



Journeys with **US**

**THIS SPECIAL PRE-DEPARTURE INFORMATION HAS
BEEN PREPARED JUST FOR YOU BEFORE YOU EMBARK
ON THIS JOURNEY WITH US TO MISSISSIPPI!**





REQUIRED DOCUMENTS & COURSES

The following is what is normally required BEFORE any travel to visit our programs in Mississippi, and by now you would have completed the following:

- ✓ Medical/Insurance & Personal details relayed to host
- ✓ Completed meeting/conversation with the Safety and Security Focal Point
- ✓ Background Check
- ✓ Personal Safety & Security Course & Briefing
- ✓ Child Safeguarding Course
- ✓ Updated COVID-19 vaccination card (recommended only)



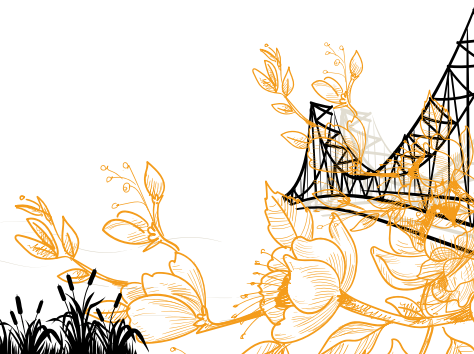
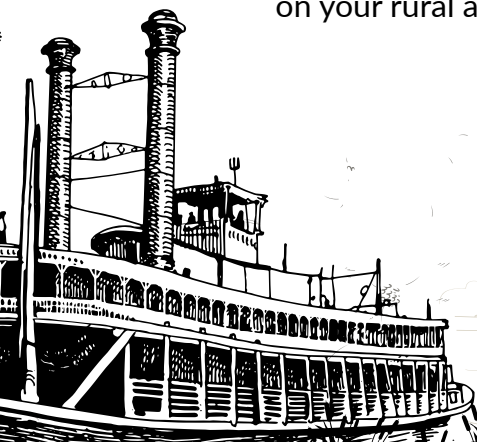
RECOMMENDED PACKING (completed)

- ✓ Clothing for warm weather (see climate/attire below – Mississippi in June is hot and rainy season is June - August! Daytime temperatures range between 75°F and 90°F.)
- ✓ Lightweight travel towel
- ✓ Closed toe walking shoes/sneakers
- ✓ A day pack
- ✓ A personal first aid kit
- ✓ Insect repellent!
- ✓ A good strong water bottle
- ✓ Lightweight jacket
- ✓ A small umbrella
- ✓ Sunscreen lotion
- ✓ Rain/sun hat
- ✓ Phone Charger



ARRIVAL

Your arrival in Mississippi will begin at the Greenville Mid-Delta Airport, formerly known as Greenville Air Force Base in Washington County, located approximately three miles north of central Greenville, a city nestled in the Mississippi Delta. Once you have collected your luggage, you will be met outside the baggage-claim area, as transportation has been arranged for you. Please look for the staffer with branded Save the Children signage and clothing. Before your experience begins, she will provide you with your emergency contact list and briefing and then you are off on your rural adventure into the heartlands of Mississippi!





TRANSPORTATION

Car/van service (SC office marked vehicle) will be provided to and from the airport and hotel and to each itinerary destination.

Should you wish to venture out after Save the Children excursions, a rental car might be the best option as there are only a few transportation choices to get between towns or even within towns in this largely rural state. However, if venturing near the capital of Jackson, there are some Uber and taxi options, but it's best to reserve ahead. It is also best to travel with a companion, another Journeys guest or a Save the Children staffer.



ACCOMMODATIONS

Hotel accommodation is provided only at Save the Children security assessed hotels. At the end of excursions each day, you will retire to the Cotton House Hotel and rise to a complimentary breakfast before starting each day.



ITINERARY

- ✓ Greenville Mid-Delta Airport
- ✓ Robert Johnson Crossroads
- ✓ Clarksdale, Delta Blues Museum & Ground Zero Blues Club
- ✓ Leland School District Feeding Program
- ✓ Mississippi Delta Council – Mobile Unit/Food Distribution
- ✓ Mound Bayou
- ✓ Good Food Revolution Farm
- ✓ St. Paul Food Distribution
- ✓ Farewell

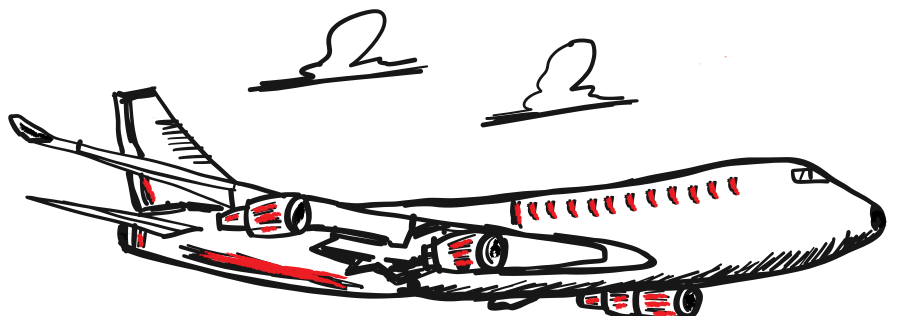
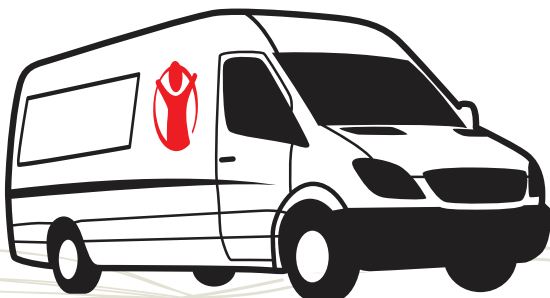




