

The Art of
MANLINESS



MAN COOKBOOK

TABLE OF CONTENTS

TABLE OF CONTENTS	2
INTRODUCTION	3
BREAKFASTS	9
James Bond Scrambled Eggs	9
Spinach Quiche	9
Artie Quiche Muffin	10
Egg Bread	11
Bacon, Egg, and Cheese Sandwich	11
Eggs Benedict	12
Tim McMuffins	13
Roasted Jalapeno Breakfast Wrap	14
Dad's Saturday Brunch	14
Awesome Breakfast Casserole	15
Crab and Eggs	16
A simple breakfast: Huevos Rancheros	17
Breakfast Burritos, Texas Style	17
Beer Batter Pancakes	18
The Full English Breakfast	19
BBQ AND GRILLING	21
Butterfly One Leg of Lamb	21
Dinosaur Steak	21
Southwest Skirt Steak	22
Beef Tenderloin Marinade	23
Pulled Pork	25

Juicy Salted Steak	26
Steak Medallions.....	27
BBQ Pork Ribs.....	28
Indoor Steak.....	29
Barbeyaki Ribs.....	29
Mr. Nicholson's Wonderful Ribs.....	30
Pulled Pork with NC BBQ Sauce.....	32
BURGERS	34
Basement Beer Burgers.....	35
Delicious Onion Burgers.....	36
Ranch Burgers.....	36
Stuffed Hamburgers.....	37
The Last Burger Recipe You'll Ever Need.....	38
SOUPS AND STEWS	40
Shrimp Creole	40
Newcastle Beer Cheese Soup.....	44
Ragout de Boeuf Bourgignon (Burgundy Beef Stew).....	44
Lances Best in the World French Onion Soup?!......	45
McCavour's Fish Soup.....	47
The Reverend's Gumbo Ya-Ya.....	48
Cheesy Potato and Corn Chowder.....	51
Hawaiian Stew	52
Taco Soup.....	53
Rabbit stew	53
CHILI	55
<u>Lazy as Heck Chili.....</u>	55
Awesome Turkey Chili	57
Bob's Chili	57
Marc's Pork Green Chili and Kickbutt Verde.....	58

Mother Metcalf's Chili Con Carne	60
Roasted Turkey in Ancho Chili and Chocolate Sauce	60
Mikey's Monday Night Football Chili	62
Nathaniel's Chili.....	62
Cincinnati Chili	63
BEANS	65
Cody's Red Beans and Rice.....	65
Robert's Red Beans and Rice Recipe.....	66
Frankly American Bean Bake	68
Ben's Backyard BBQ Beans.....	69
Grandpa Jack's Mexican Beans.....	69
Baked Bean Soup	70
MAN COMFORT FOOD	72
Dave Feral's Pizzadillas	72
Hungarian Goulash.....	73
Creamy Ham and Vegetable Dijon.....	74
Hillbilly Stir-fry	76
"Redneck Caviar," "Alabama Caviar," "Fill-In-The-Blank Caviar" ..	76
Easy Mac and Beef	77
One Dish Chicken and Rice Bake.....	77
Easy Tasty Meatloaf	78
The Best Meatloaf in the World.....	78
Dawsey's Famous Mini Sausage Rolls.....	79
Heppin John	79
Artie's Pizza.....	80
Boxed Mac & Cheese That Doesn't Suck.....	82
Chicken Pot Pie.....	82
My Father's Meatloaf.....	83
TASTE OF THE EAST	85

Beef & Broccoli.....	85
Noodles with Thai Peanut-Basil Sauce.....	86
Thai Basil Tempeh.....	87
Ground Beef and Peas (Kheema).....	87
Green Pepper Beef Stir Fry.....	88
Chicken Curry (Murgh Tari).....	90
ITALIAN.....	92
Sausage and Grapes.....	92
Stuffed Zucchini.....	95
Spaghetti with Prawns.....	95
Simple Chicken Penne.....	96
Spaghetti.....	98
Insalata Caprese on a Stick.....	99
Italian Pasta Bake.....	99
Ragu No Frying Chicken Parmesan.....	100
Stove Top One Dish Chicken Bake.....	100
Homestyle Spaghetti Sauce.....	101
Stuffed Shells.....	102
Chicken Tetrazzini.....	102
Chicken Merango.....	103
MEXICAN FOOD.....	105
Chicken Quesadillas with Roasted Corn Salsa.....	105
Tinga Poblana.....	106
Tilapia and Shrimp Tacos.....	108
Chicken Tijuana.....	109
FISH AND SEAFOOD.....	110
Macadamia Crusted Mahi Mahi.....	110
Salmon, Rice and Green Beans.....	111
FOWL.....	114

Marinated Grilled Chicken with Watermelon-Jalapeno Salsa	114
Teriyaki-Pineapple Chicken.....	116
Beer Can Chicken	117
Lemon-Pepper Chicken Marinade	118
WILD GAME	119
Grilled Dove or Quail.....	120
SIDE DISHES	122
Grilled Figs	122
The Best Damn Salad I've Had in a LOOOOONG Time.....	123
Grilled corn o' the cob.....	124
Island Sweet Potatoes.....	125
Fruity Salad.....	126
Baked Yams.....	126
SALSAS AND DIPS	128
Deadly & Delicious Double D Habanero-Pepper-Sauce.....	128
Hearty Beef Cheese dip.....	129
Chili Cheese Dip	130
Chilean Salsa.....	131
Neil's Mango Salsa Recipe.....	131
Pico de Gallo Salsa	132
Salsa Verde Con Avocado.....	132
DESERTS AND BREADS	134
Buccellato Ring Cake	134
Cranberry Pake (an alternative to the too sweet desserts)	136
Beer Bread.....	137
Jay's Oatmeal Chocolate Chip Cookies.....	137
Wendy Gaynor's 'Perfect' Chocolate Chunk Cookies.....	138
White Chocolate Cheese Pie.....	139
Pumpkin Crunch Torte	139

French Silk Pie.....	141
Cobbler.....	141
No-Bake Chocolate Oatmeal Cookies.....	142
Tang cookies.....	143
Jewish Apple Cake.....	143
Irish Potatoes (St. Patty's Day dessert).....	144
Great Pumpkin Cookies or Bars.....	145
DRINKS	146
Cranberry Margaritas.....	146
Cranberry Rum Punch.....	147

INTRODUCTION

A few weeks ago we asked Art of Manliness readers if cooking was manly. The answer was clear. Yes, cooking is manly. Very manly in fact. An astounding 3,643 respondents affirmed the manliness of cooking, while only 188 lonely souls dissented.

While I was reading the comments in that poll, I thought it would be cool to compile all the Art of Manliness readers' favorite man recipes into an ebook for everyone to enjoy. So I issued a call for recipes from AoM readers.

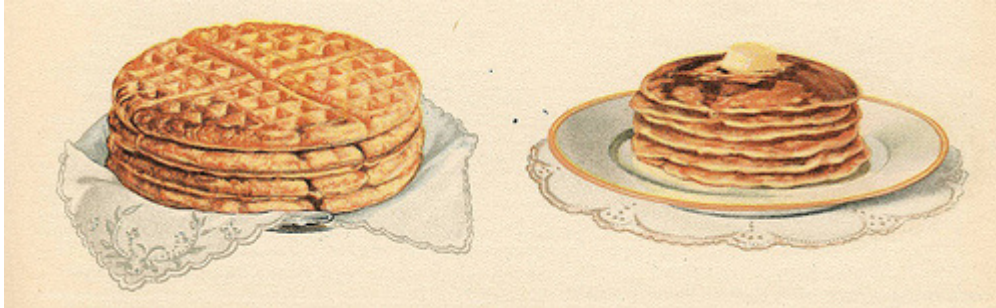
All I have to say is that Art of Manliness readers really know how to cook. We received nearly 130 delicious recipes from around the country and around the world. The recipes range from ridiculously simple to true labors of love. There's delicious grub here for any occasion. You can get your day started with one of these hearty breakfasts, cool off with one of the drink recipes, and prepare a stick to your ribs dinner that your friends and family will enjoy. So don your man apron and get cooking!

Bon Appetit!

Brett McKay

Editor-in-Chief, Art of Manliness

BREAKFASTS



Every man should start the morning with a hearty breakfast. It's the fuel that will keep you going throughout the day, giving you the energy to take on all your mantivities like splitting wood and wrestling bears. A simple bowl of Special K or a grapefruit isn't going to be enough. You need something with substance; something that will stick to your ribs. And that's what you'll find here; the AoM Cookbook has got you covered on the most important meal of the day.

James Bond Scrambled Eggs

Submitted by Rich Tseng

Taken from the Fleming short story, *007 in New York*:

For four:

12 fresh eggs Salt and pepper 5--6 oz. of fresh butter.

Break the eggs into a bowl. Beat thoroughly with a fork and season well. In a small copper (or heavy bottomed saucepan) melt four oz. of the butter. When melted, pour in the eggs and cook over a very low heat, whisking continuously with a small egg whisk. While the eggs are slightly more moist than you would wish for eating, remove the pan from heat, add rest of butter and continue whisking for half a minute, adding the while finely chopped chives or *fines herbes*. Serve on hot buttered toast in individual copper dishes (for appearance only) with pink champagne (Taittinger) and low music.

Spinach Quiche

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 1 large bag (5 oz) baby spinach leaves, finely chopped
- 12 oz shredded cheddar cheese

- 7-8 eggs
- 1/4 tsp ground black pepper
- 1/4 - 1/2 tsp onion powder
- 1/4 tsp ground mustard
- 2 tbsp parsley flakes
- 1/2 cup cream

Directions

Alternate layers of cheese and spinach in a deep 9 inch pie dish, beginning and ending w/ cheese. In large mixing bowl, beat together eggs, pepper, onion powder, mustard, parsley, and cream. Pour over cheese and spinach layers.

Cover with aluminum foil and bake at 350 degrees for 45 minutes. Uncover and cook 15 minutes or until browned.

Cooking time 1:20, serves 6

Notes: Try experimenting with different fillings — replace the spinach with steamed and cooled broccoli, add mushrooms or crumbled bacon. Another idea is to replace the onion powder with minced, sautéed garlic. This dish is vegetarian friendly.



Artie Quiche Muffin

Submitted by Artie Kuhn

Ingredients

- 6 eggs
- 1/3-1/2 cup heavy cream (depending on taste)
- Couple dashes Paprika
- Couple dashes Salt
- Dash Pepper
- 2/3 cup finely grated emmentaler cheese
- 6-10 slices of bacon

Directions

1. Preheat oven to 375.
2. Cook bacon. Cut into tiny strips.
3. Wisk heavy cream, eggs, paprika, salt and pepper together in a container w/ a spout.

4. Give each silicone muffin thing a quick hit of Pam.
5. Place approx 1 tablespoon emmentaler cheese in each silicone muffin thing. Put sliced bacon on top of cheese. Pour egg mixture ovetop. Fill to 3/4 muffin thing.
6. Bake 25 min.



Egg Bread

Ingredients

- 2 Eggs
- 2 Slices of bread
- PAM cooking spray or butter (use discretion)
- Cheese (optional)

Directions

1. Take two pieces of bread and cut a medium sized square hole in the bread
2. Place PAM cooking spray or butter in a frying pan and turn the pan on.
3. Place the two pieces of bread on the pan.
4. Crack open the eggs and empty the yoke into the two square holes that you cut in the bread that is now sitting in the frying pan.
5. Allow time for bottom of bread slices to cook
6. Flip
7. Allow other side to cook.
8. Flip a few times around 30 secs each time just to make sure interior yoke is cooked.
9. Maybe add a slice of cheese on top.



Bacon, Egg, and Cheese Sandwich

Submitted by Jay Pyatt; Kalamazoo, Michigan

Ingredients

- 2 Eggs
- 2 Pieces Grainy Bread (you know high fiber)

- 2 Slices of bacon (pork or turkey depending on your diet)
- 1 Slice cheese any variety

Directions

In a small bowl, break two eggs and beat thoroughly with a fork. Add pepper if so inclined. Microwave for 1.5 to 2 minutes depending on the microwave. If you don't beat the eggs, they will explode.

Butter both slices of bread. Shake some garlic and oregano onto the buttered bread. Tear the bacon slices in half and cover one slice of bread, cover bacon with slice of cheese. Toast in toaster oven or stove until bread is crisp but not burnt.

Remove cooked eggs from bowl and make your sandwich.

Don't forget to clean up your dishes, real men are not pigs.



Eggs Benedict

Submitted by Will Briggs; Lynchburg, Virginia

For the Hollandaise sauce:

- 1/2 lb (2 sticks) butter or margarine, melted
- 1 tsp dark prepared mustard
- 1 tbsp lemon juice
- 1 egg

Make the Hollandaise sauce by blending its ingredients well. It will be enough for, oh, eight eggs Benedict. It's refrigerable, and great on veggies too, so too much is a good thing.

Ingredients

- eggs (up to 8)
- bread (for toast: 1-2 per egg)
- butter or margarine for the toast
- fresh spinach (1/2 cup or so per egg)
- bacon, cooked, if you want it (1-2 strips per egg)

Directions

1. Make toast. I make it on the stovetop, so it won't be too dry or crunchy.

2. Steam spinach if you have it. (It's worth the trouble.) Try to get most of the water out so it won't make the toast soggy.
3. Fry as many eggs as you want, without breaking the yolks, because the hot liquid yolk blending with the Hollandaise is great stuff. (Even if, like me, you usually think it's disgusting.) You're really supposed to poach the eggs, but frying's just as good.
4. On a plate, put:
 - a. a piece of toast
 - b. on that, 1-2 strips of bacon if you have it
 - c. on that, enough spinach to more or less cover the bread
 - d. on that, a fried egg
 - e. cover it with Hollandaise sauce
 - f. maybe an extra piece of toast on the side to sop up the good stuff

You eat this by breaking it apart with your fork (make sure and get the yolk over everything).

To reheat the Hollandaise: don't get it hot -- just warm -- or it will separate. If it does, blend it again.

Your usual eggs Benedict recipe has poached eggs, and Canadian bacon, and English muffins rather than toast. But the substitutions here don't alter the taste except for the better.



Tim McMuffins

Submitted by Tim Metcalf; Michigan

Ingredients

- 1 English Muffin
- 3 Slices Sandwich Pepperoni
- 1 Slice Pepperjack Cheese
- 1 Egg
- Jalapeno Pepper, Chopped
- Onion, Chopped

Directions

1. Heat 3 slices of sandwich pepperoni in a skillet until the grease runs freely.
2. Remove the slices and set aside.
3. Toast the english muffin halves in the grease from the pepperoni slices.
4. Remove the English muffin halves and top one half with the pepperoni slices.
5. Fry the egg in the remaining grease.

6. Break the egg yolk and add jalapeno pepper and onions before flipping the egg.
7. Place the fried egg on top of the pepperoni slices.
8. Top with a slice of pepperjack cheese and close the sandwich.



Roasted Jalapeno Breakfast Wrap

Submitted by Mike; Rochester, New York

Ingredients

- 3 eggs
- 1 roasted jalapeno
- Mayo
- American cheese
- Tortilla wrap

Directions

This is an easy one. Take the wrap and spread out some cheese, the *roasted* jalapeño (NOT pickled) and mayo. Scramble the egg and set it in the middle. Wrap up and enjoy. There's no law that says you can't add some bacon, sausage or other meat in there too.

You won't need coffee this morning!



Dad's Saturday Brunch

Submitted by Randy Helm

Ingredients

- 12 eggs
- 3 Tablespoons water or milk
- Salt and pepper to taste
- 3 Green onions, chopped
- 2 Tablespoons bacon bits
- 2 Cups shredded cheese (your preference)

Directions

1. Preheat your pan on medium heat
2. Scramble the eggs in a large bowl and add the water or milk (according to mom the liquid adds "fluffiness") and pour into the heated pan;
3. Top with salt and pepper (I usually just make a back and forth pass with the salt once and the pepper twice).
4. Wait until you start to see the egg set add the green onion. With a spatula, start pushing the eggs to the middle. As it start to firm up, add the bacon bits and then turn the eggs over a few times.
5. Once the eggs are at your desired "doneness" top with the shredded cheese and serve.

As well as serving alone, I have topped the eggs with salsa, guacamole, or sour cream.

If I'm feeling really ambitious, I make drop biscuits as well, otherwise Pillsbury biscuits are a good choice. If I'm lazy, its toast.

How to make the biscuits

Ingredients

- 4 Cups flour
- 6 Teaspoons baking powder
- 2 Teaspoons salt
- 2/3 Cup vegetable shortening (think crisco)
- 2 Beaten eggs
- 1-1/2 Cups milk

Directions

1. Preheat oven to 400.
2. Mix first 3 ingredients and cut in the shortening until mixture resembles small peas. This is the cool part as you get to use a manly tool: a pastry cutter. Otherwise just use 2 butter knives and use a scissors motion with them.
3. Mix the eggs and milk and add to flour mixture. Drop onto a greased baking pan by picking up some dough with a spoon and pushing it off with a fork.
4. Bake for 15 to 20 minutes.



Awesome Breakfast Casserole

Submitted by Bob; Kingston, New York

I'm diabetic, and have to watch my food intake, do the pig-sticker twice a day, etc. But I found out that my favorite weekend breakfast casserole thing is pretty good. And I don't like spending time at the stove, I want to get moving. Give it a try.

Ingredients

- 2 eggs
- 1 sausage patty (alternate suggestion below)
- 1/4 cup shredded cheese
- 1 hash brown patty
- Spices

Directions

1. The patties are microwavable, each takes one minute. If you want to use ground sausage and grate your own potato, fine. But it takes longer.
2. Spray a frying pan with olive oil non-stick cooking spray. Put two eggs in the pan on high heat, scramble them a bit, walk away.
3. Zap the sausage, then zap the hash brown.
4. Stir the eggs a bit more.
5. Cut or chop the sausage and hash brown.
6. Stir the eggs again. Add the spice (I like Italian seasoning and some hot sauce), stir some more.
7. Add the glue—I mean, cheese—and flop that around some more, let it melt a bit.
8. Stir in the pieces of hash brown and sausage.
9. Do like I do, watch the babes on Fox News while you eat.

You got all that, Skippy? Great. A couple of points to make. First, use mozzarella cheese, it's low fat and low carb. Or a blend of cheeses is good. Second, there's a nifty vegetarian burger called Boca, tastes a lot like a real burger. This mixes in very well. I love Emeril's "Kick It Up a Notch Sauce", but that seems to have disappeared from the shelves in our stores. Other hot sauce works well.



Crab and Eggs

Submitted by Michael Sheeran; Midland, Texas

Ingredients

- 1 package of imitation crab meat
- 2 eggs per person eating
- 1 onion chopped
- Butter (about a 1/4 inch slice)
- Tortillas (optional)

Directions

The imitation crab meat that I usually get comes in cylindrical shapes. I usually cut them up into 4 pieces. Then heat butter in the pan. Once it gets melted, put the chopped onion in the pan. Wait till onions are almost cooked. Add the imitation crab meat. Wait till the crab is almost all the way cooked, add in your eggs and scramble everything together. You can either serve this as it is or on tortillas.

This makes for a good hearty breakfast.



A simple breakfast: Huevos Rancheros

By John Bradshaw

Ingredients

- 3 eggs
- 4 corn tortillas
- Vegetable oil

Directions

1) Pour a little oil in a pan, and heat tortillas in oil one by one over a medium flame. A tortilla will look wet when it soaks up oil. Try to make sure all the tortilla soaks up the oil. Don't leave them in too long or they'll fry and harden. You want them a bit softer than a tortilla chip. When tortillas are done place flat on dish.

2) Fry eggs in pan. Sunny side up or over easy is your choice. My preference is sunny side up. Serve eggs on top of tortillas.

3) Your huevos rancheros are almost done! Try ketchup or salsa as a condiment.



Breakfast Burritos, Texas Style

Submitted by Ben Cox; Bedford, Texas

This recipe can be expanded, I will tell you how to make 1, just multiply by number of burritos desired.

Ingredients

- 1 burrito sized flour tortilla (the BIG ones)
- 2 eggs scrambled
- Butter (who uses margarine?)
- Hash Browns, Bacon, Sausage, cooked
- Onions & Bell Peppers, diced
- 1/2 slice American Cheese
- Grill both sides of tortilla, until slightly browned

Directions

1. Butter one side of tortilla
2. Add 1/2 slice of cheese
3. Cover cheese with eggs
4. Cover eggs with remaining ingredients (you can leave off or add extra topping like salsa)
5. Fold in the “bottom”
6. Then fold one side in then the other

I make these for the wife, and she loves em!



Beer Batter Pancakes

By Steve from MKE

Ingredients

- 1 cup AP Flour
- 1/4 cup sugar
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1 beaten egg
- 1 cup beer
- 2 tablespoons melted butter

Directions

Pour 1/4 cup of batter on whatever surface you make them with..bubbles appear..flip.

Replace beer with root beer if you'd like. Also makes a great coating for deep frying fish



The Full English Breakfast

By Basil Moss, UK

Seems that most of your readers must be American, so I thought I'd pass on my wisdom concerning the preparation of the Full English Breakfast so it may be enjoyed in the New World. Many people assume that is an easy meal to cook, but I assure you all there is a real art to it, if you want it all just right.¶¶

As an introduction, I'll explain a little of its history and uses. In the middle ages, salt meat was the rule rather than the exception as it was the best way of making meat keep. It was cured with salt, saltpetre and spices, either rubbed on dry or as a brine soak. After this salting, the meat would be hung up to dry for a few days, and often smoked to seal the surface and make it keep longer. The meat could then be hung up in the corner of the room for as long as you liked, starting off like a dry cured bacon, and slowly hardening into something more like parma ham, or even with extended keeping, like biltong or jerky in its texture.

The meat was heavily salted, by today's standards, and was generally soaked before cooking, to remove excess salt and soften the meat. Peasants however, accustomed to hard days in the fields, had a better idea. They cut thin slices (collops)¶¶of cured pork, usually belly (streaky) but neck (middle) or loin¶¶(back) if they could afford it, and fried them on a hot pan, often with eggs. Thus was born the idea of the English Breakfast- intense tasting bacon, fried to give it an even stronger flavour, with eggs. The ideal protein breakfast, to keep you going for several hours of heavy work, and also an ideal hangover remedy!

So to make the breakfast, firstly get the tea brewing, English Breakfast is traditional, Irish breakfast is even stronger, and don't forget to warm the pot! If it brews while you are cooking, it will be nice and strong by the time you sit down to eat. Use a tea cosy so it doesn't go cold. Put your plates in the bottom oven to keep warm, and to put the stuff on as you cook it, if your pan is small or you are cooking for a lot of people you'll have to do each ingredient one at a time.

Heat up the pan, and add your oil, lard is best. Just a little if the bacon is fatty, as the bacon will add to it. Bacon first, be sure to press it down with the spatula to get it well crisped, the pan should be hot at this stage to ensure the bacon crisps up well. If it is a meaty bacon, like the back with the rind cut off, don't overdo it-¶¶preserve the flavour. If it's really fatty, like middle

or streaky, crisp it up well to make the rind nice and crisp. If your bacon is a good dry cure, there should be no foam, so keep the lid on. If it's frothing and white pus like filth is pouring out, leave off the lid so it can evaporate, and make a mental note to buy better bacon next time.

Next add the mushrooms. If lots of fat came out of the bacon, this will make for the best tasting mushrooms, otherwise add some butter, salt and pepper as they cook, mushrooms soak up lots of oil. Do them whole, and get them golden brown. Leave the lid off as the moisture comes out of them, and NEVER wash your mushrooms- they soak up water like a sponge, and go slimy.

After this comes the black puddings- if they are small horseshoes, cut them in half so you get a horseshoe shaped slice each. Otherwise cut it into coin shaped slices. Keep the pan hot, and oil it well- the cooked surface goes black and crisp quite fast so flip it over when it does. When both sides are black, pour in a good slug of mushroom ketchup and put the lid on- it steams into the pudding and gives it a great flavour, without spoiling the crispness. If you don't have mushroom ketchup, use worcester sauce or strong stout or porter. If there are tomatoes in season, these are a good addition- they make it all easier to digest. Never refrigerate your tomatoes, it kills the flavour, and don't bother with the pale, gas ripened ones- they have no flavour anyway. Slice them in half, and sprinkle with salt and pepper before frying the sliced side in a very hot pan, so it colours well without the flesh going mushy. Plenty of oil is the key here.

After this, do the fried bread- butter both sides well and fry it nice and crispy. Granary bread works best- it has a nice texture. Fried potatoes are a treat- use leftover boiled potatoes from a previous meal, slice them and fry them on a hot pan in plenty of fat so they colour well.

Do the eggs last, so the yolk stays runny- turn the heat down, crack them in with care not to break the yolk. If there's plenty of oil in the pan, flick some of it over the top of the egg to seal the surface, so it doesn't break when you take it out of the pan.

