



OLD GUYS

**COMFORT FOOD
RECIPES**

GREG MARSHALL

Tender Slow-Cooked Beef Brisket & Root Vegetables



Prep Time: 20 mins | **Cook Time:** 480 mins

Total Time: 500 mins

Servings: 6

Calories: 420 kcal

Macros: Fat 22g | Carbs 14g | Protein 38g | Fiber 4g

INGREDIENTS

- 3 lbs (1.4 kg) Beef Brisket, trimmed of excess fat
- 1 tsp (5 ml) Salt, or to taste
- 1/2 tsp (2.5 ml) Black Pepper
- 2 cups (480 ml) Low-sodium Beef Broth
- 2 tbsp (30 ml) Worcestershire Sauce
- 3 large (approx. 450g) Carrots, peeled and cut into thick rounds
- 2 large (approx. 300g) Parsnips, peeled and sliced
- 1 lb (450 g) Baby Yukon Gold Potatoes, halved
- 1 medium (150 g) Yellow Onion, sliced into thick wedges
- 2 cloves (10 g) Garlic, minced
- 1 tsp (5 ml) Dried Thyme

PREPARATION

1. **Prep & Seasoning:** Season the beef brisket generously on all sides with salt and pepper. This initial seasoning ensures the flavor penetrates deep into the meat during the long cooking process.
2. **Layering the Base:** Place the sliced carrots, parsnips, potatoes, and onions in the bottom of your slow cooker. This creates a "vegetable bed" that allows the meat to steam gently while the vegetables soak up the savory beef juices.
3. **Adding Liquid & Aromatics:** Place the seasoned brisket on top of the vegetables. In a small bowl, whisk together the beef broth, Worcestershire sauce, minced garlic, and dried thyme, then pour the mixture over the beef.
4. **Slow Cooking Process:** Cover the slow cooker with a tight-fitting lid. Cook on the "Low" setting for 8 to 10 hours. Slow cooking at a low temperature is essential for seniors as it breaks down tough fibers, making the beef exceptionally tender and easy to digest.
5. **Checking for Doneness:** The beef is ready when it is "fork-tender," meaning it falls apart easily when pressed with a fork. Carefully remove the meat to a cutting board and let it rest for 10 minutes to lock in the moisture.
6. **Slicing & Serving:** Slice the beef against the grain into thin strips or shred it with two forks for easier chewing. Serve alongside the softened vegetables with a spoonful of the natural cooking juices drizzled over the top. Enjoy your nourishing, home-cooked meal!

Golden Crispy Beer-Battered Haddock & Rustic Thick-Cut Chips



Prep Time: 20 mins | **Cook Time:** 25 mins

Total Time: 45 mins

Servings: 2

Calories: 620 kcal

Macros: Fat 28g | Carbs 54g | Protein 36g | Fiber 5g

INGREDIENTS

- 2 large (340g) Haddock fillets, skinless
- 2 large (450g) Russet potatoes, peeled and cut into thick batons
- 1 cup (125g) All-purpose flour, plus extra for dusting
- 1 tsp (5g) Baking powder
- 3/4 cup (180ml) Chilled light beer or alcohol-free malt beverage
- 1/2 tsp (3g) Sea salt
- 1/4 tsp (1g) Black pepper
- 3 cups (720ml) Sunflower oil for frying
- 1 wedge Fresh lemon for serving

PREPARATION

1. **[Step 1: Prep & Safety]:** Begin by peeling the potatoes and cutting them into 1/2-inch (1.25cm) thick chips. Pat them very dry with a kitchen towel to ensure they crisp up safely without splattering the oil.
2. **[Step 2: Par-Boiling the Chips]:** Place the chips in a pot of cold salted water. Bring to a boil and simmer for 5 minutes. This softens the interior so the chips stay tender for seniors while the outside gets crisp. Drain and let steam dry.
3. **[Step 3: Creating the Airy Batter]:** In a medium bowl, whisk together the flour, baking powder, salt, and pepper. Slowly pour in the chilled beer, whisking gently until it reaches the consistency of heavy cream. Do not overmix; small lumps are fine for a light texture.
4. **[Step 4: Preparing the Fish]:** Pat the haddock fillets dry with paper towels. Lightly dust each fillet with a little plain flour; this acts as a "glue" so the batter doesn't slide off during cooking.
5. **[Step 5: Frying to Perfection]:** Heat the oil in a deep pan to 350°F (175°C). Fry the chips first for 8-10 minutes until golden. Remove and drain. Dip the fish into the batter, coating fully, and carefully lower into the oil. Fry for 4-6 minutes until the batter is deep gold and the fish flakes easily with a fork.
6. **[Step 6: Serving]:** Place the fish and chips on a paper towel to remove excess oil. Serve immediately with a squeeze of lemon and a side of mushy peas if desired. Enjoy this timeless, crunchy seaside favorite!

Golden Honey Butter Skillet Cornbread



Prep Time: 10 mins | **Cook Time:** 25 mins

Total Time: 35 mins

Servings: 8

Calories: 310 kcal

Macros: Fat 14g | Carbs 42g | Protein 5g | Fiber 2g

INGREDIENTS

- 1 cup (125g) All-purpose flour
- 1 cup (150g) Yellow cornmeal
- 1/4 cup (50g) Granulated sugar
- 1 tbsp (15g) Baking powder
- 1/2 tsp (3g) Salt
- 1 cup (240ml) Buttermilk, room temperature
- 1/4 cup (60ml) Honey
- 1 large Egg, lightly beaten
- 1/2 cup (115g) Unsalted butter, melted and divided
- 1/2 tsp (3ml) Vegetable oil for the skillet

PREPARATION

1. **Prep & Safety:** Preheat your oven to 400°F (200°C). Carefully coat a 9-inch (23cm) cast iron skillet with a thin layer of vegetable oil and place it in the oven for 5 minutes to get hot; a preheated pan ensures that signature crisp bottom crust.
2. **Mixing Dry Ingredients:** In a large mixing bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt. Ensure there are no large clumps so the cornbread rises evenly and remains light.
3. **Combining Wet Ingredients:** In a separate jug, whisk the buttermilk, honey, beaten egg, and 6 tablespoons (85g) of the melted butter. The buttermilk reacts with the leavening agents to create a soft, tender crumb that is easy to chew.
4. **The Batter Blend:** Pour the wet ingredients into the dry. Stir gently with a spatula until just combined; the batter should look slightly lumpy. Over-mixing can make the bread tough, so stop as soon as the flour streaks disappear.
5. **Baking & Cues:** Carefully remove the hot skillet from the oven. Pour the batter into the center, smoothing the top. Bake for 20-25 minutes until the top is a beautiful golden brown and a toothpick inserted into the center comes out clean.
6. **Finishing & Serving:** Mix the remaining 2 tablespoons (30g) of melted butter with an extra drizzle of honey. Brush this over the warm bread immediately after removing it from the oven. Let it rest for 10 minutes before slicing into wedges to prevent crumbling. Enjoy your warm, comforting treat!

Tender Heritage Meatloaf with Sweet & Tangy Glaze



Prep Time: 15 mins | **Cook Time:** 60 mins

Total Time: 75 mins

Servings: 6

Calories: 345 kcal

Macros: Fat 18g | Carbs 22g | Protein 24g | Fiber 2g

INGREDIENTS

- 1.5 lbs (680g) Lean Ground Beef (90% lean for easier digestion)
- 1 cup (60g) Soft Breadcrumbs (soaked in milk for extra tenderness)
- 1/4 cup (60ml) Whole Milk
- 1 Large Egg, lightly beaten
- 1/2 cup (75g) Yellow Onion, very finely minced
- 1/2 cup (120ml) Low-Sodium Ketchup (divided for loaf and glaze)
- 1 tsp (5ml) Worcestershire Sauce
- 1 tsp (5g) Dried Parsley
- 1/2 tsp (2.5g) Garlic Powder
- 2 tbsp (30ml) Brown Sugar (for the glaze)
- 1 tbsp (15ml) Yellow Mustard (for the glaze)
- 1/2 tsp (3g) Salt and Black Pepper to taste

PREPARATION

1. **Prep & Safety:** Preheat your oven to 350°F (175°C). Lightly grease a 9x5 inch loaf pan or line a baking sheet with parchment paper to ensure the meatloaf doesn't stick and is easy to lift later.
2. **Softening & Mixing:** In a large bowl, soak the breadcrumbs in milk for 2 minutes until they form a soft paste. Add the ground beef, egg, minced onion, 1/4 cup of ketchup, Worcestershire sauce, and spices. Mix gently with your hands or a spoon just until combined; over-mixing can make the meatloaf tough.
3. **Forming the Loaf:** Transfer the mixture to your prepared pan or shape into a uniform loaf on a baking sheet. Ensure it is level so it cooks evenly throughout.
4. **The Tangy Glaze:** In a small bowl, whisk together the remaining 1/4 cup of ketchup, brown sugar, and mustard. Spread two-thirds of this mixture evenly over the top of the meatloaf before putting it in the oven.
5. **Baking & Cues:** Bake for 45 minutes, then spread the remaining glaze over the top. Bake for another 15 minutes or until the internal temperature reaches 160°F (71°C). The glaze should be bubbly and the edges slightly caramelized.
6. **Resting & Serving:** Remove from the oven and let the meatloaf rest for at least 10 minutes before slicing. This allows the juices to redistribute, ensuring every bite is moist and easy to swallow. Enjoy this heart-warming meal!