Photo: Save the Children



SAFETY MEASURES

- ✓ Ensure that your personal belongings are secure, whether in a hotel safe or tucked away in your purse or travel bag. There is a very small chance you will encounter any theft while traveling in Mississippi, but it is always best to always follow safety precautions.
- ✓ Do not carry large sums of money while on excursions. Only carry what you need for each day.
- ✓ Do not make friends with the 32,000-38,000 alligators who live here - none of them are like the lovable trumpet playing Louis.
- ✓ If fishing for catfish, stay clear of the spines by dorsal fins as they can sting with venom! Of course, if they are fried, enjoy every last morsel!
- ✓ Keep your phone fully charged, handy and not on silent mode.
- ✓ The tap water in Mississippi is supplied from natural sources and treated by facilities around the state. It has been classified as safe to drink, so you can drink safely at any restaurant or straight from the tap.
- ✓ Remember the three S's - scorpions, spiders and snakes... oh my! If walking in woods or brushy areas, best to wear proper attire (long pants, socks and comfortable sturdy boots).
- ✓ For up-to-date COVID-19 notices and guidelines:
<https://msdh.ms.gov/page/14,0,420.html>



YOUR HOSTS



Yolanda Minor, State Director, Mississippi, US Programs

Yolanda has more than 16 years' experience in the education field, with a bachelor's degree in business administration, and a master's in early childhood development and reading. Yolanda served as Deputy Director of Save the Children's Mississippi programs and is currently the State Director. In this role she has provided training and technical support to in-state staff for ten years. Her passion is working with children ages birth to five, ensuring children are ready to succeed when they enter school, and that parents are equipped to support their child's education. She is able to present a wealth of techniques and strategies for developing literacy in children and program implementation. As a mother of three, Yolanda learned how important early literacy is to a child's development and future success, and one of her goals is to ensure parents know they already have what it takes to be a "brain builder."



Scherrie Payne, Lead Associate Food Security, Mississippi, US Programs

Scherrie comes from an Environmental Health background, with over 20 years of experience in Food Safety, Quality Assurance and Child Nutrition. She holds a bachelor's degree in environmental health and masters in hazardous materials management. Prior to joining Save the Children, she worked as the Child Nutrition Director for the Sunflower County Consolidated School District in Indianola, Mississippi.

Her compassion for children and concern for food safety and food insecurity have been unwavering throughout her career. Previously, she worked for the Mississippi State Department of Health as a Regional Environmental Health Supervisor before evolving into different roles with Quality Assurance and Child Nutrition. Scherrie continues to make her mark in the food sector as the Food Security Lead Associate with Save the Children. Recently, she assisted Delta Fresh Food Initiative, an organization geared towards promoting healthy eating and economic development in rural Mississippi.

SPECIAL GUEST APPEARANCE

Dr. Micca Knox, Assistant State Director, Mississippi, US Programs

Micca is a native of Terry, MS. She has served in various roles across the educational sector for 17 years. Previously she has served as a classroom teacher, school counselor, assistant principal and principal. Most notably, under her leadership as principal, she increased the school's accountability rating from an F to a B. She implemented a new office, Early Childhood Academy, at the Mississippi Community College Board and provided direct oversight for quality programs for childcare providers and resource libraries on the campuses of community colleges. Most recently, she served as Director of Integrated Pathways and Community Development at Hinds Community College. In this role, she oversaw all adult education programs, MiBest, Skills to Work, and Early Childhood. Dr. Knox currently serves as Assistant State Director for Save the Children's Mississippi programs. This role provides direct oversight of early childhood and school age programs implemented in rural school districts across Mississippi.





Photo: Save the Children



PROGRAM INFORMATION

Save the Children partners with rural communities across Mississippi to help them grow stronger through the healthy development and education of young children.

Since 1970, Save the Children has been working in rural Mississippi communities, providing support to the most isolated and under-resourced children and families experiencing poverty. We believe all children in rural Mississippi should have a healthy, strong foundation to thrive as learners and in life, and we are committed to filling critical gaps in services for kids and delivering scalable solutions to the challenges they face.

Today, we partner with local leaders in eight rural counties where families have the greatest challenges. We lend our expertise in leveraging local, state, federal, and private funding to build early childhood education and school enrichment programs, as well as provide healthy food to children and families in need. Our programs also employ nearly 160 people, training local early child educators to make a difference for the children who need it most, while significantly contributing to rural economic vitality.



OUR CHALLENGES AND SOLUTIONS

THE NEED:



2 in 5

Children grow up in poverty in the counties where we work



30%

of kids lack access to enough food to meet their basic needs in the counties where we work



72%

of Mississippi 4th graders in Title 1 schools do not meet standards for grade level reading



39%

3- and 4-year-olds in low-income families do not attend early childhood education programs where we work

OUR SOLUTION:

We currently partner with 19 schools in nine counties to provide early learning programs and resources to more than 42,800 Mississippi children. We also bring together local leaders through our community impact work, rallying around a shared vision and goals for children. We collaborate with partners to combat rural child hunger, helping Mississippi children experiencing poverty get critical meals.

