

## SOUTHERN STYLE FRENCH TOAST

### INGREDIENTS (YIELD 4 PORTIONS)

- 2 large eggs
- 1/2 cup granulated sugar
- Pinch of nutmeg
- 1 teaspoon of cinnamon
- 1 1/2 tsp real vanilla extract
- 1/2 cup buttermilk
- 1/2 cup whole milk
- 4 oz heavy cream
- 4 slices of bread (hallah bread or brioche)
- 2 teaspoons of butter
- 1/2 cup oats

### GARNISH

- Blueberries
- Bananas
- Bourbon or rum (extract may be used)
- 4 oz maple syrup
- Pinch of cinnamon

### INSTRUCTIONS:

1. Preheat a large skillet or griddle over medium-low heat.
2. Using a large bowl, beat eggs with granulated sugar, vanilla extract, buttermilk, whole milk, heavy cream, and a pinch of salt.
3. Melt butter on skillet/griddle.
4. Place bread into batter to coat one side. Flip over and repeat with other side. You don't want to soak the bread, just have each side coated well with the batter.
5. Place on a griddle and sprinkle top side with oats before flipping the bread. Cook both sides until nicely browned (usually about one minute per side).

SERVING SUGGESTION: Southern Style French Toast is perfect with a pat of butter, lightly covered with powdered sugar and served with pure maple syrup.

## BRAISED SHORT RIBS (PRE-COOK)

### INGREDIENTS (YIELD 4 PORTIONS)

- 4½ pounds bone-in beef short ribs (oxtail optional)
- 4 oz olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 cup chopped yellow onion
- 1 carrot diced (large)
- 2 ea celery stalk diced (large)
- 1 cup dry red wine
- 2 oz granulated sugar
- 4oz tomato puree
- 2 qts beef stock
- 1 qt chicken stock
- 2 teaspoons chopped fresh rosemary
- 4 thyme sprigs

### INSTRUCTIONS:

1. Sprinkle beef with salt and pepper.
2. In a 12-inch cast-iron skillet, place beef and sear on all sides over medium heat.
3. Cook until browned on all sides, 3 to 4 minutes per side.
4. Transfer contents of skillet to a 5- to 6-quart slow cooker then add onion, celery and carrot.
5. Next add red wine, sugar, tomato puree, beef bouillon, and rosemary; pour over ribs.
6. Cover and cook until tender, about 2 hours on low temperature at 325 degrees.
7. Once beef has cooked and is fork tender, remove from pot then strain cooking liquid from slow cooker.

### FOR THE SAUCE

1. In a small saucepan, heat 2 tablespoons butter and 1 tablespoon of flour over medium high heat.
2. Cook flour and butter 1 to 2 min., then add cooking liquid and allow to cook, stirring occasionally, until thickened.
3. Serve with ribs. Garnish with rosemary, if desired.

## SLOW COOKER BEEF SHORT RIBS (VIDEO)

### INGREDIENTS (YIELD 4 PORTIONS)

- Short ribs (cooked)
- 2 tablespoons olive oil
- 1/2 of a yellow onion, diced
- 1/2 of a green bell pepper, diced
- 6 ea tri-color baby peppers, sliced
- 6 ea sliced okra, sliced
- 8 ea cherry tomatoes, tri-color, halved
- 4 ea garlic cloves, diced
- 2 ea shallot, diced
- 2 tablespoons cajun seasoning
- 1 tsp kosher salt
- 1/2 teaspoon black pepper
- 1 qt beef stock
- 1 cup chicken stock

### INSTRUCTIONS:

1. In a preheated pan, add olive oil (make sure pan is hot).
2. Add the braised beef and all to sear on all sides. Note: braised beef should be cool prior to searing, this will develop depth of flavor and add texture to the dish.
3. Add yellow onion and continue to cook on medium high heat.
4. Add the diced green bell peppers and tri-colored baby peppers. Note: use colorful peppers for a more dynamic presentation and flavor profile.
5. Once peppers are added then add the sliced okra and cherry tomatoes.
6. Continue to cook over medium high heat for 2 to 3 min.
7. Add the garlic, shallots and cajun seasoning.
8. Adjust the seasoning with kosher salt and pepper.
9. Add the beef and chicken stock and continue to cook over medium high heat.
10. Slice beef short ribs and place into a clean dinner bowl and spoon remaining ingredients over the beef. Serve hot.

## MASON JAR LEMON CURD

### INGREDIENTS (YIELD 4 PORTIONS)

- 4 large egg yolks (separate from white)
- 1 ea lemon, juice & zest or grate
- $\frac{3}{4}$  cup granulated sugar
- 3 tbsp. cornstarch sifted
- $\frac{1}{8}$  tsp. fine sea salt
- 1 tbsp. unsalted butter
- $\frac{3}{4}$  cup boiling water
- $\frac{1}{2}$  tsp. grated lemon zest

### GARNISH

- Black berries
- Strawberries
- Gooseberries
- Granola
- Diced cake
- Cookie
- Fresh mint

### INSTRUCTIONS:

1. In a clean bowl whisk together the egg yolks, lemon zest, lemon juice and sugar.
2. Once incorporated, place over a pot of warm water and continue to stir until the mixture thickens.
3. Once thickened, add the remaining lemon zest and carefully place into a clean jar and allow to cool.

### NOTES:

- Store homemade lemon curd in an airtight glass jar in the fridge up to one week.
- It's easiest to zest the whole lemon before slicing in half and squeezing the juice. Be sure to zest the very outer layer only of the peel- white pith is too bitter.
- If your curd hasn't reached pudding consistency when ready to remove from heat, simmer for a few more seconds to a min., stir and careful not to burn. You can strain curd with a fine mesh sieve if you prefer a smooth texture.