

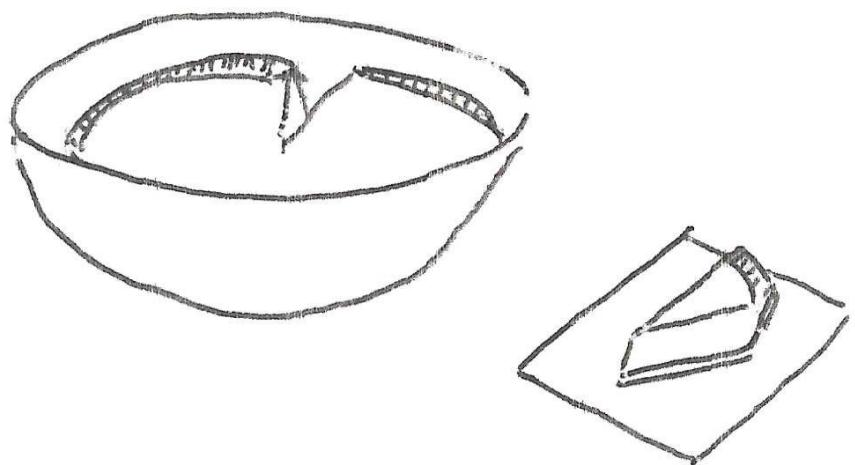
BASICS



12 TDCJ RECIPES YOU
CAN MAKE @
HOME!

*For My Mother
(aka G-Naw)*

REED'S BASIC T.D.C.J.
RECIPES



By Reed Roberts
#1586492

A NOTE BEFORE WE BEGIN

I AM IN PRISON. AS SUCH I AM LIMITED TO, NOT ONLY, THE VARIETY OF "INGREDIENTS"; BUT ALSO THE VARIOUS METHODS OF MEASURING, COOKING & SERVING (THE LATTER CONSIDERED "TRAFFICING & TRADING" IF WE SHARE FOOD ONE WITH ANOTHER & ENFORCED BY SOME C.O.'S (CORRECTIONAL OFFICERS))

HERE IS A BRIEF BREAK-DOWN OF SOME OF THESE OBSTACLES.

INGREDIENTS: AGAIN, I'M IN PRISON; NOT JUST ANY PRISON, BUT A *Texas* STATE PRISON, & TEXAS ISN'T ABOUT TO GIVE *Anyone* ANYTHING, IF THEY DON'T HAVE TO, INMATE & VENDOR ALIKE. AS A RESULT MANY OF OUR VENDORS ARE NOT PAID UNTIL AFTER THE CONTRACT HAS EXPIRED. MOST TIMES THE INMATE WILL NEVER SEE THAT PRODUCT AGAIN; THAT IS, UNTIL ONE OF THE T.D.C.J. AFFILIATED DISTRIBUTORS HAS BRANDED A SIMILAR ITEM. BARBCO, KEEFE, BROTHER KANE, ROYAL PACIFIC TO NAME A FEW .

MEASURING/COOKING: WHILE MOST OF US ARE NOT TOO CONCERNED WITH PRECISE MEASUREMENTS, I MEASURE EVERYTHING. WE ARE OFFERED A REUSABLE PLASTIC SPOON THAT IS EQUAL TO 1TBS. A 12oz. MUG, A 2 CUP "INSERTCUP" THAT COMES WITH A 5 CUP HOTPOT THAT GET TO A TEMP OF ABOUT 150° (I HAVE MY INSERTCUP TATOOD EVERY $\frac{1}{4}$ CUP) THE LID OF THE HOTPOT HOLDS 6oz. OR 3/4 OF A CUP. THEN OUR LARGEST ITEM IS A 9IN. BOWL THAT IS 3IN DEEP AND HOLDS 8 CUPS. THAT IS USED FOR MIXING & EATING OUT OF. BELIVE IT OR NOT MANY FILL THIS BOWL TO THE RIM AS A MEAL EVERY TIME THEY EAT.

