

Patrick's Cookbook

Patrick Morgan

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Chapter I

DESSERTS AND SNACKS

Canned Cherries with Light Syrup

Ingredients

| | | | |
|---------------------------|---------|---------------------------------------|-------|
| Cherries | 10# | Vinegar | ½ cup |
| Bottled lemon juice | 2½ cups | Canning jars/lids/bands (quart) | 7 |
| Sugar | 5 cups | | |
| Water | 25 cups | | |

Instructions

1. **Prepare the equipment:** Sterilize 7 quart jars and an equal number of lids and bands in boiling water. Check the pressure canner for proper operation, including the seal and vent.
2. **Prepare the cherries:** Wash and pit **10# of cherries**. Prepare a solution with **2½ cups of bottled lemon juice** and **10+ cups of water**. Soak the cherries for **10 minutes** to help preserve their color and flavor.
3. **Prepare the syrup:** Combine **5 cups of sugar** with **10 cups of water** in a large saucepan. Heat at **medium-high** until the sugar is completely dissolved, **stirring occasionally** to prevent sticking.
4. **Pack the jars:** Evenly distribute the prepared cherries into the sterilized jars. Pour the **hot syrup** over the **cherries**, ensuring each jar is filled while leaving approximately **one inch of headspace**. Use a non-metallic spatula to gently stir inside the jars to **remove any trapped air bubbles**.
5. **Place lids:** Wet a clean lint-free with **vinegar** to clean and dry the jar rims. Apply lids and rings, then tighten lightly with fingertips. (Always use new lids!)
6. **Process in canner:** Place the filled jars on the rack inside the pressure canner. Add water as per the canner's instructions, usually around 2-3 inches. Secure the lid and heat until steam flows freely from the vent. Continue to **vent for 10 minutes**, then close the vent and attach the pressure regulator weight. Process the jars at **10-15 pounds of pressure** (adjusted for altitude) for **10 minutes**.
7. **Cool down and store:** Turn off the heat and let the pressure canner **cool naturally** until the pressure gauge reads zero. Carefully remove the jars using a jar lifter and place them on a towel or cooling rack, avoiding drafty areas. After 12-24 hours, check that each jar is sealed by pressing the center of the lid; it should not flex up or down. Label the jars with the canning date and store in a cool, dark place.

Holiday Spice Cake

Ingredients

| | | | |
|-------------------|---------------|-----------------|-------------------|
| All-purpose flour | 1½ cups | Salt | ½ tsp. |
| Sugar | 1 cup | Vegetable oil | 2/3 cup |
| Light brown sugar | ¼ cup | Applesauce | 1/3 cup |
| Baking powder | 1 tsp. | Eggs | 2 |
| Cocoa powder | 1 Tbsp. | Mexican Vanilla | 1 tsp. |
| Ground cinnamon | 1 Tbsp. | Powdered sugar | for dusting |
| Ground ginger | 2 tsp. | | |
| Ground nutmeg | ½ tsp. | | |
| Ground allspice | ¼ tsp. | | |

Directions

Preheat oven to *350°F*

1. In a medium bowl, whisk together **sugar**, **brown sugar**, **flour**, **baking powder**, **salt**, **cocoa powder**, **cinnamon**, **ginger**, **nutmeg**, and **allspice**.
2. In a large bowl, beat **vegetable oil**, **applesauce**, **eggs**, and **vanilla extract** until well combined.
3. Add dry ingredients to wet ingredients and stir until just blended.
4. Pour batter into a buttered and floured 9×5-inch loaf pan, smoothing the top with a spatula.
5. Bake until golden and a toothpick inserted into the center comes out clean, about *40-45 minutes*.
6. Cool in pan for *10 minutes*, then unmold onto a wire rack to cool completely.
7. Dust with **powdered sugar** before serving.

Kettle Corn

This recipe is for a 3 quart stir-type popcorn maker.

Ingredients

| | | | |
|---------------------------|----------|---------------------------|--------------|
| Popcorn | 1/3 cup. | Mexican Vanilla | 1/4 tsp. |
| Coconut Oil | 2 Tbsp. | Butter | 1/2 Tbsp. |
| Turbinado Sugar | 3 Tbsp. | Salt | 1/4-1/2 tsp. |

Directions

1. Add **oil** and **vanilla** to popcorn maker plate.
2. Sprinkle in **popcorn** and **sugar**.
3. Thinly slice butter and place on dripping shelf.
4. Turn on popcorn maker.
5. Two or three times during popping, gently shake the popcorn maker side to side to dislodge stuck kernels. **TAKE CARE!**
6. When the pops slow to every 3 seconds, quickly turn off power and transfer popcorn to a large bowl.
7. Salt to taste.

Peanut Butter Cookies

Classic peanut butter cookies with a perfectly crisp exterior and soft center, finished with the traditional crisscross pattern.

Makes 2 dozen.

Ingredients

| | | | |
|--------------------------------------|---------|---------------------------------|--------|
| Peanut butter (JIF creamy) | 1¼ cups | Mexican vanilla | 1 tsp. |
| Eggs, large | 2 | Coarse salt | ½ tsp. |
| Sugar | 1 cup | Additional sugar for sprinkling | |
| Baking soda | 1 tsp. | | |

Directions

Preheat oven to 350°F —

1. In a large bowl, combine **peanut butter**, **eggs**, **sugar**, **baking soda**, **Mexican vanilla**, and **salt** until well mixed.
 2. Using a 1¼" cookie scoop, drop dough onto ungreased cookie sheets, spacing balls 2 inches apart.
 3. Press each cookie with a fork twice, creating a crisscross pattern on top.
 4. Sprinkle cookies with additional **sugar**.
 5. Bake for *12-13 minutes* until edges are set. If baking two sheets at once, rotate their positions after *6 minutes*.
 6. Let cookies cool on cookie sheet for *3-5 minutes* before transferring to a wire rack.
-

