

IN PRINT



Rebecca Lang, above, has written a new book, "Quick-Fix Southern," full of recipes that take less than 30 minutes of hands-on cooking time.

File/Staff

By Joe VanHoose

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If ever a cookbook has been battle tested and approved, "Quick-Fix Southern" is it, says author and Athens resident Rebecca Lang.

She wrote the book and its recipes while caring for her infant child. She also sent her recipes out to her time-strapped friends and neighbors and received nothing but positive reviews.

Now, "Quick-Fix Southern" is ready for prime time. Lang's third book - her first backed by a major publisher, Andrews McMeel - will go to folks around the country who have a big desire for a great meal and little time to cook it.

"It's for people who are working and have the least amount of time to cook," Lang said. "But they still want to eat good, wholesome food."

All the recipes in the book require 30 minutes or less of hands-on time, Lang said. But it does not follow the trend of cookbooks that start recipes with a lot of pre-packaged ingredients.

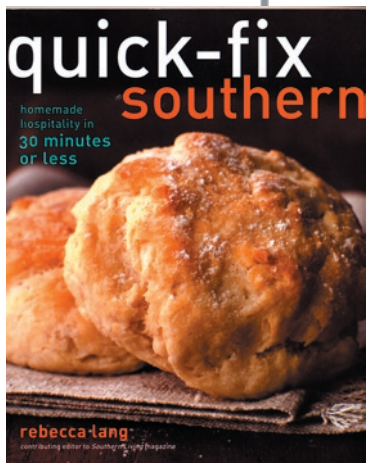
Her recipes use ingredients that are found around the edges of grocery stores.

"It's good, honest food from scratch, but still fast," she said. "That's the food I wanted - I wanted fast food for my house, but not from a drive-through window."

Lang has spent her life perfecting her speedy Southern recipes. She grew up in McRae, went to the University of Georgia and earned her culinary degree in Charleston, S.C.

A quick fix

Local woman pens book full of easy Southern recipes



BOOK SIGNING

with Rebecca Lang
When: 6 p.m. Friday
Where: Dog Ear Books, 162 W. Clayton St.
Cost: Free
Call: (706) 224-4580

ROASTED TOMATOES AND PARMESAN GRITS

Ingredients (serves 8):
3 cups of chicken broth
2 cups of heavy cream
1 cup of quick grits
2 cups of grape tomatoes
1½ teaspoons of olive oil
1 tablespoon of balsamic vinegar
¾ cup plus 2 tablespoons of shredded parmesan cheese
Freshly ground black pepper

mento cheese that she likes to make.

While the meatloaf, pot roast, pork tenderloin and other recipes in the book require hours of cooking or marinating, Lang points out that the actual work time still is less than 30 minutes.

"A lot can be done in the Crock Pot," she said.

The "lazy girl" berry cobbler needs a cast iron skillet, but the reward is a dessert that looks and tastes great - Lang has even polished off the whole cobbler by herself, she said.

None of the recipes in "Quick-Fix Southern" made it in by chance, she said.

"I love everything in the book so much," she said. "I know it's rare to write this many recipes and love them all, but I really do."

Athens has lots of good milkshakes

Sometimes I crave something and I have to have it right then and there.

Oddly, a milkshake is what spurred my last wild goose chase around town. Odd because I have no particular affinity for milkshakes, nor do I have any nostalgic attachment. But last week, I absolutely had to have the most rich and velvety milkshake I could find in Athens. It led me to do a little exploring so I can share today where to get a great shake.

I find milkshakes especially tasty when a diner-style establishment is involved. However, the flip side to this old classic can be found, ironically, at a fancy Atlanta burger joint called Flip Burger, where they've been modern-



ized into what I prefer to as the 21st century milkshake (read more on that below). Still, while the basic ingredients of the milkshake remain deliciously the same, they

aren't served up by soda jerks anymore and definitely cost more than a dime. But here are a few places that take their shakes seriously.

■ **Clocked (259 W. Washington St.)** — Here milkshakes are a definite standout. About 20 ounces and priced at \$3.75, milkshakes are made with whole milk and Blue Bunny ice cream. There are four flavors: vanilla, chocolate, mocha and blackberry. The syrup for the blackberry milkshake is made in-house using fresh blackberries — a key, in my opinion, to my favorite flavor there.

■ **The Grill (171 College Ave.)** — Old-fashioned milkshakes here are made with whole milk and Mayfield ice cream and whipped into three flavors: chocolate, vanilla and strawberry. Priced at \$4.49, they are big enough for two.

■ **Ben & Jerry's (105 College Ave.)** — A few doors down from The Grill, Ben & Jerry's allows you to customize your own shake with any of their ice creams, or choose one from the set menu. The pineapple upside down cake shake is exclusive to Athens, but other popular options include the caramel sundae shake, banana split shake, coffee Heath bar shake and, the most popular, mint cookie shake. These are available in small or large for \$5 and \$6, respectively, tax included.

■ **Chick-fil-A (196 Alps Road)** — Now I usually try to avoid fast-food, but there are a few exceptions in my book and this is one of them. Milkshakes at Chick-fil-A debuted a few years ago and have stolen many hearts since. You can choose between chocolate, strawberry, vanilla, banana pudding (the newest seasonal flavor) and my pick of the five, cookies and cream. Using Chick-fil-A's own ice cream and whole milk, these shakes are offered in a small for \$2.59 or large for \$2.99.

■ **Flip Burger Boutique (3655 Roswell Road Atlanta)** — Mentioned earlier, Flip Burger incorporates as much thought into the science of milkshakes as to creating the flavors, using liquid nitrogen to cool the shakes down as they are delivered to your table "smoking" ice cold. Blue Bell is the ice cream of choice, and there's only one size — 16-ounces. An absolute must-try for foodies, creative flavors include captain crunch (\$6), nut and honey (\$6), mango and ginger (\$6), Krispy Kreme doughnut (\$5), Nutella and burnt marshmallow (\$6), apple pie (\$6) and last but certainly not least, a foie gras milkshake (\$9) made from vanilla ice cream and foie gras butter. When I asked for a description of the flavor, the manager said it's similar to butter-scotch, very mild with a meaty aftertaste.

So when you get the craving, the hardest part probably will be choosing your flavor.

But for sure there's a milkshake for whatever mood you're in!

• Vena Kim, owner-operator of Yoguri, is a self-confessed foodie on a mission to spread the word about good food.

