

Oklahoma Recipes

Oklahoma Indian Tacos

Ingredients:

- 2 pounds ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 packet taco seasoning
- 1 (15-ounce) can pinto beans in chili sauce
- 1 can Rotel chiles, undrained
- 1 (14.5-ounce) can diced tomatoes, undrained
- 2 cups self-rising flour
- 1 cup buttermilk
- Vegetable oil for frying
- Taco topping of your choice: lettuce, cheese, black olives, salsa, sour cream, etc.



Directions:

Preheat oven to 200° F. Cook ground beef with onion. Add garlic and cook for 2 minutes more. Drain excess grease. Add taco seasoning mix, beans, Rotel, and diced tomatoes. Bring to a boil, reduce to a simmer, and cook for 10 minutes until thickened.

Mix flour with buttermilk in a bowl. Scoop up about ¼ cup of dough and pat into a 5" circle on a well-floured work surface.

Heat vegetable oil in a heavy skillet to 400° F. Gently place dough circles into the hot oil and fry until golden brown on both sides, turning once. About 2-3 minutes per side. Drain the fried bread on paper towels and place on baking sheets to keep warm while you finish frying the bread. Top fried bread with ground beef mixture and choice of taco toppings.

Fried Okra

Ingredients:

$\frac{3}{4}$ cup cornmeal
 $\frac{3}{4}$ cup flour
1 teaspoon garlic powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ cup buttermilk
1 pound okra, cut in $\frac{1}{2}$ " pieces
Oil for frying



Directions:

In a cast iron skillet or deep pan, heat about 6 cups of oil to 350° F. Place cut okra in buttermilk to soak for a couple minutes while you assemble the coating.

In a bowl, combine cornmeal, flour, and seasonings. Transfer okra to coating mixture and toss well to coat. Fry okra in hot oil for about 5 minutes, stirring to fry evenly. Remove to paper towels to drain.

Oklahoma Fried Onion Burgers

Ingredients:

1 large onion, peeled, halved and thinly sliced
Salt and pepper
1 pound ground beef
1 tablespoon butter
1 tablespoon vegetable oil
4-8 slices American cheese
Mayo, mustard and pickles, for serving
4 hamburger buns, toasted



Directions:

Combine the onion slices and 1 teaspoon of salt in a bowl and toss to combine. Transfer the onions to a colander and let sit for 30 minutes, tossing occasionally.

Transfer the onions to a clean dish towel, gather the edges together, and squeeze out as much liquid as you can from the onions.

Divide the onions into 4 separate mounds on a rimmed baking sheet. Form the beef into 4 lightly packed balls. Place the beef balls on top of the onion mounds and flatten the beef firmly so the onion adheres to the beef. Season the beef generously with salt and pepper.

Melt the butter with the oil in a 12" skillet over medium heat. Using a large spatula, transfer the patties to the skillet, onion side down. Cook for 6-8 minutes, until the onions turn a deep golden brown and begin to crisp around the edges. Flip the burgers, increase the heat to high, and cook until well browned on the second side, about 2 minutes.

Add 1 or 2 slices of cheese to each burger and allow to melt. Add mayo, mustard, and pickles to the top buns, and place each burger on bottom buns. Serve immediately.

Black-Eyed Pea Salad

Ingredients:

1 can black-eyed peas, drained and rinsed
1 large tomato, diced
½ large red onion, diced
1 small or ½ large bell pepper, diced
1 jalapeno, diced
4 green onions, sliced
⅓ cup cilantro, chopped
¼ cup rice wine vinegar, unseasoned
2 tablespoons canola oil
½ teaspoon organic cane sugar
Salt and freshly ground black pepper, to taste



Directions:

Toss to combine black-eyed peas, tomato, red onion, pepper, jalapeno, and green onion in a large bowl.

In a small bowl, dissolve sugar in vinegar. Whisk in oil. Season with salt and pepper. Pour dressing over bean mixture. Toss to coat. Stir in cilantro and season to taste with salt and pepper. Refrigerate until ready to serve.

Chicken Fried Steak

Ingredients:

For the Steaks:

- 4 cube steaks
- 2 cups buttermilk
- 2 large eggs
- 2 teaspoons hot sauce
- 1 teaspoon Worcestershire sauce
- 1 cup all-purpose flour
- ½ cup cornstarch
- 2 teaspoons salt
- 1 teaspoon garlic powder
- ½ teaspoon pepper
- ¾ teaspoon cayenne
- 4-5 cups oil for frying



For the Gravy:

- ¼ cup finely chopped shallots or onions
- 1 teaspoon minced garlic
- 3 tablespoons all-purpose flour
- ½ cup milk
- 1 ½ cups chicken or beef stock
- Pinch of cayenne
- Salt and pepper to taste
- Optional: Ground pepper and parsley for garnish

Directions:

For the steaks:

In a large bowl, whisk together buttermilk, eggs, hot sauce, and Worcestershire sauce.

In another bowl, whisk together flour, cornstarch, salt, garlic powder, pepper, and cayenne. Submerge steaks in buttermilk and marinate for at least 1 hour.

Dip steaks, one at a time, into seasoned flour mixture, coating each side, then back into marinade, then back into seasoned flour, then finally place on a baking sheet. Place in the refrigerator for 15 minutes.

Add oil to cast iron skillet or frying pan and heat over medium high heat. Preheat oven to 250° F. Once oil is hot and ready, fry each steak on each side until golden brown. Drain on paper towels and place steaks on parchment-covered baking sheets and put in the oven while you make the gravy.

For the gravy:

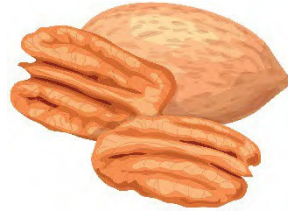
Add ¼ cup of the oil from frying to a sauté pan over medium. Add in shallots or onions and garlic and cook for 2 minutes while stirring. Next stir in flour and cook, creating a roux. Cook until browned.

Stir in milk and stock, turn heat up to high heat until boiling, and then turn heat down to medium low and allow to thicken until it coats the back of a spoon. Turn off heat and spoon gravy on top of steaks. Sprinkle with ground pepper and parsley and serve hot with mashed potatoes if you prefer.

Butter Pecan Fudge

Ingredients:

½ cup butter
½ cup white sugar
½ cup brown sugar
½ cup heavy whipping cream
Dash of salt
1 teaspoon vanilla extract
1 cup powdered sugar
1 cup pecans



Directions:

To toast the pecans, place in a single layer on a baking sheet in a 350° F oven for about 5 minutes or until you can smell the pecans. You can also toast them in a frying pan over medium heat.

Measure out powdered sugar in a medium bowl and set aside. Grease an 8" x 8" baking pan with butter and set aside.

Combine butter, white sugar, brown sugar, whipping cream, and salt in a medium pot. Heat the mixture over medium heat until it begins to boil, and the bubbles do not disappear when you mix them. It will only take a few minutes to come to a full boil.

Set a timer for 5 minutes and stir the mixture constantly while it boils. Once the 5 minutes are up, remove the pan from the heat. Stir in powdered sugar and vanilla. Stir in pecans. Pour the fudge in to your prepared pan. Allow fudge to cool to room temperature before cutting, but preferably 24 hours.