



Cooking for Her

*Ideas and/or recipes (or notes) for
those of us who love to eat and yet are
living with someone culinarily challenged
and must do all the cooking ourselves!*

Or at least that's what she says to keep me cooking!



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Dedicated to my favorite kitchen collaborator - Love and miss you, Mom!



Frances Kathryn Berg
11/25/1943 or 11/29/1943 to 8/11/2019
Rest In Peace

The "Her" in the title refers to my Mary - Mary Kay Ruyle



*He's been cooking for me since 2014
Up until then I knew where all the good drive throughs were,
now I'm well fed and well loved!
Mary*

A very special thank you to Robin Lynn Robin for all of her assistance with this cookbook as well as our friendship over the past 26+ years ... Ed

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Laissez le bon temps rouler!

Let's Cook!



-top-

BLOODY MARY (MY CONCOCTION)

Ingredients:

- couple shakes of black pepper
- couple shakes of celery salt
- ½ tsp of horseradish
- ½ tsp *Worcestershire* sauce
- 1 tsp olive juice
- 7 shakes hot sauce (your choice – I like *Cajun Power Spicy Garlic Sauce*)
- 4 oz vodka
- 7 oz *Clamato*
- 5 oz *Zing Zang*

Directions:

1. Pour all into a 20 oz container
2. Shake then fill with ice cubes ... after a while replenish with more ice
3. Garnish with green olives stuffed with garlic and jalapeños

TRUDY'S MEXICAN MARGATINI'S

Ingredients:

- 2 shots tequila (I like *Herradura Gold Tequila*)
- 1 shot triple sec
- 1 shot Grand Marnier
- 1 shot sweet & sour
- 1 shot Cointreau
- jigger orange juice
- jigger lime juice

You can take ½ shot Grand Marnier and ½ shot Cointreau and substitute that for the triple sec

Directions:

1. Pour all into a shaker with ice and shake
2. Pour into a martini glass garnished with green olives

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BEEF: BACK RIBS

Ingredients:

- rack of beef back ribs
- salt
- pepper
- BBQ sauce
- olive oil

Directions:

1. Lightly spray air fryer with olive oil
2. Add sections of the back ribs
3. Lightly oil with olive oil
4. Season with salt and pepper
5. Top with your favorite BBQ sauce
6. Cook for 15 minutes at 380 F

BRATS

Ingredients:

- 1 lb. uncooked bratwurst*
- 6 hoagie rolls, optional
- Toppings for serving *Dijon* mustard, sauerkraut, pickles, etc.

Directions:

1. Heat the air fryer to 350 F
2. Place the brats in a single layer in the air fryer basket *
3. Cook them for 8 minutes, then flip and cook for an additional 5-6 minutes or until they reach an internal temperature of 165 F
4. Serve in rolls and/or with desired toppings

**Do not pierce the brats before cooking or they will lose their juices*

Notes:

Ensure brats reach an internal temperature of 165 F

Allow brats to cool for a few minutes before serving or topping

Store leftovers in an airtight container in the fridge for up to 3 days

Reheat leftovers in the air fryer at 350 F for up to 5 minutes or until heated through

Leftovers are great added to pasta or pizza

-top-

CHICKEN: BONELESS & SKINLESS BREASTS

Ingredients:

- 1 lb. chicken breasts: buy boneless and skinless - makes it super easy
- olive oil, light spray
- 2 Tbs Italian seasoning
- 1 tsp garlic powder
- 1 tsp paprika
- salt and pepper to taste

Directions:

1. Lightly pound the chicken on a cutting board
2. Season the chicken with salt, then refrigerate it for at least 30 minutes
3. Let the chicken come to room temperature
4. Stir the spice mixture together
5. In a bowl, combine the chicken, olive oil, and spice mixture
6. Cook the chicken (smooth side down) at 375 F for 6 minutes
7. Flip the chicken over. Cook for 2-8 more minutes. Let rest for 5-10 minutes
8. Enjoy!

HOW LONG TO COOK CHICKEN IN THE AIR FRYER

The amount of time it takes to cook chicken in an air fryer will vary based on the size of your chicken breasts.

- Small Breasts (5 to 7 ounces): 7 to 10 minutes
- Medium Breasts (8 to 10 ounces): 10 to 12 minutes
- Large Breasts (11 ounces or more): 12 to 16 minutes

You do need to flip the chicken halfway through cooking to ensure it cooks evenly.

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CHICKEN: BONELESS WINGS

Ingredients:

- 1 lb. boneless, skinless chicken breast
- 2 eggs
- 1 cup all-purpose flour
- ½ tsp cayenne pepper
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp salt
- 2 Tbs unsalted butter
- ½ cup hot pepper sauce (like *Frank's Red-Hot* sauce)
- avocado oil spray (or your favorite oil spray)

Directions:

1. Cut chicken into large chunks, about 1" by 2"
2. In a shallow bowl, whisk the eggs, place the chicken pieces into the eggs and toss to coat
3. In a separate shallow bowl or large Ziplock bag, mix together the flour, cayenne, paprika, garlic powder, and salt
4. Working in small batches, remove the chicken pieces from the eggs and allow the excess egg mixture to drip off then add the chicken to the flour mixture and toss until the flour is coating the chicken well
5. Heat air fryer to 370 F
6. Spray the air fryer basket with avocado oil and place the chicken in a single layer in the basket and spray lightly with the oil
It is best to leave a little bit of space between each piece of chicken to help them crisp up. You may need to cook them in batches, depending on the size of your air fryer
7. Cook for 5 minutes, then flip over and cook an additional 7-10 minutes, or until the chicken has reached an internal temperature of 165 F
8. While the chicken is cooking, place the butter and hot sauce in a small saucepan and cook over medium heat, stirring frequently, until the butter has melted
9. Once the chicken is cooked through, transfer to a large bowl and toss with the buffalo sauce
10. Serve immediately with your favorite dipping sauce
11. Enjoy!

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CHICKEN: CILANTRO LIME CHICKEN WINGS

Ingredients:

- 2 lbs. chicken wings, three-wing joint
- ½ cup fresh lime juice
- ½ cup cilantro, finely chopped
- ¼ cup green onion, finely chopped
- 3 tsp minced garlic
- 1 tsp chili powder
- 1 tsp sweet paprika
- 1 tsp onion flakes
- 1 tsp cumin
- 1 tsp garlic powder
- kosher salt and black pepper, to taste

Directions:

1. Combine all ingredients (except for the chicken) into a large mixing bowl, and mix thoroughly until thick and even (set some aside for basting)
2. Place chicken wings into the marinade mix, making sure to coat each piece thoroughly
3. Store in the fridge for a minimum of 30 minutes
4. Place wings into the tray of your air fryer, making sure to add marinade mix on top
5. Cook at 350 F for 12 minutes
6. Remove wings from the air fryer
7. Baste with reserved marinade mix
8. Return to the air fryer and continue cooking for another 12-15 minutes
9. Serve wings immediately with dipping sauce of your choice and fresh lime wedges

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CHICKEN: DRUMSTICKS

Ingredients:

- 4 chicken legs
- 1 tsp oil
- 1 Tbs brown sugar
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp kosher salt
- ½ tsp pepper
- ⅛ tsp cayenne pepper, optional

Directions:

1. If needed per your air fryer model, heat air fryer to 400 F to warm it up
2. In a small bowl mix together the brown sugar, paprika, onion powder, garlic powder, salt, pepper, and cayenne
3. Brush each chicken leg lightly with oil
4. Sprinkle the dry rub evenly over each chicken leg and then use your hands to rub the mixture evenly over the entire surface of the chicken
5. Place the chicken legs in the basket or tray of your air fryer, being sure to not overlap the chicken legs, working in batches if needed
6. Air fry for 8 minutes at 400 F
7. Remove basket, flip chicken legs, and then return to the air fryer and air fry for an additional 8 minutes at 400 F
8. At this time, check the chicken legs with a digital thermometer to ensure they have reached 165 F
9. If not, return them to the air fryer and cook for an additional 1-2 minutes
10. Serve immediately

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CHICKEN: TENDER AND JUICY WITH BRUSSELL SPROUTS

Ingredients:

- 2 boneless skinless chicken breasts
- 1 Tbs olive oil
- 1 Tbs Italian seasoning
- 1 tsp garlic powder
- ½ tsp paprika
- salt and pepper
- Brussels sprouts, optional

Directions:

1. Rub olive oil on the chicken
2. In a small bowl add the Italian seasoning, garlic powder, paprika, salt and pepper then rub on each side of the chicken
3. Place the chicken in the air fryer basket
4. Cook in the air fryer at 360 F for 9 minutes
5. Open the air fryer and flip the chicken
Add Brussels sprouts now if using
6. Cook for another 9 minutes or until internal temperature reaches 165 F

FRENCH FRIES

Ingredients:

- 1 medium Yukon Gold potato, peeled
- 1 Tbs canola oil
- ½ tsp kosher salt
- ¼ tsp pepper
- ⅛ tsp garlic powder
- ⅛ tsp ground sweet paprika

Directions:

1. Heat the air fryer to 400 F
2. Cut potatoes into ½" wide fries
3. Place in a bowl with canola oil; toss to coat
4. Season with salt, pepper, garlic powder, and paprika; mix until all fries are evenly coated
5. Working in batches, if necessary, place an even layer of fries in the air fryer basket
6. Cook in the heated air fryer until golden, about 10 minutes
7. Repeat to cook remaining fries

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HOT DOGS

Ingredients:

- 4 hot dogs
- 4 buns

Directions:

1. Heat your air fryer to 390 F for about 4 minutes
2. Place buns in the basket and cook for 2 minutes then set aside
3. Place hot dogs in the basket and cook for 3-5 minutes
4. Transfer hot dogs to buns

HONEY BBQ WINGS

Ingredients:

- 2 lbs. chicken wings
- 1 Tbs olive oil
- salt and pepper to taste
- ¼ cup honey
- ¼ cup BBQ sauce

Directions:

1. Heat the air fryer to 400 F
2. Toss wings with olive oil, salt, and pepper and place in the air fryer basket in a single layer
3. Cook for 15 minutes
4. While wings are cooking, mix honey & BBQ sauce in a small bowl
5. After 15 minutes, remove the wings from the air fryer and toss them with the sauce
6. I recommend lining the air fryer basket with parchment paper when adding the sauced wings
7. Place the wings back in the air fryer basket and cook for an additional 5-7 minutes
8. Let rest a few minutes before serving (the sauce will be very hot right after cooking)

Notes:

Cook in batches if needed. All batches can be reheated in the air fryer at 400 F for 2-3 minutes before serving

Optional additions to the BBQ sauce: garlic, sriracha, fresh ginger, or hot pepper flakes to taste

For Oven Baked Wings

1. Toss the wings with 1 Tbs flour, 1 tsp of baking powder and seasonings
2. Refrigerate 30 minutes (or up to 4 hours) uncovered
3. Toss the wings with olive oil and place on a rack that has been sprayed with cooking spray
4. Cook in a 425 F oven for 20 minutes, flip and bake an additional 15 minutes
5. Toss with sauce and broil for a few minutes to crisp

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HONEY GARLIC SALMON

Ingredients:

- 2 salmon filets
- 2 Tbs olive oil
- 2 tsp Sesame seed oil
- 2 Tbs low sodium soy sauce
- 2 Tbs honey
- ½ lemon (juiced)
- 4 garlic cloves (minced)
- ½ tsp paprika
- salt & pepper to taste

Directions:

1. Heat air fryer to 390 F for about 4 minutes
2. Mix all the ingredients (except fish) together in a bowl
3. Line bottom of air fryer with aluminum foil
4. Place salmon filets on aluminum foil
5. Pour mixture over the filets
6. Cook at 390 F for 12 minutes flipping halfway through

JALAPENO POPPERS

Ingredients:

- 6 medium jalapeno peppers, halved and seeded
- 6 oz cream cheese, softened
- 1 oz shredded cheddar cheese, or to taste
- 6 slices bacon, cut in half lengthwise

Directions:

1. Heat an air fryer to 390 F
2. Fill each jalapeno half with some cream cheese and Cheddar cheese
3. Wrap with a piece of bacon, and secure with a toothpick, if necessary
4. Layer jalapeno poppers inside of the heated air fryer and cook until bacon is browned and cheese is melted, 10-12 minutes
5. Flip and cook for 5 minutes more

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LOBSTER

Ingredients:

- 2-4 oz lobster tails
- 4 Tbs butter
- 1 tsp lemon zest
- 1 clove garlic, grated
- salt and ground black pepper to taste
- 1 tsp chopped fresh parsley
- 2 wedges lemon

Directions:

1. Heat an air fryer to 380 F
2. Butterfly lobster tails by cutting lengthwise through the centers of the hard top shells and meat with kitchen shears. Cut to, but not through, the bottoms of the shells. Spread tail halves apart. Place tails in the air fryer basket with lobster meat facing up
3. Melt butter in a small saucepan over medium heat. Add lemon zest and garlic; heat until garlic is fragrant, about 30 seconds
4. Transfer 2 Tbs of butter mixture to a small bowl and brush onto lobster tails; discard any remaining brushed butter to avoid contamination from uncooked lobster. Season lobster with salt and pepper
5. Cook in the heated air fryer until lobster meat is opaque, 5-7 minutes
6. Spoon reserved butter from the saucepan over lobster meat. Top with parsley and serve with lemon wedges

MUSHROOMS

Ingredients:

- 16 oz mushrooms sliced
- 2 Tbs olive oil
- 2 Tbs soy sauce
- 3 Tbs grated parmesan
- 1 tsp garlic powder
- 1 tsp fresh thyme
- ½ tsp salt
- ¼ tsp pepper

Directions:

1. In a bowl add the mushrooms, oil, soy sauce, parmesan, garlic powder, thyme, salt, and pepper
2. Stir everything together
3. Add to air fryer
4. Cook at 380 F for 5 mins
5. Shake the basket and then cook for another 5-7 minutes or until tender

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NACHOS

Ingredients:

- 1 lb. ground beef
- 1 Tbs olive oil
- 1 packet taco seasoning
- 2 cups tortilla chips
- 1 cup shredded cheese
- 1 tomato diced
- 1 green onion chopped
- ¼ cup black olives sliced
- 1 Tbs sour cream
- 1 can black beans (drained and rinsed)
- Optional Toppings: jalapenos, lettuce, corn, salsa, Pico de Gallo, cilantro, sour cream

Directions:

1. Start by breaking up the beef by hand and putting it into the air fryer basket. Add a little bit of olive oil on top and sprinkle the taco seasoning over the beef evenly as well
2. Cook the beef mixture for 5 minutes at 400 F
3. Once the time has passed, open up the air fryer basket and use your wooden spoon to toss the beef around. Once you've mixed it up a bit, cook it in the air fryer for another 3-4 minutes. You want to be sure that there is no pink remaining and that it's browned completely
4. Put the cooked meat in a small bowl and set it aside for later
5. Clean the grease that is on the bottom of the air fryer basket and then add a layer of parchment paper. It's time to start putting together the nachos!
6. Put the chips on the paper and then add on the shredded cheese
7. Add the cooked taco meat, black beans and cheese and put that into the air fryer for 2-3 minutes at 350 F
You want the cheese to be melted
8. Lift the nachos out of the air fryer using the edges of the parchment paper and put them onto a plate
9. Once that cooking time has passed, add the cut tomatoes, black olives, sour cream, and other toppings

-top-

PIZZA ROLLS

Ingredients:

- wonton wrappers
- jarred pizza/pasta sauce
- shredded mozzarella cheese
- pepperoni

Directions:

1. Heat Air Fryer to 400 F
2. Lay a wonton wrapper down on a cutting board and place about a tsp of sauce, a pinch of cheese, and a couple of pepperonis at the center of the wrapper.
Be sure to not overfill your wonton. Leave enough space to fold it over
3. Using your finger or food-safe brush, paint the edges of the wonton with water
4. Fold the wonton in half making a triangle that completely encapsulates the filling
5. Pinch the edges of the wonton to seal it tightly then air fry at 400 F for 9 minutes
6. Enjoy! Caution – will be extremely hot

POTATOES (15 MINUTE)

Ingredients:

- 1 bag little baby potatoes (multi color) and chopped
- olive oil
- 1 package Lipton Recipe Secrets (French Onion)

Directions:

1. Heat Air Fryer to 400 F with aluminum foil lined bottom
2. Add potatoes to a Ziplock baggie with olive oil and Lipton packet and shake
3. Empty baggie into the basket and air fry for 15 minutes

SHRIMP: BACON WRAPPED

Ingredients:

- 8 jumbo shrimp, fresh, raw
- ½ tsp steak seasoning
- 4 strips thin sliced bacon, cut in half

Directions:

1. Heat air fryer to 400 F
2. Place shrimp in a bowl, add steak seasoning, and toss to coat
3. Starting just above the tail, wrap half a piece of bacon around each shrimp
4. Place in the basket of the air fryer seam-side down
5. Cook for 5 minutes
6. Flip and cook for 5 minutes more

-top-

SHRIMP: BANG BANG

Ingredients:

- 1 lb. shrimp shelled, deveined
- ¼ cup flour
- ½ tsp salt
- 1 large egg lightly beaten
- ½ cup panko breadcrumbs

For the sauce

- ¼ cup mayonnaise
- 1 Tbs sweet Thai chili sauce
- ½ Tbs Sriracha
- ¼ tsp honey

Directions:

1. Clean and dry the shrimp
2. You need three shallow bowls. Add flour and salt to one bowl, egg to another bowl, and breadcrumbs to the third bowl. Start by coating the shrimp in flour, then dip it in the egg mixture, then coat it with breadcrumbs. Bread all the shrimp this way
3. Heat air fryer to 400 F for 3-5 minutes
4. Lightly spray air fryer basket with oil and place shrimp in the basket, leaving space between each shrimp and lightly spray the tops of the shrimp
5. Cook for 6 minutes, turning the shrimp over at the halfway point - continue until all shrimp are cooked
Large shrimp may need more time to cook through
6. Mix the sauce ingredients together in a bowl
7. Once shrimp are cooked, toss the shrimp in a bowl with the sauce to fully coat*
8. Serve over rice, if desired

Notes

*Wait for the shrimp to cool slightly before tossing with the sauce to retain the crispy exterior
Serve as an appetizer, or over rice as a meal

-top-

TILAPIA (BLACKENED)

Ingredients:

- 4-6 oz tilapia fillets
- 2 Tbs paprika
- 2 tsp brown sugar
- 1 tsp dried oregano
- 1 tsp garlic powder
- ½ tsp cumin
- ¼ tsp cayenne pepper
- 1 tsp salt
- olive oil spray

Directions:

1. Start by making the rub, mix together the paprika, brown sugar, oregano, garlic powder, cumin, cayenne pepper and salt in a small bowl
2. Then rub the spices onto the fish (both sides)
3. Spray the fish with olive oil spray, and then place into the air fryer basket
4. Set the temperature for 400 F and cook for 4 minutes
5. After 4 minutes, flip (spray again) and cook another 4 minutes
6. Plate, serve and enjoy!

-top-



-top-

BEEF BOURGUIGNON

Ingredients:

- 3 lbs. chuck cubes or stewing beef
- ½ lb. bacon chopped
- 1 tsp salt
- ½ tsp pepper
- 1 onion chopped
- 2 carrots chopped
- 3 Tbs flour
- 4 cups beef broth, heated
- 2 cups red wine
- 12 oz mushrooms
- 1 lb. baby potatoes, optional
- 3 Tbs tomato paste
- 3 cloves garlic minced
- 2 sprigs fresh thyme or ½ tsp thyme leaves
- 1 sprig fresh rosemary or ½ tsp dry rosemary
- 1 bay leaf
- parsley (for serving)

Directions:

1. Heat oven to 325 F
2. Cook bacon until crisp then remove bacon from the pan leaving the fat in the bottom of the pan
3. Dab the beef dry with a paper towel and season with salt and pepper
4. Brown in the bacon fat in small batches then remove from the pan and set aside
5. Add onions and carrot to the pan and cook 2-3 minutes or just until the onion begins to soften
6. Add beef back to the pan, stir in flour, and cook 2-3 minutes
7. Add broth, wine, mushrooms, potatoes (if using), tomato paste, garlic, thyme, rosemary, and bay leaf
8. Cover and bake 2½-3 hours
9. Remove bay leaf, stir in bacon
10. Serve

Notes:

Potatoes can be added to this stew or you can leave them out and serve the stew over mashed potatoes

Choose beef that is well marbled and trim off visible fat (chuck is a favorite)

Choose a dry red wine, like Pinot Noir, Cabernet, or Merlot

Add in the bacon at the end but leave a little bit to garnish too!

To thicken stew further after baking, combine equal parts cornstarch and water and add to simmering stew a little bit at a time while whisking to reach desired consistency

-top-

BILLIONAIRE BEEF

Ingredients:

- 2-8 oz beef tenderloins or filet mignon steaks
- 2 Tbs unsalted butter
- 2 tsp kosher salt
- ½ tsp coarse ground black pepper

Directions:

1. Heat the oven to 450 F
2. Add the butter to a small cast-iron skillet that is just slightly bigger than the steaks on high heat
3. Season the steaks all over with the salt and pepper
4. Sear the steaks on one side until browned, about 2-3 minutes
5. Flip the steaks then carefully place the seared steaks, still in the skillet, into the oven and cook until a thermometer inserted into the center reaches the desired doneness

125 F and about 4 minutes for rare

140 F and about 5-6 minutes for medium (almost sacrilegious)

160 F and about 7-10 minutes for well done (definitely sacrilegious)

6. Transfer the cooked steaks from the oven and place them on a plate covered with foil
7. Allow the steaks to rest for 10 minutes
8. Serve

-top-

BRISKET: MEDITERRANEAN

Ingredients:

- 1-2½ lbs. piece flat-cut brisket, fat trimmed off
- 1-14½ oz can diced-tomatoes with juice
- ½ cup dry red wine
- 5 cloves garlic, chopped
- ⅓ cup Kalamata or other black olives, pitted and chopped
- ½ tsp dried rosemary
- salt and pepper
- 1 Tbs finely chopped fresh parsley

Directions:

1. Place tomatoes, wine, garlic, olives and rosemary in slow cooker and stir to combine
2. Sprinkle meat with 1½ tsp. salt and pepper to taste
3. Place brisket on top of tomato mixture and spoon some of the tomato mixture over meat to coat
4. Cover slow cooker and cook on high until meat is fork-tender, 5-6 hours
5. Carefully transfer brisket to a cutting board, tent with foil and let stand for 10 minutes
6. Skim excess fat from sauce and season with salt and pepper
7. Slice brisket against grain and transfer to a serving platter
8. Spoon some sauce over meat and sprinkle with parsley
9. Serve brisket with remaining sauce on side

BRISKET: SMOKED THEN SOUS VIDE

Notes:

Trimmed brisket sized to fit into a sous vide bag

Place brisket in smoker at 250 F @ 1.255 hours per lb.

Let brisket cool and then vacuum seal and place in a 195 F sous vide for the same amount of time that it was in the smoker for slicing or twice the amount of time in the smoker for chopped.

If not eating that day ... leave vacuum sealed and reheat in the sous vide @ 148 for 2 hours for slicing.

-top-

CARNE ASADA

Ingredients:

- 3 lbs. stew meat
- 1 Tbs oil (lard, bacon grease, etc.)
- 1 medium onion, diced
- 1 small green bell pepper, diced, optional
- 3 Tbs tomato sauce or 1 large tomato, diced
- 1 tsp garlic powder or 3 cloves of garlic, minced
- 2 tsp ground cumin
- 2 tsp salt
- ½ tsp black pepper
- 2 Tbs all-purpose flour
- 1 cup water or chicken stock
- flour tortillas, rice or mashed potatoes, for serving

Directions:

1. In a large pan, brown the stew meat in oil of choice with onions and green pepper (if using) over high heat
2. Add the tomato sauce (or tomato), garlic powder (or fresh garlic), cumin, salt and pepper and stir well
3. Sprinkle the flour over the meat and mix well
4. Add the water (or stock) and mix well so there are no lumps
5. Bring to a boil, cover pan and reduce heat to low
6. Cook for 1½ hours, or until meat is tender
7. Taste and adjust seasonings if necessary
8. Serve with rice, tortillas or mashed potatoes

-top-

CHICAGO STYLE BREADED STEAK SANDWICH

Ingredients:

- 4 flank steaks, sliced thin
- Flour for dredging
- 2 eggs
- 1/4 cup of milk
- 1 cup Italian seasoned bread crumbs
- 4 Tbs of fresh grated Parmesan cheese
- 1/2 tsp salt
- 1/2 tsp fresh ground black pepper
- 4 Tbs of vegetable oil
- 1 Tbs butter
- Marinara sauce, heated
- Italian dinner rolls
- 1/2 cup of mozzarella cheese, shredded

Directions:

1. Dip the steaks in the flour then pound out thin (about 1/4 inch)
2. In a wide container mix together the eggs and milk
3. In another dish, mix together the bread crumbs, Parmesan cheese, salt and pepper
4. Heat the oil and butter in a large skillet
5. Dip the steaks into the egg and then the breadcrumb mixture
6. Fry the steaks in the oil and butter on both sides until golden brown
7. Place the steaks on a paper towel covered plate to drain
8. Dip the steaks in the hot marinara and place on the bread
9. Top with shredded mozzarella
10. Add sweet peppers and/or hot or mild giardiniera

-top-

Ingredients:

The beef

- 1 boneless beef roast, about 3 lbs. with most of the fat trimmed off

The rub

- 1 Tbs ground black pepper
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp crushed red pepper

The juice

- 5 cups of hot water
- 2 cubes of beef bouillon
- 1 can beef consommé
- 2 packages dry Italian-style salad dressing mix (.7 oz)

The sandwich

- 3 green bell peppers (medium sized)
- 1 cup giardiniera (Chicago-style)
- 1 Tbs olive oil, approximately
- 10 soft, fluffy, high gluten rolls, sliced lengthwise but hinged on one side or Italian bread loaves cut widthwise into 10 portions

Gonnella, Turano, and D'Amato are the bakers of choice in Chicago

Directions:

1. Let the meat sit at room temp for about 30 minutes while heating the oven to 400 F
2. Mix the rub in a bowl. Sprinkle it generously on the meat and massage it in
There will be some left over, but do not discard it, as you will use it in the juice
3. Pour the water into a 9"x13" baking pan and heat it to a boil on the stove top
4. Dissolve the bouillon in the water and add the Italian salad dressing packages and the remaining rub
5. Place a rack on top of the pan. Place the roast on top of the rack above the juice
6. Roast at 400 F until interior temperature is 130-135 F for medium rare, about 30 minutes per lb.
7. Cut the bell peppers in half and remove the stems and seeds. Rinse, and cut into ¼" strips
8. Cook the peppers in a frying pan over a medium high heat with enough olive oil to coat the bottom, about 1 Tbs
9. Set aside and cool and store until needed
10. Remove the roast and the juice pan
11. Let the meat sit for about 30 minutes for the juices to be reabsorbed into the meat fibers, and then place it in the coldest part of the refrigerator
12. Let it cool for a few hours, long enough for the meat to firm up
13. Slice the meat against the grain as thin as humanly possible, preferably with a meat slicer
14. Taste the juice. If you want you can thin it with more water, or make it richer by cooking it down on top of the stove. Then turn the heat to a gentle simmer

15. Soak the meat in the juice for about 1 minute at a low simmer
That's all. That warms the meat and makes it very wet. Don't leave the meat in the juice for more than 10 minutes or else it starts to curl up, squeezes out its natural moisture, and toughens
16. To assemble the sandwich, start by spooning some juice directly onto the bun
17. Get it wet
18. Then lay on the beef generously and spoon on more juice
19. Top it with bell pepper and, giardiniera
20. If you want it "wet", dip the whole shooting match in juice
21. Be sure to have plenty of napkins on hand!

-top-

CHICAGO STYLE ITALIAN BEEF (OLD SCHOOL)

Ingredients:

- 5 lbs. top round roast
- beef stock
- 12 oz butter (1½ sticks), room temperature
- 2 Tbs kosher salt
- 2 slices bacon
- 4 cloves garlic
- ½ tsp oregano
- 1 Tbs fresh parsley
- 2 tsp black pepper
- olive oil, if needed

Directions:

Day One: (or the night before)

1. Prepare the beef stock

Day Two:

2. Place everything in a food processor and make a paste. If the mixture's a little hesitant, add some glugs of olive oil to smooth things along
3. Then rub the roast with the paste, place on a rack, and refrigerate overnight if you have time
4. Otherwise, place into a deep roasting pan and slide into a 325 F oven
5. Roast for one hour, then pour in the stock and braise another hour
6. When it's a perfect just-medium-rare (call it 125-130 F), remove, cool, and refrigerate overnight

Day Three:

7. I happen to own a deli slicer - This is why we refrigerated the beef the day before. The beef firms up so you can run it easily through the slicer
If you do your slicing with a knife, know that I appreciate and honor you but I do not share your journey
8. Once you've got slices thin enough to read the Sunday paper through, put them back in the roasting pan and gently bring it back up to temperature
9. Scoop the heated beef slices and gravy onto a warm French roll
325 F for 5 minutes will do it
10. Add giardiniera if you like (*a must in this house*)
11. Then it's time to dip!

