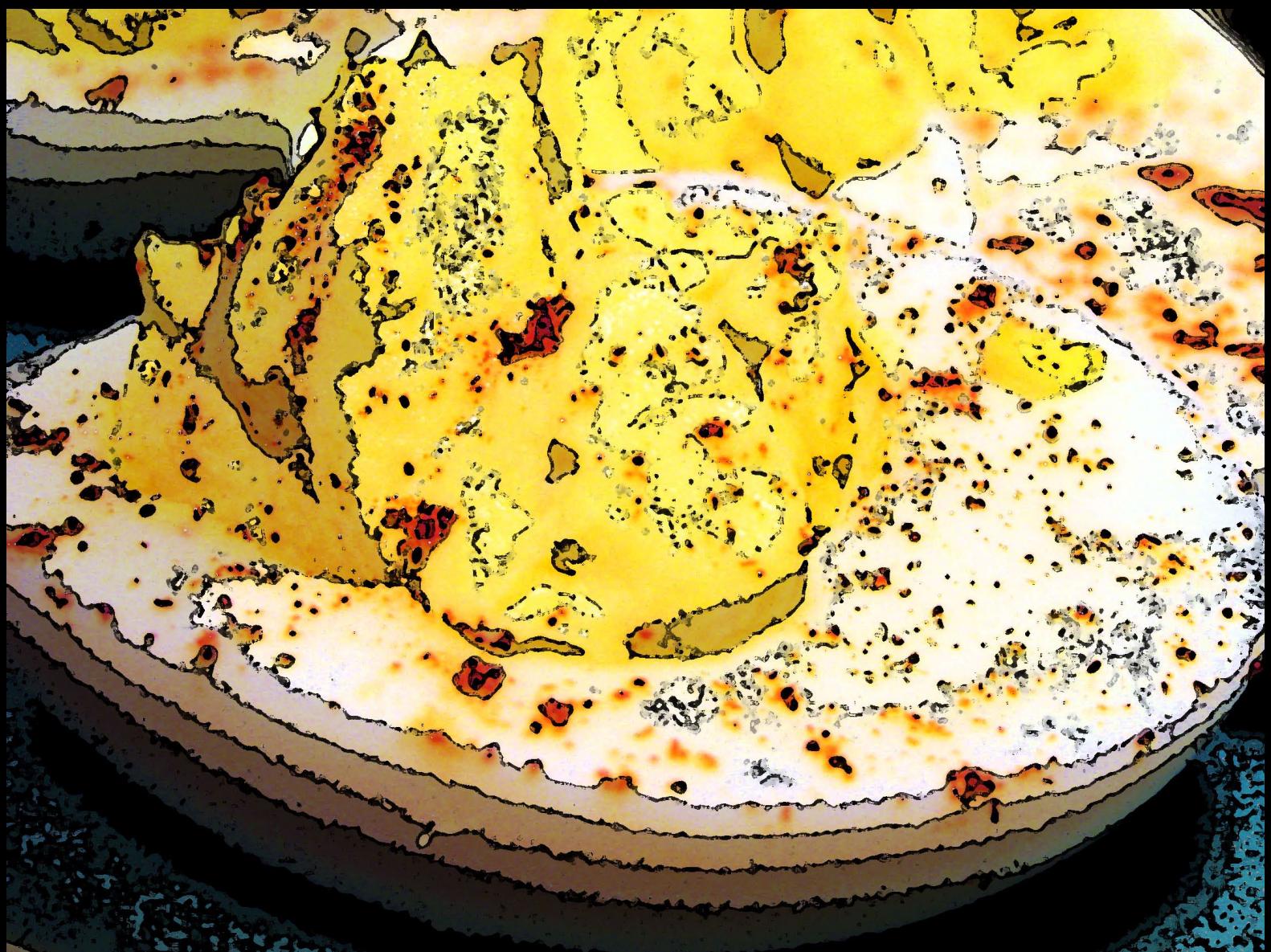
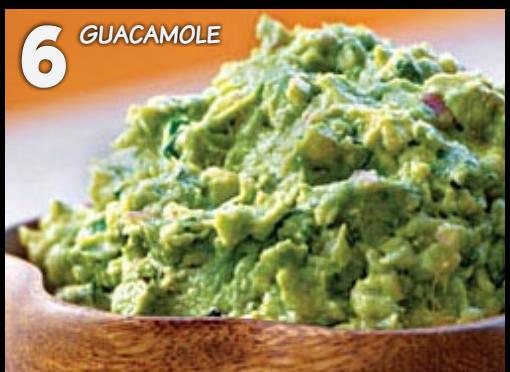


APPETIZE!



A COLLECTION OF FOODS
TOO COOL TO BE MEALS

TABLE OF CONTENTS



RECIPES 1-8 ARE VERY VEGETARIAN VIDDLES

THESE RECIPES ARE MEATY PRE-MEAL MUNCHIES

ABOUT THIS BOOK:

THIS BOOK WAS CREATED FOR SECTION C OF COMMUNICATION DESIGN FUNDAMENTALS, FALL 2009.

I CHOSE A COMIC BOOK THEME TO TRY TO MAKE LOOKING AT THE COOKBOOK AESTHETICALLY INTERESTING. I USED MANY IMAGES AND ONLY THE ONES THAT MY CLASSMATES PROVIDED WHENEVER THAT WAS POSSIBLE. SINCE IMAGES TAKE UP SO MUCH OF EACH PAGE, I DIDN'T USE ANY OTHER COLOR AND I TRIED TO PLACE THE TEXT IN AND AROUND THE IMAGES IN A WAY THAT MADE SENSE. OVERALL, I THINK THE RECIPES THAT FOLLOW ARE BOTH LIVELY AND EASY TO FOLLOW.

EACH OF THE FUN FACTS AT THE BOTTOM OF EACH RECIPE WAS CAREFULLY RESEARCHED USING GOOGLE.

