# Cast Iron Skillet

## Blackened Catfish

|  |
| --- |
| 08/12/2019.  Blackened Catfish  <https://www.youtube.com/watch?v=FeHHAOujUr4>  Ingredients:  Chili powder  Orange Pepper  Salt  Pepper  Onion  Abore Chile  Thyme  Lemon  Olive Oil ( or Canola Oil)  Butter  Directions: Defrost fish by letting them sit in water. Once fish is no longer hard take fish out of water and let them dry. Pat fish with Olive Oil, Add spices: Orange Pepper, Chili Powder, Salt, Pepper, Thyme, Paprika, Onion Powder. Add oil to skillet add onion and abore chili  , wait until pan starts to smoke then add small amount of butter, Add fish. Let cook for 4 minutes and flip over and cook another 4 minutes.  Uses own spice and Butter  <https://www.youtube.com/watch?v=jjrzrcsOH3c>  Talapia and Rice  <https://www.youtube.com/watch?v=-Z2_MRnL5No> |

## Carne Guisada

|  |  |
| --- | --- |
| 2020/02/23 | Carne Guisada  <https://www.youtube.com/watch?v=CGaIBYHwqfs>  Ingredients  Beef Stew Meat  Rotel  Onion  Garlic  Cumin  Bouillon Cube  Salt  Pepper  All purpose Flour (2 tablespoons)  Water ( 2.5 cups)  Directions  Chop Onion, put in a bowl add Rotel  Add oil to Cast Iron Skillet, wait until it start to smoke, place meat in skillet and cook until brown. Season with salt, pepper. Add Garlic, Onion, Rotel, cumin, chicken bouillon cube. Add flour and mix well. Add water and get lumps out of flour. Add rest of water and bring to a rapid boil, then lower the heat and cook for 1.5 hours. Stir every 30 minutes.  2020/04/20 – I was glad I put a lot of water, gravy seems to dry up at end, stir about every 30 minutes. Try cooking with Macaroni and Cheese as a sidedish.  2020/02/23 – Cooked and substituted Beef stew meat with Carne Picada (never heard of this). |

|  |  |
| --- | --- |
| 07/31/2019 | Beef Tips and Gravy  <https://www.youtube.com/watch?v=XlbqkRNv9hY>  Ingredients  Beef Tips  Oil  Salt  Pepper  Gravy (Rew) Ingredients  Butter  Onion  All Purpose Flour (3 Heaping Spoons)  Worsterchire Sauce  Water (2 cups)  Bouillon Cube  Salt  Pepper |

|  |  |
| --- | --- |
| 07/22/2019 | Hamburger Steak  <https://www.youtube.com/watch?v=KBFdDqQVKEk> |

|  |  |  |
| --- | --- | --- |
| 05/30/2019 | Egg Plant  <https://www.allrecipes.com/video/2935/easy-fried-eggplant/?internalSource=picture_play&referringId=22448&referringContentType=Recipe> |  |

|  |  |  |
| --- | --- | --- |
| 05/19/2019 | Fried Cabbage with Bacon, Onion, and Garlic  Ingredients   * 6 slices bacon, chopped * 1 large onion, diced * 2 cloves garlic, minced * 1 large head cabbage, cored and sliced * 1 tablespoon salt, or to taste 1 teaspoon ground black pepper1/2 teaspoon onion powder * 1/2 teaspoon garlic powder * 1/8 teaspoon paprika   Directions   1. Place the bacon in a large stockpot and cook over medium-high heat until crispy, about 10 minutes. Add the onion and garlic; cook and stir until the onion caramelizes; about 10 minutes. Immediately stir in the cabbage and continue to cook and stir another 10 minutes. Season with salt, pepper, onion powder, garlic powder, and paprika. Reduce heat to low, cover, and simmer, stirring occasionally, about 30 minutes more. |  |

|  |  |  |
| --- | --- | --- |
| 05/19/2019 | Okra  Pan Fried with Garlic and Onions  <https://www.youtube.com/watch?v=I5aI4pDrR-8> |  |

|  |  |  |
| --- | --- | --- |
| 05/19/2019 | Squash, Corn, and Onions  <https://www.youtube.com/watch?v=4zr4Z5X5EmQ>  Ingredients   * Butter * Squash * Corn * Onions * Salt * Pepper   Directions  Simmer Onions for 2 minutes  Add Squash, Salt, Pepper, Corn  Let Simmer on Medium Low for 15 minutes.  Stir and Letter Simmer for 15 additional minutes (Total of 30 minutes) |  |