Serve up, and enjoy, hopefully your wife will have been gainfully employed while you are cooking to make some fruit scones to have for second course, with butter, cream and jam. Otherwise toast with marmalade is acceptable. It is recommended to take half an hour or more to digest such a meal, ideally it will be washed down with copious amounts of tea.

BBQ AND GRILLING



Ah, meat and fire. Ever since our caveman ancestors created their first flames, men have been developing a variety ways to cook meat with fire. Every man should be skilled in the art of meat cooking. Nothing will increase your manly vigor like turning cold flesh into a warm, savory, and delicious meal for your loved ones. What makes cooking meat even manlier is that you can do it outdoors while reconnecting with nature. So strike up that grill, light some coals, and start cooking up some meaty goodness.

Butterfly One Leg of Lamb

Submitted by Michael Heap

1. Mince 2 bulbs of garlic
2. Mince one ginger root
3. Mix with 1 litre of soy sauce
4. Combine and marinate for 24hrs
5. 10-15mins on each side on the bbq

heaven for 8+people



Dinosaur Steak

Submitted by Mark

1. Buy a steak, preferably from a DINOSAUR.
2. Put the steak on the BBQ
3. Grill until black on both sides
4. Serve with a beer and lots of tomato or BBQ sauce

There you go, there's your book.



Southwest Skirt Steak

Submitted by Steve Argyle

Ingredients

- 1 package skirt steak (1 to 3 lbs.)
- 1 tsp olive oil
- ¼ tsp lime juice
- 1 garlic clove, minced
- ½ tsp whole cumin seeds
- ½ tsp Canadian style steak seasoning
- Coarse salt
- Coarsely ground black pepper
- 1 bag mesquite wood chunks (large chunks, not chips)

Directions

Adjust your barbecue grill to bring the coals as near to the cooking surface as you can. Put the mesquite in the grill and ignite. (You're basically building a campfire with mesquite wood in the grill. If the chunks come in a paper bag, just throw the whole bag in the grill and light it.)

While the mesquite chunks burn down to coals, use a mortar and pestle to grind the oil, lime juice, garlic, cumin and steak seasoning into a smooth paste. Use a spoon or rubber spatula to rub the paste all over the steak. This should be spread pretty thin. It's a seasoning rather than a marinade or herb crust. Then season the steak generously with salt and pepper.

Grill the steak over the mesquite coals until just medium rare. The hotter the fire, the better.

Cut the steak into serving sized portions or into strips to stuff into warmed corn tortillas. This steak goes great with any south-of-the-border menu items or just with steak fries and a Caesar salad.

Note: You can substitute a foil-wrapped package of mesquite chips laid directly on regular charcoal for the smoke flavor. Just remember to pierce the foil to let the smoke out.



Beef Tenderloin Marinade

Submitted by Derek Camp; Grand Rapids, Michigan

Start at least 24 hours before cooking time.

This is enough marinade for a small to mid sized tenderloin in a compact pan without a lot of extra space. For larger tenderloins or large pans, multiply the recipe as needed.

Ingredients

- 1 Cup Salad Oil
- ½ Cup Ketchup
- 1 Clove Mashed Garlic
- 1 Tsp. Dry Mustard
- 1 ½ Tbsp. Worcestershire Sauce
- 1 Tbsp. Lemon Juice
- 1 ½ Tsp. Salt
- 1 Tsp. Fresh Pepper

Directions

1. Combine all ingredients and mix well. Place tenderloin(s) in a moderately deep and narrow pan such that there is not a lot of extra space and the marinade will be forced up near the top of the meat. Pour marinade evenly over tenderloin. Lift sides and edges of tenderloin away from pan to allow marinade to flow around more surface area of the meat. Cover and refrigerate. Marinade for at least 24 hours, turning the meat one or more times if possible.
2. Cook over medium to low heat to desired degree of doneness. Baste the remaining marinade onto the cooking meat after turning.
3. Caution: Do not cook on high heat and do not leave meat unattended as the oil in the marinade can cause flaming. Excessive flaming will char the outer edge of the tenderloin and can detract from the taste of the finished product (voice of experience speaking.)



Scientific Steak

Submitted by Matthijs de Jonge

Being a man does not mean ten thousand years of civilization and scientific progress has been all for naught. So don't be a troglodyte; prepare your steaks the modern, scientifically correct way:

- Buy an oven thermometer. Really.
- Put it in your oven and heat your oven to between 62 degrees (rare) and 65 degrees (medium) centigrade.
- Throw some steaks in a container of some sort and shove it in the oven.
- Making sure the temperature in the oven stays at 62 to 65 degrees, leave the steak in there for anywhere between 3 and 30 hours.



Robo-Pork Chops

Submitted by: SGT Daniel Robosky; U.S. Army; Fort Campbell, KY

Below is a recipe for what my family calls "Robo-Pork Chops" since our last name is Robosky everything seems to be "Robo" something. Anyway here it is:

Ingredients

- Approx. 12 thin sliced pork chops
- Large Red Onion
- Granny Smith Apple
- Unknown amount of Balsamic Vinegar
- Tablespoon Crushed Red Pepper
- 12 slices of Sharp Cheddar Cheese
- Caribbean Jerk Marinade

Directions

1. Marinate the Chops for about 24 hours in Caribbean Jerk if you can get it. If not, it's no big deal. It just keeps the Chops from drying out on the grill since they are thin sliced.
2. Pre-heat your grill to "Hell" (High heat)
3. Slice the onion and the Apple into relatively small pieces and throw them into the pan on the stove while the grill is heating, with the red pepper and add Vinegar enough to cover about half of the contents. Sauté them until the Onion has caramelized and the Apples are soft. Once this is done turn to low heat and cover
4. Take the pork chops and throw them on the grill. With the heat this high it should only take about 5 minutes to cook them through. Once they are done take the Apples and Onion mix you created and spoon it on top of the Chops. Then cover with Cheddar Cheese. Once the cheese is melted serve. Enjoy!



Pulled Pork

Submitted by Sean Rooney; Marquette, Michigan

This is my favorite barbecue recipe. It's the best pulled pork I've ever had. This is real barbecue, not grilling. You need a smoker.

Buy a whole Boston butt, which is the larger end of a pork shoulder. It should be 7-10 pounds with the bone in.

This is a brine and dry rub recipe. Don't put any salt in the dry rub or it will be too salty. Always use fresh spices and freshly ground black pepper.

Brine solution (per gallon of water, you may need 2 gallons for a whole butt, depending on its size and the shape of your container):

- 1 Gallon Water
- 3/4 Cup Kosher Salt
- 3/4 Cup White Sugar
- 1/2 Tbsp Black Pepper
- 1/2 Tbsp Onion Powder
- 1/2 tsp Granulated Garlic
- 1/2 tsp Cayenne
- 1/4 tsp Marjoram
- 1/4 tsp Thyme
- 1/4 tsp Cumin

Brine should be cool when you add the meat. Brine overnight, up to 48 hours, refrigerated.

Drain the meat and apply the dry rub:

Dry rub

- 1 Cup Turbinado Sugar
- 3 Tbsp Black Pepper
- 3 Tbsp Onion Powder
- 1 Tbsp Garlic Powder
- 1 Tbsp Cayenne Pepper
- 1 tsp Marjoram
- 1 tsp Thyme
- 1 tsp Ground Cumin

BBQ at 225-250 to an internal temp of 190, usually about 7-9 hours. Cover with foil, let rest for

30 minutes, and pull.



Juicy Salted Steak

Submitted by Garret Williams; San Diego, California

I have been working on a recipe for a great juicy grilled steak for a while. I started with a recipe from steamykitchen.com, and added on a bit to it.

Ingredients

- Steak (should be at least 1" thick)
- Clarified Butter
- Herbs, Spices, Garlic and other seasonings.

Directions

First step is to salt the steak. Now this doesn't mean sprinkle a pinch of salt, you want the steak covered in a thin layer of salt. Take some coarse salt, either kosher or sea salt, and sprinkle a thin layer over both sides of the steak. Now that your steak is looking like a salt lick, you may wonder what the purpose of this is. Well, the salt draws out the water in the steak and some of the salt gets inside of the meat. Once inside of the meat, the salt denatures the proteins, which are what makes the steak tough. Add any seasonings you like, but take care not to add liquids. You want the liquids outside the steak, which may seem to contradict the idea of a juicy steak, but it all works out. Garlic, herbs and spices are good here. Now the key here is to time how long you are going to let the steak marinate at room temperature. To get an idea, use this nice chart from steamykitchen.com:

MEAT	SALT/SIDE	TIME
Less than 1"	1/2 tsp each side	15 min
1" thick cut - smallish girly-girl steak, about 4" across	1/2 tsp each side	30 min
1.25" -1.5" (NY Strip, Ribeye) standard thicker steaks can sit longer to let the salt do its work throughout meat	3/4 - 1 tsp each side	45 min

1.25" - 1.5" manly-man T-Bone, Porterhouse - more surface area means you use more salt	1-2 tsp each side	45 min
>1.5" Massive ginormous "Barney Rubble" porterhouse	1-2 tsp each side	1 hr or more

A few rules to help guide you, first the more marbled your steak is the less time it will need to marinade. I prefer to cut down the time on the chart by about 10 minutes to ensure that the steak doesn't taste salty. You just have to experiment and find out what works for you. Once the time has elapsed, rinse off your steak and dry it well. Yes, rinse off all those seasonings which have been sitting on your steak, the flavor of the seasonings should be in the meat by now. Dry the steak, and make sure it is very dry.

This step isn't necessary, but I feel that it helps to make a much more juicy steak. Put some clarified butter in a frying pan. Make sure it is not a non-stick pan or you may ruin the non-stick coating. Also make sure you are using clarified butter, else the milk fat will burn and add a bad taste to the steak. Heat up the clarified butter until it starts to smoke, and place the steak in. You want to sear the steak until it is covered in a nice dark brown coating, this coating will keep all those juices that will be forming in the steak rather than dripping away into the grill. Turn the steak in the frying pan until both sides and the edges all have a nice brown coating (use tongs to hold the steak up sideways to cook the sides). Once that is done, take the steak out to the grill. A bit of pepper here is a good idea. You don't need to add any more salt to the steak, there is enough in it from before to add a bit of a salty taste depending on how long it was marinated.

Grill the steak over a medium flame till desired done-ness. Make sure not to poke a hole in the brown coating, you don't want those juices which are being formed to leak out. It usually takes around 8 minutes per side for a 1in steak, but it varies depending on the heat and size of the steak.

Finally, let the meat rest for a few minutes so it can loosen up and not be so tough. Put it on a plate and cover it with foil for 5 minutes or so. Serve and enjoy.



Steak Medallions

Submitted by Britt D. Burton; Virginia

Get a flank steak

Cut it into medallions, 2 - 4 inches in diameter, 1/2 inch - 1 inch thick. Marinate 4 - 8 hours in your favorite Italian dressing (I like Paul Newman's).

Take a medium onion slice in half into two halves with the top on one hemisphere and the bottom on the other. Slice into 1/4 inch discs then quarter the disks so you have nice slices that each represents a quarter ring of the onion and is roughly 1/4 inch thick. Set these aside.

Take a handful or two of small mushroom caps, slice them vertically to make slices, begin to sauté these in butter. Add the onions. Add the meat. Salt and pepper the meat to your preference. Now sauté lightly until cooked to your preference (rare, medium rare, medium, etc) with sliced onions and sliced mushroom caps.

This recipe is very much done in a try it as you go along way.... Don't be afraid to experiment!

One variation I have tried (my own personal secret ingredient) which will surprise you (you should try it) is instead of the marinade, rub the medallions with a pinch of cinnamon on each side of the medallions, then let sit while you cut up the onions and mushrooms.

Serve with garlic mashed potatoes (America's Test Kitchen has a great recipe for garlic mashed potatoes which is heart healthy, using only potatoes, olive oil and garlic, check it out) and green beans or some other vegetable of your choice.



BBQ Pork Ribs

Submitted by Mark McK

Ingredients

- 1.5 Kg's Pork Spare Ribs
- 1/2 Cup Plum Sauce
- 2 Tbsp Soy Sauce
- 2 Tbsp Tabasco or any Hot Pepper Sauce
- 1x 2cm Knob of fresh Ginger grated
- 2 Tbsp. Tomato Sauce
- 2 Tbsp. Maple Syrup
- 1 Lemon juice
- 1 Clove Garlic Crushed

Directions

1. Let Rib's stand in marinade in fridge for at least 3 hours, however best overnight.
2. Baste Rib's with marinade while cooking.



Indoor Steak

(for the days you can't fire up the grill)

Submitted by Jess Rutherford; Fairfax, Virginia

Ingredients

- Steak
- Oil (something with a high smoke point: safflower, grapeseed, peanut)
- Salt (Kosher preferred)
- Pepper (Fresh ground preferred)

Directions

1. Place a cast iron skillet in the oven and set for 500 degrees.
2. Apply a thin coat of oil (a few drops), then salt and pepper to each side of the steak
3. When the oven reaches 500, turn a burner on high and remove the skillet (which will be **VERY HOT**) from the oven and place on the burner. Let heat for an additional 5 mins.
4. Place steak on one side of the skillet and leave it there for 30 seconds; don't move it.
5. After 30 seconds, flip the steak. Do not move steak for 30 seconds.
6. Place skillet and steak into the oven.
7. Depending on steak thickness and desired doneness levels, 2-5 minutes per side in the oven should be adequate. If unsure, pull out the meat early and check doneness via the Doneness Hand Test, or with an instant read thermometer. Remember: you can always put the meat back in the oven if it's not done enough, but you can't un-cook it.
8. After removed from the heat, let the steak rest for 3 minutes before cutting/serving. Cover with tinfoil to retain heat during this time.

Enjoy!

For a bit of explanation behind the steps above: the 30 seconds on each side helps develop a delicious crust via the maillard reaction, the oil assists with heat transfer and crust development, and the resting the meat allows the juices to return to the cells of the meat (so when you cut into it the juices stay in the meat, not pool on your plate).



Barbeyaki Ribs

Submitted by Steve Argyle

Ingredients

- Pork ribs (any ribs will do, baby back, spare ribs, boneless country style, etc)
- your favorite BBQ sauce
- Teriyaki Sauce
 - 1 cup soy sauce
 - 1 cup sugar
 - 1/3 cup rice vinegar
 - 1/2 cup pineapple juice
 - 1 tsp ground ginger
 - 1/2 tsp garlic powder

Directions

Mix teriyaki sauce ingredients together until sugar is dissolved. Mix sauce with an equal quantity of your favorite BBQ sauce. Sear ribs in a Dutch oven until browned on the surface. Add sauce mixture and bake at about 325 until the sauce thickens and the ribs glaze, about an hour and a half.



Mr. Nicholson's Wonderful Ribs

Submitted by Greg Pait, North Carolina

First understand that this is made with a secret sauce. If you have your own secret sauce, great!

If not, you need to get one. First think about if you want to have a sauce based on vinegar, ketchup, molasses, or something weird, like mustard (sorry SC). The thicker your sauce the later in the cooking process you want to use it. This recipe is divided into four steps. It may seem like a lot of work for ribs, but you and your guests won't ever forget how great they are.

Ingredients

- 1 rack of baby back ribs
- 2 cups of vinegar
- -salt
- pepper
- sauce

Tools

- large cook pot
- cellophane wrap or tin foil
- baster or basting brush
- tongs
- sharp knife

Directions

Step 1. Peel

On the back of ribs there is a thin membrane, you won't know it's there unless you try to peel it.

It is white and tough. Get this off to make the ribs even more tender. Start with a sharp knife at one end of the ribs. Look for a place that you can get the knife blade under the skin. Once you have an edge to hold onto you can peel the skin just like a banana. It can be pretty gross, but it is worth it.

If you want to skip this step, that's OK, just serve the ribs separated instead of as a rack.

Step 2. Boil

Place ribs in a large pot. You may have to split the ribs in half to fit them in. Add one cup of vinegar to the pot. Fill pot with water until ribs are just submerged.

Bring to a boil and reduce to a simmer for 30 minutes.

Empty the water and repeat this process again.

You have now boiled the ribs twice.

Step 3. Marinate

Depending on your type of sauce you will complete this step two different ways. The first part is for everyone, the second part is dependent on your sauce.

Lay the ribs on the cellophane or tinfoil that you plan to wrap them in.

Salt and pepper your newly boiled ribs. Don't go overboard, just a nice covering. Rub this in on both sides.

Now if you are using a vinegar based sauce, you can add a splash to marinate the ribs in. If you are using a thick sauce based on something else wait and use your sauce at the end of your grilling.

Wrap the ribs in the wrap and place in the fridge for a minimum of 1 hour. Longer if possible.

Step 4. Grill

The key to tender-fall-off-the-bone-ribs is to slow cook them. If you have a smoker you are set.

If not you may want to invest in one. Cook your ribs on your cooker at low heat for at least two hours. One way to gage cooking time is to cook pork for one hour per pound. The longer the better. If you have a gas grill, place a sheet of tinfoil on the highest rack and let the ribs cook on that high rack. Avoid direct heat. If you have a single level charcoal grill wrap your ribs in tinfoil and cook. The key is to cook them "slow and low".

If you have a vinegar based sauce, you can baste as they cook. If you have a thick sauce, start basting lightly the last 30 minutes of cooking. Baste 2 or three times. Most of the time when you burn meat with BBQ sauce on it, it is because you put the sauce on too early and the sauce burns, or the heat is to high.

When they are ready they'll practically fall apart when you pick them up. Serve warm with your favorite sides.

Remember that practice makes perfect, I cooked many a bad batch before I got to the good ones. Also, enough can't be said for a good sauce, ask some relatives (especially older) if they have a family recipe. You'll be surprised.



Pulled Pork with NC BBQ Sauce

Submitted by Alan Cohen; Ohio

Prep Time: 20 minutes

Cook Time: 8 hours

Ingredients:

- 1 boneless pork butt/shoulder (about 5-6 pounds)
- 2 tablespoons paprika
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 1 tablespoon onion powder
- 2 teaspoons fresh ground black pepper
- 2 teaspoons cayenne
- 1 teaspoon ground cumin
- 4 pounds of hickory wood chips
- Plenty of aluminum foil

Directions

1. In a medium mixing bowl, mix rub ingredients together. Coat pork shoulder with rub, cover with plastic wrap and refrigerate overnight. Soak wood chips in water overnight as well.
2. To form foil packets, cut a 12" long piece of foil off a standard-size roll. Place a handful of wood chips in the center and fold the foil over the chips. Pierce the foil in several places with a fork.
3. Place enough charcoal/use enough gas to keep temperature low, or 200 - 225°F. Place the foil packet directly over the flame, and replace with a new packet every hour or so. Smoke pork shoulder for about 8 hours or until internal temperatures reach 185°F.
4. Remove the pork from the grill and wrap with tin foil, and let sit for 1 hour. While the pork is sitting, prepare the sauce.

To Serve

1. Use two forks to dig into the meat and pull apart to shred. Top with
2. North Carolinian Barbecue Sauce. Enjoy.

North Carolinian Barbecue Sauce ingredients

- 1 cup white vinegar
- 1 cup cider vinegar
- 1 tablespoon brown sugar
- 1 tablespoon cayenne
- Salt and pepper to taste

Preparation

Mix together in a bottle, and shake before using.

BURGERS



There are few foods more perfect to the taste and satisfying to the belly than the hamburger. A well crafted burger is like a fine sculpture, it's art you can eat. The combination of juicy meat, crisp lettuce, sweet tomato, and warm, toasted bun is enough to satisfy the deepest man-hunger. If you're looking for a way to man-up your dull burgers, take a look at these recipes.

Ultimate Hamburger

Submitted by Michael George

Serves 4

For this recipe, you want ground beef that is 85 percent to 90 percent lean. With the added bacon fat, 80 percent lean beef will make slightly greasy burgers. Crumble the cooked bacon slices over a salad, or use the slices as a burger topping.

Ingredients

- 8 strips bacon
- 1–2 slices white bread, crusts removed and, remaining cut into 1/2-inch pieces (1 cup)
- 1/4 cup milk
- 1 1/2 pounds ground beef
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 large garlic cloves, very finely minced
- Vegetable oil for grill rack

Directions

Fry bacon in large skillet over medium heat until crisp, about 8 minutes. Transfer bacon to plate lined with paper towels. Spoon 3 tablespoons of bacon fat into heatproof bowl and place in refrigerator while preparing other ingredients.

Place bread in small bowl, add milk, and let mixture sit until saturated, about 5 minutes. Using fork, mash bread and milk until it forms smooth paste. Break up beef into small pieces in medium bowl. Season with salt and pepper, then add garlic, bread paste, and reserved bacon fat. Using fork or hands, lightly knead together so that ingredients are well incorporated and mixture forms cohesive mass. Divide meat into 4 equal portions. Using hands, toss each portion of meat back and forth to form loose ball, then gently flatten each ball into 3/4-inch-thick patty.

Oil cooking grate and grill burgers over very hot fire, without pressing down on them, until well seared on both sides, 7 to 10 minutes. Serve, topped with bacon, if desired.



Basement Beer Burgers

Submitted by Lance

I guess the most manly recipe I can think of is my own from my college days in a tiny apartment in a basement. I call them Basement Beer Burgers:

Ingredients

- One pound ground beef
- 1 medium onion
- Beer (just about any kind)
- Worcestershire sauce
- 4 Hamburger buns
- Salt and Pepper

- Optional:
- Cheese
- Lettuce
- Tomato

Directions

Chop up the onion into small pieces, the smaller the better. Mix the beef, the onion, a little salt and pepper and two tablespoons Worcestershire Sauce together and form 4 patties. Put in a frying pan and get sizzling. Pour in enough beer to cover about 1/2 of the burgers and another tablespoon or two of Worcestershire sauce. Drink some of the beer, this is hot work. Cover and cook about 5-10 minutes, turn and press down on burgers. If you need more beer pour a little into keep the burgers moist. You may or may not want to cover them again. Cook until done, adding cheese toward the end if desired to melt it. Put on buns, add condiments and veggies if desired.

Serve with such things as potato chips, fries, ketchup, etc.; basically whatever you have in the fridge.

Enjoy. These are always moist and have lots of flavor. It works for turkey burgers too.



Delicious Onion Burgers

Submitted by Cody

Ingredients

- Ground beef or whatever you use to make hamburgers out of.
- 1 large Vidalia Onion
- finely chopped onion

Directions

1. put meat in to bowl
2. mix onion and meat until it is thoroughly blended
3. form into patties
4. grill and dress however you normally would



Ranch Burgers

Submitted by Cody

Ingredients

- Beef or whatever you use to make hamburgers out of.
- 1 pack of Hidden Valley ranch mix that comes in the pack

Directions

1. put meat in to bowl
2. sprinkle Ranch mix over meat
3. mix meat and ranch powder until it is thoroughly blended
4. form into patties
5. grill and dress however you normally would



Stuffed Hamburgers

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 1 garlic clove, minced
- 1/4 c yellow onion, diced
- 1/4 c green pepper, diced
- 3 tsp olive oil
- 1/4 c tomato, diced
- 1 tsp oregano
- salt and pepper
- 1 pound ground beef
- 1 egg

Directions

1. Sauté garlic, onions, green peppers in olive oil. Combine with tomato, oregano, salt, and pepper in a medium bowl and mix well. Set aside.
2. Beat the egg and add to ground beef. Mix well. Shape into eight 4-inch patties. Place a spoonful of the vegetable mixture in the center of one patty, and cover with a second. Press firmly, and pinch sides together to seal. Repeat with remaining patties. Fry or grill hamburgers as you normally would.

Cooking time: 0:30, Serves 4

Serve with: Mixed vegetables, baked yams

Notes: The trick to these is getting the patties sealed, making sure that the vegetables in the center don't leak out while you are cooking them. Also, instead of trying to measure out 1/4 c of onion or green pepper, I usually just chop up a whole onion, a whole pepper, and use an entire can of diced tomatoes. What doesn't go into the burgers gets put into something else the next day.



The Last Burger Recipe You'll Ever Need

Submitted by Shaun Daws; Australia

Servers 4-6

Equipment

- 1 medium mixing bowl
- 1 frying pan
- 1 frying pan cover or aluminum foil
- 1 spatula
- 1 kitchen knife

Ingredients

- 500g ground beef
- 6 hamburger buns
- 1 white onion (as finely chopped as possible)
- 1/2 spanish onion (sliced as rings)
- 1 clove of garlic (finely chopped)
- 3 tbsp soy sauce
- 6 tbsp sweet chilli sauce
- 2 tbsp cooking oil
- several slices of cheddar cheese
- ketchup (optional but recommended)
- mustard (optional but recommended)
- mushrooms (optional)
- beetroot (optional)
- lettuce (optional)

Instructions

* if you want your burger bun toasted, pop it in the oven on low heat before cooking the burgers.

They should be just ready when the burgers are done.

