**Cooking with Selina: A Soul Food Cooking Show**

**Pre-Show Preparation Instructions**

**Collard Greens w/ Smoked Turkey Wings Prep:**

* We will start off with cooking the greens first, so before we start the cooking demo, you will need to:
* Wash and scrub the collard green leaves, roll each leaf and cut into thin slices including the stems. You can do this the day of or the night before.
* You can always purchase the pre-cut bag(s) of collard greens. Make sure you wash the greens that come in the bag.
* The following steps should be done at least an hour before the start of the cooking demo.
* Sauté garlic and onions per recipe, add smoked turkey wings and cover with water or broth, bring to a boil and then reduce heat and cook for at least 45 minutes.
* You can remove turkey wings from the pot and let it cool before breaking it down by hand or knife.
* Have the remainder of the ingredients and  supplies ready to use before the start of the event.

**Baked Mac 'n' Cheese Prep:**

* This can be done an hour or two in advance of the event.
* Cook your pasta (make sure you salt your water when it boils before adding pasta).
* Drain pasta and set aside.
* Shred all of your cheeses and set aside or place in the refrigerator until ready to use.
* Have the remainder of the ingredients, pan and supplies ready to use before the start of the event.

**Fried Chicken Prep:**

* This can be done 24 hours in advance.
* If you are purchasing a whole chicken, you will need to break the chicken into eight pieces (2-wings, 2-breasts, 2-drumsticks and 2-thighs), ten if you cut each chicken breast in half.
* You can opt to buy a pack of chicken that is already cut up into the pieces you will need.
* Clean chicken with vinegar and water  and pat dry
* In a large bowl, add seasoning, then pour buttermilk over chicken and massage into chicken pieces. Cover the bowl and place in the refrigerator for a minimum of 2 hours- max 24 hours.
* The day of the event, have the remainder of the ingredients, frying pan and supplies ready to use before the start of the event.