

# 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 tbsps chili powder            |
| $\frac{3}{4}$ tsp salt                | 2 cups beef broth               |
| 2 tsp garlic powder                   | 1 tbsps 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) |  | $\frac{1}{4}$ 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 caramelized.
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<br>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            | 1 $\frac{1}{2}$ cups water    |
| 1 small onion (diced)       | 1 tbsp A1 steak sauce         |
| 2 stalks celery (diced)     | $\frac{1}{4}$ 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.

# 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.