-top-

CHILI: CINCINNATI STYLE

Ingredients:

- 1 Tbs olive oil
- 2 onions finely chopped, plus more for topping
- 1 oz unsweetened chocolate, see note 1
- 1 clove garlic minced
- 2 Tbs chili powder
- 1 Tbs dried oregano
- 1½ tsp ground cinnamon
- ¾ tsp allspice
- ½ tsp ground cloves
- 2 cups chicken broth
- 16 oz tomato sauce
- 2 Tbs apple cider vinegar
- 2 Tbs tomato paste
- 2 tsp brown sugar
- 2 tsp Worcestershire sauce
- Salt and freshly ground black pepper
- 2 lbs. ground beef, preferably 85/15, see note 2
- 16 oz cooked spaghetti for serving
- shredded cheese dark red kidney beans, finely chopped onions, and oyster crackers, for serving, see note 3

Directions:

1. In a Dutch oven or large pot over medium-high heat, heat oil until shimmering
2. Cook onions until softened, about 5 minutes
3. Stir in chocolate, garlic, chili powder, oregano, cinnamon, allspice, and cloves until fragrant, about 30 seconds
4. Add broth, tomato sauce, vinegar, tomato paste, brown sugar, and Worcestershire sauce
5. Stir in beef and bring to boil
6. Reduce heat and simmer until thickened, about 20 to 25 minutes
7. Season to taste with salt and pepper, I like 1 teaspoon salt and ½ teaspoon pepper
8. Serve over cooked spaghetti with desired toppings such as cheese, beans, onions, and crackers

Notes:

1. Unsweetened chocolate: Just one ounce is all you need, but the super fans swear it makes all the differences.
2. Ground beef: You won't have a chance to drain the fat from the beef in this recipe. I think 85/15 is ideal for maximum flavor without too much grease, but you can choose something leaner if you want to.
3. Toppings: Build your bowl with spaghetti, chili, and cheese, then top it off with onions, kidney beans, or even oyster crackers if you want to. Here's the official guide to the "ways" Skyline serves their chili:
 - 2-Way: spaghetti, chili
 - 3-Way: spaghetti, chili, Cheddar cheese
 - 4-Way: spaghetti, chili, Cheddar cheese, onions OR beans
 - 5-Way: aka "the works": spaghetti, chili, Cheddar cheese, onions AND beans

-top-

Ingredients:

- 2 lb. of beef (chuck, shoulder, or clod, cut into cubes)
- 3 dried ancho chilies
- 3 dried guajillo chilies
- 3 dried New Mexico chilies or pasilla
- 4 cups of beef stock (divided)
- 2 tsp of kosher salt
- 1 tsp black pepper
- 2 tsp of canola oil
- 3 cloves of garlic (minced)
- 1/2 cup of diced onion
- 2 tsp of ground cumin
- 1 tsp of dried oregano
- small tortillas or cooked rice (optional)

Directions:

1. Remove the stems and seed from all chilies then tore into pieces. Toast over medium heat in a saucepan for about 1 to 2 minutes to let the flavors come out. Next, add 2 cups of beef stock and let it come to a gentle boil. Turn off the heat, cover the saucepan, and steep for about 25 minutes
2. Season beef cubes with salt and pepper, then toss to mix. Get a large saucepan or Dutch oven, place it over medium-high heat and add some canola oil. Once hot, sear the beef cubes on two sides for 5 minutes. Do it in batches
3. Lower the heat to medium. Add garlic, onion, cumin, and oregano – sear with beef cubes for about 2 to 3 minutes. Next, add 2 cups of beef stock and bring it to a gentle boil. Transfer it to a slow cooker set to high; cover it with the lid
4. Transfer chilies and broth to a blender and puree until smooth. Next, combine it with the beef. Stir well and cook on high setting for about 1 hour. Reduce to the low setting, remove the lid, and cook for another 2 hours. Make sure to stir it periodically
5. Serve this delicious beef chili with tortillas or cooked rice

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CHILI: MY NEW FAVORITE

Ingredients:

- 2 lbs. ground meat
- 2 cans diced Fire Roasted w/ garlic tomatoes
- 1 onion, diced
- 4 oz Hatch green chilis (optional)
- 3 packages (3oz) William's Chili Seasoning
- 3 cans Bush's Best Chili Magic

Directions:

1. Brown and break apart the ground meat w/ the diced onion then drain
2. Add remaining ingredients to the meat (except for the Bush's Chili Magic) and simmer for 1 hour
3. Add the 3 cans Bush's Best Chili Magic, stir and simmer for ½ hour
4. Serve!

CHILI: MY NEW FAVORITE FROM TIKTOK

Ingredients:

- 3 lbs. ground chuck (80/20)
- 1 lb. breakfast sausage (Jimmy Dean Regular)
- 1 large white onion – diced
- 2 heaping teaspoons minced garlic (or fresh if you have it)
- Jalapenos – diced
- 44 oz diced tomatoes
- 44 oz tomato sauce
- 4 oz Hatch green chilis
- 3 packages (3oz) William's Chili Seasoning
- 6 oz tomato paste
- 3 cans Bush's Best Chili Magic

Directions:

1. Brown and break apart the ground chuck then drain
2. Add breakfast sausage to the chuck and break up and start simmering
3. Add remaining ingredients to the meat (except for the Bush's Chili Magic) and simmer for 1 hour
4. Add the 3 cans Bush's Best Chili Magic, stir and simmer for ½ hour
5. Serve!

[-top-](#)

Ingredients:

- 2¼ lbs. ground sirloin (90/10)
- 1 large onion
- 2 package McCormick original chili seasoning mix
- 1-8 oz can tomato sauce
- 1-14½ oz can diced-tomatoes
- 1-14½ oz can stewed-tomatoes
- 1-14½ oz can red kidney beans
- 1-14½ oz can pinto beans
- diced celery (*celery to onion ratio is about 70%*)
- 1-12 oz can of beer
- 2 Tbs chili powder
- 1 Tbs salt
- 1 Tbs black pepper
- red pepper flakes, to taste
- cayenne pepper, to taste

Directions:

1. Add olive oil to pot to cover bottom of the Dutch oven, add onions & celery – cook until softened
2. Add beef and cook until no longer pink
3. Drain excess fat and grease
4. Pour beef, onion & celery combination back into the Dutch oven on medium heat

Add the following:

5. 1 package McCormick original chili seasoning mix
6. 2 Tbs chili powder
7. 1 Tbs salt
8. 1 Tbs black pepper
9. red pepper flakes, to taste
10. cayenne pepper, to taste
11. 1-12 oz can of beer
12. Stir until well mixed

Add the following:

13. 1-8 oz can tomato sauce
14. 1-14½ oz can diced-tomatoes, not drained
15. 1-14½ oz can stewed-tomatoes, not drained
16. 2-14½ oz can red kidney beans
17. *Stir until well mixed*
18. Bring to a boil then lower heat and simmer covered (bubbling right along) for a couple of hours to allow it to cook down (*at a minimum 3–4 hours*)
19. Stir occasionally and re-season to taste!

Optional Items:

jalapeño peppers, diced onions, sour cream, shredded cheese (Cheddar, Pepper Jack whatever)

-top-

Ingredients:

- 1 tablespoon oil, neutral-flavored
- 2 lbs. pork loin, boneless and cubed
- 1 lb. beef stew meat, cubed
- 1 large sweet Vidalia onion, chopped
- 5 cloves garlic, peeled and sliced
- 8 ounces bacon, chopped
- 1/4 cup chili powder
- 1-10½ oz can golden pork gravy
- 1-10¼ oz beef gravy
- 1-8 oz can tomato sauce
- 1-12 ounce can lager beer
- 1-14¼ oz can tomatoes and green chilies
- 1-15 oz can kidney beans
- salt, to taste
- black pepper, to taste
- 4 ounces yellow corn tortilla chips, crushed
- jalapeño, sliced, optional, for topping
- cheddar cheese, shredded, optional, for topping
- sour cream, optional, for topping

Directions:

1. In a large skillet on the stovetop, heat the oil
2. Once the oil is shimmering hot, add the pork loin, beef stew meat, and onion
3. Brown the meat and onion, about 2-3 minutes per side
4. Add the garlic and cook until fragrant, about 30 seconds
5. Add the meat, onion, and garlic into a slow cooker
6. Add the bacon, chili powder, pork gravy, beef gravy, tomato sauce, beer, tomatoes and green chiles, kidney beans, salt, and pepper into the slow cooker
7. Cover the slow cooker and cook on low for 7-8 hours
8. Add the tortilla chips and cook until the chips have been incorporated into the chili, about 30 minutes to 1 hour
9. Serve hot with your preferred toppings!

-top-

CHILI: TEXAS STYLE

Ingredients:

- 1 cube beef bouillon cube
- 16 oz beef broth
- ¼ tsp cayenne pepper
- 1 cube chicken bouillon cube
- 3 Tbs chili powder - dark
- 3 Tbs chili powder - mild
- 1 tsp salt
- 1 tsp black pepper
- 2-2¼ lbs. chuck roast, coarsely ground - chili grind
- 1 Tbs cumin
- 2 tsp garlic, granulated
- 1 to 3 jalapenos, scored vertically, optional
- 2 Tbs onion, granulated
- 2 tsp paprika
- ½ tsp white pepper
- 1 package Sazon Goya cilantro-tomato seasoning
- 8 oz tomato sauce
- ½ cup water

Directions:

1. In a chili pot over medium heat, sear meat until gray, taking care not to brown it
Browning changes texture
2. Remove grease using a turkey baster or by draining meat in a colander in the sink, then add: 16 oz beef broth, 8 oz tomato sauce and ½ cup water
3. Tie the jalapeños in cheesecloth and add to pot
4. Cover and cook 30 minutes, adding water as needed, then remove the jalapeños, then add: 1 cube beef bouillon cube, ¼ tsp cayenne pepper, 1½ Tbs chili powder - dark, 1½ Tbs chili powder - mild, 1 cube chicken bouillon cube and 2 Tbs onion (granulated)
5. Stir, cover, and simmer for 1 hour, adding water if mixture gets too thick, then add: 1 Tbs cumin, 2 tsp garlic (granulated), 1½ Tbs chili powder - dark, 1½ Tbs chili powder - mild, 2 tsp paprika, ½ tsp white pepper, and 1 package Sazon Goya cilantro-tomato seasoning
6. Add more water if necessary
7. Cover and simmer for 30 minutes

-top-

Ingredients:

- 2 Tbs extra virgin olive oil
- 6 lbs. boneless beef chuck or shoulder cut into ¾" cubes
- 6 cloves of garlic (minced)
- 6 Tbs chili powder (preferably Gebhardt brand)
- 4 tsp ground cumin
- ½ cup all-purpose flour
- 2 Tbs dried oregano
- 4-14 oz cans low sodium beef broth
- 2 tsp kosher salt
- black pepper (freshly ground)
- ½ cup masa harina (instant corn flour)
- white onion (chopped)
- jalapenos (sliced, pickled)

Directions:

1. Heat 1 Tbs olive oil in a large Dutch oven over medium-high heat
2. Add half of the beef and cook, stirring until browned, about 4 minutes; transfer to a plate
3. Add the remaining 1 Tbs olive oil and add the remaining beef and cook, stirring until browned, about 4 minutes, then return the first batch to the pot
4. Reduce the heat to medium and stir in the garlic
5. Combine the chili powder, cumin and flour in a small bowl. Sprinkle over the meat in the pot and stir until evenly coated
6. Crumble in the oregano with your fingers, then add 3 cans beef broth, 2 tsp salt and ¼ tsp pepper, stir to combine
7. Bring to a boil, then reduce the heat to low; partially cover and simmer until the meat is just tender, about 1½ hours
8. Whisk the remaining 1 can broth with the masa harina in a bowl to make a creamy paste; stir into the chili
9. Continue simmering over low heat until the meat is almost falling apart, 30 minutes to 1 hour, adding up to 2 cups of water if the chili gets too thick
10. Divide among bowls and top with the onions and jalapenos

-top-

Ingredients:

- 2¼ lbs. ground beef
- 2 chopped stalks celery
- A medium chopped onion
- 1 chopped green bell pepper
- 3-14 oz cans stewed tomatoes
- 10 oz can Ro★Tel diced tomatoes with green chiles
- 14 oz can tomato sauce
- 1 cup water at room temp
- 2 Tbs of olive oil
- 2 packets chili seasoning
- 14 oz can kidney beans (do not drain)
- 14 oz can pinto beans (do not drain)
- ¼ tsp salt
- ¼ tsp ground black pepper
- 2 Tbs. vinegar, you can use more if desired

Directions:

1. In a large saucepan, heat the olive oil over medium-high heat until shimmering
2. Press the ground beef into the heated oil to make a single large patty; cook until the bottom is browned, for around 8-10 minutes
3. Cook, stirring, and breaking up the ground beef into crumbles until the meat is no longer pink, approximately 5 additional minutes
4. In a large skillet over medium heat, sauté ground beef until onion is transparent, approximately 5 minutes
5. Add stewed tomatoes, canned diced tomatoes with green chiles, tomato sauce, and one cup of water at room temp, stirring constantly, until beef is well cooked
6. Then, remove big chunks of stewed tomatoes from the pan and break them up into smaller pieces
7. Add in the chili spice and mix well
8. At this point, you need to add the kidney beans and pinto beans into the chili mixture, season with black pepper, salt, and cumin, and bring to a simmer
9. To finish, reduce the heat to low and let it cook for 1 hour, stirring occasionally until it's done cooking

-top-

CHOP SUEY (FROM MOM)

Ingredients:

- 1½ lbs. beef stew meat
- 3 Tbs flour
- 3 Tbs oil
- ½ tsp pepper
- 1½ tsp salt
- 1 Tbs soy sauce
- 2 cups water (hot)
- 1 tsp *Worcestershire* sauce
- 3 cups celery (coarsely chopped)
- 1½ cups onions (coarsely chopped)
- 3 Tbs cornstarch
- ¼ cup water (cold)
- 1 can Chinese vegetables (large can)
- 2 Tbs molasses (use *Kitchen Bouquet*)
- Rice

Directions:

1. Coat meat with flour and brown in hot oil
2. Add sauces (soy & *Worcestershire*), salt, pepper, & hot water
3. Cover and simmer 1½ hours (or until meat is tender)
4. Add celery and onions and cook 10 minutes or until vegetables are barely tender
5. Mix cornstarch with water (cold) and add
6. Cook, stirring constantly until thickened
7. Add Chinese vegetables and molasses
8. Heat 3-5 minutes longer
9. Serve over hot rice

-top-

CUBE STEAK WITH MUSHROOM GRAVY

Ingredients:

- 1 pkg cube steak
- flour (dredge)
- ½ tsp garlic powder (dredge)
- ½ tsp onion powder (dredge)
- salt (dredge)
- pepper (dredge)
- ½ onion
- 6 oz mushrooms
- 1 cup beef broth
- Lipton onion soup mix
- 1 tsp corn starch (mixture)
- 1 Tbs water (mixture)
- parsley, optional

Directions:

1. Prepare the dredge
2. Dredge the cube steak into the seasoned flour
3. In a hot cast iron pan, cook the cube steaks 2 minutes per side then remove
4. Add onion and mushrooms to the pan – cook until soft
5. Add broth and Lipton soup mix
6. Add corn starch mixture
7. Add cube steaks back into the pan and cover with onion and sauce
8. Simmer on low for a couple of minutes to warm through and until sauce thickens
9. Garnish with parsley

-top-

ENCHILADA: ONE SKILLET EASY CASSEROLE

Ingredients

- 1 lb. ground beef
- 1 small yellow onion
- 3 cloves of garlic
- 1 can red enchilada sauce
- 1 can Ro★Tel (diced tomatoes)
- 1 small can Hatch green chilies
- 1 can of beans (your favorite)
- 2 Tbs chili powder
- 2 tsp cumin
- 8 corn tortillas
- 2 cups grated cheese (1 cup Mexican style + 1 cup pepper jack)
- green onions to taste

Directions:

1. Brown 1 lb. ground beef – half way cooked add one small yellow onion and 3 cloves of garlic and cook until no longer pink
2. Add enchilada sauce, Ro★Tel, green chilies and beans
3. Add chili powder & cumin
4. Add tortillas cut into strips and add then mix well cooking for 5 minutes
Covered the last 2½ minutes
5. Add cheese to the top then green onions (black olives optional) and turn heat off and cover until cheese on top has melted
about 5 minutes

-top-

ENCHILADAS: AUTHENTIC BEEF

Ingredients

- 1 Tbs vegetable oil (I used canola)
- 2 onions, chopped (about 2 cup)
- 1¼ lbs. top sirloin steak or top blade steak
- 3 garlic cloves, minced (I doubled this because I love garlic)
- ¼ cup canned pickled jalapenos, chopped
- 8 oz Monterey jack or mild cheddar cheese, shredded (I used a Mexican blend)
- 3 Tbs chili powder
- 2 tsp ground coriander
- 1-15 oz can of tomato sauce
- 2 tsp ground cumin
- 1 tsp sugar
- 12-6" corn tortillas
- ½ cup water
- ⅓ cup fresh cilantro
- 1 tsp salt plus salt for seasoning meat

Directions

1. In a mixing bowl, add 1 tsp salt, garlic, sugar, chili powder, cumin, and coriander and whisk until well blended
2. Use paper towels to pat dry the meat then sprinkle salt and rub until well coated
3. Place a Dutch oven on the stove and turn the heat to medium-high
4. Add oil and allow it to become hot then add the meat, then sear each side for about 6 minutes or until brown. Transfer onto a clean plate
5. In the same Dutch oven, add onions and sauté for about 5 minutes or until a bit caramelized then add the garlic mixture, then sauté for a minute until aromatic
6. Add water and tomato sauce. Stir until blended and allow the mixture to boil
7. Put the meat back into the pot, then toss until well-coated with the sauce
8. Turn the heat down to low, then cover the pot and simmer the meat for 1½ hours or until fork-tender
9. Transfer the meat into a large bowl, then use two forks to shred it into small pieces. Set aside the sauce then add jalapenos, cilantro, and 1 cup of cheese into the bowl with the shredded meat. Stir until well mixed
10. Add sauce to the bottom of a 9"x13" baking dish and spread it evenly
11. Cover 6 corn tortillas with a damp paper towel, then place them inside the microwave and heat for 20 seconds. Remove from the microwave. Repeat the process with the rest of the tortillas
12. Add ⅓ cup of the meat mixture to the middle of each tortilla and spread it evenly, then roll it and arrange the tortillas into the prepared baking dish
13. Add the rest of the sauce on top of the enchiladas and spread it evenly. Make sure to coat them well
14. Sprinkle 1 cup of cheese on top
15. Wrap everything with aluminum foil then place them inside the oven and bake for about 20-25 minutes at 350 F
16. Remove the foil cover, then bake for another 5-10 minutes or until the cheese turns golden brown

-top-

GARLIC BUTTER STEAK BITES

Ingredients

- 1 Tbs olive oil
- 1½ lb. sirloin steak cut into bite size pieces, or strip loin, tenderloin, strip steak or rib eye
- ½ tsp salt or to taste
- ½ tsp pepper or to taste
- 2 Tbs butter unsalted
- 4 cloves garlic minced
- ¼ tsp red pepper flakes
- 1 Tbs parsley fresh, chopped

Directions:

1. Add the olive oil to a large skillet and heat it over high heat
2. Make sure the olive oil is hot, then add the steak pieces to it
3. Season them generously with salt and pepper
4. Cook for at least 2 minutes before stirring the steak pieces
You want to make sure you get a good sear on them
5. Continue cooking for another 2 minutes until they're golden brown
If your skillet isn't big enough, you may need to do this batches
6. Transfer the steak bites to a plate and in the same skillet add the butter
7. Turn the heat down to a medium and after the butter has melted, add the garlic and red pepper flakes
8. Cook for about 30 seconds while stirring, just until the garlic becomes aromatic and starts to brown
9. Pour the garlic butter over the steak bites and toss well
10. Garnish with parsley and serve

-top-

Ingredients

Steak Marinade:

- 1/3 cup lime juice
- 1/4 cup pineapple juice (no sugar added)
- 2 Tbs *Worcestershire* sauce
- 3 Tbs olive oil
- 1 Tbs minced garlic
- 2 tsp ground cumin
- 2 tsp chili powder (or more to taste)
- 1 tsp kosher salt
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 1/2 tsp red pepper flakes (or more to taste)
- 1/4 cup chopped cilantro

Fajitas:

- 1 1/2-2 lbs. skirt or flank steak
- 1 Tbs oil (high heat)
- 2 medium white onions, sliced
- 1 large poblano, ribs and seeds removed then sliced
- 2-3 bell peppers, thinly sliced (any color you please!)

Optional:

- guacamole, salsa, cilantro leaves, salsa Verde, sour cream, black beans, rice, tortillas, cilantro-lime rice, sautéed corn, tomatoes, lettuce, shredded cheese, sour creams, etc.

Directions:

1. Combine the ingredients for the marinade in a large shallow bowl. Give it a taste and check for seasonings, adjust to preference. Coat the steak with the marinade and let sit covered in the refrigerator for at least 2-4 hours and ideally overnight
2. Remove from the refrigerator 30 minute prior to cooking
3. Set a large cast iron skillet or pan over high heat and let heat up for a couple of minutes
4. Add the steak to the pan and fry on each side for about 3-5 minutes or longer if you'd like it more done. Feel for desired firmness. The 3 minutes/side will yield a medium rare doneness. If the pan becomes too hot, reduce the heat to medium high. Remove the steak from the pan and allow to rest for several minutes tented with a piece of foil. Slice the meat against the grain into thin slices
I like to do so on an angle so the meat slices are tender and thin
5. Add the remaining Tbs of oil to the pan over high heat, add in the onions, poblano, and bell peppers
6. Let the veggies begin to sizzle and toss as necessary, cook for a total of 2-3 minutes or longer if you prefer them softer, season with a pinch of salt and pepper
If your pan is small, cook the veggies in a few batches so they don't steam
7. Serve them in tortillas or on rice bowls topped with your favorite toppings!

-top-

GARLIC BEEF AND BROCCOLI NOODLES

Ingredients

- 1 Tbs olive oil
- 8 oz flank steak, sliced against the grain
- 3 cup broccoli florets
- 8 oz wide rice noodles
- 3 garlic cloves, minced
- ¼ cup packed brown sugar
- 8 oz mushrooms, sliced
- ½ cup reduced-sodium soy sauce
- ¼ tsp ground ginger
- 2 tsp sesame oil
- ¼ tsp crushed red pepper flakes
- 2 Tbs Hoisin sauce
- 1 Tbs cornstarch
- ¼ tsp pepper

Directions

1. Following the package directions, cook the noodles in a large pot of boiling water
2. In the last 5 minutes of cooking, add the broccoli and cook until tender
3. Drain when done
4. While the noodles cook, heat the olive oil in a medium-sized skillet
5. Once the oil is hot, add the steak to the skillet and cook until no longer pink
6. Then, add the garlic and mushrooms and continue to cook for another minute
7. Place the brown sugar soy sauce, hoisin sauce, sesame oil, ginger, red pepper, pepper, and cornstarch in a small bowl
8. Mix well until blended
9. Add the sauce to the skillet and then add the noodles and toss to coat

-[top](#)-

ITALIAN ROAST BEEF SLIDERS

Ingredients

- ¼ cup butter, melted
- 2 tsp *Worcestershire* sauce
- 1 tsp *Dijon* mustard
- 1 tsp Italian seasoning
- ¼ tsp granulated garlic or garlic powder
- ¼ tsp onion powder
- 12 Hawaiian sweet rolls, (I used the Kings Hawaiian savory butter variety)
- 4 oz sliced Provolone cheese, (6 slices)
- ½ lb. thinly sliced deli roast beef
- ½ cup diced jarred pepperoncini, (like Mezzetta brand)
- 1 tsp poppy seeds, or as needed

Directions

1. Heat the oven to 350 F
2. Lightly coat a rectangular baking dish large enough to hold your slider rolls with nonstick cooking spray
3. Whisk together the melted butter, *Worcestershire*, *Dijon*, Italian seasoning, granulated garlic or garlic powder, and onion powder in a small bowl and set aside
4. Without separating into individual rolls, slice the top half of the bread off the bottom and place the bottom portion of the rolls in the prepared baking dish
5. Layer the bread with the sliced Provolone, roast beef, and diced pepperoncini and then top with the other half of the rolls
6. Liberally brush the melted butter mixture over the tops of the rolls and sprinkle evenly with poppy seeds
7. Bake, uncovered, for 12-15 minutes, or until the cheese has melted and the tops of the rolls are lightly toasted
8. Use a knife to slice the sliders and serve

-top-

MEATLOAF: *GOLDEN CORRAL'S*

Makes 8 Servings

Ingredients

- 2 lbs. lean ground beef
- 1 medium onion, finely chopped
- ½ to 1 tsp garlic powder, or to taste
- ½ tsp dried oregano
- ½ tsp dried thyme
- ¼ tsp dried basil
- ¼ tsp ground cloves
- ¾ tsp salt, or to taste
- 1 tsp ground black pepper, or to taste
- ½ cup panko bread crumbs
- ⅓ cup grated Parmesan cheese
- 2 eggs
- ½ to ⅔ cup milk
- 1½ Tbs olive or vegetable oil
- ½ cup tomato juice or tomato sauce (do not use ketchup)

Directions

1. Heat oven to 350 F
2. Combine ground beef, onion, garlic, oregano, thyme, basil, cloves, salt, pepper, bread crumbs and Parmesan cheese in a large mixing bowl
3. In a small bowl, beat eggs with milk
4. Add to meat mixture along with oil and tomato juice; mix well with hands
5. Form into loaf shape and put into a 9"x5"- loaf pan or a parchment-lined baking pan
6. Bake at 350 F for 1 hour
7. Remove and drain well; serve with brown gravy if desired

-top-

Ingredients

- 2-2¼ lbs. ground beef
- 2 eggs
- couple splashes of *Worcestershire* sauce
- salt & pepper to taste
Endless possibilities: garlic salt, garlic powder, onion powder, dried onion flakes, red pepper flakes, Jamaican Jerk, Caribbean Jerk, Cavender's Greek Seasoning, Tony Chachere's Creole Seasoning, Montreal Steak Seasoning, etc.
- 1 small onion (diced)
Endless possibilities: diced green or black olives, cheese, can of corn (drained), Hatch green chilies, packet of onion soup mix, brown sugar, can of Ro★Tel (drained) etc.
- ½-1 cup BBQ sauce (1 cup if using *Stove Top* stuffing)
or mustard or ketchup or A1 or chili sauce
- 1 cup bread crumbs or 1 package *Stove Top* stuffing

Directions:

1. Heat oven to 350 F
2. Combine all the ingredients (except for the bread crumbs)
3. Add breadcrumbs or *Stove Top* stuffing and mix until everything starts to form
4. Place all into a greased loaf pan (or not if using non-lean beef such as 80/20)
5. Cook for 1 hour
6. Rest for 5-10 minutes, remove from pan and slice

-top-

Ingredients

- 1 lb. lean ground beef
- ½ lb. Italian Sausage
- 3 tsp salt
- 1 tsp pepper
- 3 tsp garlic powder
- 2 Tbs Italian seasoning
- 1 egg
- 3 slices of bread (crusts removed) and soaked in ½-¾ cup of milk
- Parmesan cheese – couple shakes of the container
- 1 cup Italian blend cheese
- small jar marinara sauce (enough to cover the top of the loaf twice)
- 1 cup mozzarella cheese

Directions:

1. Add all to the *Kitchen Aid* mixer bowl
2. Pull just a little bit of the meat mixture and microwave for taste test
See if you need to adjust seasoning and adjust accordingly
3. Once satisfied, add mixture to a meat loaf pan
4. Top with marinara sauce
5. Heat oven to 400 F and cook for 45 minutes
6. Drain fat/oil from pan
7. Add more marinara to the top of the meatloaf
8. Then top with mozzarella cheese
9. Place back into the oven for 10-15 minutes

-top-

MEXICAN BEEF AND CHEESE WONTONS WITH SALSA (FROM MOM)

Ingredients

- 2 sprays cooking spray
- 2 tsp olive oil
- ½ lb. cooked lean ground sirloin
- 2 oz, shredded (about ½ cup) low fat cheddar or Colby cheese
- 2 Tbs minced canned diced green chiles
- 1 tsp chili powder
- 1 tsp ground cumin
- 30 wonton wrappers
- ½ cup fat free salsa

Directions:

1. Heat oven to 350 F
2. Coat a large baking sheet with cooking spray
3. Heat oil in a small skillet over medium-high heat
4. Add beef and cook until meat is browned, breaking up meat as it cooks, about 5 minutes; drain meat
5. Add cheese, chilies, chili powder and cumin; cook until cheese melts, stirring frequently, about 1 minute
6. Place wonton wrappers on a flat surface; drop meat mixture by teaspoonfuls onto center of each wrapper
7. Moisten edges of wrapper with wet fingers, fold over to cover filling, press down firmly to seal and then gently twist ends to form a "firecracker" shape
8. Transfer filled wrappers to prepared baking sheet and coat surface with cooking spray
9. Bake until wontons are golden brown, about 15 minutes
10. Serve with prepared salsa

-top-

MONGOLIAN BEEF

Ingredients

- 8 oz flank steak (sliced against the grain into ¼-inch-thick slices)
- 1 tsp vegetable oil (plus ⅓ cup for frying)
- 1 tsp soy sauce
- 1 Tbs cornstarch (plus ¼ cup, divided)
- 2 Tbs brown sugar
- ¼ cup hot water (or hot low sodium chicken or beef stock)
- ¼ cup low sodium soy sauce or 1 ½ Tbs water and 2 ½ Tbs regular soy sauce
- ½ tsp ginger (minced)
- 5 dried red chili peppers, optional
- 2 cloves garlic (chopped)
- 1 Tbs cornstarch (mixed with 1 Tbs water to make a slurry)
- 2 scallions (cut into 1-inch-long slices on the diagonal)

Directions:

1. Combine the sliced beef with 1 tsp oil, 1 tsp soy sauce, and 1 Tbs cornstarch. Marinate for 1 hour
The beef should still be quite moist after it has marinated. If it looks too dry, add a Tbs of water to it
2. Next, dredge the marinated beef slices in the remaining ¼ cup of cornstarch until lightly coated
3. In a small bowl, mix brown sugar and hot water (or low sodium chicken or beef stock) until the sugar is dissolved. Mix in ¼ cup low sodium soy sauce. If you don't have low sodium soy sauce, substitute 2½ Tbs regular soy sauce and 1½ Tbs water. The saltiness of various soy sauce brands varies, so give the sauce a taste, and adjust the amounts of sugar/soy sauce/water/stock to your own taste
4. Heat ⅓ cup vegetable oil in the wok over high heat. Just before the oil starts to smoke, spread the flank steak pieces evenly in the wok, and sear for 1 minute (depending upon the heat of your wok). Turnover and let the other side sear for another 30 seconds. Remove to a sheet pan. Tilt it slightly to let the oil drain to one side (lean it on a cookbook or cutting board). The beef should be seared with a crusty coating
5. Drain the oil from the wok, leaving 1 Tbs behind, and turn the heat to medium-high. Add the ginger and dried chili peppers, if using. After about 15 seconds, add the garlic. Stir for another 10 seconds and add the premixed sauce
6. Let the sauce simmer for about 2 minutes and slowly stir in the cornstarch slurry mixture. Cook until the sauce has thickened enough to coat the back of a spoon
7. Add the beef and scallions and toss everything together for another 30 seconds. There should be almost no liquid, as the sauce should be clinging to the beef. If you still have sauce, increase the heat slightly and stir until thickened
8. Plate and serve with steamed rice!