1. In a medium sized mixing bowl, combine the beef, white onions, garlic, sweet chilli sauce, and soy sauce
2. With your hands, press the meat mixture into 4 tennis-ball sized balls, or 6 squash-ball sized balls
3. Flatten each of the balls into round disks about 1/2 inch - 2/4 inch thick
4. Add the flattened meat balls to a warmed (medium heat), oiled frying pan. If you want cooked mushrooms, add them to the pan at this point.
5. Cook on one side for about 3-5 minutes
6. Flip the burgers
7. Place a few spanish onion rings on top of each burger, then cover each with some cheese
8. Cover the frying pan, and turn down to low heat for 3 more minutes
9. Remove the cover and serve each burger between the halves of a sliced hamburger bun. Add condiments, lettuce, etc to taste.



Taco Pasta

Submitted by Mike; Rochester, New York

Ingredients

- 1lb of pasta shells
- 1 lb of ground beef
- 1&1/2 to 2 packages of taco seasoning (depends on how you like it)
- 1 cup of sour cream
- 1 cup of shredded 'Mexican style' cheese (I think Sargento makes one)

Brown the beef and mix in the taco seasoning and sour cream. Cook the shells and drain. Put the drained pasta in a large bowl throw the cheese on top of that and then add the beef mixture. Stir everything together and eat. This one is great for a hangover and easy enough to do in your sad state.

SOUPS AND STEWS



There's nothing like a hot and hearty stew to warm you up after working out in the winter cold. Ideally, a soup or stew should be eaten from a deep wooden bowl that you carved with your own hands. You should also be sitting in front of a warm fire that you built yourself. Extra man points are awarded if you eat said bowl of soup with a grizzly bear blanket covering your lap. Of course, you killed the bear with your own hands because that's what men do. Now that everything is in place, you're ready to let your delicious soup or stew melt the cold away and prepare you to get back to splitting wood and shoveling snow.

Shrimp Creole

Submitted by Todd McGillivray, - <http://hoganisgod.tumblr.com/>

Here's the deal. This recipe is food you only serve to people you like- or think you will. It's messy, it's embarrassing to eat...in other words, it brings everyone down to the same level, which

is exactly where the hell they should be anyway. Pass out the lobster bibs and bottles of beer, and if you really like the folks, sit a container of baby wipes right in the middle of the table next to the shell bowl. They'll laugh, and then they'll thank you. It's even better the next day as an impromptu pasta sauce or stir-fry add-on.

STUFF YOU NEED

- 1 pile of big-ass shrimp, preferably uncooked and with the head on. Needless to say, when I'm at the family compound, we end up with cooked and cleaned and headless. But my way tastes better. This makes enough sauce for two pounds.
- 1 white onion, somewhere between the size of a baseball and a softball, chopped fine (1/8th inch dice)
- 1 green pepper, seeded and deribbed (obviously), chopped fine
- 3 stalks of celery, ends off, chopped fine between 2 and 6 cloves of garlic, minced. I like lots.
- an embarrassing amount of butter, like a stick at least
- heavy handful of all-purpose flour
- 1 can of good canned tomatoes - if they're whole, give 'em a rough chop (as in "stick knife in can, chop a little")
- lil' bit of tomato paste is good too, but only add it if you've got some kicking around already, don't go opening up a new can
- some cayenne pepper
- salt and pepper
- bay leaves
- thyme (dried's fine)
- chicken stock
- Jack Daniels (one shot)
- hot sauce (I like Frank's 'cause it doesn't adjust the flavor of the
- rest of the ingredients, but follow your heart/ulcer)
- cooked white long grain rice, if you're serving this as a meal. You do NOT use that weak short grain or calrose rice with this culinary gold, and if I even catch you THINKING about brown...you need individual grains that separate in the sauce, not something that feels like a third-grade spitball in your mouth.

SPECIAL EQUIPMENT:

- An enameled cast-iron dutch oven, or failing that, the heaviest pot you have - you want something that'll take to a low simmer well.
- Something that allows you to scrape large quantities off the bottom of the pot quickly - the biggest spatula-type thingy you've got.

STUFF YOU DO

Alright. First, you do the shot of Jack. (kidding, unless you want one. I've been known.)

Get your mise-en-place together (read: do your chopping now), because once you start, you'll

want everything handy to the pot. Stick the big-ass pot on a medium flame and melt the butter. When it foams and recedes, it's ready. Fire the onion, garlic, celery and pepper in there and stir occasionally until the onion is translucent. Then you flip the flame up to "Fourth Circle of Hell", grab a handful of the flour, fire it into the pot and start stirring the everloving crap out of it. You want to absorb the butter and veggie liquid with the flour, and then have the Cajun Napalm (aka: the roux, you posh bastard) adhere to the veggies. Stir, stir, stir, and eventually the flour will turn a nice light brown. Actually, it's a little faster than eventually when you cook at high heat. If you blacken the flour, start over. You cannot save it from that point, and it'll taste like carbon, and carbon is not a flavor, it's a mistake. If you're nervous, do this at the same medium heat. It just takes forever, and while you and I appreciate that great food can take a great deal of time, we're not making a goddamn cassoulet here.

Once the flour's nicely brown (think Halle Berry), you pour in the can of tomatoes with the liquid, a healthy shot of the cayenne, same amount of thyme, a serious shot of pepper, a couple bay leaves, and enough chicken stock to cover the amount of shrimp you bought. It's all eye here. You also add the shot of Jack. Have some for yourself, too. You've earned it. Bring the mess to a boil, cover it, and gently simmer it for like a half-hour, hour, whatever. You just want the flavors to come together. Stir every ten minutes or so. Taste it every so often and adjust the salt (totally dependent on the saltiness of the chicken stock; I buy the low-sodium stuff so I've got a little more control). Once everything's merged into something that approximates what I served you and has reduced into a thick red sauce, you can add the shrimp. If you need more liquid to cover the shrimp, add water, chicken stock, beer, whatever's handy. Once that shrimp is pink, it's done. Pour into an enormous bowl. Take the rice and put it in another big bowl.

Service is easy - place rice in individual bowl, add lots of shrimp and sauce over top. Serve with amazing bread and real butter and beer. That's all you need. Seriously. Although a nice red Zinfandel (Ravenswood from the Napa Valley is a good default) works beautifully with this too.

If anyone complains about the mess, you have to ask yourself a serious question: why is this person my friend?

This serves six or eight as a starter (omit the rice) or four for dinner, and hopefully leaves you with some leftover. Can be doubled, tripled, etc. I find this is the right amount for about two pounds of shrimp. And this works REALLY well with the jumbo shrimp, so splash out...or use the 21-30 counts and serve over a medium-rare steak. I mean, it's versatile as hell.

The Best Clam Chowder

Submitted by J.D. Roth; Oregon (getrichslowly.org)

READ THIS ENTIRE RECIPE BEFORE STARTING. Prepare all ingredients in advance. This recipe can be time-consuming (it takes around an hour from start to finish), and until you know

where your slack periods are, it's best to have everything ready to go instead of having to scramble in a panic because you suddenly need your onions. Don't worry. It's worth the trouble.

Ingredients

- one 51-ounce can of clams (from Costco or a seafood store)
- 2-1/2 pounds of russet potatoes, chopped into roughly 1" cubes
- 5-6 cloves garlic, minced
- 1 yellow onion, chopped
- 3-4 stalks of celery, chopped (including leaves)
- 2 tablespoons butter
- 1/2 pound bacon, chopped (thick bacon is good, pepper bacon is best)
- 1 bay leaf
- 1/4 cup flour
- 1/2 tablespoon hot pepper sauce (like Tapatio or Tabasco) -- mandatory
- 1/2 tablespoon hickory smoke salt -- optional, but highly recommended (liquid smoke *might* work, I don't know)
- 1 pint half-and-half

Directions

Open the can of clams. Drain clam juice into a large pot. Add potatoes. Bring to a boil. Reduce heat and cook until potatoes are *just* tender (al dente). They will soften more in later steps. Remove potatoes from heat. Draw off about one cup of the potato liquid for later use.

Rub the inside of a second (larger) pot with garlic. Over medium heat, melt butter in the garlic-lined second pot. Add bacon. Brown the bacon. When the bottom of the pot becomes sticky, brown for another minute or two. Add celery, onions, garlic, and bay leaf. The vegetables will remove the stickiness. Cook for several minutes, until vegetables begin to soften.

Reduce heat to low. Stir in flour. Once everything is good and gummy (60-90 seconds), *gradually* add the previously reserved cup of potato liquid, whisking occasionally. This will create a thick, gummy gravy-like mass. It will thin as you add more liquid. By adding the liquid slowly, you're able to keep more of the thickness. (You may also increase the thickness by adding a little more flour, but this chowder isn't meant to be a thick chowder.)

Stir in the clams, hot pepper sauce, and the optional hickory smoke salt. Add potato mixture and stir. Add half-and-half. Season to taste with salt (may not need any) and fresh-ground black pepper. Simmer five minutes, stirring frequently.

This chowder is good immediately, but it's even better after a couple days in the fridge. It keeps for up to a week. this recipe will probably make 8-10 servings. It's actually *half* what I normally make. My wife and I love this stuff.



Newcastle Beer Cheese Soup

Bill Powell, Oxford, NC

Ingredients

- 2 cups cauliflower or broccoli florets
- 1 tablespoon butter
- 1/2 cup chopped onion
- 1 garlic clove, minced
- 1 teaspoon Worcestershire sauce
- 12 ounces (1 bottle) of Newcastle Brown Ale
- 14.5 ounces of chicken broth
- 3 tablespoons cornstarch
- 2 cups half and half
- 2 cups aged cheddar cheese, shredded

Directions

1. Put the cauliflower in a small saucepan with enough water to cover it. Cook over medium heat until tender, 5 to 10 minutes. Drain.
2. Melt the butter in a large pot over medium heat. Add the onion, garlic and Worcestershire sauce.
3. Stir occasionally and cook until the onion is tender and translucent. Add the Newcastle Brown Ale and bring it to a boil. Add the chicken broth and let it come back to a boil before stirring in the cauliflower.
4. Combine the cornstarch and three tablespoons of water in a small bowl. Let dissolve and set aside. Stir in the cheddar and half and half into the soup until the cheese is melted. Add the cornstarch mixture and continue stirring until the soup thickens. Serve with croutons.



Ragout de Boeuf Bourgignon (Burgundy Beef Stew)

Submitted by Dan Pannebaker; Neenah, Wisconsin

Ingredients

- ½ lb. bacon, slice cut crosswise into thirds
- 3 lbs. rump roast or chuck roast, cut into 1-inch cubes

- ½ lb. baby carrots
- 2 large onions, peeled and cut into quarters
- 1 tsp. salt
- ½ tsp. pepper
- 2 Tbsp. flour
- 1 (750 ml) bottle Burgundy wine
- 2–3 cups beef broth
- 1 Tbsp. ketchup
- 2 cloves garlic, minced
- ½ tsp. dried thyme
- 1 bay leaf
- 1 lb. mushrooms, trimmed, cut into quarters, and sautéed in 2 Tbsp. butter or margarine until tender (Optional)

Directions

1. Preheat oven to 450° F.
2. In a large frying pan, sauté the bacon for 2–3 minutes over medium heat to brown slightly. Remove bacon with a slotted spoon and place on paper towels to absorb excess grease. Heat the bacon fat until it begins to smoke; add the beef cubes, about 1/3 at a time, and brown well on all sides. Remove beef with a slotted spoon and place on paper towels to absorb excess grease. Brown the carrots and the onions lightly in the bacon fat as well. Remove the vegetables with a slotted spoon and place on paper towels to absorb excess grease.
3. Place the bacon and beef in a Dutch oven or other deep roasting pan and toss with the salt, pepper, and flour to coat lightly. Set the pan in the 450° F oven, uncovered, for 5 minutes. Toss the meat and cook, uncovered, for another 5 minutes.
4. Remove the pan from the oven and turn the temperature down to 325° F. Add the carrots and onions to the pan. Pour in the wine and enough broth so that the meat and vegetables are barely covered. Stir in the ketchup, garlic, thyme, and bay leaf. Cover and bake at 325° F for 3 – 4 hours or until the meat can be pierced easily with a fork.
5. To serve, add the warm mushrooms to the pan and stir in. Serve with bread or potatoes to soak up the sauce.



Lances Best in the World French Onion Soup!!

Submitted by Lance

This recipe was taken from an old cookbook and adapted to my taste. It makes a great onion

soup, one anyone can make and enjoy.

Ingredients

- 6 oven proof bowls
- 5 or six medium sized yellow or white onions (not sweet onions)
- a loaf of French bread...or any crusty bread
- about a pound of Swiss Cheese
- A bottle of good white wine...
- 6 cups of beef broth...you can make your own or use beef bouillon
- vegetable cooking oil
- butter or margarine
- A large pot
- A medium size pot
- Salt and pepper
- Sugar
- A large ladle
- A sharp knife
- A corkscrew (If you are using wine that does not require a corkscrew you cant make this soup, so stop now!)
- A stove with oven
- 4-6 hungry people

Directions

Start by cutting up the onions, not dicing, but leaving them in half rings or quarter rings. They don't have to be uniform, either. Next, prepare your beef broth, however you decide, bringing to just below boiling. While this is heating put about 2 tablespoons of oil and a big dollop of margarine or butter in the big pot. Add the onions, stirring and coating them. Stir them occasionally, until they are rather limp and transparent. while this is going on open the wine and pour a nice big glass...you didn't think it would all go in the soup did you?? Get the cheese out and grate it (the cheese goes good with the wine, too) The onions are done by now, so add 1 teaspoon of sugar, stirring some more.

By now the broth is hot. Add it to the onions and stir. Drink some more wine. Let it simmer covered for 20 minutes. Add 1/2 cup wine. Salt and pepper to taste. Uncover and simmer another 10 minutes. While you are waiting, cut the bread, butter it and get the bowls out. Pour yourself more wine. Eat some bread...with the cheese now, its great with the wine.

Using your ladle and much care, put the soup in the bowls. If you have had too much wine this can be tricky. Put a piece of bread on top of each bowl, then the cheese on top of that, making sure the bread gets soaked well. Place the bowls in the broiler, about 3 inches below the heat.

Broil until the cheese bubbles.

Serve with the rest of the bread and white wine...you probably should have bought two bottles if you have company who likes wine. White Zinfandel goes great with the soup, too. Oh, you can double the recipe pretty easy, and I tripled it once...keep the sugar down, if you do. Everything else is pretty straight across the board...except the wine...only drink one bottle while preparing it.

Enjoy!



McCavour's Fish Soup

Submitted by Stephen McCavour

This is what my Father called clam chowder, but I call it Fish Soup because it's more of a soup than a chowder.

Ingredients

- 6 or more large potatoes
- 3 large onions
- 4 cans baby clams
- 1 large can chicken haddies (or 1lb white fish)
- 1 lb salmon
- 1 can lobster paste or pate
- 2 litres milk
- ¼ lb of butter
- Shrimp (peeled & de-veined) cooked or raw
- Lobster meat (cooked)
- Scallops
- Any type of saltwater fish
- Bottle of clam juice

Directions

Peel the potatoes and put them through a French fry cutter, then cube them. Put them in a large pot of water and bring to a boil. Cook them until you can smush them with a fork but they are still fairly solid.

Drain the juice from the canned clams into a smaller pot. Chop up the onions and put them into

the pot with the clam juice. If you need to, top up the pot with water or add bottled clam juice. Boil the onions until they are very soft.

When the potatoes are ready, drain about ½ the water from their pot. Add the onions and clam juice to the potatoes. Chop up the fish into small pieces and add to the pot. Add the clams, chicken haddies, any other fish and scallops to the pot. Do not add shrimp or lobster yet. Fill the pot close to the top with milk and cook on medium high heat until the fish is cooked. Do not allow the pot to boil. Add the lobster paste and butter. At this point add shrimp and lobster if you want. Simmer on medium low heat for as long as you want or at least until any raw shrimp is cooked. I generally don't salt it, leaving it to the consumers to salt and pepper to taste. Makes a huge stock pot full, and will keep for days in the fridge. The longer it is allowed to sit, simmering or in the fridge, the more the ingredients will work together and the better it tastes.



The Reverend's Gumbo Ya-Ya

Submitted by Todd McGillivray, - <http://hoganisgod.tumblr.com/>

Gumbo is a gift from God. No other way it can be described. My recipe is a bastardized version of the Gumbo Ya-Ya (chicken and sausage) they make at Commander's Palace in New Orleans; there are a couple shortcuts here that I use to make it so you can have everything done and simmering in about an hour, as opposed to the extra hour's worth of prep and cooking you gotta do if you're going to go hardcore. It also knocks down some of the fat content, which is good because this stuff ain't exactly healthy to begin with. Also, mine only needs one pot, which is big if you're like me and hate dishes with a passion.

Like all of my favorite recipes, this is food you make for people you know you like - or know you will like. It's messy, spicy, homey and terrible for you - delicious, in other words.

Ingredients:

- 2 largish boneless skinless chicken breasts, or a smaller tray of boneless skinless chicken thighs
- 3-4 links of smoked sausage; I really like the paprika-heavy portugese-style chorizo, if you can find it. Andouille is traditional. Kielbasa works very nicely as well, and I've substituted a tray of hot Italian sausages in a pinch.
- 2 baseball-sized onions
- 3 stalks of celery
- 1 big green pepper
- 3-6 cloves of garlic
- some plain white flour

- cayenne pepper
- black pepper
- garlic powder
- salt (one of the rare times I like ol' fashioned table salt; sea or kosher salt is just too big and grainy for this)
- bay leaves
- canola or vegetable oil (don't use olive oil for this recipe; it's too strongly flavored. You want a neutral-tasting oil. Or butter.)
- a couple big (one liter) cartons of low-sodium stock; I use one beef, one chicken
- some long grain white rice. You do NOT use short or medium grain, basmati, thai jasmine, or whatever. I don't stickle on tradition usually, but here, you stickle. See the note on rice: you have a couple of options.
- your favorite hot sauce (I like Frank's, red or green Tabasco, Louisiana, or, if you can find it, the best of all: Crystal)

Equipment

- one big-ass pot with a wide bottom; preferably one with square sides. If you got a rondeau, this is the time to bring it out. Dutch ovens work well too.
- something you can use to scrape the bottom of the pot quickly and in long strokes. I've got a trapizoidal silicone spatula which works really, really well for this.
- an old can or coffee cup to put the skimmings into

Directions

1. The key to this recipe is having all of your stuff chopped and ready to go BEFORE you make the roux.

a) Chop the chicken into bite-sized pieces, and throw into a paper or ziploc bag with flour that you've added some salt, black and cayenne pepper, and garlic powder to. Shake well to coat and leave on the counter while you chop the rest of the stuff up.

b) Chop the sausage into coins that are about 1/4" thick. Place in a bowl.

c) Chop the onion, celery and green pepper into a fine dice – about 1/4". I mean, this isn't fancy food, so don't worry about it being perfect. Throw all three into another bowl, then mince the garlic and throw it in there as well. Place this somewhere handy to the stove - you're gonna need to throw it in there very quickly once the roux is ready.

2. Take the chicken out of the bag, shake the excess flour off, and toss on a plate. (Save the flour - you'll need it later.) Stick the big-ass pot on medium-high heat and pour a thin layer of oil in there. Bring it up to temperature (3-5 minutes) and sear the chicken on all sides. Once it's seared off (you don't see any more red), take the chicken out of the pot and throw the sausage in

there. Again, just sear it; you don't need to cook it at this point, because it'll cook while you're simmering the gumbo. Once it's slightly browned, take the sausage out and set aside.

3. Now this is the dangerous part - seriously - so read this over carefully before you begin the recipe.

Now you gotta make a roux.

A roux is just flour that's been browned in very hot oil. Nothing crazy, but if you don't know what you're doing, you can cause a kitchen fire very, very easily. If you do cause a kitchen fire with this stuff, you do NOT use water to put it out - you just pull it off the heat and slap the lid on the pan, or fire half a bag of flour in there. If you use water, it will explode. Believe me, you don't want to get ANY of this shit on ya.

Lower the heat to medium. It takes longer to do it this way, but until you've done this a couple of times, you don't want to do it at high heat.

You want about a half-cup of oil in there - a fair bit, in other words. You'll have some left over from the chicken and the sausage; just add enough to make sure the bottom of the pan is coated with about an 1/8". Then add the flour you reserved from the chicken and stir, constantly scraping the entire bottom of the pan. If you leave the flour in one place, it will begin to burn, and if it burns - turns black, even a little bit - you gotta throw it all out, wash the pot, and start with new oil and flour. Add flour (more from the bag if you need to) to make a nice smooth paste; you can add more oil here too if you need to. Think about the consistency of a pot of risotto, or porridge. As you continue to scrape, turn and fold the roux, it will begin to brown; it'll go light brown fairly quickly, and then slowly turn darker and darker. You need to continuously stir it until it begins to smoke (that part's normal) and turns the color of a Hershey chocolate bar.

As SOON as it hits that point, take the pan off the heat, throw in the onion, garlic, peppers and celery and stir to coat. The vegetables will cool the roux down, and the roux will stick to the vegetables. This is great - this is what you want. Now place the pan back on the heat and saute the veggies until they're softened a bit - about three or four minutes or so.

4) Pour in the full carton of beef stock and a third or half of the carton of chicken stock. Add the chicken, sausage, a couple bay leaves, and a healthy few glugs of your hot sauce du jour. Turn the heat up to high, bring the lot to a boil, and then turn it down to whatever you need to turn it down to so it maintains a low simmer (so you can see a bubble break the surface every two or three seconds). Let it simmer for anywhere from an hour to two; the roux will thicken the gumbo, finish cooking the chicken and sausage, and eventually leave you with a sort of half-soup half-stew consistency that smells really, really, really good. I'll occasionally sneak a shot of Jack Daniels in there, too - it adds some depth, especially if the sausage isn't smoky enough for my taste.

Oh, and the other important thing - stir it every now and again, but before you do, skim off the

fat that'll rise to the surface. There's a fair bit in there from the sausage and the oil, and the more you can skim, the better it'll be.

5) Taste for salt. If you want, this is where you can add a bag of pre-cooked shrimp, too; just leave 'em in there long enough to get warmed up. Serve over pre-cooked white rice with extra hot sauce on the side, some good bread and butter, and beer.

A note on rice:

You have two options here. If you have a rice cooker or don't mind dirtying up another pot, about a half-hour before you want to eat, cook up the rice in the manner in which you're used to cooking rice.

Then, before service, put a clump of rice in the middle of the serving bowl and pour the gumbo over top of it. Otherwise, you can do what I usually do - after about forty-five minutes of simmering, dump the rice in the pot and cook it right in the gumbo. Yeah, you end up with the occasional crunchy grain of rice, but by and large it all cooks nicely. It's done when the rice is cooked.

If you end up with leftovers, it's even better the next day; just loosen it up when you're reheating it with some stock or water or beer...or, actually, my favorite way is to let it harden in the fridge a little bit, put it in a tortilla, hit it with more hot sauce, and eat it that way. So good when you come back from the bar.



Cheesy Potato and Corn Chowder

Submitted by Corey Nash; Champlin, Minnesota

Ingredients:

- 2 tablespoons butter
- 1 cup chopped celery
- 1 cup chopped onion
- 2 (14.5 ounce) cans chicken broth
- 3 cups peeled and cubed potatoes
- 1 (15 ounce) can whole kernel corn
- 1 (15 ounce) can creamed corn
- 1 (2.5 ounce) package country style gravy mix
- 1 cup heavy whipping cream

- 1 cup milk
- 1 cup shredded cheddar cheese

Directions:

1. In large saucepan, melt butter over medium high heat. Add celery and onion; cook and stir until tender, about 5 minutes.
2. Add chicken broth; bring to a boil. Add potatoes; cook over low heat for 20 to 25 minutes or until potatoes are soft, stirring occasionally.
3. Stir in corn; return to boiling. Combine milk and cream; dissolve gravy mix in milk/cream mixture; stir into boiling mixture. Add cheese; cook and stir over low heat until cheese is melted.
4. Share with your friends, crack a beer, and enjoy!



Hawaiian Stew

Submitted by Bosley Gravel

Ingredients

- 1 lb Ground Turkey
- 1 Can of Coconut Milk
- 1 Can Black Beans
- 1 Can Pineapple Chunks
- Pickled Ginger
- 5 Green onions stalks
- 1 Package Rice sticks

Directions

Cook turkey until it is almost done, try to keep it about the size of small meatballs, salt and pepper to taste. In another pot cook the rice sticks as directed on the package. Add one can coconut milk and one can of black beans drained and rinsed to the turkey. Simmer together until the turkey is done. In another pot cook rice sticks.

When the turkey is pretty much done add some pickled ginger if you have it (homemade is best of course), cut the fresh green onion and add the can of pineapple chunks with (juice removed).

Let the pineapple and green onion get warm but not all cooked. Drain the rice noodles and add it all together.. Spice it up with tabasco or red pepper if desired.



Taco Soup

Submitted by Austin Hollis

Taken from the The Paradise-Bottom Company, Kentucky.

