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COOK WITH SHOOK

Baked Lemon Butter Chicken

Joshua Hunter
Associate

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Ingredients (1/2)

- 10 dark meat chicken pieces
- 2 teaspoon kosher salt
- 1 tablespoon smoked paprika
- 1 tablespoon chicken seasoning blend or any chicken seasoning of choice such as bouillon
- 2 tablespoon butter
- 1/2 cup red onion
- 1/2 cup flat-leaf parsley, chopped

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Ingredients (2/2)

- 1 tablespoon garlic, minced
- 1/2 teaspoon red pepper flakes
- 1 cup chicken stock
- 1 tablespoon fresh lemon juice
- 1 cup freshly grated Parmesan cheese
- 1/3 cup heavy whipping cream

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Directions (1/2)

- In a skillet, melt butter over medium heat.
- Once the butter is melted, add onions and sauté until fragrant, about two minutes.
- To the onions, add chopped parsley and garlic.
- Mix well to combine and add lemon juice, followed by red pepper flakes.
- Add chicken stock followed by Parmesan cheese.
- Mix well to combine and then add heavy cream.

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Directions (2/2)

- Bring to a simmer for a minute, then turn off the heat and allow the sauce to cool slightly.
- While the sauce cools, season chicken with salt, smoked paprika and chicken seasoning.
- Toss well to combine and pour the sauce over the chicken in a baking dish.
- Bake **UNCOVERED** at 375°F for one hour & 45 minutes, flipping halfway through.
- Broil on the skin side until golden brown.
- Baste in sauce to finish.

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Hashbrown Casserole

Selena Russell
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Ingredients (1/2)

- 1 bag frozen shredded hashbrowns (30–32 ounces, thawed)
- 1 can condensed cream of chicken soup (10.5 ounces)
- 1 cup sour cream
- 2 cups shredded sharp cheddar cheese, divided
- 1/2 cup unsalted butter, melted
- 1/2 cup finely diced onion
- 1/2 teaspoon garlic powder

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Ingredients (2/2)

- 1/2 teaspoon black pepper
- 1 teaspoon kosher salt
- 1 cup crushed Corn Flakes or buttery cracker crumbs (for topping)
- 2 tablespoons melted butter (for topping)
- Optional: sliced green onions or parsley for garnish

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Directions (1/2)

- Preheat the oven to 350°F. Lightly grease a 9x13-inch baking dish.
- In a large bowl, combine the cream of chicken soup, sour cream, melted butter, diced onion, garlic powder, salt and pepper. Stir until smooth.
- Fold in the thawed hashbrowns and 1½ cups of the shredded cheddar until evenly coated.
- Transfer the mixture to the prepared baking dish and spread evenly.

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Directions (2/2)

- In a small bowl, mix the crushed cornflakes (or cracker crumbs) with 2 tablespoons melted butter.
- Sprinkle over the casserole. Top with the remaining 1/2 cup cheddar.
- Bake for 45–55 minutes, until the edges are bubbly and the top is golden.
- Rest for 10 minutes before serving. Garnish as desired. Enjoy the silence that follows the first bite.

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Information

Serves: 8–10

Prep Time: 15 minutes

Bake Time: 45–55 minutes

Total Time: About 1 hour 10 minutes

- For extra kick, add $\frac{1}{4}$ teaspoon cayenne or a pinch of smoked paprika.
- Sub cream of mushroom to keep it vegetarian-friendly.
- Leftovers reheat like a dream—if there are any.

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Sweet Heat Blackened Salmon

Keirsten Keys
Associate

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Ingredients (1/3)

Salmon

- 1½-2 pounds salmon, cut into four fillets
- ¾ teaspoon fine-grain sea salt
- 1 tablespoon refined avocado oil (to coat the fish) + 1-2 tablespoon (for pan searing)
- Oil Alternatives: canola, grapeseed, sunflower, or vegetable oil
- 1 tablespoon butter (optional finish)

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Ingredients (2/3)

Blackened Seasoning Mixture

- 1 tablespoon smoked paprika
- 2 teaspoon onion powder
- 2 teaspoon garlic powder
- 2 teaspoon dried thyme (or 1 teaspoon ground thyme)
- 2 teaspoon dried oregano