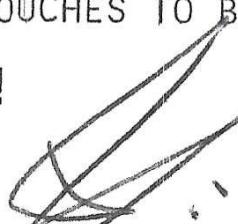
THIS CONSTITUTES THE WHOLE OF OUR "LEGAL" COOKING UTENSILS. ANYTHING BEYOND THIS POINT WOULD BE CONSIDERED CONTRABAND & CONFISCATED; BUT WHAT CAN I SAY, WE ADAPT. WE HAVE A 1TSP DISPOSABLE SPOON THAT WE GET WHEN THE WATERS OFF, THE LID ON THE PEANUT BUTTER JAR IS 2oz. & I HAVE A 9oz. GRADUATED CUT THAT I GOT FROM THE INFIRMARY... I FORGET WHAT IT WAS USED FOR.: -]

THEN THERE IS THE EVER FAITHFUL BAG. RICE BAGS ARE RESEALABLE & WORK WELL FOR MOST THINGS. BEAN BAGS, ALTHOUGH NOT RESEALABLE, ARE BIGGER AND VERY DURABLE. SOUP BAGS (WRAPPERS REALLY) & CHIP BAGS ARE TOO LIGHT TO BE USED IN THE HOTPOT UNLESS PUT INSIDE ANOTHER BAG, BUT CAN STILL BE USED TO MIX WITH OR EVEN COOK IN BY POURING THE HOT WATER INTO THEM. (MAKE SURE TO CHECK FOR LEAKS)

SERVING: "OFFENDERS MAY HAVE ONE OPEN CONTAINER OF FOOD, ENOUGH FOR *self*-CONSUMPTION, SUCH AS CHIPS, COOKIES, CANDY, NO CANNED FOOD; (TDCJH F.12.B) AS MENTIONED BEFORE THE 9IN BOWL FILLED TO THE TOP IS MOST COMMON. BUT LARGE CHIP BAGS WORK WELL TO "SPRED" WITH AS YOU CAN MIX, COOK & SERVE ALL IN THE ONE BAG. IF YOU ARE JUST OFFERING A BITE OF FOOD, A TASTE, IT IS NOT UNCOMMON TO JUST PLACE A SPOONFUL INTO SOMEONES HAND.

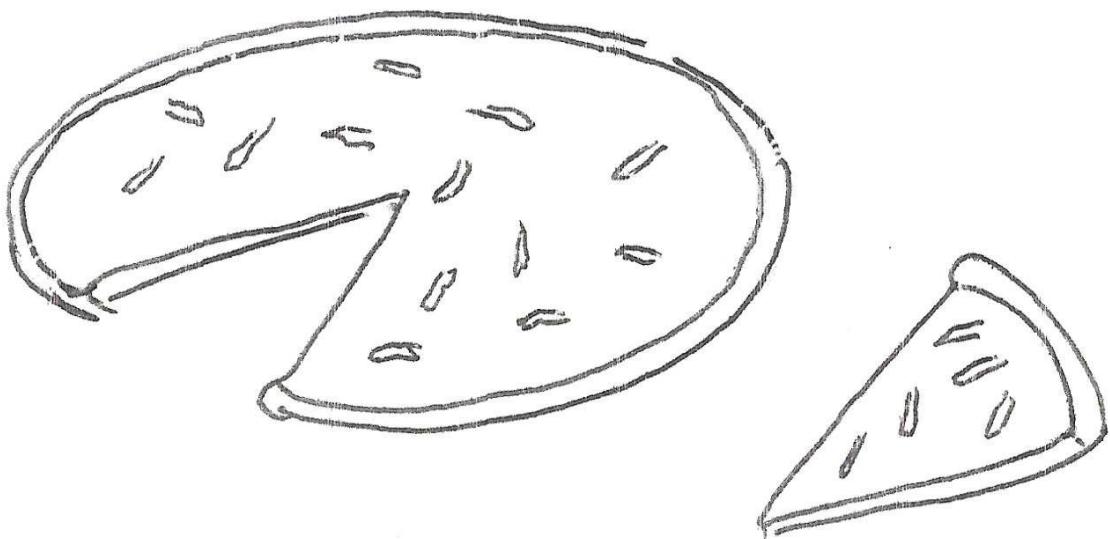
A NOTE ABOUT THE RECIPES: I DO NOT CLAIM TO HAVE BEEN THE CREATOR OF ANY OF THESE RECIPES, AS I AM NOT THAT CREATIVE. ONLY TO HAVE REFINED THEM, SIMPLIFIED THEM, NAH, PERFECTED THEM INTO THE MOST PURE A BASIC FORM, READY FOR YOUR OWN PERSONAL TOUCHES TO BE APPLIED.