- BRETT HOLCOMB

ALOO TIKKI

Vaishali Jain

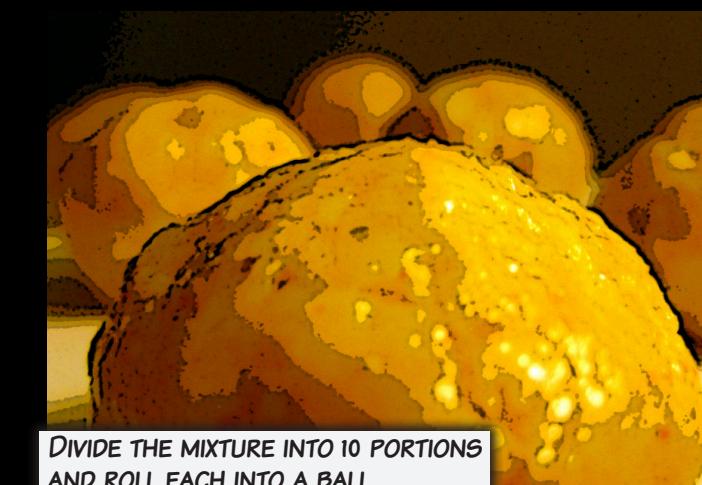
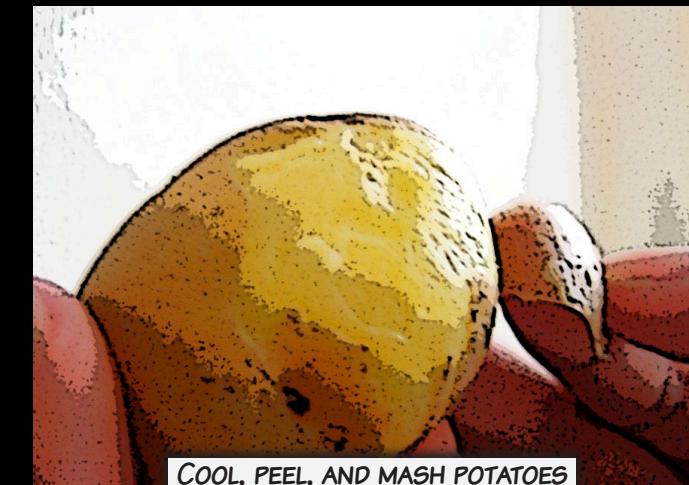
FIRST WE HAVE...

VERY VEGETARIAN VIDDLES!!

INGREDIENTS:
2 LARGE POTATOES
4 SLICES STALE WHITE BREAD
2 TSP CORN STARCH
2 TSP CORIANDER POWDER
RED CHILI POWDER
SALT
OIL

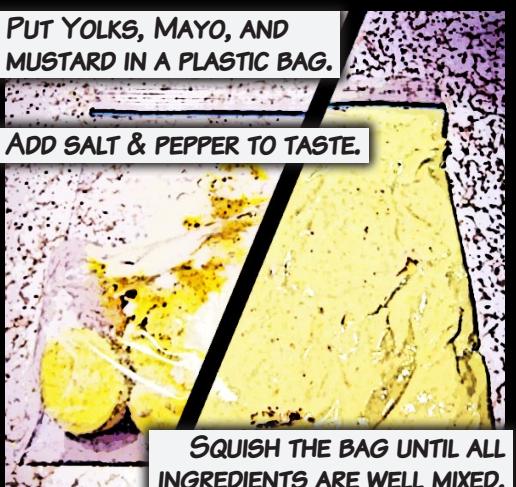
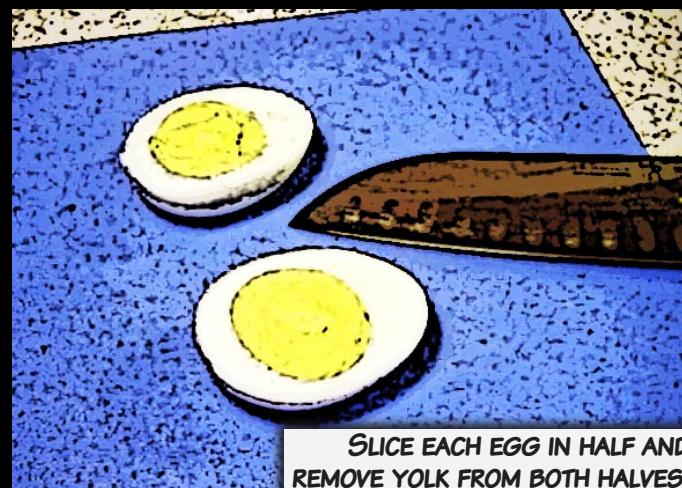
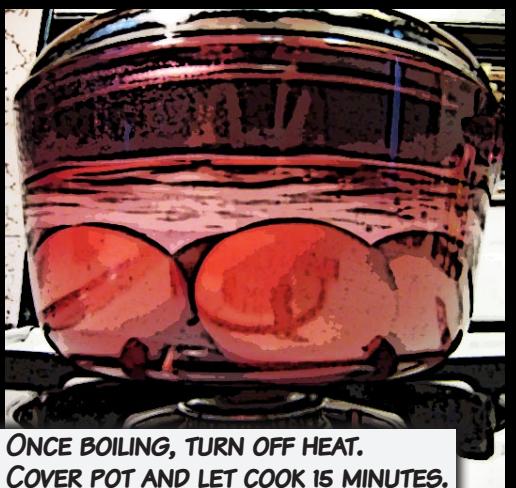


BOIL POTATOES
UNTIL FORK-TENDER



A dish traditionally served by North Indian street vendors, Aloo Tikki is now served as the McAlloo Tikki Burger at McDonald's. It is served with cheeses and a secret sauce.

DEVILED EGGS EGGPLANT DIP



CAN'T REMEMBER IF AN EGG IS FRESH OR HARD BOILED? JUST SPIN THE EGG. IF IT WOBLES, IT'S RAW. IF IT SPINS EASILY, IT'S HARD BOILED. A FRESH EGG WILL SINK IN WATER, A STALE ONE WILL FLOAT.



1. PIERCE EGGPLANT WITH A KNIFE AND ROAST ON THE STOVE FOR 8 MINUTES.
2. MINCE GARLIC AND MIX WITH TAHINI, YOGURT, AND LEMON JUICE.
3. PEEL THE EGGPLANT, DICE, AND ADD TO MIXTURE. ADD SALT TO TASTE.

