

Rowden Family Cookbook

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Contents

| | |
|---|-----------|
| Breads | 1 |
| Cubano Bread | 2 |
| Browned Butter Cornbread | 4 |
| Banana Bread | 5 |
| Appetizers & Snacks | 6 |
| Guacamole | 7 |
| Sauces, Jams, & Canned Goods | 8 |
| Tex-Mex Enchilada Gravy | 9 |
| Boss' Tartar Sauce | 10 |
| Katsu Sauce | 11 |
| Plum Preserves | 12 |
| Apricot Preserves | 13 |
| Raspberry Jam | 14 |
| Jalapeño Jelly | 15 |
| Breakfast | 16 |
| Buttermilk Pancakes | 17 |
| Side Dishes | 18 |
| Thanksgiving Dressing | 19 |
| Carrots & Kale | 20 |
| Brussels Sprouts | 21 |
| Coleslaw | 22 |
| White Rice | 23 |
| Mains | 24 |
| Fettuccine Alfredo | 25 |
| Chili | 26 |
| Chili | 27 |

Breads

Cubano Bread - Gage

Perfect for making Cubano sandwiches.

Ingredients

| | |
|--|---------------------------------------|
| 1 $\frac{1}{4}$ cups water (100°F) | 1 tbsp (13g) granulated sugar |
| 1 tbsp instant dry yeast | 2 tsp (12g) fine sea salt |
| 3 $\frac{1}{2}$ cups (500g) unbleached bread flour | 2 $\frac{1}{2}$ tbsp lard, solidified |

Instructions

Preheat the oven to 400°F.

1. In a small bowl, stir together the warm water and yeast. Cover with plastic wrap and let sit for 10 min. The mixture should get slightly foamy, and the yeast should dissolve.
2. In a stand mixer bowl, add the flour, sugar, and salt. Mix together thoroughly. With the dough hook attachment, start mixing on medium-low speed. Slowly add the warm yeast mixture and the lard. Mix until combined. Once a cohesive dough is formed, keep mixing for another 3 to 5 minutes, or until smooth.
3. Shape the dough into a ball, and place in a greased bowl covered with greased plastic wrap. Let rise at room temp for 45 min to 1 hr, or until doubled in size.
4. Punch down the dough to release the gas and place on a lightly floured surface. Divide the dough into 2 even pieces. Cover with a damp towel, and let them rest right where they are for 10 minutes.
5. Flatten out 1 piece of dough into about a $\frac{1}{2}$ -inch thick rectangle, with the long edge about 10 inches long. From the long edge, tightly roll the dough and close the seams at the bottom and sides.
6. Carefully roll the log while applying pressure outward to slightly taper the ends. The log should be 15 inches long. Repeat with the other piece of dough.
7. Place the loaves onto a parchment-lined baking sheet 4–6 inches apart. Cover with another baking sheet. Let the dough proof for about 30 minutes at room temp.
8. About 10 minutes before the dough is done proofing, bring a 10" oven-proof skillet of water to a boil. Preheat the oven to 400°F. Remove the top baking sheet. Using a food-safe spray

bottle, lightly spray the dough with water. Using a razor blade or an extremely sharp knife, score a shallow seam along the length of the loaves.

9. Place the skillet of boiling water on the bottom rack of the oven. Place the baking sheet with the dough in the middle of the oven on a separate rack above the water. Spray the inside of the oven with a little water to generate steam.
10. Let the bread steam for 8–10 minutes. Reduce the heat to 375°F, remove the skillet of water, and let the bread bake for another 20–22 minutes, or until lightly browned.
11. Let cool completely on a wire rack. Slice and serve. Store on the counter loosely wrapped in a kitchen towel for up to 2 days and then in a resealable bag for 1 more day. Freeze in an airtight container for up to 2 months.

Browned Butter Cornbread - Gage

Delicious and savory.

Ingredients

| | |
|--|--|
| $\frac{1}{2}$ cup (112g) unsalted butter | $1\frac{1}{4}$ tsp (8g) kosher salt |
| $\frac{1}{2}$ bunch of sage | 1 tbsp (13g) baking powder |
| $\frac{1}{2}$ bunch of thyme | $1\frac{1}{4}$ cups (175g) finely ground yellow cornmeal |
| $1\frac{1}{4}$ cups (188g) all-purpose flour | 2 large eggs |
| $\frac{1}{3}$ cup (67g) sugar | $1\frac{1}{2}$ cups buttermilk |
| $3\frac{1}{2}$ tbsp (47g) brown sugar | |

