

Cooking With Kalota

Smokey Pulled Chicken

This chicken recipe uses a “Lawry’s Seasoned Salt” dupe. Once you make your own spice blend, you’ll never go back! You can make it in big batches, put it in a mason jar, and label for future use. No preservatives necessary! Serves 4-5.

Ingredients:

For The Chicken:

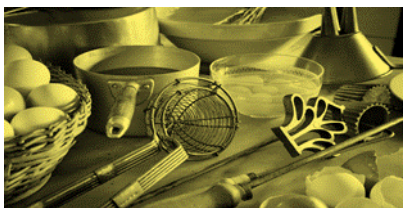
- 4 chicken breasts, filleted if necessary
- 1 tsp extra virgin olive oil
- 1 cup + chicken stock (homemade if possible!)
- Salt + Pepper to taste
- 1 small shallot, sliced
- 1 medium onion, sliced

For the “Seasoned Salt”

- 1 tsp kosher salt
- ½ tsp ground cinnamon
- 1 tsp onion powder
- ½ tsp garlic powder
- 1 tsp turmeric
- 1 tsp cumin
- 1 tbsp smoked paprika
- 1 tsp brown sugar *optional*

1. Combine the salt, cinnamon, onion powder, garlic powder, turmeric, cumin, smoked paprika, and optional brown sugar in small bowl. Set aside.
2. Salt and pepper both sides of your chicken fillets.
3. Heat a large cast iron sauté pan. Lower in your chicken breasts and brown on each side. Once browned remove the chicken.
4. Make sure the heat is turned down to low and add olive oil, shallots, and onion. Cook the onions on low until translucent.
5. Add the spice mix and mix in well with the onions.
6. Remove onions and set aside with the chicken. Deglaze the pan by adding in a cup of chicken stock and scrapping all the brown bits up from the bottom.
7. Add back in the chicken and onions and add more chicken stock if necessary to cover the chicken just halfway. Cover the pan and let cook on a very low simmer for 20-25 minutes and monitor the stock level, it should always stay at half way.
8. Take out the chicken and remove the pan from the heat- DO NOT DISCARD THE CHICKEN STOCK. If there is not a lot of stock left, add more.
9. Shred the chicken on a cutting board and set it aside. Turn the heat back on and add the shredded chicken back to the stock. Cook until the shredded chicken absorbs the stock and taste for salt and pepper.
10. Serve over rice, couscous, in tacos, in wraps, basically in anything!





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Classic Stir Fry

This eastern inspired dish has countless variations. It's best to cook this in a wok so the heat is evenly distributed and the vegetables don't become "mushy". Eastern flavors like soy sauce, garlic, and ginger add a lot of flavor – kick up the intensity by adding spicy peppers and/or chilies. Serves 4 people.

- 1 tbsp peanut or sunflower oil
- 1 breasts chicken, sliced
- 4 garlic cloves, minced
- 1 tbsp fresh ginger, minced
- 1/2 tsp Sambal (chili paste) *optional
- 1/2 broccoli head, chopped
- 1 head of baby bok choy, chopped
- 1 carrot, julienned
- 2 tbsp soy sauce
- 1/2 c. rice

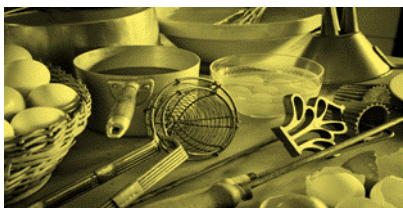
Directions:

In a medium size pot,

1. Add rice, water, a pinch of salt, and about 1 tsp oil.
2. Simmer on medium low heat until water is absorbed. Take the pot off the heat, cover, and let steam.

In a wok or large (and deep) sauté pan,

1. Heat the oil.
2. Add the chicken and sprinkle with salt and pepper.
3. Make sure the heat is on medium high so you get a good brown color on both sides of the chicken but make sure not to burn it. Toss and stir often until the chicken is cooked through.
4. Lower heat and make a well in the center of the pan. Add the garlic, ginger, and chili paste.
5. Make sure the garlic is not burning and stir a bit until it turns a pale yellow color (should only take a few seconds).
6. Add the broccoli, bok choy, and carrots and toss well.
7. Add the soy sauce and let vegetables cook until they turn a vibrant color but do not let them cook down. The point of this dish is crispy and flavorful vegetables, not mushy ones.
8. Taste for salt and pepper and more soy sauce. When vegetables are fully heated and the salt is at the right level, turn off the heat.
9. Plate rice on a bowl. Add the stir fry on top and serve.