Pumpkin Pie

Ingredients

| | | | |
|---------------------|--------------|------------------|--------------|
| Frozen Pie Crusts | 2 | Milk | ½ cup |
| Cream Cheese | 8 oz. | Butter (melted) | ¼ cup |
| Canned Pumpkin | 2 cups | Vanilla Extract | 1 tsp. |
| Sugar | 1 cup | Cinnamon, ground | ½ tsp. |
| Salt | ¼ tsp. | Ginger, ground | ½ tsp. |
| 1 egg, plus 2 yolks | 3 eggs | Whipped Cream | 1 cup |
| Heavy Cream | ½ cup | | |

Directions

Preheat Oven to 350°F — Thaw **pie crusts** about **15 minutes** at room temperature — Lightly beat eggs

Pie Crusts

1. Fit a piece of aluminum foil to cover the inside of the shell completely. Fill the shell to the edges with dried beans.
2. Bake the **pie crusts** at **350°F** for **10 minutes**, then remove the beans and foil and bake for another **5-10 minutes** until dried and beginning to color. Keep warm.

Filling

1. In a large mixing bowl beat the **cream cheese** with a hand mixer.
2. Add the **pumpkin**, then beat until combined.
3. Add the **sugar** and **salt**, then beat until combined.
4. Add the **eggs and yolks**, **milk**, **cream**, and **butter**, then beat until combined.
5. Add the **vanilla**, **cinnamon**, and **ginger**, then beat until combined.
6. Pour the filling into the pie crusts and loosely wrap the edges with aluminum foil to prevent burning.
7. Bake for **40 minutes** at **350°F**
8. Remove foil from edges and bake for **10 minutes**, or until the center is set.
9. Cool on a wire rack until room temperature. Slice and serve topped with **whipped cream**.

Rice Krispies Treats

Ingredients

Salted butter (Kerrygold) 6 Tbsp
Small marshmallows 16 oz bag
Mexican vanilla extract 1 tsp
Rice Krispies cereal 6 cups

Directions

Use a **large pot** — Line a **9"×9" baking dish** with parchment paper

1. In the pot, melt **butter** over *medium-low* heat.
2. Add all but 1 cup of **marshmallows** to the melted butter.
3. Reduce heat to *low* and stir continuously until **marshmallows** are completely melted.
4. Remove from heat, add **vanilla extract** and stir to combine.
5. Add **Rice Krispies cereal** and remaining 1 cup **marshmallows**, stirring until well combined.
6. Pour the mixture into the prepared **baking dish**, spreading it evenly.
7. Allow to cool for *1 hour* before cutting into squares.
8. Store at room temperature away from light and heat.

Note: These treats taste best after 2 days.

Sweet and Saltines

Ingredients

| | | | |
|-----------------------------|------------------|-------------------------------------|-----------|
| Saltine crackers | 2-3 sleeves | Lindt milk chocolate bars | 8 oz |
| Kerrygold butter | 2 sticks (1 cup) | Crushed nuts or pretzels | ¼ cup |
| Light brown sugar | 1 cup | Cooking spray | as needed |

Directions

Preheat oven to $425^{\circ}F$ — Line a large cookie sheet with foil and **cooking spray**— Prepare a second large cookie sheet with crushed ice — Crush **nuts** and/or **pretzels** — Break apart candy bars into 1" pieces — Have a candy thermometer ready

1. Arrange **saltine crackers** in a single layer, salt side down, on the prepared sheet.
2. In a medium saucepan, combine **butter** and **brown sugar**.
3. Heat the mixture over medium heat, stirring constantly until the butter is completely melted and the sugar is dissolved.
4. Once the mixture starts to bubble, stop stirring and let it cook undisturbed. Cook until it reaches $285^{\circ}F$ (soft-crack stage) on a candy thermometer, about *3-5 minutes*. Watch for visual cues: the caramel should be a deep golden brown color and have a smooth, glossy appearance. You may see wisps of smoke starting to form.
5. Immediately remove from heat and pour evenly over the arranged **crackers**. Work quickly as the caramel will start to set.
6. Bake for *3-5 minutes* until the caramel is bubbly all over. Watch carefully.
7. Remove from oven and quickly arrange **chocolate** over the top.
8. Wait about *1 minute*, then spread the melted chocolate evenly.
9. Sprinkle crushed **nuts** and/or **pretzels** over the melted chocolate.
10. To cool quickly, place the hot cookie sheet with the crackers on top of the ice-filled sheet. For faster setting, place in the freezer if possible.
11. Once cold but not frozen, break into pieces.
12. Store in an airtight container.

Chapter 2

ENTREES



Beef Pot Roast

Beef Pot Roast is a classic comfort food, perfect for a hearty family meal. This recipe combines tender beef with flavorful vegetables and a rich broth, slow-cooked to perfection.

Ingredients

| | | | |
|----------------------|---------|----------------------|---------|
| Beef chuck roast | 3-4 lbs | Red wine | ½ cup |
| Onion, large | 1 | Worcestershire sauce | 2 Tbsp. |
| Garlic cloves | 6 | Tomato paste | 3 Tbsp. |
| Carrots | 4 | Dried thyme | 1 Tbsp. |
| Potatoes, Yukon Gold | 4 | Dried rosemary | 1 Tbsp. |
| Celery stalks | 2 | Bay leaves | 2 |
| Mushrooms | ½ lb | Onion powder | 1 tsp |
| Beef broth | 1 cup | Garlic powder | 1 tsp |
| | | Salt | 2 tsp |
| | | Black Pepper, ground | 1 tsp |

Directions

Season the **beef roast** generously with **salt**, **pepper**, **onion powder**, and **garlic powder** — Slice the **onions** — Mince the **garlic** — Peel and cut the **carrots** into chunks — Cut the **potatoes** into chunks — Chop the **celery** — Slice the **mushrooms**

1. Heat a large skillet over medium-high heat and sear the **beef** on all sides until browned.
2. Place the sliced **onions**, minced **garlic**, **carrots**, **potatoes**, **celery**, and **mushrooms** in the crock pot.
3. In a separate bowl, whisk together the **beef broth**, **red wine**, **Worcestershire sauce**, **tomato paste**, **dried thyme**, **dried rosemary**, then add **bay leaves**.
4. Pour the mixture over the vegetables in the crock pot.
5. Place the seared **beef roast** on top of the vegetables.
6. Cover the crock pot and cook on **low heat for 8-10 hours** or on **high heat for 4-6 hours**, until the beef is tender and easily shreds with a fork.
7. Once cooked, remove the **beef** from the crock pot and let it rest for a few minutes before slicing or shredding.
8. Serve the beef pot roast with the vegetables and drizzle with broth.