Instructions

Preheat an 8" cast-iron skillet in the oven at 400° F

1. In a small pot, melt the butter over medium heat. Once melted, continue cooking to brown the butter until it turns dark brown. Then turn off the heat.
2. Add the sage and thyme, stir to combine, transfer the butter-herb mixture to a separate container, and set aside to cool.
3. In a bowl, whisk together the flour, sugar, brown sugar, salt, baking powder, and cornmeal.
4. In a separate bowl, whisk the eggs, then whisk in the buttermilk. Discard the herbs from the slightly cooled butter. In a slow stream, whisk the butter into the buttermilk mixture. Then whisk the wet mixture into the dry mixture until completely smooth and combined.
5. Remove the hot pan from the oven, and lightly grease it with cooking spray. Add the batter to the pan, and spread it evenly.
6. Bake for 20–25 min, or until a toothpick inserted into the center comes out clean. Cool for a few minutes in the pan and then remove to a cooling rack to cool completely.

Banana Bread - Shug

This will make anyone's day batter.

Ingredients

| | |
|-----------------------------------|-----------------------------|
| 1 red bell pepper | $\frac{1}{2}$ tsp salt |
| 1 green bell pepper | 6 cups sugar |
| 10 jalapeños | 1 pouch liquid fruit pectin |
| $1\frac{1}{2}$ cups white vinegar | |

Instructions

1. In food processor, finely chop the peppers.
2. Place peppers in large pot with vinegar, salt, and sugar.
3. Boil for 10 minutes, stirring often (be careful... it will boil over QUICK!).
4. Add pectin pouch and boil 1 more minute.
5. Fill canning jars.
6. Add to boiling hot water bath for 10 minutes.
7. Wait a day or so for jelly to set.

Appetizers & Snacks

Guacamole - Boss

Made at every family get-together.

Ingredients

4 Avocados

$\frac{1}{3}$ onion

$\frac{1}{2}$ jalapeno

$\frac{1}{4}$ cup cilantro

1 tbsp mayo

2 tsp vinegar

$\frac{1}{2}$ lemon

garlic salt

pepper

tomatoes (optional)

stuffed olives (optional)

cucumbers (optional)

Instructions

1. Mix and mash all the ingredients together.

Sauces, Jams, & Canned Goods

Tex-Mex Enchilada Gravy - Gage

White people can make it too!

Ingredients

| | |
|---------------------------------------|---------------------------------|
| $\frac{1}{4}$ cup oil or butter | 2 tsp ground cumin |
| $\frac{1}{4}$ cup all purpose flour | $\frac{1}{2}$ tsp dried oregano |
| $\frac{1}{2}$ tsp ground black pepper | 1 tbsp chili powder |
| $\frac{3}{4}$ tsp salt | 2 cups beef broth |
| 2 tsp garlic powder | 1 tbsp tomato paste |

Instructions

1. Heat the oil or butter in a medium size skillet over medium heat. Add in the flour and stir to mix. Will be a thick mixture.
2. Allow this to cook for just 1–2 minutes. The roux should be a very light brown. Add in the spices. Stir to form a thick paste for no longer than 30 seconds. Stir in the broth and tomato paste until smooth.
3. Continue to heat while stirring for several minutes until the sauce is slightly thickened.
4. Keep the heat to just below a simmer.
5. Pour into a jar to store or use to make enchiladas.

Boss' Tartar Sauce - Boss

Enjoy with any fish or just by the spoonful.

Ingredients

| | |
|--|-----------------------------|
| 1 cup real mayo | $\frac{1}{4}$ tsp thyme |
| $\frac{1}{2}$ cup onion (finely chopped) | $\frac{1}{2}$ lemon (juice) |
| 2 tsp dill relish | Salt |
| 2 tsp sweet relish | Pepper |
| $\frac{1}{2}$ jalapeno | |

Instructions

1. Mix all ingredients together in a bowl. Season to taste.

Katsu Sauce - Gage

Sweet, tangy, and savory. Perfect for dipping fried food!

Ingredients

| | |
|-----------------------------|------------------------------|
| 6 tbsp ketchup | 2 tbsp miso paste (optional) |
| 2 tbsp Worcestershire sauce | 2 tsp honey |
| 2 tbsp oyster sauce | |

Instructions

1. In a small bowl, stir together all of the ingredients until fully incorporated.
2. Use or store in an airtight container in the refrigerator for up to 1 month.

Plum Preserves - Shug

For when your plum tired of life.