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Carolina Grits

I first had these grits in South Carolina at Sean Brock's infamous 'Husk'. I didn't know grits could make me cry, but these did. The devils in the corn and Chef Brock's passion for heirloom corn seeds, once lost to the south, shine through. Whenever you can, try to get local and freshly ground grits. It makes a huge difference. Grits can be eaten for breakfast, lunch, and dinner! Pair them with your favorite protein, share them as a side dish, or cuddle up with a mug of them on a cold winter day. Grits = love.

Ingredients:

- 4 ½ cup water (preferably filtered)
- 1 cup grits
- 1 bay leaf
- 1 tbsp. kosher salt
- ½ tsp. ground white pepper
- 2 tbsp. butter
- 1 tbsp. fresh lemon juice
- 1 ½ tsp. hot sauce

Directions:

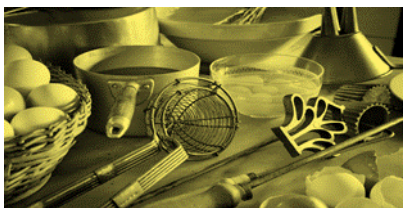
1. Combine grits and water in a container, cover, and put in the fridge overnight or at least up to 8 hours.
2. Carefully remove the grits from the fridge. Skim off any hulls from the surface of the water (careful not to disturb the grits underneath!).
3. Transfer the grits (AND their soaking water, do not drain!) into a saucepot and bring to a boil over medium heat. Stir pretty continually with a rubber scraper to ensure grits to not stick to sides of the pot.
4. Once the grits start to thicken after a couple minutes, remove from the stove and let the grits relax, covered, for 10 minutes.
5. Uncover the grits, add the bay leaf, and cook on low heat until the grits are soft and tender and to your texture liking.

Remove from the heat, discard the bay leaf, and add the salt, pepper, butter, lemon juice, and hot sauce.

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Southern Oven Catfish

Catfish is an incredible and meaty freshwater creature that has a rich history of being one of the first farmed fishes. It gets a bad rap as a “bottom dweller” but the fact is it has a nutrient rich diet because of the algae, seaweed, and insects it consumes. Cornmeal gives catfish an amazing crunch and texture but I find baking it in the oven provides a less greasy version than fried.

Heat oven to 425°F.

Ingredients:

- 1 tsp. onion powder
- 1 tsp. garlic powder
- ½ tsp. dried oregano
- 1 tsp. dried basil
- ½ tsp dried thyme
- ½ tsp. black pepper
- ½ tsp white pepper
- ½ tsp. cayenne pepper
- 1 tsp. smoked paprika
- 1 tbsp. salt
- 1 cup yellow cornmeal
- 2 eggs, beaten
- 1 tbsp. hot sauce
- 4 -4oz. catfish fillets

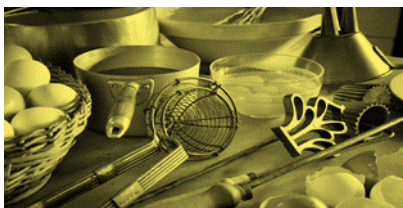
Directions:

1. Line a baking sheet with parchment paper. Spray with baking spray and set aside.
2. In a small bowl make spice blend by adding onion powder, garlic powder, dried oregano, basil, thyme, black pepper, white pepper, cayenne, smoked paprika, and salt. Set aside.
3. In a medium bowl combine cornmeal and 2 tbsp. of the spice blend. Whisk well.
4. In another medium bowl combine the eggs with the hot sauce and whisk well.
5. Dip the catfish fillets into the egg and dredge the fillets in the cornmeal mixture.
6. Place fillets on parchment paper and bake for 15 minutes or until golden brown.

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Green Beans with Shallots

Cooking green beans in shallots and thyme is a classic French way to make them both savory and sweet. You do have the option of boiling them beforehand to bring forth more of the beans' natural sweetness—but I like the crunch of un-boiled beans better! Serves 4-6.

