Chucks Cookbook Dishes

**Breakfast**

Egg McMorin

Omelet

Crepes

WiseGuy Breakfast Burrito

French Toast

Gourmet Pancakes

**Snacks/Apps/Sides**

Bruschetta

Spanish Rice\*(Salsa, oil, onions)

**Entrees**

Stir Fry

BBQ Chicken Subs/Sandwich

Mexican Chicken

Chicken Parmesan

Lemon Herb Chicken

Calzone\*

Honey BBQ Boneless Chicken Wings

Orange Chicken\*

American Chop Suey

Quesadilla

Chicken Fresco\* (tomatoes, lemon butter, balsamic vinaigrette)

Chicken Caesar Wrap

Honey Apple Pork Chops\*

Chicken Fajita Rollup

Cedar Grilled Lemon Chicken\* (Granny Smith apple relish, lemon olive oil, rice, honey, quinoa)

Fiesta Lime Chicken\*(top with mexi-ranch dressing and cheese, Spanish rice)

Quesadilla Burger\*(Mexi-ranch sauce, pico, pita as bun)

Quesarito

**Desserts**

Cinnamon Apple Crepes

Chucks Muffin

Rice Krispy

Eric’s “Frosting”

Ice Cream Cookie Sandwich

Milkshake

**Drinks**

Hawaiian Twister

European Sunrise

Not-Beer

Louisiana Tugboat

\*To be tested

**­­­Breakfast**

**Egg McMorin**

Prep Time: 5min | Cook Time: 5min | Difficulty: \*

**Ingredients**

3 slices of ham

4 scoops of egg (small bowl about 2/3 full)

2 slices of cheese (cheddar or provolone)

1 bagel (plain, multigrain, or everything are the best)

**Directions**

1. Choose a bagel and toast it until golden
2. Squeeze oil onto the grill, then pour eggs onto the grill and shape to form a skinny rectangle
   1. Insert Picture
3. Slap that ham on the grill and drizzle a little honey on it
4. Once the eggs have congealed enough, cut them into three equal sections and flip them over to be sure that both sides are cooked
5. Flip ham so it doesn’t burn
6. Lightly salt & pepper both the eggs and the ham
7. Once both sides of the eggs are sufficiently cooked stack two of the egg sections together and then stack the ham on top of that.
   1. Insert Picture
8. Place cheese on top of ham and egg stack, then place the last egg section on the very top
9. Remove the stack from the grill and place on your toasted bagel which should be on a **Blue** plate, because food this good deserves the best.
10. Clean the grill for the next person to use
11. Enjoy!
    1. Picture

**Omelet**

Prep Time: 5min | Cook Time: 5min | Difficulty: \*\*

**Ingredients**

2 slices of ham

1 scoop of sausage

1 small bowl of eggs

2 small tong grabs of onions

2 small tong grabs of green peppers

1 small tong grab of spinach

1 small cup of cheese (half mozzarella, half shredded)

Picture

**Directions**

1. Get ham first, then dice up the ham into small pieces (0.5”x0.5” is fine) while there is room on the plate, then gather the rest of the ingredients
2. Squeeze some oil onto the grill, then put ham, sausage, onions, peppers and spinach on the grill and flatten/spread out to be sure that everything is cooking
3. Squeeze more oil onto the grill and pour eggs. Be sure to keep the eggs from running too far from a concentrated rectangular pattern.
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4. Mix the ingredients together while the eggs are cooking. Add a few shakes of Cajun seasoning for extra flavor!
5. Be sure to slide the spatula under the eggs every once in a while so that the eggs don’t get stuck to the grill.
6. Once the eggs have begun to congeal on the top, take the bowl of cheese and spread out evenly over eggs
7. Once the cheese has begun to melt, scoop up the ham, sausage, etc., and put in a line on the right side of the eggs. Sprinkle a few shakes of salt and pepper over everything. Add a drizzle of salsa if you want a little extra spice and flavor!
   1. Picture

8a) **Trifold** - Slide the spatula under the eggs on the right side, and flip so the half of the omelet is folded. Then slide the spatula under the newly folded section and flip again so that the omelet is totally folded

1. Picture

OR

8b) **Bifold** – Slide the spatula under the eggs on the right side and flip completely over so the omelet is folded in half

1. Take your omelet off the grill and put on a **blue** plate
2. Clean the grill for the next person to use
3. Enjoy!

“What did one egg say to the other when it got too turnt? *Omelet*”

**Crepes**

Prep Time: 5min | Cook Time: 5min | Difficulty: \*\*\*

**WiseGuy Breakfast Burrito**

Prep Time: 5min | Cook Time: 5min | Difficulty: \*

Inspired by Jacob Wise

**Ingredients**

2 scoops of “hash brown” potatoes from breakfast bar

4 scoops of eggs (2/3 small bowl)