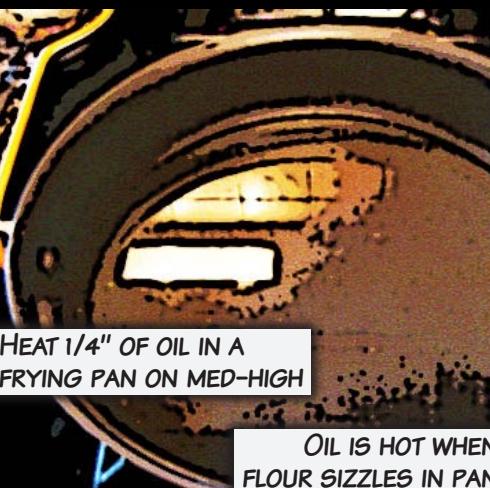
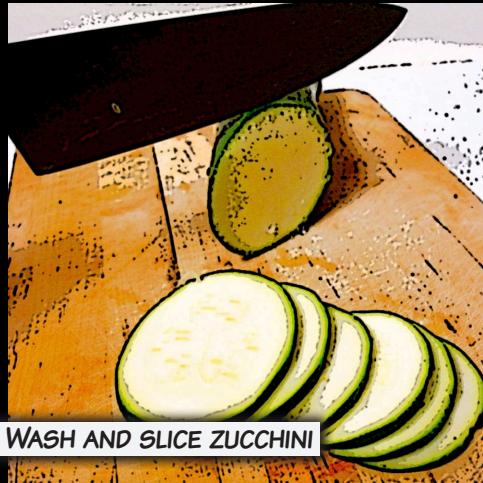
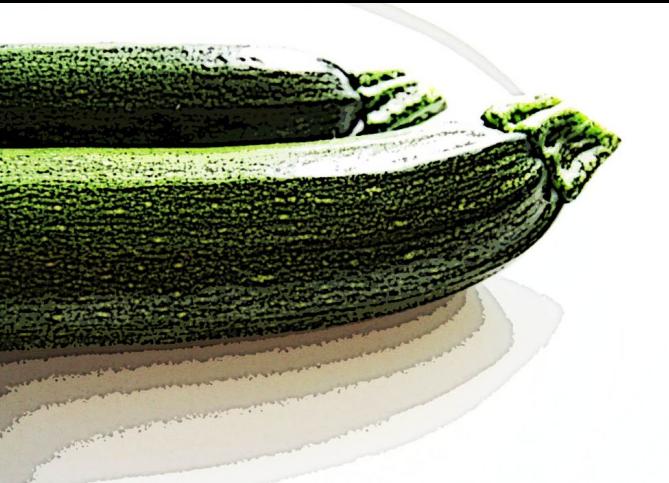
ENJOY!!



TAHINI IS THE BEST FOOD SOURCE OF CALCIUM. UNLIKE MILK, TAHINI IS NON MUCOUS FORMING...

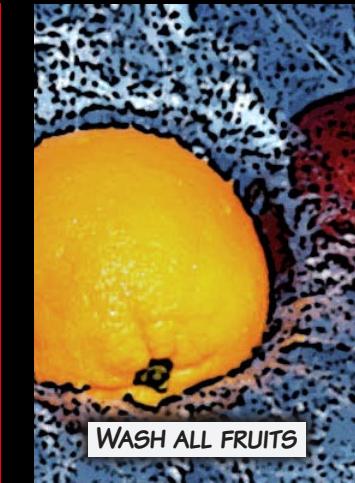
FRIED ZUCCHINI

INGREDIENTS:
1 LARGE ZUCCHINI
1/2 C. MILK
2 EGGS
1 C. FLOUR
ITALIAN SEASONING
SALT & PEPPER
VEGETABLE OIL



CANADIAN FRUIT SALAD

Boris Smus



BIGGER IS NOT NECESSARILY BETTER! SMALL TO MEDIUM SIZED ZUCCHINIS ARE THE MOST FLAVORFUL AND THE DARKER THE SKIN, THE RICHER THE NUTRIENTS.

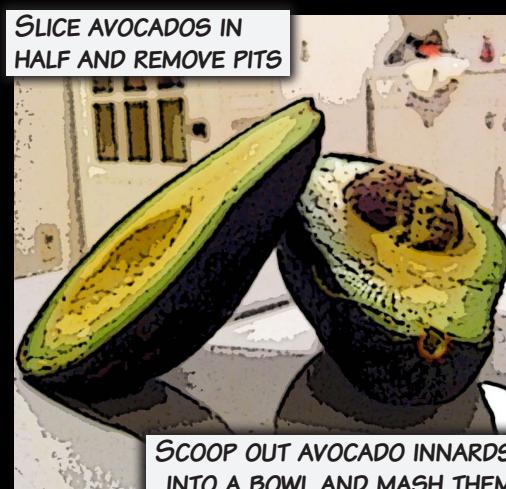
KIWIFRUIT CONTAINS AN ENZYME CALLED ACTINIDIN, WHICH BREAKS DOWN PROTEIN IN DAIRY PRODUCTS, SO SCARF DOWN YOUR SALAD AS FAST AS POSSIBLE AFTER SERVING WITH YOGURT.