Ingredients

- 1 lb ground beef
- 3 tablespoons taco seasoning
 - 4 teaspoons dehydrated onion
 - 1 teaspoons cumin
 - 2-4 teaspoons chili powder
 - 2 teaspoons salt
 - 1 teaspoon cornstarch
 - 1 teaspoon garlic powder
 - 1 teaspoon crushed red pepper
 - ½ teaspoon oregano
- 1 package Spanish rice mix
- 2 cups water
- 1 can black beans (black-eyed-peas as substitute)
- 2 cans whole kernel corn
- 1 can pinto beans
- 1 can chili beans
- 1 can tomatoes
- 1 can diced tomatoes with chilies

Directions

1. Drain/rinse pintos and black beans. Brown beef, mix all ingredients together in large kettle. Cook until rice is tender (10-20 minutes).
2. For vegetarian, omit beef.



Rabbit stew

Submitted by Austin Hollis

Taken from the The Paradise-Bottom Company, Kentucky.

Ingredients

- 1 bunny
- 1 cup brown rice
- ½ onion, diced
- 2-3 carrots, sliced
- 4 sticks celery, sliced
- 3 potatoes, cubed
- 3 chicken bullion cubes
- Seasoned salt
- Hickory liquid smoke

Directions

1. Dress rabbit and brown in pan, cut into bite-sized pieces. Add rest of ingredients to large pot in this order:
2. Rice goes in first, potatoes go in last. Stew until rice is tender, season to taste with salt.

CHILI



Like a good soup or stew, chili is another food that can fill and warm your belly. Every man has their own way to make chili. While most chili looks the same, it's the little things, like spices and the type of meat used, that set the good chilies apart from the mediocre. Chili is a man food that inspires such passion and conviction that men wage war with their chilies in fierce competitions every year and in every community. Below are several chili recipes from men who were kind enough to share their secrets. Don't forget to make the cornbread that should accompany any bowl of delicious chili

Lazy as Heck Chili

Submitted by Shortstack

Ingredients

- 1 pound of ground meat, your choice. I like turkey.
- 1 can of red beans
- 1 can of black beans
- 2 cups of chopped onion
- 1 bell pepper, chopped

- 1 jalapeño, chopped
- Cumin
- Chili powder
- Oregano
- 2 cans of diced tomatoes or, dice your own
- 2 cans of tomato paste

Directions

Brown the meat, then take all ingredients and combine in a crockpot. Add spice to taste. Set the crockpot on low and go about your day. I said it was lazy! Thick, hearty, and delicious. Goes great with a Guinness at the end of the day!



Ramius Chili

Ingredients

- 1kg beef chunks
- 1 onion chopped
- 1 can chopped tomatoes
- 1 can whole tomatoes
- 1 tsp cumin
- 2 tablespoons crushed chillis
- 1/3 cup beef stock
- 1/2 jar jalapeno chillis
- 1 large can kidney beans
- 1 can mexi beans

Directions

1. Fry onion in a large pot. Add beef and brown. Put all other ingredients (except beans) in the pot, stir, cover and cook on lowest heat for 1.5 hrs.
2. Drink beer while waiting.
3. Stir frequently as the chilli can burn.
4. After 1.5 hrs add both cans of beans, and cook for a further 1 hr.

Can be frozen.

Excellent reheated.

This recipe can be cooked a LOT quicker. I find that if it cooked for the full time the meat

breaks up, and has a lot better texture.

Top with grated tasty cheese and sour cream.



Awesome Turkey Chili

Submitted by John

Very easy, healthy and good.

Ingredients

- 1 pound ground turkey
- 5 roma tomatoes diced about 1" cubes
- 1 onion diced
- 3 cloves garlic diced
- 3 jalapenos slices (remove seeds and white center if you cant handle the heat)
- 6 oz pace salsa hot
- 3tbs olive oil
- kosher salt to taste
- pepper to taste

Directions

1. Heat olive oil in large sauce pan over high heat add onions sprinkle with a little salt and sauté until they become translucent (clear)
2. Add garlic wait 30-45 secs until garlic is light brown but not burnt
3. Add package of turkey stir until cooked
4. Add the tomatoes, jalapenos, and salsa
5. Continue stirring until everything comes to a boil
6. Cover, reduce heat to low, and allow to simmer for 45mins-1hour.

This will be great right away but the leftovers the next day will be really awesome. Good luck and enjoy.



Bob's Chili

By Bob Bennett; Michigan

Ingredients

- 6 pounds lean ground beef
- 6 pounds canned chili beans (do **NOT** use kidney beans)
- 2 15 oz. cans diced tomatoes
- 2 cans tomato soup
- 1 medium onion
- 6 – 8 cloves garlic
- 1 medium green pepper
- 1 medium red sweet pepper
- 1 tablespoon ground cumin
- 1 tablespoon ground red pepper
- 3 tablespoons brown sugar or molasses

Directions

1. Brown ground beef 1.5 pounds at a time in a skillet. Drain and set aside.
2. Dice garlic, onion and peppers into approximately ¼ inch pieces.
3. Sauté garlic, onion and peppers in skillet.
4. Combine beef, garlic, onions and peppers into a large stew pot.
5. Add chili beans, canned tomatoes and tomato soup
6. Add cumin, ground red pepper and brown sugar.
7. Bring chili to a boil and simmer on low heat for about one hour.
8. Adjust ground red pepper to taste.
9. Adjust brown sugar or molasses to remove acid taste.

Actually tastes better heated up the next day.



Marc's Pork Green Chili and Kickbutt Verde

Submitted by Mark Jones, Colorado

Ingredients

- 1 large onion chopped
- 1T garlic chopped
- 1/2c olive oil
- 1c cilantro chopped

- ~15-20 Anaheim chilies (mild)
- 3 Poblano chilies (medium)
- 1 Serrano chili (hot)
- 8-10 tomatillos
- 8oz can chop tomatoes (roasted if you can find them)
- 30oz (5c) chicken broth
- 1 Corona (or other Mexican beer)
- 4 chorizo sausages
- 1lb chop pork
- 1T cumin
- 2t salt
- 2t black pepper
- 1 lime - juiced
- 1/4t nutmeg
- 1/4t cloves
- 1 shot tequila

If you are lucky you can buy roasted chilies at your local farmers market. Otherwise, roast your own chilies. Good directions here:

<http://www.zianet.com/focus/chile/chile2.htm>

1. Clean and skin the chilies. In a large pot add a little olive oil and brown the pork and chorizo.
2. Remove the meat and then add more olive oil, onion, garlic, and sauté. Add broth, beer, peppers, tomatoes, tomatillos, pork and chorizo. Bring to a boil. Add salt, black pepper, lime juice, cumin, 1/2c cilantro.
3. Simmer and reduce for 2+ hours. The longer the better. Add more beer, broth, or water if needed.
4. Add 1 shot tequila and the remainder of the cilantro about 1/2hour before serving.
5. This recipe is only medium hot. Use the verde for an extra kick.

Kickbutt Verde

<http://marcjstuff.blogspot.com/>

- 5 Serrano peppers
- 1c white onion
- 3 diced tomatillos
- 1/4c chopped cilantro
- 1T chopped garlic

- 1t salt
- 1t ground black pepper
- 1T olive oil
- 1/2 lime juiced (~1T)

Peel and seed peppers. Chop it all up, mix, and season to taste. The verde is fairly hot and should be used as a kick for the green chili or with cornchips.



Mother Metcalf's Chili Con Carne

Submitted by Tim Metcalf; Michigan

Servings: 2

Ingredients

- 1 Pound Ground Chuck
- 1 Large Onion, diced
- 1/4 Green Pepper, diced
- 1 Celery Stalk, diced
- 1 Can Whole Tomatoes
- 1 Can Kidney Beans
- 1 Can Tomato Soup
- 1 Can Water
- 1 Tablespoon Salt
- 1 Clove Garlic
- 2 Tablespoons Chili Powder (or to taste)

Directions

Brown the ground chuck slowly in a heavy pot.

When lightly browned, add the rest of the ingredients. Simmer for at least one hour, covered. Remove cover and simmer for at least another hour.



Roasted Turkey in Ancho Chili and Chocolate Sauce

Submitted by Jerry Ayers, Arlington, TX

Ingredients

- 1" cinnamon stick
- 1/4 tsp cardamon seeds
- 4-6 Ancho Chilies
- 1 small onion, finely chopped
- 2 - 4 cloves of garlic, minced
- 6 dried apricots, finely chopped
- 8 dried dates, finely chopped
- 1 tsp ginger, minced
- 4 oz SchafB Chocolatemaker Chocolate 80-90% cacao,
finely chopped
- 1/4 cup pecans or walnuts , toasted and cooled.
- 1/4 cup pumpkin seeds, toasted and cooled
- 1/2 cup chicken stock or water
- 1 8-10 lb turkey cut into pieces

For Garnish

- Chopped Cilantro
- Chopped Mint
- Toasted Pumpkin Seeds
- Cocoa Nibs

Directions

1. Toast the spices in a hot skillet until they release an aroma, approximately 3-5 minutes. Remove from heat and let cool.
2. Place the dried chilies in a 425 degree oven for 10 minutes until they plump and are slightly toasted. Remove from oven and let cool.
3. Remove the stems from the chilies and shake out the seeds. Place chilies and cooled spices in a spice grinder or coffee mill and process until powdered.
4. Combine the chili spice mixture with the remaining ingredients (except the turkey and garnish ingredients) in a blender or mortar and pestle and blend until a smooth paste is formed. Add more chicken stock or water if needed.
5. Preheat over to 375 degrees.
6. Rinse the turkey pieces and pat dry. Sprinkle with salt and pepper.
7. Place the individual turkey pieces on separate pieces of foil. (For a unique presentation: use banana leaves in place of the foil.)
8. Divide the ancho chili and chocolate sauce evenly among the pieces of turkey. Seal each

piece tightly in its pouch.

9. Bake for 2 hours or until the juices of the largest piece of meat run clear or the internal temperature reaches 180 degrees.
10. Remove from oven and allow to sit for 5-8 minutes before serving. Unwrap and slice into individual portions and serve each portion on a bed of rice or quinoa.
11. Garnish with any combination of garnish ingredients or allow each guest to garnish as they please from a choice of the garnish ingredients.



Mikey's Monday Night Football Chili

Submitted by Mike Horton aka "ManlyMike"- Tulsa, OK

Ingredients

- 2lbs of Ground Beef
- 1lb of Owen's spicy sausage
- 2 packets of William's chili seasoning
- 2 yellow onions-diced
- 1 bottle of Heinz chili sauce
- 1 can of rotel (diced)
- 1 lg. can of diced tomatoes
- 1 23oz. can of Ranch style beans

Directions

Brown meat and onions, stir in seasoning, then add all other ingredients. Cook on low for at least 2 hours- THE LONGER IT COOKS THE BETTER IT GETS!!! I personally cook it on low in the crockpot for at least 4 hours, it gets even better the next morning.

Also.... I add a lot of salt and pepper and sometimes I will use the Tex Mex Williams chili seasoning or mix the 2, occasionally when I am stirring I will add a little beer for added flavor.



Nathaniel's Chili

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 1 pound ground beef
- 1 onion, diced
- 12 oz. canned tomatoes, diced
- 1/2 cup kidney beans, cooked
- 2 garlic cloves, minced
- 1 tsp cumin, ground
- 1 tsp oregano
- 4 tbsp chili powder
- 1 bay leaf
- 1 red pepper, diced
- 1 1/2 cup red salsa

Directions:

1. Brown ground beef in skillet. Combine all ingredients in slow cooker, and stir to mix. Cook on low heat for at least eight hours, stirring occasionally.
2. Cooking time: Preparation, 20 minutes; total, 8 hours

Serve with: Cornbread, corn chips, beer

Notes: A good way to serve this is with grated cheddar cheese and corn chips on top.



Cincinnati Chili

Submitted by Jim Hoy; Texas

Cincinnati chili is more of a sauce than Texas-style chili. It is never served all alone. It is always served over spaghetti, and can have cheddar cheese, onions, beans, or oyster crackers (or any combination of these) served on top. It is PHENOMENAL on hot dogs and burgers.

Ingredients

- 1 large onion chopped
- 2 pounds ground beef
- 1 clove garlic, minced (about 1/2 teaspoon)
- 1 tablespoon chili powder
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 Bay leaf

- 1 teaspoon red (cayenne) pepper
- 1/2 teaspoon salt
- 1 1/2 tbsp unsweetened cocoa (baker's chocolate)
- 1 15-ounce can tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon cider vinegar
- 1/2 cup water

Directions

1. Sauté onion in a large frying pan over medium-high heat.
2. Add the ground beef and garlic and brown the ground beef.
3. Transfer beef and onion mixture to a large pot.
4. Add allspice, chili powder, cinnamon, Bay leaf, cumin, cayenne pepper, salt, unsweetened cocoa or chocolate, tomato sauce, Worcestershire sauce, cider vinegar, and water
5. Reduce heat to low and simmer, uncovered, 1-2 hours. Remove from heat.

I like to cook it all day. The longer it cooks, the better.

Notes:

- If you want to lower the fat content a bit, put it into the fridge for a few hours, and then skim off the fat.
- Don't forget to remove the Bay leaf before serving!
- Don't substitute white meats for the ground beef. They don't have the same consistency and don't interact with the chocolate and cinnamon well.
- The measurements for the spices are all relative. If you like a little more kick, feel free to add more cayenne. The only spices you don't want to overdo are the cinnamon and chocolate.

How to order chili in a Cincinnati chili parlor:

- Two-Way: Chili served on spaghetti
- Three-Way: Topped with shredded Cheddar cheese
- Four-Way: Topped with Cheddar cheese and chopped onions
- Five-Way: Additionally topped with Cheddar cheese, chopped onions, and kidney beans

BEANS



Yes, beans. They're good for your heart and they're the musical fruit. Our pioneer forefathers made beans a staple of their diet because of how easy they were to transport. Also, the ensuing round of flatulence after consumption provided hours of entertainment for men sitting around a campfire. Beans make for a tasty and cheap meal. Of course plain beans are bland and unappetizing. Lucky for you, you have at your hand several recipes that will make beans taste like a delicious delicacy. Enjoy, but remember to have the courtesy of leaving the room before you rip one afterwards.

Cody's Red Beans and Rice

Submitted Cody

Serves 4 with leftovers

Ingredients

- 2 pounds of Polish Kielbasa

- 1 1/2 cups of rice
- 2 cans of Red Kidney beans
- Tony Chachere's Creole Seasoning
- Oregano
- Salt and Pepper

Directions

1. Start boiling 3 cups of water for the rice, when the water is boiling add rice, stir, and cover and turn down heat way low. When there is no water in the pot add salt, pepper, and butter to taste.
2. Cut sausage into 1/4 -1/2 inch "rounds" and put into big pot
3. Open 2 cans of beans and pour beans and bean juice in to same pot as sausage
4. add half a bean can of water
5. Add Creole Seasoning and Oregano to taste
6. Turn mix on high after it has been boiling for about 10 min turn to simmer until rice is done or if rice is already done, well then the meal is ready to be consumed.

Enjoy!



Robert's Red Beans and Rice Recipe

Submitted by Robert Luckey; Nashville, Tennessee

Ingredients:

- 1 lb Dry Beans (Usually "Light Red Kidney Beans," but you can use whatever you want really)
- 1 or 2 White or Yellow Onions
- 1 Bunch of Green Onions
- 1 or 2 Packages of Andouille Sausage (If you cannot find Andouille, any smokes sausage will do fine)
- 1 or 2 Bay Leaves
- Salt and Pepper to taste

In addition, you may want to add:

- 1 Chopped Green Bell Pepper
- Chopped Celery

(The addition of these two items will complete the “Holy Trinity,” (onions, celery, bell peppers) of Cajun cooking. I never use them, but that’s probably a sin on my part.).

Rinse the beans and soak them at least 8 or so hours (overnight is good). You will need to use at least as much water to cover the beans x2. If the beans soak up all the water you didn’t use enough and you should add more. You can choose to either keep the water you soaked in or use new water. Supposedly if you keep the water, the final product may taste better; however, it is said that doing so will up the “flatulence factor.” Put your beans in a large pot and add enough water to cover the beans x2. Turn on the heat to bring the beans to a boil. While waiting, chop up your onions and anything else you’re adding. Once the beans are boiling, add the chopped greens and the bay leaf. Reduce the heat to a simmer.

Cut up your sausage to whatever size and shape you want. I usually do half sliced about 1” thick and the other half in about 3-4” segments. Throw the sausage in and give the pot a good stir. Cover, stirring occasionally.

Prepare whatever rice you would like. I suggest either brown or dirty rice.

Cooking time is 2-3 hours. The beans should be tender, the liquid should be thick, the greens should be mostly if not completely vanished, and the sausage should be very swollen. The traditional test for beans is that they are done when the skin breaks as you blow on a cooked bean. If the liquid is very thick but the beans are not done, add more water and continue cooking. If the beans have been done for some time but the liquid is still too watery, mash up some of the beans and stir the pot.

To serve, lay a bed of rice in bowl or on a plate and ladle the beans over the rice. Keep in mind that this dish is a blank canvas for anything else you would like to add. I will usually try a new spice in it every time.

More tips:

I find it best to stir the pot regularly during cooking the very bottom circulated.

Red beans and rice goes well with corn bread.

It will always be better the second day.



Plain 'ol Black Beans 'n Rice

Submitted by Shortstack

Ingredients

- 4 - 6 cups of water and an equal number of chicken bullion cubes or 4 - 6 cups of chicken stock
- 1 lb bag of black beans
- 2 12oz cans of whole kernel corn
- 2 or 3 cups of diced onion
- Balsamic Vinegar
- Thyme
- Black Pepper
- Oregano
- Rice

Directions

Soak your beans over night, drain and rinse them. Take a large pot, add water and bullion cubes or chicken stock, heat on high. Drain the water from the corn and dump corn, beans, and onion into the pot. I never measure my spices, so just season to taste, if you like a lot of pepper put in a lot of pepper. If you don't like Thyme leave it out. If you like other stuff, put that in too! Bring to a boil and stir for about 10 minutes then reduce to simmer until it's reduced. If you find it's taking quite some time to reduce, bring it to a boil again! It's pretty open ended and makes a good starting base for whatever you'd like. Put the bean sauce over some rice and you've got a pretty hearty meal. It freezes and reheats very well and makes excellent take along lunch to school or work.



Frankly American Bean Bake

Submitted by Matt Dimarino; Philadelphia, Pennsylvania

Ingredients

- 1/2 cup chopped onion
- 2 tablespoons margarine
- 2 cans (16 ounces each) Campbell's pork & beans
- 1/2 lb. beef hot dogs (cut into 1/2 inch pieces)
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon dry mustard

Directions

1. In saucepan over low heat, in hot margarine, cook onion until tender.

Stir in remaining ingredients.

2. Pour into 1-1/2 quart baking dish. Bake at 400 degrees for 30 minutes

or until hot. Stir thoroughly before serving. Makes 4 cups or 5



Ben's Backyard BBQ Beans

Submitted by Ben Cox; Bedford, Texas

Ingredients

- 1 lbs of pinto beans
- 1 white or yellow onion coarsely chopped (depending on preference)
- 1 good sized green bell pepper coarsely chopped
- 1 teaspoon of salt
- 1 jar of your favorite BBQ sauce (at least a pint, or 16oz)

Directions

1. Bring pinto beans to a boil (blanching them helps, if you have time)
2. When they are almost soft to the touch, add pepper, onion and salt
3. continue boiling until beans are fully cooked (they squish between your fingers with little effort)
4. Remove from heat, drain and add BBQ sauce
5. Serve hot
6. Can be refrigerated and served later, but best freshly cooked.
7. Great with burger, steak, chicken, basically any meat cooked over an open flame!



Grandpa Jack's Mexican Beans

From Bruce

My maternal grandfather, Jack Fickes, was an LA law enforcement officer (worked both as a detective and a sheriff in the 1930s) who also did moonlighting as a caterer, typically to large gatherings. This is a recipe of his that I still make to this day; in fact, I have his large wooden paddle that he was using 80 years ago. (I also have his large carving knife, which a Russian

butcher used to kill himself, but that's another story.)

Anyway, the recipe is simple. Here's the basic proportion of ingredients (you can scale up as much as you'd like).

Ingredients

- 2 lbs dried pink beans
- 2 lbs ground beef, finely diced stew meat, or finely diced pork
- 1 tablespoon pepper
- 2 lbs Mexican chorizo (either beef or pork)
- 1 tablespoon salt

Directions

Rinse the beans; put in a heavy pot and cover with water (with a few extra inches) and let them soak overnight. In the morning, pour off the water and then cover them with water again. Bring to a gentle boil; add the pepper. Let cook until the beans are tender; add the meat (if ground beef, crumble it in) and stir. Cook for an hour or two more; add the chorizo by squeezing it out of its packaging into the beans; it will dissolve in a little while (stir a lot). Simmer for a few hours more, then add the salt (you want to add this as late as possible, since it will stop the beans from softening). Adjust seasonings (more salt and/or pepper) to taste.

In all this, stir the beans regularly and take care not to let the beans burn on the bottom of the pot; if that does happen, do *not* scrape the bottom of the pot. Instead, pour the beans into another container, then scrape off the bottom of the pot (into the trash), clean the pot thoroughly, put the beans back in, and continue. The goal is to neither add too much nor too little water, so that the beans have a nice, thick consistency when you are ready to serve them. You can freeze and reheat, which is what I did with the beans above; this is from a very large batch I made some weeks back.

This recipe is taken from [this blog post](#) about one of my Very Large Scale BBQs. You can also see a photo of my Grandpa Jack there. ..Bruce..



Baked Bean Soup

Submitted by Paul Houle; Brighton Michigan

What's more manly than baked beans?

Ingredients

- 4 cups of baked beans (homemade is best) [2 cans]
- 1 onion, chopped
- 3 Stalks celery, chopped
- 1 1/2 cups of Rotel tomatoes (chopped tomatoes and green chiles.) [roughly 1 can]
- 1 1/2 tsp chili powder (more if you like it hotter.)
- 6 Cups of Water
- Salt
- Fresh ground pepper

Directions

Put 3 cups of baked beans, the onion, celery, tomatoes and chili powder in a large pot with the water. Bring to a boil, reduce heat and simmer, partially covered for 30 min. Mash and beat until smooth or puree in a blender or food processor. Return to the pot and add reserved 1 cup of baked beans. Reheat, adding salt and pepper (and maybe some heat) to taste.

MAN COMFORT FOOD



There's some grub that you just want to eat because it's freakin delicious and feels great in the belly. It may not always be particularly good for you, but who gives a damn? It's good and that's all that matters. It's the type of food that reminds you of home and sitting around the family table with your loved ones. We're talking meatloaf, mac and cheese, and chicken pot pie; food that is both hearty and tasty. So pull up a chair and let these dishes sweep your worries away.

Dave Feral's Pizzadillas

Submitted by Austin Hollis

Taken from the The Paradise-Bottom Company, Kentucky.

Ingredients

- One corn tortilla
- Pizza sauce
- Cheese

- Pepperoni or pizza toppings of choice

Directions

Made just like a pizza, except with a tortilla for the crust. Cook in toaster oven for 3 minutes.

For sandwich style, put a second tortilla on top.



Hungarian Goulash

Submitted by Chris M; Texas

Ingredients

- 3-4 lbs Veal or Beef Cubed
- 2 Large Garlic Cloves (Peeled and Crushed)
- 4-5 onions
- 1-2 Tbs Caraway Seeds, Crushed
- 3 Tbs Paprika
- Salt to taste
- Fresh Ground Pepper to taste
- Marjoram to taste (optional)

Directions

Peel and chop onions and sauté in large pot with oil until tender. They should be translucent in color. Once the onions are done add the meat to the pot.

Give it a stir, then add the Paprika, Garlic cloves, Salt and Pepper and Marjoram. Cover the pot with a tight fitting lid and simmer Slowly for 2-3 hours. Check the meat just after 2 hours. There is no need to add water, the meat will make its own sauce. After the meat is done check the sauce for any spice corrections you may want to make.

You should serve this with pasta or on top of mashed potatoes.

Bonus tip: Not sure how to chop onions?

Take the onion and cut the top off. Not the root end with all the little strings. The roots will hold the onion together when you chop it. Place the onion on the side you just cut and slice the onion down the middle. Peel off the top layer of skin and throw that bit away. Now lay the onion down flat and slice it from just before the roots back to the front. Now slice the onion and you will have nice cut onions for the meal.



