



# 1337-Noms-The-Hacker-Cookbook

@thedevilsvoice && @iheartmalware



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# **Chapter 1**

## **Appetizers**

This is a collection of appetizers for the hackers cookbook



## 1.1 Ajn's Point Reyes Brussel Sprout Salad

The key is absolutely the mild flavor of this cheese from a creamery in California. Been meaning to try cambazola for fun, but haven't yet had the chance. Here goes...

### 1.1.1 Ingredients

- 1/3-1/2 lb uncooked, untrimmed Brussels sprouts
- 1 tbsp+ high quality olive oil
- 1 tbsp maple syrup
- 1 tbsp grainy mustard
- 2-3ish oz Point Reyes blue cheese, room temp
- 1/2 Bosc pear, sliced thin and halved
- Handful of lightly candied walnuts (optional)
- Salt & pepper
- 1 Tbsp of Apple Cider Vinegar

### 1.1.2 Instructions

1. Insert a fork into the stem end of each sprout, and shred on a mandolin slicer moving in a single direction until only the portion you would have trimmed is left. Consistency is key here; you want light, shredded bits with some thinly sliced core pieces
2. In a large bowl, mix oil, syrup, mustard and blue cheese with a fork, mashing the cheese until smooth and integrated. You could use a food processor, but I find this easier. Balance cheese/oil/mustard to your preference, along with light salt/pepper.
3. Mix in sprouts until you achieve a dressing:sprout ratio you like. We prefer it pretty thin on dressing. Add pears and sprinkle with walnuts. Serve with grilled beef/pork/lamb.

## 1.2 Angry Guacamole

by @boredsilly

I get a lot of compliments with this and I believe that's due to the process I've polished in the tips and tricks section. The dish is angry because if you like it spicy like me, your backside will be. This recipe allows for whatever level of heat you can tolerate so don't worry if you aren't a chili head. It may call for a lot of cilantro but even haters don't seem to notice because they're processed so well.

Serves 8 to 10

### 1.2.1 Ingredients

- 6 large ripe avocados
- 4 large bunches of cilantro or 6 smaller bunches
- 6 jalapeños alone for mild heat and an additional 3 or more habaneros for angry
- 1 large or 2 small red onions
- 1 lime
- Sea salt
- Garlic powder

### 1.2.2 Preparation Tips and Tricks: Read this section first

**Cilantro:** Hate destemming cilantro like I do? **BEFORE** you wash it, use a fork to rake down the length of the bunch from the base toward the end. It will pull off the leaves and only some of the stems. You only then have to process a few stems. You don't wash the leaves first or those little bastards will stick to everything. I then throw the destemmed cilantro leaves in a colander and wash them at the end. Remember, the stems are bitter so remove as many as possible for the best flavor.

**Jalapeños:** When choosing Jalapeño chilies, keep in mind they get progressively hotter the older they get. As they age, they develop little white lines and flecks running down the length of the pepper. The smoother the pepper, the younger and milder it is. The more white lines there are, the older and hotter. This is just a general rule that seems to work when trying to find hot or mild peppers. Also, the heat of the chili is in the seeds and membrane.

- **Mild:** Choose smooth skinned jalapeños and cut them in half and scrape out everything with a spoon leaving only the green flesh. Continue to scrape away anything lighter in color on the inside of the chili to minimize the heat.
- **Maximum heat:** Choose aged jalapeños and remove the top stem and pith (white ball near the top) and leave everything else. Seeds are optional. Include the habaneros.

**Processing the veggies:** I double process all of the onions, chilies, and cilantro to make a smoother guacamole. By double processing, I mean I use a Hand Food Chopper (which sends the dogs into a frenzy and gives me schadenfreude) and then put the resulting mess into a motorized food shredder. Use whatever tactics you feel is best to reduce the size of veggies down to as small as possible. It doesn't have to be a paste. I start with the cilantro so the following ingredients help extract the sticky cilantro leaves from the chopper.

**Habaneros** (optional): Remove their top stems, process, and add them one at a time at the end to control the heat level.

**Keep it from turning gray:** If you need to wait a couple hours before serving, store the finished product in an airtight container(s) with no room for air and refrigerate. The lime juice will help slow the graying and some say the avocado pits help as well. You can then dish it in a bowl when the time comes to serve it.

### 1.2.3 Instructions

1. Process the cilantro, onion(s), and chilies as described above and place them in a bowl.

2. Cut the avocados in half, remove the pits, and scoop out the flesh into the bowl
3. Hand stir until everything is evenly mixed. **Do not put the avocados in the food processor or it will turn it into a sauce!**
4. Add garlic powder to taste (I normally use at least 3 tablespoons)
5. Add salt to taste (I normally use at least 4 tablespoons)
6. Cut the lime in half and squeeze out the juice of one piece. Stir and taste. If it's not enough start to add the second half one small squeeze at a time until it tastes good. Don't use too much juice! The juice also helps prevent graying.
7. Serve immediately with tortilla chips or as a condiment otherwise store in a manner described above

## 1.3 diff's Asian Chicken Wings

Growing up on the East Coast and working in some restaurants, I came to enjoy "Chinese" chicken wings, which had not really been Chinese at all. You can't get them in authentic places, but it was still tasty. After trying for a while without luck to find a worthy replacement in the Bay Area, I decided to essentially reverse engineer the taste.

### 1.3.1 Sauce Ingredients

- 1/4 cup of sugar
- 1/8 cup of salt
- 1/8 cup of msg (You can do without it, though it helps)
- 1 clove of garlic (I always use more than this)
- 1/4 cup of light soy sauce
- 1/4 cup of rice wine
- 1/4 cup of vinegar (slightly less)
- 1 tsp of 5 spice powder (replace with habanero for extra heat, but add cumin)
- 1 tsp of ginger powdered
- 1 tsp real ginger (freshly grated)
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 lemon
- 1 large onion

Chop onion, juice lemon and combine the rest of the ingredients into a large container. Mix in chicken wings, above will easily work for 12 -24 wings depending on the vessel used to marinate.

For best results, put into a bag (or vacuum seal) and freeze, to allow the marinade to penetrate the chicken more.

### 1.3.2 Cooking

Remove chicken from container and let excess marinade strain back in. You could likely use this marinade again if you've liked it. Don't bother with the onion chunks unless you want to add them to some other stir fry dish.

Preferred at home method is grilling, you can use the sauce to baste early on, though it should not be necessary. Stop basting after the first flip as the marinade has the raw chicken juice in it.

As you cool, you can brush with honey to create a crispier skin.

- Smoking the chicken wings ends up adding an extra interesting layer, though this just elongates the process
- Sauce/chicken is fine to sous vide with, this is an awesome alternative to cooking it fully on the grill. Juice will be safe for basting or making a concentrated dipping sauce.
- Alternatively you can actually fry the chicken wings, as a restaurant would. This just tends to be a bit more messy and the clean up can be bothersome.

## 1.4 Bone Marrow Mushroom with Roasted Brocolini.

### @BitSledge

Incredibly savory dish consisting of crisp baby broccoly and mushrooms roasted in bone marrow. Use 12 inch cast iron skillet if available.

#### 1.4.1 Ingredients

- 16 oz of mushrooms (white or portebello or a mix)
- 3 packages of baby broccoly (broccolini). Enough to cover 1.5 cookie sheets.
- 4 round bone marrow chunks
- 1/2 Shallot - minced
- 4 Tbsp of minced garlic
- 1/2 of Red Onion - Chopped
- 1 Red Bell Pepper - Chopped
- 3 sprigs of fresh Thyme, Rosemary, and Basil
- 5 Tbsp Beef Broth
- 1 Tbsp Olive Oil
- 2 Tbspns Marsala Wine
- 2 Tbspn Butter

#### 1.4.2 Optional Ingredients

- Crushed Red Pepper
- Fresh Parmesan
- Soy Sauce
- 2 Limes

#### 1.4.3 Instructions

- Preheat over to 400
- Toss baby broccoli in light olive oil and sea salt, then arrange on foil lined baking pan
- Place brocollini in oven for about 12 or 13 minutes, turn them over about 6 minutes in. You want them to be crispy but not burnt.
- Prep the marrow bones by placing them on another foil lined pan, sprinkle salt over the top and place in oven with the brocolli.
- While Broccolini and marrow cooks, saute the minced shallot, garlic and onion in about 2 tbsp of olive oil, give it a few minutes untill it starts to soften.
- Pull the brocoli out whenever its done and set aside, turn up the heat to 450 and watch the marrow. you want it almost oozing out but not quite. When it gets to that point oil like to turn the heat off and leave them in the oven untill needed.
- Throw in mushrooms and saute for about 8 minutes or untill they start sweating out.
- Throw in the red bell pepper for a minute or 2.
- Toss in a big dab of butter, along with the beef broth, and herbs.
- Lay the marrow bones down in the pan, the goal is to get the marrow to ooze out and coat the mixture. Feel free to spoon it out.
- stir around and let it cook for a bit untill everything is soft yet the peppers are still somewhat crisp, and most of the marrow is liquified.
- Sprinkle red chili flakes if desired.
- Arrange brocoli in the mix to make it look nice.
- Drizzle with some lime juice, and a tiny bit of soy sauce.

## 1.5 Street Corn @theDevilsVoice

A fairly healthy vegetable dish. Spicy, and a nice complement to your Mexican food on Taco Tuesday.

### 1.5.1 Ingredients

- 3 or 4 cans of corn
- 1 bunch cilantro, larger stems removed, and roughly chopped
- 2 tsp. lime juice
- 10 oz. Feta Cheese (approximate)
- 2 Tbsp. Mayonaise
- 2 Tbsp. sour cream

### 1.5.2 Optional

- Tortilla Chips
- Serrano Chiles, diced

### 1.5.3 Instructions

- In a large skillet or wok, heat up about 1/3 cup of olive oil.
- Heat the corn in the hot oil until it starts to turn brown, stirring occasionally so it doesn't stick.
- Dump the corn into a bowl with the rest of the ingredients and stir.
- Eat it with chips like a dip or put it on your tacos. Optionally spice it up with Serrano or other chile & spices.

## 1.6 Mashed Potato Croquettes

Contributed by Russ Rogers a.k.a. @v3rtig0

This recipe takes a good old Southern Mashed Potato recipe, makes it "loaded", and then creates crispy, fried croquettes from them. It takes a bit of time, mostly due to the croquettes need to be frozen a couple of times.

These croquettes are soft, fluffy, and rich flavored on the insides, and crispy on the outside. When they're steaming hot, they're a perfect comfort food for hackers. Try them with a dip, for added punch. Mayo/Sriracha combination, honey mustard, or even ranch dressing are good options.

### 1.6.1 Ingredients

- About 3-4 lbs of golden potatoes
- 4 Tbl salted butter
- 8 oz of sour cream
- 1 cup of milk
- About a cup of finely diced, fresh chives
- 8 oz block of cheddar (shredded - I prefer Tillamook)
- 1/2 cup chopped fresh chives (add more to taste)
- 1/2 Tbl liquid smoke (to flavor)
- Bread crumbs or crackers (or both!)
- 6 Large eggs
- Salt and black pepper to taste
- Garlic powder to taste

Fryer with appropriate oil, heated to 350 degrees F, when needed.

### 1.6.2 Making the potatoes

Wash and peel the potatoes. Dice them all into 1 inch squares or less. Rinse the potatoes briefly. Place the potatoes in a large pot of water, and bring to a boil. You can add salt if you, but I tend to add the salt to the mashed potatoes, once they're prepared. Boil the potatoes until tender. While the potatoes are cooking, finely dice the chives, and set aside for next step. Also grate the cheese, and set aside.

Strain the cooked potatoes, and then put back in the pot. Mash the potatoes. Add garlic powder, salt, butter, sour cream, cheese, chives, black pepper, and liquid smoke to the pot, and mix well. Check the texture, and taste. Adjust the texture with milk, until fairly creamy.

#### 1.6.2.1 Spread the Potatoes

Spread the potatoes into a 9x13 pan (you can pre-grease with cooking spray if you want to make it a bit simpler to get the potato strips out, later. Spread to a depth of about 1/3 inch. You may need to use two pans.

Once spread out, put the potatoes into a freezer for a couple of hours, until they harden. Once hardened, pull out, and cut into strips, but don't remove, yet. Make each strip about 1/2 inch wide, and 3-4 inches long. Put back in the freezer for a couple of hours. Once completely frozen, you can pull the strips out, and place in a bowl to be used later.

#### 1.6.2.2 Prepare egg wash and bread crumbs

You'll likely need about 5-6 large eggs beaten with a couple of tablespoons of milk, for the wash.

For the breadcrumb mixture, I used the pre-made crumbs from the store (with italian seasoning), and crush up some Club crackers and crushed up bacon (already cooked). Mix well.

Leave the bacon out for a vegetarian option.

### 1.6.2.3 Prepare the croquettes

Take a strip of potatoes (still frozen) and roll in the egg bath. Then roll in the breadcrumb mixture until fully coated. Place in a pan to be re-frozen. Repeat this will all the strips, then return them to the freezer for another hour or so, to harden before frying.

### 1.6.3 To cook

Heat your oil to about 350 degrees. You can check the temperature of the oil, if you don't have a thermometer, by putting the handle of a wooden spoon into the oil. If the oil is ready, bubbles will form around the handle.

Cook 5 strips at a time, for about 1 1/2 to 2 minutes, until golden brown. Place on a pan with paper towels, to remove excess oil. They're ready to eat at this point.

### 1.6.4 Suitable dips

These can be eaten with a number of dips, including marinara, honey mustard, ranch dressing, or a mix of sriracha with mayonaise. Pretty much anything works. These croquettes are best hot, and can be re-heated in an oven. I really wouldn't microwave them, since they'll be soft, and you won't be able to pick them up by hand.

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## Chapter 2

## Breakfast

Can't be a daytime hacker without a good breakfast



## 2.1 Hashbrownpatty Bacon Sandwich

Play with your food and then eat it!

### 2.1.1 Ingredients

- 2x Standard issue Hashbrownpatties
- A few strips of bacon

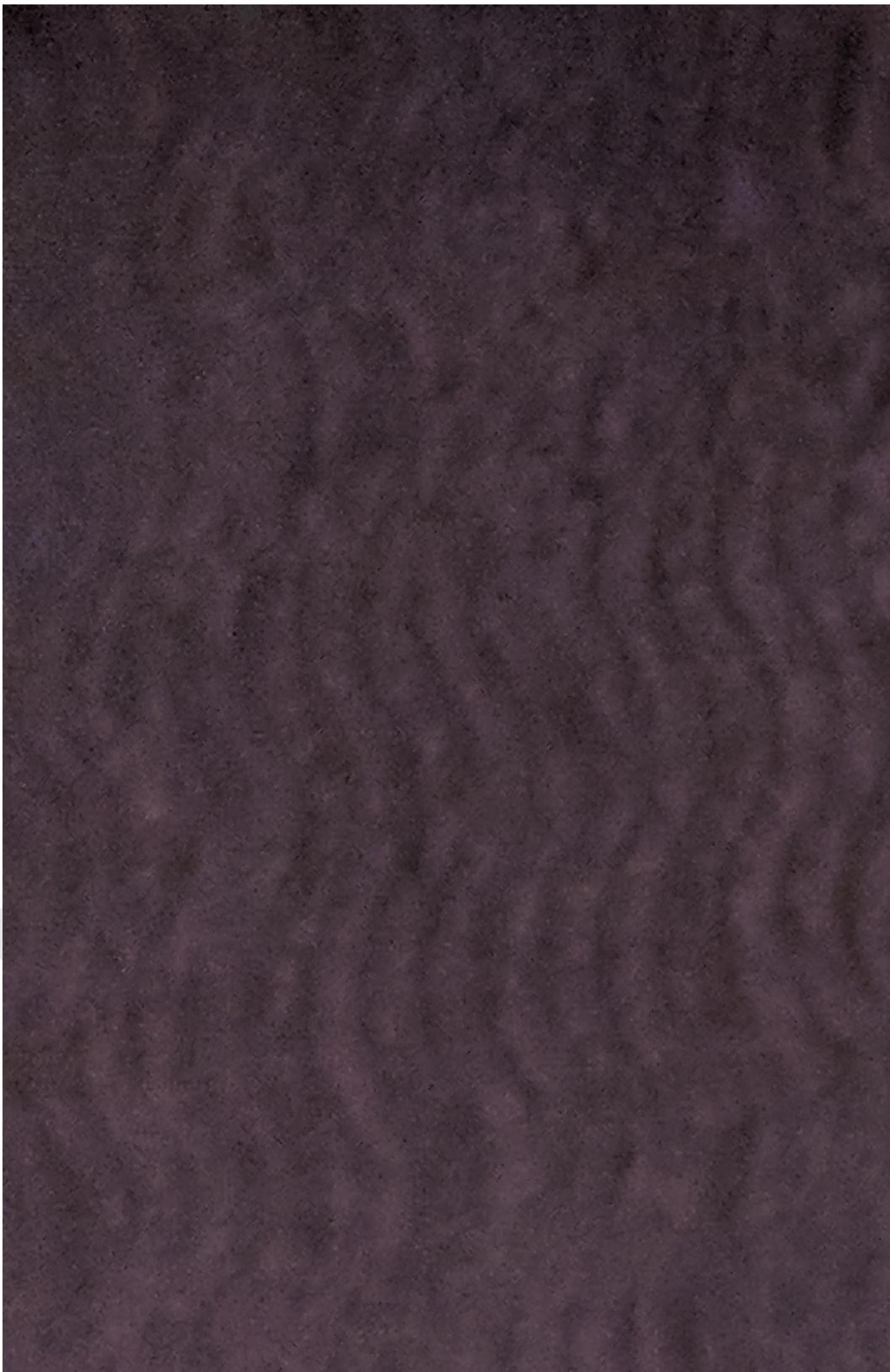
### 2.1.2 Instructions

- Place the hashbrownpatties adjacent to one another as if they were slices of bread (keep in mind the context : you are about to make a sandwich)
- Tear the strips of bacon into smaller pieces so that if one slice is placed lengthwise across a hashbrownpatty there isn't too much overflow (hacker discretion is advised only at the advice of a hacker)
- Place your bacon kilobytes (these are much larger than bacon bits) on the bottom hashbrownpatty
- Place the top hashbrownpatty on top of the bacon kilobytes

### 2.1.3 Tips and Tricks

- Please don't put ketchup on it.









