

Rowden Family Cookbook

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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 ~10" long.
6. From the long edge, tightly roll the dough and close the seams at the bottom and sides.
7. Carefully roll the log while applying pressure outward to slightly taper the ends. The log should be ~15" long.
8. Repeat with the other piece of dough.
9. Place the loaves onto a parchment-lined baking sheet 4–6" apart. Cover with another baking sheet.
10. Let the dough proof for >30 minutes at room temperature.
11. About 10 minutes before the dough is done proofing, bring a 10" oven-proof skillet of water to a boil.

12. Using a spray bottle, lightly spray the dough with water.
13. Using a razor blade or an extremely sharp knife, score a shallow seam along the length of the loaves.
14. Place the skillet of boiling water on the bottom rack of the oven.
15. Place the baking sheet with the dough in the middle of the oven on a separate rack above the water.
16. Spray the inside of the oven with a little water to generate steam.
17. 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.
18. 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 (112 g) unsalted butter	$1\frac{1}{4}$ tsp (8 g) kosher salt
$\frac{1}{2}$ bunch of sage	1 tbsp (13 g) baking powder
$\frac{1}{2}$ bunch of thyme	$1\frac{1}{4}$ cups (175g) finely ground yellow cornmeal
$1\frac{1}{4}$ cups (188 g) all-purpose flour	2 large eggs
$\frac{1}{3}$ cup (67 g) sugar	$1\frac{1}{2}$ cups buttermilk
$3\frac{1}{2}$ tbsp (47 g) 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.

Japanese Curry – Gage

Try it with the pork katsu.

1 hour **Ingredients**

$\frac{1}{4}$ cup of butter (1st)	$\frac{1}{2}$ cup all-purpose flour
$\frac{1}{2}$ cup butter (2nd)	1 tbsp garam masala
$1\frac{1}{2}$ tbsp butter (3rd)	$\frac{1}{4}$ cup curry powder
3 onions (julienned)	2 tsp MSG
1-quart chicken stock	1 tbsp soy sauce
4 dried shiitake mushroom	2 tbsp Worcestershire sauce
1 apple (peeled & grated)	1 tbsp honey or granulated
1 tbsp tomato paste	sugar

Instructions

1. Add the 1st butter measurement to a large saucepot and melt over medium-high.
2. Add the julienned onions and cook for 30 to 45 minutes, stirring often, and adjusting the temperature between medium and low accordingly; if onions start to stick to the bottom, add a splash of water to deglaze.
3. Bring 1 cup of the chicken stock to a boil and add the shitake mushrooms; after two minutes, remove your mushrooms or until entirely hydrated. Set aside.
4. Once the onions are done (medium-dark caramel color) add the grated apple to the onions with the tomato paste, stir it and cook for 3 to 4 minutes or until the apple softened. Remove and place it aside.
5. Over medium-high heat (using the same pot), add the 2nd butter measurement.
6. Once melted, add the flour, constantly whisk for 30 seconds.
7. Add the garam masala (optional), curry powder, and MSG.
8. Whisk vigorously, and let toast for about 1 minute.
9. Add back the onions along with the soy sauce, Worcestershire sauce, honey (or sugar), and one quart of chicken shiitake stock, stirring often until thickened
10. Let simmer for 2 minutes.
11. Blend the mix until completely smooth, then add the 3rd butter measurement while blending.

12. Serve with rice and pork katsu.

Creamy, Spicy Dipping Sauce – Gage

Perfect for dipping a quesadilla.

Ingredients

$\frac{2}{3}$ cup of Mexican cream

hot sauce (I use Valentina®)

1 lime (juice)

Instructions

1. Mix all the ingredients together.
2. Add hot sauce to your desired spice level.

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.

Pickled Red Cabbage – Gage

Simple slaw, great for dressing up any recipe.

Ingredients

$\frac{1}{2}$ red cabbage (thinly sliced)	2 tbsp sugar
$1\frac{1}{2}$ cups rice vinegar	1 tbsp salt
1 cup water	1 tbsp furikake (optional)

Instructions

1. Place the sliced cabbage into a large container.
2. In a medium saucepot, place the vinegar, water, sugar, furikake, and salt.
3. Bring it to a boil and pour it over the cabbage.
4. Seal the jar and refrigerate.

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 2.0 – 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.

Blackened Catfish – Boss

Simple, easy, delicious.