Breakfast Burritos

Ingredients

| | | | |
|-----------------------------|--------------|-----------------------------------|----------|
| Breakfast sausage | 16-24 oz. | Salt | 1 tsp. |
| Bell pepper | 1 | Black pepper | ½ tsp. |
| Onion | 1 | Ground mustard | ¼ tsp. |
| Green chilis | 1 (6oz.) can | MSG | ¼ tsp. |
| Eggs | 12 | Cooking oil (or spray) | 1 tsp. |
| Milk | 1 ½ cups | Frozen tater tots | 30 oz. |
| Sour cream | ¾ cup | Tortillas, burrito size | 12-16 |
| | | Shredded cheese | 3-4 cups |

Directions

Preheat oven to 350°F — Dice **bell peppers** and **onions** — Drain **chilis**

1. Cook the **breakfast sausage**, **bell peppers**, **onions**, and **chilis**, over medium heat, crumbling the sausage until cooked through. Drain grease.
2. Whisk together the **eggs**, **milk**, **sour cream**, **salt**, **black pepper**, **ground mustard**, **MSG** and until smooth.
3. Lightly grease a 9"×13" baking pan with **oil or cooking spray**. Place the **tater tots** in the bottom of the pan.
4. Sprinkle the cooked **sausage** mixture over the **tater tots** in the prepared pan. Pour the **egg** mixture evenly over the top.
5. Bake at 350°F for 30 minutes covered, then 30-45 minutes uncovered until set.
6. If freezing, let the casserole cool to room temperature. Scoop about ½ cup of the casserole onto each **tortilla**, sprinkle with **cheese**, fold the sides, and roll up into a burrito.
7. To freeze, wrap burritos in parchment paper or plastic wrap, and place in a freezer bag. Reheat in the microwave or oven as desired.

Breakfast Burritos (Easy Mode)

These Easy Breakfast Burritos are perfect for busy mornings, combining classic breakfast flavors in a convenient handheld meal. They can be prepped quickly and are freezable for grab-and-go breakfasts, requiring just two minutes in the microwave to reheat.

Ingredients

| | | | |
|--------------------------------|--------|--------------------------------------|--------|
| Vegetable oil | 3 tbsp | Pepper | ½ tsp |
| Hash brown potatoes | 4 cups | Salt | ½ tsp |
| Breakfast sausage, | 1 lb. | Cheddar and/or Jack Cheese | 2 cups |
| Eggs | 8 | Flour tortillas | 12 |
| Chopped Green Chiles | 1 can | | |

Directions

1. Heat 2 tablespoons **oil** in a nonstick skillet. Add **hash browns**, press down lightly, and cook without moving for 7 minutes. Drizzle with remaining **oil**, turn, and cook until browned and hot.
2. Beat **eggs**, **green chiles**, **salt**, and **pepper** in a bowl. Cook **sausage** in the skillet until browned, then stir in **egg** mixture and cook until scrambled.
3. To assemble burritos, spoon a line of **hash browns** down the center of each **tortilla**. Top with **cheese** and **egg** mixture.
4. Roll up each **tortilla** tightly to secure the filling. Serve immediately, or follow freezing instructions.
5. To freeze, wrap each burrito in foil and store in a freezer bag for up to 1 month. To reheat, wrap in a damp paper towel and microwave until heated through.

Cheesy Bacon Hash Brown Casserole

Ingredients

| | | | |
|--------------------------------------|--------------|--|-----------|
| Frozen hash browns, thawed | 30 oz. | Sliced mushrooms | 8 oz. can |
| Cream of chicken soup | 10.5 oz. can | Sun-dried tomatoes | ½ cup |
| Sour cream | 1¾ cups | Garlic powder | 1 tsp. |
| Butter, melted | ½ cup | Onion powder | 1 tsp. |
| Onion, diced | ¾ cup | Black pepper | ½ tsp. |
| Sharp cheddar cheese | 2 cups | Cayenne pepper (<i>optional</i>) | ¼ tsp. |
| Gruyère cheese | 1 cup | Potato chips, crushed | 2 cups |
| Bacon, cooked & crumbled | 1 lb. | | |

Directions

Preheat oven to **350°F**— Grease a 9x13 inch baking dish — Thaw and pat dry **hash browns** — Dice **onion** — Shred **cheddar** and **Gruyère** cheese — Cook and crumble **bacon** — Drain and chop **mushrooms** — Crush **potato chips**

1. Rehydrate **sun-dried tomatoes** in hot water for *10 minutes*, then drain and chop.
2. In a large bowl, mix **hash browns**, **cream of chicken soup**, **sour cream**, melted **butter**, diced **onion**, 1½ cups **cheddar cheese**, **Gruyère cheese**, ¾ of the crumbled **bacon**, chopped **mushrooms**, chopped **sun-dried tomatoes**, **garlic powder**, **onion powder**, **black pepper**, and **cayenne pepper** (if using).
3. Spread the mixture evenly in the prepared baking dish.
4. Top with remaining ½ cup **cheddar cheese** and crushed **potato chips**.
5. Bake for *50-55 minutes* until golden brown and bubbly.
6. Remove from oven and sprinkle remaining **bacon** on top.
7. Let cool for *5-10 minutes* before serving.

