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Introduction

These are the recipes I use most often when cooking. I didn't create the originals but I've altered most of them to an extent. The point of this little booklet is to share the recipes I do actually use with friends.

I do not go into great detail about how to do things, you should know how to dice/chop/cut things and boil water. Youtube has great examples of how to make a roux if you need a visual aid.

This PDF is also designed to be printed out and stapled which is why there are blank pages at the front and end.

If you find any issues with it, please let me know:

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Vanilla Cutout Cookies that Don't Spread

Ingredients

- 1 cup (200g) unsalted butter (2 sticks) cubed, cold
- 1 cup (128g) granulated sugar
- 2 eggs
- 3 1/2 cups (500g) all-purpose flour (you may need as much as 4 cups)
- 1/2 (96g) cup cornstarch
- 3/4 teaspoon kosher salt
- 1 teaspoon vanilla extract

Instructions

1. Preheat the oven to 375 (190c) degrees.
2. Cream the butter and sugar.
3. Mix in the eggs until incorporated.
4. Add the flour, cornstarch, and salt, and mix on medium low speed.
5. Stir in the vanilla. (If you do not have an electric stand mixer with a paddle attachment, you may have to knead the dough by hand to fully bring it together.)
6. Roll the dough out between 2 sheets of parchment paper, to a thickness of 1/4 inch.
7. Cut into shapes, and bake for 9 to 12 minutes (for approx. 2 1/2 inch cookie).
8. Cool completely, then decorate with royal icing.

Sugar Cookie Icing

Ingredients

- 1 (128g) cup powdered sugar
- 2 tsp milk
- 2 tsp karo syrup
- 1/4 tsp vanilla extract

Directions

1. Stir everything together until smooth and glossy.
2. Divide into smaller bowls and add a few drops of food coloring to each one
3. This is the flood type icing that is more of a really thick glaze, it has a tendency to run but is not crazy sweet.

Potbelly Sugar Cookie Clone

Ingredients

- 1 ½ cups (192g) bleached AP flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 4 tablespoons unsalted butter
- 4 tablespoons regular or butter flavored shortening
- 1/2 cup granulated sugar (64g)
- 2 tablespoons light brown sugar
- 2 tablespoons light corn syrup (I use honey)
- 1/2 teaspoon salt
- 1 large egg
- 1 teaspoon vanilla extract or use McCormick Vanilla Butter & Nut Extract

Instructions

1. Thoroughly mix together the flour, baking powder and baking soda; set aside.
2. Melt the butter. Add the shortening and stir until shortening starts to melt, then add both sugars and stir until smooth. Stir in the corn syrup, salt, egg, vanilla and almond extract.
3. Add the flour mixture stirring just until it's incorporated. Dough should be soft. Put in the refrigerator for about 10 minutes.
4. To bake, preheat oven to 375F (190c) and line a heavy duty cookie sheet with parchment paper. Arrange dough pieces about 3 inches apart on cookie sheet and sprinkle centers with sprinkles. You will want to mush down the tops of them if you scooped the dough out with an ice cream scoop.
5. Bake for 12 minutes or until the cookies appear set and slightly brown around the edges. These are supposed to be very very very gooey and just barely cooked.

Brownies

Ingredients

- 1 cup (200g) granulated sugar
- 1 cup (200g) brown sugar
- 3 eggs room temperature
- 3/4 (75g) cup cocoa powder
- 1 cup flour (120g)
- 1 teaspoon salt
- 1.5 cup (260g) dark chocolate chips
- 1 cup (225g) melted butter, unsalted
- 1 tbsp coffee
- 1 tbsp vanilla extract

Instructions

1. Preheat the oven to 350 F (180C) and prep a 8x8-inch baking pan with parchment paper.
2. In a large bowl, combine melted butter, eggs, vanilla extract, and coffee then mix together well.
3. Add the white and brown sugars to the mixture and whisk together well.
4. Sift cocoa powder, flour, and salt into the bowl and mix until just combined
5. Toss in chocolate chips (or chunks) and fold into the batter.
6. Bake for about 30 minutes or until the center is just set. You'll notice the center does not wiggle when the pan is moved.