GUACAMOLE

Rich Cameron

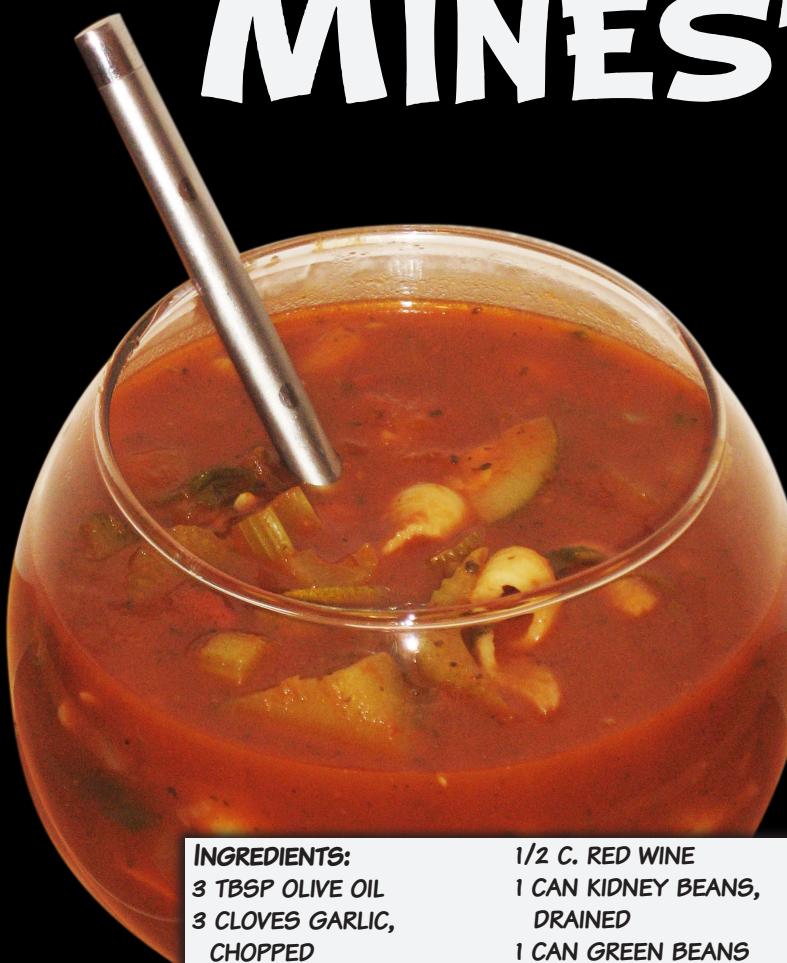


INGREDIENTS:
2 AVOCADOS
1/2 RED ONION
1 CHILE
1 TBSP CILANTRO
1 TBSP LEMON JUICE
DASH OF SALT
DASH OF PEPPER
6 GRAPE TOMATOES

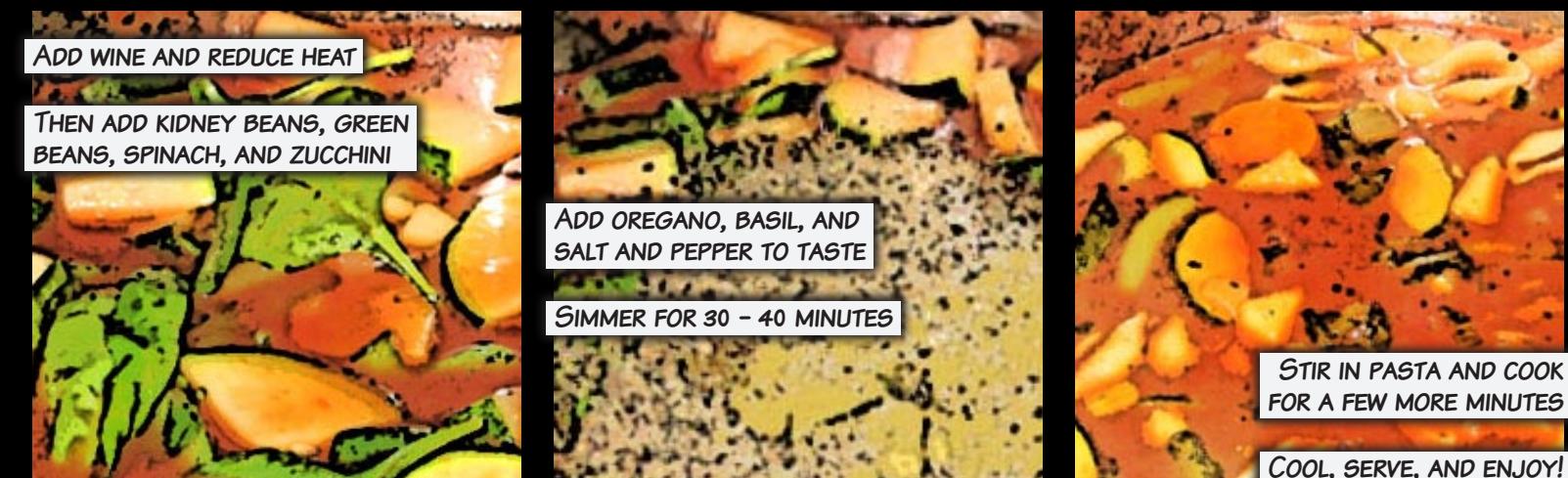
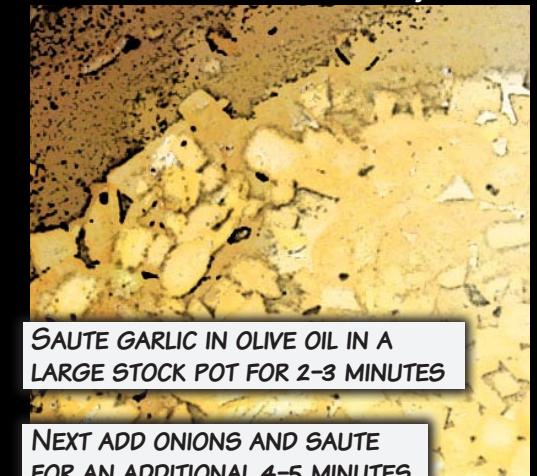


MINESTRONE

Jenny Schweers



INGREDIENTS:
1/2 C. RED WINE
3 TBSP OLIVE OIL
3 CLOVES GARLIC, CHOPPED
2 ONIONS, CHOPPED
2 C. CHOPPED CELERY
5 CARROTS, SLICES
4 C. VEGETABLE BROTH
2 C. WATER
4 C. TOMATO SAUCE



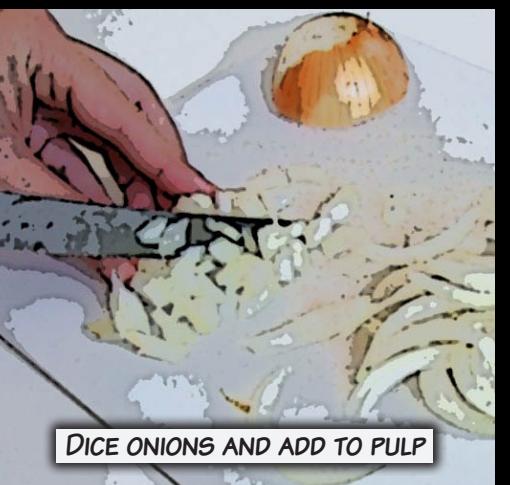
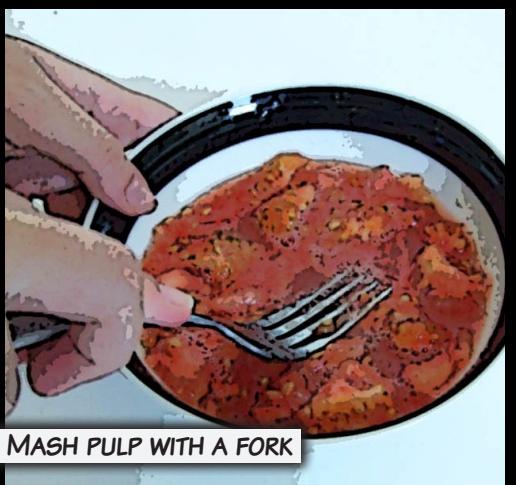
DID YOU KNOW THAT GUACAMOLE DATES BACK TO THE AZTECS? THE AZTECS WERE PARTICULARLY FOND OF AHUACA-MULLI, OR AVOCADO-SAUCE, BECAUSE OF THE HIGH FAT CONTENT OF THE FRUIT.