Ingredients

2 catfish filets

1½ tsp garlic salt

1½ tsp paprika

black pepper (to taste)

Instructions

1. Season fish to your liking on both sides. Use pepper generously.
2. Cook on medium-high heat in olive oil for approximately 3 minutes on each side, or until done. Cast iron skillet will produce the best results.

Tomato Soup — Shug

Of course you have to eat it with a grilled cheese!

Ingredients

$\frac{1}{2}$ onion	3 tbsp sugar
6 tbsp butter	1 cup half & half
1 can diced tomatoes	salt and pepper (to taste)
1 can tomato sauce	$1\frac{1}{2}$ tsp parsley
$\frac{1}{4}$ cup chicken broth	$1\frac{1}{2}$ tsp basil

Instructions

1. Sauté onions in the butter.
2. Process the sauteed onions and diced tomatoes in a food processor.
3. Put back in the pot to mix with tomato sauce and chicken broth.
4. Bring soup to almost a simmer.
5. Add sugar, spices, and half & half.

Tomato Bisque – Gage

If you liked the last one, you'll love this!

Ingredients

6 tbsp butter	chicken stock (to desired thickness)
1 tbsp olive oil	1 cup heavy cream
1 medium onion, diced	$\frac{1}{2}$ cup sherry (optional)
1 carrot, diced	1 tsp black pepper
1 stick of celery, diced	salt to taste
1 red bell pepper, diced	sugar to taste
3 cloves of garlic, diced	basil (chiffonade)
1 can of San Marzano crushed tomatoes (28 oz)	$\frac{1}{2}$ cup balsamic vinegar

Instructions

1. Add the butter and oil to a sauté pan.
2. Sauté (with a pinch of salt) the onion, carrot, celery, and bell pepper on medium-high heat until the onions are translucent.
3. Add the garlic and cook for an additional 30 seconds.
4. Deglaze the pan with the sherry (or chicken stock).
5. Add the tomatoes and chicken stock and bring to a simmer.
6. Add the black pepper and sugar until the desired taste is reached.
7. Simmer for >30 min.
8. Transfer to a blender and blend on high until completely smooth.
9. Transfer back to the sauté pan and add in the heavy cream.
10. Add the balsamic vinegar to a non-stick pan on medium heat to make a reduction.
11. Serve with the chiffonade basil and the balsamic reduction.

Chicken Enchilada Soup — Shug

This just might cure your cold.

Ingredients

2 tbsp olive oil	1½ cups water
1 small onion (diced)	1 tbsp A1 steak sauce
2 stalks celery (diced)	¼ tsp pepper
1 garlic clove (sliced)	2 tbsp Worcestershire sauce
1 can green chilis (4 oz)	1 tbsp cumin
1 can Rotel tomatoes	1 tbsp chili powder
1 can beef broth (16 oz)	2–3 cups cooked white rice
1 can chicken broth (16 oz)	1 rotisserie chicken (pulled)
1 can cream of chicken soup	

Instructions

For cooked rice, see the recipe in the side dish section.

1. In a large pot, sauté the onion and garlic in olive oil.
2. Add all of the ingredients to the pot, excluding the rice.
3. Bring to a boil, then lower the heat and simmer for 1 hour.
4. Add the cooked rice, and serve.

Chicken Orzo Soup – Gage

Why fuss with rice, if you can just use orzo?

Ingredients

1 tbsp olive oil	6 cups chicken broth
6 garlic cloves (minced)	1 lb chicken breast/thighs
1 yellow onion (diced)	1 tsp chopped rosemary
2 carrots (thinly sliced)	1 tsp chopped thyme
2 celery stalks (chopped)	$\frac{1}{2}$ tsp salt
1 tbsp fresh ginger	black pepper (to taste)
1 tsp cayenne	1 cup orzo pasta
1 tsp ground turmeric	$\frac{2}{3}$ cup frozen peas

Instructions

Feel free to substitute with pre-cooked chicken.

1. Place a large dutch oven over medium high heat.
2. Add the olive oil once the pot is ripping hot and add in the chicken making sure not to crowd the pot.
3. Get a good sear on all sides of the chicken and save for later. There should be a nice fond in the pan at this point.
4. Add in the onion, carrots and celery.
5. Cook for a few minutes until the onion becomes translucent.
6. Add in the ginger, garlic, and turmeric and sauté for 30 seconds.
7. Add in chicken broth, chicken breast from earlier, and seasonings.
8. Bring soup to a boil then reduce heat to low and simmer until chicken is fully cooked.
9. Once chicken is cooked, remove and transfer to a cutting board to shred.
10. Add chicken back to the pot and stir in frozen peas and orzo.
11. Cook for another 7–8 minutes until orzo is just barely tender.