Early Steps to School Success programming partners with parents as their child's first and most important teacher, building language, social and emotional development and math skills. In addition, **KinderBoost®** gets children ready for kindergarten with a two-week transition and learning program.

Our **School-Age Education Programs**, offered during and after school, help K-6 graders improve their reading and math skills, striving for proficiency at the end of third grade—while our **SummerBoost® Camp** helps children from low-income families maintain the gains they made in the classroom when school is not in session.

Our **Community and Food Security** work provides wraparound supports for children and families in school and communities. This includes preparing and distributing healthy food to kids who need it most, initiating community engagement activities to improve learning and development, and much more.



OUR PRIORITIES

Save the Children is a national early education leader with deep experience helping communities build success among their children.

THE NEED:



In 2022, pandemic-and war-induced inflation sent the cost of food soaring with the largest 12-month increase in food prices since 1979. A staggering 1 in 8 children in the U.S. are growing up in food insecure households.

90%

Child hunger is worse in rural America. 90 percent of counties with the highest child food insecurity rates are rural.



Hunger negatively impacts a child's physical and cognitive development, preventing them from reaching their full potential. Hungry children are more likely to have lower math scores, repeat a grade, come to school late, or miss school entirely. Kids can't be hungry for knowledge if they are hungry for food.

OUR RESPONSE:

Since 1932, Save the Children has been on the ground in rural communities providing support to America's most isolated and under-served children. We understand the challenge rural hunger presents and are leveraging our network, resources, advocacy power and expertise to ensure all children have the fuel they need to succeed.

In Mississippi, Save the Children supported the distribution of 235,562 meals to 42,824 children in partnership with schools, food banks, and other community-based organizations in rural communities. **Following is an overview of our current work.**

Meet Immediate Needs & Increase Access.

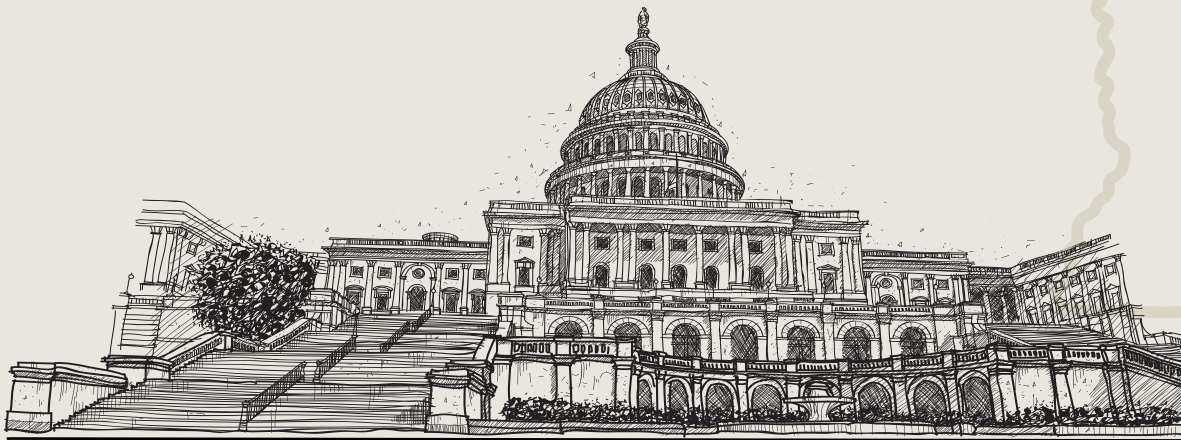
In collaboration with schools and community-based organizations, we ensure that children receive healthy, nutritious food so their bellies are full and minds are ready to learn. We support community feeding programs and meal distribution efforts through local and national partnerships, grant funding and local staff. Projects supported include pop-up school and community pantries, grocery voucher programs, backpack meal programs and food box distribution, to name a few.

Strengthen Nutrition Programs. We aim to strengthen rural school food service delivery through the **Rural School Nutrition Directors Network**, a professional peer network tailored to the strengths, constraints and needs of rural school food service departments. Additionally, government nutrition programs are integral to fight child hunger, yet don't reach everyone in need in rural areas.

Develop New Solutions to Combat Rural Child Hunger.

Unfortunately, there are no clear proven best practices for addressing child hunger in rural areas. To address this need, Save the Children designed a **Rural Child Hunger Research and Innovation Lab**. The goal of the Lab is to identify, develop and implement new, scalable solutions to rural child hunger that will have the potential to reach millions of children across rural America.

ALL ABOUT MISSISSIPPI



HOW DID MISSISSIPPI GET ITS NAME?

The word Mississippi comes from the Ojibwe Indigenous language meaning “big or large river”. The state is named after the Mississippi River, and the Ojibway lived in northern Minnesota where the river begins. It is also known as the Magnolia State in honor of the Magnolia Trees that grow in its rich soil.

WHERE IS MISSISSIPPI LOCATED?

