

Classic Southern Desserts Everyone Will Love

Old South Sugar Cake

This delightful cake features a sweet, buttery cake with hints of hazelnut and vanilla and dusted with powdered sugar. Served with whipped cream and strawberries, it's heavenly.

Serves 8 | Prep. time 20 minutes | Cooking time 40 minutes

Ingredients

- 1 cup whole milk
- ½ cup pure vegetable shortening
- 1 vanilla bean, scrapped insides only
- 1 teaspoon hazelnut extract
- 2 cups flour
- 1 ½ cup white sugar
- 1 tablespoon baking powder
- ¾ teaspoon salt
- 4 egg whites
- ¼ cup powdered sugar
- 1 cup fresh strawberries for serving
- Whipped cream or ice cream for serving

Directions

1. Preheat the oven to 350°F (177°C) and lightly oil a 10-inch cast iron skillet.
2. Combine the milk, vegetable shortening, vanilla and hazelnut extract. Cream together until smooth.
3. In a separate bowl combine the flour, sugar, baking powder and salt. Add the dry ingredients to the wet ingredients in two or three increments, mixing just until blended.
4. Add the egg whites and mix until blended.
5. Pour the batter into the cast iron skillet and lightly tap down a few times to even out and remove large air bubbles.
6. Place the skillet in the oven and bake for 40 minutes, or until cooked in the center.
7. Remove from the oven and let cool slightly before sprinkling with powdered sugar.
8. Serve directly out of the skillet with fresh strawberries, whipped cream or ice cream for serving if desired.

Nutrition per serving

Calories 606, fat 39 g, carbs 67 g, sugars 57 g, Protein 5 g, sodium 23 mg

Mississippi Mud Pie

Mississippi Mud pie is a decadent Southern dessert featuring a chocolate cookie crust filled with a creamy chocolate mousse filling, topped with whipped cream, and garnished with chocolate shavings.

Serves 8 | Prep. time 15 minutes | Cooking time 45 minutes

Ingredients

Crust

- 2 cups chocolate graham crackers, crushed
- ½ cup pecans, finely chopped
- 1 teaspoon cinnamon
- ¼ cup butter, melted

Filling

- ½ cup unsalted butter
- ½ chocolate chips
- 1 tablespoon cocoa powder
- 2 tablespoons all-purpose flour
- 1 cup white sugar
- 2 tablespoons corn syrup
- 2 tablespoons brewed espresso
- 1 teaspoon pure vanilla extract
- ¼ teaspoon salt
- 3 large eggs
- Whipped topping
- Chocolate shavings

Directions

1. Preheat oven to 375°F (191°C).
2. Combine all of the ingredients for the crust in a food processor. Pulse until finely ground. Press into the bottom and sides of a 9-inch pie dish. Place in the oven and bake for approximately 10-15 minutes. Remove from heat and let cool completely.
3. Reduce oven temperature to 350°F (177°C).
4. Place butter, chocolate chips, and cocoa powder in a large saucepan. Heat over low until butter and chocolate is melted. Remove from heat.
5. Stir in flour, sugar, espresso, vanilla extract, and salt. Stir until well blended. Add eggs, one at a time, blending well between additions.
6. Pour mixture into pie crust. Place in the oven and bake until firmly set, approximately 30 minutes.
7. Let cool completely. Top with whipped topping and chocolate shavings. Serve well chilled.

Nutrition per serving

Calories 280, fat 7 g, carbs 51 g, sugars 27 g, Protein 3 g, sodium 210 mg

Blackberry Cobbler

This five-ingredient recipe is very simple. Fresh blackberries are preferred but if they aren't in season, frozen ones work too.

Serves 4 | Prep. time 15 minutes | Cooking time 1 hour

Ingredients

- 1¼ cups sugar, divided
- 1 cup self-rising flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 cup whole milk
- ¼ butter, melted
- 2 cups fresh (or frozen) blackberries
- Whipped cream and/or ice cream, for serving

Directions

1. Preheat the oven to 350°F (177°C) and butter an 8x8-inch baking dish.
2. In a mixing bowl, gently combine 1 cup of the sugar with the flour, baking powder, salt, and milk to form a dense but pliable batter.
3. Incorporate the melted butter.
4. Rinse your blackberries under running water and pat them dry using paper towels.
5. Pour the batter into the baking dish and add the blackberries evenly over the top.
6. Bake the cobbler until the batter is golden brown and the berries are bubbly, usually about an hour. Use this time to whip some cream for your topping.
7. In the last 10 minutes of the bake cycle, sprinkle the remaining sugar over the top.
8. Cool for half an hour before serving with whipped cream and/or ice cream.

Nutrition per serving

Calories 560, fat 16 g, carbs 95 g, sugar 76 g, Protein 6 g, sodium 402 mg

Spiced Pumpkin Custard

Essentially a crustless pumpkin pie, this is a go-to dessert in any southern cook’s repertoire. Use evaporated milk to achieve a light and smooth texture. Perfect for those days you're craving a pumpkin pie but don't have the time to make it—and it’s gluten free.

Serves 4 | Prep. time 10 minutes | Cooking time 50 minutes

Ingredients

- ¾ cup canned pumpkin purée
- 2 eggs
- 1 (12-ounce) can nonfat evaporated milk
- 1 teaspoon vanilla extract
- ½ cup (packed) brown sugar
- 1 tablespoon cornstarch
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ½ teaspoon salt

Directions

1. Preheat the oven to 350°F (177°C) and butter four 6-ounce ramekins.
2. In a large mixing bowl, combine the pumpkin purée, eggs, milk, and vanilla.
3. Add the brown sugar, cornstarch, spices, and salt. Mix until smooth.
4. Place the bowls in a 9x11-inch baking dish and add warm water to reach halfway up the sides of the bowls.
5. Bake for 50 minutes, or until the custard has set and browned lightly on top.
6. Remove from the oven and transfer the custards to a wire rack to cool for 10 minutes.
7. Dust with icing sugar and serve warm.

