



SOUTHERN PEANUT SHORTCUT RECIPES

Recipes & Images: Kathleen Royal Phillips





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*Recipes by Kathleen Royal Phillips, food blogger,
GritsAndGouda.com*

I'm short and Southern and so are my recipes!

On my food blog, GritsAndGouda.com, I create Southern recipes you know and love and make them with shortcuts to get you in and out of the kitchen quickly. There are also plenty of shortcut recipes with a pinch of "gourmet" and this is where the name Grits (Southern) and Gouda (pinch of gourmet) comes from.

As a professional food stylist and former Oxmoor House test kitchen director, I love to develop recipes with Southern origins and put my own twist on them. Like you, I have a busy schedule but I still want to enjoy comfort food, family-friendly meals, healthy snacks, decadent desserts and homemade holiday candy.

Peanuts and peanut butter are so versatile in flavor and texture, you can make recipes in every one of those categories (and more).

I'll have to confess, I'm a bit of a peanut butter-aholic. I can eat it for breakfast, lunch, and dinner...and in between. My favorite breakfast is peanut butter slathered on toast and drizzled with local honey, and in the fall, topped with sliced apple. For lunch, a grilled PB&J sandwich made with my Freezer Peach Marmalade is my go-to fix. And lately, my dinner recipe (or "supper" as my momma calls it) has been Teriyaki Chicken Tenderloins with Spicy Peanut Sauce over rice. It's included in this brochure!

I grew up eating roasted peanuts my dad grew in his garden. He would parch them in the oven or roast them in the microwave. Boiled peanuts were new to me when I moved to Alabama from Arkansas. I was reluctant to try them but once I did, I was hooked!

Boiled peanuts are a perfect example of how I take a traditional, lengthy Southern recipe and make it with a shortcut. In this case, you'll find my Instant Pot Boiled Peanuts on the blog made in a quarter of the time it takes to make them on the stovetop.

I'm sharing my recipe for Boiled Peanut Hummus in this brochure, too. Traditional chickpeas are traded out for shelled, boiled peanuts. The shortcut is actually using canned boiled peanuts you can buy in the store all year 'round. But of course, you can also make it with my homemade boiled peanuts.

I hope you enjoy all six of these shortcut recipes using peanuts and peanut butter as much as I do. If you want more goober-inspired recipes like Peanut Tassies, Instant Pot Peanut Butter Chocolate Cheesecake, and Microwave Peanut Brittle follow me on Facebook, Instagram and Pinterest or search for them at GritsAndGouda.com.

Kathleen Phillips
GRITS *and Gouda*
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PEANUT NUTRITION FACTS

ONE OUNCE OF PEANUTS
(ABOUT 29 NUTS)

160
CALORIES

7G
PROTEIN

4.5G
CARBOHYDRATES

2.4G
FIBER

1.9G
SATURATED FAT

12.1G
UNSATURATED FAT



With only 4 ingredients and no ice cream machine needed, this smooth and creamy ice cream has an intense peanut butter flavor and packed with crunchy honey roasted peanuts.

NO-CHURN PEANUT BUTTER ICE CREAM WITH HONEY ROASTED PEANUTS

Ingredients

- 1 (14-ounce) can sweetened condensed milk
- 1/2 cup creamy peanut butter
- 2 cups heavy whipping cream (16-ounces)
- 3/4 cup honey roasted peanuts, coarsely chopped

Directions

In a large bowl, stir together sweetened condensed milk and peanut butter.

In a medium bowl or stand mixing bowl, add whipping cream. I use a hand mixer but a stand mixer will work fine. Start out on medium-low speed for 1 minute to help prevent the cream from splashing. Beat on medium speed 1 minute, then increase to high speed and beat just until peaks are firm

enough they don't slump back in the bowl. This is called firm peaks but don't go too long or you'll have cottage-cheese-looking cream.

Fold the whipped cream into the bowl of peanut butter mixture until combined. Fold in 1/2 cup of the peanuts. Pour the ice cream mixture into a 9x5 inch loaf pan or 8x8 inch square pan. Sprinkle with the remaining 1/4 cup peanuts.

Cover with plastic wrap or aluminum foil and freeze at least 3 hours or until firm enough to scoop. Store in the freezer up to 1 month.

Yield: 6 cups

Add-ins & substitutions: Fudge sauce, Reece Cups, chunky peanut butter, salted peanuts.



PEANUT BUTTER AND JELLY FRENCH TOAST CASSEROLE

Drizzle with maple syrup and eat with a fork or sprinkle with powdered sugar and eat with your fingers like French toast sticks. Less custardy than bread pudding, this make ahead recipe is perfect for breakfast, lunch or after school snack...just like a PB & J sandwich!