[-top-](#)

PHILLY CHEESESTEAKS

Ingredients

- 1 ribeye steak or round steak or sirloin
- ½ large white onion or 1 small white onion, thinly sliced
- 1 Tbs butter
- salt & pepper to taste
- 1 Tbs olive oil
- 2 hoagie rolls
- 2 Tbs garlic butter
- 3 oz provolone cheese or American cheese

Directions:

1. Place steak in the freezer for 30-60 minutes
2. While steak is freezing, add onions and butter to a pan and cook on low heat until golden, stirring occasionally Be sure to use low and slow heat
3. Remove from pan and set aside
4. Remove beef from the freezer and slice as thinly as possible against the grain
5. Heat a skillet or griddle over medium heat
6. Cut hoagie rolls in half (not all of the way through) and butter with garlic butter
7. Heat rolls in the skillet, butter side down, or broil until golden then set aside
8. Turn the heat on the skillet/griddle up to high
9. Season the thinly sliced beef with salt & pepper
10. Add 1 Tbs olive oil to the hot skillet and add beef
11. Stir until browned, this should only take a couple of minutes
12. Turn heat down to low, add onions and stir to combine
13. Top beef in the skillet with cheese slices and leave for about 1 minute or until cheese begins to melt
14. Place rolls over top of the cheese and using a large spatula, transfer mixture to rolls

Notes:

Freezing the steak makes it easier to thinly slice. Depending on where you shop, the butcher may thinly slice the beef for you (or your store may carry thinly sliced beef)

Optional additions:

2 small green bell peppers and/or sliced mushrooms can be added to the onions once they're softened

*If you don't have garlic butter, spread butter over the rolls and sprinkle with garlic powder before broiling or grilling

-top-

ROULADEN

Ingredients

- 1½ lbs. flank steak (calculate 1 piece each person; if you can get it from a German butcher already sliced; if not slice it as thin as possible, about 1 cm or ½ inches thick)
- *Dijon* mustard or German style mustard, enough to spread a thin layer on each piece
- ½ lb. smoked bacon (Speck) cut in thin slice (per slice meat 1 slice speck)
- 4 medium sized onions
- 3-4 pickles
(preferably German pickles like from Hengstenberg or Kruegermann if available)
- 2½ cups water (as needed)
- red wine to taste, about ¼ cup or more
- 2-3 tsp clarified butter
- 1 celery stalk
- heavy cream or crème fraîche for the gravy
- some dry red wine for the gravy – optional but adds a nice taste
- salt, pepper, mild or sweet red pepper (paprika) to taste

Directions

1. Cut the meat in 6 rectangular pieces, ½" thick, pound the meat if it is too thick
2. Spice them with salt, pepper and red pepper (paprika) on both sides
3. Spread mustard on the spiced side
4. Place one thin sliced bacon stripe on top
5. Chop pickles and onions. The pickles can also be sliced very fine
6. Add onions and pickles on the meat, then roll the slice
7. Use sewing cotton or metal picks to prevent them from falling apart
Don't forget to remove them before serving
8. Heat the oil in a frying pan and fry the rouladen from all sides really well
9. Add celery leaves and another onion and quench it with water (or if you like you can use red wine instead)
10. Put on the lid and let it simmer for at least 1½ hours (the meat should be very tender and might need to cook longer, depending on the meat)
11. Place the Rouladen on a plate, cover with a lid or foil, keep warm in the oven while making the gravy
12. Use the liquid with all ingredients, mix it very well, pour through a fine sieve
13. Mix, depending on how much liquid you have, 2-5 Tbs flour or potato/corn starch with a bit of cold water or red wine, add to the beef juice
14. Add some heavy cream or crème fraîche to the liquid
15. Bring gravy to a brief boil. Should the gravy not have thickened, add some more cornstarch

Notes:

Never use hot water with the starch otherwise it will clump
If needed add 2 Tbs tomato paste (adds a nice darker color)

-top-

SALISBURY STEAK

Ingredients

- 2-10½ oz cans condensed French onion soup
- 1½ lb. ground beef
- ½ cup bread crumbs
- 1 large egg
- ¼ tsp salt
- ¼ tsp pepper
- 2 Tbs flour
- ½ cup ketchup
- ½ cup water
- 2 Tbs *Worcestershire* sauce
- 1 tsp mustard powder

Directions

1. In large bowl, mix together ground beef with ⅓ cup condensed French onion soup, bread crumbs, egg, salt and pepper
2. Shape into 6 oval patties
3. Brown both sides of patties in a large skillet over medium heat
4. Remove excess fat
5. In a bowl, blend flour and remaining soup until smooth
6. Mix in ketchup, water, *Worcestershire* sauce and mustard powder
7. Pour over meat in skillet
8. Cover and cook for at least 20 minutes, stirring occasionally

Notes:

The longer you let simmer, the thicker the gravy becomes

-top-

SOUTHERN GOULASH

Ingredients

- 1 lb. ground beef
- 1 medium onion, chopped
- ⅓ cup red (or green) bell pepper, chopped
- 2 cups elbow macaroni, uncooked
- 1-15 oz can stewed tomatoes
- 1-15 oz can tomato sauce
- 1-15¼ oz can corn (drained)
- 4 cups water
- 1 Tbs sugar
- 1 Tbs Italian seasoning
- 1 Tbs *Worcestershire* sauce
- 1 tsp seasoning salt
- 1 tsp garlic salt
- 1 tsp black pepper
- ½ tsp Cajun seasoning, like *Tony Chachere's*, optional
- ½ cup grated Parmesan cheese
- dash of Tabasco sauce
- 2 cups Cheddar cheese, shredded

Directions

1. Brown ground beef along with the chopped onion and the chopped bell pepper
2. Add the tomatoes, tomato sauce, and seasonings
3. Then add macaroni and water
4. Bring to a boil then turn to low
5. Stir well to be sure it isn't sticking
6. Add the corn, stir and cover and simmer until the macaroni is tender and most of the water is absorbed, about 15 minutes
If it seems too dry add a little more water. If there's too much liquid, just leave the top off for a little while and turn the heat up a little. The extra water will evaporate. It's usually not too moist, but sometimes you do have to add a little water. Don't overcook the pasta
7. Before serving, sprinkle with the Parmesan and the Cheddar cheeses
8. If you used an ovenproof pan, you can put this in the oven to melt the cheese or just cover and let it melt on the stove

-top-

SOUTHERN-STYLE BEEF AND SAUSAGE AMERICAN GOULASH

Ingredients:

- 2 Tbs olive oil
- ½ cup chopped celery (equal to green pepper oz)
- ½ cup chopped green bell pepper (1 green bell pepper)
- ½ of a large onion, chopped
- 1 lb. ground beef
- ½ lb. Italian sausage
- ¼ lb. Andouille sausage, chopped (I used 12 oz)
- 3 garlic cloves, chopped
- 1 Tbs Italian seasoning
- 1 tsp kosher salt, or to taste
- ¼ tsp freshly cracked black pepper, or to taste
- ½ tsp Creole or Cajun seasoning (or to taste) - (like *Slap Ya Mama*)
- 1-8 oz can tomato sauce
- 1-10 oz can diced tomatoes with green chilies (like Ro★Tel)
- 2-14½ oz cans stewed tomatoes
- 2 bay leaves
- 1 Tbs dried parsley
- 2 cups beef stock/broth
- 2 cups uncooked, elbow macaroni noodles (16 oz)

Directions:

1. Heat oil in a large pot over medium heat; sauté the celery, green pepper and onion until softened
2. Add the ground beef and Italian sausage, cooking over medium high heat, until lightly browned and cooked through, breaking up the meat as it cooks
3. Add the Andouille sausage and the garlic, stir and cook another 3 minutes
4. Add the Italian seasoning, salt, pepper, and Cajun seasoning, stir and cook another minute
5. Stir in the tomato sauce, diced tomatoes, stewed tomatoes, bay leaves and parsley, and bring to a boil
6. Reduce heat and simmer uncovered for 15 minutes
7. Add the beef broth and pasta, bring to a boil, reduce heat, cover and simmer for 20 minutes or until noodles are tender and liquids have reduced
8. Taste, adjust seasonings as needed, remove and discard bay leaves, and serve with a nice side salad and a green veggie

-top-

STUFFED RUMP CAP ROAST

Ingredients:

For the rump cap roast:

- 3 lbs. beef rump cap (found at HEB labeled picanha – next to the tri-tips)
- ⅓ cup olive oil
- 1 Tbs paprika
- salt & pepper to taste

For the filling:

- 2 onions, diced
- 1 red bell pepper, chopped
- 4 oz bacon, cubed
- 12 oz mozzarella, cubed
- 1 tsp oregano (preferably Mexican oregano)

For the red wine reduction:

- 1¼ cups red wine
- 2 Tbs plum jam
- 1 pinch of cayenne pepper
- 1 pinch of salt

Directions:

For the rump cap roast:

1. Heat some vegetable oil in a cast iron skillet over medium heat*
2. Remove the fatty sections from the beef rump cap and sear the meat in the skillet on both sides then remove the meat from the skillet and let cool*
3. Cut a thin slice off of the larger end of the beef rump cap and cut a deep pocket inside the piece of meat*
4. Carefully fold the piece of meat inside out (*good luck with that – I just stuff it*)
If you are just going to stuff it as I do, don't do step 1 or sear in step 2 or cut off a thin slice in step 3

For the filling:

5. Heat some vegetable oil in a cast iron skillet over medium heat and sauté the onions, red bell pepper, and bacon
6. Add the sautéed mixture and mozzarella cubes to a large bowl, season with oregano, and mix to combine. Spoon the mixture into the beef pocket and secure the opening of the roast with toothpicks
7. Drizzle olive oil over the roast and rub paprika, salt, and pepper into the outer surface of the meat on both sides
8. Place the stuffed rump cap roast on a baking tray, transfer the baking tray to a heated oven, and cook at 400 F for 55 minutes
9. Remove the roast from the oven and let the meat rest for 10 minutes

For the red wine reduction:

10. Pour the red wine into a saucepan over medium heat and let reduce
11. Stir in the plum jam, cayenne pepper, and salt and let the sauce simmer for 5 minutes
12. Slice the stuffed rump cap roast and drizzle the red wine reduction over each piece before serving

-top-

UPDATED TRI-TIP ROAST (MY WAY)

Ingredients:

- 2-5 lbs. tri-tip roast (trim all the fat off)
- Table salt (fully covered)
- pepper (fully covered)

Directions:

1. Trim the roast of all fat
2. Salt generously with table salt (not Kosher) then vacuum seal and refrigerate for 48 hours
3. Remove roast and salt & pepper generously (everywhere)
4. Heat oven to 550 F –place roast on an aluminum foil covered cookie sheet on middle rack
5. Cook 4 minutes per lb. (ends up medium rare at the thickest)
6. Then turn the oven off and leave the roast in there for 1 hour without opening the door
7. Slice and enjoy!

If your oven only goes up to 500 F – then, as a guide, try 6-9 minutes a lb. for medium rare – medium well until you figure out the correct time to cook to your desired finish before turning off the heat for the hour or residual cooking

TRI-TIP ROAST: STEAKS

Ingredients:

- 3-5 lbs. tri-tip roast
- salt to taste
- pepper to taste

Directions:

1. Cut across the grain into steaks
2. Then trim the steaks leaving a little of the fat
3. Vacuum seal and sous vide to desired doneness
4. Pull and sear on a pan or grill to get grill marks
5. Enjoy!

-top-

Woonsocket is a city in Providence County, Rhode Island, United States and this modified sloppy Joe is popular there!

It's hard to find a recipe for Woonsocket, Rhode Island's Dynamite sandwich – a hoagie-sized version of the Sloppy Joe – to feed fewer than 20 people. Dynamite sandwiches are a community thing, served at "a dinner, a BBQ, a church fundraiser, a wedding or a funeral, in people's homes, at family gatherings and at community events." Dynamite is what they make in Woonsocket when they need to feed a horde.

Dynamite refers to the sauce, in fact, not the sandwich—the sandwich is the first and best use of that sauce, but it's also used to top pasta, or as a dip with tortilla chips, or for any number of other ways you might use infinitely re-heat-able leftovers.

Elsewhere in Rhode Island they name this sandwich after the bread roll, not the sauce, calling it a "torpedo." In Woonsocket though, the sauce is the boss.

Ingredients:

- 3 lbs. ground beef
- 3 lbs. green bell peppers, diced
- 3 lbs. yellow onions, diced
- 1½ lbs. red bell peppers, diced
- 1-28 oz diced tomatoes, canned
- 1-28 oz tomato sauce, canned
- 8 oz tomato paste, canned
- bay leaf
- ½ tsp red pepper flakes
- dried oregano & basil totaling around 1 tbs
- salt and pepper

Other

- hoagie rolls
- spaghetti noodles
- macaroni noodles
- a bunch of shredded cheese
- tortilla chips

Directions:

1. Brown the hamburger, then remove from pan, leaving rendered fat
2. Sauté the onion and bell peppers and garlic in the hamburger fat until soft
3. Add diced tomatoes, tomato sauce, bay leaf, red pepper flakes, and cooked hamburger back to the pot. Simmer for an hour, covered
4. Add tomato paste, oregano, and basil, simmer for 2 more hours uncovered, stirring occasionally. Season to taste, then chill overnight
5. Reheat in crock pot and serve with hoagie rolls, maybe some potato chips

Additional Steps:

Dynamite Sandwich

6. Reheat some of the remaining sauce for sandwiches for lunch the next day

Spaghetti with Dynamite Sauce

7. Reheat some of the remaining sauce and serve with spaghetti noodles

Dynamite Macaroni Casserole

8. Reheat the rest of the sauce, mix with 2 lbs. cooked macaroni, put into 9"x13" casserole pan and top with shredded cheddar cheese
9. Heat in oven at 350 F for 15 minutes for another quick dinner and to finally get rid of the stuff
10. Spend another 3 days bringing leftovers of this casserole to work for lunch

-top-



[-top-](#)

AMY'S GARLIC EGG CHICKEN (FROM MOM)

Ingredients:

- 1 egg yolk
- 6 cloves garlic, chopped
- 4 skinless, boneless chicken breast halves
- 6 Tbs butter
- 1 cup dry bread crumbs
- 1 cup grated Parmesan cheese
- 1 Tbs dried parsley
- 1 Tbs garlic powder
- ½ Tbs salt
- 1 Tbs ground black pepper

Directions:

1. In a glass dish, beat egg yolk with garlic
2. Place chicken in egg mixture, and turn to coat
3. Cover dish and refrigerate for at least 4 hours, or overnight if possible
4. Heat oven to 400 F
5. Melt butter and pour into the bottom of a 9"x13" baking dish
6. Mix together the bread crumbs, Parmesan cheese, parsley, garlic powder, salt and pepper
7. Dip marinated chicken in crumb mixture
8. Place coated chicken in baking dish, and pour remaining egg mixture over
9. Bake in heated oven for 15-20 minutes on each side, or until chicken is no longer pink and juices run clear

-top-

BAKED CHICKEN WHAT THE HELL

Ingredients:

- chicken (2 fryers cut up)
- 2 cups Burgundy wine
- 1 Tbs salt
- 2 Tbs cayenne pepper
- 2 Tbs *Worcestershire* sauce
- olive oil (to spread on the chicken)
- sprinkle of dried mint
- sprinkle of dried parsley
- 1 tsp onion powder
- ½ tsp garlic powder
- 1 cup pecans crumbled
- 1½ cups fresh mushrooms sliced

Directions:

1. Put chicken in a baking pan
2. Pat salt and cayenne pepper on it after pouring a little olive oil on each piece of chicken
3. Sprinkle mint, pecans and mushrooms on the chicken
4. Mix the wine, *Worcestershire* sauce, onion powder & garlic powder and pour down the side of the pan
5. Cover with foil
6. Bake at 325 F for 1¾–2 hours
7. Take foil off the last 10 minutes

-top-

BALSAMIC BAKED CHICKEN WITH BALSAMIC TOMATO SAUCE AND MOZZERLLA CHEESE

Ingredients:

- 4 skinless chicken breasts (around 1 lb. total)
- 2 Tbs olive oil
- ½ tsp dried oregano
- ½ tsp dried basil
- 1 tsp salt
- cracked black pepper, to taste
- 1½ Tbs minced garlic, (5-6 cloves garlic)
- 2 cups grape or cherry tomatoes, halved
- ¼ red onion, peeled and sliced
- ¼ cup balsamic vinegar
- 1 Tbs packed brown sugar
- ¾ cup fresh shredded mozzarella cheese
- 2 Tbs fresh chopped parsley or basil, to garnish

Directions:

1. Heat oven to 430 F
2. Place chicken breasts in a baking dish and drizzle with olive oil. Season with oregano, basil, salt, pepper and 1 Tbs of minced garlic
3. Rub seasoning all over each breast
4. Arrange the tomatoes and red onion around the chicken in the dish
5. Whisk together the balsamic vinegar, sugar and remaining garlic in a jug to combine
6. Pour over the chicken breasts, flip each breast in the sauce to evenly coat
7. Bake in heated oven for 20-25 minutes (depending on the thickness of your chicken breasts), or until no longer pink in the middle
8. Sprinkle with cheese and broil (or grill) for 4-5 minutes, or until cheese is melted and golden
9. Garnish with parsley, and serve with rice or pasta drizzled with the pan juices

-top-

BALSAMIC CHICKEN WITH MUSHROOMS (FROM MOM)

Ingredients:

- 2 tsp vegetable oil
- 3 Tbs Balsamic vinegar
- 2 tsp *Dijon* mustard
- 1 medium clove and crush
- 1¼ lb. uncooked boneless, skinless chicken breasts
- 2 cups small, halved fresh mushrooms
- ⅓ cup canned chicken broth
- ¼ tsp crumbled dried thyme

Directions:

1. Pound the chicken breasts to same thickness for all
2. In a nonstick skillet, heat 1 tsp of oil
3. In a medium bowl, mix 2 Tbs of vinegar, the mustard and garlic
4. Add chicken and turn to coat
5. Transfer chicken and marinade to skillet
6. Sauté chicken until cooked through, about 3 minutes on each side
7. Transfer chicken to a platter and keep warm
8. Heat remaining tsp of oil in skillet
9. Sauté mushrooms for 1 minute
10. Add broth, thyme and remaining Tbs of vinegar
11. Cook, stirring occasionally, until mushrooms are deep brown, about 2 minutes longer
12. Serve chicken topped with mushrooms

-top-

BOURBON CHICKEN

Ingredients:

- 1 lb. boneless chicken thighs or breasts, cut into bite-sized pieces
- 1 Tbs vegetable oil
- green onions, chopped

Sauce

- ¼ cup bourbon
- ½ cup low-sodium soy sauce
- ¼ cup brown sugar
- 4 garlic cloves, minced

Slurry

- 1 tsp cornstarch
- 1 Tbs water

Directions:

1. To make the sauce, combine the bourbon, soy sauce, brown sugar and garlic and whisk to combine
2. Combine the cornstarch and water and stir until smooth
3. Whisk into the sauce then set aside
4. Heat the oil in a skillet over medium-high heat
5. Season the chicken with salt and pepper
6. Cook the chicken in the hot oil until browned and cooked through, about 5 minutes
7. Pour the sauce into the skillet and cook for about 4-5 minutes
8. Garnish with chopped green onions

BOURBON STREET CHICKEN: *GOLDEN CORRAL'S*

Ingredients:

- 1 lb. chicken leg or thigh meat (or breast) - cut in bite size chunks
- 4 oz soy sauce
- ½ cup brown sugar
- ½ tsp garlic powder
- 1 tsp powdered ginger
- 2 Tbs dried minced onion
- ½ cup Jim Beam bourbon whiskey
- 2 Tbs white wine

Directions:

1. Mix all the ingredients then pour over chicken pieces in a bowl
2. Cover and refrigerate and stir often over several hours (best overnight)
3. Bake chicken at 350 F for 1 hour in a single layer, basting every 10 minutes
4. Remove chicken
5. Scrape pan juices with all the brown bits into a frying pan
6. Heat, add 2 Tbs white wine
7. Stir and add chicken
8. Cook for a minute and serve

[-top-](#)

BUFFALO CHICKEN BITES

Ingredients:

- 6 skinless, boneless chicken breasts, cut into 2-inch pieces
- 2 Tbs olive oil
- 2 tsp salt
- 1/2 tsp pepper, optional
- 4 Tbs butter or ghee
- 1 cup hot sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- celery, optional, to taste, for serving
- blue cheese dressing, optional, to taste, for serving

Directions:

1. Heat the olive oil in a large skillet over medium-high heat
2. When the oil begins to shimmer, add the chicken and sauté until the chicken is cooked through to 165 F, about 5-7 minutes
Make sure you don't crowd them in the pan, work in batches as needed
3. Season the chicken with salt and pepper
4. Once the chicken is cooked through, place all of it in the pan and reduce the heat to low
5. Add the butter, hot sauce, garlic powder, and onion powder
6. Stir the chicken until everything is coated in the buffalo sauce
7. Serve the chicken with celery and blue cheese dressing

-[top](#)-

CHICKEN & SAUCE

Ingredients:

3 chicken breasts
extra virgin olive oil
2 Tbs butter, divided
1 tsp salt
1 tsp pepper
1 tsp paprika
1 tsp oregano
3 garlic cloves, sliced
3 garlic cloves, minced
1/2 cup water
1 lemon, juiced
8 oz cream cheese, cubed
1/2 cup fine herbs

Directions:

1. Score the breasts on 1 side, hatch pattern making sure not to go all the way through
2. season with salt and pepper and set aside
3. Heat olive oil in a pan and then add 1 Tbs butter until melted
4. Add sliced garlic and sauté for 1 minute
5. Add chicken and breasts and cook for 5 minutes on each side, 10 minutes total
6. Pull from pan and set aside
7. Add 1 Tbs butter, once melted add minced garlic and sauté for 1 minute
8. Add onion, sauté until tender
9. Add 1/2 cup water
10. Add 8 oz cream cheese, cubed
11. Add juice of 1 lemon
12. Once the cheese has melted add fine herbs, 1 tsp salt, 1 tsp pepper, 1 tsp paprika and 1 tsp oregano
13. Stir to combine
14. Add chicken and cook for 10 minutes
15. Flip and cook another 10 minutes

-top-

CHICKEN CARBONARA

Ingredients:

- 12 oz fettuccine
- 4 slices bacon
- 3 cloves garlic, minced
- ½ lb. chicken breasts, boneless, skinless, and cut into strips
- kosher salt, to taste
- freshly ground black pepper, to taste
- 4 large eggs, beaten
- ¾ cup parmesan, freshly grated, plus more for garnish
- ⅓ cup parsley, freshly chopped, plus more for garnish

Directions:

1. In a large pot of salted boiling water, cook the pasta according to the package directions until al dente
2. Reserve ½ cup of the pasta water and drain the rest
3. Return the pasta to the pot
4. In a large skillet over medium heat, cook the bacon for 5 minutes
5. Add the garlic and cook the bacon until crispy about 2-3 minutes
6. Transfer the bacon and the garlic to a bowl and drain ½ of the fat from the skillet
7. Add the chicken to the skillet and increase the heat to medium-high
8. Season the chicken generously with salt and pepper and cook, flipping halfway through, until no longer pink and cooked to 165 degrees F, about 10 minutes
9. Reduce the heat to low and return the bacon to the skillet, tossing to combine
10. Add the cooked pasta and toss to combine
11. In a small bowl, beat together the eggs, parmesan, and parsley
12. Season the egg mixture with salt and pepper
13. Pour the egg mixture over the pasta and rapidly toss to coat and gently cook the egg mixture into a sauce, adding a couple of tablespoons of the reserved pasta water until it becomes creamy and cohesive
14. Garnish the pasta with parmesan and parsley and serve immediately

-[top](#)-

CHICKEN FAJITAS

Ingredients:

- 2 boneless skinless chicken breasts

Marinade

- 3 Tbs olive oil
- 3 Tbs lime juice
- 1 Tbs chili powder
- 1 Tbs cumin
- 1 tsp paprika
- ½ tsp salt
- ½ tsp pepper
- 5 cloves of garlic
- 2 Tbs cilantro

Veggies

- green, red, yellow & orange bell peppers (cut into strips)
- red onion
- 1 Tbs chili powder
- 1 Tbs cumin
- ½ tsp salt
- ½ tsp pepper
- 2 jalapenos, optional

Sides

- avocado
- rice
- beans
- sour cream
- shredded cheddar cheese
- tortillas
- Pico de Gallo

Directions:

1. Pound breasts so that they are even
2. Add to Ziplock baggie and pour in marinade then refrigerate for a couple of hours
3. Over medium heat, cook the breasts covered for 14 minutes (flipping halfway) then set aside covered
4. Sauté veggies to desired doneness usually a bit charred
5. Slice chicken into strips and serve topped over the veggies

-top-

Ingredients:

- 4 chicken breast halves
- ½ cup pickle juice
- ¼ cup water
- ½ cup milk
- 1 large egg
- oil for frying
- 4 hamburger buns
- Pickle, lettuce, tomato and cheese slices, for topping, optional

For the breading:

- 1 cup all-purpose flour
- 3 Tbs powdered sugar
- ½ tsp paprika
- 1 tsp freshly ground black pepper
- ½ tsp chili powder
- ½ tsp salt
- ½ tsp baking powder
- 1-2 tsp cayenne pepper *optional, for a spicy chicken sandwich

For the Chick-fil-A-sauce

- ½ cup mayonnaise
- 1 tsp *Dijon* mustard
- 3 tsp yellow mustard
- 2 tsp BBQ sauce (hickory tastes the best)
- 2 Tbs honey
- ½ tsp garlic powder
- ½ tsp paprika
- 1 tsp lemon juice

Directions:

1. Combine the pickle juice and water in a Ziplock bag and add the chicken breast halves and marinate for 30 minutes
2. Make the *Chick-fil-A* sauce by combining all ingredients in a bowl. Mix well and set aside
3. Next, in a large bowl mix the breading ingredients together: flour, powdered sugar, paprika, black pepper, chili powder, salt, and baking powder
4. In another bowl mix the milk and egg
5. Add 2-3 cups of oil to a large saucepan and heat oil to about 350 F
6. Dip the marinated chicken into the egg mixture, and then coat in the flour breading mixture. Now "double-dip" by repeating this step and dipping that same chicken piece back into the egg mixture and then back into the flour again
7. Place chicken in hot oil and fry for 3-4 minutes on each side
8. Remove to paper towel to dry
9. Toast the sandwich buns. Grab the *Chick-fil-A* sauce and smooth it on both sides of the buns.
10. Top with crispy chicken & pickle
11. Top with lettuce, tomato and cheese, optional

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Notes:

Air Fryer *Chick-fil-A* Sandwich:

Heat fryer to 370 F. Grease the inside basket/rack of the air fryer and place two coated chicken breasts in the air fryer. Lightly spray the top of the chicken. Cook the chicken for 11-13 minutes, flipping halfway through cook time. Assemble sandwich as instructed.

