



COWGIRL COOKBOOK

From Porch to Plate: Recipes from Cowgirls Tavern

OCTOBER 1, 2025

COWGIRLS TAVERN

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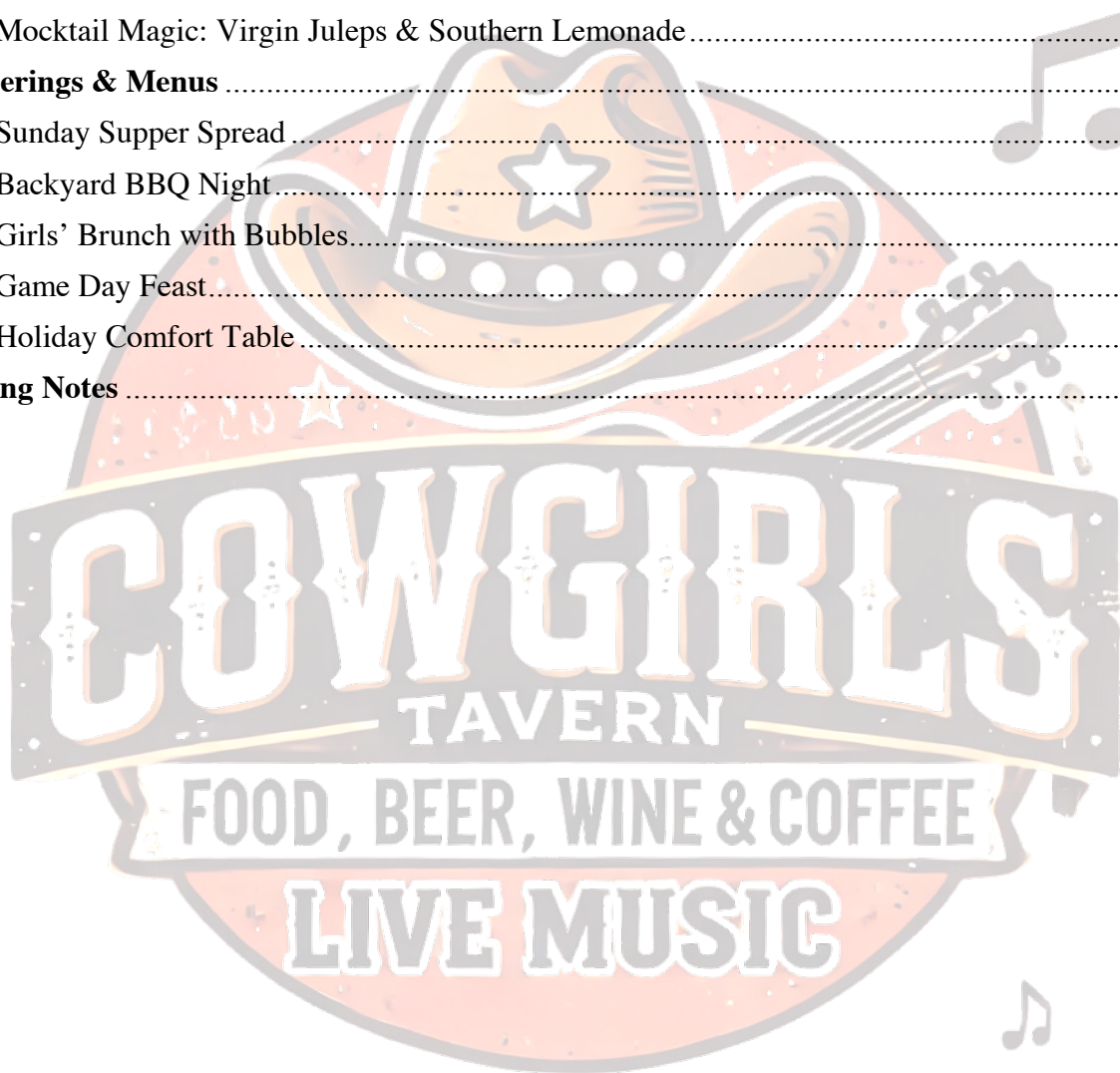
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Welcome to Cowgirls Tavern

Our Story: From Porch to Plate

At Cowgirls Tavern, food is more than a meal — it's a gathering, a laugh shared, a story told. Our roots run deep in Southern hospitality, where porch swings, cast-iron skillets, and bourbon at sunset are just part of everyday life. But we've polished that tradition with a modern shine, creating dishes and drinks that honor our past while elevating the experience for today's tables.

This book is our way of inviting you into the tavern, wherever you may be. These are the recipes we serve with pride, the flavors we grew up on, and the little twists that make them unmistakably *Cowgirl*.

How to Use This Book

Think of this book as both a guide and a companion:

- **Simple enough** for weeknight suppers,
- **Special enough** for entertaining friends,
- **Flexible enough** to make your own.

Each recipe includes:

- A **Story Snippet** to give you a taste of its roots,
- **Straightforward instructions** for home cooks,
- An **Upscale Touch** tip — a garnish, plating idea, or flavor upgrade to impress your guests without stressing you out.

We've also sprinkled in pairing suggestions and full menu ideas, so you can host with the ease (and flair) of a Cowgirl.

Stock the Southern Pantry

To cook like a Cowgirl, your kitchen should have a few staples that bring Southern flavor to life. Keep these on hand, and you'll always be ready to whip up something delicious:

- **Cornmeal** – for cornbread, coating, and crunch
- **Buttermilk** – tenderizes fried chicken, moistens biscuits
- **Cast-Iron Skillet** – the true workhorse of the Southern kitchen
- **Smoked Paprika & Cayenne Pepper** – smoky, fiery depth
- **Molasses & Brown Sugar** – sweet Southern backbone
- **Grits (Stone-Ground)** – creamy comfort in a bowl
- **Hot Sauce** – because the South runs on it
- **Bourbon** – in the glass *and* in the pan
- **Pickling Spices** – to turn garden bounty into tangy sides

Pro tip: don't worry if you can't find everything at once. Start small, add as you go, and let your pantry grow with your cooking journey.

The Bar Cart: Tools, Spirits & Syrups

No Cowgirls Tavern experience would be complete without a drink in hand. A well-stocked bar cart lets you mix cocktails that are just as inviting as the food.

Tools:

- Cocktail shaker
- Muddler
- Jigger (for measuring)
- Strainer
- Rocks & highball glasses

Essential Spirits:

- Bourbon (your #1 workhorse)
- Vodka (neutral base for mixers)
- Tequila (for Palomas & beyond)
- Rum (for sweet sips)
- Gin (for fresh, herbal cocktails)

Mixers & Syrups:

- Simple syrup (easy to make: 1:1 sugar to water)
- Honey syrup (adds Southern warmth)

- Fresh citrus (lemons, limes, oranges)
- Sparkling water & tonic
- Bitters (especially Angostura)

With just these, you can make every cocktail in this book — from a smoky Old Fashioned to a peachy Bourbon Smash.

Notes:



Starters & Small Bites

1. Pimento Cheese with Pickled Jalapeños

Around here, pimento cheese is called the “caviar of the South.” At Cowgirls Tavern, we stir in smoky pickled jalapeños for a little sass, because every cowgirl deserves a kick.

Ingredients:

- 2 cups sharp cheddar, shredded
- ½ cup cream cheese, softened
- ½ cup mayo
- ¼ cup diced pimentos (jarred)
- 2 tbsp pickled jalapeños, finely chopped
- 1 tsp smoked paprika
- Salt & pepper, to taste

Directions:

1. In a bowl, beat cream cheese until smooth.
2. Stir in mayo, cheddar, pimentos, jalapeños, and paprika.
3. Mix until creamy. Chill 1 hour before serving.

Upscale Touch: Serve in a mason jar with warm crostini and a sprinkle of microgreens.

Notes:

2. Fried Green Tomato Stacks with Remoulade

Green tomatoes are the South's best-kept secret — tart, crunchy, and perfect for layering with creamy sauce. This version makes them stack tall and proud.

Ingredients:

- 3 firm green tomatoes, sliced ½-inch thick
- 1 cup buttermilk
- 1 cup cornmeal
- ½ cup flour
- 1 tsp garlic powder
- 1 tsp cayenne pepper
- Salt & pepper
- Vegetable oil, for frying

Remoulade Sauce:

- ½ cup mayo
- 2 tbsp Dijon mustard
- 1 tbsp hot sauce
- 2 tbsp lemon juice
- 2 tbsp capers, chopped
- 1 clove garlic, minced

Directions:

1. Dip tomato slices in buttermilk, then dredge in a mix of cornmeal, flour, garlic powder, cayenne, salt & pepper.
2. Fry in hot oil (350°F) until golden brown, about 2–3 minutes per side.
3. Whisk remoulade ingredients together.
4. Stack tomatoes with a spoonful of remoulade between layers.

Upscale Touch: Plate as a tower with drizzle of remoulade around the base, garnish with fresh dill.

Notes:

3. Deviled Eggs with Bacon Jam

Every Southern table has deviled eggs — but at Cowgirls Tavern, we crown them with smoky-sweet bacon jam. A humble bite becomes a showstopper.