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Ingredients (3/3)

Blackened Seasoning Mixture

- 3/4 teaspoon fine-grain sea salt
- 1 teaspoon black pepper
- 1/2 teaspoon ground cumin
- 1/2–3/4 teaspoon cayenne (See “Spice-Dial” note)
- 2 teaspoon packed brown sugar

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Directions (1/3)

- Preheat oven to 400°F.
- Prep salmon: Pat fillets very dry. Salt both sides using $\frac{3}{4}$ teaspoon fine sea salt total. Let rest five to 10 minutes.
- Mix seasoning: Combine all blackening seasoning ingredients.
- Coat generously: Rub salmon fillets with 1 tablespoon oil. Press seasoning on heavily on both sides.

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Directions (2/3)

- Pan-sear (set crust): Heat a heavy skillet (cast iron ideal) over medium-high until hot. Add 1-2 tablespoon oil.
- Sear the first side for two to three minutes; don't move the fish while searing. Flip and sear the other side for one to two minutes.
- Oven-finish: Transfer seared fillets to an oven-safe pan and bake for about four to seven minutes, adjusting cook time depending on thickness and temperature preference.

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Directions (3/3)

- Remove from the oven at desired internal temperature: about 130°F for medium; about 145°F for firm/well-done.
- Let rest about three minutes before serving.
- Optional: add one tablespoon butter on top while resting.

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Information (1/2)

Serves: Four

- **Make-Ahead:** Multiply the seasoning measurement and store in a jar. Use 3-3½ tablespoon seasoning per 1 pound of salmon for a generous/thick coating.
- **“Spice-Dial” Flavor Note:** Cayenne pepper may be adjusted to suit spice-level preferences: ¼ teaspoon cayenne for mild; ½ teaspoon cayenne for medium; and ¾ teaspoon cayenne for spicy.

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Information (2/2)

- Blackened crust too soft/mushy? Be sure to pat fish dry thoroughly before applying seasoning and/or increase the temperature of the pan when searing.
- Seasoning coating too dry/dusty? Mix one teaspoon oil into the dry seasoning before coating to make a loose paste. This helps seasoning grab onto the fish better and makes for a nice, heavy blackened crust.

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Lovely Lavender Matcha Latte

Keirsten Keys
Associate

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Ingredients (1/2)

- 2-3 teaspoons Ceremonial grade matcha powder
- 1 teaspoon (subtle) or 2 teaspoons (more floral) dried lavender flowers
- 2 cups hot water (for steeping flowers + mixing matcha)
- 3 cups warm milk (whichever milk you prefer is fine, including non-dairy alternatives like almond or soy)

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Ingredients (2/2)

- Sweetener (choose one – adjust measurement to taste)
- Granulated sugar: 2 teaspoons = slightly sweet, 4 teaspoons = mildly sweet, 6+ teaspoons = very sweet
- Stevia: start with $\frac{1}{8}$ teaspoon powder or 3 drops liquid, then adjust to taste
- Use water that's hot but not boiling. Let freshly boiled water sit for two minutes before using.

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Directions (1/4)

- Boil water; cool slightly.
- Bring water to a boil, then let cool for two minutes.
- Steep the flowers to make a lavender tea.
- Add 1-2 teaspoon dried lavender flowers to a heat-safe container. Add hot water.
- Steep flowers according to floral flavor preference: Subtle three minutes, fragrant three+ minutes.

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Directions (2/4)

- Pour the tea through a strainer into a bowl, mug, or other heat-safe container to remove the flower buds.
- Add your preferred sweetener to the tea. Sweeten to taste.

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Directions (3/4)

- Blend in the matcha.
- Add 2-3 teaspoon matcha powder to the sweetened lavender tea. Note: more matcha = more caffeination.
- Use a milk frother or whisk to blend for 20 seconds until smooth and lightly foamy.
- Warm three cups milk until hot but not boiling (50 seconds to one minute in the microwave should work).
- Froth the hot milk with a milk frother or whisk until foamy.