I HOPE YOU LIKE THEM... ENJOY!

A handwritten signature consisting of several intersecting and overlapping lines, forming a stylized, abstract shape.

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AND
INCARNATION

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THE MOST BASIC...

BURRITO

This was the first "recipe" I ever got, way back in the county jail. Sadly, T.D.C.J. doesn't sell the crackers any more (probably burnt that bridge) but that doesn't make the "Burrito" any less doable & has an endless number of variations, from lining the soup wrapper with tortillas to the much larger peet-za that you'll find later in the book. The kids always hated doing the dishes required for making a soup, so when I sent this one home to (some 10+ years ago) Susan said they loved it - No Dishes Required!

INGREDIENTS:

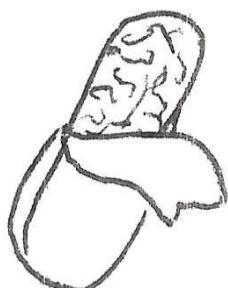
1 soup of choice
1 pack of cheese filled crackers

\$.55 & you're full

DIRECTIONS:

Crush soup, being careful not to put any holes in the wrapper. Crush 3 of the 6 (um, that's half) snack crackers. Open soup carefully along top seam, pour in hot water to just below the soup & squish a the bag a bit to mix. Roll package tightly but carefully, then wrap in a towel & put in bowl for stability. NOTE: BE CAREFUL NOT TO BUST THE BACK SEAM OF WRAPPER & WATCH FOR WATER TRYING TO SNEEK OUT THE TOP AS YOU ROLL & WRAP IN TOWEL. Let sit for 10 to 15 min. then unroll & tear @ back seam - gently - holding by one end of burrito, while peeling away the wrapper on the other.

If it was wrapped correctly, the soup expanded in the wrapper causing it to become firm. Enjoy!... not doing any dishes!



COOKIE CAKE

Cookie Cake is prehistoric compared to the other recipes in this book; but is, like the peetza, a T.D.C.J. staple. Also like the peetza it is done in layers & the variations are endless, not to mention... a cheap way to make a buck. (or a soup rather)

INGREDIENTS:

1 pack of cookies (16oz.)

NUTRITION FACTS: (per slice)

Calories	200
Total Fat	8.6g
Total Carb.	30g

1 BOWL 8 SLICES

DIRECTIONS:

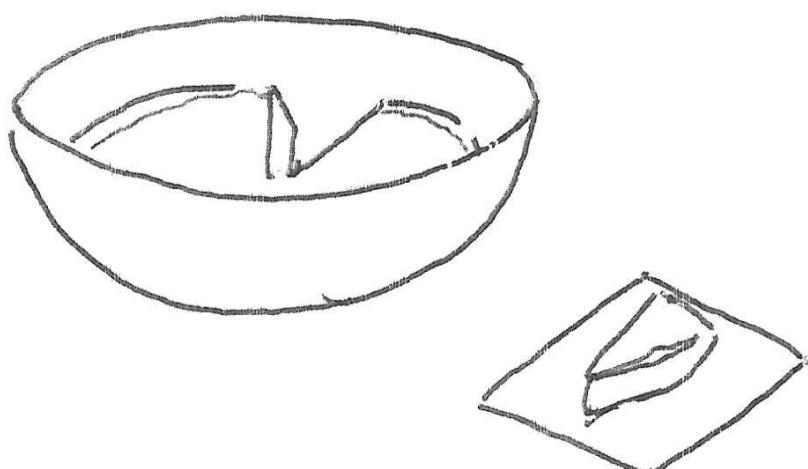
\$1.00 profit & you get
a free slice

Separate the cream filling from the cookie putting aside the creams. Put cookies in a bowl & crush as fine as you like. Add 6 to 8 spoons of water & knead. Smash into a flat surface in the bowl.

Add one spoon of water to the cream fillings & mix. Pour over cookie dough crust.

VARIATIONS:

Some guys will add oatmeal to the cookie dough crust, or put a cappuccino in the frosting, or maybe a crushed couple of M&M's or a chik-ostick. One of the biggest uses of the cookie cake is for someone with nothing to hussle up a few soups. The base "Cookie Cake" (a pack of cookies) cost \$1.15 to make; but over the years, with additions like pie filling, candy bars or hunny buns, ect., I've seen them cost over \$15.00 to make.