Bachelor Mince

Submitted by Jason Parlevliet; Australia

Fry an onion, and throw in however much mince meat (ground beef) you can find in the freezer and defrost. Look through the cupboard for things like corn kernels, those little potatoes that come in a can etc, and throw them in once you have browned the meat. Or, if you have a bag of mixed frozen vegetables in the freezer (the ones with carrot, corn, peas, beans etc) chuck about half of that in instead. With the veggies, spray generous portions of tomato sauce, BBQ sauce, Worcestershire sauce, soy sauce, sweet chili sauce, and any other sauce that seems reasonable (obviously chocolate and strawberry are out, but don't be afraid to add a little cheap imitation maple syrup flavored sauce or even just some sugar to combat the acidity of some of the other sauces). Obviously you need some carbs, so either boil up some pasta (shells or spirals are traditional) or a packet or two of two minute noodles. It's important though that the pasta is almost an afterthought, roughly a quarter to a third of the volume of the rest of the ingredients.

Bachelor mince is best served hot, and can be frozen in single serve portions for those gentlemen who live alone, or crammed onto a sandwich for a protein rich lunch. A big potful can also be kept in the fridge and served every night for a week or two, or recycled as filling in a jaffle/toasty, or even in a pie maker if you have one.



Creamy Ham and Vegetable Dijon

Submitted by Matt Dimarino; Philadelphia, Pennsylvania

Ingredients

- 1 can cream of chicken soup
- 2 teaspoons Dijon mustard
- 3 cups diced cooked ham
- 1 can (14.5 oz) peas and carrots, drained
- 1 can (8 oz.) French style green beans, drained

Directions

1. Blend soup, 1/2 cup water or milk, and mustard in saucepan.

Add ham; cook 3 minutes.

2. Add vegetables; cook 3 minutes.
3. Serve over noodles, rice, or spoon into baked potatoes, if desired.

Makes 4 servings.

(You could probably substitute vegetables if you don't like the ones in the recipe.)



Artie Mac and Cheese

Submitted by Artie Kuhn

Adapted from Barefoot Contessa Family Style

Ingredients

- Kosher salt
- Vegetable oil
- 1 pound elbow macaroni or cavatappi
- 1 quart milk
- 8 tablespoons unsalted butter, divided
- 1/2 cup all-purpose flour
- 12 ounces Gruyère cheese, grated (about 4 cups)
- 8 ounces extra-sharp Cheddar, grated (2 cups)
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon nutmeg
- 1 1/2 cups fresh white bread crumbs (made from 5 slices white bread, crusts removed)

Directions

1. Preheat the oven to 375°F. Bring a large pot of salted water to a boil. Drizzle oil into the boiling water, add the macaroni, and cook according to package instructions, 6-8 minutes. Drain well.
2. Meantime, heat the milk in a small saucepan, but do not allow it to boil. Melt 6 tablespoons butter in a large (4-quart) pot and add the flour all at once. Cook over low heat for 2 minutes, stirring with a whisk. Whisk in the hot milk and cook for a minute or two more, until thickened and smooth. Off heat, stir in the Gruyère, Cheddar, 1 tablespoon salt pepper, and nutmeg. Add the cooked macaroni and stir well. Pour into a 3-quart (9 x 13-inch) baking dish.
3. Melt the remaining 2 tablespoons of butter, toss with the fresh bread crumbs to coat evenly, and sprinkle all over the top of the casserole. Bake for 30-35 minutes, or until the sauce is bubbly

and the macaroni is browned on top.



Hillbilly Stir-fry

Submitted by Bosley Gravel

Ingredients

- 1 lb Chicken, deboned
- 1/2 lb Thick Sliced Bacon (extra smoky)
- 4 Medium sized Granny Smith Apples (tart)
- 2 large onion
- 1 cup of fresh unsalted nuts, (pecans, walnuts, almonds on pine all work)

Directions

Slice apple and onions into similar sized slices. In a small dutch oven (or cast iron pot) put a layer of bacon, onion, apple, nuts, and chicken. (Order does seem to matter). Repeat until you have used all the ingredients up, cover and bake at 400 degrees, and check after ½ an hour. If you have a campfire, all the better.



"Redneck Caviar," "Alabama Caviar," "Fill-In-The-Blank Caviar"

Submitted by Philip Tigue; Oxford, Alabama

makes a large batch-

Ingredients

- 2 cans of black beans, drained
- 2 cans of blackeyed peas, drained
- 2 cans of white shoepeg corn
- 3 cans of Rotel (spicy!)
- 2 large bell peppers (any color), chopped
- 10 green onions, chopped

Directions

Combine all ingredients in a large bowl. Add a zesty-style Italian salad dressing (just enough to pool in the bottom of the bowl). Toss, and refrigerate. Serve with your favorite corn chip.



Easy Mac and Beef

By Bill Powell

Ingredients

- 3/4 lb. ground beef
- 1 small onion, chopped
- 1/2 tsp. Italian seasoning or dried oregano leaves, crushed
- 1 can (10 ¾ oz.) Condensed Tomato Soup
- 1/4 cup water
- 1 cup frozen whole kernel corn
- 3 cups cooked corkscrew-shaped pasta
- 1/4 cup grated Parmesan cheese

Directions

COOK beef, onion and Italian seasoning in skillet until browned. Pour off fat.

ADD soup, water and corn. Heat to a boil. Cover and cook over low heat 5 min. or until corn is tender. Add pasta and heat through. Sprinkle with cheese.



One Dish Chicken and Rice Bake

Bill Powell

Ingredients

- 1 can (10 ¾ oz.) Condensed Cream of Mushroom Soup
- 1 cup water *
- 3/4 cup uncooked regular long-grain white rice
- 1/4 tsp. paprika
- 1/4 tsp. ground black pepper

- 4 skinless, boneless chicken breasts

Directions

Mix soup, water, rice, paprika and black pepper in 2-qt. shallow baking dish. Top with chicken. Season with additional paprika and pepper. Cover.

Bake at 375°F. 45 min. or until done.

*For creamier rice, increase water to 1 $\frac{1}{3}$ cups.



Easy Tasty Meatloaf

From Bill Powell

Ingredients

- 1 can (10 $\frac{3}{4}$ oz.) Cream of Mushroom Soup
- 2 lb. ground beef
- 1 pouch Dry Onion Soup Mix
- 1/2 cup dry bread crumbs
- 1 egg, beaten
- 1/4 cup water

Directions

MIX thoroughly 1/2 cup mushroom soup, beef, onion soup mix, bread crumbs and egg. Shape firmly into 8"x4" loaf in baking pan.

BAKE at 350°F. for 1 hr. 15 min. or until done.

MIX 2 tbsp. drippings, remaining mushroom soup and water. Heat through. Serve with meat loaf.



The Best Meatloaf in the World

From Darren, Massachusetts

Ingredients

- 2lbs. ground beef, lean
- 2 packets onion soup / recipe mix
- 2 eggs
- 1/2 cup oatmeal
- 1/4 cup teriyaki sauce
- 1/4 cup BBQ sauce

Directions

1. Mix all ingredients (except the BBQ sauce) in a bowl thoroughly.
2. Transfer to metal bread-loaf pan and press it down so that fills the corners of the pan
3. Spread the BBQ sauce on top.
4. Bake at 350 degrees for 1 hour, or until internal temp reaches 165 to 170 degrees.
5. Let rest on counter about 15 minutes. The temperature will continue to rise and reach serving temperature, 180 degrees.



Dawsey's Famous Mini Sausage Rolls

Submitted by Shaun Daws; Australia

Ingredients

- 1 pack of puff-pastry sheets (usually several sheets in a each, about 30cm or 12 inches square)
- 6 thick beef or pork sausages
- ketchup (optional)

Equipment

- knife
- greased baking tray
- oven pre-heated to 320F (160C)



Heppin John

Submitted by Tony Clark; Chouteau, Oklahoma

Ingredients

- 1 lb dried black eyed peas, rinsed and picked over
- 1 large onion
- 2 Tbsp red pepper flakes
- 1 1/2 Tsp salt
- 2 Tbsp. unsalted butter
- 1 lb spicy bulk sausage
- 2 cloves garlic, minced
- 2 qt water
- 1 1/2 Tsp ground white pepper
- 4 cups beef broth
- 3 cups long grain rice

Directions

In a large saucepan bring the peas and some water to a boil over high heat. Boil for 1 minute. Remove pan from heat, cover tightly and let stand for 1 hour. Drain well. In a 5 quart kettle, cook the sausage, onion and garlic over medium heat, stirring often to break up the sausage, about 10 minutes. Pour off all excess fat. Add the drained peas, water and red and white pepper.

Bring to a boil; reduce heat to low and simmer, covered until the peas are tender, about 1 1/2 hours. Stir in 1/2 teaspoon of the salt. Add the rice, reduce the heat and simmer covered until the rice is tender and liquid has been absorbed, about 20 minutes. Fluff the rice with a fork and transfer it to a deep serving bowl,. Pour the peas over all; mix well and serve. Serves 12.



Artie's Pizza

Submitted by Artie Kuhn

Active: 45 min

Makes 4 13" pizzas (or 2 sets of dough for pizza rolls or whatever they're called)

Ingredients for dough

- 1 envelope active dry yeast
- 2 cups warm water
- 1/2 teaspoon sugar
- 4 cups all-purpose flour, plus more for kneading

- 2 1/2 teaspoons kosher salt
- Olive Oil

Directions

1) In mixer bowl, mix yeast with 1/2 cup warm water and the sugar and let stand until foamy (about 5 min). Add the remaining 1 1/2 cups of warm water, the 4 cups of flour and the kosher salt and mix @ slowish speed until a soft dough forms. Attach the bread paddle for mixer, add enough extra flour for kneading (about a quarter cup) and let it go for a few more minutes. Drizzle with olive oil. Cover bowl with plastic wrap and let sit for one hour. Then refrigerate overnight (at least) or up to 3 days (for more texture and complex flavors). Overnight is great for pizza roll. A few days is perfect for pizza since the more complex/tangy flavor is ideal for a thin crust.

2) After refrigerating, dump dough onto a floured surface. Punch down and divide into the number of pizzas you want to make (4 for larger individual sizes). For each piece into a ball. Rub each with olive oil, transfer to baking sheet, cover with plastic wrap and let rise in a draft-free place for another hour (this can be skipped if the dough has risen a bunch in the fridge). Preheat oven to 500*. If you have a pizza stone, let stone warm for 45 min.

3) Roll out w/ rolling pin + tossing each pizza. Place pizza on manufacturing peel (toss some flour on the peel first). Top with toppings. I'd recommend my secret pizza sauce recipe (I'll send another day) topped with fresh basil and real mozzarella cheese (the kind that comes wet in a ball, ideally buffalo mozzarella if you can find it) and pepperoni and seasoned with a little sea salt and pepper.

4) Use peel to transfer pizza to pizza stone. If not using pizza stone, assemble on a pizza pan and just put pan into oven. Bake 8 minutes. If using on pizza pan, remove from pan after 6 minutes and place just on rack to allow crust to char on the bottom. Remove from oven. Sprinkle with a little fresh basil and let sit for 3 minutes before serving.

Other topping combos I like:

Bacon Chicken Ranch

- Use light ranch dressing instead of tomato sauce
- Top with cooked crumbled bacon and chicken cut into small pieces
- Dice a jalapeño pepper and put on there
- A little corn
- Top with mozzarella cheese

I have more, but I need to get back to work!



Boxed Mac & Cheese That Doesn't Suck

Submitted by KentGeek; Kent, Ohio

Ingredients

- 1 Box of Mac & Cheese
- Olive Oil (light is fine, but extra virgin will lend a little more flavor)
- Diced Onions (a handful or so - my kids think more onions = better)
- Fresh Ground Pepper
- Plain Yogurt (or try sour cream instead!)
- Milk

Directions

1. Cook the elbows, but make sure you don't overcook - use the LOW end of the time range on the box. And don't salt the water, as its not needed.
2. While those elbows are draining in a colander, cover the bottom of the same pan with olive oil (don't be too shy, but I use less oil than the amount of butter recommended on the box)
3. Dump those diced onions in there and lower the heat to medium. We just want to get them barely translucent, so they lend a sweetness and no heat.
4. I put the elbows back in the pan at this point, and stir them up for a minute to get them hot and lubed.
5. Dump the box's cheese mix in, along with about two tablespoons of the yogurt (just eyeball it) and enough milk to loosen things up. I like to toss in some black pepper at this point, as much for the nose as for the tongue.
6. Stir on the heat until all the powder is melted and mixed. Add more milk/yogurt to get the consistency you want.
7. I'd recommend experimenting with some other ingredients, as well. We've had good results with finely diced bell peppers (especially yellow), left-over taco meat, frozen peas.



Chicken Pot Pie

Submitted by Matt Dimarino; Philadelphia, Pennsylvania

Ingredients

- 1 can cream of potato soup
- 1 can cream of celery soup
- 1 cup milk
- 1/4 teaspoon dried thyme and pepper
- 4 cups cooked vegetables (I use corn and peas)
- 2 cups cubed cooked chicken, turkey, or ham
- 1 pkg. (7 1/2 oz. or 10 oz.) refrigerated biscuits

Directions

1. In oblong baking dish, combine soups, milk, thyme and pepper; stir in vegetables and chicken.
2. Bake at 400 degrees 15 min. Cut each biscuit into quarters. Remove pan from oven; stir. Top with biscuits.
3. Bake 15 min. longer or until biscuits are golden. Serves 5.



My Father's Meatloaf

Submitted by Christopher Welte; Charlottesville, VA

Prep time: 15 minutes

Bake time: 1 hour

Every time I make this, there are never any leftovers...ever. It is our comfort food in our house that the whole family can't wait for me to make. We grew up on this recipe from my Dad, where we'd have this, a nice baked potato and some kind of green. Really delicious!

Ingredients

- 1 lb ground beef or turkey (either must be lean) I mostly use ground turkey and folks can't tell the difference
- 1 egg
- 1/4 cup good BBQ sauce for the mix
- 1/4 to 1/2 cup good BBQ sauce for the top coat
- 1/2 to 1 tsp powdered garlic
- 1 cup Italian bread crumbs

- 1 block of sharp cheddar cheese (as needed, cut into 1/8" slices along short edge)
- a few grinds of fresh black pepper (to taste)
- a few grinds of kosher or sea salt (to taste)
- (baking potatoes as a side...a must in our house, this meal's incomplete without them!)

Directions

Pre-heat your oven to 350°F.

[side task: wash and dry your potatoes. Prick a few times with a fork. Rub them down with a little ground kosher or sea salt (makes the skin crispy and taste good!). When oven comes to temp, (usually the time it takes to prep the loaf) put the potatoes in, but leave the middle of the rack open for your loaf pan.]

In a large bowl or mixer, throw in all the ingredients and mix until well blended. In a non-stick meatloaf pan, pack in 1/2 the meat being careful to make sure it's even and the corners are filled. Make sure it's flat. I like to use a small flexible spatula and press it in. Take the slices of cheddar cheese and put a single layer in the middle, taking care to leave 1/2" on all sides. (about 5-1/2 to 6 slices) You're creating a pocket of cheese so when you put the remaining meat on top of this, you want the meat to connect with the bottom layer. If your cheese goes right to the pan, it creates a floating layer and it doesn't come out of the pan properly and that messes up your presentation. Ok, now * gently * pack the remaining meat on top of the cheese and bottom layer taking care not to disturb the cheese. Make sure you pack it in around the corners. The loaf should have a slight domed appearance. For the top, cut some of your remaining cheese slices in strips and create a pattern on top of the loaf. (I like to do a herringbone pattern.) Try to leave 1/2" on all sides. Pour some more BBQ sauce on the top to coat evenly, but NOT drown, about another 1/4 to 1/2 cup.

Bake in the 350°F oven for 60 minutes.

Let sit for 5 minutes otherwise the slices don't come out of the pan nicely. Gently, one at a time, cut 1" slices and lift out and onto a plate. I use two spatulas to lift out the first slice, sandwiching it between.

[A note on the BBQ sauce: I have had very good results from Kraft Barbecue Sauce. Not too sweet, not too spicy. Some other ones that work well are KC Masterpiece and Sweet Baby Ray's.]

TASTE OF THE EAST

You may never visit the Orient on some manly adventure, but you can at least get a taste of what it would be like if you did. In this section we have recipes for Chinese and Indian cuisine. Some of these dishes might not be to your particular taste, but harness your inner Marco Polo and give them a try.

Beef & Broccoli

From Steve Argyle

- 1¼ lbs. beef (any cut will do. This is a good way to use cheap, tough cuts of beef.)
- 1 large bunch broccoli
- 1 to 5 cloves garlic, minced, according to taste (1 tsp. of minced garlic from a bottle equals 1 clove)
- 2 Tbs. rice wine
- 1 Tbs. minced fresh ginger root (or 1 Tbs. pureed ginger from a jar. Don't use dry, powdered ginger)
- Marinade:
 - 1 Tbs. oyster sauce
 - 1 Tbs. soy sauce
 - 1 tsp. sugar
 - 1 Tbs. cornstarch
 - 2 Tbs. vegetable oil

Sauce Ingredients

- 2 Tbs. oyster sauce
- ½ tsp. sugar
- ¼ tsp. salt
- 1 Tbs. soy sauce
- ½ tsp. cornstarch
- 1 tsp. sesame oil
- 6 Tbs. chicken broth

Directions

Slice the beef thinly against the grain. This is easiest if the beef is partially frozen, just enough to hold its shape firmly under the knife. Mix the marinade ingredients until smooth, toss with the beef slices and let sit for at least 20 minutes. Mix the sauce ingredients and set aside.

Cut the broccoli into florets. Cut the stems into bite-sized pieces, trimming the woody rind if

necessary. Parboil the broccoli for a minute or two, then drain and set aside.

Heat a wok or deep skillet on high heat until very hot. Add a Tbs. or two of peanut oil, then add the minced garlic and broccoli. Stir fry for a minute or two then splash in the rice wine to deodorize the broccoli. When the wine has evaporated and the broccoli has deepened in color, remove the broccoli and set aside.

Put the pan back on the heat and add some more oil. Add the ginger and beef and stir fry just until the beef is not red. Don't overcook the beef at this stage!

Pour the sauce over the beef in the pan and bring to a boil. Return the broccoli to the pan and toss until all is well mixed and coated with the sauce. Remove from heat. Serve over rice.



Noodles with Thai Peanut-Basil Sauce

Submitted by Dan Pannebaker; Neenah, Wisconsin

Ingredients

- 1 (1 lb.) package fettuccine
- 2 cups (½ lb.?) snow peas
- 1½ cups bean sprouts
- 1 cup firmly packed basil leaves, shredded
- 1 ½ cups coconut milk
- 1 cup (crunchy) peanut butter
- 1 cup vegetable broth
- 1/3 cup soy sauce
- ¼ cup lime juice
- 4 tsp. sugar
- 2 tsp. crushed red pepper flakes
- ½ cup chopped peanuts

Directions

Trim the snow peas and cut in half diagonally. Bring a small pot of water to a boil, add the snow peas, and cook for 45 seconds. Drain and rinse with cold water to stop cooking. Set on paper towels to dry.

In a large stockpot, cook the fettuccine according to package directions. Drain and stir in the snow peas, the bean sprouts, and the basil.

In a large saucepan, combine the coconut milk, peanut butter, broth, soy sauce, lime juice, sugar, and red pepper flakes. Cook over medium heat, stirring frequently, for 5 minutes or until smooth and heated through. Pour over pasta mixture and stir to coat well. Pour pasta into a bowl or onto a serving platter and sprinkle with chopped peanuts before serving.

Serves 4–6.



Thai Basil Tempeh

Submitted by Mitchell Surface <http://mitchellsurface.com>

Ingredients

- 8 oz tempeh, cut into one inch cubes
- 3 cloves garlic, whole
- 2 cups vegetable broth
- juice of a lime
- 1 tablespoon Sriracha sauce
- 1 tablespoon tamari
- 2 tablespoons Bragg's
- 1 teaspoon sugar
- 1 teaspoon dark sesame oil
- half a cup of Thai basil, finely chopped

Directions

Combine the tempeh, garlic cloves and broth in a small pan. I usually add a dash of Bragg's as well. Bring to a boil, reduce the heat and simmer for 20 minutes. In a bowl, mix the remaining ingredients except for the basil. When the tempeh is done simmering, put some oil (I usually use peanut) in a skillet and get it hot. Add the tempeh and garlic to the pan and sauté for three minutes, then add the sauce you made earlier and sauté for another three minutes. Remove from the heat, stir in the basil and let sit for a few minutes for the flavors to come together.



Ground Beef and Peas (Kheema)

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 1 to 1 1/2 pounds ground beef
- 3 tbsp oil
- 1 medium onion, finely chopped
- 4 garlic cloves, chopped
- 1 tsp ginger root, diced
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1/4 tsp cayenne powder
- 1 1/4 cups water
- 12 oz. tomatoes, diced
- 3/4 cup fresh or frozen peas
- 4 tbsp chopped cilantro
- 1 tsp salt
- 1 tsp garam masala
- 1 tbsp lemon juice

Directions

1. Brown ground beef in large saute pan. Remove and set aside, discarding any fat. In the same pan, heat the oil. Add the onion, ginger root, and garlic and cook until onion is light brown, stirring frequently.
2. Add the beef back to the pan, as well as the cumin, coriander, cayenne, 3/4 cup water, and tomatoes. Stir to combine. Bring to a boil. Cover, reduce heat, and simmer 20 minutes, stirring occasionally.
3. Add the peas, 2 tbsp of cilantro, salt, garam masala, lemon juice and the remaining 1/2 cup water. Stir to combine, cover, and simmer 15 minutes. All the liquid should be absorbed – if not, uncover and cook another few minutes to evaporate the liquid. Garnish with the remaining cilantro and serve.

Cooking time: 1:00, Serves 4

Serve with: Rice, naan, hot chai.

Notes: I often use it as a 'weekday' meal. Adapted from "New Indian Home Cooking" by Madhu Gadia.



Green Pepper Beef Stir Fry

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 3/4 pound boneless lean beef
- 1 tbsp dry sherry
- 1 tbsp soy sauce
- 1 tbsp water
- 1 tsp whole wheat flour
- 1 1/2 tsp oil
- 1 tbsp soy sauce
- 1/2 cup chicken broth
- 1 tsp whole wheat flour
- 2 tbsp oil
- 1 clove garlic, minced
- 1 tbsp minced ginger
- 2 green peppers, cut into 1/4 by 1 inch strips
- 1 medium onion, cut into 1/4 by 1 inch pieces
- 1 tbsp water
- 1/4 tsp salt

Directions

1. Slice beef into bite-sized (1 inch) sections. Combine the sherry, soy sauce, water, and flour in a small bowl. Place the beef in a mixing bowl and pour the sauce over top of the meat. Stir to coat.
2. Pour the oil over the meat and let stand 15 minutes to marinate.
3. Mix the soy, chicken broth, and flour in a small bowl and set aside. This is a cooking sauce that will be used at the end.
4. Heat wok or a large saute pan on high heat. When pan is hot, add the oil and coat the pan evenly. When the oil is hot, add the garlic and ginger and stir once. Add the beef to the wok and stir-fry until the meat is browned on the outside (about 1 1/2 minutes). Remove from the pan and set aside.
5. Oil the pan again and add the green peppers. Stir-fry for 30 seconds.
6. Add the onion to the pan and continue to stir-fry for another minute.
7. Add water and salt, cover, and cook for 1-2 minutes. Remove cover and continue to stir-fry until vegetables are heated all the way through. Add meat to the pan, and pour the cooking sauce over everything. Continue to stir-fry until everything is hot and mixed evenly.

Cooking time 0:40, Serves 4

Serve with: egg drop soup, rice, and green tea

Notes: For best results, make sure the beef and all the vegetables are the same size. This dish works best if you have everything prepared in bowls and ready to go before you start ‘wokking’. Then you can show off and look professional throwing everything into the wok and turning it into dinner. Based on The Sunset Chinese Cookbook.



Chicken Curry (Murgh Tari)

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 3 pounds chicken, cut into bite-sized pieces
- 2 tbsp vegetable oil
- 1 tsp cumin powder
- 4 cardamom pods
- 2-inch cinnamon stick
- 1 medium onion, finely chopped
- 4 garlic cloves, chopped
- 2 tsp ginger root, chopped
- 12 oz canned tomato, diced
- 1/2 tsp turmeric powder
- 1 tbsp coriander powder
- 1/2 tsp cayenne pepper
- 1/2 tsp fennel seeds, coarsely ground
- 1 tsp black pepper, ground
- 1/2 cup plain yogurt
- 1/2 cup water
- 2 tbsp cilantro, chopped
- 1 tbsp lemon juice

Directions

1. Remove skin and all visible fat from the chicken pieces. Cut two or three slits, 1 inch long and 1/2 inch deep, in chicken pieces.
2. Heat oil in a large sauté pan over medium-high heat. Add chicken pieces and fry until white (3 to 5 minutes), stirring occasionally. Transfer chicken to plate using slotted spoon.
3. Add cumin, cardamom, cinnamon, onion, garlic, and ginger to oil. (Note – you may also need to add more oil to keep from burning.) Stir-fry this mixture (called the onion

marasala) until the onions are golden brown (5 to 7 minutes).