Baked *Chick-fil-A* Sandwich:

Heat oven to 450 F. Place a wire cooling rack on top of a baking sheet. Place your coated chicken breasts on the wire rack and spray both sides lightly with olive oil. Bake the chicken for 12 minutes, flip and bake for another 15 minutes or until it's cooked through

For a Spicy *Chick-fil-A* Chicken Sandwich:

I love spicy chicken at our house! If you'd like to add a little heat to your chicken sandwich, add 1-2 tsp of cayenne pepper to the flour mixture when making the breading. Have a mixed household as we do here - I can coat Mary's sandwiches in the flour first, then add the cayenne for spice, to make mine

-top-

CHICKEN NUGGETS I

Ingredients:

- 1-12½ oz can canned chicken breast, drained well
- 1 large egg
- 1 cup fat free Mozzarella cheese shredded
- ½ tsp garlic powder
- salt & pepper to taste

Directions:

1. Heat the oven to 400 F
2. In a bowl, combine all of the ingredients and knead together until well combined
3. Divide mixture into the bottom of well-greased mini muffin tin sections
4. Bake for 15 minutes and serve with your favorite dipping sauces

CHICKEN NUGGETS II

Ingredients:

- 1-12½ oz can canned chicken breast, drained well
- 1 large egg
- ½ cup fat free Mozzarella cheese shredded
- ½ tsp garlic powder
- ½ tsp onion powder
- salt & pepper to taste

Directions:

1. Heat the oven to 420 F
2. Combine all together and form little patties
3. Placed patties on a lightly oiled baking sheet and bake for 28 minutes flipping halfway through

CHICKEN NUGGETS III

Ingredients:

- 2-12½ oz cans of chicken breast, drained well
- 2 cups shredded Colby jack cheese
- 1 Tbs Italian seasoning

Directions:

1. Heat oven to 400 F
2. Combine all and mix until the chicken pieces are broken up
3. Roll into small balls and flatten
4. Place nuggets on a lightly oiled baking rack
5. Bake for 20 minutes
6. Flip and then bake for 10 minutes more

-top-

CHICKEN PARMESAN

Ingredients:

- 3-6 boneless skinless chicken breasts
- 2 tsp olive oil
- ½ cup marinara sauce
- ¼ cup Mozzarella cheese
- ¾ cup Parmesan cheese
- fresh parsley, optional
- fresh basil, optional

Seasoned Flour

- ¾ cup all-purpose flour
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 Tbs Italian seasoning
- 1 tsp salt
- 1 tsp pepper

Egg Wash

- 2 eggs

Breadcrumbs

- ½ cup breadcrumbs
- ½ cup Parmesan shredded cheese

Directions:

1. Pound your chicken breasts so that they'll cook evenly
2. Dredge your breasts into seasoned flour
3. Dredge your breasts into the egg wash
4. Dredge your breasts into the cheese/breadcrumbs
5. Heat olive oil in a cast iron pan
6. Cook the breasts 4-5 minutes a side, to internal temp of 165 F
7. Place marinara sauce to cover the bottom of a baking dish
8. Add breasts and top with marinara sauce and mozzarella cheese
9. Bake in oven at 400 F
10. Top with parsley, basil and parmesan cheese

-top-

CHICKEN PARMESAN: ONE PAN SKILLET

Ingredients:

- 2 boneless skinless chicken breasts
- 2 Tbs Italian seasoning
- 1 tsp salt
- 1 tsp pepper
- olive oil
- 1 jar of *Rao's* marinara sauce
- 1 cup Mozzarella cheese
- 1½ cup Parmesan cheese (divided)

Directions:

1. Pound your chicken breasts so that they'll cook fast and evenly
2. Season breasts on both sides to taste
3. Heat olive oil in a cast iron pan
4. Add the breasts and cook 3-4 minutes a side, to an internal temp of 165 F
5. Add the whole jar of marinara sauce
6. Sprinkle on 1 cup Mozzarella cheese and 1 cup Parmesan cheese
7. Bake in oven at 400 F for 5 minutes, or until cheese has melted
8. Then broil for 3 minutes
9. Top with parsley, basil and ½ cup parmesan cheese

-top-

CHICKEN ROLLATINI WITH PROVOLONE AND PROSCIUTTO

Ingredients:

- 2 lbs. boneless skinless chicken breasts or chicken cutlets
- 3 Tbs olive oil
- 3 Tbs fresh lemon juice
- ½ cup parmesan cheese
- 2½ cups panko bread crumbs
- 1 Tbs Italian seasoning
- ½ tsp salt
- ¼ tsp pepper
- 3 oz prosciutto
- 6 slices provolone cheese about ½ lb.
- ⅓ cup freshly chopped basil, pesto or basil paste in a tube

Directions:

1. Heat the oven to 400 F
2. If using regular chicken breasts, cut them in half horizontally through the thickest part. Place each half between two pieces of plastic wrap and flatten the chicken with a heavy object like a cast iron skillet
3. Repeat with all of the chicken
4. In a medium bowl, add the olive oil and lemon juice. In a second bowl, add the parmesan cheese, bread crumbs, Italian seasoning, salt and pepper and stir to combine
5. Dip the chicken in the olive oil and lemon juice on both sides and then into the bread crumb mixture on both sides
6. Lay a half slice of provolone and one slice of prosciutto on the widest side of the chicken. Add one fresh basil leaf, or a tsp of basil paste/pesto (if using)
7. Roll up, starting at the end with the fillings and roll toward the narrow end of the chicken
8. Place the rolled chicken on a greased cookie sheet or in a cast iron skillet
9. Spray generously with olive oil spray or drizzle with olive oil and bake until cooked through and golden--about 30 minutes

-top-

CHICKEN SALTIMBOCCA

Ingredients:

- 4 chicken cutlets or chicken breasts (1½ lbs.) pounded thin (¼ inch)
- 1 Tbs + 3 Tbs olive oil (divided)
- 6 slices prosciutto
- 4 thin slices provolone cheese
- 1 Tbs fresh sage, chopped + 12 full leaves
- 3 cloves garlic, minced
- 2 Tbs unsalted butter
- 1 small shallot, minced
- ¼ cup dry white wine
- ½ cup low sodium chicken broth
- juice of ½ a lemon, about 2 Tbs
- ½ tsp red pepper flakes
- freshly ground black pepper

Directions:

1. Using a mallet or meat tenderizer, pound the chicken to a thin even consistency, about ¼ inch. Rub 1 Tbs of olive oil on the breasts and add some freshly ground black pepper
2. Turn oven to 400 F
3. In a cast iron skillet over medium/low heat, add 3 Tbs of olive oil. Once shimmering, add the 12 pieces of whole sage leaves spread out in the skillet
4. Allow to lightly "fry" for about 30 seconds
5. Remove from the pan using tongs and set aside on paper towel to drain excess oil
6. Turn the heat to medium/high and add the chicken to the skillet
7. Allow the chicken to sear/brown for about 2-3 minutes on each side
8. Remove from the skillet and set aside on a plate
9. Return the skillet to medium heat and add 2 Tbs unsalted butter
10. Once the butter has melted, add in the minced sage, garlic, and shallots and sauté for 1 minute, until the garlic becomes fragrant
11. Add in the ¼ cup of white wine and allow the pan to deglaze and the liquid to reduce by half
12. Once liquid has reduced, add in the chicken broth, fresh lemon juice, and red pepper flakes and stir all the ingredients together and lower the heat to low
13. Return the chicken back into the skillet and place 2 pieces of the lightly fried sage leaves on each piece of chicken, followed by a slice of prosciutto
For the larger pieces of chicken, you can use two slices to ensure the top of the chicken is covered
14. Then place one slice of provolone over the prosciutto, followed by 1 more sage leaf on top
15. Place skillet in the oven for 10 minutes until the chicken is fully cooked through (165 F internal temperature) and the cheese is melted and bubbly
If you want the cheese more melted/browned, broil for 2 minutes
16. Carefully remove from the oven and serve along with your favorite side dish

-top-

CHICKEN SPIEDIE SKEWERS WITH ITALIAN DRESSING

Binghamton, NY is home to the annual Spiedie Fest in New York State. Known for these sandwiches stuffed with juicy skewered meat marinated in Italian dressing; these are tasty enough to serve straight up, in a salad, or being great on soft Italian bread!

Ingredients:

- 1½ lbs. skinless, boneless chicken thighs (about 6)
- 1 garlic clove, finely grated
- 2 Tbs chopped Peppadew peppers in brine
- 1½ tsp dried oregano
- 1 large sweet onion, sliced ½ inch thick
- 2 beefsteak tomatoes (about 1 lb.), sliced ¼ inch thick
- oregano leaves and lemon wedges (for serving)
- 1 Tbs mayonnaise
- 1 Tbs sugar
- ½ cup olive oil, plus more
- 5 Tbs white wine vinegar
- kosher salt, freshly ground pepper
- six to nine 8-inch metal skewers, or wooden skewers soaked 30 minutes in water
- soft Italian bread or salad

Directions:

1. Whisk garlic, vinegar, peppers, mayonnaise, sugar, dried oregano, and ½ cup oil in a medium bowl; season with salt and pepper
2. Transfer half of dressing to a small bowl; cover and chill until ready to serve
3. Cut chicken thighs lengthwise into long strips, about 1"-1½" wide
(*you should get 2-3 pieces per thigh*)
4. Combine chicken and remaining dressing in a large resealable plastic bag. Seal bag, pressing out any air
5. Turn to coat and chill at least 20 minutes and up to 1 day
6. Prepare a grill for medium-high heat; oil grate
7. Remove chicken from dressing; discard dressing. Thread 2 pieces of chicken onto each skewer. Season chicken lightly with salt and grill, turning occasionally, until golden brown and cooked through, 8-10 minutes
8. Meanwhile, drizzle onion with oil; season with salt and grill until browned on both sides but still firm in center, about 3 minutes per side
9. Transfer to a large bowl and add tomatoes and a couple splashes of reserved dressing. Toss to coat; season salad with or sandwich with salt and pepper. Top with oregano leaves
10. Serve chicken with salad or as a sandwich using reserved dressing, and lemon wedges for squeezing over

-top-

CHICKEN TORTILLA CASSEROLE

Ingredients:

- 2 lbs. chicken breasts, cooked and shredded
- 1 Tbs olive oil
- 1 onion, diced
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder
- ½ tsp salt
- 1-15½ oz can black beans, drained and rinsed
- 1-15¼ oz can corn, drained
- 1-15 oz Ro★Tel
- 1-28 oz tomato sauce
- 1 cup chicken broth
- 18 flour tortillas
- 2 cups cheddar cheese, shredded

Directions:

1. Heat the oven to 375 F, then grease a 9"x13" casserole dish
2. Heat the olive oil in skillet over medium high heat and add onion, sauteing until softened
3. Add chili powder, cumin, garlic powder, salt, black beans, corn, Ro★Tel, tomato sauce, and chicken broth and simmer for 10-12 minutes
4. Scoop out some of the sauce and spread a bit on the bottom of a casserole dish and then line the bottom with tortillas (about 6)
5. Spread a layer of the chicken over the tortillas then top with a layer of the sauce and a layer of cheese
6. Top with 6 more tortillas and repeat the layers adding chicken, sauce, and cheese
7. Top with the last of the tortillas and a layer of cheese
8. Cover with foil and place in oven and bake at 375 F for 30 minutes
9. Remove foil and continue to bake for 10 minutes, until cheese is melted and bubbling
10. Let rest for 10 minutes and serve

-top-

CHILI: CREAMY WHITE

Ingredients:

- 1 lb. boneless, skinless chicken breasts (cut into ½ inch cubes)
- 1 medium onion, chopped
- 1½ tsp garlic powder
- 1 Tbs vegetable oil
- 2-15½ oz cans Great Northern beans, rinsed and drained
- 1-14½ can oz chicken broth
- 2-4 oz cans chopped green chilies
- 1 tsp each of salt, ground cumin, and dried oregano, crushed
- ½ tsp pepper
- ¼ tsp cayenne pepper
- 1 cup sour cream
- ½ cup whipping cream

Directions:

1. In a large saucepan, sauté chicken, onion, and garlic powder in oil until chicken is no longer pink
2. Add beans, broth, chilies and remaining seasonings (salt, ground cumin, dried oregano, pepper and cayenne pepper) and bring to boil
3. Reduce heat; simmer uncovered for 30 minutes
4. Remove from heat; stir in sour cream and whipping cream
5. Serve immediately

-top-

CREAMY CAJUN CHICKEN

Ingredients: (season to taste)

- 2 boneless, skinless chicken breasts
- 2 Tbs butter
- 1 Tbs olive oil
- 1 cup Parmesan cheese
- 2 cups heavy cream
- 2 Tbs Cajun seasoning
- salt
- pepper
- 1 Tbs minced garlic
- garlic powder
- onion powder
- 1 cup chicken broth
- 1 cup sun dried tomatoes (chopped)

Directions:

1. Season chicken with garlic powder, onion powder, salt, pepper and Cajun seasoning
2. Heat olive oil and butter and then add chicken seasoned side down and season the other side
3. Cook for 4-5 minutes per side then pull and set aside
4. Add garlic to the pan and sauté for 2 minutes
5. Add chicken broth and bring to a boil
6. Add $\frac{3}{4}$ to 1 cup sun dried tomatoes bring to a boil
7. Add 2 cup heavy cream
8. Add 2 Tbs Cajun seasoning and stir
9. Add 1 cup Parmesan cheese and stir
10. Return chicken to the pan, drop heat to low, cover with sauce then cover the pan and simmer for 10 minutes
11. Serve over rice

-top-

CREAMY ITALIAN CHICKEN

Ingredients:

- 4-6 bone-in chicken thighs (or your favorite chicken pieces)
- 1-8 oz bottle creamy Italian salad dressing (Wish-Bone Creamy Italian Dressing)
- ¼ cup grated Parmesan cheese
- parsley flakes, optional
- salt, to taste
- pepper, to taste

Directions:

1. Put the chicken into a baking dish and season with salt and pepper on both sides
2. Pour the dressing over the chicken, coating both sides
3. Bake in a heated 375 F oven for about 40 minutes or until chicken is cooked through
165 F internal temperature - the cooking time will depending on the size of your chicken pieces
4. Top each piece of chicken with a little grated Parmesan cheese
5. Sprinkle with parsley flakes, if desired
6. Bake a couple more minutes to melt the cheese

Notes:

You could omit the Parmesan and parsley flakes but they do add a little extra something to the chicken

-top-

CREAMY TUSCAN CHICKEN

Ingredients:

- 1 Tbs extra-virgin olive oil
- 4 boneless skinless chicken breasts
- 1 tsp kosher salt
- 1 Tbs freshly ground black pepper
- 1 tsp dried oregano
- 3 Tbs butter
- 3 cloves garlic, minced
- 1½ cup cherry tomatoes, halved
- 3 cup baby spinach
- ½ cup heavy cream
- ¼ cup freshly grated Parmesan
- lemon wedges, for serving

Directions:

1. In a skillet over medium heat, heat oil
2. Add chicken and season with salt, pepper, and oregano
3. Cook until golden and no longer pink, 8 minutes per side
4. Remove from skillet and set aside
5. In the same skillet over medium heat, melt butter
6. Stir in garlic and cook until fragrant, about 1 minute
7. Add cherry tomatoes and season with salt and pepper
8. Cook until tomatoes are beginning to burst then add spinach and cook until spinach is beginning to wilt
9. Stir in heavy cream and parmesan and bring mixture to a simmer
10. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes
11. Return chicken to skillet and cook until heated through, 5-7 minutes
12. Serve with lemon wedges

-[top](#)-

FORGOTTEN CHICKEN

Ingredients:

- 1 lb. boneless, skinless chicken breasts
- 2 cups Minute Rice (or use brown rice)
- 1-10¾ oz can cream of chicken soup
- 1-10¾ oz can cream of mushroom soup
- 1 can water (use one of the soup cans)
- 1 Tbs butter
- 1 envelope Lipton onion soup mix

Directions:

1. Using the 1 Tbs butter, grease a 9"x13" baking pan
2. In a medium bowl, combine the cream of mushroom soup, cream of chicken soup, 1 can of water, and Minute rice
3. Pour mixture into buttered pan
4. Place chicken breasts on top of mixture
5. Sprinkle Lipton onion soup evenly on top of chicken breasts
6. Cover the pan with foil and place in a heated oven at 350 F
7. Cook for about 1-1½ hours, or until the chicken is cooked through
8. Serve and enjoy!

-top-

FOUR INGREDIENT FRENCH DRESSING CHICKEN

Ingredients:

- 4-8 bone-in chicken pieces or skinless, boneless breasts
- 1-8 oz bottle French salad dressing (I used Wish-Bone deluxe French dressing)
- 1 package dry onion soup mix (I used Lipton Recipe Secrets onion soup mix)
- 1-10 oz small jar apricot preserves (I used Smucker's)
- 1 tsp salt
- 1 tsp pepper

Directions:

1. Sprinkle the chicken with salt and pepper and put it into a baking dish
2. Combine the salad dressing, soup mix and preserves in a bowl and mix well
3. Pour the mixture over the chicken, making sure to cover the chicken completely
4. Bake in a heated 350 F oven for about 45 minutes to 1 hour, depending on the size of your chicken pieces
5. Baste occasionally with the sauce

GRILLED CHICKEN TERIYAKI

Ingredients:

- 4 skinless, boneless chicken breast halves
- 1 cup teriyaki sauce
- ¼ cup lemon juice
- 2 tsp minced fresh garlic
- 2 tsp sesame oil

Directions:

1. Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag
2. Seal bag, and shake to coat
3. Place in refrigerator for 24 hours, turning every so often
4. Heat grill for high heat
5. Lightly oil the grill grate
6. Remove chicken from bag, discarding any remaining marinade
7. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork

-top-

FRENCH ONION CHICKEN

Ingredients:

- 2 lbs. Vidalia onions (peeled and sliced)
- ⅓ cup olive oil
- 2 tsp balsamic vinegar
- 2 lbs. boneless (skinless chicken breast, cubed)
- ½ tsp salt
- ½ tsp dried thyme
- 2 cups beef broth
- 2 Tbs all-purpose flour
- 1 cup shredded Swiss cheese
- 1 baguette (sliced)

Directions:

1. Heat ¼ cup olive oil in a large oven safe skillet over medium heat
2. Add onions and stir to coat with oil then sprinkle with a pinch of salt
3. Cook onions, stirring occasionally to avoid burning until onions are tender and slightly caramelized, about 20 minutes
4. Stir in Balsamic vinegar and cook for another 1-2 minutes
5. Place cooked onions in a small dish and set aside
6. Return skillet to stove over medium heat and add remaining olive oil
7. Season chicken with salt, pepper and thyme
8. Add chicken and cook until all sides are brown and cooked thoroughly
9. Remove chicken from skillet
10. Increase temperature to high and add in beef broth and deglaze skillet
11. Reduce temperature back to medium and gradually whisk in flour until broth is thicken
12. Season with a pinch of salt, pepper and thyme
13. Stir in cooked chicken and onions until combined with beef gravy
14. Sprinkle with Swiss cheese and place in a 350 F oven for about 10 minutes until cheese is melted and bubbly
15. Sprinkle with a pinch of thyme if desired
16. To serve, place a few baguette slices in a shallow bowl
17. Top with chicken and gravy
18. Serve warm

-top-

HOT HONEY CHICKEN BREASTS

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 cup buttermilk, can be light
- 2 tsp sea salt, divided
- spray oil
- 3 cup panko
- ½ cup whole wheat flour
- 1 Tbs paprika
- 1 Tbs Italian seasoning
- ½ cup honey
- 1 Tbs chili flakes
- 1 Tbs hot sauce

Directions:

1. Put the chicken into a large bowl
2. Add the buttermilk and 1 tsp of sea salt and mix well
3. Put the bowl into your fridge for at least 20 minutes (or up to 8 hours)
4. Heat your oven to 425 F
5. Line a baking sheet with parchment paper and spray it generously with spray oil
6. In a shallow bowl, mix the panko, flour, paprika, Italian seasoning, and the remaining tsp of salt
7. Working with one piece of chicken at a time, dip it into the panko mixture and make sure that it is well-coated
8. Put the chicken on the baking sheet then continue to coat the rest
9. Spray the tops of the chicken with oil then put them into your oven and bake for 30 minutes, or until they are crispy and golden
10. While the chicken bakes, make the honey: In a small pan, warm the honey, chili flakes, and hot sauce over medium heat
11. Once the honey starts to bubble a little, remove the pan from the heat and let it infuse for 5 minutes then strain the honey through a fine-mesh sieve
12. When the chicken has finished cooking, drizzle it with the hot honey and serve immediately

-top-

HOT HONEY CHICKEN TENDERS

Ingredients:

- 1 lb. chicken tenders, with tendon removed
- 2 cups buttermilk
- 1½ cups all-purpose flour
- ½ cup cornstarch
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp oregano
- 1½ tsp salt or to taste
- ¼ tsp black pepper or to taste
- ½ cup hot sauce
- ½ cup honey
- oil, for frying

Directions:

1. In a small bowl, combine the salt, pepper, paprika, oregano, garlic powder, and onion powder
2. Add the chicken tenderloins, ½ of the spice blend, and buttermilk to a bowl, and let it sit for 20 minutes at room temperature
3. Place the flour, cornstarch, and remaining spices in a large brown paper bag or zippered plastic bag and mix well
4. Dip the chicken tenders in the flour mixture shaking off any excess buttermilk before coating. Make sure to coat the chicken tenders well
You shouldn't be able to see the flesh under the flour (coat twice if needed)
5. Heat the oil to 350 F and fry the chicken tenders for 3 minutes on each side or until fully cooked through then place the chicken tenders on a wire rack or a paper towel-lined plate
6. While the chicken cooks, add the hot sauce and honey to a saucepan and cook for 3-5 minutes and whisk the sauce until nice and smooth
7. Coat the chicken tenders with the hot honey sauce and enjoy!

-top-

HULI HULI CHICKEN (FROM MOM)

Ingredients:

Chicken

- 2 quarts of water
- 2 cups soy sauce
- 1 Tbs vegetable oil
- 6 garlic cloves, minced
- 1 Tbs freshly grated ginger
- 4 chicken, split halves

Glaze

- 3-6 oz cans pineapple juice
- ¼ cup packed dark brown sugar
- ¼ cup soy sauce
- ¼ cup ketchup
- ¼ cup rice vinegar
- 4 garlic cloves, minced
- 2 Tbs freshly grated ginger
- 2 tsp chili-garlic sauce
- 2 cups wood chips

Directions:

1. Combine water & soy sauce. Heat oil in a large saucepan over medium-high heat until simmering. Add garlic and ginger and cook until fragrant. Stir in soy sauce mixture. *Cool then add chicken and refrigerate for at least 1 or up to 8 hours*
2. Combine pineapple juice, sugar, soy sauce, ketchup, vinegar, garlic, ginger and chili-garlic sauce in empty saucepan and bring to a boil. Reduce heat to medium and simmer until thick and syrupy (about 20-25 minutes). You should have 1 cup
3. Seal wood chips in foil packet. Heat on high until chips start to smoke
4. Remove chicken from brine and pat dry. Arrange chicken on the grill skin side up but not over foil chip packet. Grill, covered until well browned and meat registers 120 F. Flip chicken and cook until temp is 160–165 F

KICKIN' CHICKEN (FROM MOM)

Ingredients:

- 1 tsp sesame oil or olive oil
- 4 oz of chicken, stripes or diced
- 1 tsp cayenne pepper
- 1 tsp lemon pepper
- 1 Tbs garlic
- 1 tsp *Dijon* mustard
- 1 Tbs balsamic vinegar

Directions:

1. Heat the pan with oil until hot
2. Add chicken and spices
3. When meat is browned add vinegar and mustard
4. When pan is dry add a little water -top-

MARRY ME CHICKEN

Ingredients:

Spice Blend:

- 1 tsp sea salt
- ½ tsp cracked black pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp Italian herb blend
- ½ tsp red pepper flakes

Marry Me Chicken:

- 1½ lbs. thin-sliced chicken breasts, or boneless chicken thighs
- ¼ cup avocado oil
- ¼ cup dry white wine or chicken broth
- 1 cup heavy cream
- 5 oz Boursin garlic & fine herb cheese
- ½ cup shredded parmesan cheese, divided
- ¼ cup sun-dried tomatoes in oil, drained and julienne cut
- 8-10 fresh basil leaves, stems discarded

Directions:

1. In a small bowl, mix together the salt, black pepper, garlic powder, onion powder, Italian blend, and red pepper flakes
2. Evenly coat both sides of the chicken with the seasoning mixture
3. Warm up a large cast-iron skillet with avocado oil over medium-high heat
4. Once the pan is smoking hot, place all four chicken breasts into the pan and sear them for 3 to 4 minutes on each side, or just until a nice golden-brown crust is formed
5. Remove the chicken from the pan and set it aside on a plate or rack to rest
6. Discard the excess oil from the pan and place the same pan back over medium-high heat. Add in the white wine (or broth) and use a whisk to “degaze” the pan, scraping the bottom to remove all of the brown bits
7. Add in the heavy cream, soft cheese, half of the parmesan, and the tomatoes
8. Stir continuously while the sauce becomes smooth and begins to thicken and get bubbly
9. Lower the heat to medium-low, and add in the basil leaves
10. Then, nestle the chicken breasts back into the sauce, spooning some of the sauce over each piece
11. Then turn off the heat
12. Serve each piece on a plate, or family-style right out of the pan
Be sure to sprinkle the remaining parmesan on top before serving
13. Enjoy!

Notes:

Mary: Is there a marriage proposal that accompanies this dish?

Me: No there is not.

Mary: You should notate that in the cookbook.

After Mary has tried this dish ...

Mary: Make this for me on a regular basis and you’ll never have to worry about needing a proposal.