PEET-ZA

The peetza is really just a giant burrito done in layers, for that reason it is the go to for large spreads & again, the variations are endless. I'm not a big fan; but at the same time, the only time I do spread is Friday Night Nacho's. This dish is another T.D.C.J. staple so I figured it should be included. The primary ingredient or "crust" is soup, as with a burrito a single soup is used, in a peetza, 3 to 5, even 10... I've seen as many as 30 soups used. For 3 to 5 a large chip bag is used & for 10 to 30 a trash bag of some sort. The hardest part in getting the right firmness is how much water to add.

INGREDIENTS:

- 3 soups w/ flavor pack (crust)
- 3 hotpot lids of beans (1/3 bag)
- 1/2 sleeve crackers
- 1 Lg chip bag (16oz size)

NUTRITION FACTS: (crust only)

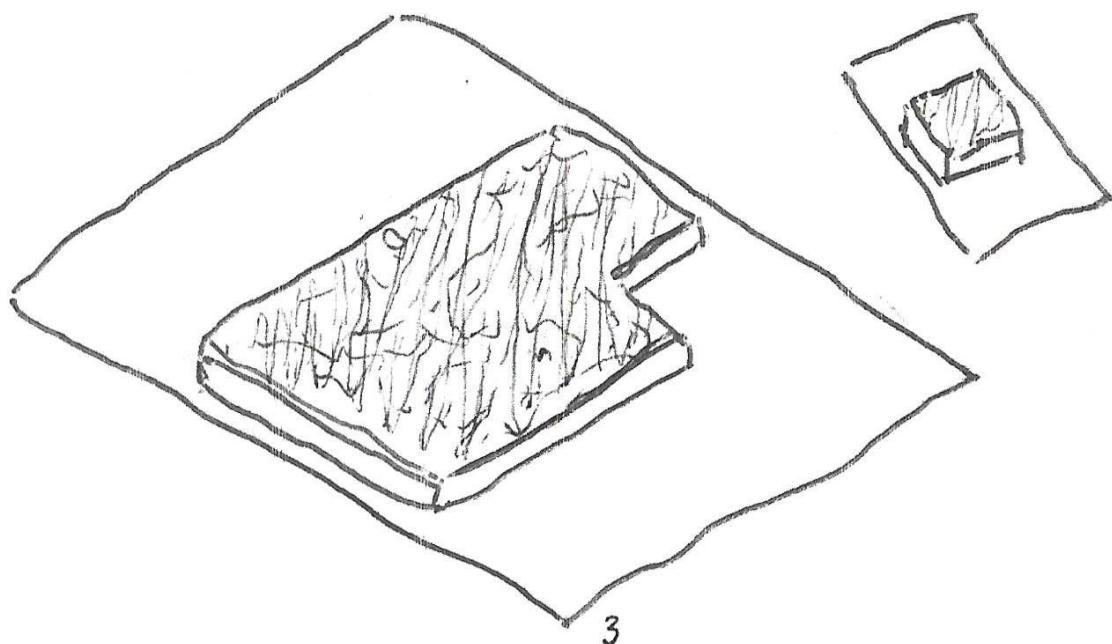
Calories	2040
Total Fat	57g
Total Carb.	331g
Sodium	5478g

\$6.20 fully loaded
& it feeds 6!

DIRECTIONS:

Crush soups & crackers & put in a large chip bag (16oz size) with beans. Add hot water (CHECK FOR LEAKS FIRST) just below the surface of the soups, squeeze & squish to mix. As it begins to set start to flatten laying bag face down on table to create "crust". When fully set (10 to 15 min.) cut open bag down center & fold back wrapper. Add toppings - Chili, Jack Mack, Cheese, Ect. - spreading from center out.

Now, as with the chalupa of 302 Golden Crown, there is some debate as to the proper order the toppings are to be added; but as with the chalupa - Everyone knows the cheese goes on last!



SMILEY BALLS

Smiley (aka Fake News) is my friend from Marble Falls, Tx. Mom & Nancy actually car pooled with his mom & aunt a couple of times. He's a quirky guy that repaired pin-ball machines in his other life. If a story is incomplete or we are lacking information for any other reason, Smiley will happily fill in all the blanks for you.