Chicken Tacos – Shug

No need to stress yourself out with these other fancy recipes.

Ingredients

4 chicken breasts	1 can corn, drained (optional)
1 chicken taco seasoning packet	2 small cans green chiles (optional)
1 jar Kylito's salsa	

Instructions

Feel free to substitute with pre-cooked chicken.

1. Place chicken in a crockpot.
2. Sprinkle chicken taco seasoning packet over all the chicken.
3. Pour in salsa, corn, and green chiles.
4. Cook on high for 4 hours, or low for 6 hours.
5. Shred and stir. Serve with tortillas.

Carne Asada – Gage

Throw these on a quesadilla, and you'll be in heaven.

Ingredients

2 lbs skirt steak	1 handful of cilantro
olive oil (to coat the steak)	(chopped)
2 tbsp soy sauce	$\frac{2}{3}$ tbsp chili powder
1 orange (juice and zest)	1 tbsp garlic powder
2 limes (juice and zest)	2 tsp cumin
6 cloves garlic (crushed)	1 heavy pinch oregano
	$\frac{2}{3}$ tbsp kosher salt

Instructions

A flame grill is ideal, but a ripping hot flat iron will also work.

1. In a bowl, add the skirt steak, and coat with olive oil.
2. Add the soy sauce, citrus, garlic, cilantro, and seasonings, and mix together to fully coat the steak.
3. Marinate in the refrigerator for >1 hour.
4. Add the steaks to the grill, and allow each side to get some char marks (5 minutes on each side).
5. Remove the steaks from the grill and let rest for >5 minutes.
6. Cut the steaks against the grain, and serve.

Chicken Spaghetti — Shug

Always a popular choice in our house.

Ingredients

1 package of spaghetti	1 can rotel tomatoes
3 chicken breasts	1 can cream of chicken soup
2 cups chicken broth	garlic salt
$\frac{1}{2}$ stick butter	black pepper
1 buttermilk ranch packet	1 block cream cheese
$\frac{1}{2}$ onion, diced	$\frac{1}{3}$ block Velveeta [®] cheese

Instructions

1. Add all ingredients to the crock pot, excluding the cream cheese and Velveeta[®].
2. Cook on high for $3\frac{1}{2}$ hours.
3. Add cream cheese and Velveeta[®], then cook an additional 30 minutes.
4. Shred and stir.
5. Boil the spaghetti to desired tenderness, strain, and add to the mixture in the crock pot.

Spaghetti-Stuffed Sandwiches — Jacy

As delicious as it is unhinged.

Ingredients

1 pound ground beef	$\frac{1}{2}$ tbsp minced garlic (for compound butter)
1 can tomato sauce	
$2\frac{1}{2}$ cups beef broth	1 tbsp minced garlic (for sauce)
16 oz spaghetti	garlic salt
Italian loaf bread	black pepper
$\frac{1}{4}$ cup butter	Italian seasoning

Instructions

Preheat the oven to a broil.

1. Cut the ends off of the Italian loaf bread and hollow them out.
2. Melt the butter, and add $\frac{1}{2}$ tbsp of minced garlic, italian seasoning, and salt and pepper to the melted butter.
3. Use a brush to spread the butter mixture on the outside of the hollowed out Italian loaf, and set aside.
4. Brown the ground beef in a pot on high heat.
5. Add the tomato sauce, beef broth, 1 tbsp minced garlic, and seasonings, and stir.
6. Add the spaghetti, and cover the pot.
7. Cook on a simmer until spaghetti is done.
8. Stir every now and then to ensure it doesn't stick.
9. Break up the pieces of spaghetti when you stir.
10. Put your Italian loaves under the broiler, cut-side-up, to toast them.
11. Stuff the hollowed out loafs with the spaghetti.

Spaghetti and Meatballs – Gage

A more classic use of spaghetti.