Ingredients:

- 6 large eggs, hard-boiled
- 3 tbsp mayo
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar
- Salt & pepper
- Paprika, for dusting

Bacon Jam:

- 4 slices thick-cut bacon, chopped
- 1 onion, finely diced
- 2 tbsp brown sugar
- 2 tbsp apple cider vinegar
- 1 tbsp maple syrup

Directions:

1. Slice eggs in half, remove yolks, mash with mayo, mustard, vinegar, salt & pepper. Spoon or pipe filling back into whites.
2. For bacon jam: cook bacon until crisp. Remove. Sauté onion in drippings until caramelized. Stir in sugar, vinegar, syrup, and bacon. Cook until jammy.
3. Top each deviled egg with a teaspoon of bacon jam.

Upscale Touch: Pipe filling with a star tip and serve eggs on a slate platter with fresh chives.

Notes:

4. Hot Crab Dip with Cajun Crackers

This dip is rich, cheesy, and brimming with blue crab — the kind of dish that disappears before you can say “pass the crackers.”

Ingredients:

- 8 oz cream cheese, softened
- ½ cup sour cream
- ½ cup mayo
- 1 cup shredded mozzarella
- ½ cup Parmesan
- 1 lb lump crabmeat
- 1 tbsp Old Bay seasoning
- 2 tbsp lemon juice
- 2 scallions, sliced

Cajun Crackers:

- 1 sleeve saltine crackers
- ¼ cup butter, melted
- 1 tsp Cajun seasoning

Directions:

1. Preheat oven to 375°F.
2. Mix cream cheese, sour cream, mayo, cheeses, Old Bay, lemon juice, and crab. Spread in baking dish.
3. Bake until bubbly, about 20 minutes. Sprinkle with scallions.
4. For crackers: toss with butter and Cajun seasoning, bake 10 minutes until crisp.

Upscale Touch: Serve dip in a cast-iron skillet with lemon wedges and parsley.

Notes:

5. Skillet Nachos with Brisket & Cowboy Caviar

These aren't your ballpark nachos. They're smoky, hearty, and dressed with "cowboy caviar" — a colorful bean & corn salsa that makes every bite pop.

Ingredients:

- 1 bag tortilla chips
- 2 cups smoked brisket, chopped (or pulled pork)
- 2 cups shredded cheese (cheddar & Monterey Jack mix)
- ½ cup sour cream
- ¼ cup pickled jalapeños

Cowboy Caviar:

- 1 can black beans, drained
- 1 cup corn kernels
- 1 red bell pepper, diced
- 1 avocado, diced
- 2 tbsp olive oil
- 2 tbsp lime juice
- 1 tbsp cilantro, chopped

Directions:

1. Preheat oven to 400°F. Layer chips, brisket, and cheese in a cast-iron skillet. Bake until cheese melts.
2. Mix cowboy caviar ingredients in a bowl.
3. Top nachos with salsa, sour cream, and pickled jalapeños.

Upscale Touch: Serve family-style in the skillet with lime wedges and sprinkle of cotija cheese.

Notes:

Main Plates

1. Buttermilk-Brined Fried Chicken with Hot Honey Drizzle

At Cowgirls Tavern, fried chicken isn't just food — it's tradition on a plate. The buttermilk brine tenderizes the meat, while the cayenne-spiked flour gives it a tavern-worthy crunch. We finish it with a hot honey drizzle to bring sweet heat to the party.

Ingredients (Serves 4–6):

- 1 whole chicken (about 4 lbs), cut into 8 pieces
- 2 cups buttermilk
- 2 tbsp hot sauce
- 2 cups flour
- 1 tbsp smoked paprika
- 2 tsp cayenne pepper
- 1 tsp garlic powder
- 1 tsp salt
- Vegetable oil, for frying

Hot Honey:

- ½ cup honey
- 2 tbsp butter
- 2 tsp red pepper flakes

Directions:

1. In a bowl, combine buttermilk and hot sauce. Submerge chicken pieces and marinate at least 4 hours, ideally overnight.
2. In a shallow dish, whisk together flour, paprika, cayenne, garlic powder, and salt.
3. Heat 2 inches of oil in a Dutch oven to 350°F.
4. Dredge chicken in flour mixture, shake off excess, and fry in batches until golden brown and internal temp reaches 165°F (about 12–15 minutes).
5. For hot honey: melt honey, butter, and pepper flakes together. Drizzle over fried chicken just before serving.

Upscale Touch: Serve on a wooden board with fresh thyme sprigs and a side of house-pickled vegetables.

Notes:

2. Bourbon-Glazed Pork Chops with Apple Slaw

Nothing says Southern comfort like pork and apples. These chops get a sticky bourbon glaze that feels downright indulgent, balanced by a crisp, tangy apple slaw.

Ingredients (Serves 4):

- 4 bone-in pork chops (about 1-inch thick)
- Salt & pepper
- 2 tbsp olive oil
- ½ cup bourbon
- ¼ cup brown sugar
- 2 tbsp Dijon mustard
- 2 tbsp apple cider vinegar

Apple Slaw:

- 2 apples, julienned
- 2 cups shredded cabbage
- 1 carrot, shredded
- 2 tbsp mayo
- 1 tbsp honey
- 1 tbsp apple cider vinegar

Directions:

1. Season pork chops with salt & pepper. Sear in skillet with oil until browned on both sides, about 4 minutes per side.
2. Remove chops, deglaze skillet with bourbon. Stir in brown sugar, mustard, vinegar; simmer until thickened.
3. Return chops, coat in glaze, and cook to internal temp of 145°F.
4. Toss slaw ingredients together. Serve chops with slaw on the side.

Upscale Touch: Garnish with fresh thyme sprigs and drizzle extra glaze around the plate.

Notes:

3. Shrimp & Grits with a Bourbon Cream Sauce

Born from Lowcountry roots and raised with tavern polish, these shrimp & grits are silky, smoky, and just a little indulgent. The bourbon cream sauce is what sets this version apart.

Ingredients (Serves 4):

- 1 cup stone-ground grits
- 4 cups chicken stock
- 1 cup sharp white cheddar, shredded
- 2 tbsp butter
- 1 lb large shrimp, peeled & deveined
- 4 slices thick-cut bacon, chopped
- 2 cloves garlic, minced
- ½ cup heavy cream
- ¼ cup bourbon
- 2 tbsp scallions, chopped
- 1 tbsp fresh parsley, chopped

Directions:

1. Cook grits in stock until tender (about 20–25 minutes). Stir in butter and cheddar. Season to taste.
2. In a skillet, cook bacon until crispy. Remove, leaving drippings.
3. Sauté shrimp in bacon fat until pink (about 2 minutes per side). Remove and set aside.
4. Add garlic to skillet, cook briefly, then deglaze with bourbon. Stir in cream, reduce until slightly thickened.
5. Return shrimp and bacon to pan. Toss with sauce.
6. Spoon over creamy grits and garnish with scallions and parsley.

Upscale Touch: Serve in shallow bowls, garnish with microgreens, and drizzle with a touch of chili oil for color.

Notes:

4. Smoked Brisket Sliders with Pickled Onions

Sliders are the life of any party — and when they're loaded with tender smoked brisket and bright pickled onions, they disappear faster than a Nashville two-step.

Ingredients (Makes 12 sliders):

- 2 lbs smoked brisket, shredded (leftovers welcome!)
- 12 slider buns
- 1 cup shredded cheddar
- ½ cup BBQ sauce

Pickled Onions:

- 1 red onion, thinly sliced
- 1 cup apple cider vinegar
- ½ cup water
- 2 tbsp sugar
- 1 tbsp salt

Directions:

1. Combine vinegar, water, sugar, and salt in saucepan. Bring to simmer, pour over onions, and let sit 30 minutes.
2. Warm brisket with BBQ sauce.
3. Assemble sliders: bun, brisket, cheddar, pickled onions.
4. Serve warm.

Upscale Touch: Brush buns with melted butter, sprinkle with sesame seeds, and toast lightly before assembling.

Notes:

5. Cast-Iron Ribeye with Herb Butter

Every cowgirl knows her way around a cast-iron skillet. This ribeye sears to perfection and gets crowned with a melting pat of herb butter.

Ingredients (Serves 2):

- 2 ribeye steaks, about 1½ inches thick
- Salt & cracked black pepper
- 2 tbsp vegetable oil
- 2 tbsp butter

Herb Butter:

- ½ stick butter, softened
- 1 tbsp fresh parsley, chopped
- 1 tsp fresh rosemary, chopped
- 1 clove garlic, minced

Directions:

1. Mix herb butter ingredients. Roll in plastic wrap, chill until firm.
2. Heat skillet until smoking. Rub steaks with oil, season well with salt & pepper.
3. Sear steaks 3–4 minutes per side for medium-rare. Add butter to pan in last minute for basting.
4. Rest 5 minutes, top with herb butter before slicing.

Upscale Touch: Plate with roasted garlic cloves and sprinkle of flaky sea salt.

Notes:

6. Red Beans & Rice with Andouille

Born from Louisiana kitchens, this dish is humble but full of soul. Slow-cooked beans, smoky sausage, and Cajun spices make it a comfort food staple.