-top-

PAN-SEARED CHICKEN WITH GARLIC SAUCE (FROM MOM)

Ingredients:

- 1 tsp paprika
- 1 tsp dried thyme
- ½ tsp dried rosemary
- ½ tsp table salt
- ¼ tsp black pepper
- 4-4 oz pieces uncooked boneless skinless chicken breasts (1 lb.)
- 1 tsp olive oil
- 12 medium cloves, halved garlic
- 1 cup, reduced-sodium, divided fat free chicken broth

Directions:

1. Heat oven to 450 F
2. Combine first 5 ingredients in a small bowl then sprinkle both sides of chicken with herb mixture
3. Heat oil in a large ovenproof nonstick skillet over medium-high heat
4. Add chicken, and cook 2 minutes on each side
5. Add garlic and ¾ cup broth then place pan in oven and bake at 450 F for 10 minutes or until chicken is done and garlic cloves are soft
6. Remove pan from oven and transfer chicken to a platter; keep warm
7. Add remaining ¼ cup broth to pan
8. Mash garlic with a fork then cook garlic mixture over medium heat 2 minutes or until thoroughly heated; stir
9. Serve garlic sauce over chicken

-top-

PEPPER JACK CHICKEN

Ingredients

- 3-4 boneless skinless chicken breasts
- 6 Tbs butter divided
- 1-10¾ oz can cream of chicken soup (or cream of mushroom)
- ⅓ cup milk
- 6-12 slices Pepper Jack cheese (or Monterrey Jack with jalapenos)
- 1 cup sliced mushrooms (optional – I definitely use mushrooms)
- 2 cups seasoned poultry stuffing i.e., Stove Top or Pepperidge Farms

Directions:

1. Use the 12 slices if you want it extra cheesy
2. Heat oven to 350 F
3. Melt 2 tbs of the butter and grease a 9"x13" baking pan
4. Prepare the chicken breasts by cutting them in half lengthwise to make 2 thinner breast pieces
5. Lay the chicken breasts across the bottom of the pan so the entire bottom is covered
6. Distribute mushrooms (if using) across the chicken breasts)
7. Place the cheese slices on top of the chicken/mushrooms, covering them completely
8. In a small bowl, mix the soup and the milk. Pour over top of the casserole then spread out so everything is covered
9. Melt the remaining 4 tbs of butter
10. Distribute stuffing evenly across the top of the casserole; drizzle with the 4 tbs melted butter
11. Bake at 350 F for 45-60 minutes, or until chicken is done and the top of the casserole is bubbling

PERFECT CHICKEN BREAST

Ingredients: (measure to taste)

- 4 boneless, skinless chicken breasts
- 1 tsp salt
- 1 tsp pepper
- 1 tsp Chipotle chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 Tbs Butter

Directions:

1. Pound chicken breasts for even cooking
2. Season with: salt, pepper, chili powder, garlic powder, onion powder and paprika
3. Heat cast iron pan over medium high heat
4. Coat with oil once hot (avocado, canola, peanut, etc.)
5. Sear chicken for 4-5 minutes a side (165 F)
6. Throw in a couple of Tbs of butter and baste after flipping
7. Rest for 5 minutes

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BEEF: BBQ BEEF SANDWICHES

Ingredients:

- 1 boneless chuck roast (4-5 lbs.)
- 1 cup chili sauce
- 2 cloves garlic minced
- ¼ cup minced white onion
- ½ cup ketchup
- 2 Tbs brown sugar
- 1½ Tbs molasses
- 2 Tbs *Worcestershire* sauce
- 2 Tbs *Dijon* mustard
- ½ Tbs dried parsley
- salt & fresh ground pepper to taste
- rolls & slaw for serving

Directions:

1. Combine all ingredients except rolls & slaw in the slow cooker
2. Cook on low for 8-10 hours or until meat is fork tender
3. Remove beef from the slow cooker and shred with a fork
4. Skim any fat off of the liquid and add beef back into the sauce
5. Cook an additional 20-30 minutes
6. Serve on rolls with slaw

-top-

BEEF: BRISKET

Ingredients:

- 2 Tbs vegetable oil
- 1 (3-6 lbs.) brisket
- 2 large onions (peeled and cut into ¼ in slices)
- 6 garlic cloves (peeled and minced)
- 1-12 oz can of beer
- ½ cup low-sodium beef broth
- 4 celery stalks (cut into ½ in slices)
- ½ cup tomato paste
- 1-14½ oz can stewed tomatoes
- 2 bay leaves
- ½ cup packed dark brown sugar
- ⅓ cup *Dijon* mustard
- ½ cup red wine vinegar
- ¼ cup regular molasses
- ⅓ cup soy sauce
- 1 tsp paprika
- salt and ground black pepper to taste

Directions:

1. Season the brisket (or beef roast) with salt and pepper
2. In a pan, put some oil, then place the meat with the seasoned side down
3. While it's cooking, season the other side of the meat
4. Flip it to cook the other side
Make sure to brown all sides evenly
5. After browning the meat, set it aside
6. Next, in the same pan, add the chopped onions
7. Sauté until soft then add the garlic
8. Mix them, then put them in a big bowl and set them aside
9. Add 1 can of beer and ½ cup of beef broth to deglaze the pan
10. Next, in the bowl where you put the sauteed onions and garlic, add all the remaining ingredients: ½ cup tomato paste, 2 bay leaves, ½ cup packed dark brown sugar, ⅓ cup *Dijon* mustard, ½ cup red wine vinegar, ⅓ cup soy sauce, 1 tsp paprika, 1 can stewed tomatoes, and ¼ cup regular molasses
11. Mix it all well
12. Lastly, add the chopped celery to the mixture
13. Place the beef roast in the slow-cooker
14. Pour in the beer and beef broth mixture as well as the veggie mixture
15. Cover the slow cooker and cook it on low for 8 hours

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BEEF: CUBE STEAK WITH ONIONS AND BROWN GRAVY

Ingredients:

- 1 onion
- couple of lbs. of cube steak (or 1 package)
- Lipton onion soup mix
- 1 package of brown gravy
- 2-10¾ oz cans cream of mushroom soup
- ½ cup of water

Directions:

1. Add cube steaks to the bottom of the crock pot
2. Cover those with the soup mix
3. Cover with sliced onions
4. Cover with brown gravy
5. Add 2 cans cream of mushroom soup and the water
6. Cook on low for 4-6 hours

BEEF: FRENCH DIP

Ingredients:

- 3-4 lbs. chuck roast or rump roast
- salt and pepper to taste
- 1-10½ oz beef broth low sodium
- 1-10½ oz onion soup low sodium
- 1 onion, sliced
- 12 oz light beer
- 2 cloves garlic, minced
- 1 sprig rosemary, optional
- 1 tsp *Worcestershire* sauce
- 8 French rolls or 2 baguettes cut into 6" rolls
- 8 Tbs butter

Directions:

1. Season roast with salt & pepper
2. Brown in a large pan over medium high heat
3. Place remaining ingredients (except rolls and butter) in a slow cooker
4. Cook on low 8 hours or on high 4 hours or until beef is tender
5. Once roast is tender, remove from the juices and let rest 15 minutes
6. Shred or slice beef (your choice)
7. Butter rolls and heat under a broiler until lightly toasted
8. Top rolls with beef and serve with jus from the slow cooker for dipping

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BEEF: GOULASH

Ingredients:

- 2 lbs. stew meat or ground beef
- 1½ medium onions, diced
- 3 cloves garlic, minced
- 1 green pepper, diced
- 6 oz tomato paste
- ½ cup water
- 24 oz pasta sauce jarred, or canned
- 28 oz diced tomatoes canned, do not drain
- 2 Tbs *Worcestershire* sauce
- 8 oz mushrooms canned, do not drain
- 1 Tbs Italian seasoning
- ½ tsp seasoning salt, or to taste
- 3 cups pasta shells uncooked

Directions:

1. Brown ground beef, onions and garlic until no pink remains
2. Drain any fat
3. Add ground beef mixture to the crock pot
4. Add all remaining ingredients except the uncooked shells
5. Cook on high for 2 hours or low for 4-5 hours
6. Prepare shells al dente according to package directions
7. Drain well and stir into meat sauce
8. Cover and cook an additional 10 minutes to heat through

Notes:

This recipe creates a thick goulash if you prefer your goulash to be thinner, increase the water to 1½-2 cups

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BEEF: HUNGARIAN GOULASH

Ingredients:

- 2 lbs. beef stew meat, cut into 1" cubes
- 1 large onion, sliced
- 1 clove garlic, minced
- ½ cup ketchup
- 2 Tbs *Worcestershire* sauce
- 1 Tbs brown sugar
- 2 tsp salt
- 2 tsp paprika
- 1/2 tsp dry mustard
- 1 cup water
- ¼ cup flour

Directions:

1. Place meat in crockpot and cover with sliced onion
2. Combine garlic, ketchup, *Worcestershire* sauce, sugar, salt, paprika and mustard
3. Stir in water, mix well, and pour over meat
4. Cover and cook on low for 8-10 hours
5. Turn temp to high
6. Dissolve flour in a small amount of cold water and stir into meat mixture
7. Cook on high for 10-15 minutes or until slightly thickened
8. Serve over noodles or rice

-top-

BEEF: ITALIAN BEEF SANDWICHES - CHICAGO STYLE

INGREDIENTS

- 3 lbs. chuck roast, trimmed of visible fat and cut into large chunks
- 2 envelopes Good Seasons zesty Italian salad dressing mix
- 2 Tbs Italian seasoning, to taste
- 8 oz pepperoncini pepper slices + splash of juice (plus extra for serving)
- 8 oz giardiniera - Chicago-Style Italian sandwich mix (drained) (plus extra for serving)
- 14½ oz can beef broth
- provolone cheese slices
- hoagie buns

DIRECTIONS

1. Place chuck roast into the bottom of a 6-quart crock pot then sprinkle with salad dressing mix
2. Add pepperoncini peppers plus a splash of juice, giardiniera, beef broth and Italian seasoning then lift up chuck roast pieces to get broth underneath
3. Place a lid on top then cook on low for 9 hours, or until meat shreds easily with a fork
4. Shred then place meat back into crock pot and cook on low for 1 more hour
5. Split buns in half then scoop the shredded meat mixture on top and add provolone cheese slices
6. Top with additional pepperoncini peppers and Giardiniera, if desired, then serve

UPDATED BEEF: MISSISSIPPI POT ROAST

Ingredients:

- 3-4 lbs. chuck roast
- Montreal Steak Seasoning, to taste
- 2 Tbs olive oil, or vegetable oil
- ½ stick butter
- 1 large white onion diced
- 1 packet each: Au Jus, Beef Stew & Hidden Valley Ranch seasoning
- 3 cups carrots
- 1 15 oz can tomato sauce + 7.5 oz water (to rinse out the can)
- 16 oz pepperoncini peppers + all of the juice (stems removed)
- 2 bags frozen mixed vegetables

Directions:

1. Drizzle oil into the hot large skillet over medium heat
2. Pat dry both sides of the pot roast with paper towels and season it with Montreal Steak Seasoning
3. Add the roast to the hot skillet and sear 3 minutes each side
4. Remove the meat and add the rest to the pan (except for the mixed veggies) and bring to a simmer for 5 minutes
5. To a slow cooker, transfer the meat and then top with the gravy and stir in mixed veggies
6. Put the lid on and set it to cook for 8+ hours on low
7. Using two forks, shred the meat, discarding any big fatty pieces that remain

-top-

Ingredients:

- 2 lbs. beef chuck or stewing beef
- 3 Tbs flour
- ½ tsp garlic powder
- 3 Tbs olive oil
- 1 onion chopped
- 1 cup vegetable juice such as V8
- 4 cups beef broth
- 1 Tbs *Worcestershire* sauce
- ½ tsp thyme, or 2 sprigs fresh
- 1 tsp dried rosemary, or 1 sprig fresh
- 3 cups potatoes peeled and cubed
- 2 cups carrots cut into 1-inch pieces
- 1 cup celery stalks cut into 1-inch pieces
- ¾ cup peas, frozen
- 2 Tbs cornstarch
- 2 Tbs water
- salt to taste
- pepper to taste

Directions:

1. Combine flour, garlic powder and salt & pepper to taste
2. Toss beef in flour mixture
3. Brown the beef and onions in olive oil in small batches
4. Add some of the broth to the pan and scrape up any brown bits
5. Add all ingredients except peas and cornstarch to a 6-quart slow cooker
6. Cook on high 4-5 hours or on low 7-8 hours or until beef is tender
7. Mix cornstarch with 2 Tbs water
8. Stir into the stew a little bit at a time to thicken
You may not need all of the mixture
9. Add peas
10. Cover and cook 10 minutes
11. Season with salt and pepper

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CHICKEN: BURRITO BOWLS

Ingredients:

- 2 lbs. boneless, skinless chicken breasts
- 1 medium yellow onion, diced
- 1-16 oz jar salsa
- 1-15 oz can black beans
- 1-10 oz can diced tomatoes, Fire Roasted w/ Garlic
- 1-4 oz can diced green chiles
- 2 cups low-sodium chicken broth
- 1 tsp chipotle Chile powder or regular chili powder
- 1 tsp paprika
- 1 tsp ground oregano
- 1 tsp table salt
- 1 tsp finely ground black pepper
- 2 cups instant rice (such as Minute rice)
- 8 oz shredded Colby-Jack cheese
- Optional garnishes: sour cream, olives, avocado, hot sauce, cilantro, green onion

Directions:

1. Place the chicken breasts in the bottom of the slow cooker
2. Add the onion, salsa, black beans, diced tomatoes, diced green chiles, chicken broth, chipotle Chile pepper powder, paprika, oregano, salt, and black pepper
3. Slow cook on low for 4 hours
4. Remove the chicken and place in a large bowl. Use 2 forks or shredders to shred the chicken
Keep the lid on the slow cooker while shredding the chicken to retain the heat
5. Place the shredded chicken back into the slow cooker and add the rice, stirring to combine
6. Cook for another 45 minutes, or until the rice is tender
Make sure to taste the rice here to check for tenderness
7. Top with shredded cheese and place the lid back on top of the slow cooker, cook for another 3-5 minutes, until the cheese has melted
8. Serve in a bowl with desired toppings

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CHICKEN: CRACK CHICKEN

Ingredients:

- 1 lb. boneless, skinless chicken breasts (cut into ½ inch cubes)
- 1 oz packet of Ranch seasoning mix
- 16 oz cream cheese
- 8 slices of bacon, sliced, cooked, and drained
- 1½ cups of shredded cheddar cheese
- ½ cup of sliced green onions

Directions:

1. Add the chicken to the slow cooker, evenly distributing them at the bottom
2. Next, sprinkle over 1 packet of Ranch seasoning, then add 16 oz of cream cheese and cook on low for 7 hours
Don't open the lid while it's cooking
3. After 7 hours, shred the chicken with two forks
4. Then add the cooked and sliced bacon over the top
5. Mix it well
6. Add 1½ cups of shredded cheddar cheese, then put the lid back on to let the cheese melt
7. Sprinkle with some green onions
8. Serve

CHICKEN: CROCKPOT COUNTRY CHICKEN

Ingredients:

- 4 skinless chicken breasts, cut into strips or cutlets
- 1-15¼ oz can cream of corn + 1 can of water
- 1 box stuffing mix
- 1 tsp celery seed
- 1 cup chicken stock
- 1 packet *Lipton* onion soup mix
- 1 lb. potatoes
- ½ lb. carrots

Directions:

1. Add the chicken to the slow cooker, evenly distributing them at the bottom
2. Mix remaining items together except for the potatoes and carrots
3. Pour over chicken
4. Add potatoes and carrots to aluminum foil puncturing the foil a couple of times for steaming purposes and add to crock pot
5. Cover and cook on low for 6-8 hours – stirring the mixture once half-way through
6. Serve!

-top-

CHICKEN: CHICKEN NOODLE SOUP

Ingredients:

- 3 large uncooked chicken breasts, about 1½ lbs. or 4 cups cooked chicken (*see notes*)
- 1 small onion diced
- 2-10½ oz cans cream of chicken soup
- 6 cups low sodium chicken broth
- ½ tsp black pepper
- ½ tsp dried thyme leaves
- 2 cups frozen mixed vegetables
- 24 oz frozen egg noodles (Wide Homestyle Egg Noodles)
- 2 Tbs fresh parsley chopped

Directions:

1. Season chicken with salt and pepper to taste
2. Place onion and chicken in a slow cooker
3. Top with broth, cream of chicken soup, and seasonings
4. Cook 3 hours on high or until onions are tender and the chicken is cooked through (165 F)
5. Remove the chicken breasts from the slow cooker and shred with two forks
6. Add them back to the liquid along with the mixed vegetables and frozen egg noodles
7. Cook an additional 30-45 min or until noodles are cooked through, stirring every 15 minutes
8. Do not overcook
9. Stir in parsley and serve

Notes:

Chicken:

Use raw boneless skinless chicken breasts or thighs, or cooked chicken in this recipe
Cooking time will remain the same if using cooked shredded chicken to allow the onions to cook through and the flavors to blend

Noodles:

Use frozen egg noodles such as Reames or wide homestyle egg noodles. This recipe is thicker than soup and is designed for frozen noodles to be cooked in the broth

Other types of noodles won't thicken the sauce the same way

If using noodles or pasta other than frozen egg noodles, you may need to reduce the liquid in the recipe and the sauce can be thickened with a slurry

Sauce:

It will seem like a lot of liquid when you add the shredded chicken and noodles to the slow cooker. The noodles will soak up a lot of the liquid

More broth can be added before serving to reach desired consistency

-top-

CHICKEN: MISSISSIPPI CHICKEN

Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 packet au jus gravy mix
- 1 packet Ranch dressing mix
- ½ cup salted butter (1 stick)
- 6 pepperoncini peppers

Directions:

1. Add chicken breasts to the bottom of the slow cooker
2. Sprinkle both packets of au jus gravy mix and Ranch dressing mix on top of the chicken
3. Then, top with stick of butter and pepperoncini peppers
4. Cover and cook on low for 6-8 hours
The chicken will produce its own juices so you don't have to add any other liquid to this
5. When it's ready, take a couple of forks and shred the chicken
6. Serve alone with sides or as a sandwich with sliced provolone cheese

CHICKEN: SALSA CHICKEN

Ingredients:

- 2 lbs. skinless, boneless chicken
- 2 Tbs taco seasoning mix
- 1 cup diced tomatoes with habaneros (such as Ro★Tel Hot)
- 1 cup finely chopped onion
- ½ cup finely chopped celery
- ½ cup shredded carrot
- 1 cup prepared salsa
- ¼ cup water

Directions:

1. Put chicken into the crock pot and sprinkle taco seasoning over the chicken
2. Layer diced tomatoes with habaneros, onion, celery, and carrot over the chicken, respectively; top with salsa
3. Pour water over the entire mixture
4. Cook on low until the chicken is easy to shred, 6-8 hours
An instant-read thermometer should read 165 F
5. Shred the chicken with 2 forks and stir with the salsa mixture

-top-

CHICKEN: WHOLE CHICKEN

Ingredients:

- 1 whole chicken
- 1 large onion
- 2 Tbs olive oil
- 2 tsp paprika
- 2 tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp thyme
- 1½ tsp black pepper

Directions:

1. In a bowl add 2 tsp of paprika, 2 tsp of salt, 1 tsp of onion powder, 1 tsp of garlic powder, 1 tsp of thyme, and ½ tsp of black pepper
2. Mix them well to combine
3. Next, prepare the crock pot or slow cooker, and place the rinsed whole chicken inside
4. Get a piece of paper towel and pat down the chicken for it to become nice and dry
5. After this, drizzle some olive oil, then spread it all over the chicken
6. Add the spice mixture and rub it in nicely
7. Cut a large onion into quarters and add it to the crock pot, placing it around the chicken
8. Put the lid on and set it on low for 8 hours
9. After 8 hours, check the temperature (should be at or above 165 F)
10. Serve

[-top-](#)

CHICKEN: WINGS

Ingredients:

- 4 lbs. chicken wings fresh or frozen
- Buffalo wing sauce – like *Frank's Red-Hot*
- 1½ cups Buffalo sauce plus additional for finishing
- ¼ cup brown sugar
- ½ onion diced
- 4 cloves garlic minced

For serving

- carrot sticks
- celery sticks
- Ranch dressing
- blue cheese dressing
- chives for garnish

Directions:

1. Combine Buffalo wing sauce ingredients and set aside
2. Place wings in a 6-quart slow cooker and cover with Buffalo wing sauce
3. Stir to combine
4. Cook on high for 2½-3 hours for frozen wings or on low 3 hours for fresh wings
5. Once cooked and wings have reached 165 F remove them from the slow cooker and place on a foil lined pan (discard liquid)
6. Heat broiler to high
7. Brush with additional Buffalo sauce and broil until lightly browned/crisp
About 5 minutes per side
8. Serve with celery, carrots, extra buffalo sauce and Ranch dressing for dipping

Notes:

If using frozen wings, they will produce liquid while cooking so discard the liquid once wings are cooked

Brush wings with extra buffalo sauce before and after broiling if desired

-top-

JAMBALAYA

INGREDIENTS

- 2 chicken breasts skinless, boneless, cut into chunks
- 1 lb. Andouille sausage links, sliced
- 1-28 oz can diced tomatoes
- 1 large onion, chopped
- 1 red bell pepper, finely chopped
- 2 stalks celery, thinly sliced
- 2 cups chicken broth
- ½ tsp dried thyme
- 2 tsp dried oregano
- 1 Tbs Cajun seasoning
- ½ tsp cayenne pepper
- 1 Tbs tomato paste
- 1 cup rice (see note)
- 1 lb. shrimp, 13-15 count

DIRECTIONS

1. Add all the ingredients into the slow cooker and stir, except the shrimp and rice
2. Cook on low for 7-8 hours (or high for 3-4 hours)
3. Add the rice in 1 hour before finished*
4. For the last 15 minutes add in the shrimp

Notes:

*Adding the rice to the slow cooker is optional. You can also just serve over cooked rice

-top-

LASAGNA SOUP

INGREDIENTS

- 1 lb. lean ground beef or 1 lb. Italian sausage
- 1 large onion, diced
- 4 cloves garlic, minced
- 28 oz crushed tomatoes, undrained
- 15 oz tomato sauce
- 14½ oz petit diced tomatoes
- 32 oz low sodium beef broth
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 cups sliced mushrooms
- 2 tsp dried basil leaves
- 2 tsp dried parsley
- ½ tsp seasoning salt
- ½ tsp black pepper
- 1-2 slices parmesan rinds, optional
- 6 oz dried pasta, any shape
- 2 cups chopped fresh spinach

Toppings

- Mozzarella cheese
- Ricotta cheese
- Parmesan cheese
- fresh basil & parsley

DIRECTIONS

1. Cook beef, onion, and garlic over medium-high heat until no pink remains; drain
2. Place in slow cooker
3. Add all remaining soup ingredients except pasta & spinach
4. Cover and cook on low 7-8 hours or high 3-4 hours
5. Cook pasta al dente according to package directions
6. Stir in cooked pasta and spinach
7. Cover and cook an additional 10-15 minutes
8. Spoon into bowls and top as desired

-top-

INGREDIENTS

- 1-16 oz package elbow macaroni, cooked
- 2 cups sharp Cheddar cheese, grated
- 1 cup Provolone cheese, grated
- ½ cup Parmesan cheese, grated
- 1 cup sour cream
- 4 oz package cream cheese, room temperature
- 1-12 oz can Evaporated milk
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp dry mustard powder
- ¼ tsp nutmeg
- kosher salt and freshly ground pepper, to taste

DIRECTIONS

1. Bring a large pot of salted water to boil and cook pasta until 3-4 minutes shy of directions on packaging for al dente
2. Drain and set aside
3. Lightly grease slow cooker with non-stick spray, then place macaroni in the bottom
4. Add cheddar and provolone cheese, sour cream, cream cheese, garlic powder, onions powder, dry mustard powder and nutmeg
5. Season with salt and pepper
6. Pour evaporated milk on top of ingredients, then stir everything together
7. Cover and cook on low for 2 hours or on high for 1 hour, stirring occasionally
8. Enjoy!

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NEW YEAR'S DAY BLACK EYED PEAS

Ingredients:

- 2 lbs. black eye peas
- 2 tsp baking soda
- 1-28 oz can tomatoes, seeded and diced
- 2-6 oz cans tomato paste
- 2 Tbs of salt
- 2 Tbs of sugar
- 60 dashes *Frank's Red-Hot* sauce
- 2 tsp of red pepper
- 12 strips of pre-cooked microwave bacon, diced
- 6 strips bacon, cooked and diced
- 2-16 oz packages Black Forest ham, finely diced
or 2 lbs. of diced spiral cut ham leftover and frozen from Thanksgiving
- 3 lbs. country ribs
- 2 large white onions, diced
- 6 Tbs garlic, minced
- 1/3-1 cup Cabernet Sauvignon

Directions:

Day One:

1. Soak black eye peas in a stock pot overnight
2. Prepare the tomato/meat mixture
3. In two containers – divide equally tomatoes, tomato paste, bacon and ham
4. Add 1/2 to each container: salt, sugar, red pepper and *Frank's Red-Hot* sauce
5. Stir and refrigerate

Day Two:

1. Drain and rinse black eye peas and return to stock pot with fresh water
2. Prepare onion and garlic/ribs mixture
3. On a plate roll the ribs in flour then in heavy pan, brown country ribs - when ribs are golden brown then plate to cool. Once cool - slice and dice
4. Using the same pan, deglaze with 1/3-1 cup Cabernet Sauvignon and then sauté the onions and garlic until wine has evaporated
5. In two containers – divide equally the diced ribs and onion/garlic mixture
6. Stir and refrigerate

Day Three:

1. Drain and wash peas and return to stock pot, cover with water and add baking soda then bring to a good boil. Drain - keeping the hot water
2. To the crock pots (6-quart minimum)
3. Add 1 container of the ribs & onion/garlic mixture to each
4. Divide the black eye peas equally between the two crock pots
5. Add 1 container of tomato/meat mixture to each
6. Cover each with the retained hot water
7. Cook on low for 12-15 hours until all the meats are pretty much dissolved

-top-

PIEROGIES WITH KIELBASA

Ingredients:

- 3 boxes Mrs. T's Pierogies
- 4 cups chicken broth
- 8 oz block of cream cheese
- 1 cup shredded cheddar cheese
- 1 lb. kielbasa (sliced)
- Salt and pepper to taste
- Sliced green onions for serving

Directions:

1. Add all to a crock pot
2. Cover and cook on low for 4-6 hours

-top-



AWESOME 7 LAYER DIP

Ingredients:

- 1-16 oz can refried beans
- homemade guacamole
- 1 cup sour cream
- 2 Tbs homemade taco seasoning, or packaged taco seasoning
- 1 cup salsa
- 1 cup Colby Jack cheese, shredded
- ½ cup sliced olives
- ¼ cup cherry tomatoes, sliced
- 2 green onions, sliced

Directions:

1. In an 8"x8" inch dish layer the refried beans and guacamole
2. In a small bowl mix the sour cream with the taco seasoning and layer on top of the guacamole
3. Then layer salsa on top
4. Top with shredded cheese, olives, tomatoes, and green onions

BUFFALO CHICKEN DIP

Ingredients:

- 8 oz cream cheese
- 1¼ cup cooked chicken, shredded
- ½ cup Buffalo sauce
- ½ cup blue cheese sauce
- 2 cups cheese

Directions:

1. Heat oven to 350 F
2. Combine cooked chicken, cream cheese, half of the shredded cheese and both sauces
3. Spread the mixture in a small casserole dish
4. Sprinkle leftover cheese on top
5. Bake for 20 minutes and serve topped with crushed chili flakes and sliced scallions with a side of veggies, chips, and crackers for dipping

-top-

CHEESY BEAN DIP

Ingredients:

- 2-16 oz cans refried beans
- 1-8 oz block cream cheese
- 1 cup sour cream
- 1 packet taco seasoning
- 2 cups Colby Jack cheese
- 2 cups cheddar cheese

Directions:

1. In a large bowl, use a mixer to blend the beans, cream cheese, sour cream and taco seasoning
2. Pour into a baking dish
3. Top with cheese
4. Bake at 350 F until the cheese is melted

FRENCH ONION DIP

Ingredients:

- 2 cups sour cream
- 2 Tbs dried chopped onions
- 2 tsp onion powder
- ¼ tsp garlic powder
- ½ tsp kosher salt
- 2 tsp dried parsley
- 2 tsp better than bouillon beef

Directions:

1. In a medium bowl stir the sour cream, chopped onions, onion powder, garlic powder, salt, parsley and better than bouillon beef together
2. Place the dip into the refrigerator for an hour for the flavors to blend

-top-

GUACAMOLE DIP

Ingredients:

- 3 ripe avocados
- 1 tomato, peeled, deseeded and chopped
- 1 lime, juiced
- 1 tsp garlic, chopped
- ½ fresh jalapeno, optional
- ½ tsp black pepper
- 1 Tbs garlic salt, or to taste
- ¼ tsp cumin
- ½ tsp cayenne pepper
- ½ tsp paprika
- 1 Tbs sour cream
- 4-6 Tbs salsa

Directions:

1. Add avocados to a bowl and mash with a fork
2. Add the remaining ingredients and mix well
3. Refrigerate until ready to serve
4. Top off with some chopped tomatoes and jalapenos for an extra kick!