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Directions (4/4)

- Assemble.
- Split the sweetened lavender matcha between two large mugs. Pour the hot milk into the matcha-lavender base in each mug.
- Spoon remaining milk foam on top and enjoy.

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Information (1/2)

Serves: Servings two (10-12 oz)

Equipment:

- Electric kettle or small pot/saucepan
- Milk frother or whisk (if using a whisk, bamboo ones work best).
- Fine-mesh metal strainer

Quick Adjustments

- Too Bitter? Use less matcha, add the matcha powder when the water is slightly cooler, and/or add more milk (adding more sweetener first will not fix bitter matcha).

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Information (2/2)

- Lavender Too Strong/Soapy? Use less flowers and/or steep flowers for less time.
- Not Sweet Enough? At the end add to taste: 1/2 teaspoon more sugar or a tiny pinch more Stevia (sweetness jumps fast).

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Granny Marie's Classic Vanilla Pound Cake

Shannon Schoultz
Associate

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Ingredients (1/2)

Cake

- 1 cup (2 sticks) unsalted butter, softened
- 2 cups granulated sugar
- 4 large eggs, room temperature
- 3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup whole milk, room temperature
- 1 tablespoon pure vanilla extract

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Ingredients (2/2)

Optional Vanilla Glaze

- 1 cup powdered sugar
- 2–3 tablespoons milk
- 1/2 teaspoon vanilla extract

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Directions (1/3)

- Preheat oven to 325°F. Grease and flour a 10-inch Bundt or tube pan.

Cream Butter & Sugar

- In a large bowl, cream the softened butter and sugar together until light and fluffy (about 3–5 minutes).

Add Eggs

- Add eggs one at a time, beating well after each addition.

Combine Dry Ingredients

- In a separate bowl, whisk together flour, baking powder, and salt.

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Directions (2/3)

Alternate Dry Ingredients & Milk

- Gradually add the flour mixture to the butter mixture, alternating with the milk. Begin and end with the flour mixture. Mix until just combined.

Add Vanilla

- Stir in the vanilla extract.

Bake

- Pour batter evenly into prepared pan. Bake for 70–80 minutes, or until a toothpick inserted into the center comes out clean.

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Directions (3/3)

Cool

- Let cake cool in the pan for 10–15 minutes, then turn out onto a wire rack to cool completely.

Optional Vanilla Glaze

Whisk together until smooth and drizzle over cooled cake.

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COOK WITH SHOOK

Lisa's Chicken & Dumplings

LisaMonique Mims
*Legal Administrative
Assistant II*

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Ingredients (1/3)

Chicken stew

- 2 pounds bone-in chicken (thighs or drumsticks)
- 8 cups water or chicken broth
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 carrots, sliced
- 2 celery stalks, chopped
- 1 teaspoon salt

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Ingredients (2/3)

Chicken stew

- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon poultry seasoning
- 1 tablespoon butter or oil
- Optional: fresh thyme or bay leaf

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Ingredients (3/3)

Dumpling options

Pillsbury biscuit dumplings

- 1 can Pillsbury biscuits (plain)

Bisquick dumplings

- 2 cups Bisquick baking mix
- 2/3 cup milk

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Directions (1/3)

Chicken stew

- In a large pot, add chicken, broth, onion, garlic, carrots, celery, and seasonings. Bring to a boil, then reduce to a gentle simmer. Cover and cook 30–35 minutes until chicken is tender.
- Remove chicken, shred it, discard bones, and return shredded chicken to the pot. Stir in butter.

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Directions (2/3)

Chicken stew

- Prepare dumplings using either Pillsbury biscuits or Bisquick instructions below.
- Taste, adjust seasoning, and serve warm.

Dumplings

Pillsbury

- Tear each biscuit into 2–3 pieces, flatten slightly, and drop onto the hot stew (cover and cook 10–12 minutes).

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Directions (3/3)

Bisquick

- Mix until soft dough forms. Drop by spoonfuls onto hot meat/vegetables in boiling stew (not directly into liquid).
- Cook uncovered over low heat for 10 minutes, then cover 10 minutes longer. Makes 10–12 dumplings.

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