## 2.2 Marler's Quick Migas

This is the migas that I make for me and my wife when I'm being lazy and don't want to cook anything complicated, but want more than just scrambled eggs. You can adjust up and down to make more if you are feeding more than just yourself. I find that one single serving bag of fritos is good for up to a half dozen eggs. If you are making more than that, start doubling the recipe accordingly. It's just migas . . . it won't blow up if you do it wrong, though I will if you add cheese.

### 2.2.1 Ingredients

- 2-3 eggs
- 1/2 link of cheap chorizo (Get the cheapest stuff your grocer has. Ignore the artisan, locavore, hipster Chorizo.)
- 1 single serving size bag of Fritos (or a handful of corn chips, stale or fresh)
- Salsa (Use whatever is in your fridge, and as much as you can handle)
- Bacon (for eating while cooking, or to put in the Migas. I won't judge you either way.)

### 2.2.2 Optional

- Potatoes (If you have some in the fridge, season liberally and throw them in)
- Fresh veggies (Tomato, jalapeno peppers, mushrooms, whatever you have and/or like)
- Mushrooms (I hate mushrooms, but you might not)
- More meat (If you have leftover BBQ, chicken, or anything else you don't know what to do with, throw it in there)
- Cheese

### 2.2.3 Instructions

1. Use your favorite skillet for cooking eggs and heat it up
2. Take the chorizo out of its inedible wrapper (you bought the cheap stuff, right? That casing is not edible) and put it in the pan
3. Chop up the chorizo with a spatula while it cooks until you get it into small chunks
4. Crack the eggs and put them into a plastic cup
5. Season the eggs with salt and pepper in the cup
6. Stir up the eggs with a fork until they are as blended as you like them to be
7. When the chorizo is done, pour in the eggs
8. Crush the fritos in the bag, then open the bag over the skillet and dump them in
9. Add the salsa to the skillet
10. Add anything else you want to add to cook with the eggs
11. Stir and chop with the spatula until the eggs are cooked as far as you like them cooked (I like my eggs dry as a Texas drought)
12. Remove skillet from heat and divide accordingly onto plates
13. If you have any fresh veggies you want to add for garnish, now is your chance to do so
14. Enjoy!

## 2.3 n1cfury's AES (Avocado, Eggs, Sriracha)

Being on a tight budget in between jobs and wanting to get in the habit of eating breakfast I wanted to come up with an easy and filling breakfast. This meal takes minimal effort and will keep you satisfied until lunch.

### 2.3.1 Resources

A small cast-iron skillet<sup>1</sup>

### 2.3.2 Ingredients

2 eggs 1 ripe Avocado Sriracha Olive oil<sup>2</sup> - I use Humble Olive Oils Sea Salt Black Pepper

### 2.3.3 Preparation

If you have refrigerated the Avocado, make sure you take it out the night before. It's not a deal breaker, but it will work better if its already at room temperature. Before you start cooking, slice the Avocado in half the long way and 'unscrew' it maintaining the half with the pit. Inside the half without the pit, dice it up in the skin so it is easier to spread. Unless you're really hungry, save the half with the pit for later and put it in the fridge. YES, LEAVE THE SEED INSIDE. Trust me.

### 2.3.4 Instructions

Turn on the stove at low heat. If you have a gas stove, the flame should be barely visible. Put a few drops of olive oil on the skillet to coat the bottom and run it along the inside taking account for the surface area of the egg. Once it warms up, add a small amount of the sea salt and pepper to the skillet, enough to where the pepper will slightly sizzle. After this crack open two eggs and pour into the skillet adding a bit more salt and pepper to the top of the egg.

At low heat you should start to notice the bottom cook and become solid. Take a fork and scoop at the edges ensuring you can scrape it off, but dont remove it yet. Once the egg can be flipped without spilling, flip it over and let it cook. While its cooking, evenly spread the half of Avocado onto the egg. Turn off the stove and wait about a minute. Remove from the skillet and place onto a plate and add Sriracha on top of the Avocado. I usually do a spiral pattern or tic-tac-toe to cover it evenly without overdoing it.

I did this without toast because its not as messy and less carbs if you care about that sort of thing. Enjoy!

My GitHub page<sup>3</sup> Follow me on Twitter<sup>4</sup>

<sup>1</sup><[https://www.amazon.com/Lodge-L3SK3-Skillet-Pre-Seasoned-6-5-inch/dp/B00063RWT8/ref=sr\\_1\\_1?ie=UTF8&qid=1487463235&sr=8-1&keywords=small+cast+iron+skillet](https://www.amazon.com/Lodge-L3SK3-Skillet-Pre-Seasoned-6-5-inch/dp/B00063RWT8/ref=sr_1_1?ie=UTF8&qid=1487463235&sr=8-1&keywords=small+cast+iron+skillet)>

<sup>2</sup><<http://www.humbleoliveoils.com/infused/garlic-olive-oil>>

<sup>3</sup><<https://github.com/n1cfury>>

<sup>4</sup><[https://twitter.com/n1c\\_fury](https://twitter.com/n1c_fury)>

## **Chapter 3**

### **Cookware**

These are the things that are used for cooking

## 3.1 Tea Tasting Can

Make loose leaf tea without a fancy teacup or teapot!

This hardware hack is for those times when you want to make tea but you have no teapot. One common solution is a tea tasting cup, which is a cup that lets you brew proper tea in a cup and then remove the leaves afterwards.

### 3.1.1 Supplies

- Soda can
- Sharp pokey thing
- Can opener

### 3.1.2 How to make

1. Drain all liquid from the soda can
2. Remove the lid of the soda can using the can opener
3. Poke many holes in the soda can with regular spacing using your sharp pokey thing

### 3.1.3 Crafting Tips n' Tricks

- If you aren't make sure to have proper adult supervision before doing this.
- Poke holes with discretion. Don't stab yourself.
- Don't be afraid to take the can opener off the can a few times while removing the lid. You'll probably get a cleaner cut if you do many small twists and reposition the can opener more often.

### 3.1.4 How to Brew

1. Put the Tea Tasting Can (TTC) into your mug of choice
2. Place your tea leaves directly into the middle of the TTC
3. Blanch the tea leaves (optional, see Tips n' Tricks)
4. Pour hot water into the TTC over the tea leaves
5. Wait until the tea is brewed to your preference
6. Lift the TTC straight upwards out of your mug

### 3.1.5 Brewing Tips n' Tricks

- When lifting the TTC out of your mug don't go too fast. Otherwise the tea will gush out of the holes and shoot past the sides of your mug.
- Use the same amount of leaves and water each time for more consistent brews. Overflowing the cup slightly might feel messy but it ensures you always have the same amount of water.

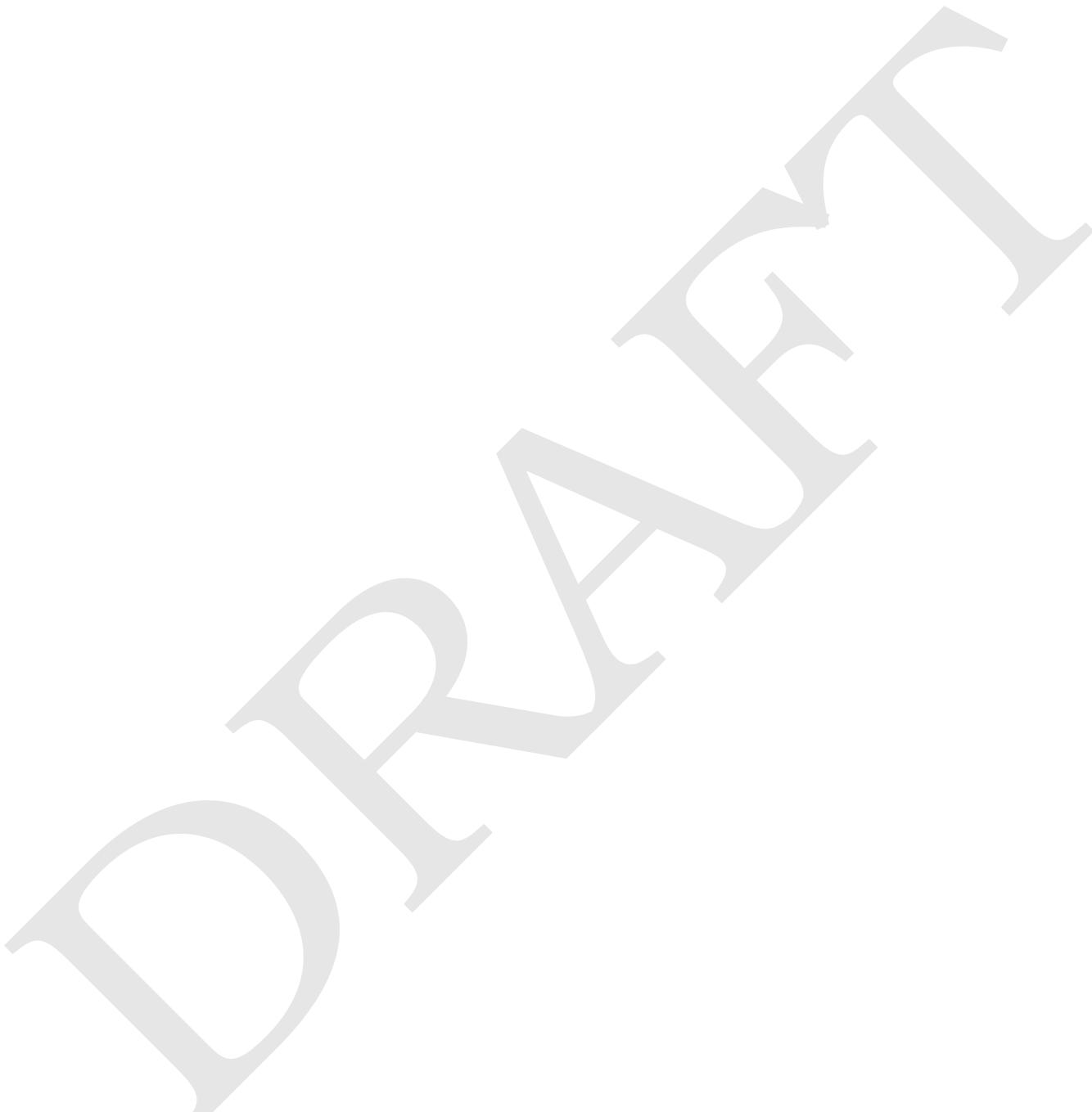
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## **Chapter 4**

### **Desserts**

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## Acai Bowl



Make this Acai Bowl in three easy steps. Freeze your fruit. Slice your banana and transfer it to a small baking sheet or plate lined with parchment paper. To the same plate, add the blueberries and strawberries (store-bought frozen fruit will work just as well). Transfer tray or plate to the freezer and allow the fruit to freeze completely. Blend. Once frozen, add the milk and yogurt to the bowl of a large, high-speed blender with a tamper (see tips and tricks). Add the frozen blueberries, strawberries, banana, and broken up acai. With the blender on low, use the tamper to push the frozen fruit down, mixing around as much as possible. Continue to blend on low until smooth, only adding additional liquid when needed. Assemble. Divide the smoothie into two bowls and top with all your favorite toppings. Best enjoyed immediately (because it will melt).

## 4.1 Breaking Bad BlackHat Brownies

A nice pick-me-up mocha-ish treat. Versatile. I suggest using the strongest most wicked coffee you can. I use Death Wish Coffee, at twice the caffeine, but for taste, you may want to use whatever brand you prefer tastes better.

### 4.1.1 Ingredients

- 1/2 Pound Butter Melted (choice of butter here is optional salted/unsalted) Also please check and abide by State Laws if adding any "alternative" butter.
- 4 Tablespoons Dark Cocoa
- 1 Cup Water
- 2 Cups Flour
- 2 Cups Sugar
- 1 Teaspoon Baking Soda
- 1/2 Teaspoon Salt
- 1/2 Cup Buttermilk
- 2 Eggs
- 1 Teaspoon Vanilla
- 2-4 Shots Espresso (as thick as possible, or just add less water if over 4 shots)

### 4.1.2 Frosting

- 1/4 Pound Butter (again, what butter you use is at your discretion)
- 4 Tablespoons Dark Cocoa
- 8 Tablespoons Buttermilk
- 1 Teaspoon Vanilla
- 1 Box Confectioners Sugar

Optional = 1 Cup chopped Nuts of your choice (be mindful of those with nut allergies)

### 4.1.3 Instructions

1. Preheat Oven to 350 Degrees Fahrenheit (177 Celsius)
2. Add Cocoa & Water to Butter.
3. Add Espresso shots and bring to a boil.
4. Mix together Flour, Sugar, Soda & Salt.
5. Add boiling Cocoa mixture & stir until blended.
6. Add Buttermilk, Eggs & Vanilla. Stir Until smooth.
7. Pour into a greased baking pan of suitable shape.

### 4.1.4 Making the Frosting

1. Add Cocoa & Buttermilk to Butter and bring to a boil in a medium sauce pan.
2. Add Sugar & Vanilla, stirring until smooth consistency.
3. Pour over the warmed cooked brownies. Optionally adding chopped Nuts.
4. Enjoy.



## 4.2 Keto Marbled Turtle Cheesecake

sl3dge in partnership with TheKetoBaker

Some tips for keeping a cheesecake from cracking on top: Don't open the oven, and don't over bake it! Opening the oven will cause a draft and in turn cause irregularities in the temperature, which makes the cheesecake crack. Over baking will dry it out and also make it crack.

- Makes 12 Slices
  - Nutritional Information Per Slice: 5g Net Carbs 50g Fat 10g Protein
- {.align-center}

### 4.2.1 Ingredients

You will need a 9 inch Springform pan

#### 4.2.1.1 crust

- 6 Tbsp of Butter
- 1/3 Cup of Swerve
- 2 Cups of Almond Flour
- 3 Tbsp of Cocoa Baking Powder
- (A very small) Pinch of Salt

#### 4.2.1.2 Filling

- 4 Eggs
- 1 Cup of Swerve
- 1 Tsp of Vanilla Extract
- 3 8oz Packs of Cream Cheese
- 1/3 Cup of Sour Cream
- 2 Tbsp of Cocoa Baking Powder

#### 4.2.1.3 Caramel

- 4 Tbsp of Butter
- 1 Tbsp of Coconut Oil
- 4 Tbsp of Heavy Cream
- 1 tsp of Vanilla Extract
- 3 Tbsp of Swerve
- A Pinch of Salt
- 1 Cup Pecans, roughly chopped

### 4.2.2 Crust Recipe

1. Preheat oven to 375 Degrees
2. Combine all ingredients well (I just used my hands to mix it because it's easier than using a mixer or hand mixer)
3. Press the mix firmly into the bottom of your springform pan.
4. Bake for 8 minutes then let cool

#### 4.2.2.1 Filling Directions

Preheat oven to 350 Degrees, lightly grease the sides of your springform pan and place on baking sheet

1. Beat the cream cheese until it is nice and fluffy (about 3 minutes)
2. Beat in the sweetener, sour cream, and vanilla. Mix for about 3 minutes.
3. Gently add one egg at a time, mixing for about 1 minute in between each egg.
4. separate out 1 to 1 1/2 Cups of the filling into a separate bowl and add 2 Tbsp of Cocoa baking powder, mixing for about 1 minute.
5. Pour the regular mix into the springform pan. Add the chocolate mix in portions around the pan. Use a butter knife to carefully swirl the chocolate mix through the regular mix to create a marbled effect.
6. Bake for 40 to 45 minutes, or until it is puffy and golden around the edges.
7. Run a knife around the inside of the rim to loosen the cake, but let it cool for a while before removing the rim!
8. Cool the cake for 1-2 hours on a wire rack.

#### 4.2.2.2 Caramel Directions

Make sure to consistently whisk your caramel throughout the cooking process so it doesn't burn!

1. Melt the butter in a small pan on medium heat and cook until it is golden brown. Add in the coconut oil and stir well.
2. Add in the heavy cream and stir until it is combined. lower the heat and simmer for about 1 minute.
3. Add in the sweetener, vanilla, and salt. Cook until it starts to get thicker and stickier.
4. Remove from heat and stir to make sure it isn't separated, then pour over the cooled cheese-cake. Sprinkle on the chopped pecans.
5. Chill in the fridge for at least 4 hours, then enjoy!