RO★TEL DIP

Ingredients:

- 1 lb. lean ground beef
- 2 Tbs homemade taco seasoning, or packaged taco seasoning
- 1-10 oz can Ro★Tel tomatoes
- 1 lb. *Ve/veeta* cheese processed cheese, cubed

Directions:

1. In a medium sized skillet over medium high heat cook and crumble the ground beef until no longer pink then drain excess grease
2. Add in the taco seasoning, Ro★Tel tomatoes, and *Ve/veeta* cheese and stir until melted
3. Pour into desired serving dish and serve

-top-

LOADED TEXAS TRASH DIP

Ingredients:

- 1-8 oz package cream cheese
- 1 cup sour cream
- 2-16 oz cans refried beans
- 1 package McCormick taco seasoning mix
- 4 cups shredded Mexican cheese blend, divided

Optional toppings

- chopped cilantro
- cherry tomatoes
- sliced avocados

Directions:

1. Heat oven to 350 F
2. Microwave cream cheese and sour cream in a large microwaveable bowl on high for 1 minute or until cheese is softened
3. Remove from microwave and mix with wire whisk until smooth
4. Add refried beans, seasoning mix, and 2 cups of the cheese and mix well
5. Spread bean mixture into a 9"x13" baking dish sprayed with no-stick cooking spray
6. Sprinkle with the remaining 2 cups of cheese
7. Bake 25 minutes or until cheese is melted
8. Serve with tortilla chips

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Ingredients:

For the meat

- 8 oz ground beef
- ¼ cup finely diced red bell pepper
- ¼ cup finely diced onion
- 1 stalk celery, finely diced
- ½ tsp granulated garlic powder
- ½ tsp ground cumin
- 1 tsp salt
- 1 tsp black pepper

For the guacamole

- 2 ripe avocados, peeled, pits removed
- juice of ½ lemon
- ½ tsp granulated garlic powder
- 1 Tbs vegetable oil
- 1 small Roma tomato, finely diced
- salt

For the queso

- 1 stalk celery, finely diced
- ¼ cup red bell pepper, finely diced
- ¼ cup white onion, finely diced
- ½ cup poblano pepper, diced
- ½ cup Roma tomato, diced
- 2 cups shredded or cubed American cheese, processed cheese will work in a pinch

Directions:

For the meat

1. Heat a pot over medium heat, then add all the ingredients
2. Cook, stirring, until the onion is translucent and the meat is cooked, about 5 minutes.
Most of the liquid should evaporate, but the mixture shouldn't be dry. Keep warm while you prepare the other components

For the guacamole

1. Combine the avocados, lemon juice, granulated garlic, and oil, mashing everything slightly. *The mixture should be chunky, not smooth.* Stir in the tomato and season with salt

For the queso

2. Bring 1 cup water to a boil in a small saucepan. Add the celery, bell pepper, onion, poblano, and tomato and boil briefly to cook everything, about 1 minute
3. Turn the heat down to low, and gradually whisk in the cheese. Heat for a few minutes, stirring constantly. The second all the cheese is melted and everything is heated through and smooth, remove from the heat so it doesn't overcook. *Do this step right before serving! If you used American cheese the dip will separate as it cools; if you used processed cheese it will develop a skin on top as it sits*
4. Pour the hot queso into a wide, shallow serving bowl. Add a scoop of meat and a scoop of guacamole, about ½ cup of each. Do not mix. Guests should combine the queso, guacamole, and ground beef together with tortilla chips as they eat it

-top-

OLIVE TAPENADE FOR MUFFALETTA SANDWICHES – OLIVE DIP

Ingredients:

- ¾ cup pimento-stuffed olives
- ¼ cup Kalamata olives (pitted)
- ¼ cup Giardiniera (Italian style)
- 2 large pepperoncini
- 3-4 pickled onions
- 2 Tbs capers
- 1 medium clove garlic, chopped
- 1 tsp dried oregano
- A couple of grinds of black pepper
- 2 tsp fresh lemon juice
- 2 Tbs olive oil

Directions:

1. Drain all ingredients
2. Place all ingredients in a food processor and pulse

Notes:

A version of the olive mix served on the famous New Orleans Muffaletta sandwich

Ideally it should be made a day in advance to give the flavors time to meld

This recipe makes a lot, but if kept sealed in a jar in the refrigerator it will keep for months

QUESO DIP

Ingredients:

- 1 Tbs of butter
- 1 Tbs of jalapeno, chopped
- 1 garlic clove, minced
- ½ onion, chopped
- ¼ cup chopped tomatoes
- ¼ cup cream
- ½ cup milk
- ½ Tbs cornstarch
- ½ cup cheese, shredded
- 1 Tbs dried green onion
- tortilla chips for serving

Directions:

1. Whisk cream and cornstarch together
2. Melt butter over medium heat and sauté onion, garlic and jalapeno until onion is translucent
3. Add tomatoes
4. Pour in cream with cornstarch and add milk, salt and green onion
5. Cook over medium heat until smooth and bubbly
6. Add cheese in batches, whisking constantly
7. Wait until all cheese melts and serve warm with some tortilla chips or other dipping foods

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SPINACH ARTICHOKE DIP

Ingredients:

- 8 oz cream cheese, softened
- $\frac{2}{3}$ cup sour cream
- $\frac{1}{3}$ cup mayonnaise
- 2 cloves garlic, minced
- $1\frac{1}{2}$ cups shredded Mozzarella cheese, divided
- $\frac{1}{2}$ cup fresh shredded Parmesan cheese
- $\frac{1}{2}$ cup shredded gruyere cheese
- 10 oz frozen chopped spinach defrosted and squeezed dry
- 14 oz marinated artichoke hearts, chopped

For serving

- 1 baguette, optional
- olive oil

Directions:

1. Heat oven to 375 F
2. In a bowl combine cream cheese, sour cream, mayonnaise and garlic with a hand mixer until fluffy
3. Stir in Parmesan cheese, 1 cup mozzarella cheese, gruyere cheese, spinach, and artichokes
4. Place into a greased 9"x9" casserole dish (or deep-dish pie plate) and top with remaining $\frac{1}{2}$ cup Mozzarella cheese
5. Bake 25-30 minutes or until bubbly and cheese is browned
6. Slice baguette into $\frac{1}{2}$ " slices and lightly brush one side of each slice with olive oil
7. Broil the oiled side for about 2 minutes or just until lightly browned
8. Remove from the oven and gently rub each slice with a clove of garlic
9. Serve with spinach artichoke dip

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SPINACH DIP

Ingredients:

- 8 oz cream cheese softened
- 1 cup sour cream
- 10 oz fresh spinach leaves
- 1 tsp minced garlic
- ½ tsp salt
- ¼ tsp pepper
- ½ cup grated parmesan cheese
- 1½ cups shredded mozzarella cheese, divided
- 1 Tbs chopped parsley
- bread, crackers and vegetables for serving
- cooking spray

Directions:

1. Steam or sauté the spinach until wilted then let cool, then wring out all the excess water
2. Coarsely chop the spinach
3. Heat the oven to 375 F
4. Coat a small baking dish or skillet with cooking spray
5. Place the cream cheese, sour cream, cooked spinach, garlic, salt, pepper, Parmesan cheese and ¾ cup of the Mozzarella cheese in a bowl and stir until well combined
6. Spread the spinach mixture into the prepared dish
7. Top with remaining Mozzarella cheese
8. Bake for 20 minutes or until dip is bubbly and cheese is melted
9. Turn the oven to broil and cook for 2-3 more minutes or until cheese starts to brown
10. Sprinkle with chopped parsley then serve with bread, crackers and vegetables

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Ingredients

- 2 Russet potatoes, medium cubed finely
- 2 redskin potatoes, medium cubed finely
- 4 strips, bacon, the best you can get your hands on, cooked, chopped, fat reserved
- 3 eggs
- ¼ cup heavy whipping cream
- ⅓ cup Colby Jack cheese
- salt and pepper
- flour tortillas

Directions:

1. Heat cast iron pan until good and hot
2. Add cubed potatoes
3. Pour in ¼ cup water, immediately place lid on pan
4. Let potatoes cook for 3 minutes
5. Remove lid, continue cooking until water evaporates, generously season at this point
6. Add chopped bacon along with 1 Tbs bacon fat
7. Whisk eggs with the whipping cream
8. Add egg mixture
9. When curds form and begin to firm up add cheese
10. Turn off stove and let residual heat finish cooking mixture
11. Spoon into warm tortillas

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EGGS: (MY USUAL SCRAMBLE)

Ingredients

- 1 package *Cut Da Carb* tortillas (8)
- 6 eggs
- 4 oz Mexican-Style cheese Blend, 1 oz reserved
- 4 slices of bacon (cooked and chopped)
- 2 Tbs unsalted butter
- 2 Tbs Mexican oregano
- freshly cracked black pepper
- Parmesan cheese to taste
- 5 Tbs chopped fresh tomato
- ½ chopped onion, optional
- ½ chopped green bell pepper, optional
- 4 Tbs chunky salsa, optional
- 2 fresh mushrooms, sliced, optional
- jalapenos, optional

Directions

1. Cook the bacon, cool and crumble
2. Add 6 eggs to a mixing bowl with black pepper to taste and Mexican oregano
3. Whisk with a fork and then add 3 oz cheese and whisk again
4. Add the bacon and stir
5. Melt 2 Tbs butter in a skillet
If using onions, green peppers, mushrooms, salsa etc. – sauté those before adding eggs
6. Pour in egg mixture when the butter has melted or when the optional items are sautéed are ready
7. Gently stir the eggs for roughly 3 minutes with adding Parmesan cheese to tighten the mixture up
8. Once eggs are cooked and fluffy turn off heat and top with 1 oz reserved cheese
9. Dice up the tomato
10. Prepare breakfast taco with the egg mixture and top with the tomatoes and any other toppings (jalapenos, mushrooms, etc.)

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EGGS: NO PEEL HARD BOILED EGGS

Ingredients

- vegetable oil
- 8 eggs – egg sizes shouldn't vary this recipe too much in the oven method
- water

Directions

1. Heat the oven to 350 F and spread a small amount of vegetable oil (about a tsp) into the bottom of a loaf pan
2. Use a pastry brush to coat the bottom and sides of the pan with vegetable oil
3. Crack eight eggs in the pan and place the pan into a 9"x13" baking dish
4. Fill the large baking dish with cold water to the same level as the eggs in the loaf pan
5. Place pan on the oven rack and bake for 30 minutes or until eggs are hard-boiled to the texture of your liking
6. Let stand for 5 minutes to let eggs cool before using a spatula to loosen the edge and remove the egg loaf from the pan
7. Chop eggs as desired

EGGS: SOUS VIDE EGG BITES

Ingredients

- 6 large eggs
- ½ cup cottage cheese
- 2 tablespoons heavy cream
- ½ teaspoon salt
- 6-4 oz Mason jars
- 1 serving cooking spray

Directions

1. Fill a large pot with water and place a sous vide immersion cooker into the water and set temperature to 170 F
2. Combine eggs, cottage cheese, heavy cream, and salt in a blender; mix until thoroughly blended, 15 to 20 seconds
3. Spray Mason jars with cooking spray and divide egg mixture between each jar
4. Screw on the lids until just barely tightened - do not over-tighten as the jars can burst in the hot water
5. Submerge Mason jars into the water bath and set timer for 55 minutes, when the timer is up, remove jars to a cooling rack

Notes:

If serving immediately, run a knife along the outer edge and invert onto a plate; you can also eat directly from the jar. Let any remaining jars cool, then refrigerate for up to 1 week

To add cheese, blend 1/2 cup of your favorite shredded cheese in with the egg mixture. You can also add 1 tablespoon of cooked add-ins to the bottom of each jar before pouring in the egg mixture - some favorite combos include broccoli and cheddar, ham and Swiss, or roasted red pepper and feta

Reheat in the microwave at low power (30%) for about 1 minute, or in a sous vide bath for 10 to 15 minutes at 150 F

EGGS: ZIPLOCK BAG OMELETS

Ingredients

- 2 eggs, whisked
- 2 slices ham, chopped, optional
- ½ cup shredded Cheddar cheese
- 1 Tbs chopped onion, optional
- 1 Tbs chopped green bell pepper, optional
- 2 Tbs chopped fresh tomato, optional
- 1 Tbs chunky salsa, optional
- 2 fresh mushrooms, sliced, optional

Directions

1. Whisk the eggs
2. Place into a resealable Ziplock bag (make sure bag is BPA free)
3. Add the ham or bacon, cheese, onion, green pepper, tomato, salsa, and mushrooms
4. Squeeze out as much of the air as you can, and seal the bag
5. Bring a large pot of water to a boil
6. Place up to 8 bags at a time into the boiling water
7. Cook for 12-15 minutes
8. Open the bag, and let the omelet roll out onto a plate
The omelet will slide out easily

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FRITTATA: ASPARAGAS, NEW POTATO AND CHIVE (FROM MOM)

Ingredients

- ½ lb. washed and very thinly sliced (about 4 potatoes) new potatoes
- 1 lb. trimmed and cut into 2-inch lengths uncooked asparagus
- 6 large eggs
- ½ tsp table salt
- ⅛ tsp black pepper
- 2 Tbs, fresh, chopped chives
- 1 spray cooking spray

Directions:

1. Place potatoes in a steamer; steam until almost tender, about 3 minutes
2. Add asparagus to the potatoes and steam for 1 minute more; remove vegetables from steamer and set aside
3. Heat broiler
4. In a large bowl, whisk together eggs, salt, pepper and chives
5. Coat a 10" nonstick, ovenproof skillet with cooking spray and set over medium heat
6. Add potatoes and asparagus and sauté for 2 minutes; reduce heat to low and stir in eggs
7. Cover and cook until eggs are set around edges, about 5 minutes
8. Uncover and broil frittata in the oven until top is golden brown, about 1-2 minutes
9. Cut into 4 wedges and serve

FRITTATA: SPINACH AND CHEDDAR (FROM MOM)

Ingredients

- 4 sprays cooking spray
- 6 large eggs
- 1 cup fresh baby spinach leaves, chopped
- 2 Tbs finely chopped uncooked scallion(s)
- ¼ tsp table salt
- ⅛ tsp black pepper
- ½ cup shredded 50% reduced fat sharp cheddar cheese

Directions:

1. Heat the oven to 400 F
2. In a large bowl, whisk the eggs. Stir in the spinach, scallions, salt, and black pepper
3. Coat a 12" ovenproof nonstick skillet with cooking spray and then heat the skillet over medium heat
4. Pour the egg mixture into the skillet and cook until partially set, about 5 minutes
5. Sprinkle the cheese over the eggs then place the skillet in the oven
6. Bake until the cheese softens and the eggs firm up, about 5 minutes.
7. Let stand for 1 minute
8. Cut the frittata into 8 wedges
9. Serve warm or let cool, then wrap the wedges individually or store in a sealed container and refrigerate

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HOW TO BRINE

Ingredients:

- 1 gallon water
- ½ cup table salt (or 1 cup of kosher salt)

Directions:

1. Before brining, it is wise to check whether the food has been "pre-basted" with a marinade or brined seasoning. For example, turkey, pork or beef processed by major manufacturers and food processors, are often pre-basted with a flavor enhancer or moisturizing agent that may affect the value of brining again. Brining pre-basted meat often results in overly soggy meat, since too much moisture could be added by brining.
2. To determine the amount of brining solution required, place the meat or poultry in the container and pour measured amounts of cold water over it until it is completely covered with at least an inch to spare. The amount of water added is the amount of brining solution needed. Calculate how much salt will be needed using the ingredient ratio listed above (½ cup of table salt per gallon of water)
3. Add the salt to two quarts of the water (use 4 quarts of water if two gallons of brining solution will be needed) and heat until boiling or until all the salt is dissolved. Remove from heat and allow to cool.
4. Place the meat or poultry in the container and begin adding cold water. Add enough water so that it is almost covered. Add the cooled salt water to the water in the container. If the meat or poultry is not completely covered, add more cold water until it is completely submerged.
5. Cover the container and place in the refrigerator or another cold storage area. Allow the meat or poultry to stand in the brining solution for about 10 to 12 hours. After the required soaking time, remove it from the container and thoroughly rinse under cold water. The brining solution should be discarded because it cannot be reused

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HOW TO MAKE A ROUX IN YOUR MICROWAVE

Ingredients

- $\frac{3}{4}$ cup of canola or vegetable oil
- 1 cup of all-purpose flour
- A microwave safe, high heat, 4 cup glass pot (must be Pyrex)
- Warmed stock, according to your recipe, optional

Directions:

1. Combine the oil and flour in a large, 4 cup or larger, Pyrex glass measuring cup
Pyrex is the only thing that can stand up to the heat created by this roux
2. Whisk together until smooth
3. Microwave on high for 3 minutes; remove and stir
4. Microwave another 3 minutes; remove and stir, continuing this process in 30 second increments until the roux reaches a caramel color, stopping and stirring several times in between.

Notes:

All microwaves are different, so you may need to make adjustments in times according to your microwave. Better to stop and stir more times than to let it go and burn the roux!

The first couple of times that you try this method, keep an eye on it and make adjustments as needed. Remember you are dealing with VERY hot oil - handle very carefully and use oven mitts and pot holders when handling the glass container.

Total time will actually be dependent on your microwave, but generally it takes about 10 minutes to get to this point to a caramel color. At that stage you can set the roux aside to cool and then transfer it to a glass Mason jar and store it covered in the refrigerator for several weeks.

Makes enough roux base for about 2 gallons of gumbo liquid, depending on how thick you like it.

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HOW TO MAKE CLAUSSEN-LIKE REFRIGERATOR PICKLES

Ingredients

- 2-4 tsp black peppercorns
- 2 tsp cayenne pepper (whole, dried)
- 3 lbs. cucumbers (pickling cucumbers) (washed)
- 1/8 tsp dill seed
- 1/8 tsp dill weed
- 3 cups distilled water
- 3 Tbs garlic (minced)
- 1 tsp garlic powder
- 1/4 tsp mustard seeds (yellow)
- 1 tsp red pepper flakes
- 1 Tbs salt (kosher non-iodine salt)
- 1/4 tsp sugar (or a whole carrot)
- 1/8 tsp turmeric
- 1 cup white vinegar
- 4 tsp whole allspice

Directions:

1. Combine the water, vinegar and salt and bring it to a boil
2. Put the spices and cucumbers in quart jars
3. Pour the brine mixture over the cucumbers and spices in the jars and seal
4. Put them in the refrigerator
5. Ready in 7-10 days

Notes:

Keeps 8 - 19 weeks

Brine can be reused

This recipe can be multiplied by keeping these proportions: 3 parts water, 1 part vinegar and the spices are for a quart jar

-top-

How to Make an Ice Bath

1. To prepare an ice bath, fill a large bowl with ice and cold water shortly before you'll need it. You don't want to do it too far in advance so that the ice doesn't have a chance to melt too much.
2. A metal container will chill faster than glass or plastic, so if you have a choice, choose metal.
3. You can use ice cubes or crushed ice. The amount of water used should be enough so the ice doesn't stick together in a mass, and flows evenly around the container in the bath. Be sure you have enough space for the ice water to flow around the vessel and cool it from the sides and bottom.
4. If you're using an ice bath to cool a sauce or custard in a saucepan, make sure that the bowl used for the ice bath is large enough for the saucepan to nest in comfortably without ice cubes getting jammed between the two vessels.
5. As the ice melts, the level of water may drop, and you should be prepared to add more ice and water to keep it at the desired level.

Should You Use Salt in Your Ice Bath?

Adding a few Tbs of salt to the ice bath will cause the temperature of the ice-water mixture to drop and the ice will take longer to melt. Add the salt only if you're using the ice bath to cool food that's in a pan or bowl, such as a sauce, rather than food that will be in direct contact with the water

[-top-](#)

HOW TO QUICK PICKLE ANYTHING

Quick pickling won't create shelf-stable vegetables—you'll need to refrigerate them and eat them in a day or two—but the vinegar and sugar add extra flavor to salad vegetables, taco toppings, burger condiments, and more

Traditional pickles preserve food through anaerobic fermentation, during which lactobacillus bacteria turns sugars into lactic acids. Quick pickling is less about preserving foods than injecting them with extra flavor

Quick pickled red onions are a staple ingredient in pasta salads, just as quick pickled radishes are a go-to taco fixing and quick pickled carrots are perfect for pulled pork sandwiches

Directions:

1. Prep produce. Trim and cut 1 lb. vegetables or fruit into evenly thick pieces for uniform pickling. Depending on porosity of produce and length of pickling, thicker slices might retain a sturdier crunch, while thinner pieces will likely wilt.
2. Mix and boil brine. Combine 1½ cups vinegar; 1½ cups water; 3 Tbs sugar; 2½ Tbs kosher salt; and seasonings (e.g., citrus zest, spices, aromatics, herbs), if using, in medium saucepan. Bring mixture to a boil over medium-high heat. If using seasonings, cover mixture and let steep off heat for 10 minutes.
3. Temper jars. Rinse jars under hot running water until heated through, 1 to 2 minutes; shake dry. Tempering glass helps prevent it from cracking when hot brine is added. You can use any heatproof container with a tight-fitting lid.
4. Marry brine with prepared produce. Tightly pack produce into jars. Return brine to a brief boil and ladle over produce to cover (a funnel will help contain brine but is not essential), distributing any aromatics and spices evenly among jars.
5. Cool, cover, wait. Let jars cool completely, cover with lids, and refrigerate until pickles are evenly flavorful. Pickling times will depend on thickness and porosity of produce pieces: Thin-sliced onions and radishes are ready when cool; cucumber chips can take 24 hours; root vegetables might take days

-top-

Step 1: Wash and Dry Your Pan

It's hard to say exactly what happened to that skillet between the time it came off the factory line and when it arrived in your kitchen, so you'll want to wash it before starting to season. Give the pan a good scrub with warm, soapy water, then dry it thoroughly. Even after towel-drying, some surface moisture may remain, so your best bet is to put the pan on a stovetop flame for a minute or two to drive off any lingering water.

Step 2: Rub It All Over with Oil and Buff Well

Now that your pan is clean and dry, rub it all over, inside and out—including the handle—with cooking oil. Use unsaturated cooking fats, like vegetable, canola, and corn oil, for seasoning the pans. Not only do we always have them on hand, but they work well and are easier to spread than saturated fats, like shortening or lard. There's no need to go out and buy any special oils just for seasoning!

The key here is to rub the oil all over, but then buff it so thoroughly that the pan no longer looks even the slightest bit greasy. Even a small amount of excess oil on the pan can pool during seasoning, forming little hardened droplets on your cooking surface, or turn sticky if left unused for a few days.

Step 3: Heat It in the Oven

Cast iron pan turned upside down in oven.

Put the oiled pan in a heated 450 F oven, and leave it there for 30 minutes. It may get a little smoky, so keep your kitchen well ventilated. It's during this time that the oil will polymerize and form the first of several hard, plastic-like coatings you'll be laying down.

The reason we're using the oven here is because it provides an even heat that will more effectively set the oil all over the pan. Even the best stovetop burners will produce hot and cool spots, which can lead to uneven initial seasoning.

While it's not essential, especially if you've buffed away all the excess oil, I like to turn the pan upside down and put a baking sheet or piece of foil underneath. It's just added insurance against any excess oil that decides to run and pool, since gravity will pull it out of the pan.

Step 4: Repeat 3 to 4 Times

When the half hour is up, take the pan out. (Remember: It's hot!) Now rub it once more all over with the oil, buffing it out as before. Then put it back in the oven for another 30-minute spell. All in all, you'll want to do this oiling-and-heating process three to four times, to set down a good initial layer of your own seasoning.

Once you're done, just let the pan cool down. It's now ready for cooking.

Future Seasoning Sessions

Some people are under the impression that cast iron is high-maintenance, requiring the above seasoning process again and again to keep the pans in great working condition. Not so! All you need to do from here on out is use your pan. Each time you cook in it with some type of fat, you'll be laying down more seasoning. Once you've got a good layer of seasoning built up, you can even use your cast iron pan for acidic foods, like tomatoes and pan sauces, without worry.

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BABY BACK RIBS

Ingredients

- 1 rack beef back ribs
- 2 tsp pure vanilla extract, gives a Bourbon flavor
- 1 cup apple juice
- ½ cup apple cider vinegar
- 1 cup yellow onion rough chopped
- 1½ tsp applewood smoked sea salt
- 1 tsp freshly ground black pepper
- 1 tsp *Liquid Smoke*
- 1½ cups BBQ Sauce

Directions:

1. Place onions, vanilla, apple juice, apple cider and liquid smoke into cooking pot
2. Salt and pepper and season (your choice of rub) the ribs
3. Place long legged trivet into pressure cooker
4. Curl the ribs and place into cooking pot (meat side inside)
5. Cook on high pressure for 18-24 minutes – the longer you cook the more it'll fall off the bone
6. When finished cooking wait 10 minutes natural release and then perform a quick release
7. Place ribs on baking sheet and slather on the BBQ sauce
8. Place in a 450 F oven for 5-10 minutes for BBQ to firm up

-top-

BAKED POTATOES

Ingredients:

- 2-3 lbs. Russet potatoes
- 1 cup water

Directions:

1. Place a trivet in the pot and add 1 cup cold water
2. Scrub potatoes – thoroughly wash the potatoes
3. Pierce potatoes – poke the potatoes all over with a fork
4. Cook with high pressure according to the time chart below (16 minutes for large russets)
5. Once the cooking time is up let the pressure release naturally
6. Poke potatoes to test for doneness then remove them to a plate using tongs
7. Serve potatoes with your favorite toppings: butter, spices, cheddar, sour cream, chives or parsley

Cooking Notes: (high pressure)

Smaller Russet potatoes (5 oz each) – 12 minutes + natural release

Medium Russets (6-7 oz) – 14 min + natural release

Large Russets (8 oz) – 16 min + natural release

Extra Large Russets (10-14 oz) – 18-20 min + natural release

Notes:

Poke to prevent explosions – piercing the potato skins all over with a fork allows steam to escape so your potatoes don't burst

Use a rack – keep the potatoes on the rack without touching the water

For consistent cooking results, add 1 cup of cold water

Even-sized potatoes – to ensure the potatoes are done on time, use potatoes that are even thickness and size

-top-

BEEF AND BROCCOLI

Ingredients:

- 1½ lb. chuck roast or flank steak sliced into thin strips
- 1 Tbs canola oil
- 4 cloves garlic, minced
- ¾ cup beef broth
- ½ cup soy sauce
- ⅓ cup brown sugar
- 2 Tbs sesame oil
- 1 lb. broccoli, cut into florets
- 3 Tbs water
- 3 Tbs cornstarch
- Rice

Directions:

1. Put canola oil in the Instant Pot and select sauté
2. When the oil is ready, brown the meat in batches
3. Stir in the beef broth, garlic, soy sauce, brown sugar and sesame oil
4. Stir until the sugar is dissolved
5. Cook at high pressure for 10 minutes
6. When the cooking time ends, do a quick pressure release
Add the cornstarch and water mixture and stir until smooth
7. Select sauté and add the broccoli and stir a bit
8. Close the Instant Pot and let the broccoli cook for 3 minutes for fresh or 5 minutes for frozen on sauté
No need to pressure cook the broccoli
9. Serve over rice

-top-

BEEF STEW

Ingredients:

- 2 lbs. stewing beef, trimmed and cubed
- ½ tsp garlic powder
- ½ tsp salt
- ½ tsp pepper
- 1 large onion, diced
- 3 Tbs olive oil
- 3 cups beef broth
- 1 cup red wine, or 1 more cup beef broth
- ¼ cup tomato paste
- 1 tsp fresh rosemary, chopped
- 2 sprigs thyme
- 3 cups baby potatoes, cubed
- 4 large carrots, chopped
- 2 ribs celery, chopped, about 1 cup
- 3 Tbs cornstarch
- 3 Tbs water
- ¾ cup frozen peas, defrosted

Directions:

1. Toss beef with garlic powder, salt and pepper
2. Turn Instant Pot to sauté and add half of the olive oil
3. Brown half of the beef, about 3-5 minutes, don't stir too much so you get a nice crust
4. Repeat with remaining beef and set aside
5. Add onions (and a bit more oil if needed) to the Instant Pot and cook 2-3 minutes or just until slightly softened
6. Add beef, broth, wine, tomato paste, rosemary, thyme, and vegetables except peas
ensure ingredients do not go above fill line
7. Secure lid and select Meat/Stew; cook on high pressure 35 minutes
8. Allow for a natural-release for about 15 minutes then release any remaining pressure
9. Remove lid and turn to sauté bringing broth to a boil
10. Create a slurry by combining cornstarch and water in a small bowl or cup
11. Once the broth is simmering, stir in the cornstarch to reach desired consistency
You may not need all of it
12. Allow to simmer 2-3 minutes or until thickened and bubbly
13. Stir in peas and serve

-top-

CHICKEN AND VEGETABLES

Ingredients:

- 2 lbs. meaty chicken pieces with bone, thighs, drumsticks, breasts
- 2 Tbs olive oil
- ½ cup chicken broth
- 1½ lbs. baby potatoes
- ½ red onion, cut into pieces
- 2 carrots, cut into large pieces
- 8 mushrooms, halved
- 2 tsp olive oil
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- Parmesan cheese

Directions:

1. Turn Instant Pot to sauté
2. Season chicken skin with salt & pepper
3. Add olive oil to the Instant Pot and brown chicken on both sides, about 5 minutes per side or until browned
This may need to be done in a few batches
4. Pour broth into the bottom of the Instant Pot and scrape up any brown bits in the bottom
5. Add the trivet to the bottom
6. Toss vegetables with 2 tsp olive oil, Italian seasoning and garlic powder
7. Place in the bottom of the Instant Pot
8. Place chicken on top of the vegetables
9. Set instant pot to high pressure and cook for 13 minutes
10. Natural release 5 minutes and quick release pressure any remaining pressure
11. Sprinkle with parmesan cheese and serve immediately

Notes:

Optional: After releasing pressure, broil the chicken for 2-3 minutes to crisp skin if desired

-top-

CHICKEN TACOS

Ingredients:

- 3 boneless skinless chicken breasts fresh or frozen
- 2 Tbs taco seasoning store bought or homemade
- ⅓ cup chicken broth
- 1 cup salsa

For serving

- taco shells or tortillas
- cheese
- lettuce
- tomatoes

Directions:

1. Place chicken breast in the bottom of the Instant Pot
2. Add chicken broth
3. Sprinkle taco seasoning over chicken breasts
4. Top with salsa
5. Press "Poultry" and cook for 15 minutes if frozen and 12 minutes if fresh
6. Once done, release pressure and shred chicken with two forks
7. Combine with sauce in Instant Pot
8. Make into tacos!