4. Stir tomato, turmeric, coriander, cayenne, fennel, and pepper into mixture. Fry for 2 to 3 minutes.
5. Beat yogurt with a wire whisk until smooth and add, 1 tbsp at a time, to the onion marasala, stirring constantly. Fry for 2 to 4 minutes, continuing to stir. 1 tsp salt Add the chicken and sprinkle salt over everything. Stir chicken to coat with the sauce.
6. Pour water evenly over the chicken. Bring to a boil.
7. Add cilantro and gently stir chicken. Cover tightly and simmer until chicken is tender and sauce thickens, 20 to 25 minutes.
8. Spritz with lemon juice and serve.

Cooking time: 1:30

Serve with: rice, naan, chai

Notes: This is a show-off dish for me. It involves a lot of ingredients (mostly spices) but isn't that complicated once you've made the dish once or twice. The fennel can sometimes be overpowering — be wary of using too much. Based on "New Indian Home Cooking" by Madhu Gadia

ITALIAN



When you're taking a break from running the "family business," there's nothing like coming home to warm plate of food from the Old Country. These recipes look so good, your Italian Grandma would be envious. While preparing and eating, be sure to keep your Tommy Gun close. Oh yeah, and don't forget the cannoli.

Sausage and Grapes (an utterly simple and delicious meal)

Submitted by Alex Charlton

Ingredients

- 1 1/2 pounds sweet Italian sausage
- 3 cups seedless grapes (red or green)
- balsamic vinegar - to taste

Directions

1. Brown sausages in skillet on medium heat, turning periodically about 15 minutes.
2. Poke sausages with paring knife or carving fork to release fat and oils.
3. Cook for an additional 5 minutes.
4. Remove sausages, and keep warm.
5. Drain fat and oils from pan leaving about a tablespoon or so.
6. Add grapes to pan bring heat up to medium-high.
7. Cook, stirring periodically, until grapes begin to collapse.
8. Add balsamic vinegar, stir, turn off heat.
9. Place bed of grapes on plates.
10. Add sausage on top of grapes.



Dairy Free Baked Ziti

Submitted by Chris Neitzert; Seattle, Washington

Ingredients:

- 500ml/2 cups Marinara / tomato sauce of your choosing
- 450g/16oz/1lb Noodle of your preference. I used a Rigatoni.
- 340g/12oz Tofutti "Better than Sour Cream"
- 115g/4oz Tofutti "Better than Cream Cheese"
- 280g/10oz Vegan Gourmet Mozzarella Cheese Alternative
- 140g/5oz Vegan Gourmet Cheddar Cheese Alternative
- 2 Cloves of garlic, crushed
- 2TBsp Galaxy Nutritional Foods Vegan, Parmesan Grated Topping
- 1TBsp oregano
- 2tbsp black pepper ground
- 1tbsp crushed red pepper
- 1 Small onion diced finely

Directions

1. Start marinara. Marinara often invokes a battle of religious proportions so rather than incite one just make it the way you like it.
2. Boil water for noodles in big pot, add noodles when boiling
3. Dice onion
4. Crush garlic
5. When noodles are al dente, drain
6. Rinse noodles under cold water, if noodles are to sit more than 20 minutes, soak in cold water until you are ready to use them.

7. An hour before bake time, take your marinara off of the stove top and let cool.
8. Shred full block of Mozzarella Cheese Alternative
9. Shred half block of Cheddar Cheese Alternative 10. Place entire tub of Tofutti "Better than Sour Cream" in mixing bowl
10. Mix in half of Tofutti "Better than Cream Cheese"
11. Add onion, garlic, pepper and oregano to mixing bowl, mix until creamy.
12. Add shredded cheese to mixing bowl, mix until cottage cheese consistency.
13. Save 1/4th shredded cheese for later 14. Drain cooled, chilled noodles.
14. In large mixing container, mix cheese mixture with noodles until all noodles are thoroughly coated with cheese mixture
15. Oil a large casserole dish with olive oil
16. Spread cheesed noodles one layer high across bottom of oiled casserole dish.
17. Mmm mmm marinara
18. Spread marinara thickly across top of noodles. leave edges at sides saving 1/4th of marinara for step 21.
19. Put remainder of noodles atop marinara
20. Spread remainder of marinara over top layer of noodles 22. Sprinkle shredded cheese over noodles
21. Cover casserole dish with foil tent
22. Place in oven pre-heated to 175c/350f for 12 minutes or warmer than 120f (if vegan, if you used meat your required temperature may vary)
23. After cooking let stand for 15 minutes or until cool Serve and enjoy



Bruschetta

Submitted by David Mott

Here's a savory appetizer that's so easy to fix, you can serve it weeknights. As a snack for kids, it's healthier than a big of chips, and they'll love the taste. Try to mix the ingredients as soon as you get home from work so there's ample time for the flavors to meld.

Ingredients

- 4 Roma tomatoes, chopped fine (or 1 can of petite cut tomatoes)
- 1 garlic clove, chopped fine
- a few leaves of basil, torn into small pieces (dried basil is okay)
- a shake of dried oregano
- salt and pepper to taste

Directions

Mix all the ingredients in a bowl. Let them sit on the countertop marinating for an hour or more. Stir occasionally. Serve on toasted sourdough bread that is torn or cut into two inch squares. Mmmm!



Stuffed Zucchini

Submitted by thebingo

Ingredients

- two (6 to 8 inch) zucchini
- 1 small onion, finely chopped
- 2 tablespoons of butter or margarine
- one 15 ounce can of red kidney beans, slightly mashed
- 1 cup (4 ounces) of shredded sharp Cheddar Cheese
- 3/4 cup of spaghetti sauce, divided
- 1/4 teaspoon of dried oregano leaves
- 1/4 teaspoon of dried basil leaves
- 1/4 teaspoon of salt
- 1/8 teaspoon of pepper
- 1/4 cup of grated Parmesan cheese

Directions

1. Wash the zucchini thoroughly, cook in boiling salted water for 5 minutes.
2. Cut zucchini in half lengthwise, remove seeds and membrane. Set shells aside.
3. Sauté the onion in butter until tender.
4. Combine the onion, kidney beans, Cheddar cheese, 1/2 cup of spaghetti sauce, oregano, basil, salt and pepper, mix well.
5. Arrange the zucchini shells in a lightly greased 9 inch square baking dish.
6. Spoon bean mixture into zucchini. Top each with 1 tablespoon of remaining spaghetti sauce and 1 tablespoon of Parmesan cheese.
7. Cover and bake at 375°F. for 15 to 20 minutes or until thoroughly heated. Makes 2 servings



Spaghetti with Prawns

Submitted by Jeff Bilbrough

Here's a recipe from Jamie Oliver's recent book of Italian food, "Jamie's Italy." Spaghetti with prawns and rocket. My family loves it and it is quick and easy.

Ingredients

- 455g/1lb dried spaghetti
- Sea salt and freshly ground black pepper
- 2 cloves of garlic peeled and finely chopped
- 1-2 dried chilies crumbled (2 is more than enough I find)
- 400g/14oz peeled raw prawns
- 1 small wineglass of white wine
- 2 heaped tablespoons of sun-dried tomato paste/puree or 6 sun-dried tomatoes blitzed in a blender
- Zest and juice of 1 lemon
- 2 handfuls of rocket roughly chopped

Directions

Cook the spaghetti as per the packet instructions, circa 9-12 minutes.

Man tip: Make sure the water is salted and boiling before adding the pasta. Leave the lid off the pot once the pasta has gone in to avoid boil overs. Timers on microwaves are wonderful things.

While this is cooking heat 3 good glugs of extra virgin olive oil in a large frypan and toss in the garlic and chili. As the garlic begins to colour, add the prawns and sauté them for a minute. Add the white wine and the tomato puree and simmer for a couple of minutes.

At this point Jamie recommends draining the spaghetti and tossing it into the frypan with the spaghetti, squeezing in the lemon juice, adding half the rocket and a little bit of the spaghetti water if the sauce looks a little thick. I did this the first time and it got a little messy; probably just me. What I've found is that it works just as well adding the lemon and rocket to the prawn sauce and then pouring it over the pasta.

Whatever approach you take, before serving sprinkle each dish with the lemon zest and the rest of the rocket.

Should serve 4 people, though 3 of us eat it all.



Simple Chicken Penne

Submitted by Kevin Gallant, British Columbia, Canada

Ingredients

- Penne Regate
- Boneless, Skinless Chicken breasts
- Tomato Sauce
- Fresh Garlic
- Olive Oil
- Water
- Dried Basil
- Dried Oregano
- Crushed Chili peppers
- Grated Parmesan Cheese
- salt
- pepper

Directions

This recipe scales well, and all amounts are eyeballed. It's hard to screw up so long as you add your herbs and spices cautiously.

1. Cut chicken into strips. Approximately 1 Chicken breast per person. Strips should be cut to the approximate length and width of a cooked piece of Penne
2. Finely chop garlic - No more than 1 clove per chicken breast - I usually go 1 clove every 2 breasts..
3. In a bowl, Mix the cut chicken with the garlic and add enough olive oil to coat the meat. Garlic and oil should be evenly distributed. Cover, and refrigerate 1 hr.
4. Boil a large pot of salted water, and cook penne until al dente (soft to the touch - no crunch, firm consistency - Not mushy). I usually measure my pasta by filling a plate 2/3 to 3/4 full of penne one layer deep, for each serving. this usually leaves me enough for leftovers). Drain pasta when cooked. Run pasta under cold water to "shock" it cold. This will help it retain it's consistency while you cook the chicken.
5. Fry the chicken in a medium to large pan until lightly golden brown
6. Stir in tomato sauce with chicken
7. Add Basil, Oregano, Chilies, and pepper to taste
8. cook and stir sauce until thickened slightly
9. Add pasta to sauce. This will heat the pasta again, while ensuring an even mix of penne, sauce, and chicken
10. Serve pasta, and top with Parmesan cheese

Variations

1. Try adding red wine to the sauce
2. When frying chicken, add some thinly sliced and chopped red onions
3. Add some mild or hot Italian sausage
4. Vegetarian? Use mushrooms instead of chicken, cook the sauce first, with garlic and olive oil, and add the mushrooms shortly after the herbs, so the mushrooms don't disintegrate.



Spaghetti

Submitted by Justin Boyson; Austin, Texas

I make the second best spaghetti in the world (second only to my mom's), it's quick, cheap and AWESOME.

Ingredients

- One can of Del Monte spaghetti sauce. I prefer the mushroom, but they all work well. Less than a dollar usually.
- McCormick Grill Mates Steak Rub. I put this on everything meat. Seriously, it's amazing.
- Basil, Oregano (I just use the dried stuff from McCormick, but fresh is better if you have it)
- 1lb Ground Beef, or Turkey (I use turkey on mine since it's cheaper and better for you. Don't get too dry! Get the 85% lean ground beef or turkey, I find that works best).
- 2-4 servings of spaghetti.

Directions

1. Boil some water, a dash of olive oil will help keep the spaghetti from sticking too much, but it's not necessary. Once it's at a rolling boil, toss in the spaghetti for 10 minutes and start the meat.
2. Heat up your favorite skillet (10-12 inches) put in the meat and smash it up with a spatula so it evenly covers the bottom. Now cover it with the steak rub. I never measure how much I use. I just carefully shake the seasoning out until there is a medium dusting of steak rub covering the meat. Now do the same with the basil and oregano. Mix in the spices with the meat while it's frying.
3. The meat should take about as long to cook as the spaghetti. Just stiff occasionally until it's not pink anymore.
4. Now here's the secret. This is my Sicilian grandfather's secret to great sauce, so shhh, don't tell anybody.
5. When the meat is browned, dump the sauce right in there and stir it up. Do NOT drain the

grease. Let the sauce warm for a minute or two while you drain the spaghetti.

6. Serve!

Some people put the spaghetti on a plate and then put the sauce on top, I prefer it all mixed in, so I just toss the spaghetti right in the sauce and go to town. Either way you'll be wicked happy with this one.

Feeds 2-4 people depending on appetite.

Hope you like it!



Insalata Caprese on a Stick

Submitted by Mark Marion; Reston, Virginia

Ingredients

- Balsamic Vinegar
- Short Bamboo Skewers
- Grape Tomatoes
- Large Basil Leaves
- Fresh Mozzarella
- Extra Virgin Olive Oil

Directions

1. In a small saucepan, bring vinegar to a boil and then simmer over medium heat. Stir occasionally to check evaporation. Reduce whatever quantity of vinegar used by two thirds. The reduction should coat the back of the spoon and will thicken a bit more when cooled.
2. Wrap a grape tomato in a basil leaf and stick on skewer. Put a piece of mozzarella on skewer. Then put a plain grape tomato on the skewer. You may want to cut off the sharp point of the skewer now for safer serving.
3. Serve with balsamic reduction and extra virgin olive oil as dipping sauces.



Italian Pasta Bake

Submitted by Matt Dimarino; Philadelphia, Pennsylvania

Ingredients

- 1 lb. ground beef
- 3 cups penne or rotini pasta, cooked, drained
- 1 jar (26 to 28 oz.) spaghetti sauce
- 3/4 cup grated parmesan cheese, divided
- 1 pkg. (8 oz.) shredded mozzarella cheese

Directions

1. Brown meat in large skillet; drain fat. Stir in cooked pasta, sauce and 1/2 cup of the parmesan cheese.
2. Spoon into 13x9 baking dish. Top with mozzarella cheese and remaining 1/4 cup parmesan cheese.
3. Bake at 375 degrees for 20 minutes. Makes 6 serving of



Ragu No Frying Chicken Parmesan

Submitted by Matt Dimarino; Philadelphia, Pennsylvania

Ingredients

- 4 boneless, skinless chicken breasts (washed)
- 1 egg, slightly beaten
- 3/4 cup Italian bread crumbs
- 1 jar (26 oz.) Ragu Pasta Sauce (or use any kind)
- 1 cup shredded mozzarella cheese (about 4 oz.)

Directions

1. Preheat oven to 400 degrees. Dip chicken in egg, then bread crumbs.
2. In 13x9 inch baking pan, arrange chicken. Bake uncovered about 30 minutes.
3. Pour sauce over chicken; top with cheese. Bake 10 minutes or until chicken is no longer pink and cheese is melted.

Serves 4.



Stove Top One Dish Chicken Bake

Submitted by Matt Dimarino; Philadelphia, Pennsylvania

Prep time: 10 minutes Baking time: 35 minutes

Ingredients

- 1 pkg. (6 oz.) Stove Top Stuffing Mix for Chicken
- 4 boneless skinless chicken breasts (about 1-1/4 lbs.) (washed)
- 1 can cream of mushroom soup
- 1/3 cup milk

Directions

1. Toss: Contents of vegetable/seasoning packet, stuffing mix, and 1-2/3 cups of water; set aside.
2. Place: Chicken in 13x9 inch baking dish. Mix soup and milk; pour over chicken. Spoon stuffing evenly over top.
3. Bake: At 375 degrees for 35 minutes or until chicken is cooked through.

Makes 4 servings.

* I cook it about 10 minutes longer to make sure it's cooked.



Homestyle Spaghetti Sauce

Submitted by Matt Dimarino; Philadelphia, Pennsylvania

Ingredients

- 2 tablespoons oil
- 1 cup chopped onion
- 3 cloves garlic (use garlic powder. 1/8 teaspoon = 1 clove)
- 2 cans (28 oz. each) crushed tomatoes
- 1-1/2 cups water
- 2 teaspoons sugar
- 1-1/2 teaspoons basil
- 1-1/2 teaspoons salt
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper

Directions

In dutch oven (big pot with two handles) heat oil over medium heat. Add onion; sauté 3 minutes. Add remaining ingredients; bring to boil. Reduce heat. Cover and simmer, stirring occasionally, 45 minutes. Serve over spaghetti. Makes 6 cups.



Stuffed Shells

Submitted by Dan Pannebaker; Neenah, Wisconsin

Ingredients

- 1 (16 oz.) box large shells, cooked according to package directions
- 6 cups red sauce (I make my own, so be creative here!)
- 1 lb. ground beef, browned and drained
- 2 lb. ricotta cheese
- 1 lb. mozzarella cheese, grated (4 cups)
- 1 (10 oz.) package frozen spinach, thawed and squeezed dry
- 1 egg
- ½ tsp. nutmeg
- Salt and pepper to taste
- Parmesan cheese

Directions

1. Preheat oven to 350° F.
2. Combine the red sauce and ground beef. Spoon 1/3 into the bottom of a 9x13-inch baking dish. Set the rest aside.
3. In a large bowl combine the ricotta, mozzarella, spinach, egg, nutmeg, salt and pepper until well combined. Using a teaspoon, stuff a spoonful of this mixture into each of the pasta shells and place them in the pan. Cover the shells with the remainder of the sauce and sprinkle well with Parmesan cheese. Bake at 350° F for 60 minutes or until hot and bubbly.

Serves 6–8.



Chicken Tetrazzini

Submitted by Dan Pannebaker; Neenah, Wisconsin

Ingredients

- 4 boneless, skinless chicken breast halves, cut into bite-sized pieces
- 1 (1 lb.) package fettuccine, prepared according to package directions
- 4 Tbsp. butter or margarine
- 2 Tbsp. flour
- 1 (14½ oz.) can chicken broth
- ½ cup dry white wine
- 1 small onion, chopped
- 1 tsp. salt
- ½ tsp. pepper
- 1–2 tsp. dried basil (I happen to like lots of basil!)
- 1 cup cream
- ½ cup Parmesan cheese
- ¾ lb. Swiss cheese, grated

Directions

Preheat oven to 350° F.

In a non-stick skillet, cook the chicken pieces over medium heat, stirring frequently, until they are cooked through. Set aside.

In a large saucepan, melt the butter or margarine over low heat. Whisk in the flour, stirring constantly, until it is bubbling, but not browned. Whisk in the chicken broth and wine, whisking until smooth. Stir in the onion, salt, pepper, and basil. Simmer the sauce, stirring frequently, until it comes to a boil and thickens. Remove the sauce from the heat and stir in the cream and Parmesan. Add the Swiss cheese, a handful at a time, stirring well after each addition, until the sauce is smooth.

Put the drained fettuccine back in the pot you cooked it in. Stir in the chicken and sauce. Pour this mixture into a 9x13-inch baking dish and sprinkle with more Parmesan cheese or bread crumbs, if desired. Bake at 350° F for 35–40 minutes or until bubbly.

Serves 6–8.



Chicken Merango

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- olive oil
- 1 medium onion, sliced
- 2 chicken breasts, skinned and boned
- 12 oz canned, diced, Italian stewed tomatoes
- 2 cloves garlic, minced
- 1 cup chicken stock
- 1/2 cup white wine
- 1 bay leaf
- 1/2 tsp thyme
- 12 oz. French-cut green beans, canned
- 1 large onion, diced
- juice from 1 lemon
- 1 tbsp parsley

Directions

1. In a large saute pan, sauté sliced onions in oil until lightly browned. Set aside.
2. Brown chicken on all sides in remaining oil.
3. Add tomatoes, chicken stock, garlic, wine, bay, and thyme. Stir to combine. Reduce heat and simmer covered for 1 hour, stirring occasionally.
4. Cover bottom of casserole dish with green beans.
5. Melt butter in a separate frying pan, and then add the lemon juice and sauté diced onions in until fragrant. Arrange on top of beans. Remove chicken from sauce and arrange evenly in casserole dish on top of the onions. Reduce sauce until thick, seasoning with salt and pepper to taste. Pour sauce evenly over chicken. Arrange the sautéed, sliced onions on top. Sprinkle parsley on top of dish to garnish.
6. Bake, covered, at 350 degrees for 30 minutes.

Cooking time: 1:30. Serves 4.

Serve with: Salad, red wine, bow-tie pasta, and French bread

Notes: The story goes that this dish was created for Napoleon Bonaparte after a battle. The French army's supply train had not caught up with the soldiers, and so the general's cook had to scavenge in the countryside for ingredients and make do with what he found. Legend has it that Napoleon enjoyed the dish so much, he requested the cook fix it after every battle. I don't know if the story is true or not, but my friends always seem to suggest I cook this dish when I invite them to dinner. Based on Chicken Merango in *Joy of Cooking*.

MEXICAN FOOD



You're an hombre. And sometimes an hombre needs something with a little kick in its flavor. These recipes from south of the boarder are sure to satisfy your hunger. Master these recipes and all the little señoritas will flock to you. Buen provecho, mi amigo.

Chicken Quesadillas with Roasted Corn Salsa

Submitted by Dan Pannebaker; Neenah, Wisconsin

Ingredients

- 1 bunch green onions (scallions), white and green parts sliced
- Juice of 1 lime

- 8–10 dashes green pepper sauce (I like Emeril's)
- 1 (16 oz.) bag frozen corn
- 4 boneless, skinless chicken breast halves, cut into bite-size pieces
- 2 cloves garlic, minced
- 4 10-inch flour tortillas
- 2 cups grated Cheddar cheese
- Cooking spray
- Sour cream

Directions

In a large mixing bowl, combine the green onions, lime juice, and green pepper sauce.

In a large, non-stick skillet, cook the frozen corn over medium heat, stirring frequently, until the kernels soften and begin to brown. (They will start to smell like popcorn.) Pour the lightly browned corn into the bowl with the onion mixture and stir to combine well.

In the same skillet, combine the chicken and garlic and cook over medium heat until cooked through. Add the chicken to the corn mixture and stir to combine well.

Spray one side of a tortilla lightly with cooking spray. Place the tortilla sprayed side down in the skillet and sprinkle with ¼ of the cheese. Cook over low heat until the cheese begins to melt. Spread ¼ of the chicken mixture over ½ the tortilla. Fold the other side of the tortilla over the filling and slide quesadilla onto a plate. Repeat with 3 remaining tortillas.

Serve with sour cream.

Serves 4.



Tinga Poblana

Submitted by Steve in Singapore

I have a much used and loved copy of Rick Bayless's cookbook Authentic Mexican. I have loved everything I have made from this book, but this recipe is my favorite and I decided to post it in my blog in case I lose the book I will still have this recipe. I am even taking three cans of chipotle chilies with me to Malaysia much to my sisters amusement, "yes I know you can ship stuff to me"...but just in case...

I was living in Seattle for six months and I left the book here in LA, so when I was craving this little slice of epicurean nirvana and didn't have the recipe...yes you'd think I would have

memorized it by now, but since hitting forty....hard, I can hardly remember where I've parked my car. During a cold slightly snowy weekend I wanted to make this and to my dismay I didn't have the book, so I scoured the web. I use to believe you could find anything on the Internet, until I could not find this recipe. I found many close to it, and the one I picked just wasn't it.

So here in my never to be humble opinion is the best Tinga recipe, which I am sure is divinely inspired. (and slightly tinkered with...)

Yield: 4 servings (yeah right, so whadda you gonna eat?)

Ingredients

- 1 pound lean, boneless pork shoulder, trimmed and cut into 1 ½ inch cubes.
- 1/2 teaspoon mixed dried herbs (thyme, marjoram,)
- 3 Bay leaves
- 2 medium (about 10 oz) red potatoes quartered
- 1 1/2 pounds (3 large) ripe tomatoes, roasted and peeled OR one 28 oz can
- 4 to 6 ounces of Chorizo (hmm bet I wont find that in KL either so I will add that recipe as well)
- vegetable oil
- 1 onion diced (medium)
- 2 cloves garlic minced
- 1/2 tsp dried oregano
- 2 of the chilies chipotle from the can seeded and chopped
- 4 tsp of the Adobo sauce from the can
- 1/2 tsp salt
- 1/2 tsp sugar

Directions

Que music "this is how we do it"....

1. The Meat. Bring about a quart of water to a boil in a medium saucepan, add salt then the pork, skim the grayish foam that rises to the top during the first few minutes of simmering, add any of the dried herbs and bay leaves. Partially cover and simmer over medium heat until the meat is tender about 50 minutes. If you have the time let the meat cool in the broth, remove the meat, strain the broth, de-fat it and reserve 1 cup. When meat is cool enough, break up the bigger pieces.
2. The potatoes, tomatoes and chorizo. Boil the potatoes in salted water to cover until just tender approx. 15 minutes; drain, and chop into 1/2 inch pieces. Dice tomatoes (if not canned diced). Fry the chorizo (in oil if needed it can be pretty fatty) in a large heavy skillet over med heat. (this is where I deviate, I leave the chorizo in and brown the pork

- and onions all at once) Stir in the garlic and let get fragrant.
3. Finishing the stew. Pour in the tomatoes (sort of de-glazing the pan) add the potatoes, oregano, the chopped chilies, adobo sauce and the reserved broth and stir and simmer for 10 minutes or so to blend.
 4. Serve garnished with avocado slices, fresh cheese like queso fresco, any other soft style...or just eat it.



