

Rowden Family Cookbook

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Contents

| | | |
|----------|---|----------|
| 1 | Breads | 1 |
| 1.1 | Cubano Bread | 2 |
| 1.2 | Browned Butter Cornbread | 4 |
| 2 | Appetizers & Snacks | 5 |
| 2.1 | Boss' Guacamole | 6 |
| 3 | Sauces, Jams, & Canned Goods | 7 |
| 3.1 | Tex-Mex Enchilada Gravy | 8 |
| 3.2 | Boss' Tartar Sauce | 9 |
| 3.3 | Katsu Sauce | 10 |
| 3.4 | Shug's Plum Preserves | 11 |
| 3.5 | Shug's Apricot Preserves | 12 |

1 Breads

1.1 Cubano Bread

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. 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. 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. 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. 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. 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. 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. 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. 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. 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. 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.

1.2 Browned Butter Cornbread

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. Add the sage and thyme, stir to combine, transfer the butter-herb mixture to a separate container, and set aside to cool. In a bowl, whisk together the flour, sugar, brown sugar, salt, baking powder, and cornmeal. 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. Remove the hot pan from the oven, and lightly grease it with cooking spray. Add the batter to the pan, and spread it evenly. 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.

2 Appetizers & Snacks

2.1 Boss' Guacamole

Made at every family get-together.

Ingredients

| | |
|----------------------------|---------------------------|
| 4 Avocados | $\frac{1}{2}$ lemon |
| $\frac{1}{3}$ onion | garlic salt |
| $\frac{1}{2}$ jalapeno | pepper |
| $\frac{1}{4}$ cup cilantro | tomatoes (optional) |
| 1 tbsp mayo | stuffed olives (optional) |
| 2 tsp vinegar | cucumbers (optional) |

Instructions

1. Mix and mash all the ingredients together.

3 Sauces, Jams, & Canned Goods

3.1 Tex-Mex Enchilada Gravy

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. 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. Continue to heat while stirring for several minutes until the sauce is slightly thickened. Keep the heat to just below a simmer. Pour into a jar to store or use to make enchiladas.

3.2 Boss' Tartar Sauce

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.

3.3 Katsu Sauce

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. Use or store in an airtight container in the refrigerator for up to 1 month.

3.4 Shug's Plum Preserves

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

3.5 Shug's Apricot Preserves

Perfect pairing for white bread and peanut butter.

Ingredients

| | | |
|------------------------------|--|-------------------|
| 8 cups apricots (pitted/cut) | | ¼ cup lemon juice |
| 6 cups sugar | | |

Instructions

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