1 Tortilla

2 slices of ham

1 scoop of sausage

1 small tong grab of green peppers

1 small tong grab of onions

¾ bowl of salsa

½ bowl of shredded cheese

**Directions**

1. Get ham first, then dice up the ham into small pieces (0.5”x0.5” is fine) while there is room on the plate, then gather the rest of the ingredients.
2. Squeeze some oil onto the grill, then put ham, sausage, onions, peppers, and potatoes on the grill and flatten/spread out to be sure that everything is cooking
3. Squeeze more oil onto the grill and pour eggs.
4. Once the ham, sausage, onions, peppers, and potatoes are lightly sautéed mix them together and pour half of the salsa onto them.
5. Once the eggs are completely cooked dice and mix in with the ham, sausage, onions, peppers, and potatoes and pour the rest of the salsa on top. Sprinkle a little bit of salt and pepper onto everything as well and mix.
6. Sprinkle cheese on top of everything and mix together.
7. Unfold tortilla onto a **blue** plate, scoop everything and place slightly right of center, and fold tortilla like a burrito.
8. Clean the grill for the next person to use.
9. Enjoy!

**French Toast**

Prep Time: 5min | Cook Time: 5min | Difficulty: \*

**Ingredients**

**Directions**

**Gourmet Pancakes**

Prep Time: 5min | Cook Time: 5min | Difficulty: \*

**Ingredients**

**Directions**

**Snack, Apps,**

**& Sides**

**Bruschetta**

Prep Time: 10min | Cook Time: 10min | Difficulty: \*\*

**Ingredients**

5 pieces of bread (either baguette or French bread)

¾ large bowl of mozzarella cheese

1 large bowl of pico de gallo

2 scoops of butter

**Directions**

1. Butter both sides of each piece of bread and place in the panini press until lightly toasted (alternatively can place bread on the grill for toasting).
2. Put bread on the grill and sprinkle cheese and little bit of garlic powder on top. To melt the cheese faster put the silver cover over it. Ask for this from a grill worker if it is not out already.
3. Once the cheese begins to melt, scoop the pico de gallo out of the bowl with a fork and place on top of the cheesy bread.
4. Remove bruschetta and put on a blue plate.
5. Clean the grill for the next person to use.
6. Enjoy!

**Spanish Rice**

Prep Time: 2min | Cook Time: 3min | Difficulty: \*

**Ingredients**

1 plate of rice

1 large bowl of salsa

**Directions**

1. Squeeze oil onto grill
2. Dump rice onto grill
3. Pour salsa onto rice and mix together until even
4. Sprinkle salt and pepper over everything and mix
5. Scoop rice off the grill and put on a blue plate
6. Enjoy!

**Entrees**

**Stir Fry**

Prep Time: 10min | Cook Time: 5min | Difficulty: \*\*

**Ingredients**

2 chicken breasts

1 plate of rice

1/3 plate of onions

1/3 plate of green peppers

1/3 plate of broccoli

3/4 small bowl of eggs

Honey

Soy Sauce

Stir Fry seasoning

**Seasoning**

25% Lemon Pepper

20% Jamaican Jerk

20% Onion Powder

15% Garlic Powder

10% Cayenne Pepper

10% Cinnamon

**Directions**

1. Collect all ingredients and dice up the chicken into bite-sized pieces.
2. Squeeze some oil on the grill and put chicken and veggies (onions, green peppers, broccoli) on separately.
3. While on the grill, dice up the veggies into small pieces and be sure to keep mixing the veggies and chicken separately so everything cooks.
4. Pour the eggs onto the grill beside the chicken and veggies, but do not mix yet.
5. While the eggs cook, mix the veggies and the chicken together and sprinkle half the stir fry seasoning on top. Make sure you mix to make sure everything is seasoned.
6. Once the eggs are cooked, chop them into pieces using the spatula and mix into the chicken and veggies.
7. Dump the rice onto the grill and mix together with everything else. Sprinkle the rest of the stir fry seasoning in with everything and mix.
8. Squeeze soy sauce onto everything until the rice turns a light brown in color. Mix.
9. Drizzle a little bit of honey on top of everything, sprinkle a little salt and pepper and then stir and mix everything.
10. Take stir fry off the grill and put on a blue plate.
11. Clean the grill for the next person to use.
12. Enjoy!