Ingredients

8 cups plums (pitted/cut) | 4 cups sugar

Instructions

1. Put plums and sugar in the instant pot.
2. Sauté for on medium-high for 3 minutes.
3. Pressure cook on high for 1 minute.
4. Slow release for 10 minutes, then quick release.
5. Mash and stir on the sauté setting until thick but pourable (stirring every 5 minutes).

Apricot Preserves - Shug

Perfect pairing for white bread and peanut butter.

Ingredients

| | |
|------------------------------|-------------------|
| 8 cups apricots (pitted/cut) | ½ cup lemon juice |
| 6 cups sugar | |

Instructions

1. Put apricots and sugar in the instant pot.
2. Sauté on medium-high for 3 minutes.
3. Pressure cook on high for 1 minute.
4. Slow release for 10 minutes, then quick release.
5. Mash and stir on the sauté setting until thick but pourable (stirring every 5 minutes).

Raspberry Jam - Shug

Try it with chocolate sauce and ice cream.

Ingredients

| | |
|--|---------------------------|
| 5 cups raspberries (4 small containers) | Juice from 2 large lemons |
| 2 cups sugar (more or less to taste) | 2 tbsp cornstarch |
| | 2 tbsp water |

Instructions

1. Add the raspberries, sugar, and lemon juice to the instant pot and mix.
2. Pressure cook on high for 3 minutes.
3. Slow release for 10 minutes, then quick release. Sauté and stir until you reach your desired consistency.
4. While releasing the pressure, make a slurry with the cornstarch and water.
5. Add the slurry in small portions to the mixture while stirring until desired viscosity is reached.

Jalapeño Jelly - Shug

Delicious with cream cheese and crackers!

Ingredients

| | |
|-----------------------------------|-----------------------------|
| 1 red bell pepper | $\frac{1}{2}$ tsp salt |
| 1 green bell pepper | 6 cups sugar |
| 10 jalapeños | 1 pouch liquid fruit pectin |
| $1\frac{1}{2}$ cups white vinegar | |

Instructions

1. In food processor, finely chop the peppers.
2. Place peppers in large pot with vinegar, salt, and sugar.
3. Boil for 10 minutes, stirring often (be careful... it will boil over QUICK!).
4. Add pectin pouch and boil 1 more minute.
5. Fill canning jars.
6. Add to boiling hot water bath for 10 minutes.
7. Wait a day or so for jelly to set.

Breakfast

Buttermilk Pancakes - Shug

Make these every Christmas morning.

Ingredients

| | |
|-------------------------|-------------------------------|
| 2 eggs, separated | 3 tsp baking powder |
| 2 cups buttermilk | $\frac{1}{4}$ tsp baking soda |
| 2 cups flour | 2 tbsp vegetable oil |
| $\frac{1}{4}$ tsp salt | 1 tsp vanilla |
| $\frac{1}{2}$ cup sugar | |

Instructions

1. Separate eggs, beat egg whites until stiff, and set aside.
2. Mix egg yolks with buttermilk.
3. Mix dry ingredients and oil.
4. Add egg yolks and buttermilk to the dry mixture. Mix well.
5. Stir in vanilla.
6. Fold in the egg whites.
7. Cook on medium-high griddle.

Side Dishes

Thanksgiving Dressing - Great Shug

Throwback to the OG Shug.

Ingredients

| | |
|------------------------------|--|
| 1 cup chopped onion | 1 can baked biscuits |
| 1 cup chopped celery | 1 container chicken broth |
| 1 stick butter (melted) | 1 can cream of celery, mushroom, or chicken soup |
| 2-3 packages baked cornbread | |

Instructions

Preheat oven to 375° F.

1. Mix cornbread, biscuits, onion, celery, and butter together.
2. Add chicken broth and soup to get the consistency you want.
3. Bake until golden brown on top (use the broiler if desired).

Carrots & Kale - Shug

For the rabbits in the family.

Ingredients

| | |
|----------------------------|--------------------|
| 3 large carrots (sliced) | 1 tsp lemon pepper |
| 1 bushel of kale (chopped) | 1 tbsp olive oil |
| 1 onion (sliced) | 1 tbsp butter |
| 2 tsp garlic salt | |

Instructions

1. Sear carrots in olive oil and butter for about 5 minutes.
2. Add the onion and continue searing with the lid on the pan, without stirring, until carrots are dark and carmelized.
3. Stir, then add chopped kale, turn off the burner, and cover until kale is wilted.
4. Add the seasonings to taste.

Brussels Sprouts - Boss

These will give lasting luck if consumed on New Year's Eve.

