

GROCERY LIST: AMERICAN SOUTH

1 fresh pork butt, bone-in

Kosher salt

2 tablespoons crushed red pepper

1/2 tablespoon chopped fresh garlic

1/2 tablespoon kosher salt

1.25 tablespoon freshly ground black pepper

1 teaspoon dry mustard

1 teaspoon celery seeds

2/3 cup cooking oil

¼ cup bacon drippings

3 cups apple cider vinegar

1 large head cabbage

2 green bell peppers

1 medium sweet onion

2 onions

2 medium carrots

1 pound fresh okra

1 lemon

1 28-ounce can whole tomatoes

3 cups plus 1 tablespoon all-purpose flour

4 cups granulated sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

4 teaspoons vanilla

1 cup plus ⅓ cup unsalted butter

1 cup buttermilk (google for alternatives if it's not available near you)

4 large eggs

Please note:

For the shopping lists, quantities have been multiplied to assume you are serving at least 4 people. (Recipes that serve 2 people, for instance, have been doubled.)

All oils for sauteing have been combined into "cooking oil" unless the type of oil is traditional to the dish. Use the fat that you prefer for this purpose.

It is assumed you already have enough table salt and ground black pepper to prepare the recipes, so they are not included unless the recipe requires a lavish amount.