Tilapia and Shrimp Tacos

Submitted by Mark Marion; Reston, Virginia

Ingredients

- 8 Small Tortillas, soft taco sized
- 1 Small Red Onion, sliced thinly
- 1 Tbsp Fresh Thyme
- Olive Oil
- 2 Filet of Tilapia (can be substituted with any other firm, white fish)
- 12 Shrimp, peeled and deveined
- 1 1/2 Cups Cornmeal
- 1 Tbsp Chili Powder
- 2 Tsp Cumin
- 1 Tsp Garlic Powder
- 1 Tsp Red Pepper Flakes
- Salt and Pepper

Directions

1. Heat oven to 300. Wrap tortillas in tinfoil and place in oven.
2. Sauté onion in olive oil over medium high heat. Add salt, pepper and thyme. When browned, remove to serving dish.
3. Combine cornmeal and spices in large bowl. Slice fish on a diagonal into ring-finger sized chunks. Dredge fish and shrimp in cornmeal until well coated.
4. Add a bit more oil to the pan and sauté fish and shrimp until browned being careful not to overcook, especially the shrimp. Remove to serving dish with onions. Stir to combine.
5. Serve with warm tortillas. Garnish with lettuce, tomato, and sour cream.



Chicken Tijuana

Submitted by Mark Marion; Reston, Virginia

Ingredients

- 1 1/2 Cups Flour
- 1 Egg
- 2 Tbsp Water
- 1 1/2 Cups Unseasoned Bread Crumbs
- 1 Tbsp Cumin
- 1 Tbsp Chili Powder
- 1 Tbsp Dried Oregano
- 1 Tsp Garlic Powder
- Salt and Pepper
- 4 Chicken Breasts
- 2 Tbsp Olive Oil
- 1 Cup Salsa
- 1 1/2 Cups Shredded Mexican Blend Cheese

Directions

1. Preheat oven to 400.
2. Prepare breading station: Put flour on a dinner plate. Season with salt and pepper. Crack egg in a bowl. Add water and beat until thoroughly combined. Put bread crumbs on a second plate. Season with spices, salt and pepper.
3. Dredge chicken in flour until surface is dry. Shake off excess. Dip in egg wash ensuring an even coat. Dredge in bread crumbs until surface is dry.
4. Sauté chicken in oil over medium high heat until both sides are browned (about 3-4 minutes per side). Transfer chicken to baking dish. Divide salsa over chicken. Divide cheese over chicken.
5. Bake for 12-15 minutes or until cheese is bubbling and beginning to brown. Place under broiler for 1-2 minutes to finish browning.

Garnish with lettuce, tomato, and sour cream. Serve with seasoned rice and avocado.

FISH AND SEAFOOD



Nothing is more satisfying than catching a fish from a cool mountain stream or a clear blue ocean and preparing it for dinner. In this section, you'll find a variety of fish and sea food recipes for you to enjoy.

Macadamia Crusted Mahi Mahi

Submitted by Alan Cohen; Ohio

Preparation Time: 10 Minutes

Cook Time: 10 Minutes

Ingredients

- 1/2 cup macadamia nuts (about 2 1/2 ounces)
- 1/2 cup panko
- 1/3 cup all-purpose flour
- Salt and pepper, to taste

- 1 cup coconut milk
- 4 (6-ounce) fillets mahi mahi
- 2 tablespoons canola oil
- lime wedges and cilantro sprigs, for garnish

Preparation

Preheat the oven to 450 degrees Fahrenheit. Place the macadamia nuts into a food processor, and pulse until coarsely ground. Add the panko and pulse until finely ground. Pour into a flat container that can fit a fillet. Set aside.

Place the flour, salt, and pepper in a second flat container. Set Aside.

Pour the coconut milk into a third flat container. Set Aside.

Dredge one side of the fillets in the flour, and shake off the excess. Dip the floured side of each fillets into the coconut milk, and let the excess drip off. Place the seasoned side of the fillets into the macadamia mixture, and press gently to coat.

Heat a large, ovenproof frying pan over medium-high heat. Add the oil and heat through. Add the fillets, breaded side down, and cook until golden brown, about 2 minutes. Turn the fillets over and place the pan in the oven; cook until the internal temperature reaches 135 degrees Fahrenheit; about 8 minutes. Garnish with lime and cilantro and serve.



Salmon, Rice and Green Beans

Submitted by Brent Roberts; Franklin, Tennessee

Ingredients

- salmon fillets
- butter
- salt and pepper
- Cayenne pepper
- dried parsley
- lemons
- green beans

Directions

Rub the salmon fillets with salt, pepper, cayenne, and parsley. Cook on skillet with butter (can use olive oil, but I've found the skin doesn't stick as bad with butter). Cook it how you like, but I normally do about 4-5 minutes to a side over medium heat, so that the fillet is not over-done (over-cooked fish is more fishy than under-cooked fish, but you don't want it raw unless you have sushi grade fish). Once done, put it over a bed of rice and ring the plate with cooked green beans (the addition of basil to the green beans is great, but optional). Cover the whole thing with as much fresh lemon juice as you care for, and you have an awesome meal.



Grilled Clams

Submitted by Chris Updike; Michigan

Ingredients

- 2 Tbs lime juice
- 2 Tbs olive oil
- 1 Tbs tequila
- 1 tsp minced cilantro
- 1 tsp kosher salt
- 1/4 tsp black pepper
- 24 oysters on the half-shell, juices retained
- 4 Tbs unsalted butter, softened
- 4 tbs crisp bacon, chopped into small bits
- cooking spray

Directions

1. Shuck oysters over a bowl, retaining the bottom half of each shell and their liquid.
2. Add bottoms to a bowl of water to soak for 30 min and pre-heat grill to high heat.
3. Whisk lime juice, olive oil, tequila, cilantro, 1/2 tsp. salt, and pepper in a bowl.
4. Add oyster meats and their juices. Marinade oysters 30 to 45 minutes and then drain, reserving about 1 1/2 cups marinade.
5. Arrange oyster shells on a large baking pan and spray insides lightly with cooking spray.
6. Position half of the shells on the grill. Heat shells 30 seconds. Spoon 1 oyster into each shell with 1 tbsp. marinade and grill, closed for 3 minutes.
7. Remove with tongs as shells will be extremely hot. Repeat with remaining oysters.
8. Sprinkle remaining marinade on cooked oysters and top with chopped bacon.



Crawfish Etouffee

Submitted by Andrew; Chattanooga, TN

Recipe from Bonnie Lippincott, a native New Orleanian for over 60 years

Ingredients

- 1 medium onion, chopped
- 3 stalks celery, chopped
- 1 bunch green onions
- 1 medium green bell pepper, chopped
- 1 can diced tomatoes
- 2 tsp dried thyme
- 2 bay leaves
- 2 cloves garlic, minced
- 2 lbs crawfish tails
- 2 tsp salt
- 1 tsp black pepper

Directions

1. First you make your roux:
 - 1/4 cup canola oil
 - 1/4 cup flour
2. Heat oil in 5 quart saucepan. Continually whisk flour in hot oil until the color of milk chocolate.
3. Add onions, cook until caramelized, then add celery and bell pepper.
4. Add diced tomatoes and cook together for 5 minutes
5. Add herbs, shrimp stock (enough til you get the consistency you desire, remember a little goes a long way
6. Once you add the crawfish tails they will also add moisture to the gravy. You can always add more broth if needed later)
7. Add crawfish and green onions, reduce heat to simmer and cook 5 to 8 minutes,
8. Serve over rice with French Bread.

FOWL



Just because it's chicken, doesn't mean it has to taste just like plain ol' chicken. Chicken is a blank canvas to which you can create a rich painting of flavor in your mouth. Besides being a tasty animal, chicken is good for those man muscles of yours. You'll get all the benefits of animal protein without all the fat.

Marinated Grilled Chicken with Watermelon-Jalapeno Salsa

Submitted by Joshua; Indianapolis, IN

Ingredients

- 1 tablespoon chopped fresh oregano
- 1 tablespoon extra virgin olive oil
- 1 teaspoon chili powder

- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 3 garlic cloves, minced
- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray
- 2 cups (1/2-inch) cubed seeded watermelon
- 1 cup (1/2-inch) cubed peeled ripe mango
- 1/4 cup finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons finely chopped seeded jalapeño pepper (about 1 small)
- 1 tablespoon fresh lime juice
- 1/2 teaspoon sugar
- 1/4 teaspoon salt

Directions

1. Combine first 6 ingredients in a large zip-top plastic bag. Add chicken to bag; seal. Marinate in refrigerator up to 4 hours, turning bag occasionally. I prepared double the amount of marinade, as it's more of a rub.
2. Prepare grill.
3. Place chicken on a grill rack coated with cooking spray. Grill 5 minutes on each side or until done. Combine watermelon and remaining ingredients. Serve watermelon mixture with chicken.

Yield: 4 servings (serving size: 1 chicken breast half and 1 cup salsa)



Scotch, Beer, and Cider Brined Turkey

Submitted by Chris Neitzert; Seattle, Washington

Turkey: 1 Frozen 10-14lb Turkey, I prefer the Butterball Young Turkey.

Brine Ingredients

- 12 Bottles of Guinness or New Castle Beer
- 1/2 Gallon (2.9l) Apple Cider
- 4 Cups of 18 Year old Glenlivet Scotch Whiskey
- 4 Cups of Brown Sugar
- 4 Cinnamon Sticks
- 1/2 Cup of Whole Black Peppercorns

- 1tbsp of salt

Directions for Brine

1. Combine Brine ingredients into very large pot.
2. Submerge turkey in brine, cover and refrigerate.
3. Rotate turkey every 8-12 hours to ensure that all of turkey has soaked up brine.
Soak for 36 to 48 hours, the turkey will defrost during the brining and soak up the flavor of the mixture. (yum!)

Cooking the Turkey

1. Preheat oven to 400f.
2. Butter Roasting Pot.
3. Cut 3 large potatoes into 1/4" slices going the length of the potato.
4. Place potato slices on bottom of Roasting pot so that the turkey does not stick to the pot.
5. Drain Turkey and remove neck, giblets and other packing material
6. Put turkey into roasting pot atop potatoes.
7. Take 3 sticks of butter and 3 cups of brine, and warm on medium low in sauce pan until butter has melted.
8. Baste turkey with half of butter-brine sauce, saving the other half for later.
9. Put Turkey into oven, covering with a tin foil tent for 30 minutes.
10. While Turkey is in for the first thirty minutes, take neck, giblets, and 4 cups of the brine and combine in an uncovered sauce pan and heat over medium flame for the gravy base.
11. Once the 30 minute timer has gone off, remove turkey, pour gravy base into bottom of roasting pot and baste turkey with remainder of butter-brine and reduce the oven temperature to 300f.
12. Return Turkey to the oven and baste with own juices every 30 minutes and cook until a meat thermometer says the internal meat is at least 180f. This process should take about 4-5 hours.

Teriyaki-Pineapple Chicken

By Our Godlivz

Time: ~40 minutes

Feeds ~4

Ingredients

- 2 lb (1 kg) of Chicken Breast, non-frozen
- 1 can of pineapple, chunk or tidbits
- ~4 oz of Teriyaki Sauce

Note on the Teriyaki Sauce: I have found the more dense sauces to be better as they are sweeter. I am fond of LaChoy. However, if you have a Teriyaki sauce that is more of a liquid (Such as Kikkoman), then add brown sugar to compensate.

- Rice

Directions

1. Cut the chicken into "bite" size chunks and place in hot oiled skillet or wok.
2. Add Teriyaki (and brown sugar if needed). When the chicken starts to look somewhat cooked, add pineapple.
3. Continue cooking until there is almost no watery liquid, and the teriyaki is a thick sauce.
4. Serve over rice, white or brown, but not fried.



Beer Can Chicken

From Kevin Young

Ingredients

1. 1 whole chicken (4-6lbs or so)
2. 1/4-1/2c of your favorite spice rub (salt and pepper work great if you don't have one)
3. 1 12oz can of whatever beer you can find
4. 1 handful of soaked hardwood chips (optional)

Directions

1. Fire up your grill and prep it too cook indirectly. That means if you're using charcoal, put all the coals under half of the grill, and a cheapo roaster pan on the other half. For gas users, only turn on half your burners, and place that drip pan under the half that's turned off.
2. Rinse off your chicken and pat it dry with some paper towels, both inside and out. Make sure all the giblets (random organs and neck chunks) have been removed. Rub about 1/2 of your spice rub all over the outside of your chicken. Rub the other 1/2 inside the cavity of the chicken.
3. Crack open the can of beer. The type or price doesn't really matter (I prefer the cheapest swill I can get - Keystone or Nat Ice work well here), you could even use a soda if you're not a beer drinker (I've used grapefruit soda). Drink or pour out about half. Using a can opener or your trusty pocket knife, knock some extra holes in the top. Dump any spice rub you have left in the half empty can. Then set the can on a flat surface and jam it right into that there chicken. The chicken should set upright, kind of like a headless, hairless chicken-shaped dog.
4. Slide your big grill spatula under that, and set it over the drip pan on your hot grill. Drop some woodchips on your coals, or if you're using gas wrap them in foil and punch holes in it and toss it over the fire. Close the lid and forget and let it do its thing for at least 90min. Check it for doneness one of 2 ways: 1. Use a meat thermometer in the breast or thigh to see if it's 185

degrees or 2. jab the breast and thigh with your knife and see if the juices run clear. If so, you're probably good to go.

5. Using a pair of tongs and a big spatula, lift the bird and can off the grill and set it on a plate. Tear or cut off the meat, and enjoy the juiciest, tastiest bird that's ever came off a grill.



Lemon-Pepper Chicken Marinade

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 3 chicken breasts
- 3 tbsp. olive oil
- 1 lemon peel, grated
- 1 lime peel, grated
- Juice of lemon, lime
- 2 tsp black pepper
- 1 tsp crushed red pepper
- 1/2 tsp salt

Directions

Combine all ingredients. Let marinade for 30 minutes at room temperature, or overnight in the refrigerator. Remove chicken and grill, spooning remaining marinade over chicken every time they are turned.

Notes: This is a favorite of mine in the summer -- great for when friends throw parties and say, "Bring something to throw on the grill!"

WILD GAME



What's more primal and manly than stalking and killing your prey and then preparing it yourself to eat? Nothing of course. Try these recipes after your next big hunt.

Bacon-Wrapped Venison

Submitted by Cody

Ingredients

- 2 lbs venison tenderloins (a single deer loin or Beef)
- 1/2 lb bacon
- 2 cups Dales Steak Sauce or similar marinade

Directions

1. Cut loin into 1-2in pieces

2. Place pieces into marinade covering it completely
3. Let meat marinate in mixture at least 3 hours or overnight in fridge. It's best to marinate for 8 hours if you have the time.
4. Remove from marinade but don't pour marinade out
5. Wrap a piece of bacon around each tenderloin piece securing it with toothpick.
6. Place on grill and cook until done

Note

- Remove toothpick before consuming or eat off the toothpick.
- Drizzle remaining marinade over deer loin. You can continue to baste the loin with the marinade throughout the cooking process with either a brush



Grilled Dove or Quail

Submitted Will Ochse; Texas

The easiest and, in my opinion, tastiest way to grill dove or quail is as follows (I'm almost positive this will be submitted by more than one individual):

You'll need the following for the basic recipe, though there are a variety of ways to make it your own: Bacon of your liking (1 strip for doves, 2 for quail), cream cheese (one of those Philly bricks should do unless you have something fancier in mind), toothpicks (2-3 per bird) or wooden skewers, jalapenos (3-5 medium sized should suffice for about 10-15 birds), as much Worcestershire as your heart desires, and pepper (only if your bacon isn't slathered with it already, n00b).

Assuming your birds are already cleaned and breasted, carefully remove each side of the breast starting on the sternum. There will be about three distinct muscle groups on each side of the breast so cut carefully in order to keep these groups connected. If there is a large variance in size between your birds, keep each set separated. If you acquired your birds through the use of beer and firearms, do your best to weed out the badly lead-peppered breasts and remove any shot that may be lingering.

Unless you're bold, de-seed your jalapenos and slice them into eighths lengthwise. I generally use two slices per bird for feeding the average crowd but I'd generally go with 3-4 for my tastes. Take about a tablespoon of cream cheese and your jalapeno slices and sandwich them between the two breast pieces. Wrap the concoction in 1-2 slices of bacon, setting the toothpicks as you go. It can be tricky to get everything to sit properly but do your best to keep everything sturdy and secure.

Set the prepared birds close together in a square pyrex and add the Worcestershire slather. Don't be afraid to add milk to reduce gaminess and/or anything else you see fit. I like to let the birds sit refrigerated for at least 2-3 hours.

On the grill, they don't take long. A medium heat is preferred as the bacon burns easily. Use your discretion but for the most part, once the bacon is fully cooked, the bird is cooked.

SIDE DISHES



Grilled Figs

From Cody

Ingredients

- fresh figs (do not use dried)
- Speck, pancetta or prosciutto. Thinly sliced

Directions

1. Quarter the figs but do not cut all the way through.
2. Wrap each fig with the meat and secure in place with a toothpick if necessary.
3. Grill on the BBQ under low heat
4. I sometimes add a sprinkle of sugar in the fig or even a bit of blue cheese.



Hushpuppies

Submitted by Chris Neitzert; Seattle, Washington

Ingredients

- 1 C (240ml/2.4dl) Cornmeal
- 1 C (240ml/2.4dl) Flour
- 1 medium onion, minced
- 2 tsp (10ml) Baking powder
- 1 tsp (5ml) Salt
- 1/2 tsp (2.5ml) Black Pepper
- 1 egg beaten 3/4 C (1.8dl) Buttermilk
- 3 C (7.2dl) vegetable oil

Directions

1. Mix dry ingredients and onion together. Mix in the egg and buttermilk. This will be a thick mixture. Let sit for 1/2 hour.
2. Heat oil in a deep fryer or deep skillet/wok to 375 degrees F (190c). Drop by teaspoons into the pan. Fry until golden brown. Drain on paper towels, serve immediately with ketchup, butter, malt vinegar or honey
3. I also do variations using minced vegetables such as red peppers (pictured here), jalapenos, and others into the batter.



The Best Damn Salad I've Had in a LOOOOONG Time

Submitted by Todd McGillivray, - <http://hoganisgod.tumblr.com/>

Ingredients

1. 1 bag/box/whatever of mixed baby greens - you know the kind.
2. Arugula, rocket, mache, watercress, etc.
3. some white onion, thinly sliced or diced small
4. a little bit of red pepper, diced small
5. a handful of unsalted pecans, broken up into largish pieces
6. a handful of regular ol' white sugar
7. one of those little packages of unflavored goat cheese
8. 1 bottle of your favorite raspberry vinaigrette

9. some fresh-cracked black pepper

Directions

Toss the pecans into a non-stick frying pan with some sugar over medium-high heat. Stir constantly - the sugar will melt and caramelize, coating the pecans. Stick the pecans on a plate and let the sugar harden on them - this won't take long...

Bung the greens in a bowl. Toss with the onions and the red pepper, then add some of the vinaigrette and toss again to coat. Plate the salad in individual bowls or salad plates and top with the pecans and little hunks of the goat cheese. Crack some black pepper over the top.



Grilled corn o' the cob

Submitted by Brent Roberts; Franklin, Tennessee

Ingredients

- corn on the cob (shucked yourself is more manly. Frozen is weak.)
- butter
- salt and pepper
- dried thyme
- cayenne

Directions

Butter the corn. Rub with salt, pepper, thyme and cayenne (don't go crazy with the cayenne). Grill. Eat. Repeat as necessary.



The Broccoli of Champions

(taken from the Southern-living Christmas cookbook of '04 [my wife's])

Submitted by Brent Roberts; Franklin, TN

Ingredients

- broccoli chopped into bite-sized chunks
- olive oil
- walnuts

- salt and pepper
- lemons

Directions

Toss the broccoli with olive oil, salt, and pepper. Roast the broccoli in a hot oven until the tips of the crowns start to caramelize. Toast the walnuts in a skillet (can toast with butter). Mix the walnuts and the broccoli in a bowl. Cover with fresh-squeezed lemon juice. People who don't like broccoli eat this stuff.



Island Sweet Potatoes

Submitted by Alan Cohen; Ohio

Preparation Time: 25 minutes

Cook Time: 1 hour 30 minutes

Ingredients

- 2 pounds sweet potatoes (2-3 medium potatoes)
- 3 tablespoons butter, divided
- 1/2 cup crushed pineapple, drained
- 1/4 cup coconut milk
- 3 tablespoons brown sugar, divided
- kosher salt, to taste
- vegetable oil cooking spray

Directions

1. Preheat the oven to 425 degrees Fahrenheit. pierce the potatoes in several places with a fork, put on a foil lined baking sheet, and place in the oven. Cook until the potatoes are tender when pierced with a fork, about 1 hour.
2. Cut open the potatoes, and let cool to room temperature. Scoop potato out of the skins, discard skins. Pass the potato pulp through a ricer, or mash finely with a fork.
3. Melt 2 tablespoons butter. Combine the potato puree, butter, pineapple, coconut milk, and 2 tablespoons of brown sugar, and mix thoroughly. Season to taste with salt

4. Spray an 8" by 8" baking dish with the vegetable oil spray. Spoon the potato mixture into the dish, and smooth the top. Cut the remaining butter into small pieces and sprinkle over top of the potatoes. Sprinkle the remaining brown sugar over the top.
5. Bake until top is lightly browned and potatoes are heated through, about 30 minutes. Serve.



Fruity Salad

Submitted by Dan Pannebaker; Neenah, Wisconsin

Dressing

- ½ cup sugar
- 2 Tbsp. Dijon mustard
- 2 Tbsp. finely chopped onion
- 2/3 cup vegetable oil (I usually use 1/3 cup olive oil and 1/3 cup canola oil)
- 1/3 cup lemon juice
- 1 Tbsp. poppy seeds
- ½ tsp. salt

Mix together the day before. Shake well and pour over the salad just before serving or pass separately for guests to help themselves.

The salad

- 8 cups of mixed lettuces
- 1 cup salted cashews
- 1–2 pints strawberries, hulled and sliced
- 1½ cups dried cranberries
- 2 cups shredded mozzarella cheese
- Toss all ingredients together in a large salad bowl and serve with dressing.



Baked Yams

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 3 medium yams
- butter, softened
- salt and pepper

Directions

Wash yams and pat dry with a paper towel. Cut off ends and then poke 10-20 holes into the vegetable with a knife, making sure to go all the way to the center. Spread butter generously over entire skin of the yams. Bake, uncovered, in cast-iron skillet or baking dish at 450 degrees for ~1 hour. (Cooking time may vary based on size. Yams are done when a fork easily penetrates to middle of yams.)

Sprinkle with salt and pepper to taste.

Cooking time: Preparation, 10 minutes; total, 1 hour

Notes: You can also top these with brown sugar if you care for something sweet.



SALSAS AND DIPS



Whether you're out tailgating or watching the game from home, you're going to need some dip for your chips. We've got you covered on every variety of dips from the meaty and cheesy dips to the spicy and fresh salsas. Remember: no double dipping!

Deadly & Delicious Double D Habanero-Pepper-Sauce

Submitted by David Dragon; Tampa Bay, Florida

OK stand back, keep your hands and feet away from the openings.

It had to be done. I secured a batch of fresh Habanero Peppers so I made some Double-D Sauce.

Ingredients

- Vidalia Onion
- Garlic
- Fresh Baby Carrots
- Fresh Habaneros
- Olive Oil
- Distilled Vinegar
- Lime Juice
- and about 45 minutes.

Directions

1. Chop the onion and Garlic and chop finely. Vidalia Onions have a great flavor in sauces.
2. Add the Garlic.
3. Fresh Baby Carrots go in next

4. Puree the onions, garlic and carrots
5. Combine with 3 Table spoons Olive Oil
6. Reduce till the carrots are soft adding water as needed.

The base puree is ready to be blended with the Chopped Peppers. A word of caution! DO NOT HANDLE HABENAREOS LIGHTLY! WASH your HANDS with WARM WATER and SOAP after TOUCHING these PEPPERS!

7. Wash, Remove the stems and chop finely fifteen peppers.

THIS MIXTURE CAN HURT YOU! DO NOT GET YOUR FACE NEAR THIS!

8. Add in the warm base puree and mix it down to liquefied.
9. The mixture is ready for the final steps.
10. Combine mixture with a half cup of Distilled Vinegar and a half cup of Lime Juice over low heat and simmer on low for five minutes or so.

WARNING: DO NOT get the VAPORS near YOUR FACE! Think **PEPPER SPRAY**.

Makes a lot of Double-D Sauce. This sauce Heat is a 9 on a scale of 10 and has a great flavor.

Seal in sterilized bottles for at least 7 days before using. Just kidding, when it cools it's ready to eat.



