

Show #64. Southern Breakfast

Biscuits and Gravy

Gravy

12 ounces hot sausage
12 ounces mild sausage
4 tablespoons flour
1/2 gallon milk
4 tablespoons butter
Salt
Pepper

In a large pot, add sausage and cook until browned and cooked through. Drain grease and add flour to sausage. Cook over medium-high heat until the sausage is well-coated with the flour. Add milk and butter and stir until desired thickness and add salt and pepper, to taste. Serve with biscuits.

Biscuits

2 cups Flour
½ teaspoon salt
¼ teaspoon baking soda
1 teaspoon sugar
1 Tablespoon baking powder
1¼ cup Buttermilk
5 Tablespoon shorting

Biscuits: Preheat oven to 400 degrees F.

Mix dry ingredients together. Cut in shortening. Add buttermilk and mix. Turn dough onto lightly floured surface and roll out to desired thickness. Cut with small biscuit cutter and place on greased baking sheet. Bake for 12 minutes or until golden brown.

Split biscuits in half and top with country fried steak and drizzle with gravy.

Cajun Style Eggs Benedict

4 artichoke halves
4 tablespoons butter, at room temperature
4 slabs smoked Bacon

4 oz. crab salad

4 egg yolks
2 teaspoons fresh lemon juice
1 tablespoon water
1 tablespoon Creole Mustard
2 teaspoons finely chopped parsley
1/2 pound butter, melted and warm

In a stainless steel bowl set over a pot of simmering water over medium heat, whisk the egg yolks with the lemon juice, water, mustard, and parsley, together. Season with salt and cayenne. Whisk the mixture until pale yellow and slightly thick. Be careful not to let the bowl touch the water. Remove the bowl from the pot and whisking vigorously, add the butter, 1 teaspoon at a time, until all is incorporated.

To assemble, place one once crab salad on top artichoke half. Top with bacon. Spoon the Hollandaise sauce over dish. Garnish with parsley.

Orange French toast

1 cup milk
½ cup Orange Juice
Zest of one orange
3 large eggs
¼ cup brown sugar
1/4 teaspoon salt
8 (1/2-inch) slices day-old or stale country loaf, brioche or challah bread
4 tablespoons butter
Ground cinnamon

In medium size mixing bowl, whisk together the milk, orange juice, zest eggs, brown sugar, and salt. When ready to cook, pour custard mixture into a pie pan and set aside.

Preheat oven to 375 degrees F. Dip bread into mixture, allow to soak for 30 seconds on each side dust lightly with ground cinnamon, and then remove to a cooling rack that is sitting in a sheet pan, and allow to sit for 1 to 2 minutes.

Over medium-low heat, melt 1 tablespoon of butter in a 10-inch nonstick sauté pan. Place 2 slices of bread at a time into the pan and cook until golden brown, approximately 2 to 3 minutes per side. Remove from pan and place on rack in oven for 5 minutes. Serve immediately with maple syrup, whipped cream or fruit.

Mint Julep Fruit Salad

6 to 8 spearmint leaves
2 cups water
2 cups sugar
2 ounces bourbon
Diced Fruit

Heat water and sugar until sugar melts add in mint leaves mix in Bourbon and cooled. Pour over diced fruit, mix and serve.