THE ROMAN ARMY IS SAID TO HAVE MARCHED ON MINESTRONE AND BEANS WITH PASTA, THE FORMER MAKING USE OF LOCAL AND SEASONAL INGREDIENTS, THE LATTER DUE TO THE LONGEVITY OF DRIED GOODS.

TOMATO CUPS



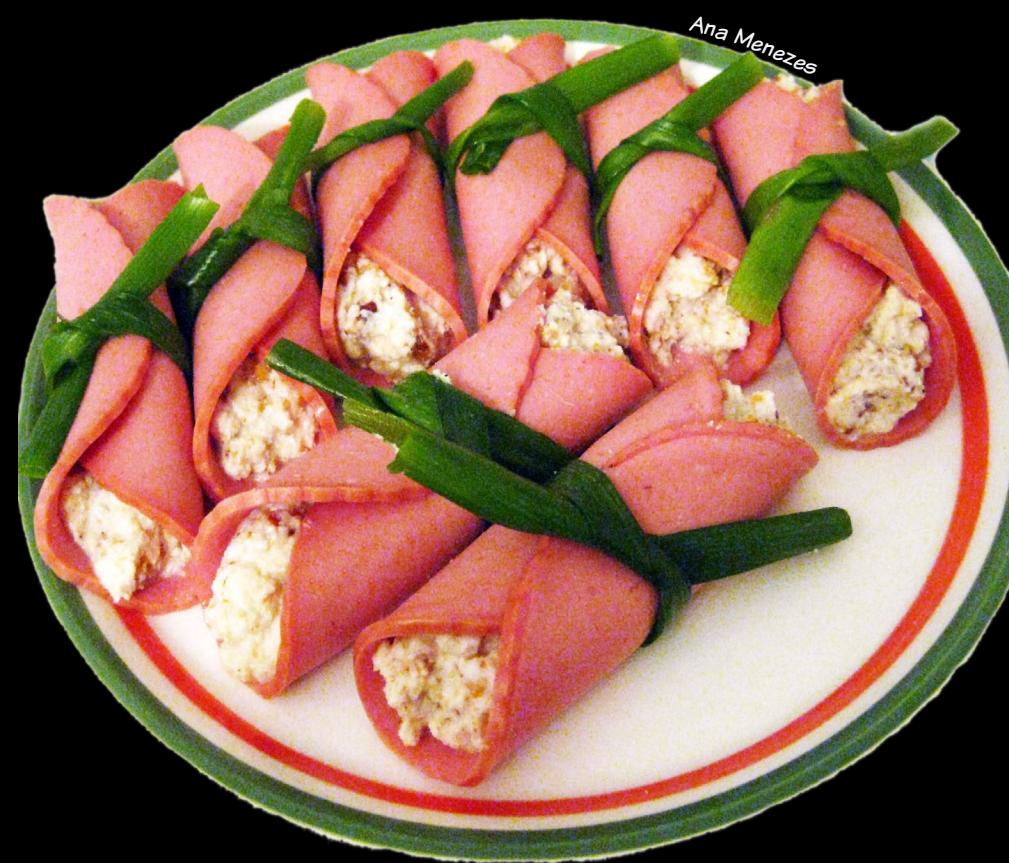
Maria Freitas



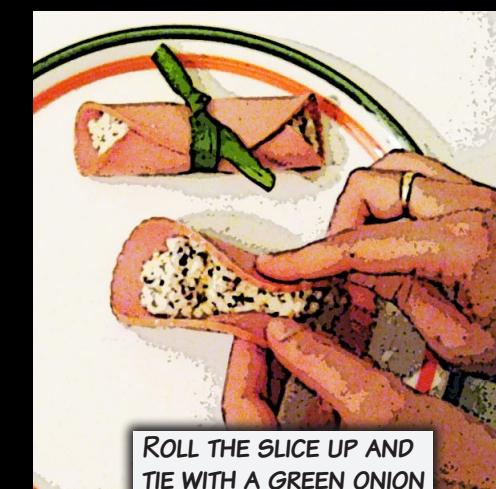
ASIDE FROM BEING RICH IN VITAMINS C, A AND K, TOMATOES CONTAIN LYCOPENE, A CAROTENOID WITH POTENT ANTIOXIDANT AND **CANCER-FIGHTING** PROPERTIES.

BOLOGNA ROLLS

UP NEXT...
**MEATY
PRE-MEAL
MUNCHIES!!**



INGREDIENTS:
8 SLICES BOLOGNA
8 GREEN ONIONS
1.5 C. RICOTTA
2/3 C. CRUSHED WALNUTS
1/2 TBSP OLIVE OIL
SALT AND PEPPER



AMERICANS EAT 800 MILLION POUNDS OF BOLOGNA ANNUALLY, BUT FEW OF THEM TAKE THE TIME TO TALK TO IT.
IF YOU DO, YOU MAY LEARN THAT YOU BALONEY HAS A FIRST AND LAST NAME.

CEVICHE



INGREDIENTS:

1 LB FRESH CONCH OR SCALLOPS, OR COMBINATION
1 C. FRESH LIME JUICE
1 C. DICED AVOCADO
1/2 C. MINCED RED ONION
1/2 C. FINELY CHOPPED TOMATO
1/4 CUP CILANTRO
2 TBSP OLIVE OIL
2 TSP MINCED JALAPENO
1/2 TSP SALT
1/8 TSP CAYENNE
1/4 TSP CUMIN

PAT THE SEAFOOD DRY AND PLACE IN A GLASS BOWL. COVER WITH THE LIME JUICE AND LET MARINATE UNTIL OPAQUE, ABOUT 3 HOURS, REFRIGERATED.

...

