

Nov 14th: Southern Comfort

Cheesy Grits (Serves 2 takes 60 min)

- 1/4 cup grits (cooked according to directions on box)
- 1/8 cup milk
- 3/8 stick butter (6 Tablespoons)
- 3/4 cup medium cheddar cheese (grated)
- 1 garlic cloves (minced)
- 1 eggs
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- scallions (optional)

Instructions

Preheat the oven to 325 degrees and butter or spray 4 ramekins or a 8x8 baking dish.

Cook grits according the the directions on the box.

On the stovetop, melt butter with minced garlic. Add in the cooked grits, cheese, and milk. Stir over medium heat until combined, then cool to lukewarm.

Whisk the two eggs together with salt and pepper, then add the eggs to the warm grits. Stir everything until well combined then ladle out into the ramekins or a baking dish. Bake at 325 for 30-40 minutes or until beginning to brown on top. (The time will depend on the dish you're cooking them in). Serve immediately.

Cobb Salad with Homemade Ranch Dressing (Serves 2 takes 29 min)

- 1/2 head iceberg lettuce (cut into bite-size pieces)
- 10 ounces boneless skinless chicken breasts (cooked, cut into 1/2-inch chunks)
- 1/4 cup bacon (crumbled)
- 1/2 large tomato (coarsely chopped)
- 1/2 avocado (pitted, peeled & chopped)
- 1 1/2 eggs (hard-boiled & chopped)
- 2 green onions (thinly sliced)
- 2 ounces blue cheese (crumbled)

Instructions

Arrange lettuce on a large serving platter. Place cooked chicken in the center of the lettuce. Place bacon bits in a row on one side of chicken. Place tomato in a row beside bacon bits and avocado in a row beside them.

Place eggs, green onions, and blue cheese in rows on the other side of the chicken. Serve immediately with salad dressing.

Homemade Ranch Dressing (Serves 2 takes 5 min)

- 1/2 cup buttermilk
- 1/4 cup mayonnaise
- 1 teaspoon lemon juice
- 1/8 teaspoon paprika
- 1 tablespoon fresh parsley (chopped)
- 1 teaspoon chive (fresh, chopped)
- 1/4 teaspoon dill (or a teaspoon chopped fresh)
- salt
- Pepper

Instructions

In a small bowl, stir together buttermilk and mayonnaise.

Add the rest of the ingredients, adjusting the amounts to your own taste!

Chicken Fried Steak Bites with Mashed Potatoes and Sausage Gravy**Chicken Fried Steak (Serves 2 Takes 80 min)**

- 3/4 pound cube steak (tenderized Round Steak That's Been Extra Tenderized)
- 3/8 cup whole milk
- 1/2 whole large eggs
- 3/4 cup all-purpose flour
- seasoned salt
- 1/16 teaspoon cayenne
- black pepper (LOTS Of, . Lots.)
- canola oil (For Frying)

Instructions

Start by tenderizing your cube steak to create round steak.

In a small bowl beat together milk and eggs.

In a separate dish add flour and sprinkle with seasoning salt as well as pepper and cayenne too.

To assemble: dip the meat one piece at a time into the egg/milk mixture. Coating the entire piece.

Remove than place it into the flour mixture.

Repeat twice (egg/milk than flour) with each piece of steak.

Heat canola oil in a skillet. Than fry the meat 3 pieces at a time until each piece is golden brown.

Remove the cooked meat to a paper towel-lined plate.

(Use drippings for gravy!)

Homemade Country Gravy (Serves 2 Takes 20 min)

- 3 tablespoons grease from steak cooking
- 3 tablespoons all purpose flour
- 2 cups whole milk
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper

Instructions

First is pour off all the grease into a heatproof bowl, then add 3 tablespoons of grease back into the skillet. Heat it over medium-low heat, then sprinkle flour over the grease.

Whisk the flour with the oil and cook for a couple of minutes, until it turns a deep golden brown.

If the roux looks more greasy than pasty, just sprinkle in a little more flour.

Pour in milk and whisk until it's combined

Mashed Potatoes (Serves 2 takes 35 min)

- 3 pounds yukon gold potatoes
- 2 teaspoons salt (divided)
- 1/3 cup butter
- 1/3 cup half and half
- 4 ounces cream cheese (softened)
- 3/4 teaspoon ground pepper (coarsely)

Instructions

Peel potatoes and cut into 1-inch pieces. Bring cold water, potatoes, and 1 tsp. salt to a boil in a medium-size Dutch oven over medium-high heat. Reduce heat to medium-low. Cook potatoes for 15 to 20 minutes or until fork-tender and drain.

Bring potatoes back to Dutch oven. Cook in Dutch oven until water evaporates and potatoes look dry. Mound potatoes on 1 side; add butter, half-and-half, cream cheese, ground pepper, and remaining 1 tsp. salt to opposite side of Dutch oven. Cook 1 to 2 minutes or until butter is melted and mixture boils.

After removing from heat, beat at medium speed with a hand-held electric mixer 30 seconds to 1 minute or to desired degree of smoothness. Do not overbeat. Serve warm.

Peach Cobbler (Serves 2 takes 60 min)

- 2 refrigerated pie crusts
- 4 cups peaches (fresh, diced)
- 2 tablespoons caramel sauce (quality)
- 2 tablespoons cornstarch
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground nutmeg (fresh)
- 1 cup all purpose flour
- 1/4 cup dark brown sugar
- 1/4 cup granulated sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 6 tablespoons unsalted butter (melted and cooled)
- 1 dash salt

Instructions

Combine peaches, caramel sauce, cornstarch, cinnamon, and nutmeg. Mix until well incorporated and cornstarch is no longer visible. Cover and set in the refrigerator for 20 minutes.

Flour your surface and roll out your pie crust (one at a time). Your crust should be about 1/4 of an inch thick. Cut out circles using a biscuit cutter or wide-mouth glass (a [wine](#) glass works perfectly)

Butter the inside of your muffin cups making sure all areas are covered.

Line the inside of your pans with pie crust. Pinch or crimp edges with a fork for decoration. Coat the inside of the pie crust with melted butter and set aside.

To make your topping, combine flour, brown and white sugar, cinnamon, nutmeg, salt, and butter. The texture should be crumbly.

Fill each baking cup to the tip with the peach mixture then top with 2-3 tablespoons of topping. Bake for 350°F for 18 minutes or until topping is golden.

Allow cobbler to cool for 20 minutes before removing from pan. Once cooled, remove from pans, place on serving tray, and drizzle with caramel sauce.