

Food

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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.

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

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.