Nutrition per serving

Calories 239, fat 2 g, carbs 44 g, sugar 39 g, Protein 11 g, sodium 442 mg

Whiskey Cream Eclairs

Chocolate and eclairs go hand in hand just like Nashville and whiskey. Infuse some southern charm into this French classic by adding a dash of fine Tennessee whiskey to the mix.

Serves 8 | Prep. time 20 minutes

Chilling time 2-3 hours | Cooking time 1 hour 15 minutes

Ingredients

Éclair Pastry Base

- 1 cup water
- 1 stick unsalted butter
- ¼ teaspoon salt
- 1 cup all-purpose flour
- 1 cup eggs (about 4 large)

Egg wash

- 1 egg
- 2 tablespoons milk

Cream Filling

- 3 egg yolks
- ¼ cup granulated sugar
- 2 tablespoons flour
- ½ cup whole milk
- ¼ cup heavy cream
- ¼ cup Tennessee whiskey
- 3 egg yolks
- ¼ cup granulated sugar
- 2 tablespoons flour

Chocolate Ganache Glaze

- 8 ounces chocolate, chopped
- ¾ cup heavy cream
- ¼ teaspoon salt

Directions

1. Preheat the oven to 375°F (191°C) and set out a large baking sheet with parchment paper.
2. In a heavy-bottomed saucepan over medium heat, add the water, butter, and salt.
3. Once the water/butter mix starts to boil, remove the pot from the heat and add all the flour at once.
4. Stir quickly and vigorously with a wooden spoon. As soon as it is incorporated, return the pot to the stove on low heat. Continue to stir for about 2 minutes, until the dough forms a ball and pulls away from the sides of the pot.
5. Transfer the dough to a stand mixer and using the paddle attachment, knead on medium speed. Add the eggs one at a time, mixing after each until it is fully incorporated. Repeat until all the eggs are mixed in and the dough is glossy and smooth.
6. Transfer the dough to a piping bag with a large tip and pipe long éclairs on the baking sheet.
7. Make the egg wash and brush each eclair carefully.
8. Bake for 25 minutes or until the eclairs are golden brown. Do not open the oven door during this time.
9. Once golden, lower the oven temperature to 325°F (163°C) and slightly open the oven door to vent the heat. Leave them for an additional 20 to 25 minutes to let them dry out a little.
10. Meanwhile, prepare the pastry cream filling. Combine the egg yolks and sugar in a bowl and whisk until the mixture turns light and fluffy.
11. Mix in the flour, whisking well to combine.
12. In a clean saucepan, combine the milk, cream, and Tennessee whiskey. Bring the mixture to a boil and set aside.
13. Whisking while pouring, drizzle about ¼ cup of the hot milk/cream mixture into the egg mixture.
14. Slowly combine the tempered egg mix with the whiskey mixture, continuing to whisk throughout.
15. Bring the mixture to a boil, stirring for another additional 2–3 minutes to thicken.
16. Transfer to a bowl and cover with clingwrap, pressing down directly on top of the cream to prevent a film from forming.
17. Chill for 2–3 hours, and transfer the filling to a piping bag.

18. Carefully slice the éclairs lengthwise (like a sub bun). You can cut all the way through, or leave them attached on one edge.
19. Pipe the filling on the bottom half.
20. To prepare the ganache topping, prepare a double boiler: a heatproof bowl over a pot of simmering water.
21. Combine the chocolate, cream, and salt, and mix until smooth and melted.
22. Dip your éclairs and let them rest to harden the ganache and allow it to set.

Nutrition per serving

Calories 381, fat 25 g, carbs 31 g, sugar 19 g, Protein 7 g, sodium 151 mg

Old South Pecan Pie Bars

These delightful treats combine the essence of a classic pecan pie with the convenience of handheld bars. Indulge in a buttery shortbread crust, topped with a gooey pecan filling that's rich with caramel notes.

Makes 24 | Prep. time 15 minutes | Cooking time 45 minutes

Ingredients

Base layer

- 1½ cups flour
- 1½ cups brown sugar, firmly packed
- 1 cup butter, chilled and cubed

For the pecan filling

- ¼ cup butter, melted
- 4 eggs
- 1 cup dark corn syrup
- 1 teaspoon pure vanilla extract
- 1 tablespoon bourbon
- ¼ teaspoon salt
- 1½ cup pecans, chopped

Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a 9x13-inch baking dish.
2. In a bowl, combine the flour and brown sugar. Add in the chilled butter and use a pastry cutter or knife to cut it into the flour mixture until a crumbly dough forms.
3. Press the dough into the bottom of the baking dish.
4. Place the baking dish in the oven and bake for 15 minutes.
5. Remove the baking dish from the oven and let cool slightly.
6. In a separate bowl combine the melted butter, eggs, corn syrup, vanilla extract, bourbon and salt. Use an electric mixer and blend until creamy.
7. Use a spoon to fold in the pecans.
8. Spread the mixture over the prepared crust.
9. Place the baking dish back into the oven and bake for 30-35 minutes, or until set in the center.
10. Remove the baking dish from the oven and set on a wire rack to cool before cutting into squares.

Nutrition per serving

Calories 270, fat 18 g, carbs 25 g, sugars 9 g, Protein 4 g, sodium 201 mg

*****These recipes and more are found in Louise Davidson's *Classic Southern Desserts: Timeless Sweet Recipes from the South for Cakes, Pies, Puddings, Cobblers, Crisps, Pastries, and More*. To get your own copy, click on the cover below or click [here](#).**