**BBQ Chicken Sandwich**

Prep Time: 10min | Cook Time: 5min | Difficulty: \*

**Ingredients**

2 chicken breasts

1 sub roll (or hamburger bun)

1/4 plate of onions

1/4 plate of green peppers

2 slices of cheese (pepperjack is best)

1 large bowl of BBQ sauce

Butter

BBQ Seasoning

**Seasoning**

40% Western BBQ Seasoning

40% Mesquite Herb Seasoning

10% Garlic Powder

10% Chile Pepper Seasoning

**Directions**

1. Get a sub roll from the sub line and butter the inside of it.
2. Dice up chicken into bite-size pieces.
3. Open the sub roll and put face down on the grill so the buttered side gets toasted
4. Put chicken, onions, and peppers onto the grill. Dice up the peppers and onions once they are on the grill.
5. Once the chicken and veggies are lightly grilled (chicken should be slightly darkened on the outside) sprinkle BBQ seasoning and mix together.
6. Pour the bowl of BBQ sauce over everything and mix until evenly distributed.
7. Sprinkle some salt and pepper over everything and mix together.
8. Take sub roll of the grill and put on a blue plate.
9. Lay cheese on the inside of the sub roll and then scoop the BBQ chicken off the grill and into the sub roll.
10. Clean off the grill for the next person to use.
11. Enjoy!

**Mexican Chicken**

Prep Time: 10min | Cook Time: 5min | Difficulty: \*\*

**Ingredients**

2 chicken breasts

1/3 plate of onions

1/3 plate of green onions

1/3 plate of spinach

3/4 small bowl shredded cheese

1/4 small bowl mozzarella

1 plate of rice

1 bowl of salsa

Mexican seasoning

**Seasoning**

50% Fajita Seasoning

20% Onion Powder

20% Lemon Pepper

10% Garlic Powder

**Directions**

1. Collect all ingredients and dice up the chicken into bite-size pieces.
2. Squeeze some oil onto the grill and put chicken and veggies on separately.
3. Dice up the veggies and let everything grill until cooked.
4. Sprinkle half of the Mexican seasoning and half the bowl of salsa onto the chicken and veggies and mix together.
5. Dump the rice onto the grill and mix together with the chicken and veggies.
6. Sprinkle the rest of the seasoning and pour the rest of the salsa onto the rice. Also sprinkle some salt and pepper on top of everything and mix together.
7. Sprinkle the cheese on top of everything and mix together so the cheese can melt.
8. Take food off the grill and put on a blue plate.
9. Clean the grill for the next person to use.
10. Enjoy!

**Chicken Parmesan**

Prep Time: 5min | Cook Time: 10min | Difficulty: \*\*

**Ingredients**

2 chicken breasts

1 plate of pasta (spaghetti, linguini are best, but others will work)

1/2 plate of spinach

1 large bowl of marinara sauce

3/4 large bowl of mozzarella

Parmesan cheese

Chicken Parmesan seasoning

**Seasoning**

50% Italian Seasoning

20% Lemon Pepper Seasoning

15% Onion Powder

10% Garlic Powder

5% Rosemary

**Directions**

1. Collect all ingredients and dice chicken into bite-size pieces.
2. Take the pasta and put it in in boiling water at the pasta station for 3 minutes.
3. Squeeze some oil onto the grill and put on the chicken and spinach, and let cook until lightly grilled.
4. Sprinkle half the chicken parmesan seasoning on the chicken and mix together with the spinach.
5. Pour half the marinara sauce over the chicken and spinach and mix together.
6. Go check on the pasta cooking at the pasta station if you have not already. If it is finished cooking take it out and bring it to the grill.
7. Put the pasta on the grill and mix together with the chicken and spinach.
8. Sprinkle the rest of the chicken parmesan seasoning and pour the rest of the marinara sauce over everything and mix. Also sprinkle some salt and pepper over everything and mix.
9. Sprinkle the cheese over everything and mix so that the cheese melts.
10. Take chicken parmesan off the grill and put on a blue plate.
11. Clean the grill for the next person to use.
12. Enjoy!

**Quesadilla**

Prep Time: 10min | Cook Time: 5min | Difficulty: \*

**Ingredients**

1 Burrito from Habanero

1/2 small bowl of mozzarella cheese

1/2 small bowl of shredded cheese

1/2 large bowl of pico de gallo

**Directions**

1. Go to Habanero and ask for a burrito with just chicken, peppers & onion, and shredded cheese. Ask them not to wrap it.
2. Take the open quesadilla to the grill line and spread out the chicken, peppers, and onions to cover half of the tortilla.
3. Pour more cheese into quesadilla and spread until evenly distributed.
4. Fold the tortilla in half, and then fold the tin foil around the tortilla and put in the panini press.
5. Let the quesadilla cook for about 5 minutes or until the outside of the tortilla is slightly darkened.
6. Take the quesadilla off the panini press with a spatula.
7. Remove the tin foil from around the quesadilla and spread pico de gallo on top.
8. Enjoy!

