

Soul on the Table

— *Edna's Famous Recipes* —



144 Famous Recipes

—
Edna Jackson

Come on in.

There is room at this table for a pan of cornbread, a good pot of greens, and one more helping. Choose what sounds good, set out your ingredients, and let supper take shape.



Good food. A generous table.

A recipe for every kind of gathering, from a quiet breakfast to a Sunday supper.

ABOUT EDNA

Edna Jackson is a 68-year-old grandmother, born and raised in Greensboro, Alabama. She has spent most of her life cooking for family, friends, and neighbors. From slow-smoked barbecue and fried chicken to collard greens, cornbread, and macaroni and cheese, she knows Southern cooking firsthand and the soul food recipes she grew up making in Alabama. This collection brings that welcoming spirit to your table. Pictured servings are illustrative; actual results will vary. Recipes have been editorially reviewed, not physically kitchen-tested.

BEFORE YOU COOK

Measures are US customary; spoon flour into the cup and level it. Use large eggs and unsalted butter unless specified. Oven temperatures are Fahrenheit. Times are estimates and exclude preparing ingredients already listed as cooked. Follow the stated doneness checks. Read the full recipe first. Pictured serving garnishes are optional.

A FEW FOOD-HANDLING ESSENTIALS

Wash hands and produce; keep raw meat and its utensils separate from ready-to-eat foods. Do not rinse raw poultry. Use a food thermometer. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Keep the refrigerator at 40°F or below. Reheat leftovers to 165°F (74°C).

EDITION & SOURCES

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Safe minimum internal temperatures

Four steps to food safety

Skillet Buttermilk Cornbread

A hot skillet gives this unsweetened cornbread a crisp edge and a tender middle. Bring it to the table in wedges, ready for greens or beans.



8 WEDGES

PREP 10 MINUTES

COOK 22 MINUTES

INGREDIENTS

1 cup yellow cornmeal
1 cup all-purpose flour
1 tablespoon baking powder
1/2 teaspoon baking soda
3/4 teaspoon fine salt
1 large egg
1 1/4 cups buttermilk
4 tablespoons unsalted butter, melted
1 tablespoon neutral oil

LET'S COOK

- 01 Heat the oven to 425°F. Put the oil in a 10-inch ovenproof skillet and warm it in the oven for 5 minutes.
- 02 Whisk cornmeal, flour, baking powder, baking soda and salt. In another bowl, whisk the egg, buttermilk and melted butter. Stir wet into dry just until no dry pockets remain.
- 03 Using oven mitts, remove the skillet and carefully swirl the oil. Pour in the batter and smooth the top.
- 04 Bake 18-22 minutes, until golden and a toothpick comes out clean. Cool 10 minutes before cutting; remember the handle stays hot.

Slow-Simmered Collard Greens

A pot of collards needs room at first, then settles down as the leaves soften. Smoked paprika brings a gentle smoky note to this meatless version.



6 SERVINGS

PREP 25 MINUTES

COOK 60 MINUTES

INGREDIENTS

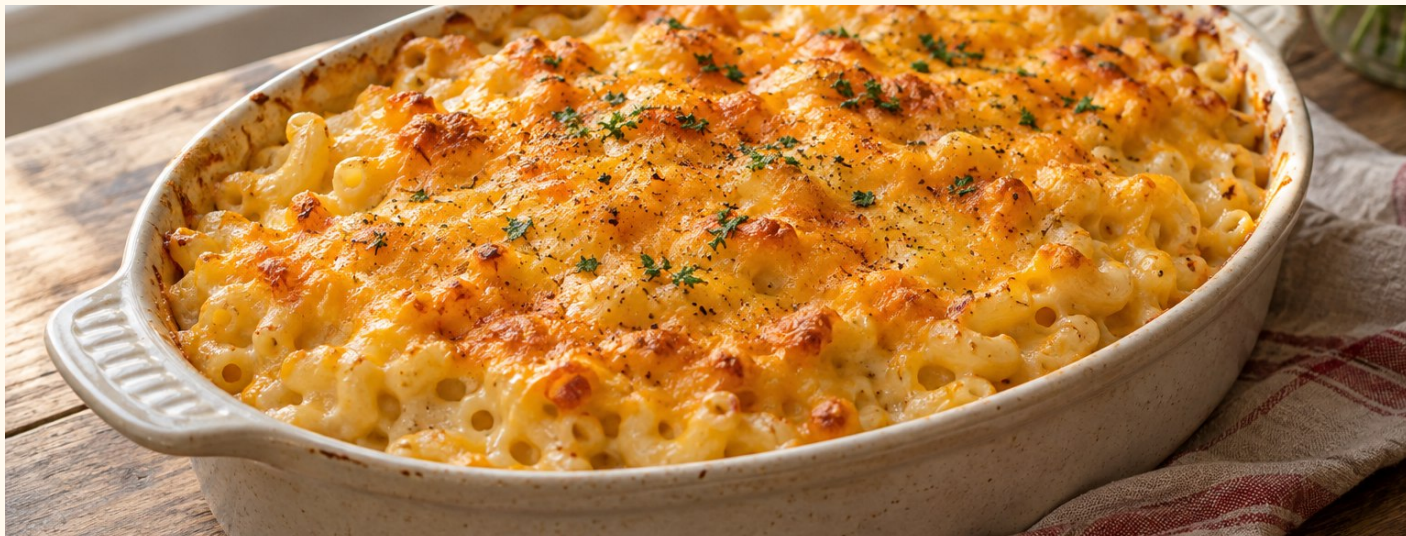
2 pounds collard greens
2 tablespoons olive oil
1 large onion, diced
3 garlic cloves, minced
4 cups low-sodium vegetable broth
1 teaspoon smoked paprika
3/4 teaspoon fine salt
1/4 teaspoon black pepper
1 tablespoon apple cider vinegar