Ingredients

Meatballs:

$\frac{1}{4}$ lb chopped mortadella
 1 lb ground beef
 1 tsp (2g) finely ground fennel
 $1\frac{3}{4}$ tsp (12g) fine sea salt
 3 cloves garlic (diced)
 $\frac{1}{4}$ cup (20g) freshly grated
 parmesan
 black pepper to taste
 $\frac{1}{2}$ cup (35g) panko bread
 crumbs
 1 whole egg

Sauce:

$\frac{1}{4}$ cup extra virgin olive oil
 4 cloves garlic, thinly sliced
 1 tsp (2g) red pepper flakes
 1 can crushed tomatoes (28
 oz)
 1 bunch of basil
 freshly grated Parmigiano for
 serving
 chiffonade basil for serving
 1 package spaghetti

Instructions

Prepare the meatballs before making the sauce.

1. In a bowl, place your chopped mortadella, combine it with the ground beef, fennel seed, salt, garlic, parmesan cheese, and black pepper, mix it well, and add the panko and eggs and mix again until emulsified and tacky.
2. Use a large cookie scoop to make the meatballs, around twenty, place them on a sheet tray and roll them into balls.
3. In a large sauté pan, over medium-high, pour enough olive oil to cover the bottom of the pan; once the oil is hot, add all the meatballs in one single layer, and sear for about two minutes, flip and sear one or two more sides, until golden brown (it's okay if there are not cooked all the way).
4. Remove the meatballs from the pan and reserve.
5. In the same pan where the meatballs were cooked, reduce the heat to medium, add the garlic, and sauté for about 5 minutes.
6. Add the pepper flakes, sauté for thirty seconds and add your crushed tomatoes.
7. Stir in a pinch of sugar (or to desired sweetness).
8. Add the meatballs back into the pan, bring to a simmer, and reduce the heat to medium-low and simmer for five to eight minutes.

9. Halfway through this process, add the basil leaves and let simmer until the meatballs cook all the way through.
10. Place spaghetti in a pot of boiling water that has been seasoned generously with salt.
11. Cook according to package instructions or until done.
12. Using tongs, pick up the pasta, let it drain slightly, add it to your sauce until all your pasta has been added.
13. Place one portion of pasta in a shallow bowl, pour some sauce on top and two or three meatballs, grate some fresh parmesan, and finally, some chiffonade fresh basil.

Lemon Garlic Shrimp Pasta – Boss

Lemon, garlic, shrimp? Name a better combo!

Ingredients

1 lb shrimp	4 tbsp butter (for sauce)
1 lemon (juice)	2 tbsp water
1 tbsp minced garlic (or 4 garlic cloves)	pasta of choice
2 tbsp butter (for sautéing)	salt (to taste)
	black pepper (to taste)

Instructions

1. Melt 2 tbsp butter in a large skillet on medium-high heat.
2. Add the garlic and cook for about 1 minute.
3. Fry the shrimp, cooking for 2 minutes on each side.
4. Add salt and pepper to taste and stir occasionally.
5. Add in the remaining butter, lemon juice, and water.
6. Cook until the butter melts and the shrimp have cooked fully.
7. Take off heat, add more salt and pepper if needed, and serve on your preferred pasta.

Chorizo Tacos with Plantains — Gage

This one is worth the effort. I promise!

Ingredients

1 link of chorizo	queso Oaxaca (or mozzarella)
1 plantain	6–8 corn tortillas
1 lime (juice)	vegetable oil
$\frac{1}{2}$ onion (diced)	$\frac{1}{4}$ cup apple cider vinegar
$\frac{1}{2}$ onion (Julienned)	hot sauce (like Cholula [®])
1 bunch cilantro (chopped)	Mexican lager (like Corona [®]) (or water)

Instructions

1. In a small container, add the apple cider vinegar, juice of half a lime, and the Julienned onions. Seal and shake briefly and set aside to pickle.
2. Shred the queso Oaxaca or mozzarella. You won't need much.
3. Slice the plantain at a bias into $\frac{1}{4}$ " slices.
4. Heat a non-stick skillet over medium-high heat and add the chorizo. Cook until browned.
5. Remove the chorizo, and add the onions until translucent.
6. Deglaze with a $\frac{1}{4}$ cup of the lager (or water) until it boils off, then add back the chorizo.
7. Mix briefly, then set on the back burner.
8. In a large deep skillet add the oil so that it just covers the bottom and then some.
9. Once the oil is shimmering, add the plantain slices in batches, making sure not to overcrowd the pan.
10. Cook until one side is browned then flip. Once done, set aside.
11. Heat a non-stick skillet over medium heat until just smoking.
12. Add the tortillas, and cook both sides so that they are just slightly burned in a few spots.
13. Store in a bowl covered with a rag, or they will get stale.
14. Now plate. Add the tortillas, then the cheese. You can melt with a blowtorch or in the microwave. Add the chorizo, then 2–3 slices of plantains, then the pickled onions. Cut a few leaves of cilantro on top with scissors, and spritz with a quarter of lime. Optionally, top with a few dabs of hot sauce.