Ingredients (Serves 6):

- 1 lb dried red beans, soaked overnight
- 1 lb Andouille sausage, sliced
- 1 onion, diced
- 1 bell pepper, diced
- 2 celery stalks, diced
- 4 cloves garlic, minced
- 2 bay leaves
- 1 tsp smoked paprika
- 1 tsp cayenne
- 6 cups chicken stock
- 4 cups cooked white rice

Directions:

1. In a Dutch oven, brown sausage. Remove and set aside.
2. In drippings, sauté onion, bell pepper, celery, and garlic until soft.
3. Add beans, bay leaves, paprika, cayenne, and stock. Simmer 2–3 hours until beans are tender.
4. Stir sausage back in, season with salt & pepper.
5. Serve over rice.

Upscale Touch: Garnish with scallions and a drizzle of chili oil for color.

Notes:

Sides & Fixins'

1. Honey-Butter Skillet Cornbread

No Southern table is complete without cornbread. Baked in cast-iron for a golden crust and slathered with honey butter, it's both rustic and irresistible.

Ingredients (Serves 8):

- 1 cup cornmeal
- 1 cup flour
- ¼ cup sugar
- 1 tbsp baking powder
- 1 tsp salt
- 1 cup buttermilk
- 2 eggs
- ½ cup melted butter

Honey Butter:

- ½ cup butter, softened
- 3 tbsp honey
- Pinch of sea salt

Directions:

1. Preheat oven to 400°F. Heat cast-iron skillet in oven.
2. Mix dry ingredients in one bowl, wet in another. Combine gently.
3. Pour batter into hot skillet, bake 20–25 minutes until golden.
4. Whip honey butter and serve warm.

Upscale Touch: Brush cornbread top with extra honey butter and sprinkle with flaky salt before serving.

Notes:

2. Charred Okra Salad with Lemon Dressing

Okra can be tricky, but char it just right and it becomes smoky, nutty, and downright addictive. Tossed with a zesty lemon dressing, it makes a surprising, fresh side.

Ingredients (Serves 4):

- 1 lb fresh okra, halved lengthwise
- 2 tbsp olive oil
- Salt & pepper

Dressing:

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp honey
- 1 clove garlic, minced

Directions:

1. Toss okra with olive oil, salt & pepper. Grill or roast at 425°F until charred, 12–15 minutes.
2. Whisk dressing ingredients together.
3. Toss okra with dressing, serve warm or at room temp.

Upscale Touch: Scatter with toasted almonds and shaved Parmesan.

Notes:

3. Collard Greens with Smoked Turkey

Slow-simmered greens are a soul food classic. Using smoked turkey instead of pork keeps the deep flavor but lightens the dish — a tavern favorite twist.

Ingredients (Serves 6):

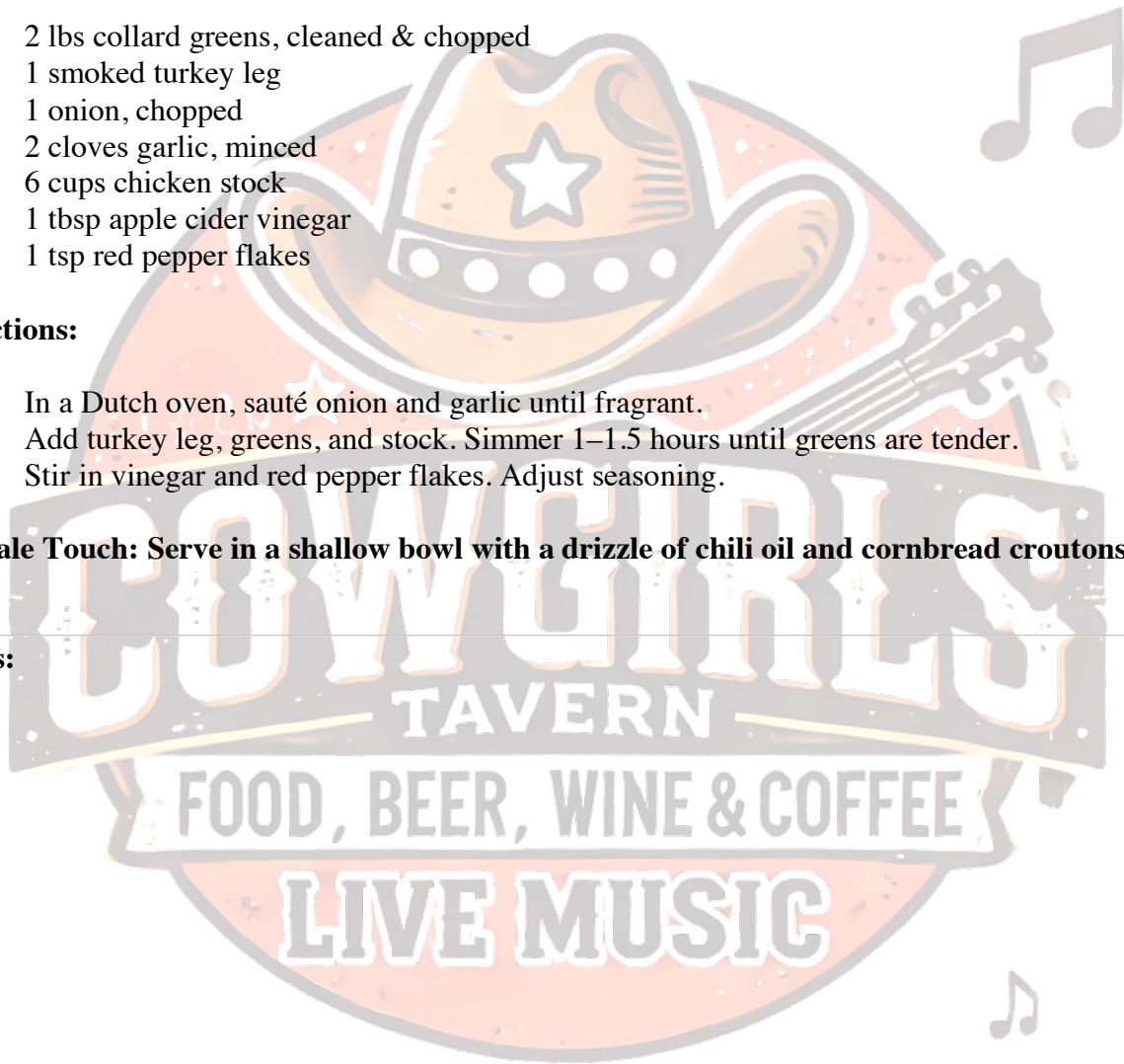
- 2 lbs collard greens, cleaned & chopped
- 1 smoked turkey leg
- 1 onion, chopped
- 2 cloves garlic, minced
- 6 cups chicken stock
- 1 tbsp apple cider vinegar
- 1 tsp red pepper flakes

Directions:

1. In a Dutch oven, sauté onion and garlic until fragrant.
2. Add turkey leg, greens, and stock. Simmer 1–1.5 hours until greens are tender.
3. Stir in vinegar and red pepper flakes. Adjust seasoning.

Upscale Touch: Serve in a shallow bowl with a drizzle of chili oil and cornbread croutons.

Notes:



4. Sweet Potato Mash with Pecan Streusel

Sweet potatoes are Southern gold. Mashed silky smooth and topped with a crunchy pecan streusel, they're a little sweet, a little savory, and completely comforting.

Ingredients (Serves 6):

- 4 large sweet potatoes, peeled & cubed
- 4 tbsp butter
- ¼ cup cream
- 2 tbsp maple syrup
- Salt & pepper

Pecan Streusel:

- ½ cup pecans, chopped
- 2 tbsp brown sugar
- 2 tbsp butter, melted
- 1 tsp cinnamon

Directions:

1. Boil sweet potatoes until tender. Mash with butter, cream, syrup, salt & pepper.
2. Mix streusel ingredients.
3. Spread mash in baking dish, top with streusel, bake 15 minutes at 375°F.

Upscale Touch: Serve in mini cast-iron skillets for individual portions.

Notes:

5. Cowboy Baked Beans with Molasses & Bacon

Rich, smoky, and slightly sweet, these baked beans belong at every BBQ and potluck. The molasses and bacon give them their cowboy swagger.

Ingredients (Serves 8):