Chicken-Broccoli-Rice Casserole

Ingredients

| | | | |
|-------------------------------------|--------|-------------------------------|---------|
| Long-grain white rice | 2 cups | Garlic powder | 2 tsp |
| Chicken breasts | 2 lbs | Onion powder | 2 tsp |
| Mixed vegetables, frozen | 16 oz | Smoked paprika | 1 tsp |
| Mushrooms, sliced, canned | 4 oz | Hot paprika | ¼ tsp |
| Cream of chicken soup | 10 oz | Salt | 1 tsp |
| Sour cream | ½ cup | Black pepper | ½ tsp |
| Chicken broth | ¼ cup | Olive oil | 2 Tbsp |
| Cheddar cheese, shredded | 8 oz | French fried onions | 1½ cups |
| Parmesan cheese, grated | ½ cup | | |

Directions

Preheat oven to 375°F — Grease a 9x13 inch baking dish — Cut raw **chicken** into small pieces — Drain **canned mushrooms**

1. Cook **rice**. Once done, fluff with a fork and set aside.
2. In a large skillet, heat **olive oil** over medium-high heat. Add cubed **chicken** and cook for *5–7 minutes*, stirring occasionally, until lightly browned but not fully cooked. Remove from heat.
3. In a large bowl, whisk together **cream of chicken soup**, **sour cream**, and **chicken broth**. Add **garlic powder**, **onion powder**, **dried thyme**, **salt**, and **black pepper**. Mix well.
4. Add the cooked **rice**, frozen **mixed vegetables** (no need to thaw), drained **canned mushrooms**, and partially cooked **chicken** to the bowl with the sauce. Gently fold everything together until well combined.
5. Transfer half of the mixture to the prepared baking dish. Sprinkle with 1 cup of **cheddar cheese**.
6. Add the remaining mixture on top and sprinkle with the remaining **cheddar cheese** and **Parmesan cheese**.
7. Top with **French fried onions**.
8. Cover the dish with aluminum foil and bake for *30 minutes*.
9. Remove foil and bake for an additional *10–15 minutes*, until the casserole is bubbly, the cheese is melted, and the French fried onions are golden brown.
10. Remove from oven and let stand for *5–10 minutes* before serving.

Coq au Riesling

Ingredients

| | | | |
|-----------------------------------|----------|---------------------------------------|----------|
| Chicken thighs, bone-in | 2½-3 lbs | Fresh parsley | 2 sprigs |
| Thick-cut bacon | 6 oz | Bay leaves | 2 |
| Riesling wine | 2 cups | Better than Bouillon, chicken | 1½ tsp |
| Leeks | 4 medium | Water | 1½ cups |
| Cremini mushrooms | 8 oz | Heavy cream | ½ cup |
| Butter | ½ cup | Egg yolk | 1 |
| Garlic head | 1 whole | All-purpose flour | 1 Tbsp |
| Fresh thyme | 2 sprigs | Salt and black pepper | to taste |

Directions

Cut **garlic** head in half horizontally — Clean **leeks** thoroughly and slice into ½" rounds — Quarter **mushrooms** — Dice **thick-cut bacon** into ¼" pieces — Chop **parsley** for garnish — Mix **Better than Bouillon** with **hot water** until dissolved.

1. In a large bowl, combine **chicken thighs**, halved **garlic head**, 1 sprig **thyme**, 1 sprig **parsley**, 1 **bay leaf**, and 1 tsp **salt**. Pour in **Riesling**. Cover and refrigerate for up to 12 hours.
2. When ready to cook, remove **chicken** from marinade and pat dry. Reserve the **wine marinade**.
3. Melt ¼ of the **butter** in a large Dutch oven over medium-high heat. Cook diced **bacon** until golden. Remove with a slotted spoon.
4. Add another ¼ of **butter**, then cook **leeks** with a pinch of **salt** until soft, about 5 minutes. Remove to bacon bowl.
5. Add another ¼ of **butter** and cook **mushrooms** until golden. Remove to same bowl.
6. Melt remaining **butter**. Season **chicken** with **salt** and **pepper**, then brown on all sides until deep golden, about 8-10 minutes.
7. Remove **chicken**. Lower heat and stir **flour** into pan drippings. Cook for 2 minutes, then add reserved **wine marinade** and **bouillon mixture**, scraping bottom of pan.
8. Return **chicken** to pot. Simmer covered for 90 minutes, until meat is very tender.
9. Remove **chicken**. Whisk **cream** and **egg yolk** in a small bowl. Off heat, whisk into sauce. Return to low heat and cook until thickened.
10. Add back **bacon**, **leeks**, **mushrooms**, and **chicken**. Warm through gently. Garnish with chopped **parsley**.

Extreme Mac and Cheese

Ingredients

| | | | |
|--------------------------------|------------------|--------------------------------|--------|
| Salt | 1 Tbsp. | Ham, diced | 8 oz. |
| Small elbow macaroni | 1 lb. | Black pepper, ground | ½ tsp. |
| Sharp cheddar cheese | 8 oz. | Mustard, ground | ½ tsp. |
| Pepper jack cheese | 8 oz. | | |
| Butter | ¼ cup | | |
| Cheddar cheese soup | 3 (10¾ oz.) cans | | |
| Milk | 2 cups | | |

Directions

Preheat oven to $375^{\circ}F$ — Grate **sharp cheddar** and **pepper jack cheese**

1. Bring a large pot of water to boil, add **salt**.
 2. Cook **macaroni** in boiling water until al-dente.
 3. Reserve 1 cup of pasta water and drain.
 4. Return **macaroni** to pot, add **butter** and stir until coated.
 5. Mix in **cheddar cheese soup**, pasta water, **milk**, **black pepper**, **ground mustard**, **ham**, and ½ of the grated **cheese mixture**.
 6. Transfer mixture to a 9×13 dish, spread evenly.
 7. Top with remaining shredded **cheese**.
 8. Bake for *20-25 minutes* or until cheese is golden.
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Hatch Green Chile Chicken Enchiladas

