



JIMMY DICKS

International Eats

ABSTRACT

COOKING IS FREAKEN EASY! Get out of the rut of cooking the same thing day after day and night after night. I will show you how freakin easy it is to cook a diverse menu of international dishes. Spice up your life, shock and impress your friends and family. No specialty shops required, no traveling for spices or equipment. The average kitchen can master every recipe with ingredients found in any grocery store.

Jimmy Dix

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GRITS CASSEROLE

One southern staple is of course Grits. This grits casserole is elevated to a level I have never tasted before. The first time I had this my eyes rolled back in my head, I picked up a couple of live rattle snakes and started speaking in tongues...It took me a whole week to uncurl my toes. Now that is a good dish. I have fed this to grits haters, and they always come away a fan. Let's stop talking cuz I am on a role. A casserole that is.

Ingredients:

¾ cup Old Fashion Grits

¾ cup of Butter

¼ tsp Salt

3 cups Water

½ lb. Velveeta Cheese

1 Jalapeno (optional but really adds something)

1 lb. cooked Breakfast Sausage, (your choice hot or mild) crumbled and drained.

2 eggs beaten

Let's do our prep first.

Part of what makes cooking easy is if you have your prep work done in advance. This way you have everything ready and you are not running around the kitchen like a whacked out crazy person off their meds....

First in a large sauce pan add your measured water salt and butter then set aside. Next cook your sausage, making sure you crumbled up real good and drained off the fat. Then set that aside. It is perfectly fine if it cools. Next finely chop up your jalapeno removing the seeds and white membrane, unless you want more heat. Finally cube your cheese into one inch cubes and set that aside. Now you are ready to rock this recipe out.

A videotutorial of this recipe can be found on You Tube at Channel Jimmy Dick's International Eats

Let's get started.

Combine water, salt, and butter and bring to a boil. Once boiling add grits stirring constantly. This is very important since you do not want lumps. Reduce heat to medium. When your grits start to thicken remove from heat. Stirring constantly slowly add your two beaten egg. Once combined return to a medium heat and add your cubed cheese. Once the cheese is melted add your jalapeno and cooked sausage. Pour into an 8X8 cooking dish or a 9X13 if you doubled the recipe. Bake in an oven at 350 degrees for one hour. The top will be golden brown and the inside will be Heaven on Earth.

Let it rest for about 10 minutes before cutting into it. Your whole family will beg you to make it again.

If you looked up the definition of comfort food you would see this grits casserole recipe. This casserole is great for gatherings, and potlucks. I usually double this recipe because the leftovers are incredible. I bring it work and give it a little time in the microwave and BOOYA!! Everyone is asking me what that wonderful aroma is. I just Yell GET!!!!!! And throw things at them until they go away, cuz I aint sharing none of my grits casserole....I quit school cuz of recess...I aint playing no games.

Sticking with the breakfast theme, another southern classic is biscuit and gravy. For this one I will focus on the gravy part. There are so many different recipes for breakfast gravy. I have many myself but this one is bacon gravy. Very common in the south and very delicious. This one is full proof. Its full proof because, let's have a moment of silence for bacon. It makes everything better.

SOUTHERN BREAKFAST GRAVY

Let's Prep:

Prepare your favorite biscuits whether homemade or out of a can. Fry 6 slices of bacon until crispy let cool on a paper towel. Once cooled crumble the bacon.

Reserve 3TBSP of bacon drippings

Measure 3 TBSP of Flour

Make sure the salt and pepper are handy

Ingredients:

3 TBSP Bacon drippings

3 TBS AP Flour

1/12 cups Milk

Salt and pepper to taste

A videotutorial of this recipe can be found on YouTube at Channel Jimmy Dick's International Eats

Let's get started.

In the same pan you cooked your bacon in add the drippings and flour stir into a paste and cook about 30 seconds stirring the whole time. Slowly add your milk, stirring vigorously. Keep stirring and smoothing our lumps with your spoon until it thickens.

Remove from heat add salt and pepper. Pour gravy a spoonful at a time over your split biscuit, then top with the crumbles of bacon.

Throw a few cooked eggs on the plate next to this and Boy-Howdy, you have yourself the perfect southern breakfast. Simple and delicious.

CHICKEN AND SAUSAGE JAMBALAYA

How do? How do? From the great state of Louisiana. The home of Cajun and Creole cuisine. Nothing beats the time-tested flavors of Cajun country. In Cajun cooking there is usually the “Holy Trinity” which is Onion, Celery, and Green Bell Pepper. You will find this in many different recipes. Cajun cooking is done with love and it takes a little time. Like most cooking in my opinion, it is not hard at all, it just takes the patience to let the food cook. This recipe is fool proof and will turn out every time.

Ingredients:

1 Whole Chicken

1½ lbs smoked sausage links

8 oz can of mushrooms

16oz can of Rotel, (Tomato's with Green Chilis)

1 Onion & Green Bell Pepper diced

3 Stalks of Celery diced

2 TBSP Kitchen Bouquet sauce, (browning liquid)

2 TBSP Worcestershire sauce & 2 TBSP Hot Sauce, (not tabasco)

1 TBSP Accent flavor enhancer (MSG)

1 TBSP Salt

1tsp cayenne red pepper

2 and ½ cups long grain rice, (never instant rice)

Let's Prep:

In a large stock pot or Dutch oven place the washed whole chicken without the heart, liver, gizzard. Cover with enough water to ensure you have 6 cups of broth after cooking. Add your salt, bring to a boil then reduce to a low simmer for two hours. When the chicken is done, carefully remove from the broth and place on a plate to cool. Measure out 6 cups of broth and set aside.

Open your cans, dice your veggies and measure out all of your dry ingredients.

Slice your sausage links into rounds about ½ in thick. Once the chicken is cooled, remove from the bone discarding skin and fat. Pull the meat apart into large bite size chunks.

A videotutorial of this recipe can be found on YouTube at Channel Jimmy Dick's International Eats

Let's cook:

In the same pot or Dutch oven place your sausage and brown over medium to medium high heat. You want to render the fat and put some browning color on the sausage. Remove sausage with a slotted spoon and set aside reserving the drippings. Into the rendered fat, add your vegetables and sauté over medium heat until tender. Pour in your 6 cups of reserved broth and all other ingredients, EXCEPT THE RICE. Stir until combined and then turn the heat to high and cook uncovered at a heavy boil for exactly 20 minutes.

Reduce heat to a simmer, add rice and cover for 20 to 25 min until rice is cooked and most of the liquid is absorbed, remove from heat and let rest for another 15 min covered.

I like to serve this with a cool side. Cole Slaw is the perfect match to jambalaya. Your friends will ask, “how y'all did this?”