PLACE THE SEAFOOD IN A CLEAN BOWL, AND RESERVE THE LIME JUICE.

ADD THE REMAINING INGREDIENTS TO THE SEAFOOD, GENTLY STIRRING TO MIX. ADD RESERVED LIME JUICE TO TASTE.

REFRIGERATE FOR 1 HOUR, AND SERVE CHILLED IN A TALL MARTINI OR COCKTAIL GLASS. ENJOY!



Frank Noz

CHK'N ROULADE



INGREDIENTS:
8 CHICKEN TENDERS
4 OZ GOAT CHEESE
4 SLICED GRAPE TOMATOES
1 TBSP CRUSHED BASIL
1 TBSP OLIVE OIL
BLACK PEPPER & SEA SALT
TOOTHPICKS



Spencer Sugarman

MIX CHEESE, BASIL, AND TOMATO SLICES

SEASON TO TASTE WITH SALT AND PEPPER



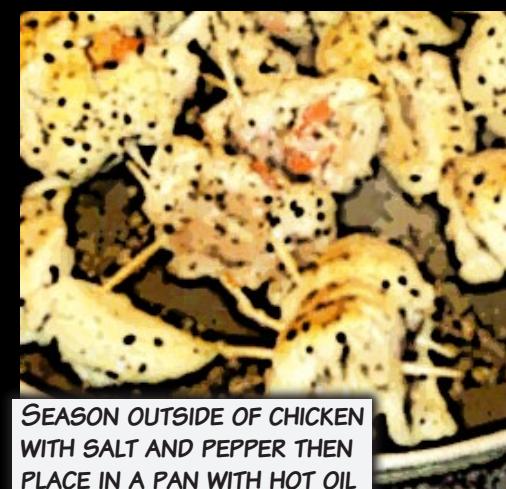
BUTTERFLY CHICKEN
(SLICE ALMOST IN HAVE THROUGH THICK PART)



PLACE 1/8 OF GOAT CHEESE AT THE WIDE END OF EACH CHICKEN TENDER
FOLD SIDES INWARD THEN ROLL TOWARDS THE NARROW END



SECURE WITH TOOTHPICKS



SEASON OUTSIDE OF CHICKEN WITH SALT AND PEPPER THEN PLACE IN A PAN WITH HOT OIL



TRANSFER CHICKEN TO A BAKING SHEET AND PLACE IN A 400° OVEN FOR 6-8 MINUTES



REMOVE CHICKEN, LET COOL FOR 5 MINUTES, ENJOY!

FOSSES INDICATE THAT THE CONCH FIRST APPEARED ABOUT SIXTY-FIVE MILLION YEARS AGO, BUT CONCH IS SO POPULAR THAT THEY HAVE BEEN HARVESTED TO THE POINT OF BEING AN ENDANGERED SPECIES IN FLORIDA.

BIGGER IS NOT NECESSARILY BETTER! SMALL TO MEDIUM SIZED ZUCCHINIS ARE THE MOST FLAVORFUL AND THE DARKER THE SKIN, THE RICHER THE NUTRIENTS.

CHILI BITES

INGREDIENTS:
 20 BREAD ROLLS
 1 LB. GROUND BEEF
 1 SMALL CAN BUSH'S BEANS
 2 CARROTS
 1 TOMATO
 1 ONION
 VEGETABLE OIL
 2 TBSP SOY SAUCE
 BLACK PEPPER
 CAYENNE PEPPER
 SEAONED SALT
 BARBECUE SAUCE



POUR VEGETABLE OIL INTO A NON-STICK PAN AND BROWN GROUND BEEF WITH SOY SAUCE



SLICE TOMATOES INTO THICK WEDGES

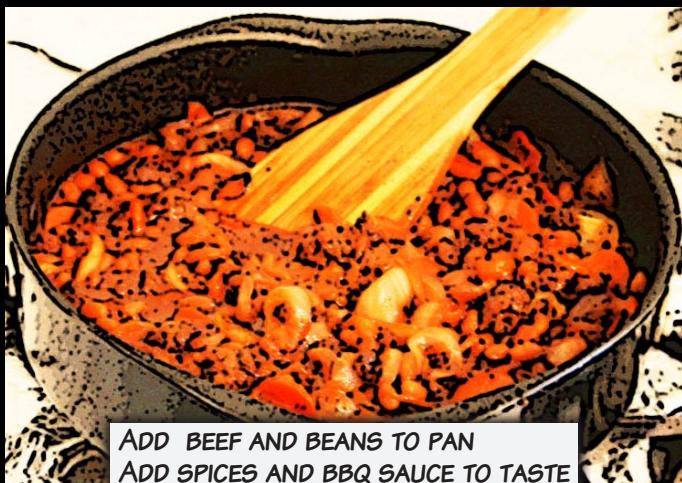
PEEL AND CHOP CARROTS AND ONIONS INTO THICK SLICES



REMOVE BEEF AND COOK CARROTS, ONIONS, AND TOMATOES



OPEN BEANS



ADD BEEF AND BEANS TO PAN
 ADD SPICES AND BBQ SAUCE TO TASTE



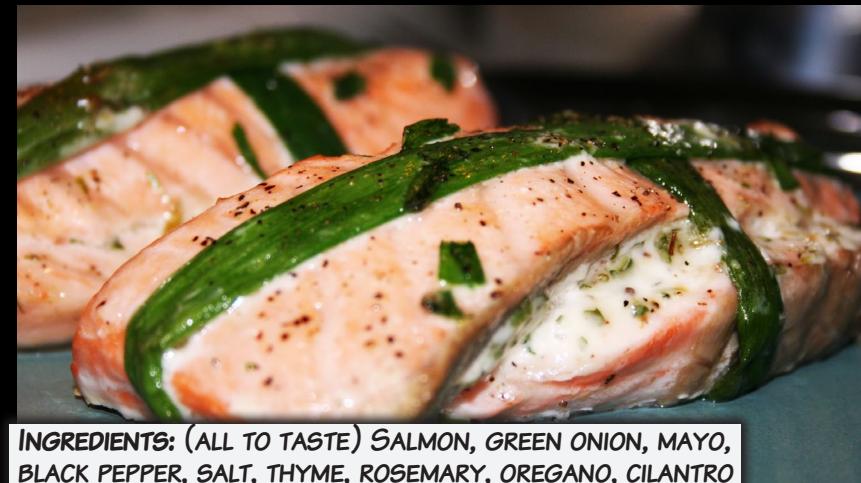
COVER AND SIMMER ON LOW HEAT FOR 15 MINUTES



SERVE WITH BREAD ROLLS AND ENJOY!