## 4.3 TailPufft's Cream Cheese Roll Out Cookies with Orange

### 4.3.1 Cookies

- 1 cup butter - close to room temperature
- 1 8 oz. package of cream cheese - room temperature
- 2 cups granulated sugar
- 2 eggs
- 4 tsp. frozen orange juice concentrate
- Zest of 1 orange
- 1 tsp. vanilla extract
- 1 tsp. almond extract
- 2 tsp. baking powder
- 5 cups flour
- Extra flour for dusting

### 4.3.2 Icing Recipe

- 1 cup powdered sugar
- 1 tbsp. milk
- 1 tbsp. light corn syrup
- 1 drop lemon juice

### 4.3.3 Directions

A. Pre-heat oven to 350. 1. Cream together butter and sugar. Don't rush the creaming together of the butter and sugar step, otherwise the pastry gods will find you and they will punish you. Whisk in cream cheese. Whisk in eggs. Add all the other wet stuff. Add in the orange zest too. You now have a bucket o' orange smelling buttery wet stuff 2. Mix all the dry stuff separately. 3. Slowly incorporate the dry mixture into the wet mixture. Go ahead and curse a bit for not doing this in a larger sized bowl and go find a larger bowl. I'll wait. B. Do not do this in your Kitchenaid mixer as 5 cups of flour is too much for it and I will not bring you Kleenex for your tears when you fry your Kitchenaid motor. (at most, mix up to 3 cups of flour in the wet mixture using the paddle kitchenaid attachment, but then mix the last two cups of flour in by hand.) 4. Take this lovely smelling rather firm lump of dough, divide it into two squirrel sized lumps and chill. 5. After about 20-30 minutes, take out chilly dough squirrel number 1 and dust the counter with flour. Roll out the dough to about 1 fat centimeter of thickness. Use lots of sprinkles of flour to keep the dough from sticking to your rolling pin and / or the counter. This dough gets stickier the warmer it gets, so try to keep it nice and cold, like my heart. 6. Go nuts with the cookie cutters. Don't let anyone give you any crap for owning too many cookie cutters. This recipe holds shapes well throughout baking. C. This will make more cookies than you have patience to clean up after. This will make more cookies than your children will have the attention span to decorate. D. If you decide to freeze chilly dough squirrel number 2 for later, have at it.

This dough freezes very well.

### 4.3.4 Baking

1. Either grease cookie sheets or use parchment paper. Is the oven on? Put the whiskey down and turn the oven on.
2. Keep an eye on these suckers as it is a pretty quick bake. I would check them after 8 minutes, but usually take about 10 minutes for a variety of sizes. We make little bats for Christmas. Christmas bats take about 8 minutes. Very lightly golden at the edges means they are done.
3. Enjoy watching various stages of cookies take over every single horizontal surface of your house.

#### 4.3.5 Icing

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1. Let the cookies cool, as putting icing on hot cookies will cause the icing to make a mess.
2. Mix everything together, then put on cookies. Or just dip the cookies in the icing.

## 4.4 TailPufft's Vegan Carrot Cake

### 4.4.1 Ingredients

- 3 cups flour
- 2 tsp. baking soda
- 1 tsp. salt
- 2 cups sugar
- 3 cups grated fresh carrots
- 1 tbsp. cinnamon
- 1 1/2 cups vegetable oil
- 1 cup chopped walnuts
- 1 cup pureed banana (or alternate egg substitue to replace the equiveland of 4 eggs)

### 4.4.2 Directions

A. Pre-heat oven to 350 1. Mix all the dry ingredients (including sugar) 2. Mix the wet items (stop giggling) including the walnuts 3. Stir together 4. Try to trick the cat into eating the grated carrot on the floor 5. Bribe the Roomba to clean up said carrots all over the floor. 6. NO ONE gracefully shreds carrots, so I know they are down there 7. Prepare pan (9x13 pan, muffin tin, rounds, meh whatev.) with either a crap ton of pan spray or parchment 8. Wax paper is not the same thing as parchment. Stop that. 9. Oven should be on by now. 10. Bake that sucker. 11. Check it after 20 minutes. IT should not wiggle in the middle. This is a moist cake. MOIST. VERY VERY MOIST. .... moist. 12. Classic carrot cake usually goes with cream cheese frosting. Vegan chream cheeses exists but can be tricky on flavor, so don't hold back from whipping it (whip it real good) with extra vanilla extract and powdered sugar. Good ole vegan buttercream is good too. 13. Or skip the frosting and face plant into your delicious cake. We've all been there.

## 4.5 TailPufft's Vegan Carrot Cake

### 4.5.1 Ingredients

- 1 bottle of whiskey
- Hand pie press or empanada press or hey, just wing it.
- Digital scale

### 4.5.2 Crust

- 2 1/2 cups flower
- 1 cup grease (1/2 butter, 1/2 shortening)
- 1 tsp. salt
- 2 tbsp. sugar
- Some of the whiskey

### 4.5.3 Filling

- About 12 apples
- 1 1/2 tbsp. cinnamon
- 1/2 cup sugar
- some of the whiskey
- 2 eggs for egg wash

### 4.5.4 Caramel

- 1 cup sugar
- 2 oz. water
- 4 oz. cream
- 2 oz. whiskey

### 4.5.5 Directions

1. Crust first because you gotta chill it.
2. Dump flour, salt, and sugar into a bowl and mix together.
3. Add your butter / shortening.
4. Take a pint glass, jam it full with ice, and pour enough whiskey into it to fill the cracks
5. Get your pastry cutter (aka pastry blender) and start chopping the butter chunks into the flour. Keep going until each bit of floury butter bit is no bigger than a pea.
6. Take your chilled whiskey and slowly dribble it into the dough. Mix it together by hand, but don't squish it too much. This is more of a shred and stack game. Too much Play Doh style squishing and your crust will not be flakey. No flakes on your crust == SHAME.
7. After about 1/2 cup or so of the chilled whiskey, your dough should be coming together.
8. Form into an overweight frisbee and put it in the freezer. You don't roll out warm pie crust, only cold.
9. Alcohol is better than ice water for pastry crusts because the alcohol causes better separation of the dough layers when it's baking.
10. No, the alcohol does not bake out. This is just the most FANTASTIC lie.
11. Wash, peel, and dice the apples.
12. Cook until soft on the stove with some sugar, cinnamon, and more whiskey to taste. Y'all do what you want with your cinnamon / whiskey levels but... go big or go home.
13. Roll out pie dough to make small circles, use your pie press as a template
14. Now turn on your oven to 400
15. Fill your wee pies with apple filling

16. Set on parchment covered cookie sheet, slice some small (SMALL, DAMNIT) vents, and brush with egg wash
17. Bake for 18-22 minutes

#### **4.5.6 Caramel Cooking**

- Go watch a YouTube video on how to make caramel.
- Go watch another YouTube video on what sugar burns do to you
- At this point maybe excuse children or accident-prone adults out of the kitchen. Kick them the hell out.
- This is oft work and I'm not joking around when I say you can really f@#!@\\$ yourself up.
- This is not impossible and it is do-able, even for a novice. But give it the respect it deserves.
- Yay, time to make caramel now! Wheee!
- Weigh out all ingredients before you turn any burners on
- Use a tough saucepot for this, nothing with teflon. Wooden spoons usually do not melt, grab one.
- DO. NOT. STIR. THE. SUGARWATER.

1. Pour granulated sugar into cold saucepan.
2. Gently pour your 2 oz. of water over the sugar, do not splash it and don't let any sugar water bounce up the sides of the pot.
3. Do not stir it. Seriously.
4. You pour water in and LEAVE IT. Even if there are dry looking bits of sugar, don't stir.
5. Turn on the burner to medium high heat.
6. You are now tied to the stove.
7. Stand there and watch it like a Russian on Facebook.
8. It will start to bubble as it cooks.
9. Once part of the mixture starts turning golden, you slowly stir in the cream and turn the heat to low. (Yes, NOW stir.) Don't let it turn brown, you will smell it right away if you burned it. If you burn it, start over.
10. Step 9 is by itself because that's the dramatic part of this. Once the cream hits the hot sugar, it's going to bubble up and hiss at you. Right when it's scaring you is when I also want you to turn the heat down. But it's okay, you got this. You are going to slowly pour in that cream, slowly stir the hissing first that results, and you are going to reach over and turn the heat down.
11. Once the major drama subsides, slowly pour in the whiskey. It may fizz a bit at this too, but you are almost done. This will not be hot enough to ignite.
12. Turn the heat off, move to a cold burner, and keep gently stirring. If any hard lumps of sugar occur (damn sea monsters) just fish those out and toss 'em.
13. Let your caramel cool enough to handle and drizzle it over your pies.
14. Have a shot. You earned it!

## 4.6 Foolproof Victoria Sponge

This is a light sponge that is impossible (E&EO) to get too wrong. Use it as a birthday cake, sit in your underwear and gorge on it, feed it to your cats. I don't care, I'm not your mum. Some variants are listed at the end.

### 4.6.1 Ingredients

Weights for some ingredients are not listed here, check the Instructions

For the cake:

- 4 eggs
- Caster sugar
- Unsalted butter
- Self-raising flour
- 1 teaspoon of vanilla extract

For the decoration:

- Strawberry jam
- 150g icing sugar
- 75g unsalted butter - at room temperature to make it easier to work

### 4.6.2 Equipment

- 20cm high-sided cake tin (if using sandwich tins split between two 20cm tins and skip the cutting in step 13)
- Large mixing bowl
- A spoon
- An electric hand whisk while make life easier but if you can do this by hand too
- An oven
- Wire cooling rack

### 4.6.3 Instructions

For the cake:

1. Pre-heat the oven to 180C/350F
2. Either line the tin with parchment paper or to save having to do complex geometry get a little butter on your fingers, grease the tin, drop in a spoonful of flour and shake it around until the inside is covered. Tip out and discard any loose flour.
3. Weigh the eggs and set aside.
4. Weigh out the same amount of butter, sugar, and flour as the eggs.
5. In the mixing bowl beat the butter until it is smooth and creamy
6. Into the butter beat the sugar
7. Add the eggs one at a time, beating into the creamed sugar. You can use the electric hand whisk on a slow setting to work the eggs into the mix.
8. Sift the flour and beat into the mixture one spoonful at a time making sure there are no lumps.
9. Beat in the vanilla extract.
10. Check the consistency of the cake mix, it should drop smoothly off a spoon. If it looks a little too thick add some milk to loosen the mixture.
11. Spoon the mixture into the tin. Allow to settle and bang the bottom of the tin on the work surface to knock out any bubbles.
12. Bake for 25-30 minutes until either the top of the cake springs back when pushed gently or a skewer/knife comes out clean.
13. Tip out onto the wire rack to cool.

Decoration:

1. Beat the icing sugar into the butter to make a buttercream
2. When the sponge has cooled down sit it on its side and cut it half with a bread knife. If you try this when it's warm it'll break apart.
3. On the bottom half spoon on the strawberry jam and spread with a knife until it is even.
4. On the top half spoon on the buttercream and spread until even.
5. Gently flip the top half and reassemble the cake. Push it down a little to glue the halves together
6. Sift some icing sugar over the top.
7. Serve with tea.

#### 4.6.4 Variants

The sponge is nice but it's made even better with a few adjustments, skip the decoration listed in the main recipe.

- Raspberry and White Chocolate: When the cake mix is complete in step 8 gently fold in a handful of raspberries and as much white chocolate as you conscience allows. This can be greasy if you add too much chocolate; in which case leave out the same weight of butter as the chocolate you add.
- Lemon Drizzle - into the mix at step 7 add the zest of one lemon, being careful not to include the pith as it's unpleasant. Mix the juice of the lemon with 80g of caster sugar. Cook the sponge as instructed then when cooked prick it with a skewer and pour the lemon syrup mixture slowly over the cake making sure it gets absorbed while allowing a little to run down the sides.
- St Clements - As per Lemon Drizzle but add some orange juice to the drizzle, adjust the amount of sugar to maintain a syrupy consistency.

## 4.7 Key Lime Pyrewall (bow to it)

### 4.7.1 Ingredients

- 2/3 cup graham cracker crumbs
- 2 tablespoons sugar
- 3 tablespoons butter, melted

### 4.7.2 Filling

- 1/2 cup sugar
- 2 tablespoons all-purpose flour
- 1 tablespoon plus 1-1/2 teaspoons cornstarch
- 1/8 teaspoon salt
- 1 cup water
- 1 drop green food coloring, optional
- 2 egg yolks, beaten
- 2 tablespoons key lime juice
- 1 teaspoon butter
- 1/2 teaspoon grated lime peel

### 4.7.3 Directions

1. In a small bowl, mix cracker crumbs and sugar. Stir in butter.
2. Press onto the bottom and up the sides of a 7-inch pie plate coated with cooking spray (your choice)
3. Bake at 325° for 10 minutes or until lightly browned.
4. Let cool. You be cool too :-)
5. In a small saucepan, combine the sugar, flour, cornstarch and salt.
6. Stir in water and food coloring if desired. Note: real Key lime has no food coloring.
7. Cook and stir over medium heat until thickened.
8. Remove from the heat.
9. Stir a small amount of hot filling into egg yolks.
10. Pour it to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat.
11. Stir in lime juice, butter and (grated) lime peel.
12. Pour into crust. Cool for 15 minutes.
13. Refrigerate for 1-2 hours or until it sets up & congeals.
14. Garnish with whipped cream if you want.

### 4.7.4 Serving

Best part:

1. Cut a wedge.
2. Place on a rather size-able plate (NOT PAPER!)
3. Drizzle a ring of White Rum or Citrus vodka (or your favorite citrusy moonshine?) around the wedge in a circle.
4. Light her up. Serve to guests.
5. Try not to burn down your space.

## 4.8 Wishper's Peppernuts

### 4.8.1 Description

Peppernuts, a multigenerational autumn treat

### 4.8.2 Ingredients

- 3/4 cup sugar
- 1 cup light corn syrup (Karo)
- 1 egg
- 1/4 cup shortening
- 1/4 cup milk
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/4 tsp mace
- 1 tsp anise flavoring
- Enough flour to make a very stiff dough

### 4.8.3 Directions

1. Knead in flour then roll into ropes, about the diameter of your finger.
2. Cut into 1/2 - 3/4 inch pieces, then place onto a cookie sheet.
3. Bake in 359-375F oven until golden brown.

# **Chapter 5**

## **Drinks**

In order to hack all the things, one must drink all the booze



## 5.1 Grandpappy's Turnt Juice

A cocktail inspired by October in Southeast Tennessee.

There's a chill in the air. The smell of the season's first blaze in the fireplace is on the breeze. Winter is coming to the Appalachian foothills. Put down the axe and pack some cherry blend into your burl wood pipe. Let's sip on some of Grandpappy's Turnt Juice.

Not for the faint of heart, or the faint of pancreas. If you need to shoot your blood sugar through the roof and take the edge way off, this is the drink for you.

### 5.1.1 Tools

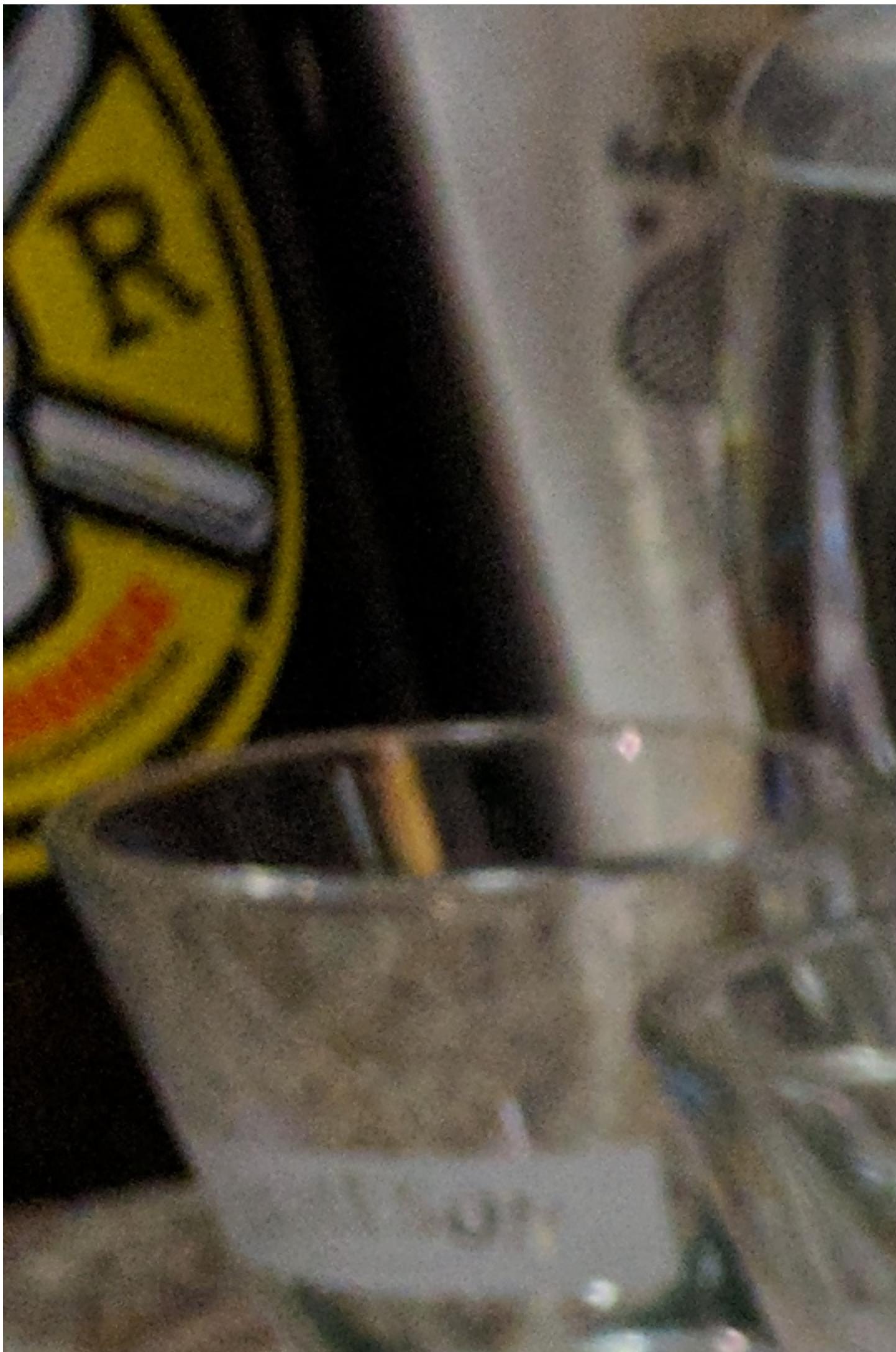
- Martini shaker
- Mason jar

### 5.1.2 Ingredients

- Woodford Reserve bourbon
- Woodford Reserve cherries
- Dolin dry vermouth
- Crushed ice
- Unsulphured molasses
- Angostura bitters

### 5.1.3 Directions

1. Put a tablespoon of molasses into the shaker along with a handful of crushed ice
2. Put a dash or two of bitters into the shaker, along with a splash of the Woodford reserve cherry juice. Drop in a cherry.
3. Put 3oz of bourbon and 1oz of dry vermouth into the shaker.
4. Cap the shaker and shake the hell out of it. It'll take some effort to get the molasses to mix.
5. Strain out the turnt juice into the jar. Take the cherry out of the shaker and drop it into the turnt juice.