Timeless Old-Fashioned Chicken and Dumplings



Prep Time: 20 mins | **Cook Time:** 45 mins

Total Time: 65 mins

Servings: 6

Calories: 385 kcal

Macros: Fat 14g | Carbs 36g | Protein 28g | Fiber 3g

INGREDIENTS

- 1.5 lbs (680g) Skinless, boneless chicken thighs
- 6 cups (1.4L) Low-sodium chicken broth
- 2 cups (250g) All-purpose flour
- 1/2 tsp (2.5g) Baking soda
- 3 tbs (42g) Cold unsalted butter, cubed
- 3/4 cup (180ml) Whole buttermilk
- 2 cups (300g) Sliced carrots and celery mix
- 1 tsp (1g) Dried thyme
- 1/2 tsp (3g) Sea salt
- 1/4 tsp (1g) Black pepper

PREPARATION

1. **[Step 1: Simmering the Base]:** In a large heavy-bottomed pot, combine the chicken broth, chicken thighs, carrots, celery, and thyme. Bring to a gentle boil, then reduce heat to low and simmer for 25 minutes until the chicken is tender and fully cooked.
2. **[Step 2: Shredding the Chicken]:** Carefully remove the chicken from the pot and place it on a plate. Use two forks to shred the meat into bite-sized pieces. Return the shredded chicken to the simmering broth; this ensures every spoonful has plenty of protein.
3. **[Step 3: Preparing the Dumpling Dough]:** In a medium bowl, whisk together the flour, baking soda, salt, and pepper. Use your fingers or a fork to rub the cold butter into the flour until it looks like coarse crumbs. Gently stir in the buttermilk until a soft, slightly sticky dough forms.
4. **[Step 4: Forming and Dropping]:** Drop the dough by rounded tablespoons directly onto the simmering broth. Do not stir them in yet; they need to sit on top of the liquid to steam properly.
5. **[Step 5: Steaming to Perfection]:** Cover the pot with a tight-fitting lid and cook for 12-15 minutes without lifting the lid. The dumplings are done when they have doubled in size and a toothpick inserted into the center comes out clean.
6. **[Step 6: Finishing Touches]:** Turn off the heat and let the pot sit uncovered for 5 minutes. This allows the broth to thicken slightly into a silky gravy. Ladle into warm bowls and enjoy this classic comfort meal.

Hearty Smoked Ham & Navy Bean Comfort Soup



Prep Time: 15 mins | **Cook Time:** 45 mins

Total Time: 60 mins

Servings: 4

Calories: 310 kcal

Macros: Fat 8g | Carbs 34g | Protein 26g | Fiber 12g

INGREDIENTS

- 2 cans (15 oz / 425g each) Navy beans, rinsed and drained
- 1.5 cups (225g) Smoked ham, diced into bite-sized pieces
- 1 tbsp (15ml) Extra virgin olive oil
- 1 medium (110g) Yellow onion, finely diced
- 2 medium (120g) Carrots, peeled and sliced into thin rounds
- 1 stalk (40g) Celery, finely chopped
- 2 cloves Garlic, minced
- 4 cups (950ml) Low-sodium chicken or vegetable broth
- 1 tsp (1g) Dried thyme
- 1 (1g) Bay leaf
- 1/4 tsp (1g) Black pepper
- 2 tbsp (8g) Fresh parsley, chopped for garnish

PREPARATION

1. **[Step 1: Sautéing Aromatics]:** Heat the olive oil in a large pot over medium heat. Add the onion, carrots, and celery, sautéing for 5-7 minutes until the vegetables are soft and translucent to ensure they are easy to chew.
2. **[Step 2: Building Flavor]:** Stir in the minced garlic and diced smoked ham. Cook for another 3 minutes until the ham begins to slightly brown at the edges, releasing its smoky aroma into the base.
3. **[Step 3: Simmering the Base]:** Pour in the broth, thyme, black pepper, and add the bay leaf. Bring the liquid to a gentle boil, then reduce the heat to low to maintain a soft simmer.
4. **[Step 4: Incorporating Beans]:** Add the rinsed navy beans to the pot. For a thicker, creamier texture that is easier to swallow, use a potato masher to lightly crush about 1/2 cup of the beans directly in the pot.
5. **[Step 5: Slow Cooking & Cues]:** Cover and simmer for 25-30 minutes. The soup is ready when the carrots are fork-tender and the broth has slightly thickened into a velvety consistency.
6. **[Step 6: Final Touches]:** Remove the bay leaf and discard. Ladle the warm soup into bowls and garnish with a sprinkle of fresh parsley for a burst of color. Enjoy this nourishing, easy-to-digest meal!

Golden Crispy Liver with Sweet Caramelized Onions & Gravy



Prep Time: 15 mins | **Cook Time:** 20 mins

Total Time: 35 mins

Servings: 2

Calories: 410 kcal

Macros: Fat 18g | Carbs 24g | Protein 36g | Fiber 3g

INGREDIENTS

- 1 lb (450g) Calf liver or beef liver, sliced 1/2 inch thick
- 1/2 cup (120ml) Milk (for soaking to ensure a mild flavor)
- 1/2 cup (60g) All-purpose flour
- 1 tsp (5g) Salt, divided
- 1/2 tsp (2g) Black pepper
- 2 large (300g) Onions, thinly sliced into rings
- 3 tbsp (45ml) Vegetable oil or butter
- 1.5 cups (350ml) Beef broth
- 1 tsp (5ml) Worcestershire sauce

PREPARATION

1. **[Step 1: Prep & Softening]:** Place the liver slices in a shallow bowl and cover with milk for 15-20 minutes. This essential step removes any bitter metallic taste and ensures the meat stays tender for sensitive palates.
2. **[Step 2: Caramelizing Onions]:** Heat 1 tablespoon of oil in a large skillet over medium heat. Add the sliced onions and a pinch of salt. Cook slowly, stirring often, until they are golden brown and very soft (about 10 minutes), then remove and set aside.
3. **[Step 3: Dredging for Texture]:** In a shallow plate, mix the flour, remaining salt, and pepper. Drain the liver from the milk and pat it slightly dry with paper towels. Coat each piece thoroughly in the flour mixture, shaking off any excess so the coating stays thin and crispy.
4. **[Step 4: Searing & Cues]:** Add the remaining oil to the same skillet over medium-high heat. Fry the liver for about 3 minutes per side. You are looking for a deep golden-brown crust; do not overcook, or the texture will become tough.
5. **[Step 5: Creating the Gravy]:** Remove the liver and keep it warm on a plate. Whisk 1 tablespoon of the leftover seasoned flour into the pan drippings for 1 minute, then slowly pour in the beef broth and Worcestershire sauce. Whisk until the liquid bubbles and thickens into a smooth, glossy gravy.
6. **[Step 6: Serving]:** Return the liver and onions to the pan for 1 minute to coat them in the warm gravy. Serve immediately over mashed potatoes or soft steamed vegetables. Enjoy this hearty, traditional meal!

Golden Baked Extra-Sharp Macaroni and Cheese



Prep Time: 15 mins | **Cook Time:** 25 mins

Total Time: 40 mins

Servings: 4

Calories: 420 kcal

Macros: Fat 24g | Carbs 32g | Protein 19g | Fiber 2g

INGREDIENTS

- 8 oz (225g) Elbow macaroni (preferably fiber-enriched)
- 2 cups (225g) Extra-sharp cheddar cheese, freshly shredded
- 2 cups (475ml) Whole milk, slightly warmed
- 3 tbsp (42g) Unsalted butter
- 3 tbsp (25g) All-purpose flour
- 1/4 tsp (1.5g) Fine sea salt
- 1/4 tsp (0.5g) Ground black pepper
- 1/2 cup (25g) Soft breadcrumbs (for a tender topping)

PREPARATION

1. **[Step 1: Prep & Safety]:** Preheat your oven to 375°F (190°C) and lightly grease an 8-inch square baking dish. Boil the macaroni in salted water for 2 minutes less than the package directions; this ensures the pasta stays tender but doesn't become mushy during baking.
2. **[Step 2: Making the Roux]:** In a medium saucepan, melt the butter over medium heat. Whisk in the flour until it forms a smooth paste (a roux), and cook for 1 minute to remove the raw flour taste without browning it.
3. **[Step 3: Creating the Sauce]:** Slowly whisk in the warm milk. Continue to stir constantly until the sauce thickens and coats the back of a spoon; it should have a smooth, velvety consistency similar to heavy cream.
4. **[Step 4: Melting the Cheese]:** Remove the pan from the heat and stir in 1.5 cups (170g) of the shredded cheddar. Stir gently until the cheese is completely melted and the sauce is glossy and rich.
5. **[Step 5: Combining & Baking]:** Fold the cooked macaroni into the cheese sauce until every noodle is well-coated. Pour the mixture into your prepared dish, then sprinkle the remaining cheese and soft breadcrumbs evenly over the top.
6. **[Step 6: Finishing & Serving]:** Bake for 20-25 minutes until the sauce is bubbling and the top is a pale golden hue. Let it sit for 5 minutes before serving to allow the sauce to set, making it easier to portion. Enjoy this warm, nostalgic meal!