Situated in the southern region of the United States, Mississippi is home to both urban and rural areas brimming with rich history and culture. It is well-known for its hospitality, namesake river, magnolias, and of course, catfish! It shares a border to the west with Arkansas and Louisiana and on the east with Alabama.

Mississippi has a population of almost three million and a land mass of 48,432 square miles consisting of wetlands, marshes, prairies, and forests with a wide variety of animals inhabiting the habitats. The landscape is entirely composed of lowlands situated with a mean elevation of 300 feet above sea level.

The Mississippi River, which forms the western border of the Delta region, runs from Lake Itasca in northern Minnesota flowing generally south for 2,340 miles to the Gulf of Mexico. It is the second longest river in the United States and is the third largest river basin in the world.

There are six major geographic regions in Mississippi: the Delta, the North Central Hills (Red Clay Hills, the Appalachian Foothills, the Black Prairie, the Piney Woods, and the Gulf Coast). Each region has its own geographical landscape which contributes to their own unique history and culture.

The Delta, also called the Mississippi Alluvial Plain, is the northwest section of the state situated between the Mississippi and Yazoo rivers. It starts at the Mississippi river and extends east to the state border. This flood plain is home to the most fertile soil in the world that's several feet deep. In addition, the Delta also provides the most important bird and waterfowl migration passage on the

continent and supports North America's largest wetland area and bottomland hardwood forest.

The Red Clay Hills region is located in the central and northern part of the state and gets its name from the red color of the majority of its soil and clay deposits. This region is home to many diverse communities including Mississippi Band of Choctaw Indians, immigrants from India, and a growing Hispanic population.

In the far most northeastern tip of the state are the Appalachian Foothills. This area is home to the Tennessee Tombigbee Waterway, which has been responsible for bringing new industrial developments to the state. West of the Foothills is the Black Prairie region which has dark rich soil known for the cotton production at large plantations prior to the Civil War.

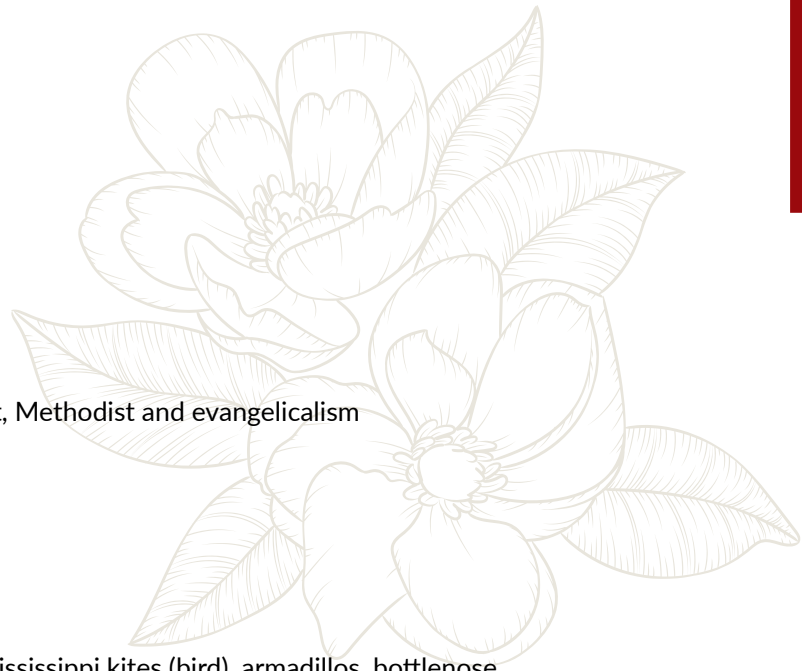
In the southeast area of Mississippi lies the Piney Woods region. In this area land is not suitable for farming as it consists of sand and clay. However, it is the perfect condition for nurturing the abundance of longleaf pines and hardwoods that grow densely on this land and contribute to its successful timber industry.

The Gulf Coast sits along the Mississippi Sound at the northern extreme of the Gulf of Mexico and includes the Gulf Island National Seashore, with 160 miles of forests, bayous, and beaches. A region with diverse population, this is home to many artistic traditions and cultural celebrations including Mardi Gras and Tet (Chinese New Year's).



KEY STATE FACTS

- **Date of Statehood:** December 10, 1817
- **Population:** Approx. 3 million
- **Capital:** Jackson
- **Area:** 48,432 sq. km
- **Major Religions:** Christianity, Protestant, Baptist, Methodist and evangelicalism
- **Life Expectancy:** 74 years
- **State Bird:** Mockingbird
- **State Beverage:** Anyone got milk?
- **Animals:** American alligators, white tail deer, Mississippi kites (bird), armadillos, bottlenose dolphins, southern flying squirrels, muskrats, and kingsnakes.
- **Flower:** Magnolia
- **Major Rivers:** Mississippi River, Pearl River, Pascagoula River and the Tombigbee River, with their tributaries: the Tallahatchie River, Yazoo River, Big Black River, Leaf River, and the Chickasawhay River.
- **Climate:** Winter averages range from 41°F -52°F/Summers in the south can be 90°F often with 90% humidity.



- **State Flag:**
In 2020 the confederate flag was replaced with a new design consisting of a white magnolia blossom to represent hospitality surrounded by 21 stars and the words "In God We Trust".