LET'S COOK

- 01 Wash collards thoroughly in several changes of water. Remove tough stems; stack and slice the leaves into 1-inch strips.
- 02 Heat oil in a large pot. Cook onion over medium heat 7 minutes; add garlic for 30 seconds. Add broth, paprika, salt and pepper.
- 03 Add greens by handfuls, stirring as they wilt. Cover and simmer gently 45-60 minutes, stirring occasionally, until tender. Add a little water if the pot becomes dry.
- 04 Stir in vinegar. Taste the greens and pot liquor together, then serve hot.

Baked Three-Cheese Macaroni

A smooth cheese sauce keeps this macaroni creamy beneath its golden top. Shred the cheese yourself if you can for easier melting.



8 SERVINGS

PREP 25 MINUTES

COOK 25 MINUTES

INGREDIENTS

12 ounces elbow macaroni
3 tablespoons unsalted butter
3 tablespoons all-purpose flour
3 cups whole milk
1/2 teaspoon fine salt
1/2 teaspoon mustard powder
1/4 teaspoon black pepper
2 cups shredded sharp cheddar,
divided
1 cup shredded Monterey Jack
1/2 cup grated Parmesan
1 teaspoon butter for the dish

LET'S COOK

- 01 Heat the oven to 375°F. Butter a 3-quart baking dish. Cook macaroni in boiling water 1 minute less than package directions; drain.
- 02 Melt 3 tablespoons butter in a saucepan. Stir in flour for 1 minute. Gradually whisk in milk; simmer 4-5 minutes until thickened.
- 03 Remove from heat; add salt, mustard, pepper, 1 1/2 cups cheddar, Monterey Jack and Parmesan. Stir smooth, then fold in pasta and transfer to the dish.
- 04 Top with remaining cheddar. Bake 20-25 minutes, until bubbling and the center reaches 165°F (74°C). Rest 10 minutes.

Sweet Potato Pie

Smooth sweet potato and warm spice make a softly set pie with a golden crust. Let it cool before slicing so the filling holds together.



8 SLICES

PREP 20 MINUTES, PLUS COOLING

COOK 55 MINUTES

INGREDIENTS

1 unbaked 9-inch deep-dish pie shell
1 1/2 cups cooked mashed sweet potato, cooled
3/4 cup granulated sugar
4 tablespoons unsalted butter, melted
2 large eggs
1/2 cup evaporated milk
1 teaspoon vanilla extract
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon fine salt

LET'S COOK

- 01 Heat the oven to 350°F. Set the pie shell on a rimmed baking sheet. Beat sweet potato, sugar and butter until smooth.
- 02 Beat in eggs, then milk, vanilla, cinnamon, nutmeg and salt. Pour into the shell, leaving a little space below the rim.
- 03 Bake 50-55 minutes, until edges are set and the center has only a slight wobble and reaches 160°F (71°C). Shield the crust edge with foil if needed.
- 04 Cool on a rack, then refrigerate within 2 hours of baking. Chill at least 2 hours before slicing.

A taste of the table.

This free sample includes four complete recipes from Soul on the Table: Edna's Famous Recipes. The full edition contains 144 recipes across 150 illustrated pages.

Cooking & liability notice

This website and cookbook provide general cooking information, not medical or dietary advice. Check ingredient labels for allergens and suitability for your needs. Follow food-safety guidance, use a food thermometer where appropriate, and handle knives, heat and hot oil carefully. Cooking times and results vary with ingredients and equipment. Recipes have been editorially reviewed but have not been physically kitchen-tested. You are responsible for your ingredient choices, preparation and safe use of equipment. To the extent permitted by applicable law, BRAINEZ MEDIA LLC disclaims liability for injury, illness, loss or damage arising from use of this content. Nothing in this notice excludes liability or consumer rights that cannot legally be excluded.

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Food-safety reference: [FoodSafety.gov](https://www.foodsafety.gov) — 4 Steps to Food Safety