

# Classic American Diner Recipes

## Buttermilk Pancakes

*Serves: 10 (Yield: 30 pancakes)*

*Preparation time: 10 minutes*

*Cooking time: 30–40 minutes*

### **Ingredients**

- 4 cups all-purpose flour
- ¼ cup sugar
- 2 teaspoons baking soda
- 2 teaspoons salt
- 1½ teaspoons baking powder
- 4 large eggs
- 4 cups buttermilk
- Butter for greasing, optional

### **Directions**

1. Preheat a griddle or skillet over medium heat.
2. Sift and whisk flour, sugar, baking powder, baking soda and salt together in a bowl.
3. Make a well in the center and add eggs, buttermilk and butter.
4. Mix into a lumpy batter.
5. Add a little butter to griddle or skillet (optional).
6. Scoop ¼ cup of batter and pour into pan.
7. Cook until pancake begins to bubble at edges and bottom is browned.
8. Flip over to brown remaining side.

### **Nutrition (per serving)**

Calories 270, Carbs 48 g, Fat 3 g, Protein 11 g, Sodium 913 mg

# Reuben Sandwich

*Serves: 4*

*Preparation time: 15 minutes*

*Cooking time: 10 minutes*

## **Ingredients**

- 8 slices marbled or regular rye bread
- 2 tablespoons butter, at room temperature
- 8 slices Swiss cheese
- 1 pound corned beef, sliced
- 2 cups sauerkraut, drained
- Salt and pepper, to taste

## **For dressing:**

- ½ cup mayonnaise
- 1 Tablespoon chili sauce
- 1 Tablespoon parsley, chopped
- 1 teaspoon grated onion
- ½ teaspoon horseradish
- ¼ teaspoon Worcestershire sauce

## **Directions**

1. Prepare dressing. Mix ingredients for dressing together well in a bowl.
2. Assemble the sandwiches. Lightly butter the bread. Lay four slices, buttered-side up, on a clean surface. Add the fillings on each slice in this order: 1 Tablespoon dressing, 2 slices Swiss cheese, ½ cup sauerkraut, and ¼ pound of corned beef. Cover with the remaining bread slices, buttered-side down.
3. Toast the sandwiches in a sandwich press or on a grill until the cheese is melted and the bread is browned (about 1-2 minutes on each side).

## **Nutrition (per serving)**

Calories 803, Carbs 36 g, Fat 57.4 g, Protein 38.4 g, Sodium 2731mg

# Chicken Pot Pie

Serves: 4

Preparation time: 30 minutes plus 30 minutes resting time

Cooking time: 60 minutes

## Ingredients

- 5 cups chicken stock
- 2 chicken bouillon cubes
- $\frac{3}{4}$  cup unsalted butter
- 2 medium yellow onions, chopped
- $\frac{3}{4}$  cup all-purpose flour
- 2 teaspoons kosher salt, or to taste
- $\frac{1}{2}$  teaspoon ground black pepper, or to taste
- $\frac{1}{4}$  cup heavy cream
- 3 cups frozen mixed vegetables, thawed
- 4 cups roasted chicken, diced

## For the pastry:

- 3 cups all-purpose flour
- $1\frac{1}{2}$  teaspoons kosher salt
- 1 teaspoon baking powder
- $\frac{1}{2}$  cup vegetable shortening
- $\frac{1}{4}$  pound unsalted butter, diced
- $\frac{1}{2}$  ice water, or as needed
- 1 egg beaten with 1 Tablespoon water, for egg wash

## Directions

1. Prepare the pastry. Whisk first 3 (dry) ingredients together in a bowl. Add the butter and shortening and rub in with your hands or cut in with 2 knives, a pastry cutter, or a food processor. The mixture should look like coarse cornmeal, with a few pea-size pieces of butter or shortening. Gradually add ice water while mixing until dough comes together. Transfer dough onto a floured surface and shape into a ball. Wrap with plastic wrap and chill for 30 minutes.
2. Preheat oven to 375°F.
3. Prepare the filling. Melt the butter in a skillet over medium-low heat and sauté the onions until tender and translucent (about 10–15 minutes). Meanwhile, place chicken stock and bouillon cubes in a saucepan. Heat, with stirring, until cubes are dissolved. Keep the stock warm while going back to the onions and adding the flour. Stir for 2 minutes to make a roux. Add the hot stock and continue to stir until mixture begins to thicken (about 1–2 minutes). Add in the salt, pepper, cream, vegetables and diced chicken. Stir and continue cooking until heated through. Remove from heat.
4. Assemble and bake the pot pies. Distribute the filling into 4 mini pie or tart pans. Brush the edges of the pans with egg wash. Divide the chilled dough into 4 equal pieces and shape into balls. Flatten into about 8-inch rounds (they should be about  $\frac{1}{2}$  inch larger than the mouth of the pan). Cover the filled pans with the dough and crimp around the edges to seal. Make a few slits in the crust with a knife. Brush with egg wash. Place on a baking sheet and bake until crust is golden and filling is boiling (about 1 hour).
5. Sprinkle with minced parsley and serve.

## Nutrition (per serving)

Calories 639, Carbs 47 g, Fat 28.7 g, Protein 23.6 g, Sodium 1269 mg

# Meatloaf

*Serves: 8*

*Preparation time: 15 minutes*

*Cooking time: 60 minutes*

## **Ingredients**

- $\frac{2}{3}$  cup fat-free milk
- $\frac{1}{4}$  teaspoon salt
- 1 Tablespoon Worcestershire sauce
- 3 egg whites
- 2 cups soft whole wheat bread crumbs
- 2 green onions, thinly sliced
- 1 teaspoon dried thyme or oregano, crushed
- $\frac{1}{8}$  teaspoon ground black pepper
- $1\frac{1}{2}$  pounds lean ground beef

## For glaze:

- 1 clove garlic, minced
- 1 Tablespoon balsamic vinegar
- $\frac{1}{4}$  cup ketchup

## **Directions**

1. Preheat oven to 350°F. Line an 8×5-inch rectangular baking pan with aluminum foil.
2. In a small bowl, mix glaze ingredients together and set aside.
3. In a large bowl, whisk first 4 ingredients (through egg whites) together well.
4. Add the rest of the ingredients and mix well.
5. Place in pan and spread evenly with a spatula or wooden spoon.
6. Bake for 50 minutes.
7. Skim off any fat from surface.
8. Spread glaze over top of meatloaf.
9. Return to oven and bake until done (about 10 minutes, with internal temperature of 160°F).
10. Let stand for 10 minutes to set.
11. Slice and serve.
12. May be served with mashed potatoes, eggs or biscuits and a salad.

## **Nutrition (per serving)**

Calories 197, Carbs 8 g, Fat 9 g, Protein 20 g, Sodium 308 mg

# Home Fries

*Serves: 2–4*

*Preparation time: 5 minutes*

*Cooking time: 25 minutes*

## **Ingredients**

- 1½ pounds Russet potatoes (or any other starchy potato type), peeled and cut into ½-inch cubes
- ¼ teaspoon baking soda
- 2 tablespoons olive oil, divided
- 1 tablespoon unsalted butter
- 1 medium onion, diced
- ½ teaspoon garlic powder
- 1 teaspoon smoked paprika
- Salt and pepper, to taste

## **Directions**

1. Place potatoes into a pot and cover with water. Add baking soda to the water and bring to a boil. Boil briefly just to make slightly soft (about 1–2 minutes). Drain. Let cool slightly and wipe off any excess moisture.
2. Heat 1 Tablespoon oil in a skillet over medium heat. Cook onion until tender (about 5 minutes). Remove from heat and season with salt and pepper. Set aside.
3. In a separate skillet, heat the remaining oil over medium heat. Swirl in the butter to melt. Heat until oil begins to shimmer.
4. Add potatoes and spread into a single layer over the skillet. Cook until browned and crisp around the edges (about 10 minutes).
5. Add cooked onion, garlic powder and paprika. Mix to combine.
6. Season with more salt and pepper, as needed.
7. Serve while warm.

## **Nutrition (per serving)**

Calories 467, Carbs 67.8 g, Fat 19.7 g, Protein 8.2 g, Sodium 21.5 mg

# Red Velvet Cake

Serves: 8–12

Preparation time: 60 minutes

Cooking time: 30 minutes

## Ingredients

- 2 teaspoons fine salt
- 2  $\frac{3}{4}$  cups plus 1 tablespoon sifted cake flour
- 2 teaspoons baking powder
- 2 tablespoons red food coloring
- $\frac{1}{4}$  teaspoon baking soda
- 1  $\frac{1}{2}$  tablespoons water
- 2 sticks unsalted butter, softened, plus some more for greasing pans
- 1  $\frac{1}{2}$  teaspoons vanilla extract
- 2 cups granulated sugar
- $\frac{1}{4}$  cup unsweetened cocoa powder
- 3 large eggs
- 1 tablespoon finely grated orange zest
- 1 cup whole or low-fat buttermilk

## For Icing

- 1 pound sifted powdered sugar (4 cups)
- 1  $\frac{1}{2}$  sticks unsalted butter ( $\frac{3}{4}$  cup)
- 1 pound cream cheese
- 2 tablespoons whole milk

## Directions

1. Heat the oven to 350°F, and grease a 9-inch cake pan with butter, then flour. Tap off the excess flour, and set aside.
2. Sift the baking powder, baking soda, flour, and salt twice together, set aside.
3. Whisk the water, cocoa, vanilla, and food coloring in a small bowl until smooth, set aside.
4. In a large bowl, beat the butter on medium speed with an electric mixer until creamy, about 30 seconds. Add the sugar,  $\frac{1}{4}$  cup at a time, beating about 15 minutes, until the mixture becomes fluffy.
5. Gradually add the eggs one at a time, along with the orange zest, beating after each addition. Add the red cocoa mix.
6. On low speed, alternately add the flour mixture and the buttermilk, starting and ending with the flour mixture. Beat the batter using a spatula, 10 to 12 strokes.
7. Divide cake batter into two cake pans, and bake for 30 minutes, or until a toothpick inserted in the center comes out clean.
8. Remove the cakes from the oven and allow the cakes to rest for 10 minutes before removing from the pans.
9. In the meantime, prepare the icing. In a large bowl, mix all the ingredients together at high speed, gradually reduce the speed until light and fluffy.
10. When the cakes are completely cool, place 1 cake on a serving plate. Spread the icing on the top. Place second cake on top and spread icing on top and sides.

## Nutrition (per serving)

Calories 370, Carbs 49 g, Fat 18 g, Protein 4 g, Sodium 390 mg

\*\*\*These recipes and more are found in Louise Davidson's *American Diner Cookbook: Favorite Classic Recipes to Make at Home*. To get your own copy, click on the cover below or click [here](#).