Tender Slow-Roasted Pork Shoulder with Savory Sauerkraut



Prep Time: 20 mins | **Cook Time:** 360 mins

Total Time: 380 mins

Servings: 6

Calories: 485 kcal (Estimate based on ingredients)

Macros: Fat 32g | Carbs 8g | Protein 38g | Fiber 4g

INGREDIENTS

- 3 lbs (1.36kg) Pork shoulder (butt), trimmed of excess fat
- 2 lbs (900g) Sauerkraut, rinsed and drained
- 1 large (150g) Onion, thinly sliced
- 1 cup (240ml) Apple juice or chicken broth
- 2 tbsp (30ml) Olive oil
- 2 tsp (10g) Caraway seeds
- 1 tsp (5g) Garlic powder
- 1/2 tsp (2.5g) Black pepper
- 1/2 tsp (2.5g) Salt (adjust to taste, sauerkraut is salty)
- 1 (150g) Sweet apple, peeled and grated

PREPARATION

1. **[Step 1: Prep & Safety]:** Preheat your oven to 300°F (150°C). Pat the pork shoulder dry with paper towels to ensure a good sear, then rub it evenly with garlic powder, salt, and pepper.
2. **[Step 2: Searing for Flavor]:** Heat the olive oil in a large oven-safe pot (like a Dutch oven) over medium heat. Carefully brown the pork on all sides until it has a golden-brown crust, which locks in the juices.
3. **[Step 3: Building the Base]:** Remove the pork temporarily. Add the sliced onions and grated apple to the pot, stirring for 3-4 minutes until softened. This provides a natural sweetness to balance the tartness of the kraut.
4. **[Step 4: Combining Ingredients]:** Stir in the drained sauerkraut and caraway seeds. Pour the apple juice or broth over the mixture. Place the pork shoulder back into the pot, nestling it deep into the sauerkraut bed.
5. **[Step 5: Low and Slow Cooking]:** Cover with a tight-fitting lid and place in the oven. Roast for 5 to 6 hours. You will know it is done when the meat is exceptionally tender and easily pulls apart with a fork.
6. **[Step 6: Resting & Serving]:** Remove from the oven and let the meat rest for 15 minutes before slicing. This keeps the meat moist. Serve a generous portion of sauerkraut alongside the sliced pork. Enjoy your hearty, traditional meal!

Tender Country Fried Steak with Creamy Peppered Gravy



Prep Time: 15 mins | **Cook Time:** 12 mins

Total Time: 27 mins

Servings: 2

Calories: 580 kcal

Macros: Fat 38g | Carbs 24g | Protein 32g | Fiber 1g

INGREDIENTS

- 2 (approx. 6 oz / 170g) Cube Steaks (pre-tenderized beef)
- 1/2 cup (60g) All-purpose flour
- 1/2 tsp (2.5g) Salt
- 1 tsp (2.5g) Coarse black pepper, divided
- 1/4 cup (60ml) Whole milk (for dredging)
- 1 large Egg
- 3 tbsp (45ml) Vegetable oil or lard
- 1 cup (240ml) Whole milk (for gravy)
- 1 tbsp (14g) Butter

PREPARATION

1. **Prep & Dredging Station:** Set up two shallow bowls. In the first, whisk the egg and 1/4 cup (60ml) milk. In the second, mix the flour with salt and half of the pepper. This organized setup ensures a mess-free kitchen and even coating.
2. **Coating for Crunch:** Pat the steaks dry with a paper towel. Dip each steak into the flour, then the egg mixture, and finally back into the flour. Press the flour firmly into the meat so the crust stays attached during frying.
3. **Gentle Searing:** Heat oil in a heavy skillet over medium heat until it shimmers. Carefully lay the steaks away from you into the pan. Fry for 4-5 minutes per side until the coating is deep golden brown and the meat is cooked through.
4. **Resting the Meat:** Remove the steaks from the pan and place them on a paper towel-lined plate. Let them rest for 3 minutes; this keeps the inside juicy while the crust sets and stays crispy.
5. **Silky Gravy Base:** Carefully pour off all but 1 tablespoon of the frying oil, keeping the flavorful brown bits in the pan. Melt the butter in the same pan, then whisk in 1 tablespoon of the leftover seasoned flour until it forms a smooth paste (roux).
6. **Simmer & Serve:** Gradually whisk in 1 cup (240ml) of milk and the remaining pepper. Stir constantly over medium heat until the gravy thickens to the consistency of heavy cream. Pour the warm gravy over the steaks and serve immediately for a nostalgic, hearty meal.

Hearty Traditional Shepherd's Pie with Golden Potato Crust



Prep Time: 20 mins | **Cook Time:** 35 mins

Total Time: 55 mins

Servings: 4

Calories: 420 kcal

Macros: Fat 22g | Carbs 28g | Protein 26g | Fiber 5g

INGREDIENTS

- 1 lb (450g) Lean ground lamb (or beef for Cottage Pie)

- 1.5 lbs (680g) Yukon Gold potatoes, peeled and cubed

- 1 cup (150g) Frozen peas and carrots mix

- 1 medium (110g) Onion, finely diced

- 2 tbsp (30ml) Tomato paste

- 1 cup (240ml) Low-sodium beef broth

- 1/4 cup (60ml) Milk or cream

- 2 tbsp (30g) Unsalted butter

- 1 tsp (5g) Dried thyme

- 1/2 tsp (3g) Salt and black pepper to taste

PREPARATION

1. **[Step 1: Prep & Safety]:** Preheat your oven to 400°F (200°C). Place the cubed potatoes in a pot of cold salted water and bring to a boil; cook for 15 minutes until very soft to ensure a smooth, easy-to-eat mash.
2. **[Step 2: Browning the Filling]:** While potatoes boil, brown the ground meat in a large skillet over medium heat. Drain any excess fat to keep the meal heart-healthy, then stir in the onions and cook until softened.
3. **[Step 3: Creating the Gravy]:** Stir the tomato paste, thyme, and frozen vegetables into the meat. Pour in the beef broth and simmer for 10 minutes until the sauce thickens and coat the back of a spoon; this ensures the filling is moist and flavorful.
4. **[Step 4: Mashing for Texture]:** Drain the potatoes and return them to the pot. Add the butter and milk, mashing thoroughly until no lumps remain; the texture should be light, airy, and creamy.
5. **[Step 5: Assembling & Baking]:** Spoon the meat mixture into a baking dish. Spread the mashed potatoes evenly over the top, using a fork to create small ridges which will turn crispy and golden in the oven.
6. **[Step 6: Finishing & Serving]:** Bake for 20 minutes or until the potato peaks are lightly browned and the gravy is bubbling at the edges. Let it sit for 5 minutes before serving to help the layers stay together. Enjoy this warm, nostalgic meal!

Golden Sourdough Pimento Melt



Prep Time: 10 mins | **Cook Time:** 08 mins

Total Time: 18 mins

Servings: 02

Calories: 485 kcal

Macros: Fat 32g | Carbs 36g | Protein 14g | Fiber 2g

INGREDIENTS

- 4 slices (approx. 180g) Sourdough Bread, medium thickness
- 1 cup (115g) Sharp Cheddar Cheese, freshly grated
- 1/4 cup (60g) Cream Cheese, softened for easier mixing
- 1/4 cup (60g) Mayonnaise
- 1/4 cup (60g) Pimientos, drained and diced
- 1/4 tsp (1.25ml) Garlic Powder
- 1/8 tsp (0.6ml) Smoked Paprika (optional, for mild depth)
- 2 tbsp (30g) Unsalted Butter, softened for spreading

PREPARATION

1. **[Step 1: Prep & Safety]:** Begin by softening your butter and cream cheese at room temperature to make them easier to spread and mix. Place a non-stick skillet or griddle on the stove over medium-low heat to ensure even browning without burning.
2. **[Step 2: Mixing & Texture]:** In a medium bowl, stir together the grated cheddar, softened cream cheese, mayonnaise, pimientos, and spices. Mix until the texture is creamy and well-combined; it should look like a thick, colorful spread that holds its shape.
3. **[Step 3: Forming/Cooking]:** Lightly butter one side of each sourdough slice. Lay two slices butter-side down on a clean surface and spread a generous layer of the pimento mixture across the bread, reaching almost to the edges.
4. **[Step 4: Timing & Cues]:** Top with the remaining bread slices, butter-side up. Carefully place in the warm skillet. Cook for 3-4 minutes per side. Watch for the cheese to begin bulging at the edges and the bread to turn a beautiful toasted golden brown.
5. **[Step 5: Cooling & Removal]:** Once both sides are crisp and the filling is completely melted, use a wide spatula to transfer the sandwiches to a cutting board. Let them rest for 1-2 minutes; this prevents the cheese from sliding out when you take your first bite.
6. **[Step 6: Serving]:** Slice the sandwiches diagonally to make them easier to handle and enjoy. Serve alongside a cup of tomato soup or soft pickles for a complete, comforting meal. Enjoy your homemade southern classic!