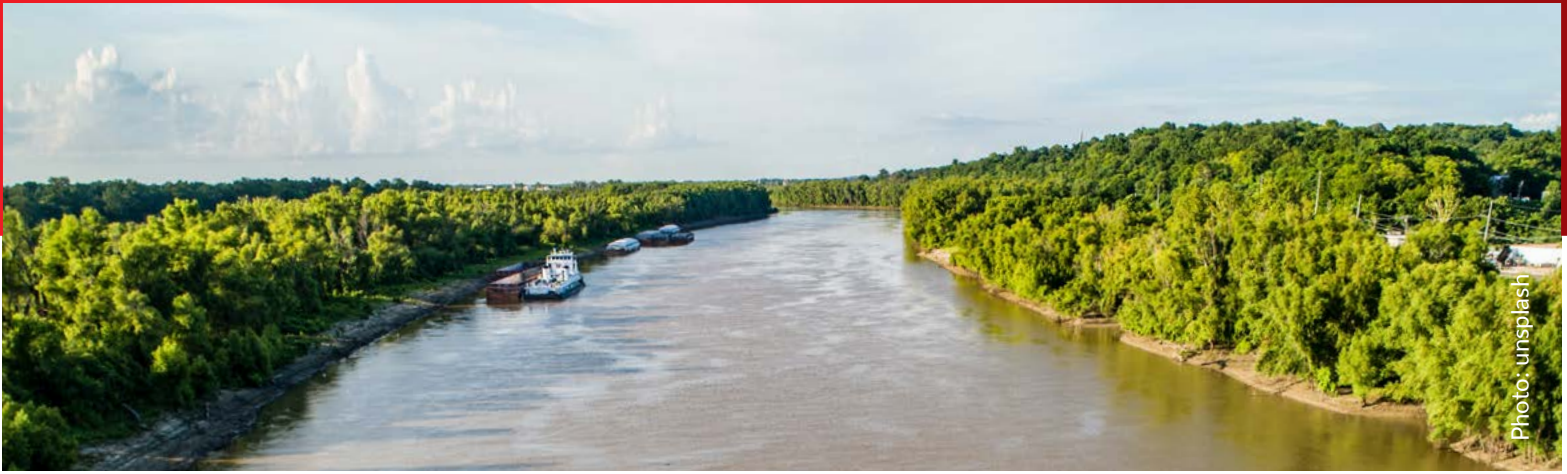


HISTORY

Indigenous inhabitants of Mississippi date back thousands of years. Once the home to a great variety of indigenous tribes, more than any other southeastern state, including but not limited to Choctaw, Natchez, Biloxi and Chickasaw, today, only the Mississippi Band of Choctaw Indians remain.

Spanish explorers were the first to arrive in the region, but it wasn't until French explorer, Sieur de la Salle, officially established the first permanent European settlement in 1699 and claimed the land for France. In 1763 Great Britain took over the territory and after the French and Indian Wars surrendered it to the U.S. in 1783 after the Revolution. Mississippi became a U.S. territory and was admitted to the Union in 1817 after Spain released its claim in 1798.

Mississippi once had the largest population of enslaved people, and was the leading cotton producer in all of the U.S. However, four years of Civil War gravely impacted this profitable industry as owners of large plantations depended on the labor of Black enslaved people. It withdrew from the Union in 1861 and later rejoined in 1870, five years post-Civil War. Despite the abolition of slavery, racial discrimination endured in Mississippi and today this state represents an important battleground in the fight for civil rights.



CULTURE & CUSTOMS, INDUSTRY

Mississippi is known as the most religious state in the U.S. and considered part of the American Bible Belt. Baptists are the largest denomination followed by Methodist and Protestants and a small Roman Catholic population. Besides the importance of religion, Mississippians also value proper social etiquette. They are incredibly polite and have impeccable manners. In true southern hospitality style, they will always refer to elders as 'Ma'am' or 'Sir'. People here are friendly and happy to offer help to those in need, even to a stranger. A wave to a passerby is common, whether you know the person or not. Should you have car trouble, or you lose your wallet, someone will be looking under your hood or searching with you in no time.

Once the largest cotton provider, today Mississippi now ranks second to Texas. However, agriculture still remains its largest industry, with crops of soybean, sweet potatoes, rice, corn, pecans and sugarcane. The great majority of the state's farms focus on livestock and dairy products, and Mississippi has become a leading producer of broiler chickens. Landscapes that are unsuited to row crops are used for tree farms, orchards or pastures. Mississippi is also one of the country's top producers of lumber and wood-related products and maintains a large reforestation program to replace the trees harvested each year. Although it also produces some petroleum and natural gas, it has to rely on imports of both fuels to meet demand. Other mineral products produced include coal, sand, gravel, crushed stone and clay.

Its namesake, The Mississippi River serves as both a source of power and drinking water. It underpins much of the state's agricultural production due to the river's fertile floodplain. In addition, there are four ports covering 195 miles of the river system which provide essential transportation connections and access to national and international markets. Last but certainly not least, there is one other major industry from aquaculture, catfish! Mississippi is known for being the world's largest producer of catfish.



CLIMATE & ATTIRE

Mississippi is located in a humid subtropical climate region and subject to periods of both drought and flood. Climate here brings energy and moisture in subtropical latitudes between a large landmass to the north and the Gulf of Mexico to the south. Eight hurricanes have struck Mississippi's coast since 1895, and tornadoes are a major threat, especially during the spring season.