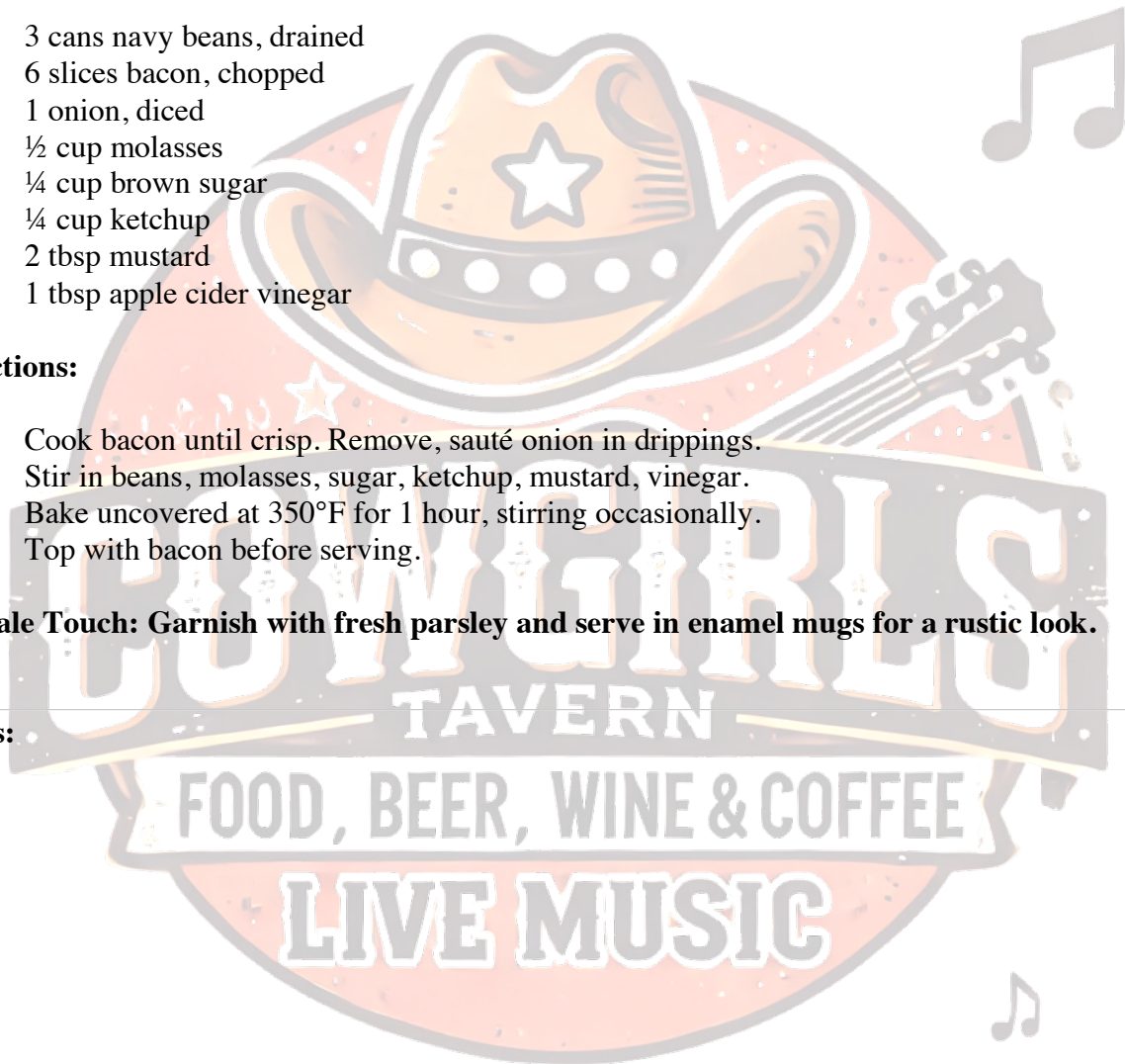
- 3 cans navy beans, drained
- 6 slices bacon, chopped
- 1 onion, diced
- ½ cup molasses
- ¼ cup brown sugar
- ¼ cup ketchup
- 2 tbsp mustard
- 1 tbsp apple cider vinegar

Directions:

1. Cook bacon until crisp. Remove, sauté onion in drippings.
2. Stir in beans, molasses, sugar, ketchup, mustard, vinegar.
3. Bake uncovered at 350°F for 1 hour, stirring occasionally.
4. Top with bacon before serving.

Upscale Touch: Garnish with fresh parsley and serve in enamel mugs for a rustic look.

Notes:



6. Pickled Garden Vegetables

Bright, tangy pickles cut through all the rich, smoky flavors of Southern cooking. They also double as a great make-ahead snack or garnish.

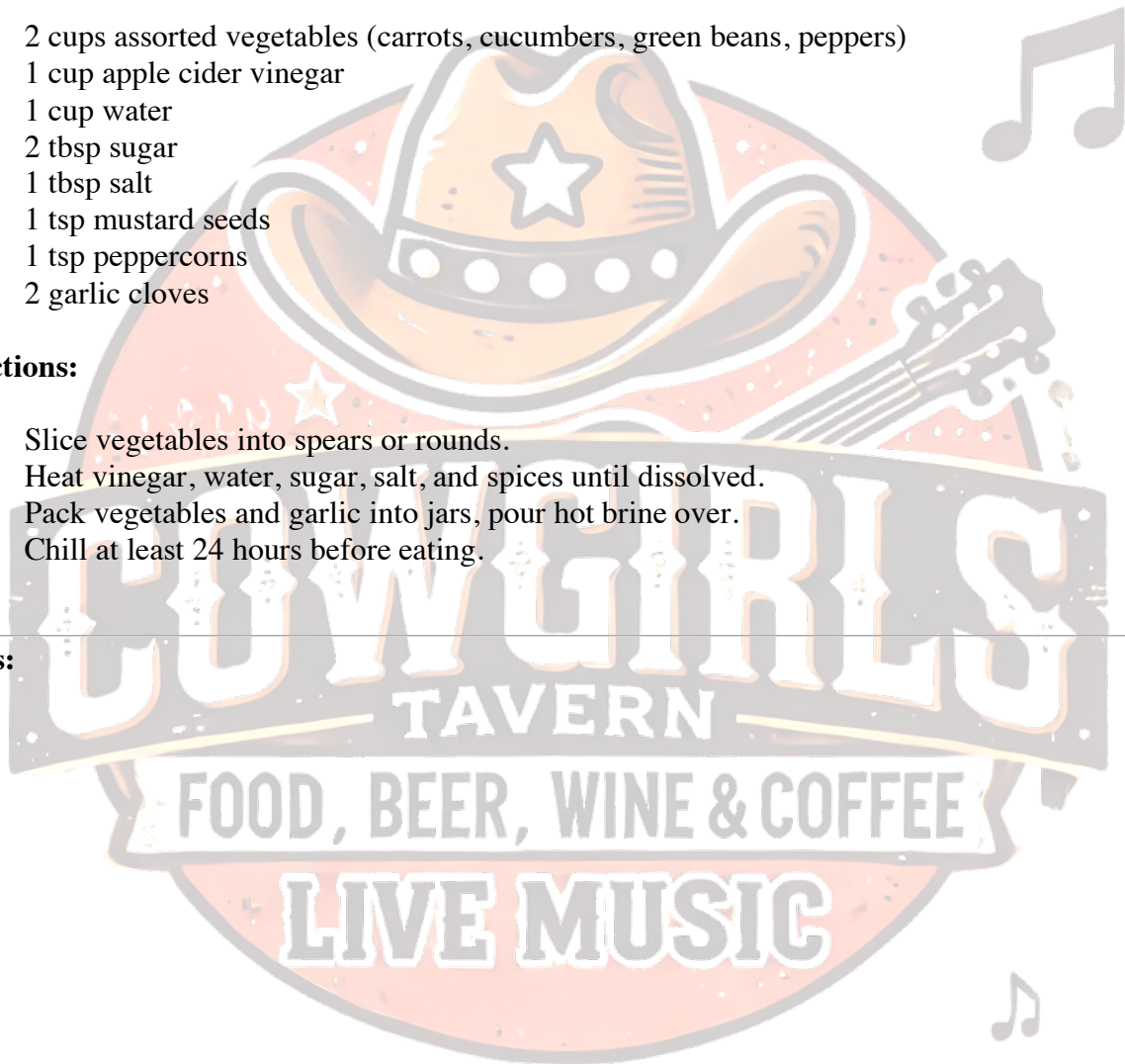
Ingredients (Makes 2 jars):

- 2 cups assorted vegetables (carrots, cucumbers, green beans, peppers)
- 1 cup apple cider vinegar
- 1 cup water
- 2 tbsp sugar
- 1 tbsp salt
- 1 tsp mustard seeds
- 1 tsp peppercorns
- 2 garlic cloves

Directions:

1. Slice vegetables into spears or rounds.
2. Heat vinegar, water, sugar, salt, and spices until dissolved.
3. Pack vegetables and garlic into jars, pour hot brine over.
4. Chill at least 24 hours before eating.

Notes:



Sweet Endings

1. Bourbon Pecan Pie Bars

Pecan pie is a Southern treasure, but bars make it even easier to share. A splash of bourbon adds depth and a hint of tavern sophistication.

Ingredients (Makes 16 bars):

Crust:

- 1 ½ cups flour
- ½ cup powdered sugar
- ¾ cup butter, softened

Filling:

- ¾ cup corn syrup
- ½ cup brown sugar
- ¼ cup bourbon
- 3 eggs, lightly beaten
- 2 cups pecans, chopped

Directions:

1. Preheat oven to 350°F. Mix crust ingredients, press into greased 9x13 pan. Bake 15 minutes.
2. Whisk filling ingredients, stir in pecans. Pour over crust.
3. Bake 30–35 minutes until set. Cool before slicing.

Upscale Touch: Drizzle with dark chocolate and sprinkle with sea salt before serving.

Notes:

2. Peach Cobbler Skillet

Few things scream “Southern summer” like a warm peach cobbler in cast-iron. Served bubbling hot with ice cream, it’s comfort in its purest form.

Ingredients (Serves 6):

- 6 ripe peaches, sliced
- ½ cup sugar
- 2 tbsp lemon juice
- 1 tsp cinnamon

Topping:

- 1 cup flour
- 1 cup sugar
- 1 tsp baking powder
- ½ cup milk
- ½ cup butter, melted

Directions:

1. Preheat oven to 375°F. Toss peaches with sugar, lemon juice, and cinnamon. Place in skillet.
2. Mix topping ingredients until smooth, pour over peaches.
3. Bake 35–40 minutes until golden and bubbly.

Upscale Touch: Serve with bourbon-vanilla ice cream and fresh mint.