Tender Sunday Pot Roast with Pearl Onions



Prep Time: 20 mins | **Cook Time:** 180 mins

Total Time: 200 mins

Servings: 6

Calories: 410 kcal

Macros: Fat 22g | Carbs 12g | Protein 38g | Fiber 3g

INGREDIENTS

- 3 lbs (1.4kg) Beef Chuck Roast, trimmed of excess fat
- 2 tbsp (30ml) Olive Oil
- 2 cups (480ml) Low-sodium Beef Broth
- 2 cups (300g) Frozen Pearl Onions, thawed
- 3 stalks (150g) Celery, sliced into 1-inch pieces
- 3 cloves Garlic, smashed
- 1 tbsp (15ml) Worcestershire Sauce
- 1 tsp (5g) Dried Thyme
- 1/2 tsp (3g) Salt
- 1/2 tsp (3g) Black Pepper
- 2 tbsp (16g) Cornstarch mixed with 2 tbsp (30ml) Cold Water

PREPARATION

1. **[Step 1: Prep & Searing]:** Season the beef generously on all sides with salt and pepper. Heat the olive oil in a large heavy-bottomed pot or Dutch oven over medium-high heat. Sear the meat for 4-5 minutes per side until a deep brown crust forms; this seals in the juices for a more tender result.
2. **[Step 2: Building Flavor]:** Reduce the heat to medium. Add the smashed garlic, celery, and dried thyme to the pot around the meat. Stir briefly for 1-2 minutes until the garlic becomes fragrant but not burnt.
3. **[Step 3: Deglazing & Liquid]:** Pour in the beef broth and Worcestershire sauce. Use a wooden spoon to gently scrape the brown bits (fond) from the bottom of the pot, as these contain the most flavor for your gravy.
4. **[Step 4: Slow Braising]:** Bring the liquid to a gentle simmer, then cover with a tight-fitting lid. Turn the heat to low. Cook for 2.5 hours, checking occasionally to ensure the liquid hasn't evaporated; the meat should be starting to soften significantly.
5. **[Step 5: Adding Aromatics]:** Stir in the pearl onions. Continue to simmer, covered, for another 30-40 minutes. The roast is finished when it pulls apart easily with a fork and the onions are translucent and tender.
6. **[Step 6: Thickening & Serving]:** Remove the meat to a cutting board to rest. Stir the cornstarch slurry into the simmering pot liquid and whisk until the gravy thickens. Slice the beef against the grain, pour the onion gravy over the top, and enjoy a nourishing, easy-to-chew meal!

Hearty Deep-Dish Chicken Pot Pie



Prep Time: 20 mins | **Cook Time:** 35 mins

Total Time: 55 mins

Servings: 6

Calories: 420 kcal

Macros: Fat 24g | Carbs 32g | Protein 21g | Fiber 3g

INGREDIENTS

- 2 cups (300g) Cooked chicken breast, shredded or cubed
- 1.5 cups (225g) Frozen mixed peas and carrots, thawed
- 1/2 cup (115g) Unsalted butter
- 1/3 cup (45g) All-purpose flour
- 1/2 tsp (2.5g) Salt
- 1/4 tsp (1.25g) Black pepper
- 1.75 cups (420ml) Low-sodium chicken broth
- 2/3 cup (160ml) Whole milk
- 2 sheets (approx. 400g) Refrigerated pie crusts
- 1 tsp (1g) Dried thyme or parsley

PREPARATION

1. **[Step 1: Prep & Safety]:** Preheat your oven to 425°F (220°C). Carefully line the bottom of a deep 9-inch pie dish with the first pie crust, gently pressing it against the sides to ensure even baking.
2. **[Step 2: Creating the Roux]:** In a large saucepan, melt the butter over medium heat. Whisk in the flour, salt, pepper, and thyme until a smooth, bubbly paste forms; this prevents the sauce from being lumpy.
3. **[Step 3: Thickening the Sauce]:** Gradually whisk in the chicken broth and milk. Simmer and stir constantly until the mixture is thick, smooth, and coats the back of a spoon—this creates the "comforting" creamy base.
4. **[Step 4: Filling the Pie]:** Stir the cooked chicken and thawed vegetables into the creamy sauce. Pour the warm mixture into the prepared bottom crust, spreading it out evenly.
5. **[Step 5: Sealing & Cues]:** Top with the second pie crust. Pinch the edges together to seal. Cut 3-4 small slits in the top to let steam escape, which prevents the crust from becoming soggy.
6. **[Step 6: Baking & Cooling]:** Bake for 30 to 35 minutes until the crust is a deep golden brown. Let the pie rest for at least 10 minutes before slicing to allow the sauce to set. Enjoy your warm, nutritious meal!

Tender Slow-Braised Lamb Shanks in Rich Red Wine Sauce



Prep Time: 20 mins | **Cook Time:** 180 mins

Total Time: 200 mins

Servings: 2

Calories: 745 kcal

Macros: Fat 42g | Carbs 12g | Protein 58g | Fiber 3g

INGREDIENTS

- 2 pieces (approx. 700g) Lamb Shanks
- 1 tbsp (15ml) Olive Oil
- 1 medium (150g) Onion, finely diced
- 1 large (100g) Carrot, sliced into rounds
- 2 cloves Garlic, smashed
- 1 cup (240ml) Dry Red Wine (such as Cabernet or Merlot)
- 2 cups (480ml) Beef Stock, low sodium
- 1 tbsp (15g) Tomato Paste
- 2 sprigs Fresh Rosemary
- 1/2 tsp (3g) Salt
- 1/4 tsp (1g) Black Pepper

PREPARATION

1. **[Step 1: Prep & Searing]:** Season the lamb shanks generously with salt and pepper. Heat oil in a heavy-bottomed pot or Dutch oven over medium heat; sear the lamb on all sides until deeply browned to lock in the savory juices.
2. **[Step 2: Aromatics & Texture]:** Remove the lamb and set aside. In the same pot, add onions and carrots, sautéing until the onions are soft and translucent; this creates a sweet, flavorful base for your sauce.
3. **[Step 3: Deglazing]:** Stir in the garlic and tomato paste for 1 minute, then pour in the red wine. Use a wooden spoon to scrape up the browned bits from the bottom of the pot (the fond), which holds the most flavor.
4. **[Step 4: The Braise]:** Return the lamb to the pot and pour in the beef stock until the shanks are halfway submerged. Add the rosemary sprigs. Bring to a gentle simmer, then cover tightly with a lid.
5. **[Step 5: Timing & Cues]:** Lower the heat to a very low simmer (or place in a 300°F/150°C oven). Cook for 2.5 to 3 hours. The lamb is ready when the meat is extremely tender and starts to pull away easily from the bone with a fork.
6. **[Step 6: Finishing & Serving]:** Carefully remove the tender lamb. If the sauce is too thin, simmer it uncovered for 10 minutes to thicken into a glaze. Plate the lamb over soft mash, spoon the sauce over the top, and enjoy this heart-warming meal.

Tender Golden Veal Cutlets with Zesty Lemon



Prep Time: 15 mins | **Cook Time:** 10 mins

Total Time: 25 mins

Servings: 2

Calories: 410 kcal

Macros: Fat 18g | Carbs 24g | Protein 36g | Fiber 2g

INGREDIENTS

- 2 (5 oz / 140g) Veal cutlets, pounded thin
- 1/4 cup (30g) All-purpose flour
- 1 large Egg, lightly beaten
- 1/2 cup (60g) Fine breadcrumbs
- 1/4 cup (25g) Grated Parmesan cheese
- 1/2 tsp (2.5g) Salt
- 1/4 tsp (1g) Black pepper
- 2 tbsp (30ml) Extra virgin olive oil
- 1 tbsp (15g) Unsalted butter
- 1 Fresh lemon, cut into wedges

PREPARATION

- **1. Prep & Soften:** Begin by gently patting the veal cutlets dry with a paper towel. If they are thick, place them between sheets of plastic wrap and use a meat mallet to pound them to an even 1/4-inch (6mm) thickness; this ensures the meat is tender and easy to chew.
- **2. Set Up the Coating Station:** Prepare three shallow bowls. Place the flour in the first; the beaten egg in the second; and mix the breadcrumbs, Parmesan, salt, and pepper in the third.
- **3. Bread the Veal:** Dredge each cutlet in the flour, shaking off the excess. Dip into the egg until fully coated, then press firmly into the breadcrumb mixture. The coating should be even and light to provide a delicate crunch.
- **4. Searing to Golden Perfection:** Heat the olive oil and butter in a large non-stick skillet over medium heat. Once the butter is foaming, carefully lay the cutlets in the pan. Do not crowd the pan so the heat stays consistent.
- **5. Cooking & Cues:** Cook for 3 to 4 minutes per side. Watch for a beautiful deep golden-brown color and a firm but springy texture. Veal cooks quickly when thin, so keep a close eye to ensure it remains juicy.
- **6. Rest & Serve:** Remove the cutlets and let them rest for 2 minutes on a warm plate to allow the juices to redistribute. Serve immediately with a generous squeeze of fresh lemon juice to brighten the flavors. Enjoy your elegant and tender meal!