Ingredients

12 slices thick-cut hearty white bread [I used one (16.4 oz) loaf Sara Lee Artesano bread]
1/2 cup creamy peanut butter
6 tablespoons grape jam or jelly
3 large eggs
1 1/4 cups whole milk
1 teaspoon vanilla extract
3/4 cup sugar
1/4 teaspoon salt
2 tablespoons salted butter
Powdered sugar or maple syrup (optional)

Directions

Prepare a 13x9 inch baking dish by coating with cooking spray or lightly greasing with butter.

Spread a rounded tablespoonful of peanut butter on 6 slices of bread. Spread 1 level tablespoonful of jam or jelly on the other 6 slices of bread. I leave the crust on! Place the two slices of bread together to make sandwiches.

With a serrated knife (steak knife will work), make one cut down the middle of each sandwich lengthwise. Then, make two crosswise cuts across the lengthwise cut. This

will create 6 pieces.

Arrange 6 pieces across the short end, with the cut side up. Repeat this procedure with the remaining pieces.

In a medium bowl, beat eggs with a fork or whisk. Gradually whisk in milk, then add sugar and salt. Drizzle this mixture slowly over the sandwich pieces until all pieces are coated. It's ok if the mixture pools at the bottom. The bread will soak it up.

Place butter in a small microwave-safe bowl and cover with a paper towel. Microwave on HIGH for 25 seconds. Stir gently until the butter is completely melted. Using a pastry brush, brush or drizzle melted butter over the sandwich pieces.

Cover with aluminum foil and place in the fridge 8 hours or overnight.

Preheat oven to 325F.

Bake, covered with aluminum foil, for 30 minutes. Remove the aluminum foil and bake an additional 15 to 20 minutes or until the edges are slightly golden brown.

Sprinkle with powdered sugar or drizzle with maple syrup, if you like.

Yield: 12 servings



SALTED PEANUT LOGS WITH SHORTCUT NOUGAT



A shortcut version of the famous Salted Peanut Roll candy bars. No candy thermometer needed!

Ingredients

- 1 (10-ounce) package miniature or regular marshmallows
- 2 tablespoons butter
- 3 cups powdered sugar
- 2 teaspoons vanilla extract
- Parchment or wax paper
- 1 1/2 (11-ounce) packages soft caramels (I used 54 pieces Kraft caramels)
- 1 tablespoon water
- 1 (12-ounce) can coarsely chopped salted, skinless peanuts (3 cups)

Directions

Place the marshmallows and butter in a large (3-quart) microwave safe glass bowl. For mini marshmallows, microwave, uncovered, on HIGH for 1 minute, stir until marshmallows are completely melted and mixture is smooth. (For regular size marshmallows, microwave 1 minute 15 seconds.)

Add vanilla. Gradually stir in powdered sugar until all sugar is incorporated. It's ok to use clean hands to "knead" the mixture to incorporate the sugar at the end. Mixture will be fairly stiff.

Shape marshmallow "nougat" into six (5-inch-long) logs, about 3/4-inch-thick. Place

on a parchment-lined plate in the refrigerator for about 15 minutes. Turn them on their side (one side will be flat) and reshape to be round; chill another 10 minutes.

Place chopped peanuts on a plate or shallow bowl. Cut 6 pieces of parchment or wax paper (about 12x8").

Unwrap the caramels. Combine caramels and water in a microwave-safe glass bowl. Microwave at HIGH for 1 minute; stir well. Microwave an additional 15 seconds; stir until smooth. Microwave an additional 15 seconds and stir until all caramels have melted.

Working quickly with one nougat log at a time, coat with melted caramel, using two forks. (Keep remaining logs in the fridge until ready to coat.) Using the same two forks, place the coated logs onto the pile of peanuts. Once the bottom of a log is covered in peanuts, use clean hands to roll and gently press peanuts into all areas. Place the log on a piece of parchment paper. When the caramel has cooled, roll it up and twist both ends to seal it. Tie curling ribbon around the ends for gifting, if desired.

Yield: six candy bar logs

Serving: 24 (4 servings per log)



Boiled peanuts are traded out for garbanzo beans (chick peas) in this easy hummus recipe. If you don't have boiled peanuts, a couple of cans of boiled peanuts is the perfect amount. Instead of costly Tahini paste, toast sesame seeds in a skillet and grind them in a food processor.

SHORTCUT BOILED PEANUT HUMMUS

Ingredients

- 1 tablespoon sesame seeds
- 2 (13.5-ounce) cans boiled peanuts, drained and shelled (or 1 cup shelled boiled peanuts)
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon garlic paste or 2 large garlic cloves, chopped
- 1/4 teaspoon hot sauce or 1/8 teaspoon ground red pepper
- 1/4 cup extra virgin olive oil plus more for serving

Directions

Place sesame seeds in a small skillet. Turn on medium heat and toast 2 to 3 , stirring constantly, just until seeds are golden brown. Toasting the seeds makes all the difference in the flavor of the hummus.