## 5.2 b1ackOwl's Holiday Drink

**Serving Size:** 2, **Calories:** bout tree-fiddy

### 5.2.1 Ingredients

- 1/3 cup unsweetened cocoa powder
- 1/2 cup of sugar
- 1 tsp of salt \|\| to taste
- 1/3 cup of boiling water
- 3.5 cups of milk
- 3/4 tsp vanilla extract
- 1/2 cup of half and half
- Coffee (nom)
- Liquor of choice:
- Vodka
- Peppermint Schnapps [Suggested]
- Whatever just don't fuck it up

#### 5.2.1.1 Optional Ingredients

- Whipped Cream
- Cinnamon powder
- Sprinkles
- Marshmallows

### 5.2.2 Recipe

- Mix all of the dry ingredients first
- Boil some water
- Take out a deep saucepan (Enough to hold to liquid ingredients without spilling.)
- Mix in the dry ingredients and boiling water within the saucepan. (Use Med/Low heat since you do not want to burn the sugar cause it'll taste like ew.)
- Stir for about 2 minutes. The mixture should smell real nice and the texture should look almost like molasses.
- Slowly pour and mix the milk into the saucepan. Increase heat if needed but be careful the milk should not boil!
- Once you're satisfied remove the saucepan from the heat.
- Mix in the vanilla extract into the saucepan
- Split the hot cocoa between two mugs
- Add half and half to each mug
- Add your Liquor

### 5.2.3 (Optional Steps)

- Add marshmallows to each mug
- Apply whipped cream in a circular fashion to each mug
- Take a small amount of cocoa powder onto a spoon and tap the spoon slightly to sprinkle cocoa powder on top of the whipped cream.
- Repeat the above step but for cinnamon powder.
- Add sprinkles!! :D
- Enjoy!



## 5.3 Dual Core's Faderade

**Serving Size:** Yes, **Calories:** (0cal \* Cans of RedBull Zero) + (97cal \* Shots of vodka) + (150cal \* 20oz Bottles of Gatorade)

### 5.3.1 Ingredients

- 1 part Vodka
- 1 part RedBull Zero
- 1 part Gatorade

### 5.3.2 Recipe

1. Cut a hole in the box
2. Fill a 16oz glass with ice
3. Pour vodka, followed by RedBull Zero, followed by Gatorade
4. Stir and enjoy

## 5.4 Dual Core's Macaulay

**Serving Size:** 1, **Calories:** > 9000

### 5.4.1 Ingredients

- 2 tsp Sugar
- Mint
- Fresh pineapple juice
- Lime
- Vodka

### 5.4.2 Recipe

1. Cut lime into eights
2. Muddle sugar, some mint, and two 1/8 wedges of lime together in a shaker
3. Add ice to shaker
4. Pour desired amount of vodka into shaker (long 4- or 5-count)
5. Pour 2-4 shots of pineapple juice into shaker
6. Close lid and shake well
7. Pour shaker contents into pint glass, drink with straw

### 5.4.3 Greetz

Shouts out to RoadSec and Casa do Mancha where I first had this drink in São Paulo.

## 5.5 Dual Core's Plausible Deniability

**Serving Size:** Time Travel, **Calories:** Hackerman

### 5.5.1 Ingredients

- Sugar
- Grapefruit
- Pomegranate juice
- Tonic
- Vodka

### 5.5.2 Recipe

1. Place ice into a shaker
2. Cut grapefruit into quarters
3. Squeeze 1/4 grapefruit into shaker
4. Rim a pint glass using the piece of grapefruit still in your hand
5. Create a sugar-coated rim of the pint glass by dipping the glass upside down onto a plate of sugar
6. Pour desired amount of vodka into shaker (long 4- or 5-count)
7. Pour ~1 shot of pomegranate juice into shaker
8. Close lid and shake well
9. After shaking, add ~1 shot of tonic and stir
10. Pour shaker contents into sugar-coated pint glass

### 5.5.3 Warnings

- The first time a friend had this drink, he woke up with a broken rib in the morning. Unsolved mystery.
- Another friend woke up with bruises the next morning. Unsolved mystery.
- **DO NOT** get clever and substitute the grapefruit juice with grapefruit vodka. #REKT

## 5.6 Dual Core's Vodka RedBull

**Serving Size:** Yes, **Calories:** (5cal \* Cans of sugar-free RedBull) + (97cal \* Shots of vodka)

### 5.6.1 Ingredients

- 1 part Vodka
- 1 part RedBull

### 5.6.2 Recipe

1. Drink all the booze.
2. Hack all the things.

Best served on the rocks.

## 5.7 iHeartMalware's Rocket League

Lots of rocket league was played while drinking this. This is also a good all-around-fruity drink that is... dangerous. Like a rocket... league.

### 5.7.1 Ingredients

- 16 oz glass
- Blue raspberry vodka (I like Svedka)
- Blue curacao
- Mango / peach juice
- Pineapple Juice
- Orange Bitters

### 5.7.2 Instructions

1. Fill glass 3/4 of the way with ice.
2. Fill glass between 1/3 and 1/2 with raspberry vodka. (depending on taste)
3. Splash of blue curacao. Don't go too heavy!
4. Fill < 1/4 of the way with mango / peach juice.
5. Fill > 1/4 of pineapple juice. (You'll want a smidge more pineapple than the mango / peach)
6. Add 7 dashes of orange bitters, and stir
7. Stir and drink! It should be somewhere between green and blue. If it's green... you did it right. If blue... go lighter on the curacao!

Note: This is one of those "you don't taste the alcohol" drinks, but it still has a high content. So be careful. :)

## 5.8 iHeartMalware's Sweet Tart Drink

Want a good cheap party drink? This is it.

### 5.8.1 Ingredients

- 3 2-liters of Sunkist
- 3 packets of grape kool-aid
- 3 packets of cherry kool-aid
- 1 fifth of 190 proof Everclear (151 proof works too, or vodka, depending on what's legal in your state)

### 5.8.2 Instructions

1. Pour out enough Sunkist of each bottle down to the label.
2. Add 1 packet of grape and 1 packet of cherry kool-aid to each bottle.
3. Split bottle of everclear between the 3 bottles.
4. Put top back on, and give it a quick turn. This is a very strong party drink, so keep that in mind.

Note: You can also add the Sunkist back to the containers and use this as a mixer. Tastes just like a sweet tart!

## 5.9 iHeartMalware's THE Purple Drink

This is one of those drinks that is very strong but tastes really... really good. Wonderful fruity drink, good as a shooter

### 5.9.1 Ingredients

- 1 Part Kinky Pink Vodka
- 1 part Hypnotiq
- 1 Part Vodka

### 5.9.2 Instructions

1. Mix into equal parts in a shot glass. Drink
2. Really like it? Mix a shot each into a glass.



## 5.10 Moonbas3's New Fashioned

### 5.10.1 Discussion

As a long time fan of the Old Fashioned, I was sitting in a bar in Birmingham one day and ordering them by the score while talking to some friends. One of the bartenders asked me if I had ever heard of a New Fashioned. To which I replied no, but please procure this wonderful new beverage for me. After tasting it, I realized I had found a great complementary drink for lighter non-red meat dishes. I have since made my own amaretto and use that in this recipe, but it is far from required..

Making Old and New Fashioned's is fun for an aspiring amateur bartender. You get to muddle and mix, slice and stir. Something about it incorporates everything that is good in being a mixologist while still preserving the basics. I love serving these when people come over, it lets you talk while still being a show off.

The only difference between this and a traditional Old Fashioned is the addition of the amaretto. Some people also use 1 tsp of wild flower honey instead of the sugar cube, but I enjoy proper muddling.

### 5.10.2 Required Equipment

- Muddler
- Whiskey Glass
- Big Ol' Ice Cubes (optional)

### 5.10.3 Ingredients

- 3oz (1 shots) of Wild Roses Bourbon
- 1oz Amaretto
- 2 dashes of Angostura Bitters
- Big Ol' Ice Ball
- Orange Round
- Sugar Cube
- Seltzer Water

### 5.10.4 Directions

1. Put sugar cube into whiskey glass, add a splash of seltzer water, and muddle until smooth.
2. Slice the orange round, put it and the big ol' ice ball into the whiskey glass.
3. Add Bourbon, Amaretto and Bitters to the glass.
4. Stir stir stir, and serve.
5. (Optional) Add maraschino cherry.

## 5.11 tiptone's Mexican Martini

Serving Size: Two Cocktails Calories: Yes, definitely

### 5.11.1 Ingredients

- 3oz Hornitos Reposado
- 2oz Sprite
- 1oz Cointreau
- 1oz Fresh lime juice
- 1oz Fresh orange juice
- 1tbsp olive juice

### 5.11.2 Recipe

1. Salt the rim of two cocktail glasses
2. Fill a cocktail shaker with ice and ingredients
3. Shake vigorously
4. Strain into cocktail glasses and garnish with olive(s)
5. Enjoy

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# **Chapter 6**

## **Entrees**

This is a collection of main courses provided by the community



## 6.1 Monster Chicken Burrito (Extra Hot)

A quick way to get a large meal ready with the least amount of effort.

### 6.1.1 Ingredients

- 1/2 Can Pinto Beans/ Black Beans
- 1 Boneless Chicken Breast
- 3 Tablespoon Sriracha Sauce
- 1 Avocado (Per your preference More = Juicy )
- Couple of Flakes of Scorpion Pepper (Spice it up) *Optional*
- Vinegar (White)
- 3/4 Tablespoon salt
- Old Bay seasoning
- 1 tsp Red Chilli Powder (*Optional*)
- 1/2 Lemon
- 1 Large (very) Tortilla

### 6.1.2 Preparation

The preparation is pretty straightforward. Wash/Drain your chicken then add in salt, generous amounts of Oldbay seasoning (2 fistful), red chilli powder and mix them well. Then add in half lemon and a 4 tablespoons of white vinegar. Keep it overnight. *Poking some holes into the chicken helps too*

### 6.1.3 Instructions

1. Season with Pepper heavily and then microwave the chicken breast for 8-11 minutes (Depending on the power of your microwave), most large microwaves cook it around 8.45 minutes; also let it rest for 4 minutes in the microwave. Use a spoon and blast the chicken to thin shreds.
2. Get the tortilla heated and then plaster half the avocado as the base, Add in the chicken shreds, 4 tablespoon of beans, 3 tablespoon sriracha sauce, flakes, remaining avocado and wrap it (the hard part).

Have fun stuffing yourself.

In case stuffing all the ingredients into a single tortilla seems too much for you, you can split the above into 2 burritos but will lose the "monster" tag.

## 6.2 Dishwasher Salmon

Poached salmon done with your dishes!

### 6.2.1 Ingredients

- Salmon
- Metal foil of your choice
- Spices (optional)
- Extra Virgin Olive Oil (optional)

### 6.2.2 Instructions

1. Place the salmon on a large sheet of metal foil
2. Put the spices and oil on the salmon
3. Fold the metal foil around the salmon; make sure it is watertight
4. Place the wrapped salmon in your dishwasher
5. Run the dishwasher
6. Unwrap the salmon and enjoy

### 6.2.3 Tips n' Tricks

- Serve the salmon on some of your freshly cleaned dishes.
- This recipie is great for dinner parties.

## 6.3 English-style Bangers and Mash

If you are in some country other than England, you're going to have to do some substitution because the exact kind of sausage traditionally used for bangers and mash isn't readily available in the US. I've used Andouille sausage for this recipe as its contents (pork) are the closest packaged meat I can find in the US, however it lacks the spices that bangers are traditionally made with. You'll want to experiment to find the best flavor for your needs. This recipe as written feeds 4-6 (or 1-2 Americans).

### 6.3.1 Ingredients

- 3+ Lbs of Yukon Gold potatoes
- 1 pack Andouille brautwurst
- 1 can of Bush's country style baked beans
- 1 pack of french onion gravy mix
- Kosher salt
- Whatever freshly ground pepper you can scrounge
- 1 stick of unsalted butter
- 4 ounces of heavy cream (or creme fraiche if you live in a country with a working economy)
- 1/2 cup of whole milk
- Parsley for garnish (optional)

### 6.3.2 Equipment

- An oversized pot for boiling potatoes
- Two smaller pots
- An oven
- A stovetop or other cooking range
- A flat oven pan (with raised sides so juice doesn't spill)
- A baking rack
- A colander
- A meat thermometer (I prefer this one <https://amzn.to/2BnCx5g><sup>1</sup>)

### 6.3.3 Instructions

1. If you prefer to have bits of potatoe skin left in your mashed potatoes, don't peel them. Otherwise, peel and cut 3 Lbs of potatoes into about 1 inch cubes. Don't cut potatoes with hate in your heart, cut thinking pure thoughts or you'll end up cutting yourself and bleeding all over everything and dying and going straight down to Oracle.
2. Preheat your oven to 425. Pour ~8 cups of water to into your oversized pot and bring it to a roiling boil.
3. While the water is coming to a boil, put your bangers on a baking rack on a pan in the oven for 18-20 minutes.
4. Once your bangers are in the oven, add about a tablespoon of salt and your spuds to the boiling water. Boil the potatoes for 15-25 mins, they are done when they are tender all the way through. Test this by skewering it with a fork against the side of the pot, the fork should slide through the cooked potatoe easily.
5. Open your can of top shelf, high quality, freedom legumes (aka baked beans). Use one of the smaller pots to simmer the beans on a stovetop burner until they stop cursing. If your beans were not cursing, you got the wrong ones. You want the really salty ones.
6. After the bangers are done cooking, turn your bangers over. Put the bangers back in the oven for another 2-4 minutes to brown evenly.

<sup>1</sup><<https://amzn.to/2BnCx5g>>



7. Pull the bangers out of the oven and get your meat monitoring stick. Ensure the center of the bangers is hotter than 160F (e.coli dies at this temperature), turn the oven off, put the bangers back in to warm because other projects are taking up your kitchen counter space and in hindsight you probably should've cleared those off first.
8. Look for a colander for your potatoes, fail to find one, realize colanders are probably how the French spy on most Americans and that you're better off without one. Carefully drain the water from the pot.
9. Once the water is drained, add salt & pepper to taste to the pot, pour 1/2 cup of milk and heavy cream because creme fraiche isn't a thing in your country apparently. Mash the potatoes.
10. Use one of the smaller pots and follow the recipe on the back of the mix to make your French onion gravy. Making French onion gravy from scratch is out of the scope of this recipe.
11. Plate the mash, put the bangers on top of the mash, scoop a bunch of the onion gravy over the bangers, put a big spoonful of freedom legumes on the side of the mash, and eat because you started off this venture already hungry and following instructions with low blood sugar is hard.
12. Garnish with Parsley

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## 6.4 Boredsilly's Baked Gringo

by @boredsilly

Why is it called a Baked Gringo? It's full of white cheese, mild Spanish chilies, and is 420 friendly (quick, easy, and gloriously cheesy). This is a family favorite for comfort food.

