

CookBook

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1 Dinner

1.1 Peanut Butter Chicken

Ingredients

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Directions

Directions here...

1.2 Chicken Fettuccine Alfredo

Ingredients

- 1 lb Chicken Breast
- 16 oz Heavy Cream
- 3/4 Cup Parmesan Cheese (Shredded)
- 1 Can Italian Style Stewed Tomatoes
- 4 Scallions
- 3-4 cloves Garlic
- 8 oz Fettuccine Pasta
- Oregano or Basil

Directions

Begin by heating a frying pan to medium heat, and apply just enough oil to cover the entire pan. Butterfly the chicken breasts to increase surface area, and cook in frying pan just to get a slight browning of the chicken, approximately 3 to 5 minutes or so on each side. Once finished, place the chicken breasts into a Crockpot, and evenly distribute them.

Cut the stems off of the scallions, dice them, and sprinkle them on top of the chicken. Dice and add the garlic cloves to the Crockpot as well. Strain the tomatoes in a colander, dice them, and add them to the Crockpot. Add a few dashes of oregano or basil, as well as salt, pepper, and any other spices you wish. Turn Crockpot on to its *low* setting, and let sit for 6-7 hours, stirring every few hours or so. When the chicken is tender and falling apart, it's done.

Once the chicken is cooked, take it out and dice it into small bite-size pieces, and place back into the colander. Add the heavy cream and Parmesan cheese to the Crockpot, stir, and set heat to its *high* setting. Cook the fettuccine pasta to *Al Dente*, strain, and add the noodles to the Crockpot. Mix, and let cook for an additional 30 minutes. Serve and enjoy!

1.3 Baked Macaroni & Cheese

Ingredients

- 8 ounces elbow macaroni
- 1 tablespoon plus 1/2 teaspoon kosher salt, divided
- 3 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 1 tablespoon ground mustard
- 1 teaspoon smoked or regular paprika
- 3 cups half and half
- 4 ounces sharp cheddar cheese, grated
- 5 ounces Monterey jack cheese, grated
- 1/2 teaspoon freshly ground black pepper

Topping

- 3 ounces Monterey jack cheese, grated
- 3 tablespoons unsalted butter, melted
- 1 cup panko breadcrumbs

Directions

Heat oven to 350°F. Grease 4-quart casserole or soufflé dish and set aside.

Place dry pasta + 1 tablespoon of salt in 4-quart pot and barely cover with cold water. Bring to a boil over high heat, stirring occasionally. Test for al dente, 9 to 10 minutes. Drain pasta in a colander but do not rinse.

Melt butter in 3-quart saucepan over medium heat. Whisk in the flour and cook, stirring occasionally, until mixture is pale blond, 3 minutes. Whisk in mustard + paprika, and cook until aromatic, 1 minute. Whisk in milk, increase the heat to medium-high, whisking often, until mixture is slightly thickened, 7 to 8 minutes. Remove from heat. Stir in cheese, remaining salt, and pepper. Fold in macaroni and move to the prepared dish.

Sprinkle with remaining cheese. Toss breadcrumbs with melted butter and distribute evenly over the top. Bake until golden on top, but not dried out, 15 to 20 minutes. Cool for 5 minutes, then serve to a grateful world.

Yields 6 servings.

2 Dessert

2.1 Habañero Cookies

Ingredients

- 2/3 Cup Shortening
- 2/3 Cup Margarine
- 1 Cup Granulated Sugar
- 1 Cup Brown Sugar
- 2 Eggs
- 2 teaspoons vanilla extract
- 3 1/3 Cups All-Purpose Flour
- 1 teaspoon Baking Soda
- 1 teaspoon Salt
- 1 Tablespoon Cayenne Pepper
- 4 Average Sized Habañero Peppers

Directions

Beat the shortening, margarine, sugars, eggs, and vanilla in a bowl until a homogeneous consistency is achieved. In a separate bowl, mix the flour, baking soda, salt, and cayenne pepper. Add the dry ingredients to the wet and mix thoroughly, then set aside.

Remove the pith and the stem from the peppers, such that you are left with only the fruit and the seeds. Place the fruit and seeds of the peppers into a mood processor or blender and mince. Mix the minced peppers into the dough. Roll the dough into 1.5 inch diameter spheres and place them approximately 2 inches apart onto a lightly greased baking sheet.

Set oven to 375°F. Bake for 9-11 minutes, or until the cookies are slightly browned. Let them cool for 3 minutes and remove from baking sheet.

Yields 3-4 dozen cookies.