Cheesy Bacon Chicken – Boss

This is just sinful, but we can keep it between us.

Ingredients

Cheddar cheese (slices & grated)	1 can corn
2 large chicken breasts	1 jalapeño (chopped)
1 block cream cheese (softened)	$\frac{1}{2}$ onion (chopped)
	1 clove garlic (chopped)
	6 strips bacon

Instructions

Preheat oven to 375° F.

1. Cut several deep slits lengthwise into the chicken breasts.
2. Insert bacon and cheddar slices inside each slit.
3. Mix all other ingredients.
4. Cover chicken with mixture.
5. Bake for 40 minutes in a cast iron skillet.

Ground Beef Bulgogi – Gage

Sweet and savory, and good in a pinch.

Ingredients

Bulgogi Sauce:

$\frac{1}{2}$ cup soy sauce
2 tbsp rice wine vinegar
1 tbsp + 2 tsp brown sugar
2 tsp sesame oil
1 tsp ginger (minced)
1 tsp garlic (minced)

Ground Beef:

1 lb ground beef
 $\frac{1}{2}$ yellow onion (diced)

Toppings:

1 tbsp scallion (diced)
1 tsp sesame seeds
4 large soft boiled eggs

Instructions

Prepare the meatballs before making the sauce.

1. In a medium bowl combine the ingredients for the bulgogi sauce.
2. Mix well to combine and set aside.
3. In a skillet over medium-high heat, add ground beef and onion and cook until browned (about 5 minutes). The meat will still be a little pink.
4. Add the Bulgogi sauce and mix well.
5. Simmer for 6–10 more minutes, and remove from heat.
6. Serve on top of rice.
7. Top with scallions, toasted sesame seeds, and a soft boiled egg.

Pork Katsu — Gage

It's deep-fried pork. What else needs to be said?

Ingredients

4 boneless pork loin chops	2 eggs plus a splash of water
salt to taste	1½ cups panko breadcrumbs
1 pinch MSG	3–4 cups oil for frying
½ cup all-purpose flour	

Instructions

1. Cut the meat off the bone, and score the fat cap down, so the meat does not curl while cooking.
2. With a sharp knife, score the meat lightly, on the exposed flesh, in a crosshatch pattern, no more than $\frac{1}{4}$ " deep.
3. With a meat mallet, flatten the pork loin portions until they are $\frac{1}{2}$ " thick; season with salt and a pinch of MSG.
4. Place in the fridge for 30 minutes or overnight.
5. Set up your breading station by placing the flour, beaten eggs and panko, in separate bowls.
6. Toss the meat in the flour, coating completely, and shake off the excess
7. Dip in the egg wash and let it drain slightly
8. Press it into the panko and make sure everything is well covered.
9. Repeat with all the chops. Fill up a large pot with $2\frac{1}{2}$ " of vegetable oil and heat to 340°F.
10. Fry the pork chops, one or two at a time for 4–6 minutes or until golden brown and crisp ($>140^{\circ}\text{F}$ internal).

Mojo Pulled Pork – Gage

Make this for every party you throw.

Ingredients

1 pork shoulder	$\frac{1}{2}$ bunch of mint leaves
Chicken stock (if needed)	1 tbsp (5g) ground cumin
Kosher salt (to taste)	2 serrano chilies
1 onion (quartered)	1 cup extra virgin olive oil
2 heads of garlic (peeled)	$1\frac{1}{2}$ tbsp kosher salt
2 oranges (juice and zest)	1 cup fresh lime juice
3 limes (juice and zest)	1 cup fresh orange juice or
2 tbsp (7g) oregano leaves	pineapple juice

Instructions

Marinate overnight; Preheat the oven to 400°F on day of cooking.