### 6.4.1 Ingredients

- 20 to 24 slices of thinly sliced smoked ham
- 2 pounds of Monterrey Jack (block form)
- 3 small cans of whole green chilies or fresh roasted, skinned, and deseeded Anaheim chilies (fresh takes longer but is worth it)
- 1 package of small flour tortillas (10 to 12 count)
- 3 cups of finely shredded cheddar cheese (sharp or mild)

### 6.4.2 Instructions

1. Preheat oven to 350 degrees Fahrenheit
2. Cut the cheese blocks into 1/2 to 3/4 inch rectangular slices
3. Open and slice the whole green chilies length wise into 1 to 2 inch wide
4. Take two slices of ham and roll/fold them up so they're only a few inches across and lay them down the center of a tortilla
5. Place a straight line of chilies along the center on top of the ham
6. Top the ham and chilies with one or more slabs of the white cheese
7. Roll the tortilla up into a tube like an enchilada with the ends OPEN (not folded closed like a burrito)
8. Place the tortilla in a baking pan upside down with the rolled flaps on the bottom so it stays closed (you can add a toothpick to help keep it closed while filling the pan but I remove them before cooking)
9. Repeat the process until the whole pan is filled with rolled tortilla happiness
10. Evenly spread the shredded cheddar cheese across the top



11. Place the baking pan in the center rack of your oven until the cheese is melted and your desired level of crispiness is achieved. (Usually 25 to 35 minutes)
12. Let cool for 10-15 minutes before serving

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## 6.5 "Excuse to Eat Bacon" Avocado Sandwich

by @boredsilly

My wife used to crave avocado sandwiches while she was pregnant but they were too plain for me. That inspired me to kick them up to an unhealthy level so I could enjoy them too. It also gave me another delivery mechanism for bacon.

### 6.5.1 Ingredients

- Bacon
- Cracked black pepper
- 1 ripe avocado
- 1 small red onion
- Alfalfa sprouts
- Mayonnaise
- Hot sauce (Like Tapatio)
- 2 slices of your favorite bread or toast
- Salt (optional)

### 6.5.2 Instructions

1. Crack the black pepper over several slices of bacon (at least 2) and cook until crispy.
2. Mix the hot sauce into the mayonnaise and spread evenly over both slices of bread.
3. Cut the avocado in half, remove pit, and then slice the flesh into 1/2 inch slices.
4. Scoop the slices out of the avocado shell and cover the first slice of bread with them.
5. Cut the red onion into thin slices and put those atop the avocado slices.
6. Add the bacon. **Do it now.**
7. Rinse and dry the alfalfa sprouts then make a thin blanket over the bacon.
8. **Optional** - Dust the sprouts with salt to amplify your blood pressure increase from the bacon.
9. Top with the other slice of bread and enjoy.

## 6.6 @da\_667's Cheesy Chicken Chili

A quick crock pot meal, because lord knows you don't have time to cook.

### 6.6.1 Ingredients

- 1 Can of Pinto Beans
- 1 Can of Great White Northern Beans
- 1 Jar of Salsa
- 1 can of cream of chicken soup
- 1-2 boneless skinless chicken breast, cut up into bite-sized pieces, or if you're lazy, you can use ~2 handfuls of frozen boneless skinless chicken breast pieces

### 6.6.2 Optional

- Shredded Cheese
- Tortilla Chips

### 6.6.3 Instructions

1. Open the cans of beans and drain them, then dump the chicken, salsa, cream of chicken, and beans into the crock pot. Mix the ingredients if you're feeling fancy, if not, just let it go 4 hours on high or 8 hours on low.
2. When ready to serve, serve into a bowl, top with shredded cheese. You can also crush up tortilla chips (like you would saltine crackers) to top the chili. Pairs well with hot sauce.
3. Serves about 2-3 people, refrigerates fairly well (will be really thick)

## 6.7 Deviant Ollam's Sous Vide Steak

a simple set of details, but created after loads of testing and tweaking over time, often in hotel rooms. see also "The Hotel Room Gourmet" here... <http://deviating.net/nom/><sup>2</sup>

### 6.7.1 Supplies

- Sous vide immersion circulator (the Anova and the Joule are my two favorites)
- Heavy duty zip-loc bags (freezer bag thickness)
- Searzall or cast iron over hot stove

### 6.7.2 Ingredients

- Ribeye steaks (ideally ribeye cap, ideally USDA prime)
- Large grain french grey sea salt
- Cracked and ground black pepper
- Bay leaves
- Liquid aminos
- Butter from grass-fed cows
- High smoke point oil such as avocado oil or extra light olive oil (optional)

### 6.7.3 Instructions

1. Bring your water bath up to 126.5 degrees Fahrenheit (52.5 decrees Celsius).
2. Remove steak from butcher's packaging and, while still cold, apply heat (either Searzall or via stove top cast iron with high smoke point oil) to sear all sides (this is known as the "pre-sear" method).
3. Place pre-seared (but still uncooked) steak into heavy duty ziploc bag, along with a pinch of french grey sea salt, one pinch of cracked black pepper, one pinch of ground black pepper, two bay leaves, and three squirts of liquid aminos. (optional: a small drizzle of your oil can go in the bag, mostly to help with heat transfer and eliminating air pockets).
4. Use the "sous vide water immersion technique" to remove air from the bag... slowly lower the bagged food into your water bath, letting the pressure of the water force the air out through the top of the bag. once the air is out of the bag, carefully seal it just above the water line.
5. The temperature of your water bath may drop slightly as the cold meat bag is exposed to the water, but allow the immersion circulator to bring the water bath back up to temperature. once the target temperature is reached, keep the bag in the bath for a duration calculated as "30 minutes for each finger of thickness of steak" ... that is to say, if you have a three-finger steak, you'd keep it rolling in the sous vide bath for 90 minutes. (NOTE: these times are just a minimum. it is entirely safe to keep a sous vide cook process running for hours or even days as long as the temperature is above 122 degrees Fahrenheit (50 decrees Celsius)).
6. After your minimum cook time has been achieved, you are free to remove the steak whenever it is time to serve. remove the bag from the sous vide bath and open it over a sink or other receptacle as you use tongs to remove your now-cooked steak. take care to not bring any large peppercorns or bay leaves with the steak. (NOTE: if you cooked for more than six hours, there is a chance that much of the steak has broken down and is extra tender... take caution that it doesn't fall apart... use quality tongs).
7. Bonus pro step: place whatever dishes will be used for serving and dining into the still-hot water bath to allow them to warm up while you finish the steak execution.
8. Pat the steak dry slightly as you prepare to again use the hot cast iron or to use the Searzall. sprinkle a pinch of ground black pepper and french grey sea salt on all sides and rub it in slightly.

<sup>2</sup><<http://deviating.net/nom/>>

9. Sear all sides of the steak again. A nice, solid sear.
10. Plate the steak on your now-warm dishware. Rest a generous pat of the grass-fed cow butter atop and let it begin to melt. serve quickly, so that the already-limited heat in the steak does not dissipate too much. suggested sides: asparagus, broad beans, mashed cauliflower, or mushrooms sautéed in butter. enjoy!

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## 6.8 disOwn's Two-Cheese Bacon Potato and Cauliflower Soup

My variation of a traditional Irish soup. Serve with a hearty bread to dip.

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### 6.8.1 Ingredients

- 1-2 Tbsp Butter
- 1/2 pound of bacon. Cooked and chopped finely. European-style bacon tends to be more lean.
- 1 cup of chopped onions, pick your fav
- 2 cloves of garlic, roasted and chopped fine. add more if you like garlic. See below for roasted garlic recipe.
- 5 cups of whole milk, 2% and skim won't work here. Sub in 1 cup of heavy whipping cream for thickness.
- 1 pound of Yukon Gold potatoes, peeled and diced.
- 1 pound of cauliflower
- 1.5 cups of shredded sharp cheddar cheese (I prefer extra sharp)
- 1/2 cup crumbled feta cheese
- 1 Tbsp Tarragon

- 1.5 Tsp of salt

### **6.8.2 Instructions**

1. Melt the butter in a large sauce or pasta pan over medium-high heat. If the butter starts getting dark, it's too hot. turn it down. Add onion. Cook for 5-6 minutes, stirring frequently.
2. Add garlic and stir for a minute. Add milk, cauliflower, potatoes, and salt. Bring to a boil. Stir occasionally
3. Reduce heat to low, cover and simmer for 15 minutes or until potatoes are tender. Stir occasionally but be sure to scrape the bottom of the pan to get the tasty bits of onion and garlic into the mix.
4. Working 2 cups at a time, process the soup in a food processor or blender. Optionally, you can use a stick blender and leave it in the pan. Blend until smooth. Return it to the saucepan and heat it through over medium heat.
5. Remove from heat and stir in cheddar cheese and half of the feta. Stir until melted.
6. Ladel into a bowl for serving. Sprinkle tarragon over the top. Place a small amount of feta in the middle and sprinkle bacon over the top.

### **6.8.3 Roasted Garlic**

1. Pre-heat oven to 375F
2. Cut just the top off the garlic bulb.
3. Place bulb on a small sheet of aluminum foil and drizzle olive oil over the top. Try to let it soak into the middle of the bulb.
4. Close the foil around the bulb and place it in the oven on a cookie sheet or right on the rack.
5. Bake for about an hour.
6. Remove from foil and remove all the garlic casings. Squeezing from the bottom of the clove will usually allow the garlic meat to come out in one piece.
7. Keep in a tupperware in the fridge. Good for several weeks. Add olive oil if it starts to dry out.

## 6.9 Dual Core's Mom's Spaghetti

His palm's spaghetti, knees weak, arms spaghetti. There's vomit on his sweater spaghetti. Mom's spaghetti.

### 6.9.1 Ingredients

- 3 cans chopped clams (minced also fine)
- 1/3 cup olive oil
- 1/4 cup unsalted butter
- 2 cloves garlic, crushed xor 2 tsp minced garlic
- 2 Tbsp chopped fresh parsley xor 2 tsp dried parsley
- 1 tsp salt
- 16oz spaghetti, cooked and drained

### 6.9.2 Instructions

1. Drain clams while reserving 3/4 cup liquid; set aside.
2. In a medium skillet, slowly heat olive oil and butter.
3. Add garlic and sauté until golden brown. Remove from heat.
4. Stir in clam liquid, parsley, and salt; bring to boiling.
5. Reduce heat: simmer uncovered for 10 minutes.
6. Add clams, simmer 3 minutes.

Serve over hot spaghetti. Makes 3-4 servings. Salad and Italian bread complete this meal.

### 6.9.3 Obligatory Meme Reference

You better lose yourself in your Mom's spaghetti, it's ready. <https://youtu.be/zg-ypZqXAYQ><sup>3</sup>

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<sup>3</sup><<https://youtu.be/zg-ypZqXAYQ>>

## 6.10 Elegin's Balsamic Tempeh

This is the template to view your awesome recipe. If you view it as raw, you can see the markup for it and use this as a template

### 6.10.1 Ingredients

- 1 package of tempeh (8oz) -1/2 cup of balsamic vinegar (125mL)
- 4 teaspoons tamari or soy sauce (20mL)
- 1 tablespoon maple syrup (15mL)
- 1 tablespoon olive oil (15mL)

### 6.10.2 Instructions

- Cut tempheh in to desired shape
- In baking dish add all ingredients
- Add tempeh and let marinade in fridge for a 2 to 12 hours. Toss tempeh a few times.
- Preheat oven to 350C (180C)
- Bake covered for 20 minutes
- Remove cover, flip tempeh, and cook for 30 minutes
- Remove from oven and let set to absorbe marinade

Depending on baking dish size it is usually easier to double the recipe. Use this as protien replacement in dish where flavor profile fits or have as snacks.

### 6.10.3 Notes

- you can get away with 2 hours of marinating but longer can be better if time permits. I have personally not been able to differentiate between like 6 and 12 hours. I usually prep this in morning and put it in fridge.
- might want make sure the dish is at roomish temperature before putting in oven.
- clean dish sooner than later

Quick prep and only oven time for cooking. For a quick meal add some quinoa or wild rice with a vegetable of choice.









## 6.11 Elegin's Cauliflower Steak or Rubbed Roots

This works well with cauliflower florets along with any root vegetable really. Great for pairing rub/blend with other parts of dish. This can be an entrée or side.

### 6.11.1 Ingredients

- 1 head of Cauliflower
- Mustard French herb blend (or any dam rub/blend you want)

### 6.11.2 Instructions

1. Cut Cauliflower in thick slices. (as best you can should be at least half inch to inch thick)
2. coat with oil(dealer choice.. I prefer spray or pump oil to coat just enoough) and rub the rub
3. 15-20 minutes at 400 degrees F (200 degrees C).

## 6.12 Elegin's Chickpea Taco bowl

Can be a healthy alt for a taco's and a quick prep meal.

### 6.12.1 Ingredients

- 1 can chickpeas
- 1 avocado
- 1 lime
- 1 cup cashews
- 1 lemon
- 2 teaspoon apple cider vinegar
- 1 can refried beans
- taco shells
- non-dairy cheddar cheese
- salsa of choice
- 1 of anything you would put on a taco

### 6.12.2 Instructions

1. Add avocado to bowl and mash it
2. Add juice from 1 lime to mashed avocado
3. Add Drain and rinse chickpeas to bowl and mix
4. Set avocado lime chickpea bowl aside
5. prepare refried beans
6. add cashews , 1/2 cup of water, juice from 1 lemon, 2 teaspoons of apple cider vinegar, a bit of salt (up to you) to blender
7. Boom vegan sour cream. Adjust lemon,vinegar, and salt to taste
8. Get bowl crumble taco shells in bowl and add everything to it.
9. EAT!

## 6.13 Elegin's One Pot Thai Peanut Mess

Another super simple quick dish..just chop..add to pot..and drink till done.

### 6.13.1 Ingredients

- 3 cups of your favorite veggies (carrots, red bell pepper, broccoli, mushrooms or celery)
- 4 cups veggie broth (1 liter)
- 4 garlic cloves minced
- 1 Tbsp. Braggs liquid aminos (15mL)
- 1/2 tsp red pepper flakes (2.5ml)
- 2\'' piece of ginger, sliced (large slices..you will remove these later) (5cm)
- 2 Tbsp. peanut butter (30mL)
- 1 Tbsp. brown sugar or maple (15mL)
- 2 servings of rice pasta (use your best judgement)
- 1 package of cubed tofu (baked the tofu and add to near end or just dump it in at beginning dealers choice)

### 6.13.2 Instructions

1. Add all ingredients to pot
2. Cook on medium till simmer then reduce to low until veggies are soft
3. Dig around and remove ginger
4. Eat

Change up any part of dish. Nice and easy dish. Chopping and waiting.

## 6.14 @hardwaterhacker's Crispy Parmesan Baked Walleye

This recipe works great for walleye, crappie/sunfish/bluegill (a.k.a. bream), northern pike, or any other similar freshwater, non-oily white meat fish.

Serves: 2-4

### 6.14.1 Ingredients

- 2 lbs. (.9 kg) walleye fillets
- 2 cups (300 g) panko bread crumbs
- 1 packet dry Italian dressing mix (I use Good Seasons)
- 1/4 cup (38 g) garlic powder
- Pinch of kosher salt
- Fresh ground black pepper to taste
- 2 Tbsp (30 mL) butter
- 2 egg whites
- 1/2 cup (120 mL) skim milk
- 1/2 cup (45 g) finely-grated quality parmesan cheese

### 6.14.2 Preparation

Preheat oven to 450 degrees F (232 C)

1. Line a cookie sheet with parchment paper. Tinfoil can be used, but fish may stick.
2. Mix panko crumbs, seasoning packet, garlic powder, salt, and pepper in a bowl until mixed well.
3. Beat egg whites and skim milk in a bowl until blended.
4. Dunk fillet pieces in egg & milk mixture and then dredge in breading mixture. Make sure each piece is thoroughly coated and place on parchment paper.
5. Bake fillets for 15 minutes.

While fillets are baking, melt butter in a pan. After 15 minutes, remove fish from oven and spoon a small amount of butter on each fillet. Sprinkle grated parmesan on each fillet. Place fish back in oven for 3-4 minutes until parmesan is melted.

## 6.15 @hardwaterhacker's Grilled Cedar Plank Salmon

This recipe works great for any salmonid. I've used it on Alaskan red salmon, lake trout, chinook and coho salmon, but should work well with other trout or salmon species.

Serves: 3-4

### 6.15.1 Ingredients

- (1) 2 lb. (900 g) salmon fillet, skin left on
- 1/2 c (90 g) brown sugar, packed
- 2 Tbsp (30 mL) extra virgin olive oil
- 1 Tbsp (6.8 g) dried italian seasoning mix (basil, marjoram, organo, parsley, rosemary, thyme)
- 1 Tsp (2.3 g) smoked paprika
- 1/2 tsp (3 g) kosher salt
- Fresh ground black pepper
- (2) lemons
- (1) Cedar plank

### 6.15.2 Preparation

Soak cedar plank in water for at least one hour prior to grilling.

Preheat gas grill to medium.

Slice lemons with rind on as thinly as possible.

1. Cover cedar plank with lemon slices.
2. Place fillet on plank on top of lemon slices.
3. Season fillet with black pepper.
4. Combine brown sugar, italian seasoning, paprika, and kosher salt in a mixing bowl. Add olive oil and mix until mixture is like a paste.
5. Spread brown sugar mixture over fillet. Ensure fillet is fully covered. Try to cover exposed end of fillet.
6. Grill fillet for 25 minutes or until thickest part of fillet reaches 135 degrees F (57 C) internal temperature.