Notes:

3. Banana Pudding Trifle

Banana pudding is pure Southern nostalgia. Layered into a trifle dish with whipped cream, it becomes a show-stopping centerpiece.

Ingredients (Serves 10):

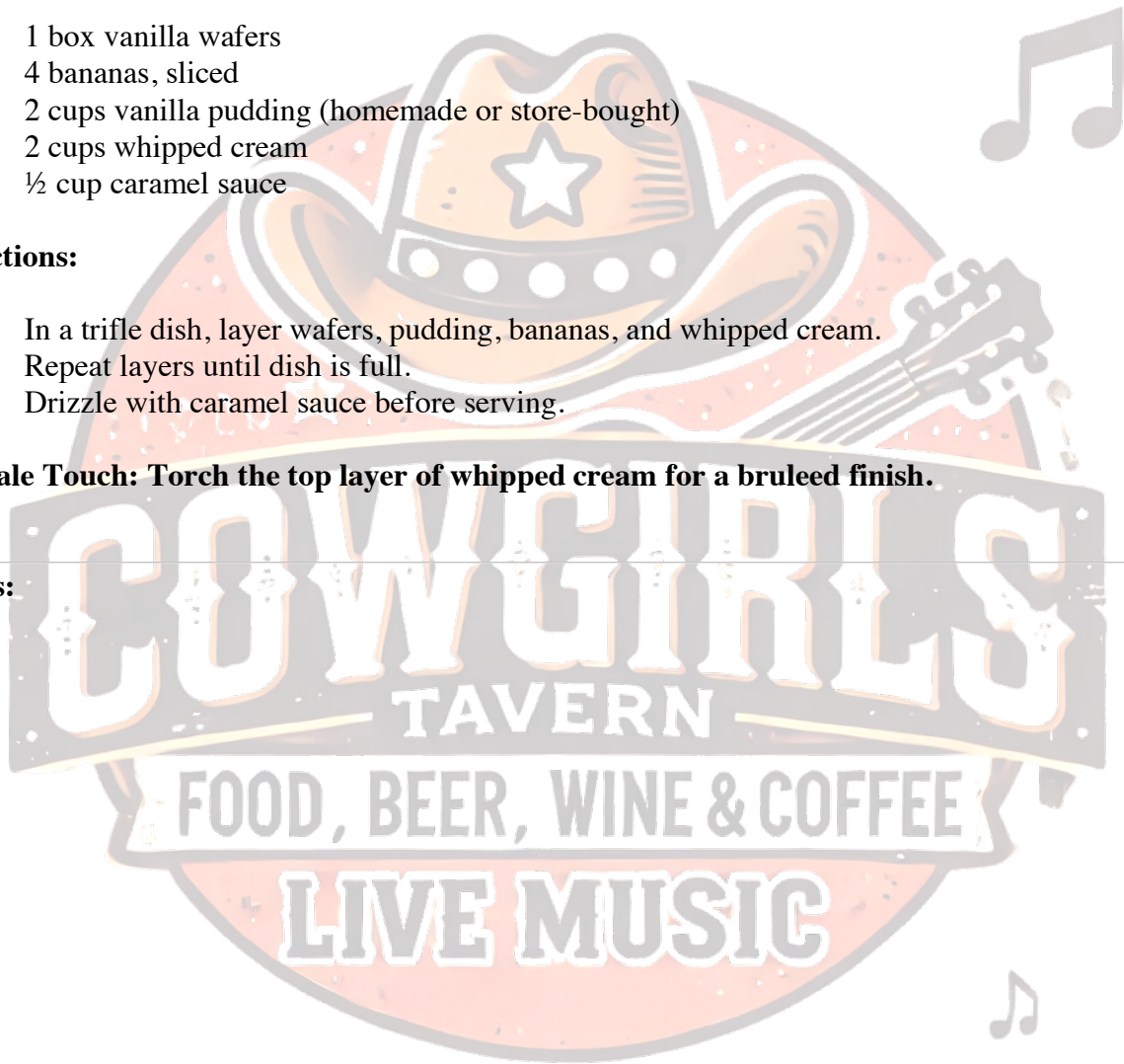
- 1 box vanilla wafers
- 4 bananas, sliced
- 2 cups vanilla pudding (homemade or store-bought)
- 2 cups whipped cream
- ½ cup caramel sauce

Directions:

1. In a trifle dish, layer wafers, pudding, bananas, and whipped cream.
2. Repeat layers until dish is full.
3. Drizzle with caramel sauce before serving.

Upscale Touch: Torch the top layer of whipped cream for a bruleed finish.

Notes:



4. Sweet Tea Ice Cream

What's more Southern than sweet tea? This ice cream takes the iconic drink and churns it into a cool, creamy scoop of pure Southern sunshine.

Ingredients (Makes 1 quart):

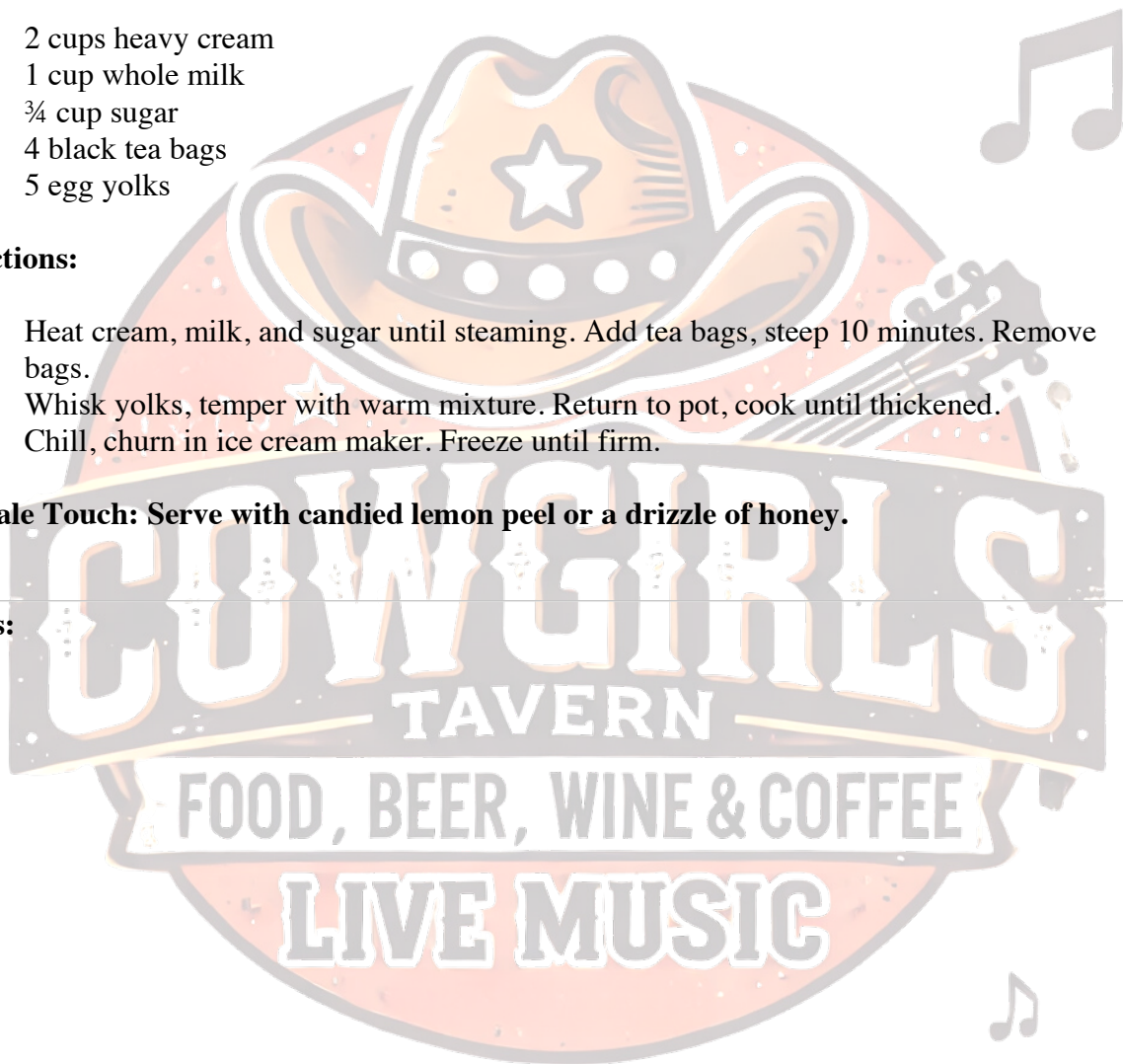
- 2 cups heavy cream
- 1 cup whole milk
- $\frac{3}{4}$ cup sugar
- 4 black tea bags
- 5 egg yolks

Directions:

1. Heat cream, milk, and sugar until steaming. Add tea bags, steep 10 minutes. Remove bags.
2. Whisk yolks, temper with warm mixture. Return to pot, cook until thickened.
3. Chill, churn in ice cream maker. Freeze until firm.

Upscale Touch: Serve with candied lemon peel or a drizzle of honey.

Notes:



5. Red Velvet Cupcakes with Cream Cheese Frosting

Red velvet is Southern elegance in cake form. Cupcakes make it playful, and tangy cream cheese frosting keeps it classic.

Ingredients (Makes 12):

- 1 ¼ cups flour
- 1 cup sugar
- 1 tbsp cocoa powder
- ½ cup buttermilk
- ½ cup vegetable oil
- 2 eggs
- 1 tbsp red food coloring
- 1 tsp vanilla
- 1 tsp vinegar
- 1 tsp baking soda

Frosting:

- 8 oz cream cheese, softened
- ½ cup butter, softened
- 3 cups powdered sugar
- 1 tsp vanilla

Directions:

1. Preheat oven to 350°F. Mix dry ingredients in one bowl, wet in another. Combine, add vinegar + baking soda last. Divide into cupcake liners. Bake 18–20 minutes.
2. Beat frosting ingredients until fluffy. Pipe onto cooled cupcakes.

Upscale Touch: Garnish with shaved white chocolate or sugared rose petals.

Notes:

From the Tavern Bar

1. Peach Bourbon Smash

Peaches and bourbon — two Southern icons in one glass. This cocktail is sweet, refreshing, and made for porch sipping.

Ingredients (Serves 2):

- 2 ripe peaches, sliced
- 2 tbsp honey or simple syrup
- 8 fresh mint leaves
- 4 oz bourbon
- 1 oz lemon juice
- Crushed ice
- Sparkling water

Directions:

1. Muddle peaches, mint, and honey in a shaker.
2. Add bourbon, lemon juice, and ice. Shake well.
3. Strain into glasses with crushed ice. Top with sparkling water.

Upscale Touch: Serve in rocks glasses with a sugared rim and garnish with a peach fan.

Notes:

2. Smoked Old Fashioned

The Old Fashioned is a Southern gentleman's cocktail — and smoking it adds the tavern drama that keeps guests talking.

Ingredients (Serves 1):

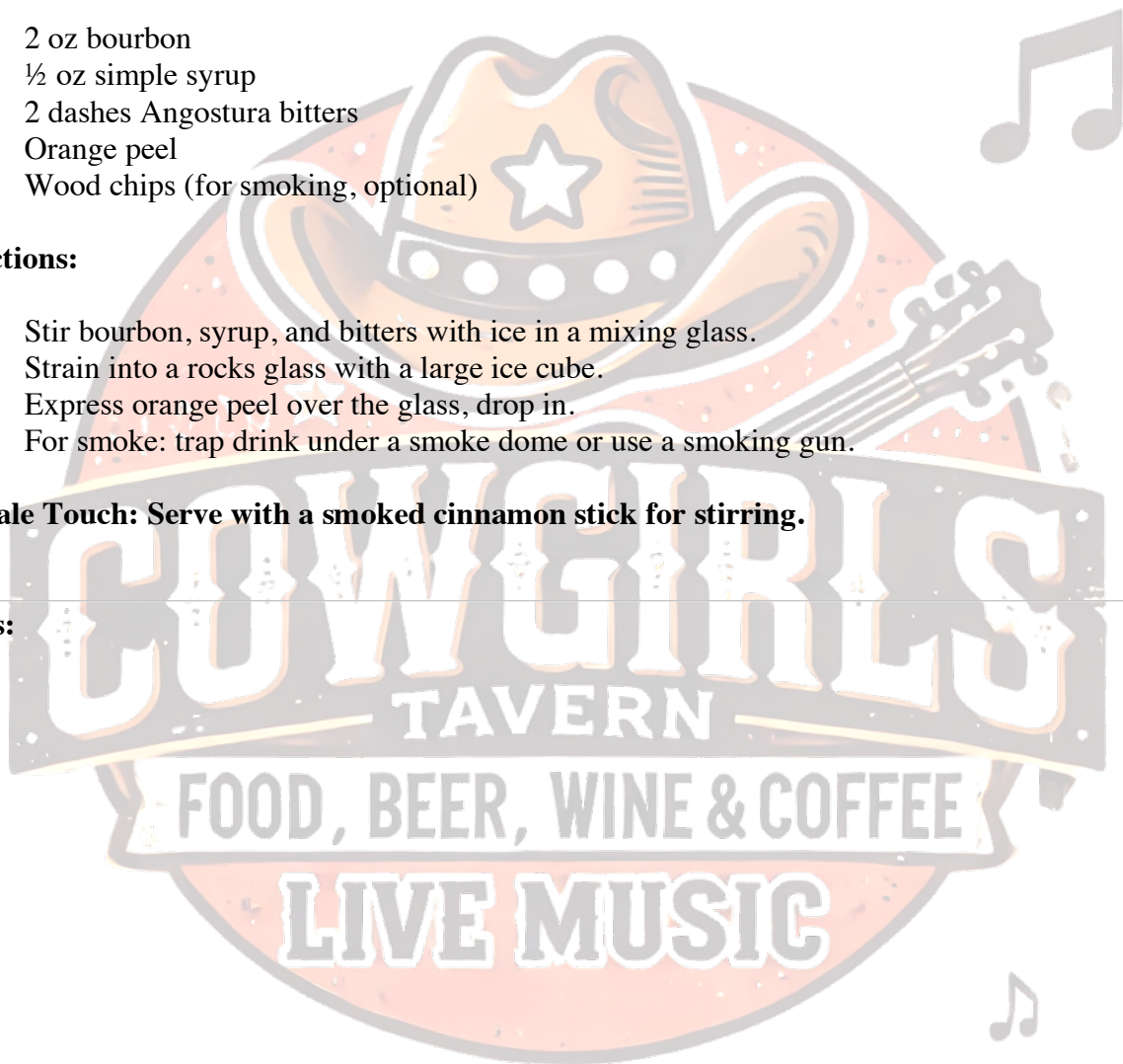
- 2 oz bourbon
- ½ oz simple syrup
- 2 dashes Angostura bitters
- Orange peel
- Wood chips (for smoking, optional)

Directions:

1. Stir bourbon, syrup, and bitters with ice in a mixing glass.
2. Strain into a rocks glass with a large ice cube.
3. Express orange peel over the glass, drop in.
4. For smoke: trap drink under a smoke dome or use a smoking gun.

Upscale Touch: Serve with a smoked cinnamon stick for stirring.

Notes:



3. Spiked Sweet Tea

Sweet tea is the lifeblood of the South. A splash of bourbon turns it from everyday sip to tavern-ready cocktail.

Ingredients (Serves 4):

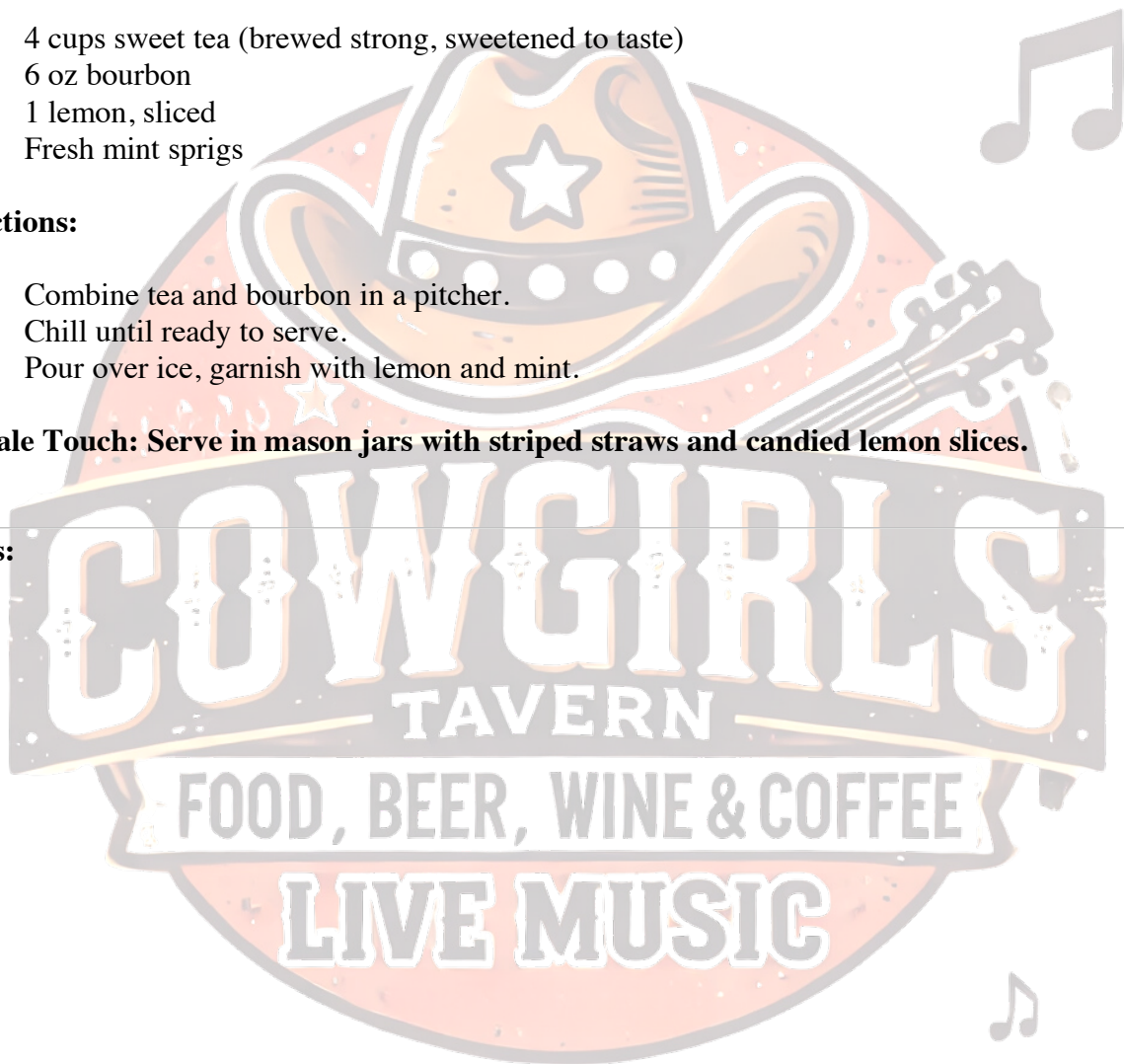
- 4 cups sweet tea (brewed strong, sweetened to taste)
- 6 oz bourbon
- 1 lemon, sliced
- Fresh mint sprigs

Directions:

1. Combine tea and bourbon in a pitcher.
2. Chill until ready to serve.
3. Pour over ice, garnish with lemon and mint.

Upscale Touch: Serve in mason jars with striped straws and candied lemon slices.

Notes:



4. Watermelon Spritz

Cool, crisp, and a little bubbly — this is summertime in a glass. Watermelon keeps it playful, prosecco makes it polished.

Ingredients (Serves 2):

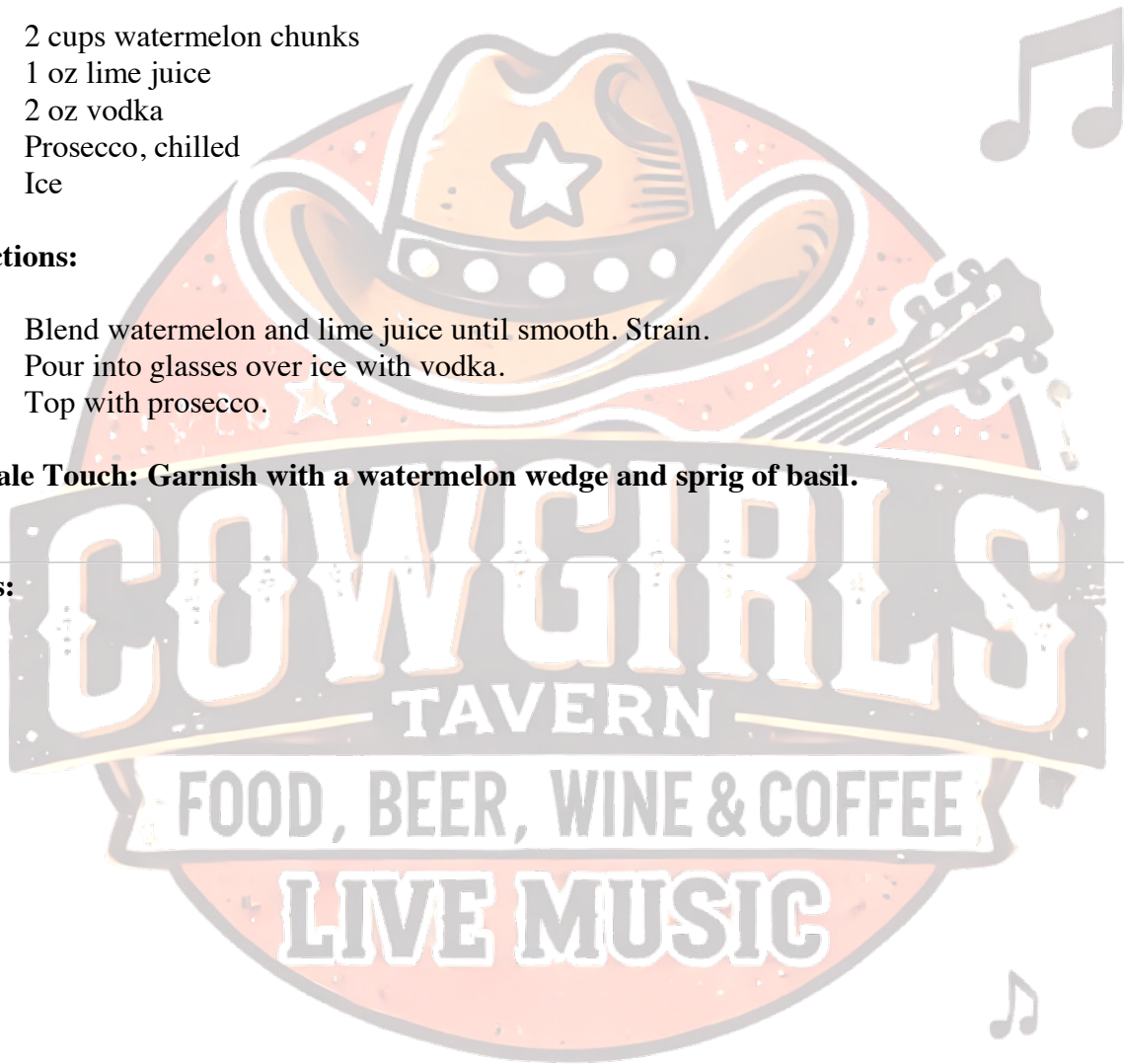
- 2 cups watermelon chunks
- 1 oz lime juice
- 2 oz vodka
- Prosecco, chilled
- Ice

Directions:

1. Blend watermelon and lime juice until smooth. Strain.
2. Pour into glasses over ice with vodka.
3. Top with prosecco.

Upscale Touch: Garnish with a watermelon wedge and sprig of basil.

Notes:



5. Cowgirl Paloma

The Paloma is Mexico's gift to the cocktail world. This tavern version swaps grapefruit soda for fresh juice and adds a pinch of chili salt for extra kick.

Ingredients (Serves 1):

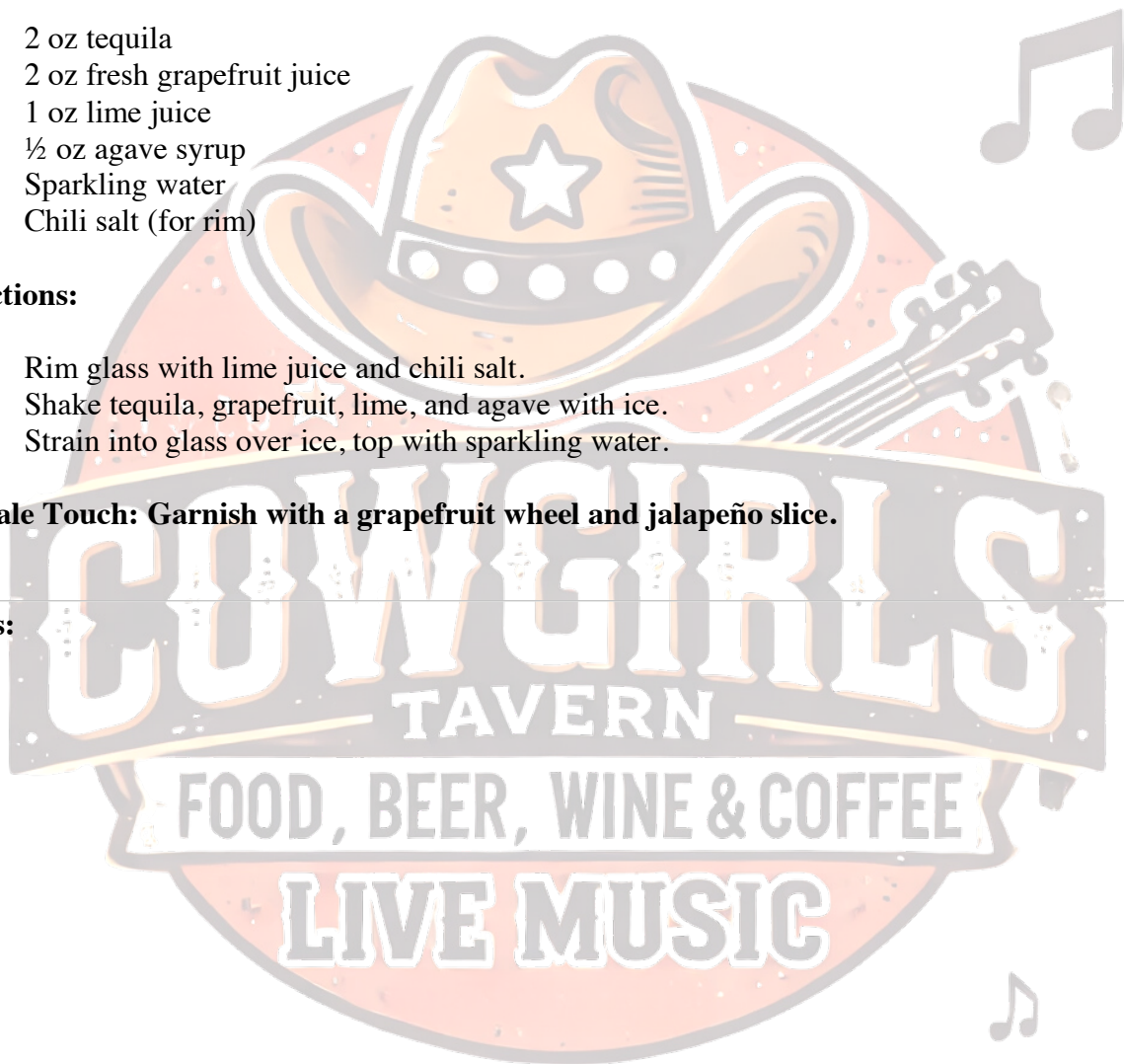
- 2 oz tequila
- 2 oz fresh grapefruit juice
- 1 oz lime juice
- ½ oz agave syrup
- Sparkling water
- Chili salt (for rim)

Directions:

1. Rim glass with lime juice and chili salt.
2. Shake tequila, grapefruit, lime, and agave with ice.
3. Strain into glass over ice, top with sparkling water.

Upscale Touch: Garnish with a grapefruit wheel and jalapeño slice.

Notes:



6. Mocktail Magic: Virgin Juleps & Southern Lemonade

Not every tavern tale needs spirits — these mocktails are bright, refreshing, and family-friendly without losing the flair.

Virgin Mint Julep (Serves 1):

- 8 mint leaves
- 1 oz simple syrup
- Crushed ice
- 3 oz ginger ale
- Fresh mint for garnish

Muddle mint with syrup, top with ice, and pour over ginger ale.

Southern Lemonade Pitcher (Serves 6):

- 1 cup fresh lemon juice
- ½ cup honey syrup
- 4 cups cold water
- Lemon wheels & mint for garnish

Stir all ingredients, chill, serve over ice.

Upscale Touch: Serve both mocktails in julep cups or tall Collins glasses with plenty of crushed ice.

Notes:

Gatherings & Menus

1. Sunday Supper Spread

Sunday supper is about slowing down, passing plates, and gathering the family. This spread is classic comfort with a tavern polish.

Menu:

- **Main:** Buttermilk-Brined Fried Chicken with Hot Honey
- **Sides:** Collard Greens with Smoked Turkey, Honey-Butter Skillet Cornbread
- **Sweet Ending:** Banana Pudding Trifle
- **Drink:** Spiked Sweet Tea (or Southern Lemonade for the kids)

Hosting Tip: Serve family-style in big bowls and platters for that porch-to-table vibe.

Notes:

2. Backyard BBQ Night

Nothing says summer in the South like smoke in the air and laughter in the backyard. This menu keeps it casual, fun, and finger-lickin' good.

Menu:

- **Main:** Smoked Brisket Sliders with Pickled Onions
- **Sides:** Cowboy Baked Beans, Pickled Garden Vegetables
- **Sweet Ending:** Peach Cobbler Skillet
- **Drink:** Watermelon Spritz

Hosting Tip: Set everything out buffet-style with mason jars of utensils wrapped in bandanas for easy grab-and-go.

Notes:

3. Girls' Brunch with Bubbles

A little sweet, a little sassy — brunch is where Southern charm meets sparkle. Perfect for catching up with friends.

Menu:

- **Starter:** Fried Green Tomato Stacks with Remoulade
- **Main:** Shrimp & Grits with Bourbon Cream Sauce
- **Sweet Ending:** Red Velvet Cupcakes with Cream Cheese Frosting
- **Drink:** Cowgirl Paloma (plus Virgin Mint Juleps for a mocktail option)

Hosting Tip: Serve cupcakes on a tiered stand and cocktails in pretty stemware for that upscale brunch flair.

Notes:

4. Game Day Feast

For football Sundays or tailgate Saturdays, this lineup keeps everyone full, happy, and cheering.

Menu:

- **Mains:** Cast-Iron Ribeye Bites (sliced ribeye, served on skewers), Skillet Nachos with Brisket & Cowboy Caviar
- **Sides:** Charred Okra Salad, Pickled Garden Vegetables
- **Sweet Ending:** Bourbon Pecan Pie Bars
- **Drink:** Smoked Old Fashioned

Hosting Tip: Keep drinks pre-batched and nachos in cast-iron skillets so they stay hot and bubbly.

Notes:

5. Holiday Comfort Table

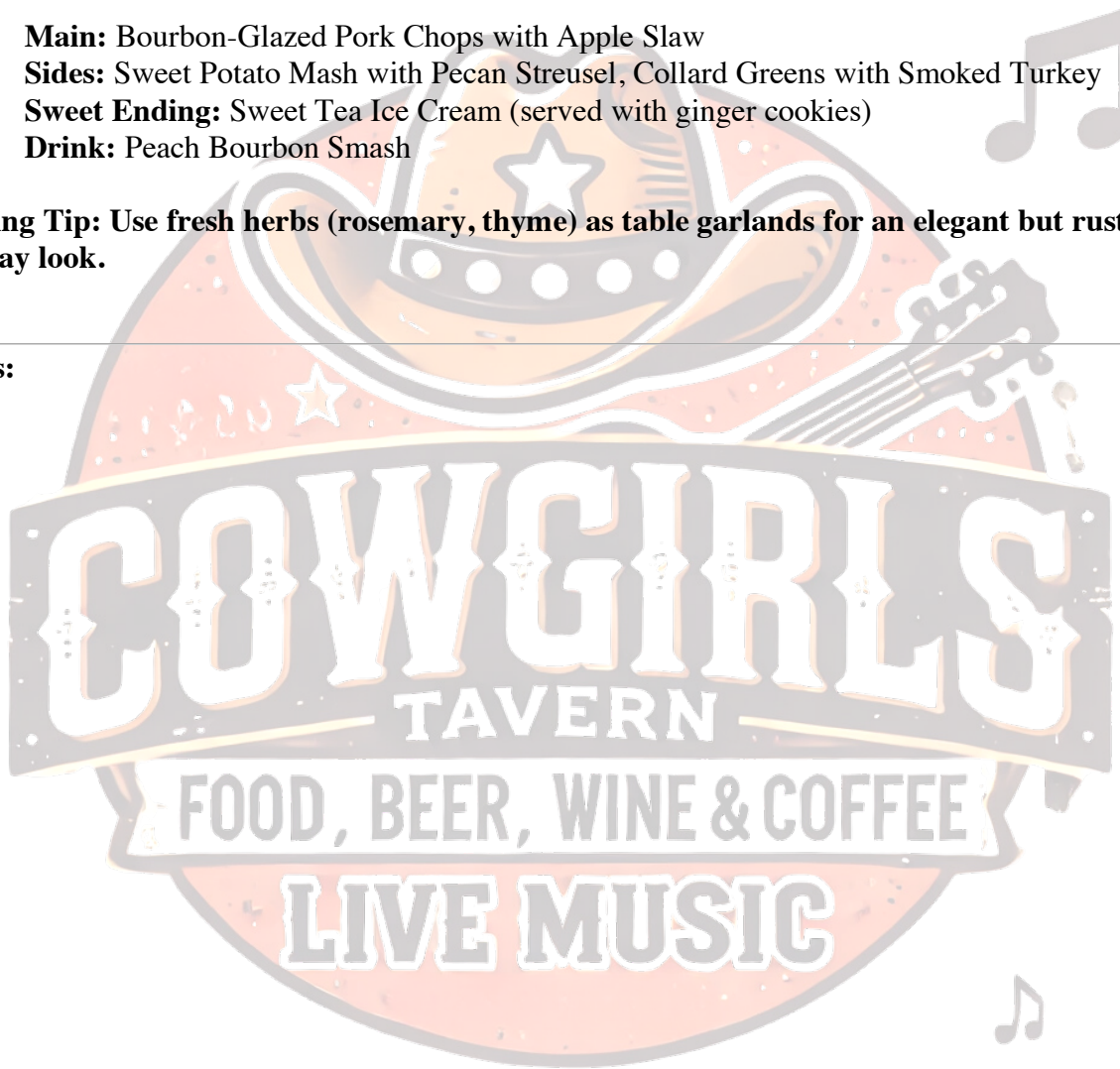
The holidays are about tradition with a little sparkle. This menu takes timeless flavors and dresses them up for the season.

Menu:

- **Main:** Bourbon-Glazed Pork Chops with Apple Slaw
- **Sides:** Sweet Potato Mash with Pecan Streusel, Collard Greens with Smoked Turkey
- **Sweet Ending:** Sweet Tea Ice Cream (served with ginger cookies)
- **Drink:** Peach Bourbon Smash

Hosting Tip: Use fresh herbs (rosemary, thyme) as table garlands for an elegant but rustic holiday look.

Notes:



Closing Notes

Cooking with Heart & Hospitality

At Cowgirls Tavern, every recipe we serve begins the same way: with heart. Food isn't just fuel — it's love ladled into a bowl, laughter shared around a table, and the memories that linger long after the plates are cleared.

This book is our invitation for you to carry that spirit into your own home. Whether you're frying up chicken for Sunday supper, mixing cocktails for a backyard bash, or baking cobbler just because, remember this: it doesn't have to be fancy to be unforgettable. A little love, a little care, and a dash of Cowgirl flair are all it takes.

Thanks from the Cowgirls Tavern Family

From our porch to yours, thank you for cooking with us. We are grateful for every guest who's pulled up a chair at Cowgirls Tavern, and for every cook who brings these recipes to life at home. You are part of this story now — part of the family.

So go ahead: pass the cornbread, pour the bourbon, and keep the tradition alive. And whenever you need a little Southern comfort with a tavern twist, we'll be right here, saving you a seat.

With love and good eats,

The Cowgirls Tavern Family