Hearty Beef Cheese dip

Submitted by Zach Dodge; Manhattan, Kansas

Ingredients

- 1 lb o' lean ground beef
- 4 strips o' bacon cut into small pieces
- one medium onion
- 3 to 7 cups of favorite salsa (depending on how thick or loose you want the end result)
- one taco seasoning packet
- chipotle tabasco or your favorite hot sauce. (to taste)
- fresh ground black pepper. (i do around 5 twist on the pepper mill but its what ever)
- Velveeta processed cheese (the only thing I use Velveeta for, if you care to know)
- chips either regular tortilla or even the scoop shaped corn chips.

Directions

First take the four strips of bacon and cut it into small pieces and put in a large soup pot, brown that pile of awesome until it is nice and crispy. I like to cook it on *med. heat* then kick it up to hi to get the pieces brown and crispy not black and inedibly crispy. Once done, add the onion (finely minced) into the bacon/bacon fat left behind. I personally like my onions cooked down to a translucent but still not brown, it's up to you. To achieve that just take the heat down to med-lo and cook the onion till your left with flavor and no crunch. But you can make your own decisions as far as the onions are concerned, it's your kitchen. Next, put in the ground beef and cook as you would any other time in your life you've cooks ground meat. Once browned completely drain the extra fat into a disposable and heat resistance container, like a tin can. Completely, and I mean completely drain, because this isn't a healthy meal to start, at all. Any extra fat should be taken out to ensure a minutely healthier and less greasy result. So now to get back on track, add in your favorite salsa to the drained onion and meat mixture until it's the consistency you want (I like to add in the salsa until it's like a thick soup). After the salsa, proceed to add the Velveeta. This is tricky as far as an amount because I just add it in until it's melted and looks/taste to where you want it. Basically in general add about a cup's worth and add from there. When it's all melted, add the packet of taco seasoning, favorite hot sauce (chipotle hot sauce), and the black pepper. All pretty much to taste. So in actuality this is a hearty and pretty free form in regards to the cook's taste. Once you have it to where you want it and that means adding or taking away ingredients, grab some chips and have at it.

Post script: This is a dip but, I kinda' think it's an incredibly unhealthy small meal. Take that thought as you will. Enjoy.



Chili Cheese Dip

Submitted by Eric, O'Fallon, Missouri

Ingredients

- 1 bag tortilla chips
- 1 large block of Velveeta cheese (made with 2% milk)
- 1 bottle Ortega Medium Taco Sauce
- 1 16 oz can of no bean chili

Directions

Combine 3/4 block of Velveeta cheese sliced into 1/2 inch slices, 2 cups taco sauce and can of chili into a crock pot. Set crock pot on medium to high heat. Stir frequently until the cheese is well melted and serve.



Chilean Salsa

by Giovanni Gallo

Ingredients

- 2 onions
- 2 tomatoes
- 1 green pepper
- olive oil
- vinegar
- salt, pepper
- cilantro
- lemon juice

Directions

Cut the onions in square pieces adding sugar or salt and squeeze for a little while and finally rinse with cold water. Cut the tomatoes add the onions, green pepper, cilantro, salt, pepper, vinegar and lemon juice. Mix all this well and put in the refrigerator for an hour before you serve



Neil's Mango Salsa Recipe

Submitted by Neil Frank; Reston, VA

Ingredients

- One ripe mango,
- One small yellow onion
- (green onions or scallions are ok to)
- One half of a ripe tomato,
- Two jalapeno peppers,
- One half red pepper,
- One half green pepper,
- Several sprigs of cilantro,
- 2-3 tablespoons lemon or lime juice,

Directions

Remove seeds from all peppers. Dice and combine everything uniformly. Make this several hours early. Stir and remix about once an hour until you're ready to eat. Spoon salsa onto a marinated chicken breast. This should not only look good but taste good. You can modify ingredients to personal taste.



Pico de Gallo Salsa

Submitted by Gil Jimenez; Chicago, Illinois

Even if you do not use this in your book, you must try this. Believe me.

Ingredients

- 1 lb vine tomatoes (not diced, but cut into 1/2 inch cubes)
- 3/4 cup onion chopped up
- One serrano pepper (seeded and chopped small)
- Cilantro (about a cup chopped WITH stems)
- 2 limes (not key limes) *most important ingredient*

Directions

1. combine all ingredients in a bowl and mix around with a spoon.
2. salt generously.
3. add tortilla chips.

Enjoy.



Salsa Verde Con Avocado

Submitted by Jeff Lyons; Houston, Texas

This is a favorite in Tex-Mex restaurants around Texas.

Ingredients

- 4-8 Tomatillos depending on size
- 3-6 Avocados depending on size

- 1 whole onion
- 5-6 cloves of garlic
- 3-4 jalapeno peppers (with seeds for extra heat)
- handful cilantro
- lime juice from 1/2-1 whole lime
- sour cream to taste
- salt

Directions

1. Cut the jalapenos in half, cut the tomatillos into halves, cut onion into 1/4ths
2. Boil jalapenos, tomatillos, onion and garlic for about 10 minutes
3. With a slotted spoon, spoon the hot ingredients into a blender, add some salt, blend until liquid be careful when opening the lid as the contents may splash.
4. Add avocados, cilantro, lime juice and salt and blend until smooth
5. Add sour cream and blend until smooth.

DESSERTS AND BREADS



After a big savory meal, you're going to need something sweet to cleanse the palate. These desserts are perfect for finishing off a meal or satisfying your craving for a midnight snack. Looking for a fun and cheap date idea? Try making a dessert with your gal and then enjoy eating the fruits of your labor.

We also have some delicious bread recipes in this section that will complement any meal.

Buccellato Ring Cake

Submitted by John McCarthy; Manhattan Beach, California

Here is Lucca's classic cake, which may be flavored with either aniseed or raisins. Traditionally, godparents would give a Buccellato to their godchildren on confirmation day. This recipe is thanks to my Grandmother Landini, from Lucca, Italia.

Serves 6

Ingredients

- 6 tablespoons (3 fl oz/90 ml) lukewarm water (105° to 115°F/42° to 46°C)
- 1 oz (30 g) fresh cake yeast or 2 packages (1 scant table-spoon each) active dry yeast
- 3 cups (12 oz/360 g) all-purpose (plain) flour unsalted butter for ring mold, plus 3 tablespoons (1½ oz/45 g) softened; pinch of salt
- 2/3 cup (5 fl oz/150 ml) milk
- 2 whole eggs, plus 1 egg white 1 teaspoon aniseed
- 1/2 cup (4 oz/120 g) granulated sugar

Directions

1. Place the lukewarm water in a: medium-sized bowl. Sprinkle the yeast on top of the water and let stand until dissolved and foamy, about 10 minutes .
2. Gradually add 1/2 cup (2 oz/60 g) of the flour to the yeast mixture, stirring constantly to prevent lumps from forming. Cover the bowl with plastic wrap and let rise at room temperature until double in bulk, about 2 hours.
3. Preheat an oven to 350°F (180°C). Butter a 9-in (23-cm) ring mold.
4. Add the salt to the remaining flour and heap it on a work surface. Make a well in the center and pour in the milk, the 2 whole eggs, aniseed, softened butter, sugar and the raised dough. With a fork, gradually work in the flour until all of it is absorbed. On a lightly floured work surface, knead the dough until it is soft and smooth, about 5 minutes.
5. Shape the dough in the prepared ring mold and brush the top with the egg white. Bake the cake until well risen and golden, about 45 minutes.
6. Remove from the oven and let cool completely on a wire rack. Remove from the pan and place on a serving plate. Serve at room temperature.



Chocolate Crème Chantilly

Submitted by Matthijs de Jonge

What can be more manly than a little bit of science and some vigorous arm movement? Nothing. So here's a chocolate mousse (impress the ladies!) that science came up with and that requires quite a bit of physical effort on your part to create (but very little finesse):

1. Directions

- Make sure you have an ample supply of ice cubes and water. Get two bowls, one quite a bit larger than the other.
- Fill up the larger bowl with ice cubes and some water. Place the smaller bowl inside.

3. In a small pan, gently heat, say, 100 grams of pure ("cooking quality") chocolate and, say, 80 ml water. The important thing is that you have somewhat less water than chocolate.
4. Stir vigorously. You will find this to be harder than you'd expect: molten chocolate and water do not, in fact, mix very well.
5. When the chocolate and water are mixed thoroughly, dump the concoction in the smaller of the two bowls.
6. Start whisking like crazy. Hopefully the mixture cools rapidly and your whisking turns it into something that has the consistency of not quite fully whipped cream. You're done.
7. If you fail, simply heat up the chocolate and water mixture and try again.



Cranberry Pake (an alternative to the too sweet desserts)

Submitted by Alex Charlton

Ingredients

- 2 cups cranberries
- 1/2 cup chopped walnuts
- 1 1/2 cups sugar (divide into separate 1 cup and 1/2 cup)
- 2 large eggs
- 1 cup flour
- 1 stick unsalted butter (softened)
- 1/4 cup vegetable shortening

Directions

1. Pre-heat oven to 325 degrees Fahrenheit
2. Grease 10" pie pan
3. Fill bottom of pan with cranberries
4. Evenly distribute walnuts over cranberries
5. Sprinkle 1/2 cup sugar over cranberries
6. Mix sugar into eggs gradually
7. Add flour, butter, shortening
8. Smooth mixture over cranberries
9. Bake on center rack for 1 hour or until top is golden brown and tooth pick comes out clean



Beer Bread

Submitted by J.P Garza, Texas

Ingredients

- 3 cups flour
- 1 tablespoon baking powder
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 bottle (12 ounces) beer, at room temperature
- 1/4 cup unsalted butter, melted

Directions

1. Preheat the oven to 375°F.
2. In a mixing bowl, combine all the dry ingredients.
3. Add the beer all at once, mixing as little as possible; the batter should be lumpy.
4. Pour the batter into a 9-x-5-x-3-inch loaf pan and brush with the melted butter.
5. 20 minutes into the baking, brush the some of the remaining melted butter on top of the loaf of bread and continue baking.
6. Bake in the oven for 35 to 40 minutes, or until an inserted skewer comes out clean.
7. Turn out onto a rack to cool.



Jay's Oatmeal Chocolate Chip Cookies

Submitted by Jay Pyatt; Kalamazoo, Michigan

I wanted a cookie that was not a bunch of sugar and starch, so with some experimenting I worked up this recipe. There is no flour in this recipe and it is a good excuse to use the protein builder powder that you bought when you got motivated to work out.

Ingredients

- 1/8 to 1/4 teaspoon cinnamon
- 1 cup brown sugar
- 1 egg
- 1/2 cup honey

- ¾ cup (1 ½ stick) salted butter
- 1 ¼ cup vanilla flavored whey (found in the fitness foods section at Wal-mart or Meijer)
- ½ teaspoon baking soda
- 3 cups regular oats
- 1 bag chocolate chips, I recommend a semi-sweet good quality chip.

Directions

1. Preheat oven to 350 degrees
2. Beat sugar, butter, honey, egg together.
3. Mix whey, baking soda and cinnamon together, then add to the sugar mixture.
4. Mix in oats.
5. Mix in chocolate chips
6. Drop by teaspoon on cookie sheet and flatten a little.
7. Bake for 10-12 minutes.

This makes like 70+ cookies if you do it right.



Wendy Gaynor's 'Perfect' Chocolate Chunk Cookies

Submitted by Garret Williams; San Diego, California

This recipe appeared in The New York Times on October 27, 2002

Ingredients

- 8 ounces (2 sticks) unsalted butter, at room temperature
- 1 cup packed dark brown sugar
- 1/2 cup granulated sugar
- 2 large eggs
- 2 cups all-purpose flour
- 1 teaspoon salt
- ¾ teaspoon baking soda
- 1 teaspoon pure vanilla extract
- 4 cups semisweet chunks (preferably imported).

Directions

1. Place the butter in a large bowl and cream at high speed until fluffy. Add the sugars and beat until light and fluffy, about 4 minutes, scraping down sides of bowl occasionally.

- Beat in eggs, one at a time, until completely mixed.
2. In a separate bowl, mix flour, salt and baking soda. Add to the butter mixture at low speed until just combined and add vanilla extract. Beat on medium speed, scraping bowl down, until blended. Do not overmix.
 3. Add chocolate chunks and mix till thoroughly combined. Refrigerate batter until cold, preferably overnight.
 4. Preheat a conventional oven to 350 degrees or a convection oven to 300 degrees, and line several baking sheets with parchment paper. Drop heaping spoonfuls of batter 2 inches apart on the lined baking sheets and bake, turning tray once, until golden brown around edges and soft (but not bubbly), about 9 minutes in a convection oven or 12 in a conventional one. Cool on a wire rack.

Yield: 36 to 72 cookies, depending on size.



White Chocolate Cheese Pie

Submitted by Dan Pannebaker; Neenah, Wisconsin

Ingredients

- 1 prepared 9-inch pie crust (Pastry or graham cracker works well)
- 1 cup (½ a 10 oz. bag) white chocolate chips
- 1 (8 oz.) package cream cheese, softened and cut into cubes
- ½ cup sour cream

Directions

In a small saucepan, melt the white chocolate chips over low heat. Remove from heat and cool slightly. Add the cream cheese and sour cream and beat until smooth. Spoon the filling into the prepared crust and smooth the top. Refrigerate at least 6 hours or overnight.

This is wonderful served with fresh berries but if they are not in season, ½ a 21-oz. can of your favorite pie filling spooned over the top just before serving works wonders, too!

Serves 6–8.



Pumpkin Crunch Torte

Ingredients

- 1½ cups finely chopped walnuts
- ¾ cup vanilla wafer crumbs (About 18 cookies; I use a food processor)
- ¾ cup gingersnap crumbs (About 12 cookies; I use a food processor)
- 1½ cups brown sugar
- ¾ cup butter or margarine, melted

Directions

In a large mixing bowl, combine all these ingredients until well blended. Put ¼ of this mixture into 4 9-inch cake pans. (I use disposable foil pans.) Pat evenly to cover the bottom of the pans.

More Ingredients for Pumpkin Crunch

- 1½ cups sugar
- ¾ cup butter or margarine, softened
- 1 cup pumpkin
- 2½ cups flour
- 1 (6–8 oz.) container vanilla yogurt
- 2 tsp. cinnamon
- ½ tsp. ginger
- ¼ tsp. nutmeg
- ¼ tsp. cloves
- ¾ tsp. baking soda
- 2¼ tsp. baking powder
- ½ tsp. salt
- 3 eggs
- 2 cups whipping cream
- 2–4 Tbsp. powdered sugar

More directions

Preheat oven to 350° F.

1. In a large mixing bowl, cream the sugar and butter until light and fluffy. On low speed, blend in the pumpkin, then the flour, yogurt, spices, and salt. Add the eggs and beat at medium to high speed until well blended. Spoon batter evenly in to pans. Bake at 350° F for 20 minutes or until a knife inserted in the center comes out clean.
2. Cool cake layers for 10 minutes. Loosen edge of cake layers and invert on to wire racks. Remove pans and cool completely.
3. Just before serving, whip cream with powdered sugar to sweeten to taste. Place 1 cake

layer on a serving plate and cover with $\frac{1}{4}$ of the whipped cream. Repeat with remaining layers and serve immediately.

NOTE: Cutting through 4 layers can be very messy. Set 1 layer aside to snack on and make the torte with 3 layers. Just as impressive and much easier to serve!



French Silk Pie

Submitted by Dan Pannebaker; Neenah, Wisconsin

Ingredients

- 1 prepared 9-inch graham cracker pie shell
- 4 ounces unsweetened chocolate, chopped
- 1 cup (2 sticks) butter (Do **not** use margarine!)
- 1 tsp. vanilla
- $1\frac{1}{3}$ cups brown sugar, packed
- 5 eggs

Directions

In a small saucepan, melt the chocolate over low heat (or use a double boiler). Set aside to cool slightly.

In a large mixing bowl, cream the butter and sugar together until light and fluffy. Beat in the vanilla and then beat in the cooled chocolate. Add the eggs, 1 at a time, beating for 5 minutes after each addition. (Here's where your stand mixer is really convenient!) Pour the filling into the prepared crust and refrigerate at least 6 hours or overnight.

Serve with whipped cream.

Serves 6–8.



Cobbler

Submitted by Alan Cohen; Ohio

Preparation Time: 5 minutes

Cook Time: 55 minutes

Ingredients

- 1 stick unsalted butter
- 1 cup self-rising flour
- 1 cup granulated sugar
- 1 cup whole milk
- 1 quart fresh blueberries

Directions

1. Preheat the oven to 350 degrees Fahrenheit. Melt the butter and pour in an 8.5" by 11" casserole dish.
2. Mix the flour, sugar, and milk together into a smooth batter. Pour batter on top of the melted butter, do not stir.
3. Sprinkle blueberries on top of the batter and bake for 55 minutes, or until brown. Serve with ice cream, if desired.



No-Bake Chocolate Oatmeal Cookies

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 3 tbsp cocoa
- 1/2 c milk
- 1/2 stick butter
- 2 c sugar
- dash of salt
- 1/2 c peanut butter
- 1 tsp vanilla extract
- 2 1/2 c oats
- 1/2 c coconut

Directions

1. In saucepan, bring sugar, cocoa, butter, and milk to a rolling boil. Keep mixture at a boil for one minute, then remove from heat.
2. Add salt, peanut butter, vanilla, oats, and coconut – mix well. Drop by spoonfuls onto

waxed paper, and let cool.

Cooking time 1:00, makes about two dozen cookies.

Serve with: Milk, hot tea, hot coffee, hot chocolate

Notes: Move quickly when dropping cookies onto the waxed paper -- if you wait too long, the mixture begins to solidify in the sauce pan.



Tang cookies

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 2 eggs
- 1/2 cup sugar
- 1/2 cup Tang powdered orange drink
- 2/3 cup oil
- 1 tbsp. grated orange peel
- 2 tsp. orange extract
- 2 cups flour
- 2 tsp baking powder
- 1/2 tsp salt

Directions

1. Combine eggs, sugar, Tang, oil, orange peel, and extract – mix well.
2. In a separate bowl, sift flour, baking powder and salt. Stir flour mixture into egg mixture by
3. 1/2 cupfuls, beating well as you go. Drop by generous spoonfuls onto lightly greased baking sheet at least two inches apart. Bake 10-15 minutes.

Makes about three dozen cookies.

Notes: Almost everyone I know hates these cookies — and I'm fine with that. More for me that way, I think they're great!



Jewish Apple Cake

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 3 c flour
- 2 c sugar
- 3 tsp baking powder
- 1 c oil
- 4 eggs
- 1/4 c orange juice
- 2 1/2 tsp vanilla
- 3 apples (peeled, cored, sliced)
- cinnamon and sugar mix

Directions

1. In a large mixing bowl, beat ingredients, except apples and cinnamon/sugar mix, until smooth.
2. Spread half of batter in greased tube pan.
3. Arrange half of the apple slices on top of the batter, and sprinkle with cinnamon/sugar. Spread the other half of the batter on top, and finish with another layer of apples and cinnamon/sugar mix.
4. Bake at 350 degrees for 80 minutes.

Cooking time 2:00, serves 12

Serve with: hot tea or coffee

Notes: Most people would consider this a dessert, but I eat it for breakfast all the time.



Irish Potatoes (St. Patty's Day dessert)

Submitted by Matt Dimarino; Philadelphia, Pennsylvania

Ingredients

- 2 lbs. powdered sugar
- 1/4 lb. butter (softened a little)
- 8 oz. cream cheese (softened a little)
- 7 oz. coconut
- cinnamon

Directions

Blend mixture really well (use your hands). Refrigerate it for awhile until firm. Roll into balls. Roll in cinnamon. Makes a lot!!



Great Pumpkin Cookies or Bars

Submitted by Jerry Ayers, Arlington, TX

Ingredients

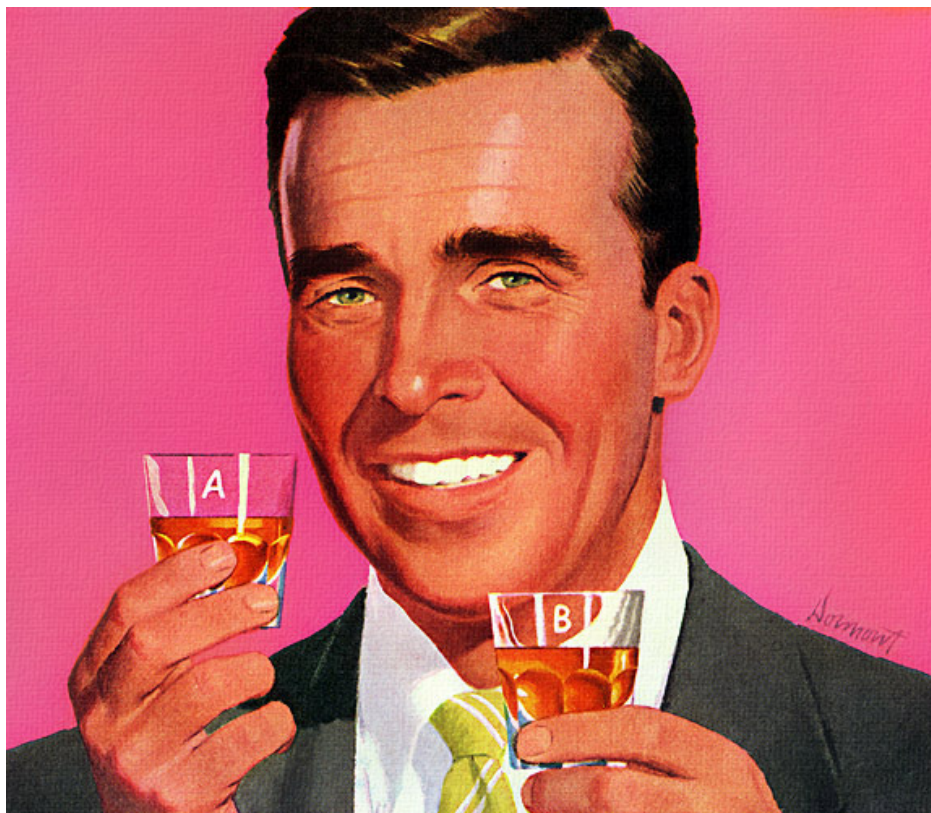
- 4 cups unsifted flour
- 2 cups oatmeal (regular, not the quick cooking kind)
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1 1/2 cups oil
- 1/2 cup white sugar
- 2 cups brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 1/2 cups canned pumpkin
- 1 - 1 1/2 cups dried cranberries
- 1 cup chopped walnuts or pecans

Cream Cheese Icing (optional)

Directions

1. Combine flour, oatmeal, spices, and salt. Set aside.
2. Cream oil, sugars, egg and vanilla on medium speed of mixer for 2 minutes.
3. Add 1/4 cup canned pumpkin and mix 1 minute more.
4. Add the remaining flour and pumpkin alternately. Stir in cranberries.
5. Drop by rounded teaspoonfuls onto lightly greased sheet baking sheets.
6. Bake at 350F for 15-20 minutes or until firm and lightly browned. Drizzle with cream cheese icing.
7. Or spread in a greased 13x9x2" pan and bake at 350F for 25-30 minutes until center tests done. Cool slightly cut into squares and drizzle with cream cheese icing and a sprinkling of ground cinnamon.

DRINKS



You've got your food, now you need some beverage to wash it down with. These two recipes are perfect for holiday dinners and parties. Try mixing up a batch this year.

Cranberry Margaritas

Submitted by Jerry Ayers, Arlington, TX

Ingredients

- 1 1/4 cup cranberry juice
- 1 1/2 cup fresh frozen cranberries
- 1 6 oz can limeade concentrate
- 3/4 cup tequila
- 1/2 cup Grand Marnier
- crushed or cracked ice

Directions

1. Combine the first five ingredients in a large pitcher.
2. Pour half of mixture in the blender and fill rest with ice. Blend. Repeat with second half of mixture.
3. Makes minimum of two blender batches.

These are great at Thanksgiving and Christmas dinners.



Cranberry Rum Punch

Submitted by Nathaniel D. Sizemore, Boulder, Colorado

Ingredients

- 4 cranberry herbal tea bags
- 1 1/2 cups boiling water
- 1/3 cup sugar
- 1/2 cup cranberry juice
- 4 to 6 whole star anise
- 2 3-inch strips of orange zest, removed with a vegetable peeler
- 1 cup strained fresh orange juice
- 1 cup amber rum, or to taste
- lemon slices for garnish

Directions

1. In a saucepan, submerge the tea bags in the boiling water and remove the pan from the heat. Let the tea bags steep for 5 minutes and discard them.
2. To the tea add the sugar, cranberry juice, star anise and the zests and simmer the mixture, covered, for 10 minutes. Stir occasionally.
3. Add the orange juice and rum, and heat the mixture over moderate heat until it is hot.
4. Discard the zests, divide the tea among heated mugs, and garnish each drink with a lemon slice.

Cooking time 0:20, serves 4

Notes: This is my personal holiday tradition – I only make this during Christmas, and try to share it with family and friends. Based on Gourmet Magazine, February 1993

Submitted by: Nathaniel D. Sizemore, Boulder, CO