-top-

CHICKEN TIKKA MASALA

Ingredients:

- 2 lbs. boneless skinless chicken breasts, cut into bite-size pieces
- 1½ tsp kosher salt, divided
- 1 Tbs unsalted butter
- 1 small yellow onion, finely chopped
- 3 large cloves garlic minced, about 1 Tbs
- 1 Tbs minced fresh ginger
- 1 Tbs garam masala
- 1 tsp ground chili powder, or 1 Tbs Kasmiri red chili powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- ¼ tsp ground cayenne (*use more if you like the dish spicy*)
- 1-8 oz can no salt added tomato sauce
- 1-14 oz can light coconut milk
- ¾ cup frozen peas
- ½ cup plain nonfat Greek yogurt
- Prepared brown rice or naan, for serving
- Fresh cilantro, for serving, or 2 Tbs dried Fenugreek Leaves | Kasoori Methi

Directions:

1. Season the chicken with 1 tsp kosher salt and set aside
2. Add the butter to an Instant Pot and set to sauté. Once melted, add the onion, garlic, ginger, garam masala, chili powder, cumin, turmeric, and cayenne and cook, stirring often, until the onion is soft and the spices are very fragrant
About 5 minutes
3. Add the chicken pieces, stir to coat with the spices and onion, and cook, stirring often, just until the outsides start to brown
About 4 minutes
4. Add the tomato sauce and remaining ½ tsp salt and stir to combine
5. Cover and cook on high pressure for 8 minutes. Vent immediately to release the pressure
6. Uncover and stir in the coconut milk. Turn the Instant Pot back to sauté. Bring the mixture to a simmer, stirring occasionally, and let it continue to simmer until the sauce thickens slightly
About 10 to 15 minutes
7. Turn the Instant Pot off, and then stir in the peas and let cool for 3-4 minutes, and then stir in the Greek yogurt
Do not stir in the Greek yogurt right away or it may curdle
8. Enjoy warm with rice or naan and a sprinkle of fresh cilantro

-top-

Ingredients:

- 1½ lbs. lean ground beef
- 1 large onion or two smaller onions
- 4 cloves garlic
- 2 Tbs chili powder, divided
- 1 green bell pepper, diced
- 2-15 oz cans kidney beans, or chili beans
- 1 tsp cumin
- ⅔ cup beef broth
- ⅔ cup beer
- 1 Tbs tomato paste
- 1-28 oz canned whole tomatoes with juice

Directions:

1. Combine beef, onions, garlic and 1 Tbs of the chili powder
2. Turn instant pot to sauté and cook half of the beef until browned
3. Repeat with remaining beef then drain any fat
4. Add beef broth and beer and stir to deglaze brown bits on the bottom
5. Spread cooked beef out in a layer on the bottom
6. Layer, in order, bell peppers, kidney beans, tomato paste, cumin and finally gently place tomatoes on top
7. Pour any juice from the tomatoes over top
8. Cook using the chili function (or set to high pressure for 25 minutes)
9. Once completed, allow to naturally release 20 minutes then perform a quick release
10. Stir the chili which will likely need thickening
11. To thicken the chili
12. Set to sauté and allow to simmer 20 minutes or so until thickened
13. Or create a slurry by combining 2 Tbs cornstarch and 2 Tbs water
14. Once chili begins bubbling, add the slurry a little bit at a time while mixing until chili reaches desired consistency
15. Allow to boil 1 minute

-[top](#)-

CREAMY ZITI

Ingredients:

- 1½ cups low-sodium chicken broth
- 1 cup heavy cream
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried basil
- 8 oz dry ziti pasta
- 1 cup red (marinara or tomato basil) sauce
- 1 cup parmesan cheese, grated
- kosher salt and freshly ground pepper, to taste

Directions:

1. Place noodles in instant pot and pour chicken broth and heavy cream on top
Do not stir - Noodles should be completely submerged in liquid
2. Sprinkle garlic powder, onion powder, dried basil, salt and pepper on top, then close lid
3. Cook on high pressure for 6 minutes, then quick release steam
4. Add ¾ red sauce (reserving some in case you want it thicker to start), then gradually stir in cheese until mixture is melted and smooth
5. Transfer to bowls
6. Serve hot and enjoy

-top-

Ingredients:

- 2-3 lbs. USDA choice grade chuck roast, 2-2½ inches thick
- 6 cloves garlic, minced
- 2½ cups onions, sliced
- 1 cup unsalted chicken stock or high-quality beef stock
- 1 Tbs regular soy sauce
- 1 Tbs fish sauce, can substitute with regular soy sauce
- 1 Tbs *Worcestershire* sauce
- 1 Tbs olive oil
- 1 pinch dried rosemary
- 1 pinch thyme
- 2 bay leaves
- 1 loaf French bread

Directions:

1. Pat the chuck roast steak dry and lightly season one side with salt + black pepper
2. Drizzle the inner pot with 1 Tbs olive oil then place the seasoned side of chuck roast in Instant Pot. Lightly season the other side with more salt + black pepper
Tip: Brown each side for 10 minutes to develop some awesome deep flavors
3. Set browned chuck roast aside. Add in sliced onions, then sauté until softened (3-4 mins). Set aside roughly ⅓ of the softened onions for later. Add in minced garlic, a pinch of dried rosemary, a pinch of thyme, and 2 bay leaves. Sauté for another minute
4. Pour 1 cup unsalted stock in Instant Pot, then deglaze by scrubbing all the flavorful brown bits off the bottom of the pot with a wooden spoon
5. Add in 1 Tbs soy sauce, 1 Tbs fish sauce, and 1 Tbs *Worcestershire* sauce. Give it a quick mix. Place browned chuck roast back in Instant Pot and partially submerge it into the liquid as best as you can. Pressure Cook at High Pressure for 45 minutes + 25 minutes natural release
6. Set aside chuck roast in a mixing bowl, and shred the beef with 2 forks. While you are shredding the beef, bring Au Jus sauce back to a boil with the sauté function. Add in reserved onions, then let the Au Jus sauce reduce for 5-10 minutes. Taste & adjust seasoning accordingly
Tip: Reducing the Au Jus sauce will naturally thicken it. If you find the Au Jus sauce to be too oily, you can use a Fat Separator to filter out the fat
7. Optional step - While the Au Jus sauce is reducing, heat oven to 350 F, cut loaf of French bread in half length-wise and top with slices of Swiss cheese and place it in the oven until the cheese begins to melt
8. Layer shredded beef and onions on top of the sandwich
9. Serve Au Jus sauce on the side

-top-

PINTO BEANS

Ingredients

- 1 lb. ham hocks
- 4 cups chicken broth
- 1 lb. dried pinto beans, rinsed and soaked for an hour or two
- 1½ cups water – if beans aren't covered with the broth
- ½ cup chopped onions, or to taste, optional
- 2-3 Bay Leaves
- 2 green Chile peppers, or a 4 oz can Hatch green chilies
- 1¼ tsp garlic powder
- 1¼ tsp kosher salt
- 1 tsp chili powder
- ½ tsp ground cumin
- ½ tsp paprika

Directions:

1. Add ham hocks, chicken broth, pinto beans, water, onions, Chile peppers, garlic powder, chili powder, cumin, bay leaves and paprika to the Instant Pot
2. Select high pressure and cook for 50 minutes
3. Perform a full natural release
4. Unlock and remove the lid
5. Season with salt after the cooking has been completed

POTATOES - MASHED

Ingredients

- ½ of 5 lb. bag golden russet potatoes (washed and quartered)
- 1 cup chicken broth, or water
- 1 stick of butter – sliced)
- 3-5 teaspoons minced garlic
- ½ cup Parmesan cheese
- Parsley to taste
- 8 oz softened cream cheese

Directions:

1. Insert steamer pot into the inner pot
2. Add potatoes to the steamer pot
3. Pour broth over the potatoes
4. Sprinkle minced garlic over the potatoes then add sliced butter on top
5. Add Parmesan cheese and parsley
6. Pressure cook for 5 minutes then perform a quick release
7. Dump potatoes into a mixing bowl and add softened cream cheese and mash

-top-

POTATO SALAD

Ingredients

- 4 lbs. russet potatoes, peeled and diced into 1-inch pieces
- 4 large eggs
- 1 cup mayonnaise
- ½ cup sour cream
- 2 Tbs. pickle brine, from the pickle jar
- 1 Tbs. *Dijon* mustard
- 1 tsp. kosher salt
- ½ tsp. ground black pepper
- ¼ cup red onion, chopped
- ½ cup dill pickles, chopped
- 2 pieces celery, chopped
- ¼ cup chopped fresh parsley
- ice bath

Directions:

1. Add 1 cup of water to the base of the Instant Pot, then place the trivet
2. Add the potatoes, then set the eggs right on top of the potatoes
3. Select high pressure set for 4 minutes
4. When the timer is up, quick release the pressure
5. Remove the eggs with tongs and tap each of them gently on the counter to crack the shells then place them in an ice bath for 10 minutes, then peel and chop
6. Drain the potatoes in a colander, then lay them flat on a sheet tray to cool, about 15 minutes
The potatoes can still be slightly warm when dressed
7. Meanwhile, in a large bowl, mix together the mayonnaise, sour cream, pickle brine, *Dijon* mustard, salt and pepper
8. Stir in the red onion, pickles, celery and parsley
9. Fold in the potatoes and eggs
10. Refrigerate until ready to serve

-top-

PULLED PORK I

Ingredients:

- 4 lbs. pork shoulder boneless
- 2 Tbs olive oil

For Dry Rub

- 2 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 Tbs mustard powder
- ¼ tsp cayenne pepper
- 1½ tsp cumin ground
- 1 tsp black pepper ground
- 2 tsp salt

For Sauce

- 1 cup BBQ sauce store bought
- 1 cup ketchup
- ¼ cup honey
- 1 Tbs apple cider vinegar
- 3 cloves garlic, sliced
- ¼ cup brown sugar, packed
- 1 tsp *Liquid Smoke*
- 1 Tbs *Worcestershire* sauce
- ½ cup chicken broth low sodium

Directions:

1. If your pork shoulder has a skin and too much fat on it, remove the skin and some of the fat. Cut the pork shoulder into medium size pieces, about 2" each and set aside
2. In a small bowl combine all the dry rub ingredients together and whisk well
3. In a medium size bowl combine all the sauce ingredients together and whisk well
4. Rub the dry rub spice mixture all over the pork pieces
5. Sauté: Add the oil and once your instant pot reaches the desired temperature then add the pork pieces
Do not over crowd them in the pot, you will need to do this in batches
6. Cook the pork, turning on all sides to brown - should take about 5 minutes per batch
7. Transfer the first batch to a plate and repeat with the second batch
8. Add all the meat back into the Instant Pot then pour the prepared sauce over the meat and toss to make sure all the meat is coated in the sauce
9. Set the Instant Pot to the Meat/Stew setting and set the timer to 90 minutes
10. Once the Instant Pot cycle is complete then wait for a full natural release
11. Using a slotted spoon, transfer all the pork to a bowl
12. Switch the Instant Pot to the sauté setting again and simmer the leftover sauce until reduced by half - should take about 15 minutes
13. During this you can use a ladle to skim some of the fat that's rising to the top
Also at this time, taste the sauce and season with more salt if needed
14. Using 2 forks, shred the pork into small chunks
15. Add about 2 cups of the reduced sauce to the pork and toss well
16. Serve on hamburger buns by adding pulled pork, some more leftover sauce and coleslaw.

PULLED PORK II

Ingredients

- 3½-4 lbs. boneless pork shoulder roast
- 3 Tbs pork rub
- 2 Tbs olive oil
- ½ cup water
- 1 can root beer or *Dr. Pepper* or cola
- 2 cloves garlic minced
- 1 cup BBQ Sauce or to taste

Directions:

1. Cut pork into large cubes, about 4" each and season with pork rub
2. Turn Instant Pot on sauté and add oil and heat
3. Brown pork in batches until browned (or in a pan)
4. Add water to the bottom of the Instant Pot and be sure to scrape all of the brown bits off
5. Add root beer and garlic
6. Add pork and cook on high pressure for 45 minutes
7. Natural release for 15 minutes then perform a quick release
8. Remove the pork and using two forks, shred the meat
9. Add ¼ cup juices from the Instant Pot (discard remaining juices)
10. Stir in BBQ sauce
11. Serve on toasted rolls with coleslaw

-top-

Ingredients:

- 1 lb. dried red kidney beans, soaked overnight or for at least 8 hours
- 1 lb. smoked pork hock
- 1 lb. Andouille sausage
- 4 cups unsalted chicken broth
- 2 Tbs olive or vegetable oil
- 2 Tbs soy sauce
- 6 cloves garlic, minced
- 1 cup green bell pepper, diced
- ½ cup celery, diced
- 10 oz medium onion, diced
- 3 bay leaves
- ½ tsp dried thyme
- ½ tsp dried oregano
- 1 tsp smoked paprika
- ½-1 tsp cayenne pepper
- rice

Directions:

Soak dried red kidney beans:

If you're using canned red kidney beans, skip this step. Just drain and rinse the beans before cooking but know that it's sacrilegious to use canned beans here!

Overnight Soaking Method (Recommended): Place 1lb dried red kidney beans and 1½ Tbs fine table salt in a large container. Pour 6 cups cold water in the container and give it a few stirs. Soak beans overnight for at least 8–16 hours

If your house is very warm, place the beans in the fridge to avoid fermentation

Quick Soaking Method: If you're short on time, use this quick soaking method, but the result won't be as good as the overnight soaking method. Place 1lb dried red kidney beans, 1½ Tbs fine table salt, and 6 cups cold water in Instant Pot. Close lid and Pressure Cook at High Pressure for 0 minute + 30 minutes Natural Release

No matter which method you use, rinse red beans under cold running water and drain well before cooking

Sauté sausages:

1. Press sauté button to heat up Instant Pot
2. When ready add 2 Tbs olive oil or vegetable oil and 1 lb. sliced sausages and then sauté for 4-6 minutes

Sauté onions & spices:

3. Add diced onions, green bell peppers, and celery in Instant Pot, then sauté for 3 minutes
4. Add in minced garlic, 3 bay leaves, ½ tsp dried thymes, ½ tsp dried oregano, 1 tsp smoked paprika, and ½-1 tsp cayenne pepper, then sauté for another minute

Spicy Level Tip: This dish's spicy level will depend on your sausage, smoked paprika, and cayenne pepper. Adjust how much cayenne pepper to use according to how spicy you want your red beans and rice to be. I use 2-3 Tbs cayenne pepper

Deglaze Instant Pot and add soy sauce:

5. Pour ½ cup unsalted chicken stock in Instant Pot, then deglaze by scrubbing all the flavorful brown bits off the bottom of the pot
6. Add in 2 Tbs regular soy sauce, then give it a quick mix

Pressure cook the beans

7. Push all ingredients to one side, then add in the soaked & well-drained red kidney beans
8. Give everything a quick mix so all ingredients are thoroughly mixed
9. Pour in 3½ cups unsalted chicken stock
Make sure all the red beans are fully submerged in the stock
10. Add in 1 lb. smoked pork hock, and make sure it's mostly submerged in the liquid.
Tip: If you're using more than 1lb of smoked pork hock, cut the pork hock into two halves
11. Cook at high pressure for 20 minutes + 20 minutes natural release.
Note: When the Instant Pot is natural releasing, it's a good time to start cooking the rice
12. Find and discard the bay leaves
13. Place pork hock in a large mixing bowl, then shred the meat with 2 forks
14. While you are shredding the pork, thicken the gravy by simmering the red beans until desired consistency (5-10 minutes)
15. Stir occasionally
16. Place shredded pork hock back in the Instant Pot
17. Taste & adjust the seasoning accordingly
I add roughly 1-2 pinches of salt to open up the flavors & season the dish properly
18. Add rice in a serving bowl, then pour the deliciously saucy red beans beside or on top of the rice
19. Garnish with some freshly chopped cilantro, then serve
20. Enjoy!

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RICE

Ingredients

- 1 cup rice
- 1 cup water
- salt, optional

Directions:

1. Rinse rice under cold water by gently scrubbing the rice with your fingertips in a circular motion
2. Pour out the milky water, and continue to rinse until water is clear
3. Drain really well
4. Add 1 cup rice and 1 cup cold water into the Instant Pot
5. Cook on high pressure for 3 minutes, then natural release for 10 minutes
6. After 10 minutes release the remaining pressure
7. Optional seasoning: add salt to the rice for seasoning
8. Fluff & serve
9. Enjoy!

[-top-](#)

SALISBURY STEAK

Ingredients

- 8 oz mushrooms, sliced
- ½ onion, sliced
- 1½ cups beef broth, low sodium
- 1 oz package brown gravy mix, dry
- 1 Tbs tomato paste
- 1 Tbs *Dijon* mustard
- 2 Tbs fresh parsley
- 1 Tbs *Worcestershire* sauce
- 2 Tbs corn starch
- 4 Tbs water

Beef Patties

- 1½ lbs. lean ground beef
- 1 egg yolk
- ⅓ cup Panko bread crumbs
- 3 Tbs milk
- salt, to taste
- pepper, to taste

Directions:

1. Place onions and mushrooms in the bottom of the Instant Pot
2. Combine beef patty ingredients and form 6 patties
3. Brown over medium high heat (about 3 minutes per side) in a skillet
4. Layer beef patties over mushrooms
5. Combine remaining ingredients except water and cornstarch
6. Pour over beef and cook high pressure, 18 minutes
7. Perform a quick release
8. Remove patties and set aside
9. Press the sauté button
10. Combine cold water and cornstarch
11. Stir into the broth and let cook a few minutes until thickened
12. Add beef back into the sauce to coat
13. Serve over mashed potatoes or rice

[-top-](#)

SAUSAGE, GREEN BEANS & POTATOES I

Ingredients

- 1 package smoked sausage, sliced
- 1-1 lb. package fresh green beans
- 4 medium potatoes, diced
- 1 cup water
- 1 tsp black pepper
- 2 tsp salt
- 1 tsp garlic powder
- 4 Tbs butter cut into 1 Tbs pieces

Directions:

1. Add 1 cup of water to the instant pot
2. Slice up your smoked sausage
3. Trim your green beans
4. Dice up your potatoes
5. Start layering your ingredients in thirds: Layer of sausage then potatoes and then green beans. Repeat the process two more times
6. Sprinkle the salt, pepper and garlic over the layers
7. Add the 4 tabs of butter
8. Cook on high pressure for 1 minute
9. After 10 minutes of natural releasing – release any remaining pressure

SAUSAGE, GREEN BEANS & POTATOES II

Ingredients

- 1 tsp olive oil
- 1 Tbs minced onion, optional
- 1 lb. smoked sausage, sliced into ¼-inch pieces
- 1 cup chicken stock
- 2 lbs. potatoes, cubed
- 32 oz canned green beans drained or 1 lb. fresh trimmed
- 1 tsp Cajun seasoning, or to taste

Directions:

1. Turn Instant Pot to sauté and allow to heat up for a minute or two
2. Add in olive oil, sausage, and the minced onion. Sauté for 2-3 minutes, or until the sausage begins to be brown and the onions soften. Turn the Instant Pot off.
3. Add in the stock and scrape up the browned bits on the bottom of the inner pot
4. Add in potatoes on top of the sausage and sprinkle with the Cajun seasoning
5. Add drained green beans on top of potatoes
6. Cook on high pressure for 2 minutes
7. Once cook time has elapsed, let pressure release naturally for at least 5 minutes then do a quick release or you can also let pressure release naturally
8. Stir together the ingredients and serve

-top-

SHRIMP

Ingredients:

- 2 lbs. frozen 15/20 shrimp: raw, peeled, deveined with tail on or off
or
- 2 lbs. fresh 15/20 shrimp: raw, peeled, deveined with tail on or off
- 1 cup water

Directions:

1. Add water to the Instant Pot
2. Add the trivet
3. Add the shrimp
4. Cook on high pressure for 0 minutes for fresh and 1 minute for frozen followed by a quick release

-top-

SPAGHETTI

Ingredients

- 1 lb. lean ground beef
- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup water
- 6 oz spaghetti, uncooked
- 14 oz diced tomatoes with juices
- 2 cups marinara sauce, or pasta sauce
- $\frac{3}{4}$ cup red wine
- 1 tsp Italian seasoning
- $\frac{1}{2}$ cup parmesan cheese, grated
- 1 Tbs parsley, chopped

Directions:

1. Turn Instant Pot onto sauté
2. Cook beef, onion and garlic until browned and no pink remains
3. Drain fat if there is more than 1 Tbs or so
4. Add water and scrape any brown bits
5. Break spaghetti in half (sacrilegious) and add spaghetti, tomatoes, marinara, wine, and Italian seasoning
6. Press the pasta so the sauce covers it
7. Cook on high pressure for 8 minutes
8. Once completed, quick release pressure and stir
9. Rest 5-10 minutes
10. Stir in cheese and parsley
11. Serve immediately

-top-

Ingredients:

- 1 turkey breast 3 lbs., boneless with skin
- 2 Tbs olive oil
- ½ onion, sliced
- 1½ cups chicken broth
- few sprigs of fresh herbs - parsley, rosemary, sage and/or thyme

For gravy, optional

- 2 Tbs butter and 2 Tbs flour, or 2 Tbs corn starch
- ½ tsp poultry seasoning, optional

Directions:

1. Season the turkey breast with salt & pepper
2. Turn the Instant Pot to sauté and add oil
3. Once the oil is hot, add the turkey breast - skin side down
4. Allow to cook for 5-6 minutes or until browned
5. Remove the turkey from the Instant Pot and add broth and scrape any brown bits off the bottom
6. Place the onion slices and herbs in the bottom of the Instant Pot with the broth
7. Add the trivet and place the turkey breast, skin side up, on the trivet
8. Set the Instant Pot to high pressure for 22 minutes
9. Once the cycle is completed, allow the turkey to naturally release for 10 minutes then release any remaining pressure

Use a thermometer to ensure the turkey breast has reached an internal temperature of 165 F

For a crispy skin, place the turkey under the broiler for 3-4 minutes

To make gravy with flour (cornstarch directions in the notes)

10. Remove broth and strain and set aside
 11. Turn the Instant Pot on to sauté and combine 2 Tbs butter, 2 Tbs flour, and poultry seasoning if using
 12. Cook in the Instant Pot for 1 minute while stirring
 13. Add the strained broth a little bit at a time, whisking after each addition, to reach desired thickness
- It will be thick at first but will thin out*
14. Season gravy with salt and pepper to taste (and stir in additional fresh herbs if desired)

Notes:

If preferred, turkey breast can be browned in a skillet on the stove

Cook times:

If using a whole turkey breast (boneless). Cook times as follows on high pressure 7-8 minutes per lb.

4 lb. turkey breast - 28-32 minutes

5 lb. turkey breast - 35-40 minutes

6 lb. turkey breast - 42-48 minutes

Cook times can vary slightly based on the shape of the turkey breast, a thicker shorter breast will take longer while a thinner flatter turkey breast will cook a bit quicker. If your turkey breast is thicker, use the longer cook time. If your turkey breast is very cold from the fridge, it may need an extra minute or two

TROUBLESHOOTING

Once the cook time is up, allow the turkey breast to rest 10 minutes before releasing pressure and checking the temperature. If the turkey breast is 5-10 degrees below 165 F, place the lid back on and leave it for up to 10 minutes. The heat in the Instant Pot will keep it cooking

If the turkey breast is more than 10 degrees below 165 F, place the lid back on the Instant Pot and add 2-3 minutes on high pressure. Since everything is already hot, it only takes about 4-5 minutes to get back up to pressure. Once the 2 minutes are up, release the pressure and check the temperature. Leave the lid on and let rest in the Instant Pot if needed

To Make Gravy with Cornstarch

1. Remove the broth from the Instant Pot and strain
2. Add strained broth back to the Instant Pot and turn the Instant Pot to sauté
3. Combine 2 Tbs cornstarch with 2 Tbs cold water in a small bowl
4. Bring broth (and poultry seasoning if using) to a simmer
5. Add cornstarch slurry a little bit at a time while whisking until thickened
6. Season gravy with salt and pepper to taste (and stir in additional fresh herbs if desired)
7. For extra gravy prepare a packet of gravy mix per directions and combine it with the homemade gravy
8. Allow it to simmer together at least 5 minutes

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MARINADE: 30 MINUTE SHRIMP MARINADE

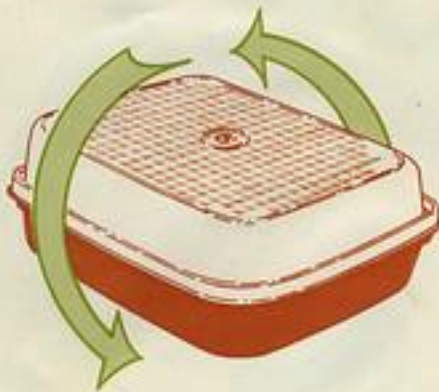
Ingredients:

- 3 cloves garlic, minced
- ⅓ cup olive oil
- ¼ cup tomato sauce
- 2 Tbs red wine vinegar
- 2 Tbs chopped fresh basil
- ½ tsp salt
- ¼ tsp cayenne pepper
- 2 lbs. fresh shrimp, peeled and deveined
- skewers

Directions:

1. In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar
2. Season with basil, salt, and cayenne pepper
3. Add shrimp to the bowl, and stir until evenly coated
4. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice
5. Heat grill for medium heat
6. Thread shrimp onto skewers, piercing once near the tail and once near the head
7. Discard marinade
8. Lightly oil grill grate
9. Cook shrimp on heated grill for 2-3 minutes per side, or until opaque

[-top-](#)



MARINADE RECIPES

Marinating can be simple — buy envelopes of mixes or use bottled salad dressings, particularly tomato-based or Italian. Experiment with the time — enhance rather than disguise the flavor.



FRESH VEGETABLE SALAD

Low in calories!

- 6 med. tomatoes, cut in wedges
- 2 cups unpared cucumber, sliced
- 2 med. onions, thinly sliced
- 1 cup carrots, thinly sliced
- 1 cup celery, thinly sliced
- 1½ cups tarragon vinegar
- 1 cup water
- ½ cup sugar
- 2 tsp. basil
- 1 tsp. salt
- ½ tsp. black pepper

Place vegetables in base of Season-Serve Container. Combine other ingredients; pour over vegetables. Seal and chill at least 4 hours or overnight. Makes 10 to 12 servings.

Quick raw vegetable salads:

- Thinly sliced zucchini with green onion dressing.
- Cauliflower flowerettes with French dressing.
- Tomato and onion slices with Italian dressing.

GENERAL INFORMATION

Begin by marinating for 3 to 4 hours, turning the Season-Serve container several times. Increase marinating time for more flavor. Marinate in refrigerator, unless recipe indicates otherwise.

When broiling or grilling use remaining marinade for basting.



BASIC MARINADE

- ¼ cup red wine vinegar
 - 2 tbsp. vegetable oil
 - 2 tbsp. soy sauce
 - 2 tbsp. catsup
 - ¼ tsp. onion salt
 - Garlic powder, to taste
 - Black pepper, to taste
- Combine ingredients and use with beef, pork or chicken.

TOMATO-BASE MARINADE

- 1 8oz. can tomato sauce
 - 2 tbsp. lemon juice
 - 1 tbsp. vegetable oil
 - 2 tsp. Worcestershire sauce
 - ¼ tsp. basil OR oregano
 - ¼ tsp. onion salt
 - Garlic powder, to taste
 - Black pepper, to taste
- Combine ingredients and use with beef, lamb or chicken.
- Note: The basil is traditional in flavor while the oregano is Italian.

ORIENTAL MARINADE

- ½ cup soy sauce
 - ¼ cup water
 - 2 tbsp. vinegar
 - 1 tbsp. vegetable oil
 - 1 tsp. sugar
 - ¼ tsp. ground ginger
 - Garlic powder, to taste
- Combine ingredients and use with beef, chicken or fish.

CHICKEN WITH TARRAGON AND LIME

- ½ cup lime juice
 - ¼ cup vegetable oil
 - 1 tsp. tarragon
 - 1 tsp. onion salt
 - ¼ tsp. black pepper
- Combine ingredients and brush over two chickens, cut into pieces. Marinate 2 to 3 hrs. Try marinating fish for an hour with the above recipe.

MARINADE: *LUPE TORTILLA'S* KNOCK OFF FAJITA MARINADE

Ingredients:

- 2 lbs. skirt steaks
- 3 garlic cloves, peeled and mashed
- ⅓ cup vegetable oil, plus
- 2 Tbs vegetable oil
- 4 Tbs tequila
- 1 tsp salt
- 4 Tbs fresh lime juice, from real limes
- 1 large white onion, sliced into thin crescents, half rings
- 3 green bell peppers or assorted color bell peppers, cut into strips
- 1 tsp ground cumin

Directions:

1. Cut the steak into pieces that will fit on your grill (or into your grill pan or skillet)
2. Place the pieces of meat into a non-reactive bowl
3. Mix the garlic, lime juice, cumin, tequila, salt and ⅓ cup vegetable oil
4. Pour over the meat and marinate for 2 hours
5. Remove the meat from the marinade and grill over hot coals or in a grill pan or skillet over med-high heat
6. Do not allow meat to dry by overcooking
7. Heat the remaining 2 Tbs vegetable oil and sauté peppers and onions over med-high heat until they are crisp/tender
8. Cut the grilled meat into strips and serve with pepper and onion mixture
9. Serve with warm flour or corn tortillas
10. Optional sides: sour cream, avocados, guacamole, salsa, cheese, lettuce, etc.

MARINADE: SPICY GARLIC CHICKEN MARINADE

Enough for 1 lb. chicken wings

Ingredients:

- 2 tsp cayenne pepper powder
- 1 tsp onion powder
- 2 tsp garlic powder
- 1 tsp brown sugar
- 1 Tbs baking powder
- 1 tsp white vinegar
- 1 tsp canola oil

Directions:

1. Combine all and apply to your wings
2. Let wings rest at least 30 minutes to 1 hour in the refrigerator

-top-

MARINADE: THE BEST CHICKEN MARINADE

Ingredients:

- ½ cup extra virgin olive oil
- ½ cup balsamic vinegar, or other vinegar (red wine)
- ¼ cup soy sauce, I use low sodium soy sauce
- ¼ cup *Worcestershire* sauce
- ⅛ cup lemon juice
- ¾ cup brown sugar
- 2 tsp dried rosemary
- 2 Tbs *Dijon* mustard or spicy brown mustard
- 1½ tsp salt
- 1 tsp ground black pepper
- 2 tsp garlic powder
- 6 chicken breasts or 3½ lbs. chicken

Directions:

1. Combine all marinade ingredients in a large mixing bowl and whisk together. Remove a half a cup of marinade and reserve for basting the chicken later
2. Place chicken in a large resealable bag and pour marinade over the top. Gently massage chicken breasts and be sure to close bag securely
If you have less time, consider poking holes in the chicken with a fork to allow the marinade to penetrate quickly
3. Refrigerate chicken and marinate for at least 30 minutes and up to 24 hours
I find 4 to 6 hours to be perfect

To grill

4. Heat grill to medium high heat and lightly oil the grates
5. Remove the chicken from the marinade, letting the excess drip off
6. Grill chicken for 5 to 6 minutes on each side or until cooked through
7. Baste the chicken occasionally with the reserved marinade
8. Once the chicken has reached 165 F, remove chicken from grill and tent with foil
9. Let chicken rest for at least 5 minutes before serving

Optional:

If you bring the reserved marinade up to a boil, let simmer until slightly reduced, it makes a wonderful sauce to go on top of the chicken

-top-

MARINADE: THE BEST STEAK MARINADE

Ingredients:

- ⅓ cup soy sauce
- ½ cup olive oil
- ⅓ cup fresh lemon juice
- ¼ cup *Worcestershire* sauce
- 1½ Tbs garlic powder
- 3 Tbs dried basil
- 1½ Tbs dried parsley flakes
- 1 tsp ground white pepper
- ¼ tsp hot pepper sauce, optional
- 1 tsp dried minced garlic, optional

Directions:

1. Place the soy sauce, olive oil, lemon juice, *Worcestershire* sauce, garlic powder, basil, parsley, and pepper in a blender
2. Add hot pepper sauce and garlic, if desired
3. Blend on high speed for 30 seconds until thoroughly mixed
4. Pour marinade over desired type of meat
5. Cover and refrigerate for up to 8 hours
6. Cook meat as desired

-top-

10 DIY DRY RUB RECIPES

Brought to you by sheknows

ALL RECIPES MAKE ABOUT A CUP.
ALL SPICES ARE DRY UNLESS OTHERWISE NOTED.

all-purpose roasting rub recipe

BEST FOR: POULTRY

6 Tbsp SEA SALT + 2 Tbsp SMOKED PAPRIKA + 2 Tbsp ONION POWDER + 2 Tbsp GARLIC POWDER + 2 Tbsp ITALIAN SEASONING + 2 Tbsp BROWN SUGAR + 1 Tbsp THYME + 1 Tbsp MUSTARD POWDER + 1 Tbsp BLACK PEPPER

bonus tip
ADD A TABLESPOON OF CAYENNE PEPPER FOR A LITTLE HEAT.