INGREDIENTS:

- 2 oatmeal pies
- 1 spoonful of peanut butter
- 1 single serve frosted flakes cereal

DIRECTIONS:

Crumble oatmeal pies & mix with peanut butter. Crush frosted flakes to about a quartered of their size. Make balls with the oatmeal/pb mix then roll them in the frosted flakes.

RED'S PEANUT BUTTER COOKIES

Red (Joseph Green) is my friend from Devine, Tx. Red not only counts calories, carbs & protein; but the time between protein intake so he can make sure that he absorbs it ALL! (no wasted protein) This man wakes up in the middle of his sleep cycle to exercise, goes back to sleep, then wakes up again to exercise somemore. He has a 4 hr. intake window & is on a seemingly endless 24 hr fast.

INGREDIENTS:

$\frac{1}{2}$ jar peanutbutter
1 Vanilla Chike (meal replacement)
4 pack of peanuts

NUTRITION FACTS: (per cookie)

Calories	543
Carbs	17.5g
protein	25g

MAKES 6

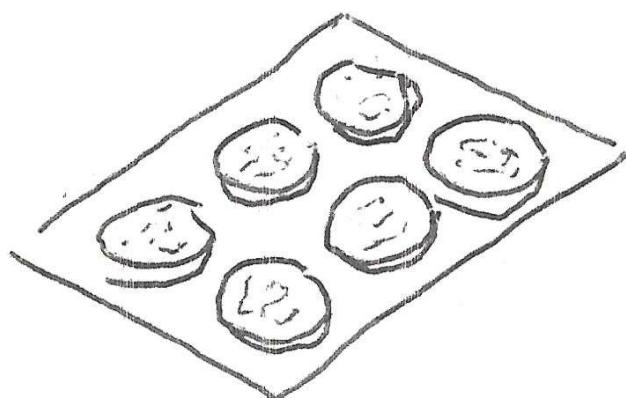
PREPARE:

Only \$.44 a Cookie

Crush Peants - Melt peanutbutter in hot pot.

DIRECTIONS:

In a bowl, mix Chike with melted peanutbutter. Add peanuts & continue to mix. Roll out 6 to 8 balls & mash into cookie. Let set up.



BASIC SWEET -N- SOUR PORK

The first time I saw Sweet -n- Sour Pork I was amazed that the "meat" came from pork rinds. There are so many variations to this "Chino Bowl", most could never be considered "chino". Hot -n- Spicy with habanero sauce & mustard or unbroken/long noodle soup with crushed peanuts are some of the better combinations; but, then again, this is just a basic sweet -n- sour pork recipe.

INGREDIENTS:

2 bags of pork rinds (2.75oz.)
3oz. Strawberry Jelly
3oz. Grape Jelly
3oz. BBQ Sauce
1 bag of rice (8oz.)
1 orange sport drink
2 hotpots - 2 bread ties

NUTRITION FACTS: (per serving)

Calories	1161
Total Fat	27g
Total Carb.	183g
Protein	55g
Sodium	3g

MAKES 2 SERVINGS

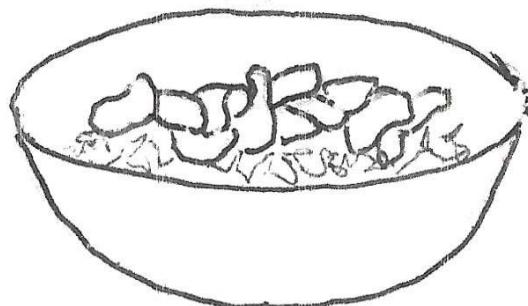
\$3.55 for both servings

PREPARE:

Fill & plug-in 2 hot pots - put orange sport drink into rice, seal & shake to mix (NO WATER YET)

DIRECTIONS:

Mix 1.5oz of each; strawberry, grape & BBQ sauce together in an insert cup. Check the pork rinds bag for leaks then open at bottom of bag. Being careful not to get sauce on outside of bag. pour the mixture into the bag trying to cover as much of the pork rinds as possible. Twist bag closed & turn bag around making sure to get the sauce over every rind surface. Set aside & repeat with other half of the ingredients. Pour 12oz. of hot water into rice bag & shake well. Put one bag of the pork rinds into each hotpot (it may be necessary to double bag) keeping bag twisted with a bread tie. After 30 min. put half the rice in to 2 bowl & add one bag of Sweet -n- Sour Pork over each.