Hearty One-Pot Stovetop Chili Con Carne



Prep Time: 15 mins | **Cook Time:** 45 mins

Total Time: 60 mins

Servings: 4

Calories: 385 kcal

Macros: Fat 18g | Carbs 24g | Protein 32g | Fiber 9g

INGREDIENTS

- 1 lb (450g) Lean ground beef
- 1 medium (150g) Yellow onion, finely diced
- 2 cloves Garlic, minced
- 1 can (15 oz / 425g) Kidney beans, rinsed and drained
- 1 can (14.5 oz / 411g) Diced tomatoes, low sodium
- 1 cup (240ml) Beef broth, low sodium
- 1 tbsp (15ml) Olive oil
- 1 tbsp (7g) Mild chili powder
- 1 tsp (2g) Ground cumin
- 1/2 tsp (1g) Dried oregano
- 1/4 tsp (1.5g) Salt (optional)
- 1/4 tsp (0.5g) Black pepper

PREPARATION

1. **[Step 1: Prep & Sauté]:** Place a large pot or Dutch oven over medium heat and add the olive oil. Sauté the diced onions for 5 minutes until soft and translucent to create a sweet, digestible base for the chili.
2. **[Step 2: Browning the Beef]:** Add the ground beef to the pot. Break it apart with a wooden spoon and cook until no pink remains. For a healthier dish, you may carefully drain any excess fat from the pot at this stage.
3. **[Step 3: Aromatics & Spices]:** Stir in the minced garlic, chili powder, cumin, and oregano. Toast the spices with the meat for 1 minute until fragrant; this "blooming" process enhances the flavor without needing extra salt.
4. **[Step 4: Combining Ingredients]:** Pour in the diced tomatoes (with their juice), the beef broth, and the rinsed kidney beans. Stir well to combine, ensuring the liquid covers the ingredients so they cook evenly.
5. **[Step 5: Simmering for Tenderness]:** Bring the mixture to a gentle boil, then turn the heat down to low. Cover with a lid and simmer for 30–40 minutes. This slow cooking softens the beans and meat, making them easier to chew and digest.
6. **[Step 6: Finishing & Serving]:** Remove the lid and stir; the chili should be thick and rich. If it is too thin, simmer uncovered for 5 more minutes. Ladle into warm bowls and serve with a side of soft bread or a spoonful of yogurt. Enjoy your wholesome, warm meal!

Golden Buttermilk Fried Chicken Thighs



Prep Time: 20 mins | **Cook Time:** 15 mins

Total Time: 35 mins

Servings: 4

Calories: 410 kcal

Macros: Fat 22g | Carbs 18g | Protein 34g | Fiber 1g

INGREDIENTS

- 4 large (approx. 600g) Boneless, skinless chicken thighs
- 1 1/2 cups (355ml) Low-fat buttermilk
- 1 1/2 cups (190g) All-purpose flour
- 1 tsp (5g) Salt (low sodium preferred)
- 1/2 tsp (1g) Black pepper
- 1 tsp (2g) Paprika
- 1/2 tsp (1g) Garlic powder
- 1/2 tsp (1g) Onion powder
- 2 cups (475ml) Vegetable oil for shallow frying

PREPARATION

1. **[Step 1: Prep & Safety]:** Gently pat the chicken thighs dry with paper towels to ensure the coating sticks well. In a medium bowl, soak the chicken in buttermilk for at least 15 minutes; this tenderizes the meat, making it easier to chew.
2. **[Step 2: Mixing & Texture]:** In a shallow dish or gallon-sized bag, whisk together the flour, salt, pepper, paprika, garlic powder, and onion powder until the spices are evenly distributed and the flour looks lightly tinted.
3. **[Step 3: Forming/Cooking]:** Lift each thigh from the buttermilk, letting the excess drip off, then dredge thoroughly in the flour mixture. Press the flour firmly onto the meat so it creates a solid, craggy coating that won't fall off during frying.
4. **[Step 4: Timing & Cues]:** Carefully heat the oil in a large skillet over medium heat. Place the chicken in the pan—do not overcrowd—and fry for 6-8 minutes per side. It should look deep golden brown and reach an internal temperature of 165°F (74°C).
5. **[Step 5: Cooling & Removal]:** Use tongs to safely transfer the chicken to a wire rack or a plate lined with paper towels. Let it rest for 5 minutes; this allows the juices to redistribute so the chicken stays moist and the crust stays crisp.
6. **[Step 6: Serving]:** Serve alongside steamed vegetables or a light mash for a balanced, easy-to-digest meal. Enjoy your classic, crispy chicken!

Comforting Golden Baked Ziti with Savory Italian Sausage



Prep Time: 15 mins | **Cook Time:** 35 mins

Total Time: 50 mins

Servings: 6

Calories: 485 kcal

Macros: Fat 26g | Carbs 38g | Protein 24g | Fiber 4g

INGREDIENTS

- 12 oz (340g) Ziti or Penne pasta
- 1 lb (450g) Mild Italian sausage, casings removed
- 1 small (100g) Onion, finely minced
- 2 cloves (10g) Garlic, minced or pressed
- 24 oz (680g) Marinara sauce, low-sodium
- 15 oz (425g) Ricotta cheese, part-skim
- 1 large (50g) Egg, lightly beaten
- 2 cups (225g) Shredded mozzarella cheese, divided
- 1/2 cup (50g) Grated Parmesan cheese
- 1 tsp (1g) Dried oregano
- 1/4 cup (10g) Fresh parsley, chopped

PREPARATION

- **1. Prep & Safety:** Preheat your oven to 375°F (190°C). Lightly grease a 9x13 inch baking dish. Bring a large pot of salted water to a boil; cooking the pasta is essential for the final texture.
- **2. Pasta Preparation:** Cook the ziti for 2 minutes less than the package directions (al dente). This ensures the pasta stays tender but not mushy after it finishes cooking in the oven. Drain and set aside.
- **3. Sausage & Sauce:** In a large skillet over medium heat, brown the sausage and minced onion, breaking the meat into small, bite-sized pieces that are easy to chew. Add garlic for the last minute, then stir in the marinara sauce and simmer for 5 minutes.
- **4. Cheese Mixture:** In a medium bowl, combine the ricotta, beaten egg, oregano, and half of the Parmesan. The egg acts as a binder, creating a smooth, creamy "custard" layer that holds the dish together beautifully.
- **5. Assembly:** Toss the cooked pasta with the meat sauce. Layer half of the pasta mixture in the dish, dollop the ricotta mixture over it, then top with the remaining pasta. Sprinkle the mozzarella and remaining Parmesan evenly across the top.
- **6. Baking & Serving:** Bake for 25–30 minutes until the cheese is bubbly and slightly browned at the edges. Let the dish rest for 5–10 minutes before serving; this allows the sauce to set so every spoonful is perfect. Enjoy your warm, hearty meal!

Juicy Grilled Bratwurst with Zesty Brown Mustard



Prep Time: 10 mins | **Cook Time:** 15 mins

Total Time: 25 mins

Servings: 4

Calories: 340 kcal (Estimate based on ingredients)

Macros: Fat 28g | Carbs 4g | Protein 16g | Fiber 1g

INGREDIENTS

- 4 units (approx. 450g) High-quality Pork or Veal Bratwursts
- 1 tbsp (15ml) Extra virgin olive oil
- 4 tbsp (60ml) Spicy brown mustard or Stone-ground mustard
- 1 medium (150g) Sweet yellow onion, thinly sliced
- 1/2 cup (120ml) Low-sodium chicken broth or non-alcoholic beer (for simmering)
- 4 units Whole grain or soft white hoagie rolls (optional)
- 1/2 tsp (2.5g) Dried marjoram or caraway seeds (optional)

PREPARATION

1. **[Step 1: Prep & Safety]:** Ensure your grill or indoor grill pan is clean and preheat to medium heat. If using an outdoor grill, ensure it reaches a steady temperature to prevent flare-ups. Lightly brush the sausages with olive oil to prevent the delicate casings from sticking to the grates.
2. **[Step 2: Softening the Aromatics]:** In a small skillet over medium heat, sauté the sliced onions with a splash of water or broth until they are soft and translucent, which makes them easier to chew and digest.
3. **[Step 3: Gentle Simmering]:** To ensure the sausages are cooked thoroughly and remain juicy for a tender bite, simmer them in a shallow pan with the chicken broth for 5 minutes before moving them to the grill.
4. **[Step 4: Grilling for Flavor]:** Place the simmered sausages on the preheated grill. Turn them every 3-4 minutes using tongs to achieve an even, golden-brown color on all sides without burning the exterior.
5. **[Step 5: Sensory Check]:** Grill for a total of 10-12 minutes. The sausages are done when the skin is slightly crisp and the internal temperature reaches 160°F (71°C). They should feel firm yet springy when pressed.
6. **[Step 6: Resting & Serving]:** Let the bratwursts rest for 3 minutes to allow the juices to redistribute. Serve on a plate or a soft roll, topped with the softened onions and a generous dollop of spicy brown mustard. Enjoy your flavorful, hearty meal!

