

Grandma's Pantry and Planner Cards

Four pages to print, fill in with your own hand, and keep taped inside a cabinet door. Mine have lived there for fifty years.

Card One: The Sunday Dinner Planner

PRINT A STACK. FILL ONE OUT EVERY WEEK, THURSDAY AT THE LATEST.

THIS SUNDAY WE ARE FEEDING

THE MEAT

THE SIDES, PICK THREE

THE BREAD AND THE SWEET

SATURDAY I WILL DO AHEAD

FIRST POT ON THE STOVE, AND AT WHAT HOUR

Card Two: The Soul Food Pantry

CHECK THE CABINET AGAINST THIS LIST ONCE A MONTH. WITH THESE ON HAND, SUPPER IS NEVER FAR AWAY.

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| ☐ Cornmeal, plain | ☐ Sweet potatoes |
| ☐ All-purpose flour | ☐ Canned tomatoes |
| ☐ Long-grain rice | ☐ Cider vinegar |
| ☐ Dried beans, two kinds | ☐ Hot sauce |
| ☐ Black-eyed peas, dried | ☐ Black pepper, whole or fresh ground |
| ☐ Grits, the slow kind | ☐ Seasoned salt |
| ☐ Elbow macaroni | ☐ Garlic powder and onion powder |
| ☐ Buttermilk | ☐ Sugar, white and brown |
| ☐ Bacon, for the grease as much as the meat | ☐ Cinnamon and nutmeg |
| ☐ Smoked ham hocks or neck bones, in the freezer | ☐ Vanilla |
| ☐ Yellow onions | ☐ Lard or a good frying oil |
| ☐ Celery and bell pepper | ☐ Coffee, for the red-eye gravy |

Card Three: Substitutions Grandma Used

THE STORE BEING CLOSED NEVER ONCE STOPPED A SUNDAY DINNER.

OUT OF THIS	DO THIS INSTEAD
Buttermilk	A cup of milk with a tablespoon of vinegar or lemon juice, let it sit ten minutes
Self-rising flour	A cup of plain flour with a teaspoon and a half of baking powder and a pinch of salt
Self-rising cornmeal	The same trick: plain meal, baking powder, salt
Ham hock for the greens	Bacon ends, a smoked turkey wing, or a spoon of bacon grease and patience
Fresh garlic	Garlic powder, added early so it cooks in, never raw at the end
Brown sugar	White sugar with a spoon of molasses stirred through
Heavy cream in a custard	Evaporated milk, straight from the can, the old way anyhow
Fresh peaches for cobbler	Canned in juice, drained well, with a squeeze of lemon to wake them up

Card Four: Done, the Old Way

NO TIMERS IN CLEO'S KITCHEN. THESE ARE THE SIGNS SHE COOKED BY, ALL OF THEM EXPLAINED IN THE BOOK.

THE POT	THE SIGN IT IS READY
Frying grease	A crumb of bread rises straight up and sings. If it sinks, wait. If it burns, pull the pan.
Cornbread	Pulls from the skillet wall, and a knuckle-tap on the crust sounds hollow
Roux for gravy	The color of an old penny, and the kitchen smells like toasted pecans
Greens	A stem pinches through soft between two fingers, no squeak left in the leaf
Smothered meat	A fork twists in with no argument, and the gravy has gone the color of caramel
Pound cake	A broom straw or thin knife comes out clean, and the crack down the middle has dried
Rice	Steam holes open across the top and the water is gone, lid on, fire off, ten minutes of peace