# Cast Iron Skillet

## Mexican Style Picadillo

<https://www.youtube.com/watch?v=TT9cQava7MM>

**Ingredients**

Olive Oil

Onions

Carrot

Potatoes

Pepper

Paprika

Beef Buillon cubes

Ground Beef

Squash (Optional)

Corn

Jalepeno

Bell Pepper

Garlic

Tomato

Rotel Substitue for Jalepeno, Bell Pepper, Tomato

Directions: Add small amount of Olive Oil. Saute Onion, Pepper, Garlic, Beef Buillon Cube. Add Ground Meat and cook until Brown. Add Potatoes and Carrots. Add rest of spices Pepper, Paprika, Beef Broth, Rotel, Corn. Add Water until Potoes are covered. Cook for 20 minutes until potatoes are soft.

2020/11/18- Decided to cook meat first added potatoes shortly after so I would have oil from ground meat. Adjusted Directions.

## Steaks

Season Steak with Garlic Powder, Pepper, Onion Powder. Cook on Fat Side First. Cook 6 minutes on each side, depending on thickness. After first 6 minutes add Butter.

2020/09/22 – Cooked a New York Strip Steak. Tricia Loved this!

## Blackened Catfish

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| 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> |

## Salmon

<https://www.youtube.com/watch?v=RpgVU1ehd6c>

## Carne Guisada (Beef Tips and Gravy)

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| 2020/02/23 | Carne Guisada  <https://www.youtube.com/watch?v=CGaIBYHwqfs>  Ingredients  Beef Stew Meat  Rotel  Onion  Garlic  Cumin  2 Bouillon Cubes  Salt  Pepper  All purpose Flour (6 tablespoons or ½ cup flour)  Water ( 2.5 cups)  Directions – Start timer as soon as you put meat in skillet. Chop Onion, 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, cumin, chicken bouillon cube. Add flour and mix well. Add water and get lumps out of flour. Add water so that all the meat is covered. Bring to a rapid boil, then lower the heat and cook for 1 hour (reduced from 1.5 hours) . Stir every 20 minutes. Add Rotel after it has cooked for 30 minutes.  2021/04/13 – Cut up Potatoes. Cooked Potatoes in a separate pan. Heated up some corn also as a sidedish.  2020/06/15 – Didn’t cook with Rotel. Cooked Rotel separately for 15minues in a small pan.  2020/05/29 – The Tomato kept sticking to bottom of skillet, thinking it would be best to add Rotel after it’s been cooking for 45 minutes. Tricia’s didn’t like the peppers in Rotel, only use ½ can next time.  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). |

## Hamburger Steak

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| 07/22/2019 | Hamburger Steak  <https://www.youtube.com/watch?v=KBFdDqQVKEk>  Ingredients:  Pepper,  Garlic,  Worchestire Sauce,  Bread Crumbs,  Raw Egg,  Hamburger Meat.  Vegetable Oil  Onions  Butter  All-Purpose flour (Use Heavy Cream for Low-Carb)  Beef Broth  Directions: Mix Hamburger Meat, Pepper, Garlic, Worchestrire Sauce, Bread Crumbs, Egg and cook in Cast Iron with Vegetable Oil. Cook Hamber Meat once Mixed. Take out Hamburger Meat and move to side. Cut up whole onion and saute in left over oil.  Add Butter and All-Purpose Flour (or Heavy Cream) creating Rue. Add Beef Broth and Water. Add Garlic Powder. Bring to a Boil and cook in a low heat for 30 minutes. Add Hamburger after 30 minutes of low heat. Bring Gravy to a Boil and then lower heat for another 30 minutes.  2020/10/01 – Decided just to make Hamburgers. Substituted Crackers for Bread Crumbs and Steak Sauce for Worchestire Sauce. I liked it! Bella, also ate this! |

## Egg Plant

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

## Fried Cabbage

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| 05/19/2019  Fried Cabbage with Bacon, Onion, and Garlic  <https://www.youtube.com/watch?v=6LfR9r4Kh_8>  Ingredients   * 6 slices bacon, chopped (Sausage Optional) * 1 large onion, diced * 2 cloves garlic, minced * 1 large head cabbage, cored and sliced * Pepper Flakes (Optional) * 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.   2021/01/16 – Made with Breakfeast sausage.  2020/12/17 – Substituted ham for Bacon came out good. Try add a can of corn next time.  2020/11/13 – Made again this time Made Bacon before adding sausage and it worked better.  2020/11/11 – Made used Sausage with Bacon. Cook Bacon first once it has cooked for a while then add sausage. Added Pepper flakes. |

## Okra

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

## Squash – Corn and Onions

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| 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) |  |

## Green Beans (Soup)

<https://www.youtube.com/watch?v=8PmQ-4LDkss>

Ingredients:

Green Beans

Bacon,

Garlic

Chicken Buillon Cubes

Water

Potatoes

Onion

Paprika

Directions : Cook Bacon, Leave Grease and take out Bacon. Cook Onions, add Garlic. Add Potatoes, Pepper, Paprika, chicken Builon cubes. Add Beans and Pour in water just enough to cover beans. Bring to Boil and Simmer for 45 minutes to 1 hour.

2020/10/17 – Needs t o cook for at least 45 minutes. Took out early and green beans were a little firm, surprisingly potatoes were done. I also added some jalepenos. I used regular russet potatoes and didn’t peel them. Slightly grainy, should probably peel them next time, unless I have red potatoes.

2020/09/30 – Made in a Big Pot. Just keeping Vegetables in One Place, may want to make a separate document.

## Chicken Mushroom and Gravy

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| 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>  Ingredients:  Olive oil, butter, salt, pepper, mushrooms, garlic, flour, beef broth.  Directions:  Cook Pork with Oil and set to side. Add more oil, mushrooms, onion, garlic, add flour and cook until rue forms, add broth , add salt and pepper.  Serve with Rice (make it before).  2020/06/23 – Made with Pork Loin. I made corn as a side. |  |
| 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> |  |

## Cactus

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| 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>  **3 ways to cook Nopales**  <https://www.youtube.com/watch?v=sZml-zZM6KY>  **Cactus w/Eggs**  <https://www.youtube.com/watch?v=15LZ2BJEaDI> |

## Liver and Onions

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

## Cleaning Cast Iron

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

## Seasoning Cast Iron

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| 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> |  |

## Fried Chicken

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| 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. |  |

## Pan Seared Butter Steak

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| 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> |  |
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