Good Old-Fashioned Pancakes

(Jac, these are thick pancakes)

Ingredients

- 1 ½ (192g) cups all-purpose flour
- 3 ½ teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 ¼ cups (295ml) milk
- 1 egg
- 3 tablespoons butter, melted

Directions

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Shrimp Etouffee

(Jac you can swap the shrimp for chicken)

Ingredients

- $\frac{3}{4}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon ground thyme
- $\frac{1}{4}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon white pepper
- $\frac{1}{4}$ teaspoon ground black pepper
- 2 pounds (32oz) shrimp, peeled and deveined
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon vegetable oil
- 3 tablespoons butter
- $\frac{1}{3}$ cup (43g) diced onion
- $\frac{1}{3}$ cup (43g) diced green bell pepper
- $\frac{1}{3}$ cup (43g) thinly sliced celery
- 2 tablespoons all-purpose flour
- $\frac{1}{2}$ cup (64g) diced tomatoes
- 1 $\frac{3}{4}$ cups (415ml) chicken stock, or as needed
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- 1 dash hot sauce, or more to taste
- salt to taste
- $\frac{1}{4}$ cup (32g) sliced green onions
- 2 cups cooked rice (Just cook a pot)

Directions

1. Whisk paprika, thyme, oregano, cayenne pepper, garlic powder, onion powder, white pepper, and black pepper together in a small bowl.
2. Drain shrimp in a colander for at least 15 minutes. Transfer to a bowl lined with paper towels and dry shrimp for about 3 minutes. Remove paper towels from bowl and season shrimp with 1 teaspoon salt and 1 teaspoon spice blend. Toss to coat shrimp with spice blend.
3. Heat vegetable oil a large heavy skillet over high heat until oil is smoking hot. Cook shrimp in the hot oil without stirring for 1 minute; stir and cook 1 minute more.
4. Transfer shrimp to a large bowl. Strain shrimp juices into chicken stock to total 2 cups (470ml), adding more chicken stock if necessary.
5. Melt butter in large skillet over medium heat until butter begins to turn tan at the edges. Sauté onion, celery, and green pepper in hot butter until softened. Pour in remaining spice blend.
6. Sprinkle flour into vegetable mixture and sauté until combined, 3 to 4 minutes. Stir in tomatoes; cook until tomato juices begin to brown on bottom of pan, about 3 minutes. Whisk stock into vegetable mixture, stirring until smooth. Bring to a simmer and cook until slightly thickened and reduced to a gravy consistency, 3 to 5 minutes. Stir in Worcestershire sauce and hot sauce. Season with salt to taste.
7. Stir shrimp into etouffee sauce; let simmer until shrimp are cooked all the way through and no longer translucent, about 1 minute.
8. Garnish with green onions and a dusting of cayenne pepper. Pour over rice in large, shallow bowls.

Southern Biscuits

Ingredients

- 2 cups (250g) flour (SOFT WHEAT)
- 4 teaspoons baking powder
- 1/4 teaspoon baking soda
- 3/4 teaspoon salt
- 2 tablespoons butter (cold!)
- 2 tablespoons shortening
- 1 cup (236ml) buttermilk, chilled

Directions

1. Preheat oven to 450F (230C) degrees.
2. In a large mixing bowl, combine flour, baking powder, baking soda and salt. Using your fingertips, rub butter and shortening into dry ingredients until mixture looks like crumbs. (The faster the better, you don't want the fats to melt.) Make a well in the center and pour in the chilled buttermilk. Stir just until the dough comes together. The dough will be very sticky.
3. Turn dough onto floured surface, dust top with flour and gently fold dough over on itself 5 or 6 times. Press into a 1-inch thick round.
4. Cut out biscuits with a 2-inch cutter, being sure to push straight down through the dough. Place biscuits on baking sheet so that they just touch. Reform scrap dough, working it as little as possible and continue cutting. (Biscuits from the second pass will not be quite as light as those from the first, but hey, that's life.)
5. Bake until biscuits are tall and light gold on top, 15 to 20 minutes.