Keep a close eye on the grill during cooking. The brown sugar mixture is likely to flare up. Knock down flames with a spray bottle filled with water.



## 6.16 iHeartMalware's NC Style Pulled Pork Recipe

This is @iHeartMalware's NC Style pulled pork... cooked in a crock pot. This recipe has taken around 9 years to get it to this point, and has gone through many years of reverse engineering. I wanted to take the medium of a crock pot as I didn't have a smoker, nor did I have the time to sit and watch it.

### 6.16.1 Ingredients

- 1 Boston Butt
- Dry Rub (pork rub)
- Yuengling, half bottle (or an IPA, drink the rest)
- 6 oz braggs apple cider vinegar
- BBQ Sauce (I usually use a SC bbq sauce, mustard based)
- Liquid smoke
- Plastic wrap

### 6.16.2 Instructions

1. The night before, rub the butt down with the dry rub. Once covered, wrap with plastic wrap and store over night.
2. Put the pork butt in the crock pot and cook fat-side up. Next, split 6 oz of beer on each side, 6 oz of braggs on each side, and sprinkle with liquid smoke. cook for 8 hours on low or until easily pulled away with a fork.
3. After 8 hours, pull pork, separating the fat, bone, and meat. Save  $\frac{1}{4}$  cup of the juice from cooking. Once pulled, empty the crock pot, then add the meat back in and toss with the  $\frac{1}{4}$  cup of juice,  $\frac{1}{4}$  cup of bbq sauce, and  $\frac{1}{4}$  cup of apple cider vinegar. Place on low for 30 minutes, then warm for another 30. (if you can stand it)

## 6.17 Miss Gif's Crock Pot Meatshield^H^H^H^H^H^hloaf

Author: @miss\_gif

In honor of our favorite anime loving, pink mohawk wearing, haxor of the frozen north, I present - the Crock Pot Meatshield... er loaf... Meatloaf... Pretty simple and tasty dinner entre that can be made ahead of time and frozen, until your ready to cook it while you are at work...

### 6.17.1 Ingredients

- 2 eggs (beaten like a red headed step child)
- 1/2 cup organic non gmo pasture fed free range milk
- 2/3 cup wonder bread crumbs... you figure out how to get them
- 1/2 chopped onion
- 1/4 tsp pepper (Tee spoon... not a table spoon)
- 1 tsp salt
- 1 and 1/2 lbs lean ground beef... aka Da Meat
- Catsup... or BBQ sauce... or Ketchup for the rest of you folks...

### 6.17.2 Instructions

1. Label freezer bags with cooking directions and date.
2. Mix all the things, together, and place into freezer safe bags.
3. Place in freezer.
4. On Cooking day, put frozen meatloaf in crockpot, cover with ketchup or BBQ sauce (use as little or as much as you want).
5. Cook on low for 8-10 hours (Our frozen meatloaf was ready in 8 hours)

### 6.17.3 Obligatory Meme Reference

[https://pbs.twimg.com/profile\\_/tmp/cookbook/ENTREES/images/611339636141649920/alBSIgct\\_400x400](https://pbs.twimg.com/profile_/tmp/cookbook/ENTREES/images/611339636141649920/alBSIgct_400x400)

<sup>4</sup><[https://pbs.twimg.com/profile\\_/tmp/cookbook/ENTREES/images/611339636141649920/alBSIgct\\_400x400.jpg](https://pbs.twimg.com/profile_/tmp/cookbook/ENTREES/images/611339636141649920/alBSIgct_400x400.jpg)>

## 6.18 Moonbas3 St. Louis Style Barbecue Ribs

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### 6.18.1 Required Equipment

- Smoker or barbecue that can smoke..

### 6.18.2 Discussion

I developed this recipe over several iterations of cooking ribs. This works for both baby back and St. Louis (spare) ribs style ribs. The only difference is baby backs will cook in about 3-4 hours versus spare ribs taking 5-6. I start checking in on them about 1 hour before I anticipate it being done and sometimes sooner depending on how well I am managing smoking temperatures. The sauce is my competition sauce, which is one of my favorites without a doubt. Anyone who has gone to Fowler's Fourth of July blow out has had this a few times and I've never gone home with any leftovers..

Because of the dimensions of the ribs and the locations of their meat, it is difficult to cook to temperature. I have tried multiple times (see image for my probing schema) and have gotten wildly different results depending on where I put the probes, the average distance between bones, and the striation of meat. Now, I just cook to time (3 hours for baby backs, 4 hours for spares) before I begin testing for doneness. Generally, I can just look at the tips of the bones and know how long I have left, but I will be the first to admit it is a "skill" and takes a few iterations to learn well.

### 6.18.3 Ingredients

Rub makes the world go round, sauce finishes the journey.

#### 6.18.3.1 Rub

- 1 cup firmly packed, dark-preferred, brown sugar
- 1 cup white sugar
- 1/2 cup smoked paprika
- 1/4 cup garlic powder
- 2 tbsp kosher salt (fine ground)
- 2 tbsp black pepper
- 2 tbsp ground ginger
- 2 tbsp onion powder
- sliced and diced rosemary sprigs (1-2)

#### 6.18.3.2 Sauce

- 1 cup ketchup
- 3 tbsp dark brown sugar
- 3 tbsp apple cider vinegar
- 2 tsp chili powder
- 1 tsp dry mustard powder
- 1 tsp black pepper
- 1/2 tsp kosher salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper (more if you like spice)
- (optional) 1/2 cup of water, if going to heat or like a bit less sticky sauce.



## 6.18.4 Directions

### 6.18.4.1 Making the rub

1. Put all ingredients into a bowl and mix thoroughly.
2. Pat dry the ribs.
3. Apply by hand or through a shaker to the ribs directly.
4. Pat in the rub and let sit 5 minutes.
5. Repeat step 3 and step 4 again.
6. (Optional) Put aside in refrigerator for 2-16 hours depending on if you can cook today.

### 6.18.4.2 Making the Sauce

1. Put ketchup in measuring cup.
2. Put the rest of the ingredients on top of the ketchup.
3. Mix thoroughly.
4. Add salt to taste.

### 6.18.4.3 Cooking the Ribs

0. Realize you will be smoking for about 5-6 hours, so plan wood and charcoal accordingly.
1. I use a 50/50 mix of lump charcoal and hickory or cherry wood when doing ribs. I have a big green egg-style smoker, so I fill up the charcoal basin ~75%.
2. Be sure you have indirect heat, as direct heating ribs is a bad idea.
3. (Optional) I use a drip pan that I initially fill with ~2 cups of water, this will last about 3 hours and need to be refilled.
4. Build fire slowly, coast your smoker up to ~230F.
5. Put on ribs so they are shielded by your indirect heat zone.
6. Close lid and do not open for 4 hours (or 3hrs if cooking baby backs).
7. Ribs will be "done" when they pass a few criteria:
8. Ribs will have pulled back from the bone about 1\".
9. Ribs will pass the twist test (grab with tongs and twist, they should almost separate and flake).
10. If not done, wait 20 minutes and try again.
11. (Optional but tasty) Take ribs off smoker, remove indirect heating blocker or scatter charcoal to create a direct heat zone, then put sauce on ribs directly and cook each side for 90 seconds over open flame. This will caramelize the sugar in the sauce and give a great smoky flavor to your hard-won bark.

Enjoy!



## 6.19 Moonbas3's "Instant" Mississippi Pot Roast

### 6.19.1 Discussion

While this sounds like an absolutely chaotic mixture of tastes and textures, it is in fact, delicious. When executed correctly, the pot roast will fall apart and mix its fat juices with the various powders to produce a wholly transcendent gravy. I am not a fan of pepperoncinis, but I tend to over-add them to this recipe since they bring out a wonderful flavor when everything finally settles. I generally throw this together when it's going to be a busy couple of days and my wife and I need dinner covered.

Keeps good in the refrigerator for 4-5 days, but it will never last that long.

### 6.19.2 Required Equipment

- Instant Pot or Slow Cooker

### 6.19.3 Ingredients

- 3 to 4 pound boneless beef roast, your choice of cut, I use chuck.
- 1 stick (8 tbsp) unsalted butter

- 1 package au jus gravy mix
- 1 package dry ranch dressing mix, such as Hidden Valley
- Pepperoncini peppers, number to your liking, and a little juice
- Salt and freshly ground pepper, if desired (about 1 tbsp of each)

#### 6.19.4 Directions

1. Slice pepperoncinis and remove stems (seeds optional) and throw in instant pot with a splash of juice from the jar.
2. Put roast in instant pot
3. Add au jus gravy mix, ranch dressing mix, salt and pepper.
4. Switch Instant Pot to "Pressure" and set for 2 hours. Alternatively, set Slow Cooker to "high" and cook for 8 hours.
5. Do not remove until meat falls apart to the touch.
6. Optional - Toast some provolone cheese onto a hoagie roll and serve "philly cheese steak style".

## 6.20 Panadero's Sausage Balls

### 6.20.1 Ingredients

- 2 cups Bisquick
- 1/2 cup cheddar cheese
- 1 lb sausage (in the roll, like Jimmy Deans)

### 6.20.2 Instructions

1. Combine all ingredients, dough will be hard to manage.
2. Combine until it forms a nice dough ball.
3. Pull off and roll into ~1\'' diameter balls and place on cookie sheet.
4. Cook for 20 minutes at 300 degrees F.

## 6.21 Rahlquist's Slow Cooker Chorizo Black Bean Stew

A large batch (about 6 quart) of thick, hearty, protein rich, low carb stew

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### 6.21.1 Ingredients

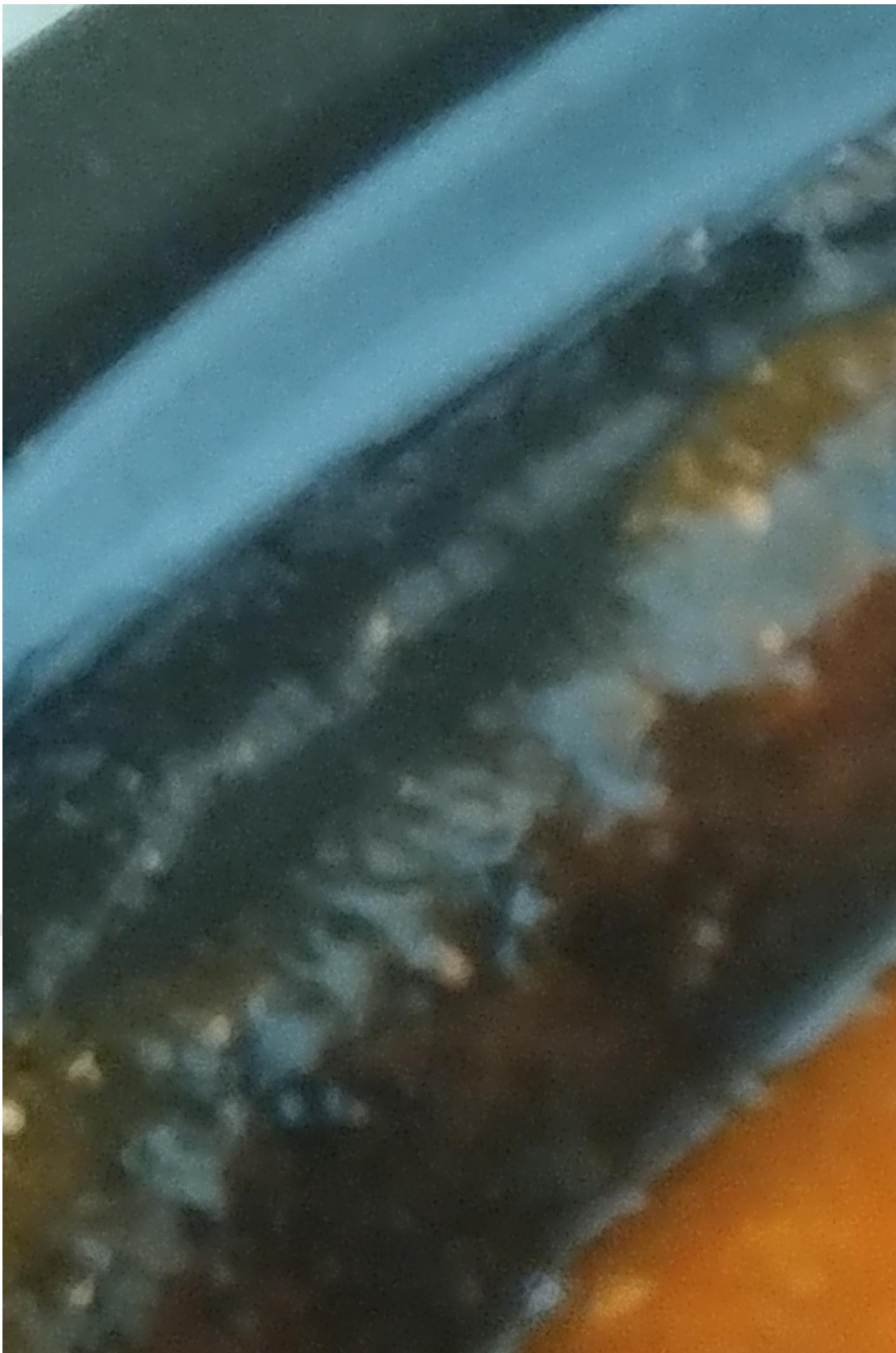
- 1lb Lean Ground Turkey
- 1lb Ground Beef
- 1lb beef cubes (like for stew)
- 1 package skinless kielbasa (1lb)
- 2 Tbs olive oil (or other suitable fat)
- 2 cans black beans
- 1 can kidney beans in chili sauce
- 1 can condensed tomato soup
- 1 12oz can tomato paste
- 1.5 cup water
- 2 tbsp bread crumbs or masa (optional)
- 1 tbsp chorizo seasoning
- 1 tsp garlic powder
- hot sauce to taste

### 6.21.2 Instructions

1. Crank up the slow cooker to hi and dump all the beans (undrained), soup, tomato paste, water, garlic powder, chorizo seasoning in the slow cooker
2. Using the olive oil (or other fat) Brown the Turkey, Ground Beef, Beef cubes, and kielbasa. I tend to quarter coin my kielbasa (slice lengthwise once, turn 90 deg l\\$
3. Cook on hi in the slow cooker for 3-5 hours. Taste, add hot sauce if you'd like and if you want more body add the bread crumbs or masa.

### 6.21.3 Additional Ideas

- Serve with a good crusty bread.
- Put Stew in oven safe bowl and top with Provolone and broil till cheese is well melted.
- If any of the meats in the recipe are not to your liking swap out for more of one of the others.
- Halve the ingredients to make smaller batch.
- This freezes very well, defrost and microwave.





## 6.22 Low Carb Sticky Pork Belly and "Rice"

- 7g Net Carbs
- 86g Fat
- 17g Protein

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### 6.22.1 Recipe

Makes 6 servings

You will need an oiled sautée pan, at a medium heat

### 6.22.2 Pork Belly Ingredients

1-2 lbs Pork Belly 1 Medium Red onion, chopped 1 eight oz Can Water Chestnuts, drained well 1 tsp Raw Ginger 2 Tbsp Chopped Garlic 1 Tbsp Chinese Five Spice 1 Tbsp Italian Seasoning 4-5 Tbsp Swerve 5 Tbsp Tamari Sauce 2 Tbsp Rice Vinegar 3 Cups Swanson Beef Broth 2 Hard Boiled Eggs, sliced 1 Cup Green Onion Greens (decorative) Cilantro (to taste and decorative)

### 6.22.3 Pork Belly Recipe

1. Par-cook the pork belly in the pan, stirring and flipping occasionally.
2. After 5 minutes, add in the italian seasoning, ginger, garlic, water chestnuts, and onions.
3. Continue cooking the pork belly mix until the pork belly is browned and crispy, approximately 15 minutes. **Stir occassionally**
4. After 15 minutes, add in the beef broth, rice vinegar, tamari sauce, chinese five spice, and sweetener of choice.
5. Simmer the mix until the sauce reduces down to the desired consistency, or until it is similar to the consistency of syrup. **make sure to taste it before it is finished. If it is too salty, add a little more sweetener. If it's too sweet, add a little more tamari**

## 6.23 Sluf's Seared Tuna Pasta

This quick meal scales easily depending on the size of the dinner crowd. Pro tip: use a ceramic skillet to get a sear with the properties of nonstick, and get it reasonably hot without burning the butter. DM @Barry\_Coggins for questions or watch this recipe at <https://go.sluf.com/seared-tuna-pasta><sup>5</sup>.

