



Southern Charm Biscuits and Gravy+Green Machine Slaw+Kid-Friendly "Coffee" Delight

By Dylan Sabuco

Prep Time 17 / Cook Time 34 / Serves 4 - 6

Shopping List

- FRESH
- 1 small yellow onion
- 1/2 head green cabbage
- 1 celery stalk
- 1 carrot
- DAIRY
- 1 stick (1/2 C) + 1 T cold butter ****(see allergy subs below)****
- 3 1/4 C milk ****(see allergy subs below)****
- PANTRY
- 2 1/2 C all-purpose flour + 1 T ****(see allergy subs below)****
- 3 T vinegar (white or apple cider are best)
- 1/2 tsp baking soda
- 2 tsp salt
- 2/3 tsp ground black pepper
- 3/4 tsp ground mustard
- 1 pinch sugar
- 2/3 C molasses

HAVE ON HAND

3 C water

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

simmer: to cook a food gently, usually in a liquid, until softened.

singer: pronounced SAHN-jay, a French cooking term meaning to sprinkle flour on ingredients that have been cooked in fat, like vegetables, before adding liquid; this creates a roux, a mixture of fat and flour, typically used to create a thickened sauce or stew.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

slice: to cut into thin pieces using a sawing motion with your knife.

Equipment

Medium mixing bowl

Small mixing bowl

Graters (or cutting board + kid-safe knife)

- Measuring spoons
- Liquid measuring cup
- Whisk
- Large spoon or salad tongs
- Medium saucepan
- Wooden spoon
- Pitcher
- Oven
- Baking sheet
- Parchment paper
- Large mixing bowl
- Dry measuring cups
- Grater
- Cutting board
- Round cup or cookie/biscuit cutter
- Kid-safe knife
- Ladle or spoon

Ingredients

Southern Charm Breakfast Biscuits and Gravy

- Biscuits:
- 2 1/2 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- 1 C milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1 T vinegar (white or apple cider are best)
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 stick (1/2 C) cold butter ****(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free butter, like Earth Balance)****

- Gravy:
- 1 small yellow onion
- 1 T butter **** (for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)****
- 1 T all-purpose flour **** (for GLUTEN ALLERGY sub 2 tsp cornstarch)****
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp ground mustard
- 1 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****

Green Machine Slaw

- 1/2 head green cabbage
- 1 celery stalk
- 1 carrot
- 2 T vinegar (apple cider or white are best)
- 1/4 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1 pinch sugar
- 1 pinch salt
- 1 pinch ground black pepper
- 1/4 tsp ground mustard

Kid-Friendly "Coffee" Delight

- 2/3 C molasses
- 3 C water
- 1 C milk, optional **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****

Food Allergen Substitutions

Southern Charm Breakfast Biscuits and Gravy

Gluten/Wheat: For 2 1/2 C all-purpose flour in biscuit dough, substitute gluten-free/nut-free all-purpose flour. For 1 T all-purpose flour in gravy, substitute 2 tsp cornstarch.

Dairy: Substitute dairy-free/nut-free butter, like Earth Balance for biscuit dough and gravy. Substitute dairy-free/nut-free milk for biscuit dough and gravy.

Green Machine Slaw

Dairy: Substitute dairy-free/nut-free milk.

Kid-Friendly "Coffee" Delight

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Southern Charm Breakfast Biscuits and Gravy

intro

Biscuits and gravy are a match made in heaven. The buttery, flaky combination of flour and milk with heaps of delicious onion gravy ladled over the top has become a classic breakfast food of the Southern United States. For our Sticky Fingers preparation, you will make a traditional black pepper gravy that leans more heavily into onions and skips any sausage you might be used to.

measure + mix

Many buttermilk biscuit recipes use store-bought buttermilk, but today, you will make your own simply by combining vinegar and milk in your dough. Let's dive in! Measure **2 1/2 cups flour, 1 cup milk, 1 tablespoon vinegar, 1/2 teaspoon baking soda,** and **1/2 teaspoon salt** into a large mixing bowl. Stir a few times to loosely combine.

grate + mix

Then, grate **1 stick of cold butter** into the same bowl. Once the butter is in, start mixing until a ball of biscuit dough forms. Roll the dough onto a clean cutting board. With clean hands, start flattening the dough into a large circle. Using a small cup or cookie cutter, cut out small circles from the flattened dough.

bake + chop

Preheat your oven to 400 F. Place the shaped biscuits onto a parchment paper-lined baking sheet and bake for 12 to 14 minutes or until golden brown and fluffy. Now, work on the gravy. Chop **1 yellow onion** into a small (ish) dice.

scrumptious science

Time to make a "roux" (pronounced "roo")! What is a roux? Roux, or chef's paste, is a cooked combination of butter and flour in equal parts. This mixture is then used to thicken stocks and cream into various sauces and soups. For this recipe, we will use a method called "singer" (SAHN-jay), a French term for

sprinkling flour over cooked vegetables to form a roux. From there, stock, cream, or water can be added to create soups and sauces with vegetables or meat incorporated into the mix.

sauté + sprinkle

Place the onions in a medium saucepan over medium-low heat with **1 tablespoon of butter**. Stir a few times while the onions sizzle. Then, measure and sprinkle in **1 tablespoon flour, 1 teaspoon salt, 1/2 teaspoon black pepper**, and **1/2 teaspoon ground mustard**. Stir until a thick paste (roux) starts to form. This will take a couple minutes of continuous stirring.

simmer + serve

Slowly pour in **1 cup of milk** while whisking the milk and roux together. Simmer the mixture for at least 10 minutes or until the gravy is thick enough to coat the back of a wooden spoon. Remove the biscuits from the oven if you have not already. Serve the gravy ladled over the fluffy, flaky buttermilk biscuits.

