

# Food

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## Curry

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In a sauce pan, wok, or pot...

+ **2 tablespoons vegetable oil** (canola works best)

Heat until it gets really hot (drop of water sizzles).

+ **1 teaspoon cumin seeds**

Fry until they start to brown.

+ **1 medium red onion**, chopped

Stir well. Mix it up occasionally. Cook until onion is soft and translucent.

+ **2 cloves garlic**, diced + **1-2 green chiles**, seeded and diced

Cook until garlic turns light brown.

+ **1 tablespoon cumin powder**

+ **1 tablespoon coriander powder**

+ **1/2 teaspoon childe powder or cayenne pepper**

+ **1/2 teaspoon turmeric**

Stir well. Cook for 1-2 minutes.

+ **1 can petite-diced or crushed tomatoes**

Stir occasionally. As the tomatoes' water evaporates, it goes from watery to thick and pasty. Aim for something roughly as thick as tomato sauce.

+ **Anything**: canned red beans, zucchini, leftover chicken, etc.

Stir well, to let it absorb the ingredients.

If the sauce gets too dry, add water.

+ **2 tablespoons cilantro**

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## Pancakes

Crack **2 eggs** into a bowl and beat until fluffy.

Add **2 cups flour**, **1/2 teaspoon baking powder**, **5 tablespoons sugar**. Do not stir.

Optional: 1/2 teaspoon of vanilla, chocolate chips, strawberries, blueberries, cinnamon.

Melt **2 tablespoons butter** (1 minute in microwave).

Add butter and **3/2 cup milk**. Stir gently, leaving some clumps of dry ingredients to result in pancake fluffiness.

Heat frying pan medium-low with butter or non-stick spray.

Pour 3 tablespoons to 1/4 cup batter onto frying pan. Cook for 2 minutes until the pancake is golden and bubbles form at the edges. Flip, repeat on other side.

Optionally, cook for another 30 seconds on each side.

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## Shrimp and grits

### Shrimp stock

Peel **1 pound medium fresh shrimp** set aside, reserving the shrimp shells.

In a large saucepan, bring **6 cups water** to a boil over medium heat. Add shrimp shells and reduce the heat to medium-low. Cook for 15 to 20 minutes, stirring occasionally. Cool the shrimp stock, and strain. Discard the shells.

The *Grits* and *Shrimp* sections may be performed concurrently.

## Grits

In a large saucepan, bring 3.5 cups shrimp stock and **1/2 teaspoon salt** to boil over medium heat.

Add **3/4 cup white grits**. Stir.

Add **3 tablespoons butter**. Stir until melted.

Cover, and reduce the heat to low. Cook until thickened, stirring occasionally, about 15 to 20 minutes.

Add **6 ounces pepper jack Velveeta cheese, cubed**, and stir until melted. Set aside and keep warm.

## Shrimp

In a large skillet, heat **3 tablespoons olive oil** over medium heat.

Add **1.5 cups chopped Vidalia onion**. Cook for 4 minutes.

Add **1 red bell papper, chopped** and **1 jalapeño, minced**. Cook, stirring frequently, for 3 minutes.

Sprinkle with **3 tablespoons flour**. Stir constantly for 3 minutes.

Gradually add 2 cups of shrimp stock, stirring to scrape the bottom of the skillet and to prevent lumps. Bring the mixture to a boil, and cook until slightly thickened.

Add the shrimp, and cook until they turn pink, about 2 to 3 minutes. Remove the skillet from the heat.

Add **2 tablespoons heavy whipping cream, 1 teaspoon lime juice, 2 green onions, chopped, 3 tablespoons chopped cilantro, 1/2 teaspoon salt, 1/8 teaspoon ground black pepper**.

## Stroganoff

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Cook **1 pound wide egg noodles** while doing the rest of this.

In a large skillet: **1 pound ground beef, 1 chopped onion, 1/8 cup butter**.

Cook and stir until onion is tender and beef is brown.

Add **2 tablespoons flour, 1 teaspoon seasoned salt, 8 ounces mushrooms**. Cook 5 minutes, stirring constantly.

Add **10.5-ounce can condense cream of chicken soup**. Stir. Simmer 10 minutes.

Add **1 cup sour cream**. Stir and heat.

Combine with noodles.

## Tomato sauce

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Simmer for 45 minutes:

**2 cups (28 oz) tomatoes**, peeled and chopped, with juices.

**5 tablespoons butter**

**1 yellow onion** cut in half.

Discard onion.