BASIC TAMALES

When making tamales, pork is the traditional choice, but these days people will wrap-up just about anything & call it mexican food. 8 to 10 porkchops can sometimes be hard to come by, especially if you consider buying food out of the kitchen stealing. The last time I made these I used 3 leg/thigh quarters seasoned with gouda & cream cheese, garlic & onion powder ect.. I've even heard of people using just beans as filling; so use your imagination.

INGREDIENTS:

1 bag of corn chips (16oz.)
8 to 10 porkchops (4 cups shredded)
1 bag of pork rinds (2.75oz.)
2 chili soup season packs (not soup)
24 soup wrapers
2 hotpots & 3 bowls

NUTRITION FACTS: (per tamale)

Calories	228
Total Fat	16g
Total Carb.	16g
Protein	10g

MAKES 20 TO 24 TAMALES

Only \$2.35 a dozen

FILLING:

Shred porkchops/ham steaks; crush pork rinds in bag & add to shredded meat. Mix well, put into rice bag with a spoonful or two of water & seal, cook in hotpot for 3 to 4 hours.

PREPARE:

Open soup bags at every seam & lay out. Crush corn chips to powder, & place in bowl. remove meat from hotpot & place in second bowl.

THE BUILD:

Put the 2 chili season packs into an insert cup & fill with hot water (2 cups) & head into the crushed corn chips.

With the masa mixed, lay out a soup wrapper out in front of you short ways. put a $1\frac{1}{2}$ " ball of the masa mix on the close end of the wrapper & flatten to a $\frac{1}{2}$ " thick. Take a heaping spoonful of the meat & place it on the masa. Take the edge of the wrapper & use it to fold over the masa rolling the meat into the masa. With the wrapper folded over, with both hands-index fingers & thumbs together-press down on the center of the masa/meat under the wrapper & spread the mixture out in one even stroke. Fold in one side & finish rolling, making sure to keep the tamale tight, then place the tamale -fold down - into the third bowl. Repeat.

It will be clumsy at first; but will become easier

Put 12 into a bean bag & stuff (gently) into a hotpot & cook for at least 2 hours.

ENCHALADAS

This is a pretty good recipe, although, like the burrito, it's not reeeeally enchaladas. There are tortillas & chili involved however - not quite enough chili; but 2 packs would be too much.

INGREDIENTS:

1 bag pork rinds (2.75 oz)
2 2oz lids of rice
1 2oz lid of beans
1 soup w/ flavor pack
6 tortillas
1 chili no beans (10oz)
Squeeze Cheese & Ranch Pack
2 rice bag / 2 hot pots

NUTRITION FACTS: (per serving)

Calories	851
Total Fat	31.5g
Total Carb.	115g
Protein	46g

MAKES 2 SERVINGS

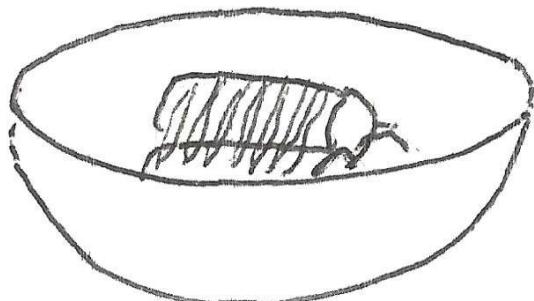
\$3.70 for both servings

PREPARE:

Put chili pack & squeeze cheese into hot pot.

DIRECTIONS:

Crush soup & put in bowl with rice & beans, add flavor pack & any other seasonings you'd like. hot water to just below the soup line then put in slightly broken-up pork rinds (do not stir in) & cover for 10 to 15 min. Roll filling into tortillas evenly & put 3 in each rice bag. Take chili out of hot pot & pour half in each bag over enchaladas allowing chili to seep down the sides of the enchaladas. Put one rice bag in each hot pot & put lid on, let sit for 30 min. Dump rice bag into bowl & layer cheese (to taste) over each & drizzle ranch over serving evenly.