|  |  |  |
| --- | --- | --- |
| 04/08/2019 | Chicken – Mushrooms and Gravy  <https://www.recipetineats.com/chicken-with-mushroom-gravy/> |  |
| 01/23/2019 | Pork Chops and Gravy  <https://www.youtube.com/watch?v=dhtzBBRgeDE>  Olive oil, butter, salt, pepper, mushrooms, garlic, flour, beef broth.  Serve with Rice (make it before). |  |
| 01/20/2019 | Nachos Supreme  Taco Seasoning, Green Onions, Shredded Cheese, Olives, Tomato, Regular Onion, Salsa, Water, Ground Beef  <https://www.youtube.com/watch?v=SbHUCBk8yrg> |  |
| 10/19/2018 | Garlic Butter Chicken   * Butter, Rosemary, Garlic, Salt, Pepper   Salt and Peper Chicken. In Pan melt butter, Garlic, Pepper.  <https://diethood.com/baked-garlic-butter-chicken/> |  |
| 09/30/2018 | Cinnamon Apples  <https://www.myrecipes.com/recipe/warm-cinnamon-apples> |  |
| 09/02/2018 | Pacidilllo - (I believe this is close to ixtapa beef)  <https://www.youtube.com/watch?v=WLReZVMRdw4>  Pacadillo – Ground Beef Hash  <https://www.youtube.com/watch?v=ys_jN1CQ_fw> |  |

|  |  |  |
| --- | --- | --- |
| 08/05/2018 | Cactus   1. Bring Water to Boil, add salt and a pinch of baking soda (powder) 2. Add Cactus and Boil for 20 minutes or until it starts to pulp. 3. Strain/Drain Pulp. Set aside 4. Cast iron .. mix oil, onions, garlic and sausage or whatever meat. Add Arbol chile.   4. Add Cactus. Add can of Rotel Tomato w/ jalepeno.   1. Cook until done.   <https://www.yummly.com/recipe/Stewed-Nopales-_Cactus-Paddles_-518998> |  |

|  |  |  |
| --- | --- | --- |
| 08/05/2018 | Liver and Onions  <http://www.thewolfepit.com/2013/03/beef-liver-and-onions-with-gravy.html> |  |

|  |  |
| --- | --- |
| 08/13/2019 | Cleaning Cast Iron  <https://www.youtube.com/watch?v=a5NbQwzwUTw> |

|  |  |  |
| --- | --- | --- |
| 07/25/2018 | Seasoning Cast Iron  Normal cleaning after cooking   * Do not use Soap! Soap will remove seasoning. * Do not use metal scrubrush * Scrub with water on Stove. Hot water and salt * Towel dry * Dry on stove or oven * Put oil on * Put on stove and let oil dry. Should smoke   Restoring Cast Iron   * Steel Wool * Remember, water makes it rust – keep it dry * Oil – Wipe off oil before heating. If too much oil is left on then it will become sticky * Result is a hard glossy layer making cast iron non-stick   <https://www.youtube.com/watch?v=7JPyUYbdS5k>  <https://www.youtube.com/watch?v=KLGSLCaksdY>  <https://www.youtube.com/watch?v=digNELTRIbY>  Using Vinegar to restore  <https://www.youtube.com/watch?v=XB-UWnlli34> |  |

|  |  |  |
| --- | --- | --- |
| 07/25/2018 | Fried Chicken  <https://www.youtube.com/watch?v=FtY0zUI7dKc>  <https://www.youtube.com/watch?v=-91c-7F8utw>   * Mix flour, onion powder, garlic powder, salt, pepper, cayenne pepper, paprika. * Separate bowl mix eggs, milk.   Add chicken to milk and eggs solution and then dip into flour mix.   * Put chicken in pan then add oil. (Last time I was only able to put 3 pieces in pan because I had so much oil.) * Cook 12 minutes, constantly turning. Cook big pieces 15 minutes. |  |
| 07/29/2018 | Pan Seared Butter Steak  <https://www.youtube.com/watch?v=kbpIYAnt-7k>  Sear a Steak in Cast Iron  <https://www.youtube.com/watch?v=ktwf15PROJE> |  |
| 08/05/2018 | French Cooking  <https://www.youtube.com/watch?v=bbD8clWU5mk> |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |