

Super Awesome Amazing Cookbook

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Abstract

This is a collection of recipes that I have used. The recipes are constantly in flux as I tweak them to my personal tastes.

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1 Introduction



Prepare your face for a roundhouse kick of flavor right in the taste buds. These recipes are so full of flavor they are illegal in 47 states. Not for pregnant women, those with weak hearts, or communists.

2 Hearty

These are cold weather recipes for me. For many of them I'll get up early and throw it in the slow cooker before I head to campus. A lot of these can be frozen and eaten again later.



Granny Sams' Dumplins

 1 h - Half the day (if you do it with love)
 Granny Sams' Cookbook

Greeting Taste Travellers! You're in for a special treat today. My great (great?) grandmother had this dumpling recipe in an old cookbook from her church. This is how I recieved it. I'll add proper "stock" recipe later, likely as a whole chicken'n Dumplins recipe.

Preparation

1 Mix dry ingredients well. Add butter to dry ingredients and cut with pastry cutter till small crumbs form (several minutes). Add egg/water mixture and mix well. Dough will be very sticky.

2 On floured surface, roll out dough (add flour as needed) turning over occasionally while rolling dough to about 1/4 to 1/8 inch thick (dough will no longer be sticky and looks dry on the surface). Cut into squares about 2"x2". Should make about 100 dumpling squares.

3 Drop into boiling stock pot, pushing to the bottom. Use all the dough including odd or thin pieces (those will disappear and thicken the stock).

4 Once all pieces are added, reduce heat to simmer, cover and cook about 45 minutes (stirring occasionally) or till done inside (taste testing is best way to tell). Most times they will all sink to the bottom but be sure to taste first.

Ingredients

1/2 cups	flour (above 70 %)
1/2 tsp	baking powder (must be fresh and not expired)
1/2 tsp	Salt
1 stick	Cold Butter (cut into small pieces)
1	egg (lightly beaten in small coffee cup)
50 g	water added to beaten egg and mix well



Slow Cooker Chicken Noodle Soup

 20 m
 8 h
 5-6 Portions
 Calorific value 465
 Food.com I think

Chicken noodle soup in the slow cooker. Just like grandma used to make. Throw all the junk in the slow cooker and come home to deliciousness.

Preparation

- 1** In 4-1/2 to 6-quart slow cooker combine water, carrots, celery, onions, garlic, bay leaves, thyme, measured salt, and measured pepper.
- 2** Place chicken on top of vegetables.
- 3** Cover slow cooker with lid and cook on low for 8-10 hours or on high for 4-5 hours.
- 4** Transfer chicken to cutting board. Discard bay leaves. Add noodles to slow cooker and cook covered for an additional 20 minutes.
- 5** While noodles cook remove and discard the skin, fat, and bones from the chicken and shred the meat.
- 6** Skim fat from soup and discard. Return chicken to soup to serve.

Ingredients

6 cups	low sodium chicken broth
3	carrots sliced
3 Stalks	celery sliced
2 medium	Onions, chopped
1 clove	garlic
2	bay leaves
1/2 tsp	dried thyme
4 tsp	salt
1/2 tsp	fresh ground black pepper
1 (3 1/2 lb)	roasting chicken
3 cups	wide egg noodles, uncooked

Notes

- Chicken broth can be substituted with water

- Omit the measured salt if you use regular sodium chicken broth
- 2-3 chicken breasts can be used instead of a roasting chicken. Easier to .shred
- If you cook them too long the noodles will dissolve and make your soup thick.





Easy Slow Cooker Chili



45 m



6-8 h



5-6 Portions



chowhound.com, author is listed as Christine Gallary

So this is the chili recipe that I used to win the 2016 Rensselaer Polytechnic Institute Graduate Christian Fellowship Chili cook-off. Take that Ben, with your pumpkin spice chili. You what tastes better than my chili, Ben? Victory, Ben. Victory. I'm still tweaking this so the end result will probably be pretty similar to the award winning version but not exactly.

Preparation

1 Heat the oil in a large frying pan (cast iron skillet) over medium heat until shimmering. Add the onions, bell peppers, and habaneros. Season with kosher salt. Cook until soft, stirring occasionally, about 8 minutes.

2 Add the garlic, chili powder, cumin, chipotle powder, and cayenne pepper, stir to coat vegetables and cook until fragrant, about 1 minute. Add the ground beef and measured salt. Brown ground beef and break into small pieces with a wooden spoon.

3 Transfer the mixture to the slow cooker, add the diced tomatoes and their juices, tomato sauce, and the drained and rinsed kidney beans and stir to combine. Cover and cook until chili tickens and the flavors meld, about 8 hours on low or 6 hours on high.

4 Before serving stir in jalapenos. Serve with cheddar cheese, scallions, crackers, and sour cream.

Ingredients

3 Tbsps	vegetable oil
2 medium	yellow onions
1/2 medium	red bell pepper
1/2 medium	green bell pepper
6 medium	garlic cloves
1/4 cup	chili powder
1 Tbsp	chipotle powder
1 Tbsp	cayenne pepper
4-5	habanero peppers
1 Tbsp	ground cumin
2 pounds	lean ground beef
1 1/2 tps	kosher salt
1 28-ounce can	diced tomatoes
1 14-ounce can	tomato sauce
2 15-ounce cans	kidney beans
1/4 cup	jalapenos chopped

Notes

- Chipotle powder and cayenne pepper are not dialed in just yet, include at own risk
- The longer you cook this and the thicker it gets the better it tastes. I usually cook it for 2 full days and let it rest for 2 nights.
- Tried once with a Brown's Oatmeal Stout. It wasn't bad but it took a lot longer to thicken. Personally I preferred it without but if you want to stretch it a little further and give it that hipster wow factor add a craft stout beer.
- Wear gloves when cutting the hot peppers. For that matter, jalapenos and habaneros can be omitted if you're a wimp. I suggest just using less though. Just enough to add to the flavor but not enough to burn. It's possible.



3 Comfort Food

Ummm. These are foods that take me to a happy place. They remind me of childhood.





Home Made Mac and Cheese

20 m
 30 m, 350 F
 3-4 Portions
 Allrecipes.com

Mac and cheese

Preparation

- 1 Cook macaroni according to package. Drain.
- 2 In a saucepan, melt butter or margarine over medium heat. Stir in enough flour to make a roux. Add milk to roux slowly, stirring constantly. Stir in cheeses, and cook over low heat until cheese is melted and the sauce is a little thick. Put macaroni in a large casserole dish, and pour sauce over macaroni. Stir well.
- 3 Melt butter or margarine in a skillet over medium heat. Add breadcrumbs and brown. Spread over the macaroni and cheese to cover. Sprinkle with paprika.
- 4 Bake at 350 degrees F for 30 minutes.

Ingredients

2 cups	uncooked shells macaroni
2 cups	shredded cheddar cheese
1/2 cup	grated parmesan cheese
3 cups	milk
1/4 cup	butter
2 1/2 Tbsps	all-purpose flour
2 Tbsps	butter
1/2 cup	bread crumbs
1 pinch	paprika