together until the sugar has melted.

Cover the cake with the frosting mixture, set the oven to the broiler setting, and move the baking rack to the second highest position. Place your frosted cake into the oven for approximately 1 minute or until frosting begins to bubble all over. Remove from oven and allow to cake to cool. Garnish with the remaining toasted coconut.

Kitchen Tip: For an extra crunch, add ½ cup of chopped nuts, such as pecans, to the frosting right before you put it under the broiler.

THE COLONEL SAYS:

Children love this oatmeal cake – and, I must say, it's very good for snacking



Upside Down Peach Cobbler

1 cup (200 g) sugar (divided use)
2 eggs
 $\frac{1}{3}$ cup (75 g) butter or
margarine, melted
 $\frac{1}{2}$ teaspoon vanilla extract
 $1\frac{1}{2}$ cups (180 g) flour
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup (120 mL) milk
6 to 8 fresh peaches, peeled,
seeded and sliced or a
20-ounce (580 g) package of
frozen peach slices, thawed

Preheat oven to 350° F (175° C).

Beat $\frac{2}{3}$ cup (130 g) sugar and eggs together until creamy. Add butter or margarine and continue beating until thoroughly blended. Add vanilla extract.

Combine flour, baking powder and salt in a medium mixing bowl and then add to sugar and egg mixture alternately with milk.

Line an angel food pan with parchment paper. Fill it $\frac{2}{3}$ full with peaches. Sprinkle $\frac{1}{3}$ (70 g) cup sugar over the peaches. Pour batter over peaches and spread it evenly until they are well covered.

Bake about 55 to 65 minutes. Cool slightly for 10 minutes and then turn out onto large plate.

Serve warm.

Serves: 6 to 8

Kitchen tip: If you use frozen thawed peaches, be sure to drain them well in a colander before using.



Conversion Reference Guide

Measurement of Common Household Ingredient

Ingredient	1 US cup
Bread crumbs, dry	150 g
Bread crumbs, fresh, loosely packed	60 g
Brown sugar, packed firmly (but not too firmly)	180 g
Butter	225 g
Cornmeal, course	150 g
Cornmeal, fine	180 g
Flour, all-purpose (wheat)	120 g
Flour, bread	125 g
Flour, well-sifted all-purpose (wheat)	110 g
Oats, uncooked quick	90 g
Shortening, vegetable	190 g
Sugar, confectioners	100 g
Sugar, dark or light brown, cane (lightly packed)	220 g
Sugar, granulated cane	200 g

	US Imperial	Metric
1 cup	240 mL	250 mL
1 Tablespoon	15 mL	15 mL
1 Teaspoon	5 mL	5 mL

Approximate Temperature Equivalents

Fahrenheit (° F)	Celsius (° C)
100° F	40° C
125° F	50° C
150° F	65° C
175° F	80° C
200° F	95° C
225° F	110° C
250° F	130° C
275° F	140° C
300° F	150° C
325° F	165° C
350° F	177° C
375° F	190° C
400° F	200° C
425° F	220° C
450° F	230° C
475° F	245° C
500° F	260° C
550° F	290° C

Acknowledgements

Special thanks to all those around the globe who have made KFC such a powerful and beloved brand, including our franchisees, team members and partners. We are indebted to all those who continue to bring to life the Colonel's Original Recipe and his philosophy of delivering the best-tasting food to customers with friendly service... The Hard Way.

Special acknowledgments to Amy Sherwood and Joel Wetherington for discovering the unpublished autobiography and to Jeannie Litterst Vezeau for her historical knowledge and dedication to telling the Colonel's life journey.