Ingredients

| | | | |
|---------------------------------|-------------|-----------------------------|--------|
| Chicken breasts | 2 lbs | Heavy cream | 1 cup |
| Hatch green chiles | 2 cups | Chicken broth | 1 cup |
| Onion, diced | 1 medium | All-purpose flour | ¼ cup |
| Garlic cloves, minced | 3 | Butter | ¼ cup |
| Cilantro, chopped | ¼ cup | Vegetable oil | 2 Tbsp |
| Lime juice | 2 Tbsp | Ground cumin | 2 tsp |
| Corn tortillas | 12 (6-inch) | Dried oregano | 1 tsp |
| Monterey Jack cheese | 1 pound | Salt | 1 tsp |
| Sour cream | 1 cup | Black pepper | ½ tsp |

Roasted Hatch Green Chiles

Preheat air fryer to $400^{\circ}F$

1. Wash and dry the **Hatch green chiles**.
2. Place **chiles** in the air fryer basket in a single layer, leaving space between each chile.
3. Air fry at $400^{\circ}F$ for *5-7 minutes*, then flip and cook for another *5-7 minutes* until the skin is blistered and charred.
4. Remove from the air fryer and place in a bowl covered with plastic wrap to steam for *10-15 minutes*.
5. Once cooled, peel off the skin, remove seeds, and chop the **chiles**.

(Continue with enchilada recipe...)

Hatch Green Chile Chicken Enchiladas

Preheat oven to 350°F — Grease a 9x13 inch baking dish — Shred **Monterey Jack cheese** — Dice **onion** — Mince **garlic** — Chop **cilantro** — Juice **lime**

1. In a large skillet, heat **vegetable oil** over medium-high heat. Season **chicken breasts** with **salt** and **pepper**, then cook until golden brown and cooked through, about *6-8 minutes* per side. Remove from heat, let cool, then shred the **chicken**.
2. In the same skillet, sauté **onions** until translucent, about *5 minutes*. Add **garlic** and cook for another *minute*. Add 1 cup of chopped **roasted Hatch green chiles**, **cumin**, and **oregano**. Cook for *2-3 minutes* until fragrant.
3. Add shredded **chicken** to the skillet and mix well. Season with **salt** and **pepper** to taste. Set aside.
4. In a saucepan, melt **butter** over medium heat. Whisk in **flour** and cook for *1-2 minutes*. Gradually whisk in **chicken broth**, **heavy cream**, and **sour cream**. Bring to a simmer and cook until thickened, about *5 minutes*. Stir in remaining 1 cup of **roasted Hatch green chiles**, **lime juice**, and **cilantro**. Season with **salt** and **pepper** to taste.
5. Warm **corn tortillas** in the microwave or on a griddle until pliable. Dip each **tortilla** in the sauce, then fill with the **chicken** mixture and some **Monterey Jack cheese**. Roll up and place seam-side down in the prepared baking dish.
6. Pour the remaining sauce over the **enchiladas** and sprinkle with remaining **Monterey Jack cheese**.
7. Bake for *25-30 minutes*, until the **cheese** is melted and bubbly.
8. Garnish with additional **cilantro**, if desired. Serve hot with your favorite sides like **Mexican rice**, **refried beans**, or a fresh salad.

King Ranch Casserole

Ingredients

| | | | |
|------------------------------------|--------|--------------------------------------|----------------|
| Chicken, boneless | 2 lbs | Campbell's cream of mushroom&chicken | |
| Water | 2 cups | condensed soup | 2 x 10 oz cans |
| Mexican spice mix | 3 Tbsp | Ro-Tel | 10-14 oz can |
| Caldo de tomate bouillon | 1 Tbsp | Corn tortillas, medium | 14 |
| Better Than Bouillon - Chicken . . | 1 Tbsp | Cheddar cheese | 16 oz |
| Onion | 1 | Lard | 2 Tbsp + 1 tsp |
| Bell pepper | 1 | | |

Directions

Preheat oven to 375°F — Quarter **corn tortillas** — Grease a 9x13 inch baking dish with 1 tsp **lard** — Dice **onion** and **bell pepper** — Shred **cheese** — Butterfly cut chicken breasts or thighs — Heat 2 cups of **water**

1. Mix **hot water**, **bouillon**, **caldo de tomate**, and **spices**.
2. Add the **broth** and **chicken** to a pressure cooker (*e.g.* Instant Pot).
3. Cook on *high* pressure for *6 minutes*, then allow for natural release for *5 minutes*.
4. Remove the **chicken** and shred it in a large bowl. Simmer the **cooking broth**.
5. In a large skillet, melt 2 Tbsp **lard** over medium heat. Sauté **onion** and **bell pepper** for *5 minutes*.
6. Raise heat to *high* and lightly scorch the **onion** and **bell pepper** for *1-2 minutes*
7. Reduce heat to *medium*. Add **condensed soup**, **diced tomatoes and chilis**, and **broth** to the skillet. Stir to combine.
8. Bring to a simmer, reduce heat to *medium-low*, and stir occasionally for *5 minutes*.
9. Add the **shredded chicken** to the sauce and stir to coat evenly. Remove from heat.
10. Layer ingredients in the prepared baking dish:
 - 1/3 of the **tortilla quarters**
 - 1/2 of the **chicken mixture**
 - 1/3 of the **shredded cheese**

Repeat layers, then top with remaining **tortillas** and **cheese**.