Fathead Pizza

(low carb/high fat)

Ingredients

- 1 3/4 cups (224g) pre shredded/grated mozzarella
- 3/4 cups (96g) almond flour
- 2 tbsp cream cheese
- 1 egg
- pinch salt to taste
- 1/2 tsp dried rosemary, garlic, or other flavorings
- your choice of toppings

Instructions

1. Mix the shredded/grated cheese and almond flour/meal in a microwaveable bowl. Add the cream cheese. Microwave on HIGH for 1 minute.
2. Stir then microwave on HIGH for another 30 seconds.
3. Add the egg, salt, rosemary and any other flavorings, mix gently.
4. Place in between 2 pieces of baking parchment/paper and roll into a circular pizza shape. Remove the top baking paper/parchment. If the mixture hardens and becomes difficult to work with, pop it back in the microwave for 10-20 seconds to soften again but not too long or you will cook the egg.
5. Make fork holes all over the pizza base to ensure it cooks evenly.
6. Slide the baking paper/parchment with the pizza base, on a baking tray (cookie tray) or pizza stone, and bake at 220C/425F for 12-15 minutes, or until brown.

7. To make the base really crispy and sturdy, flip the pizza over (onto baking paper/parchment) once the top has browned.
8. Once cooked, remove from the oven and add all the toppings you like. Make sure any meat is already cooked as this time it goes back into the oven just to heat up the toppings and melt the cheese. Bake again at 220C/425F for 5 minutes.

Dinner Rolls of Ultimate Doom

Ingredients

5 cups (640g) all-purpose flour
2 tbsp rapid rise, instant yeast
1/3 (67g) cup granulated sugar
1 tsp salt
1 1/2 cups (354ml) warm milk, 110 degrees
5 tbsp butter, softened
1 egg , room temperature
2 tbsp melted butter

Instructions

1. Combine 3 cups (544g) of flour, yeast, sugar, salt, warm milk, butter, and egg in the bowl of a stand mixer.
2. Attach the dough hook and turn the mixer on to the lowest speed and mix until flour is incorporated, scraping down the sides of the bowl as necessary.
3. Increase speed to medium and beat for 2 minutes.
4. Add 1/2 cup (half whats left) flour and blend with the dough hook until incorporated. And another 1/2 cup flour and repeat, mixing at medium speed for another 2 minutes until a ball of dough is formed.
5. Add additional flour as necessary. The dough should be slightly sticky and soft and pulling away from the edge of the bowl.
6. Transfer the dough to a lightly greased bowl and cover with a towel or plastic wrap. Let rise for 30 minutes at room temperature.
7. Remove the towel or plastic wrap and deflate the dough by punching down lightly.

8. Pinch off pieces of the dough and form 24 rolls. You can weigh them to keep the rolls close to the same size. Mine were about 2 ounces each but this will vary depending on how much flour you added.
9. Transfer the rolls to a lightly greased quarter baking sheet or 9 x 13 baking dish. Cover with a towel or plastic wrap and let rise for an additional 30 minutes at room temperature.
10. Preheat oven to 375 (190) degrees. Bake the rolls for 12 to 15 minutes or until golden brown and cooked through. If the rolls are getting too brown, just tent the rolls with foil.
11. Remove rolls and brush hot rolls with the melted butter. Serve immediately or store cooled rolls in a plastic bag for up to 3 days.