1. In a blender, add the onion, garlic, orange zest, lime zest, oregano leaves, mint leaves, cumin, serranos, olive oil, salt, lime juice, and orange juice.
2. Blend together on high speed until completely smooth.
3. Reserve 1 cup of the marinade to use for dipping.
4. With a paring knife, poke deep holes all over the pork shoulder.
5. In a large resealable bag, place the pork shoulder, and pour in the remaining mojo marinade to cover the meat. Seal the bag and marinate in the refrigerator overnight.
6. Remove the pork from the marinade and place in a dutch oven.
7. Pour in all of the marinade. The marinade should come about halfway up the pot, but if not, add a little bit of chicken stock.
8. Braise the pork, uncovered, for 20 minutes. Then reduce the temperature to 350°F and cook until the internal temperature of the pork is 200°F ($3\frac{1}{2}$ –4 hours) flipping occasionally.
9. Remove the pork from the dutch oven and place on a cutting board to cool.
10. In a large bowl, using two forks, shred the meat.
11. Toss together using the braising liquid to coat the meat to your desired level of fattiness.
12. Season to taste with salt.

Chicken Katsu — Gage

It's fried chicken my boy.

Ingredients

1½ cups all-purpose flour	4 boneless, skinless chicken breasts/thighs
3 large eggs	
2 tbsp water	2 cups high-heat oil
2 cups panko	kosher salt

Instructions

1. Place the chicken breasts between two pieces of plastic wrap and pound to an even thickness of $\frac{1}{2}$ ". Season with salt.
2. Prepare 3 separate shallow bowls for the breading station. In the first, place the flour. In the second, whisk together the eggs and water. In the last, place the panko.
3. Thoroughly coat each piece of chicken in the flour, shaking off any excess.
4. Coat evenly in the egg, making sure no dry spots remain.
5. Finally, coat the chicken on all sides in the panko, pressing to make sure it's thoroughly coated.
6. Set aside on a piece of parchment paper, and separate each breast with a new layer of parchment.
7. Fill a large deep cast-iron skillet or heavy-bottomed pot with the oil, and heat over high heat until just shimmering, or about 325 — 350°F.
8. Carefully place the chicken breast in the oil one at a time.
9. Fry for 3–5 minutes, or until crispy golden brown.
10. Flip and fry for an additional 3–5 minutes, or until it reaches an internal temp of 165°F.
11. Place on a wire rack in a rimmed baking sheet, season again with salt and let drain and cool.
12. Repeat with the remaining chicken breasts.
13. Serve sliced, with a side of spicy cabbage slaw, and drizzled with katsu sauce and Sriracha.

Butter Chicken – Gage

Raleigh's favorite meal of all time.

Ingredients

Marinade:

1½ lbs chicken thighs (1” pieces)
¾ cup (145g) yogurt
2½ tsp (6g) chili powder
1 tsp (2g) turmeric
2 tsp lemon juice
1 tsp (2g) cumin
1 tbsp (7g) Garam masala
2 teaspoons (10g) fine sea salt
2-inch knob ginger

Curry Sauce:

1 onion, thinly sliced
5 garlic cloves, chopped
1 tsp (2g) garam masala
1 tsp (2g) chili powder
½ tsp (1g) turmeric
½ tsp (1g) fenugreek
1 tbsp (13g) sugar
2 tbsp (28g) ghee
1 tbsp (15g) grated ginger
1 large can crushed tomatoes
¾ cup (177ml) heavy cream
2 tbsp (28g) unsalted butter
fresh cilantro for garnish
salt to taste

Instructions

Requires >30 minutes of marination.

1. Place your chicken thighs in a bowl along with the rest of the marinade ingredients and mix thoroughly, ensuring the chicken gets completely coated with the marinade.
2. Cover with plastic wrap and reserve in the refrigerator.
3. Heat a 12” nonstick skillet over medium-high heat and add the ghee.
4. Once melted, add your marinated chicken pieces and sear them on all sides until golden brown. It is okay if it does not get cooked all the way through.
5. Remove your chicken, place it in a large bowl, and reserve.
6. Add the onions, season with salt, and cook until just translucent.
7. Add the garlic and ginger and cook for another 30 seconds.
8. Stirring often, add the garam masala, chili powder, turmeric, fenugreek, and sugar.

9. Add in your crushed tomatoes and reduce for 2 minutes.
10. Place the onion mix in the blender and blend on high until smooth.
11. Place the sauce back in the pan, add your chicken, cover with a lid and simmer for seven minutes.
12. Add the heavy cream and simmer until thickened.
13. Cut the heat, stir in butter, and season with salt to taste.
14. Serve your chicken over rice, and garnished with cilantro.

Oven Swiss Steak – Gran

A classic enjoyed during harvest.