HERBY SALMON

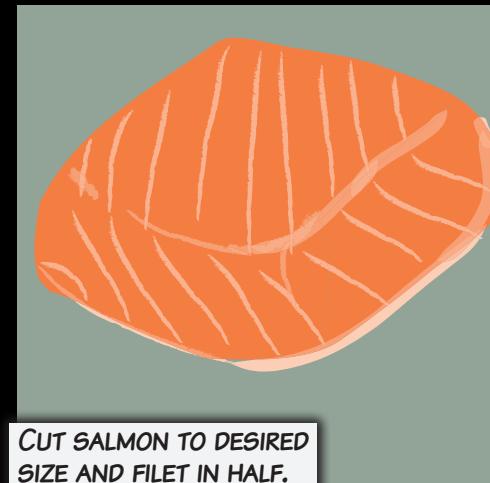
Jan Zheng



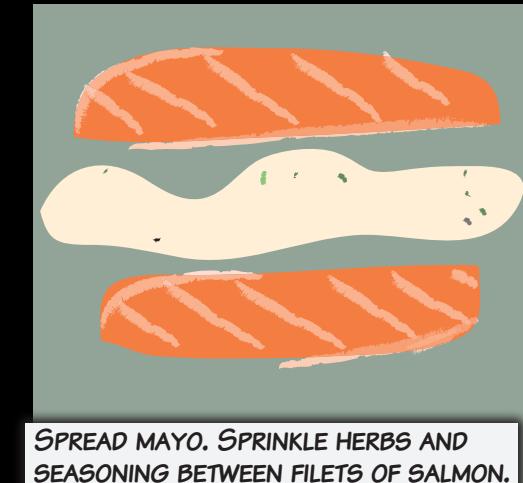
INGREDIENTS: (ALL TO TASTE) SALMON, GREEN ONION, MAYO, BLACK PEPPER, SALT, THYME, ROSEMARY, OREGANO, CILANTRO



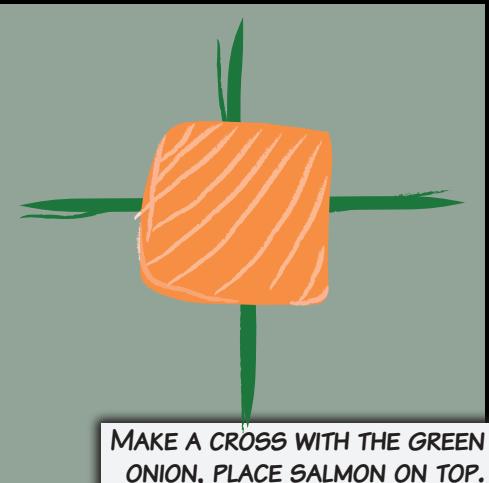
BLANCH GREEN ONIONS.



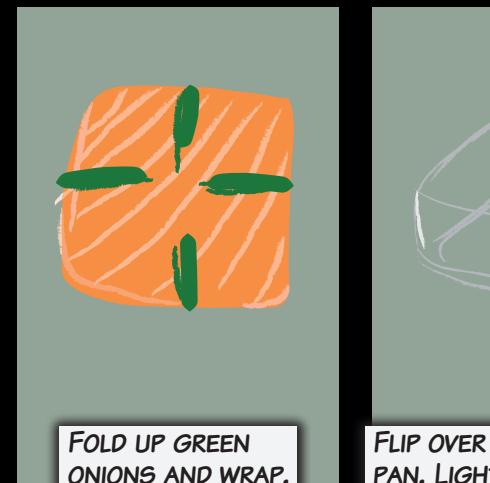
CUT SALMON TO DESIRED SIZE AND FILET IN HALF.



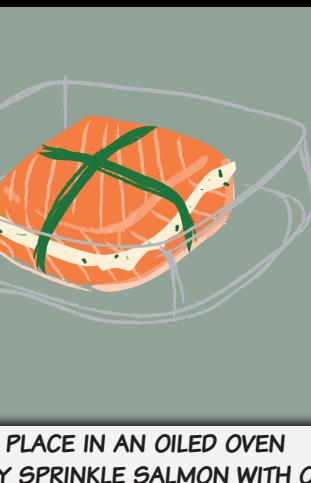
SPREAD MAYO. SPRINKLE HERBS AND SEASONING BETWEEN FILETS OF SALMON.



MAKE A CROSS WITH THE GREEN ONION, PLACE SALMON ON TOP.



FOLD UP GREEN ONIONS AND WRAP.



FLIP OVER & PLACE IN AN OILED OVEN PAN. LIGHTLY SPRINKLE SALMON WITH OIL.



BAKE AT 375 F° FOR 15 MINS.

ENJOY!

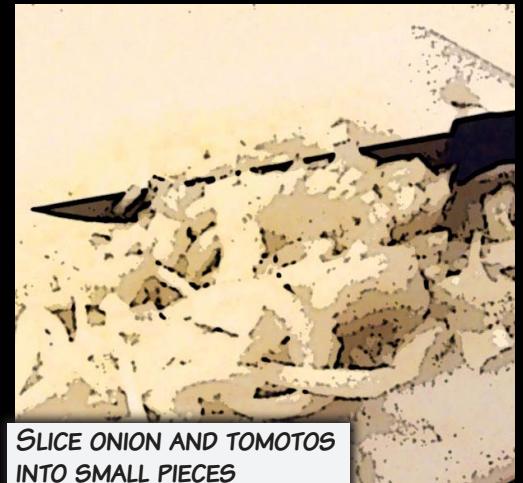
CHILI WAS CALLED "SOUP OF THE DEVIL" BY SPANISH PRIESTS WHO WARNED AGAINST THE PASSION PROVOKED BY THE HOT CHILE PEPPERS. BY THE 1930s NEARLY EVERY TOWN IN TEXAS HAD ITS OWN CHILI PARLOR.

THE PHYSICAL CONDITION OF SALMON DETERIORATE GREATLY THE LONGER THE FISH REMAINS IN FRESHWATER, AFTER SPAWNING THEY DETERIORATE EVEN FURTHER AND ARE KNOWN AS KELTS OR ZOMBIES!