The winters are short and mild, but the summers usually pack a punch with high heat and humidity. During the winter, coastal temperatures are warmer than in the north, with January averages ranging from 41°F -52°F. Steamy summers in the south can hover in the 90s F, often with 90% humidity. The rainy season runs from June - August, and the average rainfall is 52 inches. Fall is the driest season. During the summer, on the really hot and humid days, many people simply stay inside in front of an air conditioner or sit on their front porches drinking cool sweat tea.

As you are visiting in summer months, it is best to wear loose, light clothing. Women tend to wear casual skirts, dresses and rompers to keep cool and men are best to bring shorts, an outfit of pants, a collared shirt (if going out during the evening) and consider one of those big belt buckles! This attire will make you fit right in with the locals. If you plan on doing any fishing or hunting, bring along a vest or two - camouflage, fishing vests and hat and will do the job and won't scare away the catfish.

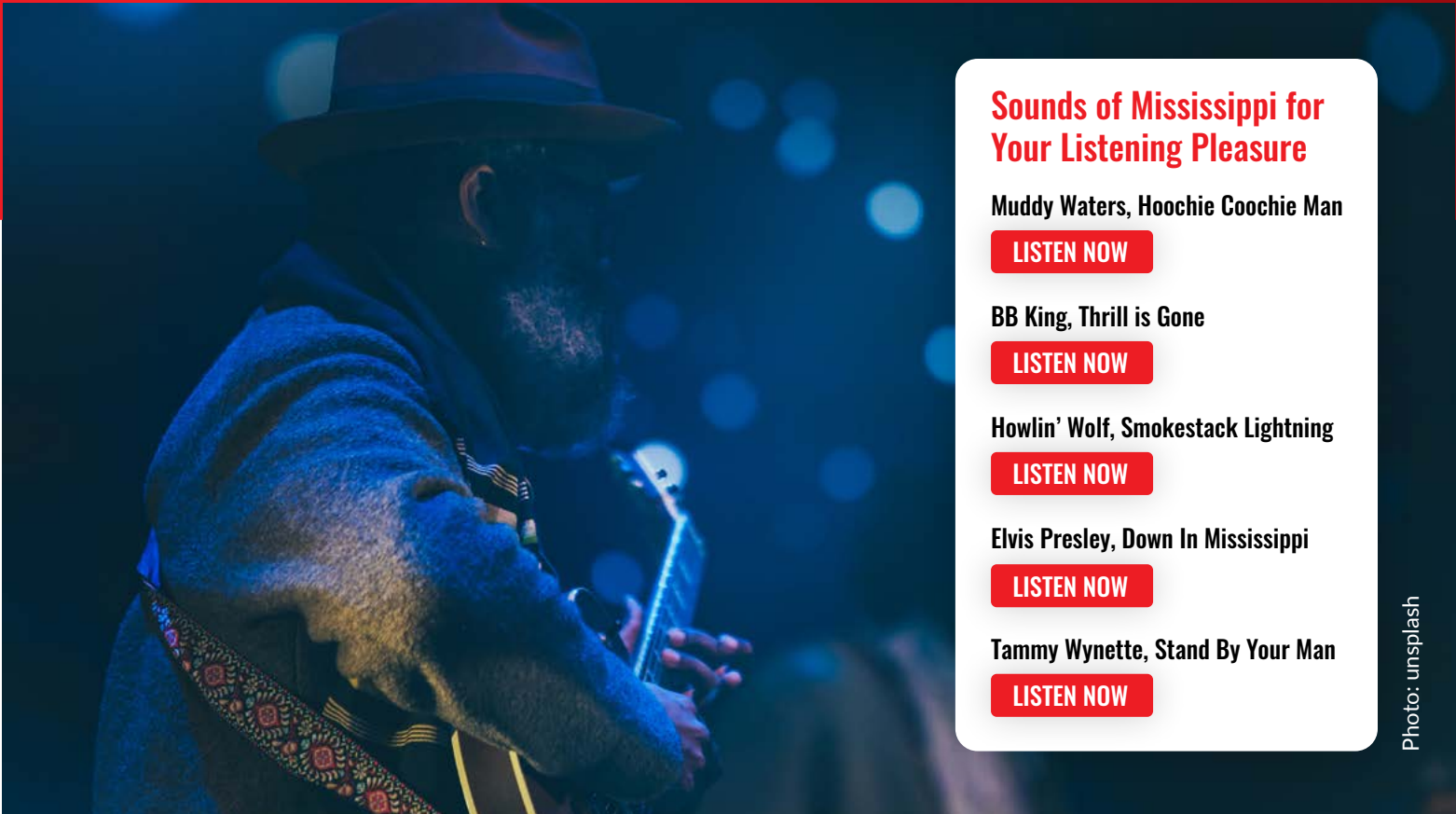


Photo: unsplash

Sounds of Mississippi for Your Listening Pleasure

Muddy Waters, Hoochie Coochie Man

[LISTEN NOW](#)

BB King, Thrill is Gone

[LISTEN NOW](#)

Howlin' Wolf, Smokestack Lightning

[LISTEN NOW](#)

Elvis Presley, Down In Mississippi

[LISTEN NOW](#)

Tammy Wynette, Stand By Your Man

[LISTEN NOW](#)



ARTS, MUSIC AND SPORTS

It is said that blues was born right here in the great state of Mississippi. The European/African American/ Native Indigenous roots in the state influenced other genres of music ranging from jazz to country, rock'n'roll to gospel and Cajun to zydeco. Many legendary musicians have a history here, including Elvis Presley, Tammy Wynette, Robert Johnson, Muddy Waters, BB King, Howlin' Wolf, Charley Patton, Son House and WC Handy to name a few. There is even the well-known Delta Blues Museum and the Mississippi Blues Trail, established in 2003, which has markers throughout the state to honor the places and people that gave birth to the blues. In Leland, you will even see inspiring murals reflecting infamous blues artists and iconic musical moments in history.