### 6.23.1 Ingredients

- 1 4oz tuna steak
- cracked black pepper
- 1 tbsp butter
- 1 serving angle hair pasta
- 1 tbsp olive oil
- 1 tsp sesame oil
- 1 tbsp rice wine vinegar
- 1 tsp soy sauce
- hot water reserved from the cooked noodles
- 4-5 pieces dried mushrooms (or thinly sliced fresh mushrooms)
- dried or fresh parsley for garnish

### 6.23.2 Instructions

1. Cook the noodles to your likeness but have the remaining steps complete before your noodles are cooked so they do not overcook. Reserve some of the hot water in a small bowl and soak the mushrooms and parsley. They should be able to soak for at least 5 minutes before using them.
2. Prepare the tuna by cracking black pepper on a small, flat plate. Place the tuna on the pepper and crack additional pepper on the top side. I personally like about 50% of the surface area covered with moderately large pieces.
3. Heat the skillet over medium high heat. Add butter when hot, and wait for the butter to melt completely. Just as it is melted but before it burns, add the tuna steak. It will not stick to ceramic, but it will cook quickly. Cook for 45-60 seconds on the first side and then flip. Cook 30-45 seconds on the second side. Carefully using a spatula, stand the tuna on end and briefly touch each side to the hot skillet to seal the edges. Remove the tuna steak from the hot pan and let rest on a cutting board.
4. Prepare the sauce by mixing the oils, vinegar, and soy sauce in a small dish. Drain the noodles and move them to the individual serving bowls. Add the sauce mix to each bowl and stir the hot noodles to coat with the sauce.
5. Thinly slice the rested tuna steak using a very sharp knife and transfer to the dressed noodles. Drain the rehydrated mushroom and parsley, and add to the top of the sliced tuna.

<sup>5</sup><<https://go.sluf.com/seared-tuna-pasta>>

## 6.24 @Travelar's Southwest Style Pork Chops

A tasty meal with little prep time. I looked at a number of similar recipes and took what I liked about them and began to experiment. This is what I came up with.

### 6.24.1 Ingredients

- 4-6 thick-cut pork chops
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 2 tablespoons lime juice
- 1 24 oz jar of your favorite salsa

Use optional spices for an added bit of heat.

### 6.24.2 Instructions

1. Combine ground cumin, garlic powder, salt, and black pepper in a small bowl. Use the spice mixture as a rub and coat both sides of the chops.
2. Heat the oil in a heavy frying pan. Add the pork chops and cook over medium heat until browned, which should be about 3-4 minutes per side.
3. Place the pork chops into the slow cooker and pour lime juice. Let sit for 1-2 minutes. Pour in the jar of salsa and cook on high for 2-3 hours.
4. Serve hot, with a bit of salsa spooned over each pork chop. Pork chops should be tender enough that they will fall apart with just a fork.



## **6.25 Caramelized Onion and Mushroom Stuffin'**

Simple, hot, and tasty stuff to share with pals.

### **6.25.1 Cooking Hardware**

- 1 or 2 15\" x 10\" x 2\" rectangular baking dish
- 2 rimmed baking sheets (but only if you choose to make croutons)
- 1 large non-stick skillet
- 1 large mixing bowl
- Cooking utensils for stirring
- A Sharp chef's knife for cutting and chopping stuff
- Cutting board (make sure to put a damp cloth underneath so it doesn't slide around - be safe!)
- Standard stove/oven

### **6.25.2 Ingredients**

- 6 Tablespoons salted butter, plus a little more to rub/coat this inside of the Pyrex or glass bakeware with.
- 1 large loaf of bread (I like to use somewhat old homemade sourdough and make croutons) but you can use any of your favorite bread or store-bought croutons (about 1 pound). If you use your favorite bread to make homemade croutons, it works well to cut it into 3/4-inch



pieces (about 16 cups) because they will shrink when you bake them. Sturdy breads like pumpernickel and Sourdough seem to work best for this recipe.

- 6 medium onions, halved, medium sliced, and chopped
- 1 bunch of celery, chopped medium-thick, not too thin, we want it to be a little bit crunchy so a little thicker is better.
- A pinch or 3 of sea salt and fresh ground black pepper, as you like.
- $\frac{1}{2}$  cup balsamic vinegar (sometimes I use way more than this).
- 3 or so cups vegetable stock (I like to use stock made from leftover veggies but store bought works well, too).
- 4-5 cups jumbo mushrooms - chopped into big chunks - the more the merrier.
- 1 tablespoon freshly chopped thyme (sometimes sage is good, too).
- Some small, fresh sprigs of rosemary for the top when it's done.

### **6.25.3 How to make it**

#### **6.25.3.1 Croutons**

If you choose to make the croutons yourself, it's easy, delicious, and pretty satisfying to do:

- Cut your favorite bread into very large crouton-sized chunks.
- Toss them in a big mixing bowl with some olive oil, salt, and pepper, as you like (be careful not to use too much oil or they will smoke you out of the kitchen when you bake them).
- Divide them between 2 rimmed baking sheets and bake until dry, a bit golden, and crisp, 10 minutes or so.
- When they're done, set them aside.

#### **6.25.3.2 The Stuffin**

1. Melt the 6 tablespoons of butter in the large non-stick skillet over medium heat.
2. Add the onions, a pinch or two of salt, and pepper, as you like.
3. Cook over medium-low heat, stirring occasionally, until the onions are a deep golden brown, about an hour or so.
4. When they're nice and brown, reduce them with the balsamic and cook until it's all evaporated, which only takes a little while.
5. While they're cooking down, you can heat your oven to 375° F.
6. When the balsamic is all reduced, transfer the onions to a large bowl and let cool for a few minutes.
7. Butter up the 15x10x2-inch baking dish (or 2 depending on how many are coming over) and make sure the inside is completely and more or less evenly coated.
8. In a large mixing bowl, combine your croutons, stock, shrooms, thyme/sage, onions, and sprinkle  $\frac{1}{2}$  teaspoon of sea salt over the top.
9. Transfer the mixture to the prepared baking dish(es).
10. Cover with buttered foil and bake for 30-40 minutes.
11. Uncover and bake until golden brown on top (yummy), 20 minutes or so more.

#### **6.25.3.3 How to serve**

This dish looks great with some small, fresh sprigs of rosemary sprinkled on top. Is a great option for vegetarian pals served alongside meat-based dishes for those who aren't. It's hearty and makes your whole place smell amazing, too. Goes great with beer, wine, grog, or toddy.

Enjoy!

## 6.26 wireheadlance's "Little Grandma's Famous Fried Chicken and Gravy"

This is a recipe from wireheadlance's grandmother for fried chicken and gravy!

### 6.26.1 Instructions

1. "Select whatever parts you want & salt & pepper. Have about 1/2 inch of oil in frying pan & hot (she always used her electric skillet).
2. Roll chicken in flower & place skin-side down in hot fat.
3. Don't cook too fast (med hot) & cook till nice & brown & then turn over. Takes about 30-45 minutes., depends on the size of the fryer. If it's a larger one, it takes longer. (Watch, it can burn easily).
4. When all is done & you want gravy, drain most of the fat off, leaving about 1/4 c in the pan (save the crunches!) & add 1 T flour & about 1 1/2 C milk & salt & pepper.
5. Cook till beginning to thicken - not too think now, as it sets it thickens some. This gravy is also made at last minute before serving"

### 6.26.2 Author Notes

Mother always cut up her down chickens - she liked the boney pieces like the ribs & back \* you couldn't get them already cut that way. She would rinse the chicken & pieces soak them in a bowl of cold water with lots of salt in it. Then she'd pat them dry & salt & pepper them. Next, Mom would shake the pieces in a bag of flour (sometimes she'd put salt, pepper, & paprika in it, maybe a little poultry seasoning or Lawry's seasoned salt instead). Mother usually fried her chicken in her electric skillet, set at about 260-275, covered, with it vented just to let a little steam escape. Seems to me that she started it a little higher & then turned down the temp when she turned the pieces over.

Gravy for pork steaks was made in the same manner, except she let the drippings & the flour brown in the grease until it looked like it was starting to scorch & then added the milk...that gave it a nice, rich brown color.



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# **Chapter 7**

## **Sauces**

Sauce. You know, that thing that you edit then push out to production.



## 7.1 Elegin Vegan Tarter Sauce

Simple Vegan tarter sauce. Quick and easy.

### 7.1.1 Ingredients

- 1/2 cup vegenaise (4oz)
- 1 tsp. vegan horseradish (5ml)
- 2 Tbsp. freshly squeezed lemon juice (30mL)
- 2 Tbsp. capers and some brine (30mL)

### 7.1.2 Instructions

1. Mix all
2. Done

### 7.1.3 Notes

This is never made like this..EVER. Grab a bowl. Use a spoon and dump in what you think will be good and mix. It will be. I eyeball this every time. Every time it is good.

## 7.2 iHeartMalware's Buffalo Sauce Recipe

From Thanksgiving to Christmas, I made several pounds of wings using this sauce. I'm not a big fan of the "traditional" buffalo sauce, but this is enough of a difference to make it still good. In that month, I cooked over 20 pounds of wings, and all of them were eaten at the parties I cooked them for, except 12 wings.

### 7.2.1 Ingredients

- 1 cup Franks red hot
- 1 cup Valentina Mexican Hot Sauce (aka the big bottle of cheap stuff on the hispanic aisle)
- 2 sticks of butter

### 7.2.2 Instructions

1. Start with a medium sized pot, and melt the butter over medium heat.
2. Once melted, add Franks and Valentina to the pot, and stir until it starts to simmer.
3. I'm a fan of Pioneer Woman's cooking method of frying then baking, so substitute the sauce and cook the wings according to her recipe: <http://thepioneerwoman.com/cooking/wings/><sup>1</sup>.

<sup>1</sup><<http://thepioneerwoman.com/cooking/wings/>>

## 7.3 jcase's LowCarb Alabama White BBQ Sauce Recipe

Goes best on chicken. Cook chicken on a smoker, dip in sauce. Goes great on wings.

### 7.3.1 Ingredients

- 1 Cup Mayonnaise
- 1 Tbps Ground Black Pepper
- 1 Tbps Salt
- 3 Tbps Lemon Juice
- 3 Tbps White Vinegar
- 2 Tbps splenda

### 7.3.2 Instructions

1. Place all ingredients in blender
2. Blend well

## 7.4 jcase's LowCarb North Carolina BBQ Sauce Recipe

This sauce is a North Carolina inspired mop sauce, a thin tomato and apple cider vinegar based sauce. It doesn't have to be used as a mop sauce, and works great right on top of your pulled pork.

### 7.4.1 Ingredients

- 16 oz Tomato Sauce
- 4 oz Apple Cider Vinegar
- 60 g Stevia
- 3 Tbps Worcestershire Sauce
- 2 Tbps Dijon Mustard
- 2 Tbps Chipotle Tabasco Sauce
- 1 Tbps Lemon Juice
- 1 Tbps Ground Black Pepper
- 1 Pnch Salt

### 7.4.2 Instructions

1. Mix ingredients into sauce pan
2. Bring to simmer over medium heat and reduce the heat.
3. Allow sauce to reduce to your preferred consistency, it should be somewhat thin.

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# **Chapter 8**

## **Sides**

Sort of like appetizers but you eat them with other foods



## 8.1 disOwn - Whiskey Cranberry Brussel Sprouts

This is one of my wife's favorite sides and even if you hate brussel sprouts, this might be your opportunity to change your mind. Feeds 5-6 people.

Great with red meat and red wine.

### 8.1.1 Ingredients

- 1 pkg frozen brussel sprouts or 12 to 14 fresh brussel sprouts
- 1/2 cup dried cranberries
- 2 tbsp salt
- 4 tbps Butter
- 2 to 3 tbsp Brown Sugar
- 1 shot of your favorite whiskey/bourbon
- Torch or stick lighter. Don't use a regular lighter. You'll lose arm hair.

### 8.1.2 Instructions

Prepare your brussel sprouts depending on the option you picked above.

#### 8.1.2.1 Frozen (quick option)

- Nuke 'em as directed on the package.
- Melt half the butter in frying pan or wok.
- Increase heat to Medium and add sprouts.
- Too much heat will burn the butter.
- Let them brown a little on the outside then proceed to step 2.

#### 8.1.2.2 Fresh (tasty option)

- Cut sprouts in half and place them on a baking sheet with cut side up. Cover with foil for easy cleanup.
- Drizzle olive oil over each and sprinkle with a light layer of salt.
- Bake @ 400F for 20 to 30 min. Add more time (about 10 minutes) if you like them crispy!
- Melt half the butter in a frying pan or wok on Low-Medium heat. Too much heat will burn the butter.
- Add the sprouts.
- Add brown sugar, dried cranberries, and remaining 2 tbps of butter.
- Stir on Low-Medium heat until all the brown sugar has dissolved.
- Toss in the shot of whiskey. Count to 3. Stand back and light it.
- The flames will go out once all the alcohol has burned off.
- Make sure the cooking area is free of dry material with a high surface area. It'll be tough trying to explain that one to the fire marshall.
- Now that the fire is out, transfer the sprouts and the Vorpal Glaze of Awesomeness to a serving dish or directly to the plate.



## 8.2 iHeartMalwares Fermented Cranberry Sauce

I made this one year for Thanksgiving, and everyone who had it went nuts. So much so that I had "orders" the following year. (16+ quarts of orders, to be exact) The great thing with this is that it's fermented, so it will last a good while in the fridge. This is amazing with cream cheese on a bagel, over cream cheese with crackers, or served over some goat cheese with crackers. I do this in 2 gallon batches, so scale accordingly.

### 8.2.1 Ingredients

- 18 Cups cranberries, whole
- 6 large oranges
- 3 Cups walnuts
- 3 Cups honey
- 2 Cups white grape juice
- 2 Cups red grape juice
- 2 tbsp cinnamon
- 4 tbsp lemon juice
- 2 tbsp salt
- Fermenting crock

### 8.2.2 Instructions

1. Get a big bowl. A really big bowl.
2. Slice the oranges, and process them whole in a food processor. Process the cranberries and walnuts as well.
3. If the processor is un-happy, feel free to add the juices and / or honey. Add to bowl.
4. Once processed, pour into the bowl. This will happen in several batches.
5. Add the rest of the ingredients.
6. Once done, ferment for 2-4 days, or until fermentation starts. I like to use these kimchi fermenters, as it limits the chances of mold: <https://www.amazon.com/Crazy-Korean-Cooking-Sauerkraut-Fermentation/dp/B00M40ANMO/><sup>1</sup>
7. Once started, toss it into the fridge to taste. 1-2 weeks is usually the magic time, then it can be removed from the fermenting vessel and added to containers. Fermented foods taste better with age, and we've eaten this 3 months after making the original batch.

NOTE: Make sure you are comfortable with fermenting before doing this. Do your homework on fermenting and do it safely! Mold == bad.

<sup>1</sup><<https://www.amazon.com/Crazy-Korean-Cooking-Sauerkraut-Fermentation/dp/B00M40ANMO/>>

### 8.3 iHeartMalwares Sauerkraut

I like kraut, yes I do. Sauerkraut is one of the first foods that people ferment, as it's very forgiving and cheap if it messes up. For this one, you only need three ingredients! Want to get creative? add other things, like carrots, ginger, garlic, etc.

#### 8.3.1 Ingredients

- 2 large heads of lettuce
- 1/4 cup kosher salt (may need a little more)
- 1 tbsp caraway

#### 8.3.2 Instructions

1. Clean and cut the cabbage into 1 inch squares. Put into a bowl and rinse.
2. If the cabbage is a little damp, that's okay. Add salt and caraway, and start to knead the cabbage, 5-10 minutes. The cabbage will wilt to half the size or more. You can use a stand mixer with a dough hook to make this part go faster. (And save your arms)
3. Pour the cabbage (juices included) into a fermenting crock. Ferment for 24 hours.
4. Check after the first 24 hours. If there is not enough brine, add 1 tbsp to 2 cups of water, then add to the mixture to cover the cabbage.
5. Ferment! I like mine fermenting for a week, then put it in the fridge to sour up.
6. Want to make it really good? Experiment with root vegetables. I've had success with beets, carrots, ginger, etc.

NOTE: Make sure you are comfortable with fermenting before doing this. Do your homework on fermenting and do it safely! Mold == bad.

## 8.4 theDevilsVoice Jangajji

Jangajji or pickled vegetables is a type of banchan (side dish) made by pickling vegetables.

### 8.4.1 Ingredients

- Boil a reusable glass jar with airtight bail & seal closure for 5 or 10 minutes to sterilize it.
- Set it aside.

#### 8.4.1.1 Fresh Vegetables

- 2 medium white onion
- 2 medium cucumber
- several whole Cheongyang chili peppers
- You can substitue or include serranos, ghost pepper, or whatever your favorite peppers are.
- Cucumber
- optional:
- radish
- garlic cloves

#### 8.4.1.2 Infused Soy Sauce

- 1/2 cup Soy Sauce
- 1/2 cup Vinegar
- 3/4 cup Sugar
- 1 & 1/4 cup Water

### 8.4.2 Instructions

#### 8.4.2.1 Prepare vegetables

1. Be sure you remember to sterilize the jar as described above.
2. Cut your vegetables into bite-sized pieces. Cucumbers in round slices. Deseeding peppers can reduce heat.
3. Toss the vegetables in a bowl to distribute evenly, then transfer into jar.
4. Set these aside for now.

#### 8.4.2.2 Prepare Sauce

1. Put infused sauce ingredients into a pot.
2. Stir a bit to make sure sugar dissolves while bringing to a boil.
3. When boiling starts, count to ten and remove from heat.
4. Pour the liquid into the jar submerging the vegetables.
5. Close the lid and leave on counter for 24 hours. Then put into refrigerator to cool.

Serve with white rice, a fried egg, and some gochujang sauce.



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# **Chapter 9**

## **Snacks**

Nom noms to be consumed between bigger noms.



## 9.1 Chicken Parm Nachos

Turn your leftover chicken parm into an exciting midnight snack!