TUGA SHRIMP

INGREDIENTS:
10 LARGE SHRIMP
1/3 C. OLIVE OIL
1 ONION
PREGO
1 TSP. OREGANO
SALT AND PEPPER
NOODLES (COOKED)

WHO ARE YOU
CALLING A SHRIMP?!



SLICE ONION AND TOMOTOS
INTO SMALL PIECES



PUT OLIVE OIL, ONION, AND SHRIMP
IN A PAN OVER MEDIUM HEAT

ADD PREGO TO TASTE



ADD OREGANO, SALT, & PEPPER TO TASTE
COOK FOR 8 MINUTES



SERVE WITH NOODLES AND ENJOY!

TUNA CAKES

Marco Silva

Denzil Ferreira

INGREDIENTS:
1 MEDIUM BREAD
3 CANS OF TUNA
2 EGGS
1 GARLIC
OIL



SOAK THE BREAD IN WATER UNTIL IT IS SOFT

DRAIN ALL WATER FROM
THE BREAD BY SQUEEZING



USING TWO SPOONS, SHAPE THE MIXTURE INTO CAKES



ADD ANY EXTRA
INGREDIENTS YOU
WANT, LIKE PARSLEY



WHEN THEY ARE GOLDEN
BROWN, REMOVE AND SET
ON A PAPER TOWL



SERVE AND ENJOY!

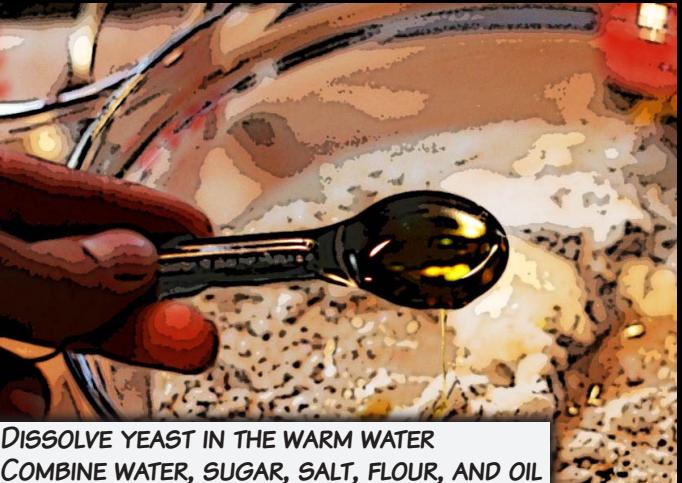
WHEN A SHRIMP HAS TO MAKE A DIFFICULT DECISION THEY WILL **ALWAYS** FOLLOW THEIR HEART, BECAUSE
SHRIMPS' HEARTS ARE IN THEIR HEADS!

THEY SAY THAT TUNA ARE INTELLIGENT, BUT I'VE PRETTY MUCH FOUND OUT THAT THEY JUST SIT THERE IN THE
CAN UNTIL SOMEONE EATS THEM. DON'T ALWAYS BELIEVE WHAT YOU HEAR!

PEPPERONI ROLL

INGREDIENTS:

- 2.5 C. ALL-PURPOSE FLOUR
- 1 PKG ACTIVE DRY YEAST
- 1 C. WARM WATER
- 1 TSP SUGAR
- 1 TSP SALT
- 2 TSP OLIVE OIL
-
- 1.5 LBS PIZZA DOUGH
- 8 OZ SHREDDED MOZZARELLA
- 8 OZ SLICED PEPPERONI
- 1 EGG WHITE



DISSOLVE YEAST IN THE WARM WATER
COMBINE WATER, SUGAR, SALT, FLOUR, AND OIL



Maria Freitas
BEAT VIGOROUSLY FOR 20 STROKE
THEN LET REST FOR 5 MINUTES



PREHEAT OVEN TO 350° F
ROLL OUT DOUGH INTO
A LARGE RECTANGLE



SPREAD PEPPERONI
AND CHEESE EVENLY
OVER DOUGH



ROLL UP INTO A HORSHOE SHAPE
AND COAT ROLL WITH EGG WHITE



LINE FLAT PAN WITH FOIL AND
PUT DOUGH UNDER A FOIL DOME



BAKE FOR 40 MINUTES, REMOVE FOIL,
AND COOK FOR 15 MORE MINUTES



REMOVE WHEN GOLDEN BROWN
SLICE, SERVE, AND ENJOY!

7 LAYER DIP

INGREDIENTS:

- 1.5 LBS GROUND BEEF
- 16 OZ. CAN REFRIED BEANS
- 4 C. SHREDDED CHEDDAR & MONTEREY JACK CHEESE
- 8 OZ. SOUR CREAM
- 1 C. GUACAMOLE
- 1 C. SALSA
- 2 OZ. BLACK OLIVES
- 1/2 C. CHOPPED TOMATOES
- 1/2 C. CHOPPED GREEN ONIONS



BROWN GROUND
BEEF AND DRAIN FAT



Jason Wiese
SPREAD BEANS EVENLY
IN A 9" X 13" GLASS PAN



SPRINKLE ON 2C. OF CHEESE EVENLY



LAYER ON GROUND BEEF



LAYER ON SOUR CREAM,
GUACAMOLE, AND SALSA



SPRINKLE ON REMAINING CHEESE



SPRINKLE OLIVES,
TOMATOES, AND
ONIONS ON TOP



SERVE WITH TORTILLA CHIPS AND ENJOY!

RICK ROLLING IS AN INTERNET MEME TYPICALLY INVOLVING THE MUSIC VIDEO FOR THE 1987 RICK ASTLEY SONG "NEVER GONNA GIVE YOU UP". THE MEME IS A BAIT AND SWITCH: A PERSON PROVIDES A WEB LINK THAT THEY CLAIM IS RELEVANT TO THE TOPIC AT HAND, BUT THE LINK ACTUALLY TAKES THE USER TO THE ASTLEY VIDEO.

WHILE FILMING THE MOVIE **SE7EN**, BRAD PITT FELL AND HIS ARM WENT THROUGH A CAR WINDSCREEN, REQUIRING SURGERY. THIS ACCIDENT WAS WORKED INTO THE SCRIPT OF THE FILM.



**ANYONE CAN MAKE IT AS A
“SIDEDISH” - IT TAKES A TRULY
COURAGEOUS FOOD TO APPETIZE.**

- Guacamole