11. Bake uncovered for *30-35 minutes* until bubbly and cheese is melted.
12. Let stand for *10 minutes* before serving.

Korean BBQ Drumsticks (Slow Cooker)

Ingredients

| | | | |
|----------------------|----------------|----------------------|---------------|
| Gochujang | ½ cup | Black pepper | ½ tsp. |
| Soy sauce | 6 Tbsp. | Chicken drumsticks | 12-14 |
| Honey | 4 Tbsp. | Sesame seeds | 2 Tbsp. |
| Brown sugar | 6 Tbsp. | Green onions, sliced | 4 |
| Garlic, minced | 8 cloves | | |
| Fresh ginger, grated | 2 Tbsp. | | |
| Sesame oil | 2 Tbsp. | | |
| Rice vinegar | 2 Tbsp. | | |
| Mirin | 4 Tbsp. | | |

Directions

Mince **garlic** — Grate **ginger** — Slice **green onions** — Pat dry **drumsticks**

1. Combine all sauce ingredients (**gochujang** through **black pepper**) in a medium bowl. Mix thoroughly and divide: 2/3 for marinade, 1/3 for basting (store separately).
2. Place **drumsticks** in a large container, pour marinade portion over chicken. Cover and refrigerate for *2-4 hours*.
3. Transfer **drumsticks** to slow cooker, discarding used marinade. Cook on *LOW* for *6-8 hours* or *HIGH* for *3-4 hours* until internal temperature reaches *165°F*.
4. Preheat air fryer to *400°F*. Working in batches of 4-6, brush **drumsticks** with reserved sauce and air fry *3-5 minutes* until crispy, brushing again halfway through. Keep finished batches warm at *200°F*.
5. Garnish with **sesame seeds** and **green onions**. Serve immediately while crispy.

Chapter 3

SAUCES AND SEASONINGS



Mexican Spice Blend

*This Mexican Spice Blend is inspired by Tex-Mex and northern Mexican cuisine. It combines smoky, spicy, and earthy notes to create a versatile seasoning mix. **Makes 1 cup.***

Ingredients

| | |
|----------------------|--------|
| Black pepper, ground | 1 tsp |
| Cayenne pepper | ¼ tsp |
| Chili powder | 4 tsp |
| Chipotle powder | 1 tsp |
| Cinnamon, ground | 1 tsp |
| Cloves, ground | ½ tsp |
| Coriander, ground | 2 Tbsp |
| Cumin, ground | 4 Tbsp |
| Garlic powder | 2 tsp |
| Mexican oregano | 2 tsp |
| Onion powder | 2 tsp |
| Paprika, smoked | 2 Tbsp |

Thai Peanut Sauce

Ingredients

| | | | |
|----------------------------|--------------|-----------------------|----------|
| Garlic cloves | 2 | Turbinado sugar | ½ cup |
| Lime | 1 | Tamarind paste | 2 Tbsp. |
| Creamy peanut butter | ¾ cup | Water | ½ cup |
| Thai red curry paste | 2-4 Tbsp. | Salt | to taste |
| Coconut milk | 13.5 oz. can | | |

Directions

Mince **garlic** — Juice **lime**

1. In a medium saucepan, whisk together **coconut milk**, **peanut butter**, **curry paste**, **turbinado sugar**, **tamarind paste**, **water**, minced **garlic**, and **lime juice**.
2. Heat over medium-low heat, whisking constantly until smooth and well combined, about *5 minutes*.
3. Taste and adjust seasoning with **salt**, additional **curry paste** for heat, or **turbinado sugar** for sweetness.
4. Store in an airtight container in the refrigerator for up to *1 week*. Reheat gently before serving, adding water if needed to thin.

Makes approximately *2½ cups*

Note: Adjust **curry paste** amount based on desired spice level.

Serve as a dipping sauce for spring rolls, satay, or toss with noodles and vegetables.

Chapter 4

SIDES



“The Best” Fried Rice

Ingredients

| | | | |
|---------------------------------------|----------|--|---------|
| Canola oil | 3 Tbsp. | Soy sauce | 3 Tbsp. |
| Sesame oil | 2 Tbsp. | Fish sauce | 2 tsp. |
| Cooked parboiled rice, cold | 6 cups | Hoisin sauce (<i>optional</i>) | 1 tsp. |
| Onion, finely diced | 1/3 cup | Sesame seeds | 1 Tbsp. |
| Carrot, finely grated | 1/3 cup | Scallions, diced | 1/3 cup |
| Garlic, minced | 3 cloves | | |
| Ginger, finely grated | 1 tsp. | | |
| Eggs | 2 | | |
| Frozen peas | 3/4 cup | | |

Directions

1-2 days ahead: Prepare Uncle Ben's parboiled rice, rinse and cook according to rice maker instructions — Finely dice **onion** — Grate **carrot** and **ginger** — Mince **garlic** — Dice **scallions** — Scramble **eggs**

1. Combine **soy sauce**, **fish sauce**, **hoisin sauce**, and **sesame seeds** in a small bowl
2. Heat large high-walled frying pan or wok on *High*.
3. Add **canola oil** and heat for *30 seconds*.
4. Add **rice** to pan and stir thoroughly. Pan should be hot enough that rice makes popping sounds.
5. Stir **rice** every *30 seconds* for about *5 minutes* until moisture is reduced and rice begins to change color.
6. Create an empty circle in center of pan and add **onion**, **carrot**, **garlic**, and **ginger**.
7. Add 1 Tbsp. **sesame oil** to vegetables in pan.
8. Cook and stir vegetables carefully for *1 minute*, avoiding combining with rice.
9. Stir contents of pan thoroughly.
10. Create an empty circle in center of pan and add scrambled **eggs**.
11. Add remaining 1 Tbsp. **sesame oil** to eggs.
12. Cook, stir, and chop eggs carefully for about *1 minute* until set, avoiding combining with rice.
13. Stir contents of pan thoroughly.
14. Add **peas** and stir thoroughly.

15. Add prepared sauce mixture and stir thoroughly.
16. Cook for about *1 minute*, stirring frequently.
17. Add **scallions** and stir thoroughly.
18. Remove from heat and serve hot.

Cheesy Sausage Balls

Ingredients

| | | | |
|------------------------------------|--------|--------------------------|--------|
| Ground sausage | 16 oz. | Garlic salt | 1 tsp. |
| Cheddar cheese, shredded | 16 oz. | Onion flakes | 1 tsp. |
| Italian cheese blend | 4 oz. | Parsley flakes | 1 tsp. |
| Bisquick | 3 cups | | |

Directions

Preheat oven to $350^{\circ}F$ – Line a large baking sheet with parchment paper

1. Using hands, mix all ingredients together thoroughly until well combined.
2. Roll mixture into 1½-inch balls and place 1 inch apart on baking sheet.
3. Bake for *15 minutes*, then turn and continue baking for *8-12 minutes* until cooked through.
4. Let stand for *5 minutes* before eating.
5. Store refrigerated in a sealed container.