### 9.1.1 Ingredients

- Leftover chicken parm
- Shredded Cheese of your choice, one handful per layer
- Tortilla chips, half a handful per layer
- (optional) Various 'fun enhancers' including but not limited to:
- Ground Beef, three pinches per layer
- Sliced Olives, one pinch per layer
- Diced Bell Pepper, two pinches per layer
- Salsa, three teaspoons per layer

### 9.1.2 Instructions

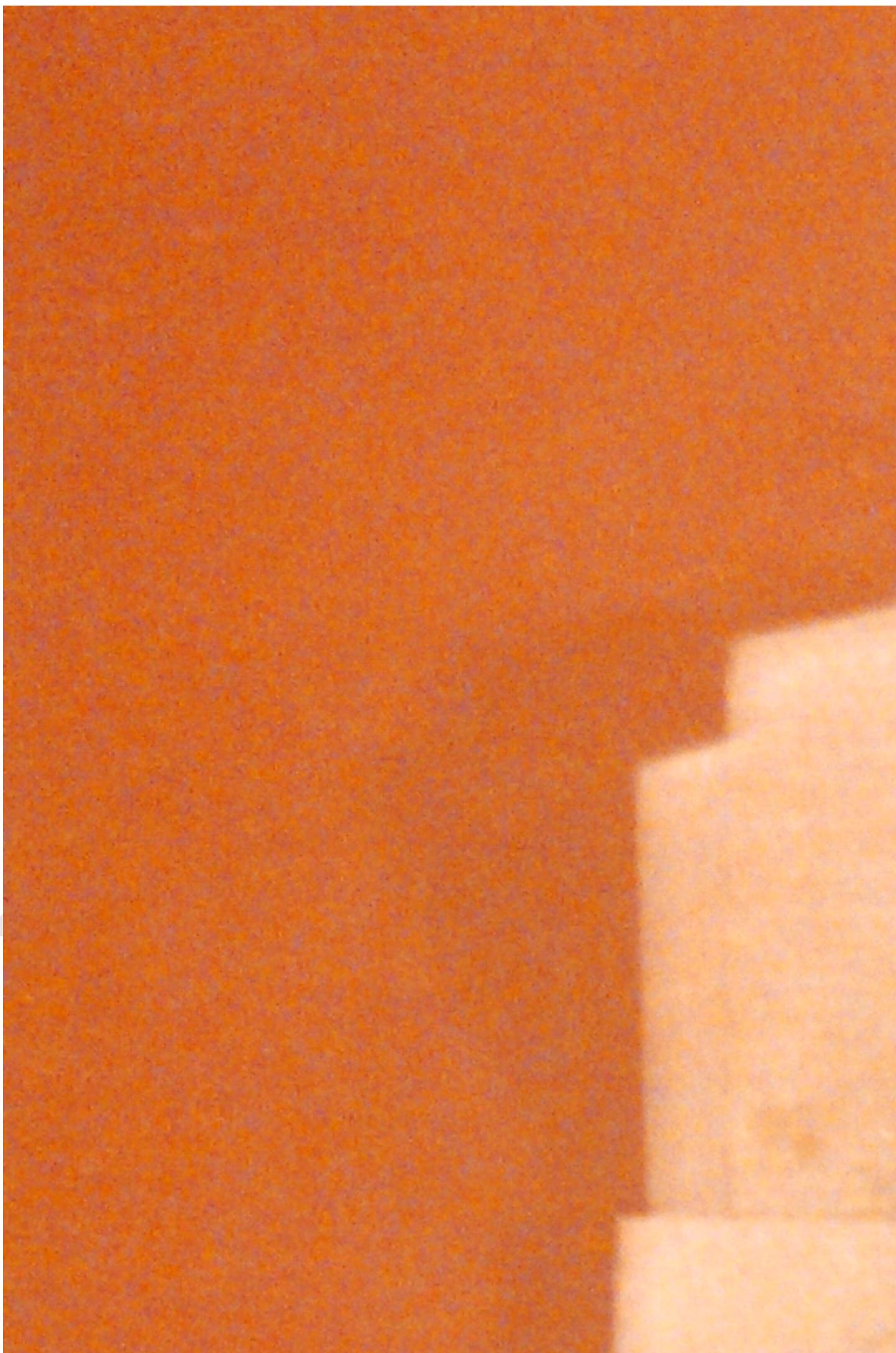
1. Arrange your chips on top of the chicken parm so that it is completely covered
2. Sprinkle your shredded cheese over the tortilla chips so that there's an even distribution
3. Sprinkle your fun enhancers on the cheese (if any)
4. Microwave until the cheese is melted to your satisfaction

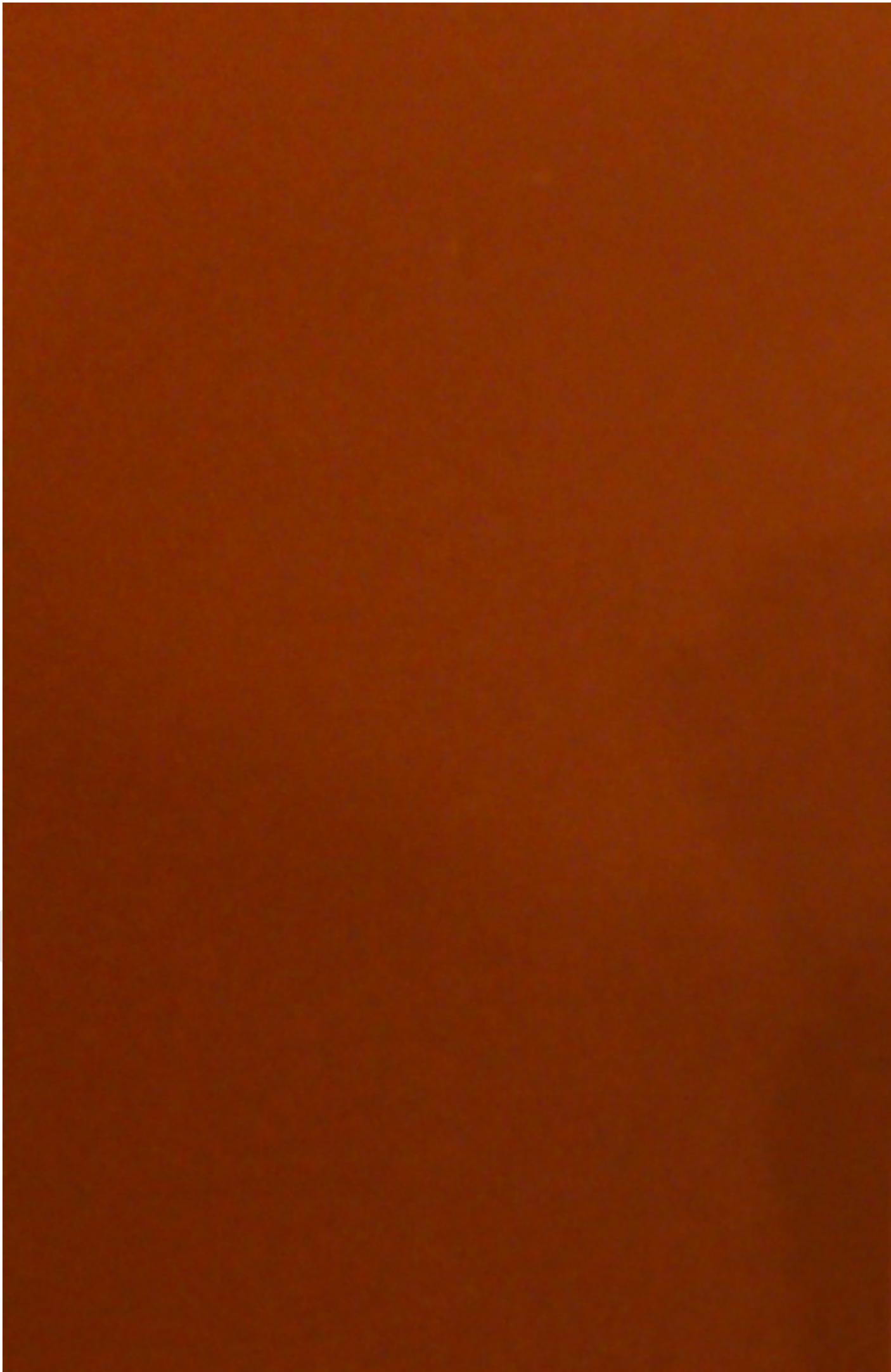
### 9.1.3 Tips n Tricks

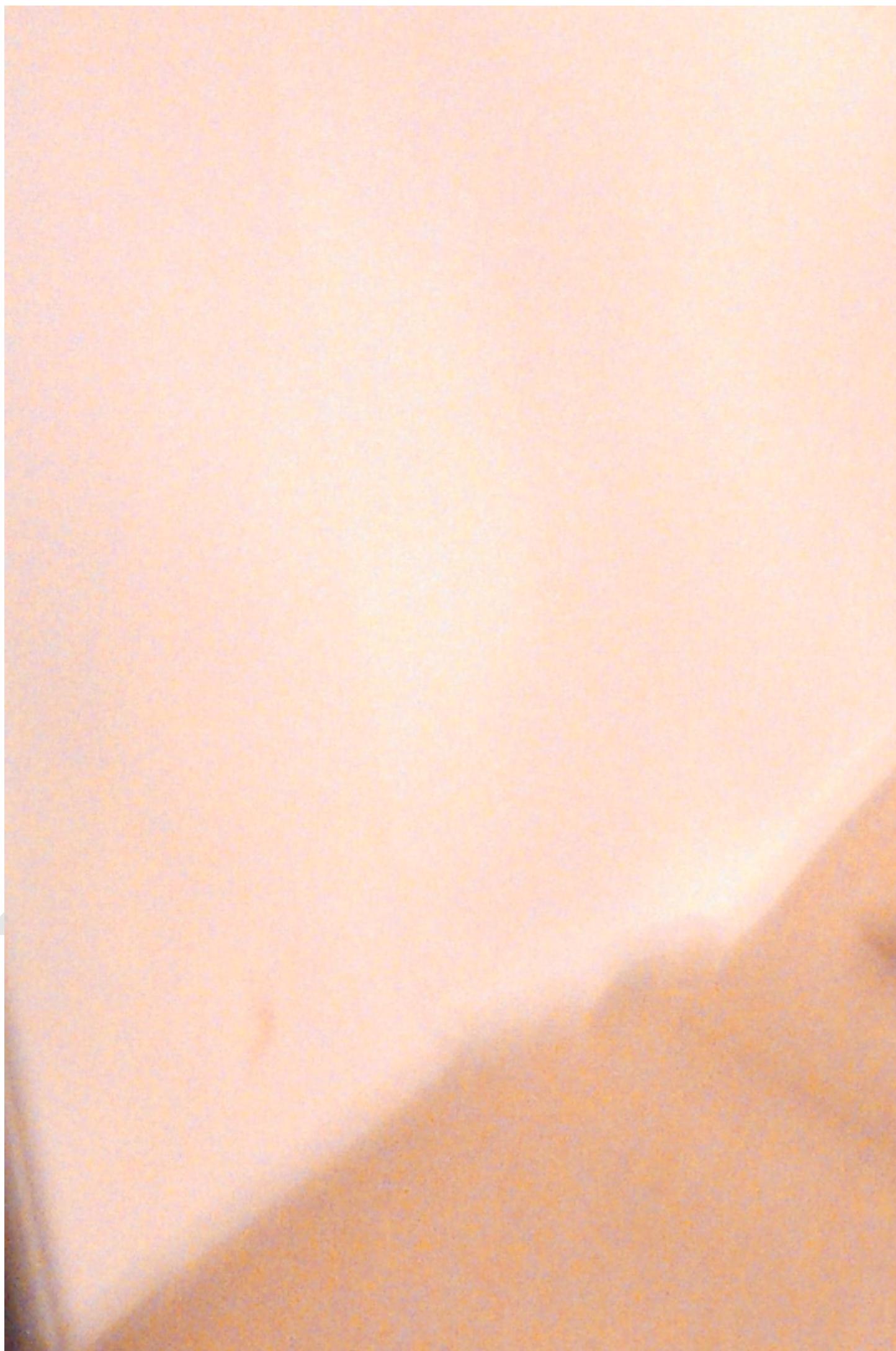
- This snack is best prepared and served between 23:00 and 04:00 during an all nighter when you're getting hungry and want to take a short relaxing break.
- Don't be afraid of being too boring if you don't have some fun enhancers. Simply heating up your chicken parm and eating it plain would be boring. We're making nachos!
- After you've finished your nachos just pick up the chicken parm and eat it with your hands.













## 9.2 @hardwaterhackers Smoked Whitefish

This brine works great for lake whitefish, tullibee (aka cisco), and other similar oily white meat fish. It even works great for northern pike.

### 9.2.1 Ingredients

- 6-8 whitefish fillets, skin on
- 1 c (180 g) brown sugar, packed
- 1 c (300 g) Morton pickling salt
- 1/8 c (14 g) coarse ground black pepper
- 1/4 c (39 g) granulated garlic powder
- 8 bay leaves
- 2 Tbsp (14 g) onion powder
- 1 gallon (3.8 L) water

### 9.2.2 Preparation

1. Rinse fillets well in cold water
2. Combine dry ingredients and 1 quart (950 mL) water in a mixing bowl. Mix until salt and sugar are completely dissolved.
3. Add brine to a food grade container with remaining water. Mix well.
4. Add fillets to brine.

Place brined fillets in refrigerator or cooler packed with ice for 16 hours. A longer brine time will result in saltier fish. Thinner fillets should be brined for less time to prevent becoming overly salty. After brining, rinse fillets well in cold water and place on drying racks. The fillets will need to dry for 3 hours on drying racks in a refrigerator or a cool location to allow pellicle<sup>1</sup> to form.

### 9.2.3 Smoking

Spray smoker racks with a non-stick spray to prevent sticking.

For smoking whitefish, I like to use a mix of apple and hickory chips. Cherry chips are also a good option in place of hickory. Light smoker and ensure chips are smoking before placing fish on racks. Keep temperature between 180-190 degrees F (82-87 C) to keep fillets from drying out. Apply smoke for 2 hours. Keep fish in smoker at the same temperature for another 1-2 hours. Monitor fillets for desired moisture content. I prefer my smoked whitefish a little drier. Decrease total cooking time if a higher moisture content is desired.

<sup>1</sup><[https://en.wikipedia.org/wiki/Pellicle\\_\(cooking\)](https://en.wikipedia.org/wiki/Pellicle_(cooking))>



## 9.3 iHeartMalwares Easy Kettle Corn Recipe

Anytime I go to a fair, I love the smell and taste of the fresh kettle corn. The only down side is that you (typically) need this big cooker thing in order to make it. I found a recipe online, it didn't come out right, so I tweaked the recipe until it was right. When cooking this, make sure you have everything measured out before hand because the time goes by fast, and you don't want molten sugary popcorn going everywhere.

### 9.3.1 Ingredients

- 1/4 cup vegetable oil (or other high temperature oil)
- 1/2 cup popcorn kernels + 3 kernels
- 1/3 cup sugar
- 3/4 teaspoon salt
- Large bowl for popcorn
- Stirring utensils

### 9.3.2 Instructions

1. Take a skillet with a cover and put it on the stove top. Pour the oil in with 3 kernels, and put the temperature to high. Cover with a lid
2. Once the three kernels pop, the oil is hot enough for the others. Pour the other kernels in, and quickly cover, giving it a quick shake to coat the kernels.
3. About 30 seconds in, the kernels will start popping. Once a few have started to pop, sprinkle the sugar in, cover, and give it a shake.
4. When the popcorn is mostly popped, pour it out into the large bowl, and begin to sprinkle





the salt on and mix while it's hot (with utensils). The popcorn will be sticky, but will harden up as it cools. You may need more salt for your taste.

5. Enjoy
6. Note: Getting the timing down for the sugar may take a few times, and I have burned my fair share of sugar getting this recipe right. If you're using larger kernels it takes more time to pop, smaller kernels take less time.

## 9.4 Eclectic Freedom Fries

Makes a very diverse and healthy snack.

### 9.4.1 Ingredients

- x2 Potatoes
- x5 large size Parsnips
- x5 Large size Carrots
- Olive oil (or Vegetable Oil)
- 1 Tablespoon Sea Salt
- 1 12oz (or more) tub of Sour Cream
- Melted Cheddar Cheese (4oz) should suffice
- Real Bacon Bits (Optional for Vegetarian/Vegans)
- X2 2ft length cuts of Aluminium Foil (more lengths at x1 cut per person)

### 9.4.2 Directions

- Skin the Potatoes, Parsnips & Carrots
- Cut Potatoes, Parsnips & Carrots into French Frye sizes as best as possible.
- Lightly oil (or brush) them with Olive Oil (or Vegetable Oil)
- Place on flat baking sheet.
- Dust the sheet evenly with 1 Tablespoon Sea Salt
- Bake in oven until slightly crisp and tender, (20-30 minutes) at 350F
- Fold x1 2ft length aluminum foil sheet into a triangular hat.
- Invert and fill with the baked veggies.
- Top with Sour Cream, Melted Cheddar and Bacon Bits to taste.
- Take 2nd length of aluminum foil and fold just as similarly into a triangle hat.
- Wear this hat.
- Optional: Play loudly the Grateful Dead US Blues