

Buttermilk biscuits

Ingredients

- 2 cups self-rising flour + more for flouring board and cutter
- 1/4 cup vegetable shortening + more for greasing pan
- 3/4 cup buttermilk

OR

- 1 cup self rising flour
- 2 tablespoons shortening
- 1/4 cup + 2 tablespoons (6 tablespoons) buttermilk (I just eyeball a little more than 1/4 cup)

Instructions

1. Preheat oven to 475° F. Lightly coat rimmed baking sheet or cast iron skillet with vegetable shortening. Set aside.
2. Add flour to a large mixing bowl. Cut in shortening with a pastry blender, two forks, or knives until well-combined. Slowly pour in buttermilk and stir gently until just combined. Do not overmix.
3. Pour biscuit dough onto a floured pastry cloth, paper towels, or dough board. Gently pat or roll to about 1/2-inch thick. Cut out biscuits using about a 2-inch biscuit cutter. Place biscuits into skillet or on baking sheet pan, leaving about an inch between biscuits to allow them to rise and cook fully. Place in preheated oven and bake about 10-12 minutes. Remove from oven and serve.

Mom's Japanese Pepper Beef

glee 12/06/2020



♥ 1

glee 12/06/2020

Mom always said use a cheap cut of beef to make this. You cut the meat up into small pieces while still froze



The sauce is split into 2 parts. One for marinating the meat (30 minutes to an hour if the meat is tough) and the other half for tossing in while cooking. For marinade:

glee 12/06/2020

2 tsp soy sauce, 2 tsp sake, 1 tsp sesame oil, 1 tsp corn starch
Toss it all in with the meat



I also threw in 2 cloves of minced garlic and a little bit of ginger



ZeitGeist 12/06/2020

*question: teaspoons or tablespoons?

glee 12/06/2020

For marinade teaspoons

The little dish to the side has the sauce for cooking. 1.5
tablespoon soy sauce, 1 teaspoon sugar, 1 tablespoon sake, 2
tablespoon chicken broth, 1 tsp corn starch

Cut bell pepper into small pieces.



Heat frying pan with a little oil and cook just bell pepper until they are mostly cooked through. Remove bell pepper from pan, add more oil, and start cooking meat.

When meat is mostly cooked, maybe just a little pink visible, add back the peppers



Toss it around until it finishes cooking all the way through then take the sauce you set aside (whisk it to make sure corn starch hasn't settled) and toss it in.

Sauce will thicken quickly, give it a few stirs and then done!

Tomatoes and Okra



Ingredients

- A bag of frozen okra (fresh is fine too but it takes longer to cook).
- A can of diced tomatoes, a can of tomato sauce, a carton of strained tomatoes (I just used what I had on hand. One or the other can be substituted, you can use less or more tomato stuff according to taste),
- chicken broth,
- an entire package of bacon. I think the packages are about 1lb or so?
- 1 diced onion.

Instructions

Fry up the bacon until it's super crispy. Scoop most of the bacon grease out of the pan. In the south we use bacon grease for cooking a lot of stuff so I reserve the extra and store it in the fridge for seasoning stuff later. I know, super unhealthy but sooo yummy.

Fry the diced onion in the pan with the bacon grease. Then in a pot (I used a slow cooker) dump everything else. I think I used about 2 cups of chicken broth, but you can add more or less depending on the consistency you're going for. I wanted mine to be kind of soupy.

Add the onions you just cooked, the canned tomatoes, chicken broth, okra. And let it slow cook for an hour or so. I wanted to speed things up so I boiled the okra separately using chicken broth. Also crumble up the bacon that you fried and toss it in there. I didn't actually have an entire package of bacon handy, so I added some cut up pieces of kielbasa sausage to the mixture.

Season with salt, pepper, garlic, and some cayenne pepper because a little bit of spiciness enhances the flavor.

Karaage Chicken

Ingredients

Chicken: 1 pound of chicken in bite size pieces. Traditional recipes use chicken thighs, cut up with some skin attached even. I usually just go with skinless chicken breast because cutting up chicken grosses me out.

Marinade:

- 2 tablespoons soy sauce
- 1 tablespoon sake
- 1 tablespoon sesame oil
- 2 cloves garlic (minced)
- ½ teaspoon grated ginger

For frying:

- 2 tablespoons corn starch (traditionally uses katakuriko potato starch but I don't even know where you buy that)
- 2 tablespoons plain all purpose flour
- Enough oil for deep frying

Instructions

1. Cut chicken into 2 inch pieces and season with a little salt and pepper
2. In a large bowl, combine ginger, garlic, soy sauce, sake, and sesame oil. Whisk all together.
3. Add the chicken to the bowl and mix. Marinate for 30 minutes.
4. Put corn starch and all-purpose flour in separate piles.
5. Dredge each chicken piece in the flour and dust off the excess flour.
6. Dredge the chicken in the potato starch and remove excess starch.
7. Pour the oil into a heavy-bottomed pot (I used a Dutch oven) and heat the oil to 325°F (163°C) on medium heat.
8. Deep fry the chicken pieces and drain them on a paper towel lined plate

Eat warm or cold. Delicious as left over breakfast on rice!

New Years Black Eye Peas



Ingredients

- Package of dry black eye peas, rinsed
- 4 cups of chicken broth (or 2 boullion cubes) (you probably can just use water instead of chicken broth but I like the extra flavor)
- Ham bone from Christmas
- 1 Onion, chopped
- 4 cloves of garlic, minced
- Pepper to taste

Instructions

1. Set crock pot to low heat. Plan to let it cook all day, at least 8 hours
2. Throw everything into the crock pot
3. Check on it once or twice and give it a stir.

4. After the beans are nice and soft, pull out the ham bone and any undesirable gristly pieces of meat.

Note: This is a lot of black eyed peas. I usually let it cool and throw it into quart sized freezer bags. I kid you not, we end up eating these peas the whole year well into December, at which point I make sure to finish them off before next year's batch.

Japanese style chicken curry



Ingredients

- Whole frozen chicken (defrosted)
- 2 chopped potatoes
- One chopped onion
- 2 cups chopped carrots or a couple of handfuls of baby carrots
- Package of Japanese curry flavoring from the grocery store.

Note: I was really surprised to learn that throughout the country, in all households and restaurants, that they used a pre-mixed box roux to flavor Japanese curry. I thought it was some complicated thing that people learned to make, but I was wrong. It's basically this big block of roux that you break off into chunks into your water.

Instructions

1. Rinse the chicken and empty the cavity of any organs/neck pieces they might have thrown in there.
2. Put the chicken in the crock pot and set it on low heat.
3. Cover it with water, about 4 cups.
4. Leave it in there for about 4 hours, and then pull out the chicken to cool.

5. When the chicken is safe to handle separate the meat from the skin and bones.

Note: At this point I measure the broth. Anything over 4 cups broth I freeze into blocks and save for other recipes that use chicken broth. I usually end up setting aside and freezing excess chicken meat too.

6. Add 4 cups of broth back to the crock pot, as well as the chopped vegetables and chicken meat, and packaged curry seasoning.

Note: You can take a shortcut here and have already pre-cooked the veggies by sauteing them in a pan. Or you can let them slow cook in the crock pot until they are nice and soft.

7. Let simmer until veggies are fully cooked. Serve over rice.