Deviled Eggs

Ingredients

| | | | |
|--------------------------|---------|----------------------|--------|
| Eggs | 10 | Salt | ¼ tsp. |
| Mayonnaise | 1/3 cup | Sugar | ¼ tsp. |
| Dijon mustard | 1½ tsp. | Garlic powder | ½ tsp. |
| White wine vinegar | 1¼ tsp. | Smoked paprika | ½ tsp. |
| Dried dill weed | ¾ tsp. | | |

Directions

Bring **eggs** to room temperature — Prepare ice bath

1. Cook **eggs** in Instant Pot on high pressure for *5 minutes*. Natural release for *4 minutes*, then transfer to ice bath. Peel eggs.
2. Slice **eggs** lengthwise and remove yolks to a mixing bowl.
3. Combine **egg yolks, mayonnaise, dijon mustard, white wine vinegar, dried dill weed, salt, sugar, and garlic powder**. Mix until smooth.
4. Transfer filling to a gallon zip bag and snip a small corner off. Pipe filling into **egg whites**.
5. Garnish with **smoked paprika** and serve.

Green Bean Casserole

Ingredients

| | | | |
|--------------------|---------|--------------------------|--------|
| Green beans, fresh | 1½ lbs | Cheddar cheese, shredded | 1 cup |
| Butter | ½ cup | Salt | 1 tsp |
| Mushrooms, fresh | ½ lb | Black pepper | 1 tsp |
| Onion, small | 1 | French-fried onions | 2 cups |
| All-purpose flour | ¼ cup | | |
| Whole milk | 1½ cups | | |
| Sour cream | 1 cup | | |

Directions

Preheat oven to $350^{\circ}F$ — Trim **green beans** — Slice **mushrooms** — Chop **onion** — Shred **cheddar cheese** — Grease a 2½-quart baking dish

1. Bring a large pot of water to a boil. Add **green beans** and blanch for *5 minutes*. Drain and immediately plunge into ice water. Drain again.
 2. In a large skillet, melt **butter** over medium heat. Add **mushrooms** and **onion**; cook for *5 minutes*, until tender.
 3. Stir in **flour** and cook for *2 minutes*, stirring constantly.
 4. Gradually stir in **milk** and cook for *2-3 minutes*, until mixture thickens.
 5. Stir in **sour cream**, **cheese**, **salt**, **pepper**, and blanched **green beans**.
 6. Transfer mixture to prepared baking dish. Bake for *25 minutes*.
 7. Sprinkle evenly with **French-fried onions**. Bake for *15 minutes* longer, until hot and bubbly.
-

Lime and Cilantro Rice

Ingredients

| | | | |
|-----------------------|---------|---------------------|---------|
| Long-grain white rice | 2 cups | Lime zest | 1 lime |
| Chicken broth | 3 cups | Cilantro, fresh | ½ cup |
| Olive oil | 2 Tbsp. | Butter | 2 Tbsp. |
| Onion, small | 1 | Jalapeño (optional) | 1 Tbsp. |
| Garlic cloves | 3 | | |
| Salt | 1 tsp. | | |
| Lime juice, fresh | ¼ cup | | |

Directions

Rinse **rice** until water runs clear — Finely dice **onion** — Mince **garlic** — Zest and juice **limes** — Finely chop **cilantro** — If using, finely dice **jalapeño**

1. Heat **olive oil** in a medium saucepan over medium heat. Sauté **onion** for 2-3 minutes until translucent.
2. Add **garlic** (and optional **jalapeño**) and cook for 30 seconds until fragrant.
3. Add rinsed **rice** to the pan and stir to coat with oil. Toast for about 2 minutes, stirring frequently.
4. Transfer rice mixture to rice cooker. Add **chicken broth** to appropriate fill line. Stir gently to combine.
5. Close lid and cook on standard white rice setting until cycle is complete.
6. Once done, let rice sit for an additional 5-10 minutes with the lid closed.
7. Open lid and fluff rice with a fork. Add **lime juice**, **lime zest**, chopped **cilantro**, and **butter**. Fold gently until well combined and butter is melted.
8. Taste and adjust seasoning, if needed, with salt, lime juice, or cilantro to preference.

Mexican Rice

Ingredients

| | | | |
|-------------------------------------|---------|----------------------------------|------------|
| Long grain rice | 2 cups | Mexican spice mix | 1 Tbsp. |
| Lard | 1 Tbsp. | Hot water | 2 cups |
| Better Than Bouillon, chicken . . . | 1 Tbsp. | Ro-Tel tomatoes and chilis . . . | 10 oz. can |
| Caldo de tomate | 1 Tbsp. | | |

Directions

Prepare rice cooker

1. Brown **rice** in a pan with **lard** until lightly toasted.
2. In a separate bowl, combine **hot water**, **Better Than Bouillon**, **caldo de tomate**, and **Mexican spice mix** to create broth.
3. Add browned **rice**, **Ro-Tel tomatoes**, and prepared **broth** to rice cooker to appropriate fill line.
4. Cook on standard rice setting. When done, fluff rice with fork before serving.