Add the warm toasted seeds to a food processor, or blender; cover with the lid

and process 30 seconds or until the seeds are finely ground. Add the shelled, boiled peanuts, lemon juice, garlic paste, and hot sauce. Cover with the lid and process until the peanut mixture is pureed, stopping to scrape down sides as needed.

Pour the oil in a thin stream through the top chute while processor is running, stopping to scrape down sides.

Spoon hummus into a shallow bowl; cover and place in the refrigerator at least one hour to chill and let flavors meld.

Drizzle additional olive oil over hummus before serving, if desired. Serve cold or at room temperature with pita chips, fresh pita bread wedges, carrot slices, bell pepper cubes, or cucumber slices.

Yield: 1 cup

Serving: 8 (2 Tbsp. per serving)

POWERFUL PEANUTS

compounds. One small serving of peanuts helps to reduce the risk of heart disease, Alzheimer's disease, diabetes and cancer. Recent studies show us that peanuts lower cholesterol, help prevent chronic disease, manage hunger and weight, and improve the nutrient quality of our diets.

Peanuts have the most protein of any nut. One ounce of peanuts gives you seven grams of protein, 19 vitamins and minerals, healthy fats, fiber and bioactive



SHORTCUT TERIYAKI CHICKEN SKEWERS WITH SPICY PEANUT SAUCE



The typical Teriyaki marinade and Thai peanut sauce has at least 10 ingredients in each of them. Most are not found in the average pantry such as lemongrass, garlic chili paste, and fish sauce. The main shortcut for this recipe is dividing store-bought teriyaki marinade and marinating the chicken in half and stirring the rest into creamy peanut butter to make the peanut sauce.

Ingredients

- 12 chicken tenders (about 2 pounds)
- 1 cup Teriyaki sauce or marinade, divided (I used Sweet Baby Ray's)), plus more for brushing
- 1/3 cup creamy peanut butter
- 3 tablespoons coconut milk (canned but not sweetened)
- 1/4 teaspoon crushed red pepper flakes or 1/2 teaspoon hot sauce
- 12" wooden or metal skewers
- Chopped green onions, fresh cilantro sprigs, chopped peanuts (optional)

Directions

Place the chicken tenderloins in a large plastic zip-top bag or in a shallow casserole. Add 2/3 cup of the teriyaki sauce to the chicken and squeeze the bag to coat the chicken. Seal the bag and refrigerate at least 8 hours up to 24 hours for maximum flavor.

Whisk together 1/3 cup sauce, peanut butter, coconut milk and crushed red pepper flakes. For a thinner sauce, add more teriyaki sauce, 1 tablespoon at a time. Cover and refrigerate at least 1 hour to meld flavors. (To serve warm, microwave at HIGH for 30

seconds, stirring until smooth. Microwave 20 seconds or until warm.)

Thirty minutes before ready to grill the chicken, if using wooden skewers, soak them in water in a zip-top bag or casserole dish. This will help prevent the skewers from burning while grilling.

Prepare a gas or charcoal grill according to manufacturer's directions to achieve medium-high heat (about 375F to 400F degrees).

Remove the chicken from the zip-top bag and thread each one onto a skewer and place on a large plate; discard this marinade.

Coat the grill grates with vegetable oil and immediately place the chicken skewers on the grill. Close the lid and cook for 6 minutes or until grill marks appear on the underside of the chicken. Turn chicken over with tongs and grill 5 minutes or until chicken registers 160F degrees with an instant read thermometer. If desired, brush with additional teriyaki sauce just before removing from the grill.

Place the chicken skewers on a clean plate and serve with Spicy Peanut Sauce or over rice. Garnish with green onions, fresh cilantro, and chopped peanuts, if desired.

Yield: 4 servings



2 INGREDIENT PEANUT BUTTER FUDGE

Ingredients

- 1 (16.3-ounce) jar creamy peanut butter (1 3/4 cups)
- 1 (16-ounce) tub vanilla frosting (Betty Crocker or Aldi store brand)

Directions

Line a 8x8 or 9x9 baking pan or dish with aluminum foil or parchment paper for easy lifting out of pan to slice.

Stir together peanut butter and frosting in a large microwave-safe glass bowl.

Microwave on HIGH 1 minute and stir until

smooth. (1200 watts). Pour the peanut butter mixture into the pan, spreading to the edges with a knife or spatula.

Chill, uncovered, at least 2 hours or until firm. Once firm, the fudge can be cut into bite-size pieces or slabs.

Store in an airtight container at room temperature or in the refrigerator.

Note: *Not all tub frostings are the same.*

Duncan Hines did not have as smooth a texture as Betty Crocker and Aldi because of the water content. Do NOT use "whipped" tub frosting.

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