PIZZA

The first time I saw one of these pizzas was accross a dayroom, though two pains of glass; I was shocked by it's appearance. "Hey, that's pizza!" I yelled, banging on the glass & waving my arms. "How much a slice?" Well, it was a dollar a slice & it wasn't terrible; but the sight of it posed so many possibilities. It took me a year to get even the vaguest recipe from the guy & since then I've only made it three times, so it's not quite as refined as some of the other recipes in this book. Needless to say, there are many unknowns; but it's still fun to make & even more fun to eat.

INGREDIENTS:

4 sleeves of saltines
 3 soups (no flavor pack)
 1 sleeve ritz crackers
 1 bag pork rinds (2.75oz)
 $\frac{1}{2}$ bottle of ketchup
 garlic powder (to taste)
 large chip bag X2
 toppings - cheese ect.

PREPARE:

Crush everything to dust, especially the soups, the crackers not so much.

DIRECTIONS:

Pour ketchup over the pork rind dust in a bowl & mix. set aside covered. Lay out chip bag as a catch-all, in a bowl pour soup dust & as much saltine fragments as will fit up to $1\frac{1}{2}$ " from top of bowl & start to add hot water (maybe start with $\frac{1}{2}$ cup) & garlic powder & mix with your hands. (don't worry too much about the stuff falling out onto chip bag, it will all end-up there anyway.) As you knead the crust continue to add saltines & water as needed. NOTE: THERE'S NO COMING BACK FROM TOO MUCH WATER! As it gets bigger move to the chip bag for space & continue to mix. You want ever partical to have some moisture yet be dry for it all to congeal (add ritz crackers & a bit more garlic as you finish kneading) From a ball, push dough out to form crust to about $3/8$ " thick, leaving it a bit thicker on the outside edge just like a pizza & let set up about 10min. (NOTE: The making of the crust needs to be done as quickly as possible to set correctly. Check sauce for thickness, add more ketchup or water as needed, pour onto middle of crust & spread outward. Add cheese & any other topping that suite you. THERE ARE 8 SLICES IN A PIZZA.

NUTRITION FACTS: (per slice)

Calories	550
Total Fat	13.5g
Sodium	9.5g
Total Carb.	84g
Sugars	9g
Protein	14g

8 SLICES PER PIZZA (CRUST & SAUCE ONLY)

\$7.37 fully loaded

9

BASIC CHEESE CAKE

I got this recipe from my friend Jesse Arce. He had just gotten to the unit - I was his first cellie. Normally I could care less about a cheese cake recipe; but several semi-truck-loads of bananas had been seized by the state & we were getting 2 or 3 a day, it was great! Anyway, Ol' Jesse said, "I gotsa cheese cake recipe that works great with bananas." & that was all it took. We havn't seen bananas in years; but my basic cheese cake is still hailed as one of the best.

INGREDIENTS:

1 pack Vanilla Cream Cookies (16oz)
4 packs of Cream Cheese
2 bag of dry milk (4oz.)
1 Mt. Dew (12oz.) Sprite is ok too
2 bowls

NUTTRITION FACTS: (per slice)

Calories	315
Total Fat	10g
Total Carb.	33.5g
Protien	8g
Total Sugar	13g

MAKES 1 9" BOWL (12 SLICES)

A Cheese Cake for only \$5.00!

DIRECTIONS:

Separate cookie from cream filling, putting each into a separate bowl. Use insert cut to crush cookies as fine as possible, then add 7 spoons of Mt Dew (3.5oz.) NOTE: SOME PEOPLE ADD MAPLE-BROWN SUGAR OR STRAWBERRY OATMEAL TO THE CRUST. Mix with a spoon then with your hands, finally into a ball. Let sit in bowl covered, for now.

Squeeze all 4 cream cheese packettes into bowl with the cream filling then use spoon to smash & mix, making sure to break-down the cookie cream filling.

Press cookie crust into center of bowl pushing excess out & up the walls of the bowl to make a thin-even crust an inch or so from top of bowl (don't worry about edges being even yet)

Pour 1 (one) spoon of Mt Dew into the cream mix then add one of the bags of milk. Smash-Stir & fold mixture for atleast 15min. Then add one more spoon of Mt Dew & the second bag of milk & repeat, Smash-Stir & fold mixture for atleast 15 min.

NOTE: IT IS VERY IMPORTANT NOT TO ADD MORE MOISTURE TO FILLING THAN NECESSARY.