Spam Musubi

Ingredients

| | | | |
|------------------------------|----------------|--------------------------------|----------|
| Spam, low salt | 1 (12 oz.) can | Nori sheets | 4 |
| Soy sauce, dark | ¼ cup | Kewpie mayonnaise | ½ cup |
| Mirin | 1/3 cup | Sriracha sauce | 1½ Tbsp. |
| Brown sugar | 2 Tbsp. | Toasted sesame oil | 1 tsp. |
| Sake | 2 Tbsp. | Neutral oil | 2 Tbsp. |
| Sushi rice, cooked | 3 cups | Toasted sesame seeds | 1 Tbsp. |

Directions

Using a musubi mold and spam slicer will be helpful — Cook **rice** — Slice **Spam** into 10-12 even pieces — Cut **nori sheets** into thirds

1. For the sriracha mayo:
 - (a) Combine and mix **Kewpie mayonnaise**, **Sriracha**, and **sesame oil**, in a small bowl
 - (b) Refrigerate until needed
2. Heat **oil** in a pan over medium heat. Working in batches if needed, fry **Spam** slices for *2-3 minutes* per side until browned and crispy.
3. In a small bowl, whisk together **soy sauce**, **mirin**, **brown sugar**, and **sake**.
4. Add sauce mixture to pan with **Spam** and swirl to coat evenly. Simmer for *5 minutes* until liquid is nearly absorbed.
5. Using a musubi mold, layer ingredients as follows:
 - Place a strip of **nori** on work surface
 - Press **rice** (*¼ cup*) into mold on center of **nori**
 - Add 1 piece of glazed **Spam**
 - Top with *1 teaspoon* sriracha mayo and sprinkle with furikake (or toasted sesame seeds)
6. Slide mold off musubi and fold **nori** ends up and over to seal, using a drop of water to secure.
7. Serve immediately or wrap individually in plastic wrap. Store in refrigerator for up to *5 days*.

Chapter 5

SOUPS



Hungarian Mushroom Soup

Ingredients

| | | | |
|-----------------------------------|---------|-----------------------------|---------|
| Unsalted butter | 8 Tbsp. | All-purpose flour | 6 Tbsp. |
| Onions, medium | 2 | Sour cream | 1 cup |
| Mushrooms | 2 lbs. | Fresh parsley | ½ cup |
| Chicken broth | 6 cups | Lemon juice | 4 tsp. |
| Soy sauce | 2 Tbsp. | MSG | ¼ tsp. |
| Hungarian hot paprika | 1 tsp. | Salt | 1 tsp. |
| Hungarian sweet paprika | 4 tsp. | Black pepper | ½ tsp. |
| Dried dill weed | 4 tsp. | | |
| Milk | 2 cups | | |

Directions

Chop **onions** (4 cups) — Slice **mushrooms** — Chop **parsley**

1. Melt **butter** in a large pot (5+ Qt.) over medium heat.
2. Add **onions** and cook, stirring until softened, about 5 minutes.
3. Add **mushrooms** and sauté for 5 more minutes.
4. Stir in **chicken broth**, **soy sauce**, **hot paprika**, **sweet paprika**, and **dried dill weed**.
5. Reduce heat to low, cover, and simmer for 15 minutes.
6. Whisk **milk** and **flour** together in a separate bowl; stir into soup until blended.
7. Cover and simmer for 15 more minutes, stirring occasionally.
8. Add **sour cream**, **parsley**, **lemon juice**, **salt**, **MSG**, and **black pepper**.
9. Stir over low heat until warmed through, about 3 to 5 minutes.
10. Serve immediately.

Italian Sausage Soup

Ingredients

| | | | |
|--|------------|-------------------------------------|------------|
| Sweet Italian sausage | 1 lb | Tomato sauce, unsalted | 12 oz. can |
| Hot Italian sausage | 1 lb | Diced tomatoes w/basil & garlic . . | 24 oz. can |
| Onion, large | 1 | Chicken broth | 12-14 cups |
| Garlic bulbs, minced | 2 | Italian herb mix | 1 tsp |
| Carrots, chopped | 3 | Basil | 1 tsp |
| Celery stalks, chopped | 3 | Parsley | 3 Tbsp |
| Russet potatoes, chopped | 3 | Bay leaves | 3 |
| Zucchini, chopped | 1 | Oregano | ½ tsp |
| Frozen vegetables (stir fry mix) | 1 lb | Sugar | 1 Tbsp |
| Mushrooms, sliced | 12 oz. can | Onion salt | 1 tsp |
| | | MSG (<i>optional</i>) | 1 tsp |

Directions

Chop **onion**, **carrots**, **celery**, **potatoes**, and **zucchini** — Mince **garlic** — Drain **mushrooms**

1. Brown **meat** into small chunks.
2. Combine all ingredients in a large stock pot.
3. Bring to a boil, reduce heat and simmer covered for *30 minutes*.
4. Stir occasionally and vigorously to thicken broth.
5. For canning: process at *15 pounds* for *90 minutes*.

Add 1-2 cups of water per quart when reheating.

Tuscan Zuppa Soup

Ingredients

| | | | |
|--|------------|-----------------------------------|----------------|
| Italian sausage | 1 lb. | Cannellini beans | 1 (15 oz.) can |
| Onion, medium | 1 | Heavy cream | 1 cup |
| Garlic | 4-6 cloves | Salt | ½ tsp. |
| White wine (<i>optional</i>) | ¼ cup | Pepper | ¼ tsp. |
| Kale | 1 bunch | Red pepper flakes | ¼ tsp. |
| Potatoes, large | 3-4 | MSG (<i>optional</i>) | ¼ tsp. |
| Chicken broth | 8 cups | | |

Directions

Dice **onion** — Mince **garlic** — Dice **potatoes** into ¼in. pieces — Remove stems from **kale** and tear leaves into bite sized pieces

1. Brown the **Italian sausage** over medium heat until fully cooked. Remove and set aside, retaining drippings in the pot.
2. Sauté **onions** in the same pot until translucent, then add **garlic** and cook for an additional minute.
3. Deglaze the pan with **white wine**.
4. Return **sausage** to the pot along with **chicken broth** and **potatoes**. Bring to a boil, then simmer until potatoes are tender, stirring occasionally, about **10-15 minutes**.
5. Stir in **kale** and **cannellini beans** (do not drain). Simmer until kale is wilted, about **5 minutes**.
6. Stir in **heavy cream**. Season with **salt**, **pepper**, **red pepper flakes**, and **MSG** to taste.