Hearty Atlantic Seafood & Cracker Chowder



Prep Time: 15 mins | **Cook Time:** 25 mins

Total Time: 40 mins

Servings: 4

Calories: 345 kcal

Macros: Fat 18g | Carbs 22g | Protein 24g | Fiber 3g

INGREDIENTS

- 1 lb (450g) White fish fillets (such as Cod or Haddock), cut into bite-sized pieces
- 1/2 lb (225g) Small shrimp, peeled and deveined
- 2 cups (475ml) Low-sodium chicken or fish stock
- 1 cup (240ml) Whole milk or light cream
- 2 cups (300g) Russet potatoes, peeled and diced small for easy chewing
- 1/2 cup (75g) Celery, finely minced
- 1/2 cup (75g) Onion, finely minced
- 2 tbsp (30g) Unsalted butter
- 1/2 tsp (1g) Dried thyme
- 1/2 tsp (3g) Salt (or to taste)
- 1/4 tsp (1g) Black pepper
- 8-12 each Saltine crackers, for serving

PREPARATION

1. **[Step 1: Prep & Sauté]:** Melt the butter in a large heavy-bottomed pot over medium heat. Add the finely minced onion and celery, cooking until soft and translucent (about 5 minutes) to ensure a gentle texture that is easy to digest.
2. **[Step 2: Simmering Potatoes]:** Pour in the stock and add the diced potatoes. Bring to a gentle boil, then reduce heat to low, cover, and simmer for 10-12 minutes or until the potatoes are very tender when pierced with a fork.
3. **[Step 3: Creating the Creamy Base]:** Slowly stir in the milk (or cream). Use a wooden spoon to slightly mash a few of the potatoes against the side of the pot; this naturally thickens the chowder without needing heavy flours or starches.
4. **[Step 4: Poaching the Seafood]:** Add the fish pieces and shrimp to the simmering liquid. Stir gently so the delicate fish doesn't break apart. Cook for 4-6 minutes; the fish should be opaque and flake easily, and the shrimp should be pink and curled.
5. **[Step 5: Seasoning & Resting]:** Stir in the thyme, salt, and pepper. Turn off the heat and let the chowder sit for 2 minutes to allow the flavors to meld. Ensure the temperature is warm but comfortable for sensitive palates.
6. **[Step 6: Serving]:** Ladle the chowder into warm bowls. Serve immediately with 2-3 Saltine crackers on the side for crumbling into the broth. Enjoy this soothing, nutrient-dense coastal meal!

Golden Oven-Roasted Turkey Tetrazzini



Prep Time: 15 mins | **Cook Time:** 30 mins

Total Time: 45 mins

Servings: 6

Calories: 420 kcal

Macros: Fat 22g | Carbs 34g | Protein 26g | Fiber 2g

INGREDIENTS

- 8 oz (225g) Spaghetti or Linguine, broken into shorter lengths for easier eating
- 2 cups (300g) Cooked turkey breast, shredded or diced into bite-sized pieces
- 1 cup (150g) Frozen peas and carrots, thawed
- 1.5 cups (150g) Sliced mushrooms (button or cremini)
- 1 can (10.5 oz / 298g) Condensed cream of mushroom soup, low-sodium
- 1/2 cup (120ml) Chicken broth, low-sodium
- 1/2 cup (120ml) Sour cream or Greek yogurt
- 1/2 cup (50g) Grated Parmesan cheese, divided
- 1/4 cup (30g) Panko breadcrumbs
- 1/2 tsp (2.5ml) Dried thyme or parsley
- 1/2 tsp (2.5ml) Garlic powder

PREPARATION

1. **Prep & Safety:** Preheat your oven to 375°F (190°C) and lightly grease a 9x13 inch baking dish. Boil a large pot of water and cook the pasta for 2 minutes less than the package directions suggest; this ensures the noodles stay tender but firm after baking.
2. **Mixing & Texture:** In a large mixing bowl, whisk together the cream of mushroom soup, chicken broth, sour cream, garlic powder, and thyme. The mixture should be silky and thick enough to coat a spoon evenly without being runny.
3. **Combining Ingredients:** Gently fold the cooked pasta, shredded turkey, mushrooms, and the peas and carrots into the sauce. Ensure every strand of pasta is well-coated so the dish remains moist throughout the roasting process.
4. **Forming & Topping:** Transfer the mixture into your prepared baking dish, spreading it out into an even layer. In a small bowl, toss the breadcrumbs with half of the Parmesan cheese and sprinkle this evenly over the top for a satisfying crunch.
5. **Timing & Cues:** Bake for 25–30 minutes. You are looking for the sauce to bubble at the edges and the breadcrumb topping to turn a beautiful, light golden brown.
6. **Cooling & Serving:** Remove from the oven and let it stand for 5 minutes before serving. This short rest allows the creamy sauce to set slightly, making it much easier to portion out. Enjoy this heart-warming classic!

Hearty Corned Beef & Cabbage Griddle Hash



Prep Time: 15 mins | **Cook Time:** 20 mins

Total Time: 35 mins

Servings: 2

Calories: 410 kcal

Macros: Fat 28g | Carbs 18g | Protein 22g | Fiber 4g

INGREDIENTS

- 1.5 cups (225g) Cooked corned beef, diced into bite-sized pieces
- 2 cups (300g) Yukon Gold potatoes, peeled and diced into 1/2-inch cubes
- 1.5 cups (135g) Green cabbage, thinly sliced or shredded
- 1/2 cup (75g) Yellow onion, finely chopped
- 2 tbsp (30ml) Unsalted butter or olive oil
- 1/2 tsp (2.5ml) Dried thyme or caraway seeds (optional for digestion)
- 1/4 tsp (1.25ml) Black pepper
- 1/4 cup (60ml) Low-sodium beef broth or water (to steam cabbage)

PREPARATION

1. **[Step 1: Prep & Safety]:** Begin by dicing all ingredients into small, uniform pieces. This ensures the vegetables cook evenly and are easy to chew. Place your griddle or large non-stick skillet over medium heat.
2. **[Step 2: Potato Searing]:** Add 1 tablespoon of butter to the pan. Once melted, add the diced potatoes in a single layer. Cook undisturbed for 5-7 minutes until the bottoms are golden and tender when pierced with a fork.
3. **[Step 3: Aromatics & Cabbage]:** Move the potatoes to the side of the pan and add the remaining butter. Sauté the onions and shredded cabbage until the onions are translucent and the cabbage begins to soften.
4. **[Step 4: Steam & Soften]:** Pour the beef broth over the cabbage mixture and cover the pan for 3 minutes. This softens the cabbage completely, making it gentle on the stomach and easy to digest.
5. **[Step 5: The Final Crisp]:** Stir in the diced corned beef, thyme, and black pepper. Turn the heat up slightly and press the mixture down with a spatula. Cook for 4-5 minutes, flipping once, until the beef is heated through and the edges are crispy.
6. **[Step 6: Serving]:** Divide the hash onto two plates. For extra protein, you may top with a soft-poached egg. Serve while hot and enjoy this classic, nourishing meal!

Tender Mushroom-Smothered Pork Chops



Prep Time: 10 mins | **Cook Time:** 20 mins

Total Time: 30 mins

Servings: 2

Calories: 345 kcal

Macros: Fat 18g | Carbs 12g | Protein 32g | Fiber 2g

INGREDIENTS

- 2 (approx. 170g / 6 oz) Boneless pork chops, 3/4-inch thick
- 1/4 tsp (1.5g) Salt
- 1/4 tsp (0.5g) Black pepper
- 1 tbsp (15ml) Olive oil
- 2 cups (150g) Sliced cremini mushrooms
- 1/2 small (50g) Onion, finely diced
- 1 cup (240ml) Low-sodium chicken broth
- 1/4 cup (60ml) Half-and-half or whole milk
- 1 tbsp (8g) Cornstarch
- 1 tsp (1g) Dried thyme or fresh parsley

PREPARATION

1. **[Step 1: Prep & Seasoning]:** Pat the pork chops dry with a paper towel to ensure a good sear. Season both sides evenly with the salt and pepper.
2. **[Step 2: Searing for Flavor]:** Heat the olive oil in a large skillet over medium heat. Carefully place the chops in the pan and cook for 4-5 minutes per side until golden brown. Transfer them to a plate and cover loosely with foil to keep warm.
3. **[Step 3: Sautéing Mushrooms]:** In the same skillet, add the sliced mushrooms and onions. Sauté for 5 minutes until the mushrooms are softened and the onions are translucent, picking up the flavorful brown bits from the bottom of the pan.
4. **[Step 4: Thickening the Gravy]:** In a small bowl, whisk the cornstarch into the chicken broth until dissolved. Pour this mixture into the skillet with the mushrooms. Bring to a gentle simmer, stirring constantly until the liquid begins to thicken into a sauce.
5. **[Step 5: Simmering & Softening]:** Stir in the half-and-half and thyme. Place the pork chops and any juices from the plate back into the skillet. Lower the heat and let them simmer for 2-3 minutes so the meat becomes incredibly tender and the sauce is creamy.
6. **[Step 6: Final Touch & Serving]:** Check that the pork is cooked through (internal temperature of 145°F/63°C). Spoon plenty of the mushroom gravy over the chops. Serve immediately while warm for a comforting and easy-to-chew meal.