THE SODA HELPS TO BREAK-DOWN THE DRY-MILK. IT IMPORTANT THAT THE SMASH-STIR & FOLD PROCEEDURE FORCEFULLY AS TO MAKE THE FILLING AS SMOOTH AS POSSIBLE.

Pour filling into crust, clean & decorate crust with spork as desired. Let stand until filling sets up. Refridgeration may help.

The first time I saw this, I had been locked-up for about 8 years & then one commissary day, out of no where, two different guys came down with taffy One guys (a soap a piece) was so sweet that it made my teeth hurt; the others was so creamy with just the right sweetness I was hooked - My friend Red has such an issue with taffy that he can't even try the smallest piece with out wanting to eat the whole batch. The difference between the two is, ofcarse, the number of sweetners added (8 or 4 perspectively) The reason I call this one "State Soap" is due to the color it turns when it's done; cut to the right size it looks just like the little bars of soap they give us & has been mistaken several times.

INGREDIENTS:

1 bag of non-dairy creamer
4 single serve drink mixes (grape)

NUTRITION FACTS: (per piece)

Calories	24
Total Fat	.1g
Total Carb.	2g
Protein	0g

MAKES ABOUT 80 3/4" PIECES

A whole batch for only \$2.10

NOTE: THE AMOUNT OF WATER USED IS VERY CRITICAL! EVEN THE HUMIDITY CAN AFFECT THE OUTCOME!

DIRECTIONS:

Mix creamer & drink mixes in a bowl. Add 2, two, dos TWO! spoons of water & mix. It will start to become clumpy & seem like it needs more water... DO NOT ADD MORE WATER! when it has become too clumpy to mix with a spoon pick it up & continue pinching & dabbing until it is all one piece. Now, begin to smash, pull, strech, fold & pull; this could take 20 to 30 min if you want it right. less if your lazy. It will start to go from gritty & sticky to creamy & smooth; when you can start to feel the oil coming outmmmmmm Put into creamer bag & smash out flat (1/4" thick). Cut into 1½ X 1½ in pieces (the size of a bar of state soap. As it sits out it will go from a Starburst to a Now or Later consistency & gets softer with a bit of heat.

FRIDAY NIGHT NACHOS

Sitting in the day room one friday night, back in 2010, with a friend of mine (Jew Boy) we noticed all the festivities - The mexicans with their tacos - the blacks with bowls of food being dished out - & the whites with the ever present peetza. Joe (for that's the name his mama gave him) & I also noticed a forth group; this group was all together, together at being alone, alone & most with nothing & in prison that's really saying something. So Joe & I decided to have a little something the next Friday, we went down to the commissary on our next store day & got all the fixn's. There were however some rules 1) anyone can eat ANYONE! with a focus on those with nothing. 2) no picking at the food til' it's prayed over. 3) no spoons. 4) the last person eating cleans up. Oh, & no kitchen food. Over the years there have been a few changes in the menu due to commissary issues & now days it's only every other Friday; but the effect is always the same, to see a group of guys get together over something as simple as nachos & become friends, even if it's just long enough to have a nacho or two.

INGREDIENTS:

- 1 bag tortilla chips (16oz)
- 2 chili no beans
- $\frac{1}{2}$ bag of beans (2 cups)
- $\frac{1}{2}$ bottle of squeeze cheese
- 2 ranch packs (1.5oz)

NUTRITION FACTS:

IT'S FRIDAY NIGHT NACHOS
NO BODY CARES
(EXCEPT RED)

Feed the whole dayroom
for less than \$7.00

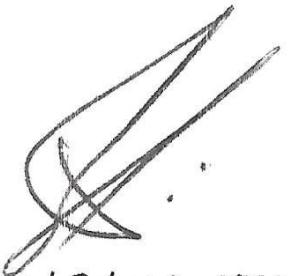
PREPARE:

Put chili's & cheese in hot pot an hour or two before hand.

DIRECTIONS:

Open chips at top & lay on tablr face down, continue to tear along back & bottom seam. Spread chips over open bag. Pour chili's over unmade beans & mix then add 8oz. of hot water & continue to mix. Pour chili evenly over chips. Squeeze heated cheese over chips in a lattice pattern. Then add both packs of ranch in a drizzle over that. PRAY! And don't forget to invite EVERYONE!

NOTES



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