



Pot Liquor

a taste of history on the Floridian table

Pot Liquor, also known as ‘Pot Likker’ and ‘Potlikker’, is the tasty broth left behind from a pot of cooked greens (usually collard, turnip or mustard greens) and meat. The broth is already flavored by the ingredients used to stew the greens such as salt, pepper, fat, hot sauce and a lingering smokiness from smoked pork, turkey or bone. Rich in nutrients left behind by the greens and meat, pot liquor is reused as a base for soup, bread dipping sauce, or consumed as a warm beverage. During the colonial and early American periods, pot liquor was a vital source of nutrients throughout the South, particularly among enslaved African-Americans, indentured servants, and poor European immigrants.

To learn more about Florida’s culinary history, visit floridaheritagefoods.com

Bowl of pot liquor



19TH CENTURY POT LIQUOR RECIPE

45
MINUTES
TOTAL

4
TOTAL
SERVINGS

INGREDIENTS

turnips, collards and/or
mustard greens
bones
salt and pepper

DIRECTIONS

1. “Take two pounds of bones to half a gallon of water, and boil to one quart. Put turnips and bones on to boil together, then strain the liquor off and send to table hot. Season while cooking with pepper and salt.”

Recipe adapted from What Mrs. Fisher Knows About Old Southern Cooking (1880)
Abby Fisher pg. (23)



FACTS

The Romans carried collards throughout Europe and into Africa, and it became one of the most common greens consumed in East Africa and Zimbabwe. It came to Florida during European colonization, and it is staple side dish in Southern cuisine and African-American Soul Food.

When cooked alone, collards contain no fat nor cholesterol. They are also low in calories and rich in nutrients such as vitamins A, C, K; folate; calcium; fiber (“Collard Greens”).

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