Hearty Slow-Baked Beans with Smoked Thick-Cut Bacon



Prep Time: 15 mins | **Cook Time:** 120 mins

Total Time: 135 mins

Servings: 6

Calories: 345 kcal

Macros: Fat 14g | Carbs 42g | Protein 16g | Fiber 11g

INGREDIENTS

- 3 cans (15 oz / 425g each) Navy beans or Cannellini beans, rinsed and drained
- 6 slices (8 oz / 225g) Thick-cut bacon, cut into 1-inch pieces
- 1 medium (150g) Yellow onion, finely diced for easy digestion
- 1/2 cup (120ml) Mild molasses
- 1/4 cup (60ml) Pure maple syrup
- 1/3 cup (80ml) High-quality ketchup
- 1 tbsp (15ml) Dijon mustard
- 1 tsp (5ml) Apple cider vinegar
- 1/2 tsp (2.5g) Smoked paprika
- 1/2 cup (120ml) Low-sodium beef or vegetable broth
- 1/4 tsp (1.25g) Black pepper

PREPARATION

1. **[Step 1: Prep & Safety]:** Preheat your oven to 325°F (165°C). Lightly grease a deep 2-quart baking dish or ceramic bean pot to ensure the sugars in the sauce don't stick to the sides during the slow bake.
2. **[Step 2: Sautéing the Base]:** In a large skillet over medium heat, cook the bacon pieces until they are browned but still slightly flexible. Add the diced onions and cook for 3-4 minutes until they are soft and translucent, which ensures a gentle texture for easier chewing.
3. **[Step 3: Creating the Sauce]:** In a medium bowl, whisk together the molasses, maple syrup, ketchup, mustard, vinegar, smoked paprika, and broth. This creates a smooth, emulsified liquid that will coat every bean evenly.
4. **[Step 4: Combining]:** Place the drained beans into your prepared baking dish. Pour the bacon, onions (including 1 tablespoon of the rendered fat for flavor), and the sauce over the beans. Stir gently until the mixture is well-incorporated and the beans are fully submerged.
5. **[Step 5: Slow Baking]:** Cover the dish tightly with a lid or aluminum foil to trap moisture. Bake for 90 minutes. Then, remove the cover and bake for an additional 30 minutes; this allows the sauce to thicken into a rich, syrupy glaze and the bacon on top to become slightly crisp.
6. **[Step 6: Resting & Serving]:** Remove from the oven and let the beans sit for 10 minutes before serving. This rest period is crucial as the sauce will continue to thicken as it cools slightly. Serve warm as a hearty side or a main dish. Enjoy this nostalgic, soul-warming meal!

Comforting Golden Tuna & Noodle Casserole



Prep Time: 15 mins | **Cook Time:** 25 mins

Total Time: 40 mins

Servings: 4

Calories: 410 kcal

Macros: Fat 18g | Carbs 42g | Protein 22g | Fiber 3g

INGREDIENTS

- 8 oz (225g) Wide egg noodles
- 2 cans (5 oz / 142g each) Tuna in water, drained and flaked
- 1 can (10.5 oz / 298g) Condensed cream of mushroom soup, low sodium
- 1/2 cup (120ml) Whole milk
- 1 cup (150g) Frozen sweet peas, thawed
- 1/2 cup (50g) Mild cheddar cheese, shredded
- 1/4 tsp (1.25ml) Black pepper
- 1/2 tsp (2.5ml) Onion powder
- 1.5 cups (40g) Potato chips, lightly crushed

PREPARATION

1. **Prep & Safety:** Preheat your oven to 375°F (190°C) and lightly grease a 2-quart baking dish. Boil the egg noodles in lightly salted water for 2 minutes less than the package directions so they remain slightly firm; they will finish cooking in the oven.
2. **Mixing & Texture:** In a large mixing bowl, whisk together the cream of mushroom soup, milk, onion powder, and pepper until the sauce is smooth and creamy. This base ensures the casserole stays moist during baking.
3. **Folding Ingredients:** Gently fold the flaked tuna, cooked noodles, and peas into the creamy sauce. Use a spatula to stir until every noodle is well-coated, ensuring a consistent flavor in every bite.
4. **Assembling:** Pour the mixture into your prepared baking dish, smoothing the top with a spoon. Evenly sprinkle the shredded cheddar cheese over the top, followed by a generous layer of crushed potato chips.
5. **Baking & Cues:** Bake for 20-25 minutes. Look for the sauce to be bubbling at the edges and the potato chip topping to turn a deep, golden brown.
6. **Cooling & Serving:** Remove from the oven and let the casserole sit for 5 minutes. This brief rest allows the sauce to thicken slightly, making it easier to scoop and serve. Enjoy this warm, hearty meal!

Hearty Slow-Simmered Split Pea & Ham Soup



Prep Time: 15 mins | **Cook Time:** 120 mins

Total Time: 135 mins

Servings: 6

Calories: 345 kcal

Macros: Fat 8g | Carbs 42g | Protein 28g | Fiber 16g

INGREDIENTS

- 1 lb (450g) Dried green split peas, rinsed and picked through
- 1 (approx. 1.5 lbs / 680g) Meaty smoked ham bone
- 2 cups (300g) Diced cooked ham (extra for texture)
- 1 large (150g) Yellow onion, finely chopped
- 3 cloves Garlic, minced
- 2 large (120g) Carrots, peeled and sliced into rounds
- 2 stalks (80g) Celery, sliced
- 8 cups (1.9L) Low-sodium chicken broth or water
- 2 (2) Dried bay leaves
- 1 tsp (1g) Dried thyme
- 1/2 tsp (3g) Black pepper, freshly ground
- 1 tbsp (15ml) Olive oil

PREPARATION

1. **[Step 1: Prep & Sauté]:** In a large heavy-bottomed pot or Dutch oven, heat the olive oil over medium heat. Sauté the onions, carrots, and celery for 5-7 minutes until the onions are translucent and the vegetables begin to soften.
2. **[Step 2: Aromatic Foundation]:** Add the minced garlic and dried thyme to the pot. Stir constantly for about 1 minute until fragrant, being careful not to brown the garlic as it can become bitter.
3. **[Step 3: Building the Base]:** Pour in the rinsed split peas and stir to coat them in the aromatics. Add the ham bone, the chicken broth (or water), and the bay leaves. Ensure the ham bone is mostly submerged to extract maximum flavor.
4. **[Step 4: The Slow Simmer]:** Bring the liquid to a gentle boil, then immediately reduce the heat to low. Cover with a lid and simmer for 1 to 1.5 hours. The soup is ready when the peas have completely broken down and the liquid has reached a thick, creamy consistency.
5. **[Step 5: Final Texture]:** Carefully remove the ham bone and the bay leaves. Use a fork to pull any remaining meat off the bone and return it to the pot along with the extra diced ham. If the soup is too thick, add a splash of water or broth to reach your preferred texture.
6. **[Step 6: Season & Serve]:** Season with black pepper; the ham bone usually provides enough salt, so taste before adding more. Serve warm in deep bowls for a satisfying, easy-to-digest meal. Enjoy your nutritious homemade soup!

Golden Herb-Roasted Chicken with Savory Sage Stuffing



Prep Time: 25 mins | **Cook Time:** 90 mins

Total Time: 115 mins

Servings: 4

Calories: 540 kcal

Macros: Fat 28g | Carbs 22g | Protein 48g | Fiber 3g

INGREDIENTS

- 3.5 lb (1.6 kg) Whole Chicken, giblets removed
- 4 cups (200g) Soft bread cubes, slightly toasted
- 2 tbsp (30ml) Olive oil or melted butter
- 1 large (150g) Onion, finely minced for easy chewing
- 2 stalks (100g) Celery, very finely diced
- 2 tsp (4g) Dried sage (or 1 tbsp fresh, finely chopped)
- 1/2 tsp (1g) Dried thyme
- 1/2 cup (120ml) Low-sodium chicken broth
- 1/2 tsp (3g) Sea salt
- 1/4 tsp (1g) Black pepper, finely ground
- 1/2 (30g) Lemon, placed inside the cavity for moisture

PREPARATION

1. **Prep & Safety:** Preheat your oven to 375°F (190°C). Pat the chicken dry with paper towels to ensure the skin gets crispy rather than steaming. Lightly grease a roasting pan or a large oven-safe dish.
2. **Sautéing the Aromatics:** In a small pan over medium heat, cook the finely minced onion and celery in 1 tablespoon of oil until very soft and translucent. This ensures the vegetables are tender and easy to digest.
3. **Mixing the Stuffing:** In a large bowl, combine the bread cubes, sautéed vegetables, sage, and thyme. Slowly drizzle the chicken broth over the mixture and toss gently until it feels like a damp sponge—moist but not soggy.
4. **Preparing the Bird:** Season the chicken cavity with salt and pepper, then tuck the lemon half inside. Loosely spoon the stuffing into the cavity (do not pack it too tightly, as it needs room to heat through safely).
5. **Roasting & Cues:** Rub the remaining oil over the outside of the chicken and season. Place in the oven and roast for about 1 hour and 20-30 minutes. The chicken is done when a meat thermometer reaches 165°F (74°C) and the juices run clear.
6. **Cooling & Serving:** Remove from the oven and let the chicken rest for at least 15 minutes before carving. This allows the juices to redistribute, making the meat much more tender and easier to slice. Enjoy your heartwarming meal!