Ingredients

4 round steaks	1–2 cloves garlic (minced)
2 carrots (chopped)	1 can cream of mushroom soup
2 celery stalks (chopped)	beef broth (or water)
$\frac{1}{2}$ onion (chopped)	flour with favorite seasonings mixed in
1 can stewed tomatoes	

Instructions

Preheat oven to 300° F.

1. Coat the steaks evenly with the seasoned flour.
2. Add the steaks to a ripping hot pan and brown on each side in olive oil (about 5 minute each side).‘ ’
3. Place in a Pyrex® dish.
4. Mix the fresh vegetables together and pour over the steaks.
5. Stir the tomatoes and soup together then pour over steaks and veggies.
6. Add a little water or beef broth.
7. Cover with foil and cook at 350 degrees about an hour or until veggies are soft.
8. *Note: Boss likes to brown the steak in a cast iron skillet then transfer it to the oven.*

Chicken & Dumplings – Shug

Perfect for those cold dreadful days.

Ingredients

3–4 chicken breasts	garlic powder
1 medium onion (diced)	parsley
2 stalks of celery (chopped)	poultry seasoning
3–4 carrots (sliced or diced)	black pepper
2 cans cream of chicken soup	1 cup half & half
1 box chicken broth	1 can Pillsbury® buttermilk
3 tbsp butter	biscuits

Instructions

1. Place chicken in the crockpot.
2. Stir together all other ingredients except for the half & half and biscuits and pour over the chicken.
3. Cook on low for 7–8 hours.
4. Take out the chicken and pull apart.
5. Cut the raw biscuits into small $\frac{3}{4}$ " pieces and place in the crockpot.
6. Add the half & half. 'You can add how ever much you want.
7. Put the chicken back in and cook on high for another hour.

Desserts

Crème Brûlée – Gage

There's something wrong with you if you don't like this dish.

Ingredients

2 cups heavy cream	$\frac{1}{4}$ tsp kosher salt
5 egg yolks	sugar for topping
$\frac{1}{2}$ cup granulated sugar	Fruit of choice for topping
1 tsp vanilla extract	

Instructions

Preheat oven to 325 degrees. A torch will work better than a broiler for caramelizing the sugar topping.

1. In a saucepan, combine cream, vanilla bean, and salt, and cook over low heat just until beginning to steam. Let sit for 5–10 minutes.
2. In a bowl, beat yolks and sugar together until light.
3. Stir about a quarter of the cream into this mixture, then pour sugar-egg mixture into cream and stir.
4. Pour into four 6-ounce ramekins and place ramekins in a baking dish
5. Fill dish with water halfway up the sides of the dishes.
6. Bake for 30 min to 1 hour, or until centers are barely set.
7. Cool completely. Refrigerate for several hours or up to two days.
8. When ready to serve, top each custard with about a teaspoon of sugar in a thin layer.
9. Place ramekins in a broiler 2–3" from heat source.
10. Turn on the broiler and cook until the sugar melts and browns or even blackens a bit, about 5 minutes.
11. Serve within two hours.

Raspberry Lemon Ice Cream – Boss

Try it with a chocolate sauce. Trust me.

Ingredients

1 can Eagle Brand® sweet- ened condensed milk	1 small lemon (juice and zest)
2 eggs	1 tsp vanilla
2 cups half & half	$\frac{1}{8}$ tsp almond extract
	1 cup fresh raspberries

Instructions

1. Put the raspberries in the freezer (they don't have to be frozen, just cold).
2. Mix together all the ingredients, excluding the raspberries.
3. Pour mixture into your ice cream maker and turn it on.
4. About halfway through, when the ice cream is starting to thicken, add the raspberries.
5. *Note: also works with strawberries.*

Sopapilla Cheesecake – Shug

The most addicting thing ever devised.

Ingredients

2 packages cream cheese (softened)	2 tsp vanilla (divided)
1 $\frac{1}{4}$ sticks butter (softened, divided)	2 packages Pillsbury® cres- cent rolls
1 $\frac{1}{2}$ cups sugar (divided)	$\frac{1}{2}$ tsp ground cinnamon

Instructions

Preheat the oven to 350° F.