Many believe the blues emerged to tell the stories of those engaged in struggle – oppressed, displaced, frustrated, of broken homes and hearts – the work songs of the enslaved, often with deep layers and hidden lyric. The blues is deeply rooted in the African American experience and rural settings of the Mississippi Delta. Originally sung throughout the Delta in fields and plantation shacks, churches, tent shows, and juke joints, many of which rarely exist today.

Mississippi has also played a vital role in Southern literature and the arts dating from early 20th century to today. A few notables include Nobel Prize Winner, William Faulkner, playwright Tennessee Williams, historian Shelby Foote, novelist John Grisham, and Clifton Taulbert known for his poignant memoirs of life in the racially charged atmosphere of mid-20th century Mississippi. People in Mississippi are crazy about sports, and some of the top favorites include baseball, basketball and football – especially when it comes to the annual battle for the Golden Egg game between Ole Miss Rebels and Mississippi State Bulldogs! College basketball and baseball both have a strong presence, but football seems to be the overarching favorite. Perhaps this stems from some of the all-time football greats such as running back Walter Payton and wide receiver Jerry Rice playing for Mississippi?

Recreational sports are influenced by Mississippi's rural heritage. Residents here enjoy hunting, fishing (both in lakes and rivers and in the Gulf of Mexico), boating, camping, and other outdoor activities.



SOME INTERESTING FACTS AND LEGENDS

- Doctors here created the first human lung transplant
- Root beer was invented in Biloxi
- Kermit the Frog and Muppets grew up here (ok, creator Jim Henson grew up in Mississippi)
- The musical style known as the blues started in Mississippi after the Civil War
- Birthplace of Elvis Presley
- Farming and fishing are a BIG deal!
- Birthplace of Oprah Winfrey
- Legend has it that Robert Johnson sold his soul to the devil to become a great guitarist and famous bluesman at the Crossroads (corner of Highway 61, “The Blues Highway”, and Highway 49 in Clarksdale)
- Y’all, fixin’ to, and buggy are part of Mississippi vocabulary
- If you ask for tea - expect it to be served only cold and sweet
- BB King, Bo Diddley, Jimmy Buffet, Muddy Waters and Brittany Spears are all from Mississippi!
- Mississippi mud pie is a lot tastier than it sounds
- William Faulkner was a native to Mississippi
- Many Mississippians own a quilt that has been passed down from generation-to-generation
- If you do not eat biscuits and gravy, you will never be a true Mississippian
- “While on a hunting expedition with Mississippi Governor Andrew Longino near Onward in November of 1902, President Theodore Roosevelt refused to shoot a bear that had been captured and tied to a tree. Afterward, a satirical cartoon of the event was published, inspiring a Brooklyn candy shop owner to create a stuffed “Teddy’s Bear.”



MISSISSIPPI CUISINE

What makes the cuisine of Mississippi unique are its flavors of heritage and hearty helpings of hospitality. Known for its Gulf seafood, the cuisine here features diverse flavors and ingredients from the gulf to the Mississippi River – from blue crab and catfish to southern po’boys, BBQ and hot tamales! There is also plenty of appreciation for soul food, which is comforting cuisine featuring strong flavors and hearty portions that are a reflection and representation of African American culture and history. Soul food typically features a meat, which is usually breaded and fried, a vegetable such as cooked collard greens or fried okra, add to this some macaroni and cheese or cornbread on the side and you have a hearty, filling soul food meal!



LET'S ENJOY A MEAL!

MAIN COURSE: SWEET TEA FRIED CHICKEN

<https://www.purewow.com/food/soul-food-recipes>



Prep Time: 2 Days
(Marinates 24-48 hours)

Cook Time: 25 Minutes

Total Time: 45 Minutes

Servings: 10

INGREDIENTS

FOR THE TEA:

- 5 cups water
- 5-6 teabags
- ¼ cup white sugar
- ½ cup fresh lemon juice

FOR THE CHICKEN:

- 8-10 chicken pieces
- 3 large eggs
- 2½ cups all-purpose flour
- 3 tablespoons plus 2 teaspoons seasoned salt
- 3 tablespoons cornstarch
- 2 teaspoons paprika
- ½ teaspoon cayenne pepper
- 2 teaspoons black pepper
- ½ teaspoon garlic powder
- 1 tablespoon onion powder

INSTRUCTIONS:

FOR THE TEA:

1. Heat water in a medium sized pot until boiling.
2. Turn off heat and add tea bags. Let tea steep for 20-30 minutes then remove bags.
3. Stir in sugar and lemon juice until completely dissolved then let tea come to room temperature.
4. Add tea to large bowl then submerge chicken pieces in tea. Refrigerate for 24-48 hours depending on level of sweetness you want your chicken to have.