Green Machine Slaw

grate + chop

Grate or chop (your choice) **1/2 head of green cabbage, 1 celery stalk**, and **1 carrot** into a medium mixing bowl.

measure + whisk

Measure **2 tablespoons vinegar, 1/4 cup milk, 1 pinch of sugar, 1 pinch of salt, 1 pinch of black pepper**, and **1/4 teaspoon ground mustard** into a small mixing bowl and whisk to combine.

toss + crunch

Toss the dressing with the grated or chopped vegetables. Chill for a few minutes or serve immediately. Enjoy!

Kid-Friendly "Coffee" Delight

intro

Molasses is a sweetener known for its health benefits compared to sugar and other sweeteners. Blackstrap molasses is even more nutrient-dense due to the third boiling it goes through, concentrating it. Molasses has high levels of iron, manganese, and magnesium and is a good source of calcium, potassium, and vitamin B6. Kids will enjoy drinking this "grown-up" breakfast beverage.

measure + stir + simmer

Measure, stir, and simmer **2/3 cup molasses** and **3 cups water** in a medium saucepan over medium-low heat for 10 minutes. Also, you can add **1 cup of milk** if you would like an even more creamy "coffee."

pour + cool

Once simmered, pour the kid-friendly "coffee" into a pitcher to cool slightly before pouring into cups.

Featured Ingredient: Butter!

Hi! I'm Butter!

"I'm a byproduct of churned cream used in cooking and as a spread for bread. I'm really yummy when I'm melted and poured over freshly popped popcorn! You don't have to "butter me up" (flatter me) to get me to add richness to your food!"

History & Etymology

According to Elaine Khosrova, author and pastry chef, butter may have originated 8,000 years ago in Africa. A shepherd had tied a bag of warm sheep's milk to the back of a sheep and found that after traveling a few miles, the milk had curdled, creating a tasty substance. She claims butter would have come from the milk of sheep and goats before cow's milk.

The method of churning butter eventually changed from having bags of milk dangling from domesticated animals' backs to hanging them from tree branches.

In places where olive oil was preferred with bread and cooking, as in ancient Greece and Rome, butter was seen as a food for barbarians. However, it was accepted as a medicinal ointment.

A 4,500-year-old Sumerian tablet describes making butter from cows.

Scandinavia was exporting butter by the 12th century. Butter did not spoil as quickly in northern Europe as in southern climates. In Ireland, in the 11th to 14th centuries, butter was placed in firkins (wooden vessels or casks) and buried in peat bogs to preserve it. Archaeologists can still find buried butter firkins in Ireland.

Butter was churned by hand on farms until the 19th century. Farmers would make enough for themselves and to sell in brick form for extra income.

In the 1860s, butter factories started up in the United States. In 1894, Gustaf de Laval patented the first centrifugal milk-cream separator, which sped up the butter-making process.

At home, you can make butter by shaking or whipping heavy cream, causing the butter fats to separate from the liquid until it turns into butter and buttermilk!

The latter half of the 20th century would see margarine overtake butter in popularity because it was less expensive and seen as healthier. That changed somewhat in the early 2000s, but both products have been surpassed in recent years with healthier fats, like canola and olive oils.

The United States produces the most butter worldwide, followed by New Zealand and Germany.

The word "butter" is from the Old English "butere," of West Germanic origin, from the Latin "butyrum," from the Greek "bouturon."

Composition

Butter is a dairy product made from cream, which is typically 80 percent butterfat. It is a solid substance when refrigerated, and at room temperature, it is semi-solid. When heated, it melts and becomes a liquid.

Butter is most often made from cow's milk, although it can also be made from goat, sheep, buffalo, and yak milk.

How to Buy & Eat

In the US, butter is typically purchased in 1-pound packages with four 4-ounce sticks. The sticks may come in the Elgin or Eastern-pack shape: 4 3/4 x 1 1/4 x 1 1/4 inches. This form was named for a dairy in Elgin, Illinois. Or, they will be in the Western-pack shape: 3 1/4 x 1 1/2 x 1 1/2 inches. Butter dishes are generally designed for the Elgin shape.

Most butter has 80 percent butterfat. If your recipe calls for butter with more butterfat content, look for a European-style butter. It is churned longer and has 82 to 90 percent butterfat.

You can purchase salted or unsalted butter. In baking, recipes often call for unsalted butter. If you use salted butter in a recipe that calls for unsalted, you may not need as much or any additional salt.

The culinary uses for butter are extensive. You can spread it on bread, toast, and other baked goods. It is a cooking fat that adds flavor to pan-fried foods. Cooking vegetables in a little butter allows the sugars in the veggies to caramelize. Adding butter when finishing a sauce makes the sauce rich and creamy. Baking with butter will add texture and richness to cakes, cookies, and pastries and make them more tender. Mix it with powdered sugar, and you have buttercream frosting!

Several foods have "butter" as an ingredient and in their names, including butter cookies, butter cake, butter chicken, butter rice, butter pecan ice cream, buttercream, butterscotch (candy), butter pie, bread and butter pudding, and cookie butter (a sweet food paste). The French "beurre blanc" ("butter white") is a rich white butter sauce.

Nutrition

One tablespoon of butter has 102 calories, 12 grams of fat (7 grams saturated fat), one-tenth gram of protein, and no carbohydrates, fiber, or sugar. It has 355 IU of vitamin A and small amounts of calcium, magnesium, and potassium. Salted butter has 91 milligrams of sodium.

Eating butter may increase the absorption of other nutrients in the foods it is in.

Butter is not a heart-healthy fat, so it should be eaten in moderation.