Hearty Slow-Cooked Beef Stew with Golden Garlic Crostini



Prep Time: 20 mins | **Cook Time:** 120 mins

Total Time: 140 mins

Servings: 4

Calories: 485 kcal

Macros: Fat 18g | Carbs 42g | Protein 35g | Fiber 7g

INGREDIENTS

- 1.5 lbs (680g) Beef chuck, cut into small, bite-sized tender cubes
- 2 tbsp (30ml) Olive oil
- 3 cups (720ml) Low-sodium beef broth
- 2 large (300g) Potatoes, peeled and diced into 1-inch pieces
- 3 medium (180g) Carrots, peeled and sliced into thin rounds
- 1 medium (150g) Yellow onion, finely chopped
- 2 cloves Garlic, minced
- 1 tsp (5g) Dried thyme
- 1/2 tsp (3g) Salt and black pepper to taste
- 1 small (200g) Baguette or soft French loaf
- 3 tbsp (45g) Butter, softened
- 1 tbsp (4g) Fresh parsley, finely chopped

PREPARATION

- 1. **[Step 1: Searing for Flavor]:** Heat the olive oil in a large heavy-bottomed pot or Dutch oven over medium heat. Lightly brown the beef cubes on all sides; this creates a deep, savory base for your stew.
- 2. **[Step 2: Softening Aromatics]:** Add the onions and garlic to the pot. Sauté for 3-4 minutes until the onions are translucent and fragrant, ensuring the garlic does not burn.
- 3. **[Step 3: Simmering the Base]:** Pour in the beef broth and dried thyme. Bring the liquid to a gentle boil, then reduce the heat to low. Cover and simmer for 60 minutes to ensure the beef becomes incredibly tender and easy to chew.
- 4. **[Step 4: Adding Vegetables]:** Stir in the potatoes and carrots. Continue to simmer, covered, for another 30-40 minutes. The vegetables should be fork-tender, and the broth should naturally thicken into a rich gravy.
- 5. **[Step 5: Preparing Garlic Bread]:** While the stew finishes, slice the bread into manageable pieces. Mix the softened butter with parsley and a hint of garlic, spread onto the bread, and toast in the oven at 350°F (175°C) for 8-10 minutes until golden but not too hard.
- 6. **[Step 6: Final Seasoning & Serving]:** Taste the stew and add salt or pepper if needed. Ladle the warm stew into shallow bowls and serve alongside the buttery garlic bread for dipping. Enjoy this wholesome, soul-warming meal!

Classic Comfort Creamed Chipped Beef on Toast



Prep Time: 10 mins | **Cook Time:** 10 mins

Total Time: 20 mins

Servings: 2

Calories: 345 kcal

Macros: Fat 18g | Carbs 26g | Protein 20g | Fiber 2g

INGREDIENTS

- 4 oz (115g) Dried beef (thinly sliced)
- 2 tbsp (30g) Unsalted butter
- 2 tbsp (15g) All-purpose flour
- 1 1/2 cups (350ml) Whole milk
- 1/4 tsp (1g) Black pepper (freshly ground)
- 1 pinch (0.5g) Nutmeg (optional)
- 4 slices (120g) White bread or Brioche
- 1 tsp (2g) Fresh parsley (chopped for garnish)

PREPARATION

1. **[Step 1: Prep & Rinsing]:** Begin by rinsing the dried beef under cold water for a few seconds to remove excess salt, then pat dry with paper towels. Slice the beef into bite-sized ribbons or small squares.
2. **[Step 2: Roux Preparation]:** In a medium skillet over medium heat, melt the butter until it begins to bubble slightly. This provides the flavorful base for your creamy sauce.
3. **[Step 3: Creating the Base]:** Whisk in the flour and cook for 1-2 minutes, stirring constantly. The mixture should look like a smooth, golden paste; this ensures your sauce won't taste like raw flour.
4. **[Step 4: Incorporating the Liquid]:** Slowly pour in the milk a little at a time, whisking vigorously after each addition. Continue until the sauce is smooth and starts to thicken to the consistency of heavy cream.
5. **[Step 5: Simmering the Beef]:** Stir in the sliced beef, pepper, and nutmeg. Lower the heat and simmer for 3-5 minutes, allowing the beef to soften and the flavors to meld together perfectly.
6. **[Step 6: Toasting & Serving]:** While the sauce simmers, toast your bread until golden and crisp. Place two slices on each plate and generously ladle the warm creamed beef over the top. Garnish with parsley and enjoy this timeless classic!

Southern Golden-Crisp Green Tomatoes with Zesty Remoulade



Prep Time: 15 mins | **Cook Time:** 10 mins

Total Time: 25 mins

Servings: 4

Calories: 285 kcal

Macros: Fat 18g | Carbs 26g | Protein 5g | Fiber 3g

INGREDIENTS

- 3 medium (approx. 450g) Green tomatoes, sliced into 1/2-inch (1.25cm) rounds
- 1/2 cup (65g) All-purpose flour
- 1/2 cup (70g) Yellow cornmeal
- 1/4 cup (30g) Breadcrumbs (fine)
- 2 large (100ml) Eggs, beaten
- 1/4 cup (60ml) Buttermilk
- 1 tsp (5g) Salt and 1/2 tsp (1g) Black pepper
- 1/2 cup (120ml) Vegetable oil for shallow frying
- 1/2 cup (120ml) Mayonnaise (for sauce)
- 1 tbsp (15ml) Dijon mustard
- 1 tbsp (15g) Prepared horseradish
- 1 tsp (5ml) Lemon juice

PREPARATION

1. **[Step 1: Prep & Safety]:** Begin by slicing the green tomatoes. Place the slices on paper towels and sprinkle with a pinch of salt; let them sit for 5 minutes to draw out excess moisture. This ensures the coating stays crispy and doesn't get soggy.
2. **[Step 2: Creating the Coating Station]:** Set up three shallow bowls. In the first, place the flour. In the second, whisk the eggs and buttermilk together. In the third, combine the cornmeal, breadcrumbs, salt, and pepper. This assembly line makes the process effortless for the hands.
3. **[Step 3: Battering for Texture]:** Dredge each tomato slice in flour (shake off excess), dip into the egg mixture, and finally press firmly into the cornmeal mixture. The coating should look like a dry, even crust covering the entire surface.
4. **[Step 4: Shallow Frying Cues]:** Heat the oil in a large skillet over medium heat. Carefully place slices in the pan (do not overcrowd). Fry for 3–4 minutes per side. Look for a deep golden-brown color and a firm, crunchy exterior before flipping.
5. **[Step 5: Draining & Sauce Prep]:** Transfer the fried tomatoes to a wire rack or fresh paper towels to drain excess oil. While they cool slightly, whisk the mayonnaise, mustard, horseradish, and lemon juice in a small bowl until smooth and creamy.
6. **[Step 6: Serving]:** Plate the warm tomatoes immediately while the crust is at its peak crispness. Serve with a side of the remoulade sauce for dipping or a dollop on top. Enjoy this timeless Southern treat!

Creamy Baked Rice Pudding with Warm Nutmeg



Prep Time: 10 mins | **Cook Time:** 120 mins

Total Time: 130 mins

Servings: 4

Calories: 310 kcal

Macros: Fat 9g | Carbs 48g | Protein 10g | Fiber 1g

INGREDIENTS

- 1/2 cup (100g) Short-grain white rice (pudding rice)
- 4 cups (950ml) Whole milk
- 1/3 cup (65g) Granulated sugar
- 1/4 cup (40g) Raisins or Sultanas
- 1 tsp (5ml) Vanilla extract
- 1/2 tsp (1g) Freshly grated nutmeg
- 1 tbsp (14g) Unsalted butter, softened
- 1 pinch Salt

PREPARATION

1. **Prep & Safety:** Preheat your oven to 300°F (150°C). Grease a 1.5-quart (1.4L) ovenproof baking dish with the softened butter; this ensures the rice doesn't stick and adds a rich flavor to the crust.
2. **Mixing & Texture:** In a large mixing bowl, combine the uncooked rice, milk, sugar, vanilla extract, and a pinch of salt. Stir well until the sugar is dissolved and the ingredients are evenly distributed.
3. **Forming/Cooking:** Pour the mixture into your prepared baking dish. Stir in the raisins, spreading them out so they don't all settle in one corner. The mixture will look very liquid at this stage, which is necessary for a soft, creamy result.
4. **Timing & Cues:** Sprinkle the freshly grated nutmeg generously over the top. Place the dish in the center of the oven and bake for about 2 hours. Every 30 minutes, gently stir the pudding to keep the rice from settling, but leave it undisturbed for the final 45 minutes.
5. **Cooling & Removal:** Carefully remove the dish from the oven when the rice is tender and the milk has thickened to a creamy consistency. Let it sit for 10-15 minutes; the pudding will continue to set as it cools slightly, reaching the perfect texture.
6. **Serving:** Serve warm in small bowls, perhaps with a little extra splash of cold cream on top if desired. Enjoy this gentle, easy-to-digest classic!

OLD GUYS COMFORT FOOD RECIPES