FOR THE CHICKEN:

1. In a medium sized bowl, whisk together eggs and set aside.
2. Add flour, seasoned salt, cornstarch, paprika, cayenne pepper, black pepper, garlic powder and onion powder to a paper bag and shake to mix well.
3. Dip each piece of chicken into egg wash coating both sides then dip into seasoned flour thoroughly coating each piece. Then add piece to baking sheet to rest.
4. Finish coating all chicken and let sit for 10-15 minutes until coating has set.
5. While coating sets, add 1-1/2 inches of oil to a cast iron skillet or heavy bottom skillet and heat over medium high heat. Also turn on oven to 275 degrees.
6. This is my test for knowing when the oil is ready: Big Mama always tossed a tiny bit of flour in the oil and if it began to fry and sizzle, the oil was ready.
7. Fry four pieces at a time on each side starting with dark meat since it takes longer. Make sure you don't overcrowd the pan.
8. After each side has turned slightly golden, put the top on the skillet to steam the inside of the chicken ensuring doneness. After a couple of minutes, remove the top and continue to fry until the crust is crispy again and completely golden brown.
9. Remove chicken from oil and place on paper towels or rack to drain. Place chicken on a baking sheet covered with parchment and add to warmed oven while finishing the other chicken pieces.
10. Fry the remaining chicken pieces and drain and add to oven. Add the remaining chicken to the oven.
11. Serve when ready.



SIDE DISH:
SOUTHERN BAKED MACARONI & CHEESE

<https://www.purewow.com/food/soul-food-recipes>

Prep Time: 15 minutes

Video:

Cook Time: 40 minutes

<https://youtu.be/t9EkQshv6WQ>

Servings: 12

INGREDIENTS

- ½ cup heavy cream
- 2 cups half-and-half
- ½ teaspoon ground black pepper
- ¼ teaspoon red pepper flakes
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground mustard
- 2 teaspoons all-purpose flour
- 3 ½ cups shredded sharp cheddar cheese about 1 pound
- 1 cup shredded Manchego cheese about 1/4 pound
- 1 cup shredded Gruyere cheese about 1/4 pound
- 8 cups water
- 1 ½ teaspoons coarse salt
- 1 pound elbow macaroni
- 2 large eggs beaten
- 1 teaspoon smoked paprika

INSTRUCTIONS:

1. Preheat oven to 350. Prepare a 9x13-inch baking dish with 2 tablespoons butter.
2. In a heavy saucepan, whisk in cream, half-and-half and 4 tablespoons butter over medium-low heat. Add black pepper, red pepper flakes, nutmeg, and mustard, and whisk in flour. Cook the mixture about 2 minutes, until there are no more flour lumps. The mixture should not be bubbling. If so, reduce heat.
3. Whisk in the cheddar, Manchego, and Gruyere. Keep cheese sauce on low heat until ready for the baking dish.
4. Using a stockpot or Dutch oven, bring 8 cups of water to a boil. Sprinkle in salt. Put in the pasta and cook for about 8 minutes. The macaroni should not be mushy. Drain and transfer to prepared baking dish.
5. Mix the eggs well into the pasta. Next, pour cheese sauce over macaroni and stir well. Sprinkle paprika on top of macaroni and cheese.
6. Bake for 40 minutes, until you have a golden crust.
7. Let cool for 10 minutes before serving.



DESSERT:
MISSISSIPPI MUD PIE (OF COURSE!)

<https://www.deep-south-usa.com/mississippi/culture-and-cuisine/mississippi-mud-pie>

Prep Time: 15 minutes

Video:

Cook Time: 40 minutes

<https://youtu.be/t9EkQshv6WQ>

Servings: 6-8

INGREDIENTS

FOR THE BASE:

300g bourbon biscuits
crushed, 75g butter melted

FOR THE FILLING:

85g dark chocolate 70% cocoa
solids, 85g butter, 2 free-range
eggs, 85g muscovado sugar,
100ml double cream

FOR THE FUDGE SAUCE:

150g dark chocolate 70%
cocoa solids, 150ml double
cream, 3 tbsp golden syrup,
175g icing sugar

INSTRUCTIONS:

1. Preheat the oven to 180C/365F/Gas 4.
2. Mix the biscuits and melted butter together in a bowl. Press the mixture into the base and sides of a 23cm/9in springform tin. Chill in the fridge for 10 minutes.
3. For the filling, melt the chocolate and butter together in a heatproof bowl set over a pan of simmering water. (Do not let the base of the bowl touch the water).
4. Meanwhile, whisk the eggs and sugar together in a bowl for 5-6 minutes, or until thick and creamy. Fold in the cream and melted chocolate mixture. Pour into the chilled spring form tin and bake in the oven for 40-50 minutes, or until just set. Remove from the oven and set aside to cool completely.
5. Meanwhile, for the fudge sauce, heat all of the fudge sauce ingredients in a saucepan, stirring regularly, over a medium heat until the mixture is smooth and glossy. Set aside to cool for 5 minutes.
6. Spread the sauce over the cooled pie and chill in the fridge for 20 minutes. Serve with double cream.



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