Ingredients

| | |
|---|--------------------|
| 2 lbs Brussels sprouts (halved or quartered) | 1 tbsp butter |
| 1 onion (sliced) | 2 tsp garlic salt |
| 1 tbsp olive oil | 1 tsp lemon pepper |

Instructions

1. Place brussel sprouts flat side down in pan of olive oil and butter.
2. Add the onion.
3. Season with garlic salt and lemon pepper.
4. Cover and sear until brussel sprouts are dark and carmelized.

Coleslaw - Boss

For when you want to get slawpy.

Ingredients

| | |
|------------------------------------|-------------------------|
| 1 small head red cabbage | 1 cup REAL mayo |
| 4 carrots (thinly sliced) | 1 tsp cumin |
| 1 jalapeño (finely diced) | 1 tsp smoked paprika |
| 4 green onions (cut in ribbons) | 2 tsp garlic salt |
| 1 bunch cilantro (roughly chopped) | black pepper (to taste) |
| | 1 tsp vinegar |

Instructions

1. Mix all the ingredients together in a bowl.

White Rice - Gage

Simple and goes with literally everything.

Ingredients

1 cup white rice

2 cups water

1 tsp Kosher salt

Instructions

1. In a fine mesh strainer add the rice.
2. Place the strainer into a bowl, and fill with water.
3. Mix the rice in the water and dispose of the water.
4. Repeat this process until the water no longer becomes cloudy.
5. Add the rice to a medium sauce-pot along with 2 cups of room temperature water and salt.
6. On the smallest burner, bring to a boil, then reduce the heat to low and cover.
7. Simmer for 20 minutes.

Mains

Fettuccine Alfredo - Jacy

It slaps.

Ingredients

| | |
|--|-------------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{4}$ tsp pepper |
| 1 $\frac{1}{2}$ cup heavy whipping cream | 2 cups grated parmesan cheese |
| 2 tsp minced garlic | 1 bag fettuccine noodles |
| $\frac{1}{2}$ tsp italian seasoning | 1 lb chicken breast or shrimp |
| $\frac{1}{2}$ tsp salt | |

Instructions

1. Add butter and cream to a large skillet.
2. Simmer over low for 2 minutes.
3. Whisk in garlic and seasonings for one minute.
4. Whisk in parmesan until melted.
5. Mix in with noodles and your choice of chicken or shrimp.
6. Simmer until the meat is cooked.

Chili - Boss

Make this every fall.

Ingredients

| | |
|--------------------------------|-----------------------------|
| 1 lb ground beef | 1 tbsp pepper |
| 1 onion | 1 tbsp cumin |
| 3 garlic cloves | 1 tbsp garlic salt |
| 2 jalapenos | 1 tsp paprika |
| 1 can stewed tomatoes (16 oz.) | $\frac{1}{4}$ tsp coriander |
| 1 can tomato sauce (16 oz.) | 2 tsp rosemary |
| 3 tbsp chili powder (at least) | 2 cups water |

Instructions

1. Saute onion, garlic, and jalapenos with olive oil.
2. In a separate pan, brown the meat.
3. Once browned, drain the grease, and add to the sauteed vegetables.
4. Add all other ingredients.
5. Simmer for 2-4 hours.
6. Seasoning does not have to be exact, just add to your liking.

Chili - Gage

Gage's rendition on Boss' chili.

Ingredients

| | |
|--------------------------------------|-----------------------------|
| 1 tbsp peanut oil | ≥3 tbsp chili powder |
| 1 lb ground beef | 1 tbsp pepper |
| 1 lb breakfast sausage | 1 tbsp cumin |
| 4 strips of bacon sliced | 1 tbsp garlic powder |
| 1 onion finely diced | 1 tsp paprika |
| 3 garlic cloves crushed | $\frac{1}{4}$ tsp coriander |
| 3 jalapeños finely diced | 2 tsp rosemary |
| $\frac{1}{4}$ cup flour | Salt (to taste) |
| $\frac{1}{3}$ cup red wine(optional) | 2 cups water |
| 1 large can crushed tomatoes | |

Instructions

1. In a large pot, add the oil and heat over high until shimmering.
2. Add the bacon and cook until lightly browned.
3. Add the beef and breakfast sausage.
4. Cook over high until browned.
5. Remove the meat and add the onions and jalapeños.
6. Cook until translucent.
7. Add the flour and thoroughly mix.
8. Cook until lightly browned.
9. Add the garlic, and continue to mix for another 30 sec.
10. Deglaze with the wine or beef stock, then add the crushed tomatoes and all the spices.
11. Mix thoroughly, and add water to desired thickness.
12. Cover, reduce heat to low, and simmer for 2–4 hours.