
Nanny Rosalind`s Cornbread Dressing

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Servings: 10

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 35 minutes

Homemade and store-bought cornbread both work well for this dressing. If yours is super-fresh, crumble it onto a baking sheet, then leave it out, loosely covered, overnight to dry a bit. Or bake for 5 to 7 minutes in a 375 degree oven.

1 pound ground pork
1/2 cup extra-virgin olive oil
3/4 cup finely chopped onion
3/4 cup finely chopped green bell pepper
1/2 cup finely chopped celery
1 tablespoon minced garlic
1 recipe Seasoning Mix (see below)
1 cup reduced-sodium chicken broth
2 bay leaves
5 cups finely crumbled cornbread
fresh thyme (for garnish)
fresh oregano (for garnish)
SEASONING MIX
2 teaspoons salt
1 teaspoon dried basil
1 teaspoon oregano
1 teaspoon thyme
1 teaspoon white pepper
1/2 teaspoon black pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon onion powder

Make the seasoning mix: In a bowl, combine the salt, basil, oregano, thyme, white pepper, black pepper, cayenne pepper and onion powder. Mix well.

Preheat the oven to 350 degrees.

Cook the pork in a five- to six-quart pot over medium-high heat, stirring to break up the meat, until browned, 8 to 10 minutes. Transfer to paper towels, discard the grease.

Add oil to the pot over medium-high heat. Add the onion, bell pepper, celery and garlic. Cook, stirring, until softened, about 5 minutes. Stir in the Seasoning Mix. Add the cooked pork, broth and bay leaves. Bring to a boil. Reduce the heat and simmer, covered, for 20 minutes. Remove and discard the bay leaves. Mix in the cornbread.

Transfer the dressing mixture to a greased two-quart baking dish. Cover with foil and bake for 25 minutes. Uncover and bake until lightly browned, about 10 minutes more. Garnish with fresh herbs.

(The dressing can be made ahead and chilled in a baking dish, covered, up to twenty-four hours ahead. Bake at 325 degrees, covered, for 25 minutes. Uncover and continue to bake until heated through, about 15 minutes more.)

Side Dishes

Per Serving (excluding unknown items): 225 Calories; 21g Fat (81.9% calories from fat); 8g Protein; 2g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 458mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.