

Look on the following web sites and find a recipe that you can prepare.  
Write the recipe.

<http://www.southernrecipes.info/recipes/index.php>

<http://myweb.cableone.net/howle/page/soudex.htm>

<http://fp1.centurytel.net/southern-recipes/>

<http://www.allthingsouthern.com/recipes.html>