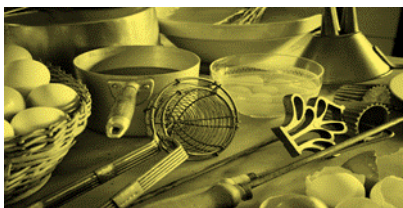
Ingredients:

- 1-2 lbs fresh green beans, ends trimmed
- 2 tbsp butter
- 1 tbsp EVOO (extra virgin olive oil)
- 2 shallots, minced
- 3 cloves garlic, minced
- 1 tsp fresh or dried thyme, stems removed
- 1 pint cherry tomatoes, sliced in half
- Salt and pepper to taste

Directions:

1. In a large sauté pan heat butter and EVOO together.
2. Add garlic, shallots, and thyme and let them sauté on LOW heat (you will hear the thyme “snap and crackle”).
3. Add the green beans and tomatoes and coat well with the oil and shallot mixture.
4. Salt and pepper to taste.
5. Cook until tomatoes are blistered, this only takes about 2-3 minutes. Serve hot.





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Braised Collard Greens

Serves 8

Ingredients:

Directions:

- 2 cups chicken stock, divided
- 1/3 cup dried mushrooms
- 2 tbsp of extra virgin olive oil OR 2 tbsp bacon fat
- 2 onions, sliced
- 2 garlic cloves sliced
- 2 tbsp tomato paste
- 1 tsp hot pepper flakes
- 2 lb collard greens (3-4 bunches), stems and leaves separated
- 1 tsp smoked paprika

Directions

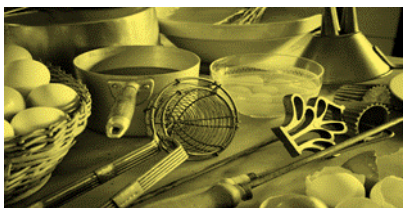
1. Warm the stock up and measure about 1 cup.
2. Add the mushrooms to reconstitute them (20 minutes).
3. Remove the mushrooms from the stock and reserve the mushroom liquid.
4. Chop the mushrooms evenly and set everything aside.
5. Rinse the collard greens well and separate the leaves from the stems. Chop the stems into bite size pieces and cut the leaves into ribbons. Set aside.
6. In a large braising pan, add the olive oil OR bacon fat and heat.
7. Add the onions and garlic and sauté for just 1 minute.
8. Add the tomato paste and chili flakes and stir to combine with the onion and garlic. Let it toast on lower heat for just 1 more minute.
9. Add the collard greens and just a bit of salt and stir to coat in the tomato paste.
10. Add the mushroom liquid, the other 1 cup of chicken stock, and the chopped up mushrooms.
11. Add smoked paprika, cumin, and soy sauce and stir to combine.
12. Bring everything to a boil and then reduce heat to low. Cover and let simmer for 20 minutes.

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Black Eyed Peas with Ham

Serves 4-6. We highly recommend to serve with collard greens! Try NOT to use a slow cooker for this recipe. The fond (brown bits from searing the meat and vegetables) and slow build of this recipe is what makes it so good!

Ingredients:

- 1 lb (16oz) dried black eyed peas
- 1 smoked ham hock
- 2 tbsp extra virgin olive oil
- 1 onion, diced
- 4 garlic cloves, sliced
- 1 red bell pepper, diced
- 2 stalks celery, diced
- 1 jalapeno, seeded and diced
- 1 ½ tsp cumin
- 1 tsp smoked paprika
- ½ tsp cayenne pepper
- 1 tsp dried thyme
- 1 bay leaf
- 6 cups chicken stock
- Salt & Pepper to taste
- Cilantro for garnish

Directions:

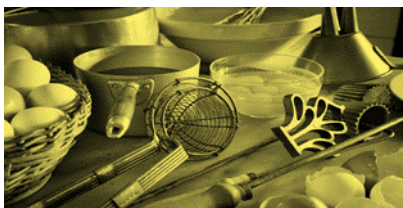
1. Rinse black eyed peas and sort out any rocks or bad ones. Put peas in a large bowl and cover with cold water. Let soak overnight. The next day, drain the peas and rinse again. Set aside.
2. Heat up a large pot. Add ham hock and sear on all sides.
3. Remove ham and add a bit of extra virgin olive oil. Add onion, garlic, red pepper, celery, jalapeno, and a bit of salt and pepper, and cook until onions begin to soften.
4. Add cumin, paprika, cayenne, and thyme and stir to combine. Add 1 cup chicken stock and deglaze bottom of pot.
5. Add the rest of the chicken stock, add back in the ham hocks, bay leaf, and black eyed peas. Bring everything to a boil and then reduce mixture to a simmer, cover, and cook for 30 minutes until peas are soft.
6. Remove the ham hock and break apart into small pieces, either shredded or diced, on a cutting board. Add back into the pot and mix together well.
7. Taste for salt and pepper one last time and garnish with cilantro before serving.

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Hot Water Corn Bread

Ingredients:

- 1 cup yellow cornmeal
- 1 tsp salt
- 1 tsp white sugar
- $\frac{3}{4}$ cup boiling water
- $\frac{1}{4}$ - $\frac{1}{2}$ cup neutral oil like vegetable oil

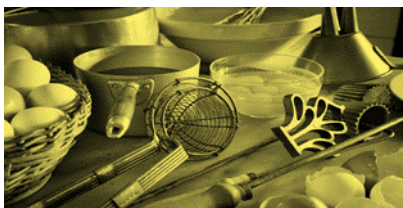
Directions:

1. In a small bowl combine and whisk together cornmeal, salt, and sugar.
2. Add boiling water to the cornmeal mixture and whisk together. If mixture because too thick you can switch to a wooden spoon OR use your hands to combine if the mixture is cooled enough.
3. Scoop out 3-4 tbsp of mixture at a time and shape it in to balls with your hands. Flatten the balls into circles and set aside on a plate.
4. In a cast iron skillet heat up the oil on medium heat.
5. Fry each cake in hot oil and turn once when one side is crisp and brown, 3-4 minutes.
6. Drain on paper towels and serve while hot.

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Classic Stir Fry with Summer Veggies

This eastern inspired dish has countless variations. It's best to cook this in a wok so the heat is evenly distributed and the vegetables don't become "mushy". Eastern flavors like soy sauce, garlic, and ginger add a lot of flavor – kick up the intensity by adding spicy peppers and/or chilies. Prefer vegetarian? Omit the chicken. Serves 4 people.

- 1 cup brown rice
- 6 cups water
- 1 tbsp peanut or sunflower oil
- 1 chicken breast, sliced +
- 4 garlic cloves, minced
- 1 tbsp fresh ginger, minced
- 1/2 tsp Sambal (chili paste) *Optional, add as much or little spice as you like.*
- 4 sweet banana peppers, sliced
- 2 cups of kale, leaves & stems, chopped
- 2 medium carrots, cut into matchsticks
- 1 cup fresh green beans, halved
- 2 tbsp soy sauce
- 1 cup cherry tomatoes, sliced
- Salt & Pepper to taste

Directions:

In a medium size pot,

1. Add rice, water, a pinch of salt, and about 1 tsp oil.
2. Simmer on medium low heat until water is absorbed. Take the pot off the heat, cover, and let steam.

In a wok or large (and deep) sauté pan,

1. Heat the oil.
2. Add the chicken and sprinkle with salt and pepper.
3. Make sure the heat is on medium high so you get a good brown color on both sides of the chicken but make sure not to burn it. Toss and stir often until the chicken is cooked through.
4. Lower heat and make a well in the center of the pan. Add the garlic, ginger, and chili paste.
5. Make sure the garlic is not burning and stir a bit until it turns a pale yellow color (should only take a few seconds).
6. Add the banana peppers, kale, carrots, and green beans and toss well.
7. Add the cherry tomatoes and add the soy sauce and let vegetables cook until they turn a vibrant color but do not let them cook down. The point of this dish is crispy and flavorful vegetables, not mushy ones.
8. Taste for salt and pepper and more soy sauce. When vegetables are fully heated and the salt is at the right level, turn off the heat.
9. Plate rice on a bowl. Add the stir fry on top and serve.