**Chicken Caesar Wrap**

Prep Time: 10min | Cook Time: 10min | Difficulty: \*\*

**Ingredients**

2 chicken breasts

1 tortilla/wrap

1/2 small bowl of croutons

1/2 plate of lettuce

1/4 plate of onions

3/4 large bowl of Caesar salad dressing

1/2 small bowl of parmesan cheese

Caesar seasoning

**Seasoning**

40% Italian Seasoning

35% Lemon Pepper Seasoning

15% Onion Powder

10% Garlic Powder

**Directions**

1. Collect all ingredients and dice chicken into bite-size pieces.
2. Squeeze some oil onto the grill and put on the chicken and onions and let cook until lightly grilled.
3. Sprinkle the Caesar seasoning over everything, along with a little salt and pepper as well, and mix.
4. Pour the bowl of Caesar salad dressing on everything and mix together.
5. Scoop chicken and onions off of the grill and place in a bowl with the croutons, lettuce, and parmesan cheese. Take another bowl and place over the first bowl, and shake until the Caesar dressing is mixed in with the lettuce and everything else uniformly.
6. Pour everything from the bowl onto a tortilla and roll.
7. Clean the grill for the next person to use.
8. Enjoy!

**Mexi-Ranch Fajita Rollup**

Prep Time: 10min | Cook Time: 10min | Difficulty: \*\*

**Ingredients**

2 chicken breasts

1 tortilla

1/4 plate of onions

1/4 plate of green peppers

1/2 large bowl of salsa

1/2 large bowl of ranch dressing

1/3 large bowl of pico de gallo

1/2 small bowl of shredded cheese

1/3 large plate of shredded lettuce

Fajita seasoning

**Seasoning**

50% Fajita Seasoning

20% Lime Pepper Seasoning

10% Lemon Pepper Seasoning

10% Onion Powder

10% Garlic Powder

**Directions**

1. Collect all ingredients and dice chicken into bite-size pieces. Pour the salsa and ranch dressing into the same bowl and stir together.
2. Get a tortilla and put lettuce slightly off center so you’ll be able to roll it properly.
3. Squeeze some oil onto the grill and put on the chicken, onions, and peppers and let cook until lightly grilled.
4. Once lightly grilled sprinkle on the fajita seasoning and mix together.
5. Pour the ranch-salsa dressing onto the chicken, onions, and peppers and mix together. Sprinkle a little bit of salt and pepper over everything and stir.
6. Put pico de gallo on the grill and mix with everything else.
7. Take everything off the grill and place in the tortilla on top of the lettuce. You should place it so everything is in one line slightly off-center, making sure to leave space at the bottom to fold the tortilla over so everything doesn’t fall out all over your hands.
8. Sprinkle the shredded cheese over everything and then roll up the tortilla.
9. Clean off the grill for the next person to use.
10. Enjoy!

**Fiesta Lime Chicken**

Prep Time: 10min | Cook Time: 10min | Difficulty: \*\*

**Ingredients**

2 chicken breasts

1 tortilla

1/4 plate of onions

1/4 plate of green peppers

1/2 large bowl of salsa

1/2 large bowl of ranch dressing

1/3 large bowl of pico de gallo

1/2 small bowl of shredded cheese

1/3 large plate of shredded lettuce

3 lime wedges (Habanero line)

1 large plate of rice

Fajita seasoning

**Seasoning**

50% Fajita Seasoning

20% Lime Pepper Seasoning

10% Lemon Pepper Seasoning

10% Onion Powder

10% Garlic Powder

**Directions**

1. Collect all ingredients and dice chicken into bite-size pieces. Pour the salsa and ranch dressing into the same bowl and stir together.
2. Squeeze some oil onto the grill and put on the chicken, onions, and peppers and let cook until lightly grilled.
3. Once lightly grilled sprinkle about half of the fajita seasoning over everything and mix together. Squeeze lime juice over everything and stir.
4. Pour about half the ranch-salsa dressing onto the chicken, onions, and peppers and mix together.
5. Dump the rice onto the grill and mix together with everything else.
6. Sprinkle the rest of the fajita seasoning over everything and stir.
7. Pour the rest of the ranch-salsa dressing over everything and mix together. Sprinkle a little bit of salt and pepper over everything and stir.
8. Put pico de gallo and shredded cheese on top of everything and mix together.
9. Take everything off the grill and put on a blue plate, because blue plates are the best.
10. Clean off the grill for the next person to use.
11. Enjoy!

**Desserts**

**Cinnamon Apple Crepes**

Prep Time: 10min | Cook Time: 10min | Difficulty: \*\*\*

**Ingredients**

1 cup of crepe mix (see crepe recipe in the breakfast section)

**Directions**

**Eric’s Special Frosting**

Prep Time: 10min | Cook Time: 10min | Difficulty: \*

**Ingredients**

**Directions**

**About**

All the spices are listed as ratios and when all mixed together should cover the bottom of a large bowl, or about 1/8th of a small.