1. Grease a 13×9” pan and set aside.
2. Combine cream cheese and 4 tbsp butter in large bowl.
3. Beat until mixture is creamy.
4. Gradually beat in 1 cup of sugar and 1 tsp vanilla.
5. Unroll the package of crescent rolls and lay in the prepared pan (do not separate the rolls).
6. Stretch the dough to the edges of the pan and seal the perforations.
7. Spread the cream cheese mixture evenly over the dough.
8. Place the remaining package of crescent rolls on the top of the cream cheese mixture.
9. Pinch the dough together at the perforations to seal.
10. Melt the remaining 6 tbsp butter.
11. Stir in the remaining sugar and vanilla as well as the cinnamon.
12. Pour mixture evenly over dough.
13. Bake for 30 minutes or until the cheesecake is slightly puffed and golden brown.

Frosted Brownies — Mimi

Ok, maybe this is the most addicting thing ever devised?

Ingredients

Brownie Mix:

2 cups sugar
1 $\frac{1}{2}$ cups flour
 $\frac{1}{3}$ cup cocoa
1 tsp salt
4 eggs
2 sticks butter
2 tsp vanilla

Icing:

1 stick butter
 $\frac{1}{4}$ cup cocoa
3 $\frac{1}{2}$ cups powdered sugar
 $\frac{1}{4}$ cup half & half

Instructions

Preheat the oven to 350° F.

1. Grease and flour 9×13" dish and set aside.
2. Add the sugar, flour, and salt to a large mixing bowl.
3. Melt the butter and cocoa in the microwave.
4. While mixing, add the eggs to the dry ingredients. Once incorporated, add the butter/cocoa mixture and the vanilla.
5. Bake for 30 minutes. Let cool completely.
6. For the icing, melt the butter and cocoa.
7. Add the half & half.
8. Sift in the powdered sugar. Add more half & half if needed.
9. Layer the icing on top of the cooled brownies.

Browned Butter Brownies – Gage

It has coffee, so eat it for the energy.

Ingredients

1 $\frac{1}{2}$ sticks unsalted butter	$\frac{1}{2}$ cup (64 grams) all-purpose flour
4 oz (113 grams) semisweet chocolate (chopped)	$\frac{1}{2}$ cup (43 grams) unsweetened cocoa powder
$\frac{1}{2}$ cup (100 grams) sugar	$\frac{1}{2}$ teaspoon instant espresso powder
$\frac{1}{2}$ cup (100 grams) light brown sugar	$\frac{1}{2}$ teaspoon fine salt
3 large eggs	1 cup (170 grams) semisweet chocolate chips
1 tsp vanilla extract	

Instructions

Preheat the oven to 350° F.

1. Grease a glass 8" square pan. In a small saucepan set over medium low heat, melt the butter.
2. Swirling the pan occasionally, continue to cook the butter, increasing the heat to medium. It should become foamy with audible crackling and popping noises.
3. Once the crackling stops, continue to swirl the pan until the butter develops a nutty aroma and brown bits start to form at the bottom. Do not allow the bits to burn!
4. Once the bits are amber in color, (~2–3 minutes after the popping stops) remove from heat and pour into a mixing bowl, scraping the brown bits into the bowl.
5. Immediately add in the chopped chocolate and stir until melted.
6. In the bowl of an electric mixer fitted with the whisk attachment, combine the sugar, brown sugar, eggs, and vanilla.
7. Beat on high speed until completely thickened and fluffy in texture and lightened in color, ~8 minutes.
8. On low speed, gradually pour in the butter/chocolate mixture.
9. Use a rubber spatula to fold in the flour, cocoa powder, espresso powder, and salt until just combined.
10. Fold in the chocolate chips.
11. Pour into the prepared pan and smooth out with a spatula.
12. Bake for 22–25 minutes, or until set but not overbaked.
13. Let cool completely before slicing and serving.

Vanilla Pudding — Shug

It's vanilla pudding!

Ingredients

$\frac{1}{2}$ cup sugar	2 large egg yolks (slightly beaten)
2 tbsp cornstarch	2 tbsp butter (softened)
$\frac{1}{2}$ tsp salt	2 tsp vanilla
2 cups milk	

Instructions

1. In a 2-quart saucepan, mix the sugar, cornstarch, and salt.
2. Gradually stir in the milk.
3. Cook over medium heat, stirring constantly, until mixture thickens and boils.
4. Boil and stir for 1 minute.
5. Gradually stir $\geq \frac{1}{2}$ of the hot mixture into the egg yolks to temper them, then stir back into hot mixture in saucepan.
6. Boil and stir for another minute.
7. Remove from heat and stir in the butter and vanilla.