

\$12.95 U.S.

Atlanta's down-home but world-wise Flying Biscuit Cafe

has earned accolades locally and nationally from *Bon Appétit*, *Gourmet*, and *Zagat's*, among others.

In *The Flying Biscuit Cafe Cookbook*, Delia Champion shares favorite recipes that have led her customers to consider the café a "cult comfort restaurant," in the words of the *Atlanta Journal Constitution*. Easy recipes for Pumpkin Bread French Toast, Vegetable Cobbler, Jack Daniels and Espresso Black Bean Chili, and Little Devil Cupcakes are sure to please. Naturally, the namesake Flying Biscuits are a centerpiece—in soups, salads, sandwiches, and even empanadas. (Fear not, carb counters: there are plenty of flour-free offerings.)



COOKBOOK		GIBBS P SMITH	
Gibbs Smith, Publisher			
TO ENRICH AND INSPIRE HUMANKIND			
ISBN-13: 978-1-4236-0293-4		ISBN-10: 1-4236-0293-5	
9 781423 602934		1 42360 29351 4	
WWW.GIBBS-SMITH.COM			

The Flying Biscuit Cookbook ★ DELIA CHAMPION



"Eccentric . . . Worth seeking out!" —*The New York Times*

the Flying Biscuit cafe



COOKBOOK
DELIA CHAMPION

Orange Blossom Biscuits Topped with Peaches

For Sprinkle

¼ cup granulated sugar

1 ½ teaspoons grated orange zest

For Biscuits

1 ½ cups all-purpose flour

3 tablespoons brown sugar

½ cup yellow cornmeal

½ cup unsalted butter, cut into ¼-inch pieces

1 tablespoon baking powder

¾ cup whole milk

½ teaspoon salt

2 pounds peaches, peeled, pitted, and cut into

1 cup whipping cream

½-inch-thick slices

3 tablespoons confectioners' sugar

⅓ cup granulated sugar

Fresh mint leaves (optional)

½ teaspoon pure vanilla extract

For Filling

To make Sprinkle

In a small bowl, thoroughly mix sugar and orange zest, muddling with the back of a wooden spoon until mixture is pale orange goodness; set aside.

To make Biscuits

Preheat oven to 400 degrees F. Line a large sheet pan with parchment paper.

Mix flour, cornmeal, baking powder, salt, and brown sugar in a large bowl. Add butter, mixing with fingertips until mixture forms a coarse meal. Add milk and mix until dough is evenly moistened, adding more milk by tablespoonfuls if mixture is dry and does not hold together. Drop dough by heaping tablespoons onto prepared sheet pan, forming 8 to 10 mounds and spacing 1 ½ inches apart. Using lightly floured fingertips, pat each biscuit into a 2-inch round. Sprinkle the reserved orange sugar sprinkle over top. Bake biscuits about 18 minutes. Cool sheet pan on a wire rack.

Strata with Asparagus and Chicken Sausage

A strata is like a frittata... but notta.

1 teaspoon plus additional kosher salt
½ pound asparagus, trimmed and cut into 1-inch pieces
6 (¼-inch-thick) slices day-old bread, crusts removed
2 tablespoons extra virgin olive oil

6 ounces chicken sausage
10 large eggs
3 cups whole milk
Salt and freshly ground black pepper
2 cups grated fontina cheese, divided

In a medium stockpot over high heat, boil 6 cups of water. Add 1 teaspoon salt and asparagus. Cook asparagus until barely tender, about 5 minutes. Drain in a colander and spread onto a tea towel to dry.

Butter the bottom of a 13 x 9 x 2-inch baking dish. Line bottom of dish with bread.

In a large saute pan over medium heat, warm olive oil. Add sausage and brown thoroughly. Drain sausage in a colander and then put on top of bread in baking dish. Layer asparagus over sausage.

In a large bowl, whisk together eggs and milk. Add salt and pepper to taste. Stir in 1 ½ cups fontina cheese. Pour mixture over bread, sausage, and asparagus.

Cover baking dish with plastic wrap and refrigerate at least 4 hours or up to 24 hours.

Position rack in middle of oven. Preheat the oven to 350 degrees F. Top strata with remaining fontina cheese. Bake until golden and cooked through, about 30 to 45 minutes. Remove from oven and let stand for 15 minutes before serving.

SERVES 6

frittata frit-ta-ta n. An Italian dish made with fried beaten eggs, resembling a Spanish omelet.
strata stra-ta n. Oven-baked Italian custard mixed with stale bread.

Catfish with Pecan Brown Butter

Firm, sweet and juicy... it's purrfect.

6 tablespoons unsalted butter, divided
6 (6-ounce) catfish fillets
Salt and freshly ground black pepper
Cayenne pepper

½ cup all-purpose flour
½ cup toasted pecan pieces
2 teaspoons fresh lemon juice
Finely grated zest of 1 lemon

In a large nonstick skillet over medium-high heat, melt 2 tablespoons butter. Season both sides of each fillet with salt, pepper, and a pinch of cayenne pepper. Lightly dredge catfish fillets in flour, then add them to the skillet and cook until golden brown and cooked through, about 10 minutes. Transfer fillets to a heatproof plate and cover with foil to keep warm.

Melt remaining butter in the skillet over medium-high heat. Add pecans and cook until the butter and pecans are browned. (This can happen fast so don't blink!) Stir in the lemon juice and zest and salt to taste. Spoon pecans and butter over catfish fillets; serve immediately.

SERVES 6

Caramelized Sweet Grits

2 cups water

2 cups light cream or half-and-half

Pinch of salt

1 ¼ cups quick grits

1 teaspoon vanilla

½ cup unsalted butter

¾ cup sugar

Brown sugar, to caramelize

In a deep pot, bring water, cream, and salt to a boil. Using a whisk, pour grits in a steady stream into the liquid. Continue to whisk on medium-high heat until grits thicken. Reduce to medium heat and continue to stir until grits are thick but not pasty. Turn heat off. Add vanilla, butter and sugar and mix well. Pour cooked grits into a 9 x 9-inch baking dish and allow to cool and set. You may place in the refrigerator to use the next day. Grits should be firm before caramelizing.

To caramelize grits, sprinkle top with enough brown sugar to cover in a thin layer. Place under broiler until sugar bubbles and melts. You may need to turn pan for even browning. Watch closely, and be careful not to burn sugar, or yourself!

MAKES 6 SERVINGS