

WHAT'S COOKIN'

WITH MAC ARNOLD

Mac Arnold made his mark on the blues industry in the 1960s as a Chicago bluesman, playing and recording with famous blues giants. In 1969, he moved to Los Angeles where he worked on *Soul Train*, played bass on the *Sanford & Son* television show, and branched out to do production, camera and editing work at major studios. In 1990, he moved back to South Carolina, where he took up organic farming and eventually hooked up with the musicians who would become his current band, Plate Full O' Blues.



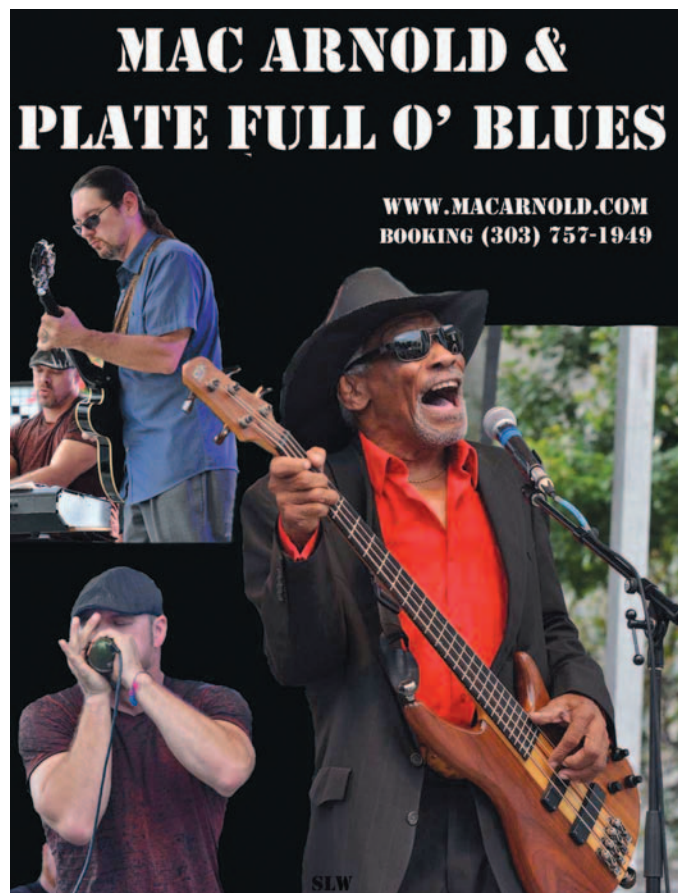
Mac's organic farm provides the collard greens for his restaurant and the Cornbread & Collard Greens Blues Festival Photo by Vonda Arnold

Today, you'll still find him steeped in the blues world – running Dr. Mac Arnold's Blues Restaurant/Music Venue, working on his farm, co-founding the I Can Do Anything Foundation to preserve music and art in schools, and producing the Cornbread & Collard Greens Blues Festival, which enjoyed its 11th anniversary this year. With such an impressive daily fusion of blues and food, you know Mac's cornbread has got to be delicious. Enjoy!

Check out his projects on:



[Mac Arnold's Blues Restaurant](#) and [I Can Do Anything Foundation](#)



Mac Arnold's Cornbread

- 1 cup self-rising cornmeal
- 1/2 cup self-rising flour
- 2 tbsp. sugar
- 1/4 cup shortening
- + enough to grease pan
- 1 tbsp. mayonnaise
- 2 eggs
- 2 cups buttermilk

Preheat oven to 350 degrees and grease pan with shortening. Combine dry ingredients in a medium bowl and cut in the 1/4 cup of shortening with a fork until you have small crumbles. Combine the mayonnaise, eggs and buttermilk, and add to the cornmeal mixture. Stir until just blended. Pour into pan and bake 45 minutes or until golden brown.