Gumbo

Ingredients

- 1lb (450g) sliced sausage
- 1lb (450g) dark meat chicken
- 1 large onion (diced)
- 1 garlic (dice all the cloves, yes all of them)
- diced celery (about three stalks)
- diced bell pepper (just dice a whole one)
- 2 cups (400g) sliced okra
- diced tomatoes (canned works)
- 16oz chicken broth
- Quarter or half cup roux (for wanted thickness)
- 1 bay leaf
- Pinch thyme
- Pinch celery salt
- Pinch oregano
- 2 tbsp parsley or green onion
- 1 tbsp black pepper
- 2 tbsp Tony's
- Salt – to taste (your sausage and broth will alter this)
- Cooked rice

Instructions

1. In 6-8 quart pot or dutch oven sear your sliced sausages until lightly charred, remove.
2. Repeat step with chicken meat, you don't need to fully cook it just sear the outside. Remove.
3. (There should be grease in the pot now if not add a splash of your choice of cooking oil) Throw in peppers, onions, celery. Sauté until onions are clear.
4. Return meats to pot, add broth, garlic, tomatoes, okra,

seasonings and bring the whole thing to a boil. (add water if needed, should resemble soup)

5. While the soup is cooking start your rice cooker and make your roux:
6. In a small pan whisk 2-parts flour with 1-part oil and 1-part butter. (Start with tablespoons and adjust as you go.) Don't stop stirring it. Cook until it looks like very dark peanut butter. Allow to cool a few minutes off the heat.
7. Reduce boiling pot to a simmer and as carefully as possible spoon in the roux. You're adding thick oil to water it WILL splatter at you. Stir.
8. Simmer until gumbo has an opaque value to it. The once transparent chicken stock should no longer be such and the soup should be thickened.
9. Serve in a bowl over rice. Add hot sauce or green onion to taste.

Tips: You can use white meat chicken, but it tends to get stringy. Make it spicier by adding cayenne pepper during seasoning stage. Do not use burnt roux it will taste like an ashtray. I use the Italian flavored canned tomatoes.

Jet Jet Noodles

Ingredients:

- 1 onion (white/yellow/sweet)
- 1 bunch green onion
- 12 cloves garlic
- 2-3 ribeye steaks
- 3 bunches baby bok choy
- 32oz chicken or beef broth
- 2-3tbsp garlic chili sauce
- 1tbsp fresh ginger
- 4-5tbsp salt
- Fresh or dried flat noodles.

Instructions

1. Mince onion, ginger, and garlic. Do not use dried versions of these. Saute all three in a dry 5-8qt pot until garlic starts to brown. De-glaze pan with a quarter cup of water to brown the remaining veggies.
2. Julienne the baby bok choy after washing. I've made this with full sized bok choy as well but only use a single one instead of three if subbing. Slice your steaks into 1 cm thick slices. If you've got time you can sear the steak slices before adding to the pot but it's not required.
3. Add bok choy, steak, salt, and broth to the pot. Bring them to a boil. You may need to add water or allow it to reduce. Once steak is cooked taste it to see if it needs salt. Add the chili sauce. The soup should not be super thick, its a broth with meat and noodles, add more water or broth if needed.

4. On days I have the time I will hand make the noodles using flour and water, rolling them out and hand cutting before tossing in to a separate pot of boiling water. Do not cook the noodles in the soup. For days I'm busy I'll sub the handmade noodles for fettuccine but any flat pasta noodles will do.
5. Add 1 part noodles to 2 parts soup in a bowl, garnish with chopped green onion.

Warnings:

Do not buy low grade steak unless you plan on boiling it forever. Find choice or prime meat if you can, it will become tender quicker and stay that way. Leaner cuts take longer and you run the risk of being stuck with slices of grey rubber in your soup and ruining steak you would have been better off grilling.

If you have never eaten garlic chili sauce start with one teaspoon and work your way up with the taste test, a little goes a long way and if you have someone who likes molten lava soup they can add it to their own bowl as well.