Sweet Carolina Barbecue rub recipe

BEST FOR: BEEF, PORK

1/4 CUP PAPRIKA + 3 Tbsp BROWN SUGAR + 2 Tbsp CUMIN + 2 Tbsp CHILI POWDER + 2 Tbsp BLACK PEPPER + 2 Tbsp GARLIC POWDER + 1 Tbsp CAYENNE PEPPER + 2 TSP ONION POWDER

bonus tip
SERVE WITH VINEGAR BARBECUE SAUCE AS A DELIGHTFUL COUNTER TO THE SWEETNESS.

herby lemon-pepper rub recipe

BEST FOR: POULTRY, SEAFOOD

3 Tbsp ITALIAN SEASONING + 2 Tbsp PARSLEY + 2 Tbsp GARLIC POWDER + 2 Tbsp ONION POWDER + 6 Tbsp LEMON PEPPER

bonus tip
SERVE WITH FRESH LEMON WEDGES FOR EXTRA TANG.

Whetting spice rub recipe

BEST FOR: BEEF, PORK, POULTRY, SEAFOOD

1/4 CUP GARLIC POWDER + 1/4 CUP ONION POWDER + 1/4 CUP THYME + 6 Tbsp PAPRIKA + 4 TSP BLACK PEPPER + 4 TSP CAYENNE PEPPER + 4 TSP BASIL + 4 TSP OREGANO

bonus tip
SERVE WITH SWEET FRUIT SALSA TO CUT THE HEAT.

Smoky Texas rub recipe

BEST FOR: BEEF, PORK

6 Tbsp SMOKED PAPRIKA + 3 1/2 Tbsp BROWN SUGAR + 1 Tbsp GARLIC POWDER + 1 Tbsp ONION POWDER + 4 TSP OREGANO + 4 TSP SALT

bonus tip
SERVE WITH HICKORY-SMOKED BARBECUE SAUCE OR STEAK SAUCE.

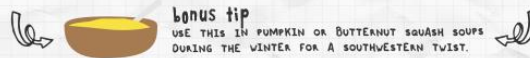
fairly dust recipe

BEST FOR: BEEF, PORK, POULTRY



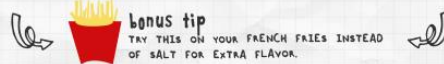
santa fe seasoning recipe

BEST FOR: BEEF, PORK, POULTRY



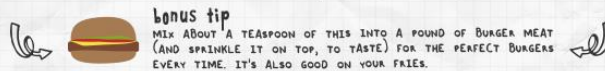
montreal seasoning recipe

BEST FOR: BEEF, PORK



savory dry rub recipe

BEST FOR: BEEF, PORK, POULTRY



ancho dry rub recipe

BEST FOR: POULTRY, SEAFOOD



RUB: SWEET ISLAND

Ingredients:

- 3 Tbs Caribbean Jerk seasoning
- 2 Tbs light brown sugar
- 1 Tbs salt
- 1 tsp pepper

SEASONING: *BIG DADDY'S* BLACKENING SPICE

Ingredients:

Spice Mix

- 3 Tbs smoked paprika
- 1 tsp salt
- 1 Tbs onion powder
- 1 tsp ground black pepper
- 1 tsp cayenne pepper
- 1 tsp dried ground thyme
- 1 tsp dried oregano
- ½ tsp garlic powder

SEASONING: GRAM MASALA

Ingredients:

- 1 Tbs ground cumin
- 1½ tsp ground coriander
- 1½ tsp ground cardamom
- 1½ tsp ground black pepper
- 1 tsp ground cinnamon
- ½ tsp ground cloves
- ½ tsp ground nutmeg

Directions:

1. Mix cumin, coriander, cardamom, pepper, cinnamon, cloves, and nutmeg in a bowl
2. Place mix in an airtight container, and store in a cool, dry place

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SEASONING: HOMEMADE TACO SEASONING

Ingredients:

- 1 Tbs chili powder
- 1½ tsp ground cumin
- 1 tsp sea salt
- 1 tsp ground black pepper
- ½ tsp ground paprika
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp crushed red pepper flakes
- ¼ tsp dried oregano

Directions:

1. Combine ingredients
2. Add all of the ingredients to a small jar and stir, or shake until evenly combined
3. Use immediately or cover and store for up to 1 year

STOCK: CHICAGO STYLE ITALIAN (OLD SCHOOL)

Ingredients:

- enough beef bones to fit on one sheet pan, rinsed and dried (*marrow bones, shanks, neckbones, oxtail, whatever*)
- 4 Tbs tomato paste (the tube stuff is convenient here)
- flour, to dust
- 5 onions, peeled and chopped
- 1 celery stalk, washed, leaves and root removed, chopped
- 3-5 carrots, peeled and chopped
- some thyme sprigs
- small handful of black peppercorns

Directions:

1. Rub the beef bones with tomato paste, dust them with flour and roast at 325 F on a sheet pan until well browned. Do the same with the vegetables, minus the paste and flour
2. Put the bones and vegetables in your big stockpot and cover with cold water
3. Add the thyme and peppercorns and bring very slowly to a low simmer. Don't let it get to a rolling boil (*though it's not the end of the world if that happens for a minute*). You can just keep it over the smallest burner
4. Let it slow simmer for 8 hours
5. Strain it a couple times when it's time and discard the solids

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BOURSIN PASTA

Ingredients:

- 2 pints cherry, or grape tomatoes
- 2 medium red onion, roughly chopped
- 10-14 cloves garlic
- 1 tsp red pepper flakes
- 2 package Boursin cheese, any variety - I use shallot & chive
- 8 Tbs extra virgin olive oil
- salt and pepper, to taste
- 16 oz dry pasta
- 6-8 leaves fresh basil, torn, optional

Directions:

1. Heat oven to 425 F
2. Spread tomatoes, onion, and garlic cloves evenly in a medium baking dish
3. Unwrap Boursin cheese and place in center of dish, surrounded by other ingredients
4. Drizzle liberally with olive oil, sprinkle with red pepper flakes and add salt and pepper to taste
5. Bake for 30-35 minutes
6. Meanwhile, cook pasta according to package directions, reserving ½ cup of pasta water
7. Immediately after removing from oven, toss in basil and use a wooden spoon or spatula to stir the roasted mixture, evenly distributing cheese and olive oil over the rest of the ingredients
8. Add in reserved pasta water as needed to create a creamier consistency
9. Add 6-8 leaves fresh basil
10. Stir in cooked pasta and serve immediately

[-top-](#)

CREAMY BEEF AND SHELLS

Ingredients:

- 8 oz medium pasta shells
- 1 Tbs olive oil
- 1 lb. ground beef
- ½ medium sweet onion, diced
- 2 cloves garlic, minced
- 1½ tsp Italian seasoning
- 2 Tbs all-purpose flour
- 2 cups beef stock
- 1-15 oz can tomato sauce
- ¾ cup heavy cream
- kosher salt and freshly ground black pepper, to taste
- 6 oz shredded extra-sharp cheddar cheese, about 1½ cups

Directions:

1. In a large pot of boiling salted water, cook pasta according to package instructions; drain well
2. Heat olive oil in a large skillet over medium high heat. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat and set aside
3. Add onion to the skillet, and cook, stirring frequently, until translucent, about 2-3 minutes
4. Stir in garlic and Italian seasoning until fragrant, about 1 minute
5. Whisk in flour until lightly browned, about 2 minutes
6. Gradually whisk in beef stock and tomato sauce. Bring to a boil; reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 6-8 minutes
7. Stir in pasta, beef and heavy cream until heated through, about 3-4 minutes
8. Season with salt and pepper, to taste
9. Stir in cheese until melted, about 2 minutes
10. Serve immediately

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LASAGNA: CAJUN SHRIMP LASAGNA

Ingredients:

- 1 lb. box lasagna noodles
- 1 lb. medium shrimp, approx. 25 shrimp
- 1 cup heavy cream, adjust to desired creaminess
- 1 cup fresh parsley, chopped
- 1 cup Parmesan cheese, halved
- 2 Tbs unsalted butter
- 2 Tbs Cajun seasoning, or to taste
- 6 cloves fresh garlic, minced
- 1 Tbs *Old Bay* seasoning
- 1 Tbs garlic powder
- ½ Tbs cayenne pepper
- 3 tsp paprika
- pepper to taste
- kosher salt to taste
- ¼ cup olive oil

Directions:

1. Put a large pot of salted water on the stovetop on high heat and bring to boil. While water is heating up, prepare the shrimp or other protein
Chicken works great too
2. Heat 1 tsp olive oil in 12-inch skillet over high heat until smoking. Meanwhile toss the shrimp with 2 tsp paprika, pepper and olive oil. Add the shrimp to pan and cook for about 1 minute until edges are pink. Add 1 Tbs unsalted butter and then remove pan from heat, flip shrimp over and let cook for about another minute. Remove shrimp from pan and set aside
3. When water is boiling, add pasta and cook for 5 minutes on high heat. Remove pasta, let cool and cut in half
It's easier to stack all at once and cut
4. Return separated pasta to boiling water and reduce heat for 5-7 minutes
Don't overcook
5. Return pan to medium heat leaving in the juices from the shrimp. Once pan is hot, add fresh garlic and sear for about 35 secs
6. Now add heavy cream, ¼ cup pasta water, Cajun seasoning, *Old Bay* seasoning, 1 tsp paprika, garlic powder, pepper, salt and 1 Tbs unsalted butter. Reduce heat and mix together
7. Finally, add pasta to the sauce in small batches, add back in the shrimp, ½ cup fresh parsley and Parmesan cheese
8. Serve

-top-

Passed down from my Great Great Grandmother Stella Czosek.

Mom: only modification she made was that she doubled the meat (from 1 lb. to 2 lbs.)

Me: only modification I made is that I make it the day before so I don't have to cook the noodles which makes it easier for spreading and making the layers. As it turns out, after sitting overnight in the fridge, you can't tell that they weren't cooked anyway! Happy accident one night as we started making it way to late to cook the same night.

Shopping List

- 2 lbs. hot Italian sausage
- basil
- garlic (minced)
- herbs de Provence
- Italian seasoning
- oregano
- parsley
- salt
- 2-14½ cans crushed tomatoes
- 1-28 oz can crushed tomatoes with roasted garlic (Contadina)
- 1-14½ oz can fire roasted diced tomatoes
- 2-6 oz cans tomato paste
- 1-16 oz box lasagna or wide noodles, uncooked
- 4 cups fresh Ricotta or creamy cottage cheese
- 1 cup grated Parmesan, Romano or Parmigiano Reggiano cheese
- 3 lbs. Mozzarella cheese, sliced very thin

Meat & Sauce

- 2 lbs. hot Italian sausage
- 1 clove garlic, minced
- 2 Tbs: Italian Seasoning
- 1 tsp each: basil, herbs de Provence, oregano, parsley
- 1½ tsp salt
- 1-28 oz can Contadina crushed tomatoes with roasted garlic
- 2-14½ oz can fire roasted diced tomatoes
- 2-14½ cans crushed tomatoes (add 2nd can if needed)
- 2-6 oz cans tomato paste

Cheese Combo Layer

- 4 cups fresh Ricotta or creamy cottage cheese
- 1 cup grated Parmesan, Romano or Parmigiano Reggiano cheese
- 2 Tbs Italian seasoning
- 1 Tbs each: basil, herbs de Provence, oregano, parsley
- 2 beaten eggs
- 2 tsp salt
- ½ tsp pepper
- 3 lbs. Mozzarella cheese, sliced very thin
- 1-16 oz box lasagna or wide noodles, uncooked

Directions:

1. Brown meat slowly; spoon off excess fat
2. Add next 8 ingredients
 - 1 clove garlic, minced
 - 2 Tbs Italian seasoning
 - 1 Tbs: basil, herbs de Provence, oregano, parsley
 - 1½ tsp salt
 - 1-28 oz can Contadina crushed tomatoes with roasted garlic
 - 2-14½ oz can fire roasted diced tomatoes
 - 2-14½ cans crushed tomatoes, add 2nd can if needed
 - 2-6 oz cans tomato paste
3. Simmer uncovered 30 minutes, stirring occasionally
4. Combine remaining ingredients, except Mozzarella cheese
 - 4 cups fresh Ricotta or creamy cottage cheese
 - 1 cup grated Parmesan, Romano or Parmigiano Reggiano cheese
 - 2 Tbs Italian seasoning
 - 1 Tbs: basil, herbs de Provence, oregano, parsley
 - 2 beaten eggs
 - 2 tsp salt
 - ½ t pepper
5. Spray Pam on a 9"x13"x3" baking dish
6. Place a layer of the sauce in the baking dish and cover with noodles
7. Spread layer of meat sauce, layer of cheese sauce and cover with a layer of Mozzarella cheese, repeat x 2 then cover and refrigerate overnight
8. Next day, pull from fridge and allow to sit out for an hour to an hour and a half to take the chill out
9. Bake at 375 F for 1 hour then let stand 15 minutes before cutting in squares - filling will set slightly



-top-

LASAGNA: VODKA CHICKEN PARMESAN LASAGNA

Ingredients:

- 3 chicken breasts
- salt, to taste
- pepper, to taste
- 1 cup all-purpose flour
- 5 eggs, divided
- 2 cups Italian bread crumbs
- vegetable oil, for frying
- 2 cups ricotta cheese
- 24 oz marinara sauce
- 8 lasagna noodles
- 1½ cups shredded mozzarella cheese
- 1½ cups shredded parmesan cheese
- ¼ cup Vodka
- 1 tsp basil
- 2 cloves garlic, minced
- 1 tsp herbs de Provence
- 2 Tbs Italian seasoning
- 1 Tbs oregano
- 1 Tbs parsley
- 1 tsp salt
- fresh basil, to garnish

Directions:

1. Heat marinara sauce with the vodka and the usual seasonings until the alcohol has been cooked out, then allow to cool
2. Cut chicken breasts in half (pound thin if necessary) and season with salt and pepper
3. Add the flour, 4 eggs, and bread crumbs to 3 separate shallow dishes
4. Beat the eggs
5. Coat the chicken in the flour, then the eggs, and finally in the bread crumbs
6. Heat the vegetable oil in a cast iron skillet over medium heat
7. Fry the chicken on both sides until golden brown, about 4 minutes on each side
8. Let drain on paper towels
9. In a medium bowl, combine the ricotta cheese and the remaining egg
10. Heat the oven to 350 F
11. Spread about ⅓ of the marinara sauce over the bottom of a casserole dish
12. Top with 4 lasagna noodles, ½ of the ricotta mixture, and 3 chicken cutlets
13. Sprinkle with ½ cup of mozzarella and ½ cup of Parmesan cheese
14. Repeat to make another layer, then finish with the remaining sauce and mozzarella and Parmesan cheeses
15. Cover with foil and bake for 45-60 minutes, uncovering the lasagna for the last 10 minutes of baking
16. Serve with a sprinkle of fresh basil
17. Enjoy!

-top-

MAC & CHEESE: FIRE ROASTED HATCH GREEN CHILE

Ingredients:

- kosher salt
- 1-16 oz package macaroni, curly noodles, *I like to use shells*
- ¼ lb. bacon, diced, *I use ½ lb.*
- 1 medium onion, diced
- 5 Tbs unsalted butter, plus more to butter baking dish
- 6 Tbs all-purpose flour
- 1 Tbs *Dijon* mustard
- 2½ cups whole milk
- 2 cups heavy cream
- 1 sprig fresh thyme
- 1 bay leaf
- ½ tsp salt
- ¾ cup grated Parmesan
- 3-16 oz bags Mexican 4 cheese blend
- 1 lb. *Tillamook* Cheddar cheese, sharp or medium
- 20 oz fire roasted Hatch green chiles
- ¼ cup bread crumbs

Directions:

1. Heat oven to 450 F and butter a 9"x13" glass baking dish
2. Bring a large pot of water to a boil and add salt. Cook macaroni according to package directions. Drain
3. In a large Dutch oven or other heavy pot, sauté the bacon until crisp. Remove bacon with a slotted spoon and reserve. Sauté the onion in the bacon drippings until soft. Add the 5 Tbs butter to the onion mixture and melt the butter stirring with a wooden spoon
4. Using a whisk, add the flour, and stir constantly until well mixed with the fat making a roux. Whisk in the mustard. Gradually add the milk and cream whisking constantly
5. Add the thyme, bay leaf, and salt. Let come to a simmer and stir frequently for 15 minutes
6. Strain the hot milk mixture into a metal bowl and discard the solids. Working quickly, mix in 3 bags (1 lb. each) Mexican 4 cheese blend, ½ cup Parmesan, the reserved bacon and 20 oz fire roasted Hatch green chiles. Continue to stir until all cheese is melted
7. Add the cooked noodles to the cheese mixture to coat. Add the noodle mixture to the prepared baking dish. Mix the *Tillamook* cheese and bread crumbs together and sprinkle on top of the noodles
8. Bake for about 15 to 20 minutes or until bubbling and golden brown
9. Remove from oven when done and rest for 5 minutes

-top-

PASTA: ALFREDO LIGHT (FROM MOM)

Ingredients:

- 1 onion, chopped
- 1 clove garlic, minced
- 2 tsp vegetable oil
- 2 cups skim milk
- 1 cup chicken broth
- 3 Tbs all-purpose flour
- ½ tsp salt
- ¼ tsp ground black pepper
- ½ cup grated Parmesan cheese
- 16 oz dry fettuccine pasta
- 1-16 oz package frozen broccoli florets

Directions:

1. In a medium saucepan, heat oil over medium heat. Add onion and garlic and sauté until golden brown
2. In a small saucepan, stir together milk, chicken broth, flour, salt and pepper over low heat until smooth and thick
3. Stir into onion mixture
4. Continue to cook over medium low heat, stirring frequently, until the sauce is thick
5. Stir in Parmesan cheese
6. Meanwhile, cook pasta in boiling water
7. Add broccoli to the pasta for the last several minutes of cooking. Continue cooking until the pasta is al dente
8. Drain the pasta and vegetables, and transfer to a large bowl
9. Toss with sauce
10. Serve

-top-

PASTA: NOODLE CASSEROLE

Ingredients:

- 1½ lbs. of ground beef
- 1 Tbs butter
- 1 large onion, chopped
- 1 cup green pepper, chopped
- 1 Tbs *Worcestershire* sauce
- 12 oz wide egg noodles, cooked and drained
- 2-10¾ oz cans condensed tomato soup, undiluted
- 1-10½ oz can condensed cream of mushroom soup, undiluted
- 1 cup cheddar cheese, shredded
- green onions, optional, sliced

Directions:

1. Cook noodles per instructions
2. Heat the oven to 350 F
3. Grease a 3-quart baking dish
4. In a large skillet, cook the beef over medium heat, crumbling as it cooks, until no longer pink, about 8-10 minutes
5. Drain the fat from the skillet
6. Transfer the beef from the skillet
7. In the same skillet, melt the butter over medium heat
8. Add the onion and pepper, cooking and stirring until tender, about 5-7 minutes
9. Stir in the beef, *Worcestershire* sauce, noodles, tomato soup, and cream of mushroom soup
10. Transfer the mixture to the prepared baking dish
11. Top the mixture with the cheese
12. Bake uncovered until heated through, about 15-20 minutes
13. Garnish with the green onions and serve

-top-

PASTA: ONE PAN SPAGHETTI

Ingredients:

- 8 oz spaghetti
- 1 cup cherry tomatoes, sliced in half
- ½ cup baby spinach leaves
- 1 small onion, finely sliced
- 3 cloves garlic, finely sliced
- 1 red chili, finely chopped
- A small handful of basil leaves, roughly chopped
- 2 Tbs extra virgin olive oil
- ½ cup pecorino cheese, grated
- 1 tsp sea salt
- 1 tsp ground black pepper

Directions:

1. Arrange the tomatoes, spinach, onion, garlic, and chili across the base of a large frying pan as shown below
2. Nestle the spaghetti in the center of the pan and pour the olive oil and 20 oz of water or chicken stock over everything
3. Place the pan over a medium high heat and bring the contents of the pan to the boil
4. Using tongs, stir the pasta regularly and cook for about 9 minutes until it's cooked and the liquid has nearly evaporated creating a sauce
5. Remove the pan from heat and stir through the pecorino cheese and basil
6. Season with sea salt and ground black pepper



PASTA: ONE POT TACO PASTA

Ingredients:

- 1½ lbs. ground beef
- 16 oz package dry noodles, small shells
- olive oil
- 1 onion, diced
- garlic, minced
- 1 packet taco seasoning
- 15 or 16 oz jar salsa
- 11 oz can *Fiesta Style* corn, drained
- 1-15½ oz can black beans, drained
- salt
- 4 cups beef broth
- shredded cheese, Mexican style

Directions:

1. In a large skillet add olive oil and heat
2. Add beef to pan and brown then drain
3. Add onions, garlic, taco seasoning and salt and mix together
4. Add salsa and beans and mix together
5. Add broth and shells and bring to a boil then cover and simmer 12-14 minutes until the liquid is absorbed and the noodles are done
6. Give it all a stir then cover the top with shredded Mexican cheese style

-top-

Ingredients:

- 3 lbs. chicken, cubed and seasoned with *Tony Chachere's*
- 1 lb. Andouille sausage, sliced
- Holy Trinity (equal parts) onions
- Holy Trinity (equal parts) bell peppers
- Holy Trinity (equal parts) celery
- Garlic, minced
- *Tony Chachere's*
- 6 cups chicken broth, divided 4 cups + 2 cups
- 1 can Ro★Tel with juice
- 1 lb. penne pasta
- 1-10¾ oz can cream of mushroom soup
- 16 oz *Velveeta* cheese
- 1 tsp red pepper flakes, optional

Directions:

1. In a large Dutch oven heat and brown chicken and remove
2. Heat and sear Andouille sausage and remove
3. Heat and sweat Holy Trinity and season
4. Add Ro★Tel
5. Add 4 cups chicken broth
6. Add pasta and simmer for 12 minutes
7. Add chicken and sausage back into the Dutch oven
8. Add the can of cream of mushroom soup and *Velveeta* cheese and mix it up
9. Add 2 cups chicken broth and red pepper flakes and stir
10. Heat covered for 15 minutes
11. Serve!

-top-

Ingredients:

- 1-28 oz can San Marzano tomatoes, crushed finely by hand
- 2 Tbs extra virgin olive oil
- ½ cup yellow onion, minced
- 3 oz prosciutto or pancetta, diced, optional
- 1 Tbs garlic, 3 cloves, minced
- salt, to taste
- freshly ground black pepper, to taste
- ½ cup vodka
- ¼ tsp red pepper flakes, more or less to taste
- ⅔ cup heavy cream
- ¼ cup finely shredded parmesan cheese, plus more for serving
- 1 Tbs fresh oregano, chopped
- ¼ cup fresh basil, chopped
- 14 oz penne pasta, plus reserved pasta water for thinning sauce as needed

Directions:

1. Bring a pot of salted water to a boil to cook pasta
2. Heat oil in a large pot over medium heat
3. Then add onion and prosciutto and sauté 4-5 minutes, add garlic and red pepper flakes and sauté 1 minute longer
4. Remove pan from heat and add tomatoes and vodka and season with salt and pepper to taste
5. Return to medium-high heat, bring to a simmer then reduce heat to medium-low and let simmer until strong alcohol scent has cooked off, about 15 minutes, stirring occasionally
6. Meanwhile cook pasta according to package directions
7. Reserve ½ cup pasta water and drain pasta
8. Stir cream into sauce and let just heat through, about 1 minute
9. Stir in parmesan, basil and oregano
10. Add drained pasta to pot with sauce, toss to coat, while thinning sauce with a little pasta water as needed
11. Serve warm with more parmesan and garnish with more basil if desired

[-top-](#)

SPAGHETTI: BAKED I

Ingredients:

- 1-16 oz package spaghetti noodles
- 1 jar *Rao's* marinara sauce
- 1 white onion, diced
- 2 cups mushrooms, diced
- 6 garlic cloves, minced
- 1 tsp sea salt
- 1 tsp oregano
- ½ tsp black pepper
- 3 bay leaves
- 3 cups of water, or vegetable stock
- 1-3 cups Mozzarella Cheese, add as much or as little as you like

Directions:

1. Add uncooked noodles to a 9"x13" baking pan
2. Pour marinara sauce over the noodles
3. In a large bowl, add onion, mushrooms, garlic, salt, oregano & bay leaves to the water (or stock)
4. Mix it all up then pour over the noodles and give it a stir
5. Cover with foil and cook at 375 F for 40 minutes
6. At the half way mark remove and stir everything again and finish cooking
7. Pull at 40 minutes, stir again and then cover with Mozzarella cheese
8. Place back into the oven and cook an addition 20 minutes uncovered
9. Serve!

-top-

SPAGHETTI: BAKED II

Ingredients:

- 1-1½ lb. ground beef
- 1-16 oz package spaghetti noodles
- 1 jar *Rao's* marinara sauce
- 1 white onion, diced
- 6 garlic cloves, minced
- 1 tsp sea salt
- 1 tsp oregano
- ½ tsp black pepper
- 1 stick butter
- 1 Tbs flour
- 2 cups heavy cream
- 1 cup Parmesan cheese
- 1-3 cups Mozzarella cheese, add as much or as little as you like

Directions:

1. Cook noodles per instructions and divide
2. Brown your ground beef and drain while cooking noodles
3. Return beef to the pan and add marinara sauce, onion and seasonings
4. In a small pan melt the butter and stir in the flour
5. Add 2 cups heavy whipping cream, then add 1 cup Parmesan Cheese
6. Then add ½ cup of your pasta water to the white sauce and season it as you like
7. Lightly grease a 9"x13" baking dish
8. Drain and then divide.
9. Add ½ your noodles to the baking dish
10. Add your white sauce to the baking dish and give it a good mix
11. Add the other ½ of your noodles to your baking dish and cover with meat/sauce
12. Top with your favorite cheese (I use Mozzarella)
13. Bake at 350 F for 20 minutes

-top-

Ingredients:

- ½ cup olive oil
- 10 garlic cloves
- fresh basil leaves
- crushed red pepper flakes, optional
- 1 large onion, ends trimmed, cut in half and peeled
- 4 Tbs butter
- 2-28 oz cans San Marzano tomatoes
- 16 oz spaghetti noodles
- Pecorino Romano cheese, grated

Directions:

1. Heat olive oil in a saucepot
2. Add the basil leaves, garlic and crushed red pepper flakes and cook over low heat until fragrant, about 1-2 minutes
3. Remove from the heat and set aside
4. Melt the butter in a pan
5. Add the onion, cut side down, and cook until it begins to brown, about 2-3 minutes
6. Put the cooled basil, garlic and oil mixture into a blender and puree
7. Pour the tomato sauce into the butter and onions and crush the tomatoes with a spoon
8. Season with salt and pepper
9. Add the basil and garlic oil and cover and simmer gently about 20 minutes
10. Taste and add more salt and pepper, if needed
11. Boil the spaghetti noodles according to package directions
12. Add the noodles to the sauce
13. Stir to combine

-top-

SPAGHETTI: DRUNKEN SPAGHETTI WITH PANCETTA

Ingredients:

- Salt and pepper
- 1 (750-milliliter) bottle medium-bodied, dry red wine, such as merlot, pinot noir or Chianti
- 3 Tbs extra-virgin olive oil
- 5 oz pancetta or bacon, thickly sliced and cut into ¼-inch lardons, blanched for 1 minute in boiling water and drained
- 1 red onion, cut into ⅛" thick half-moons
- 4 large garlic cloves, thinly sliced
- Pinch of red-pepper flakes
- 1 Tbs tomato paste
- 1 bay leaf
- 1 lb. spaghetti
- 2 Tbs unsalted butter
- 4 oz finely grated pecorino or Parmesan
- Basil leaves, for garnish

Directions:

Put a large pot of well-salted water over high heat and bring to a boil. Add 1 cup wine and turn heat to low.

Heat olive oil in a wide skillet over medium. Add pancetta to pan and let sizzle for 2 or 3 minutes, until lightly browned. Remove with a slotted spoon and set aside.

Raise heat slightly and add onion. Season with salt and pepper and stir to coat. Continue to cook, stirring, until softened, about 5 to 7 minutes.

Add garlic, red-pepper flakes and tomato paste, and stir to distribute. Add bay leaf and all the remaining red wine and turn flame to high. Let wine reduce rapidly by half, about 10 minutes. Turn off heat.

Bring pasta water back to a boil, add pasta and cook for about 2 to 3 minutes less than the package directions advise — that is, keep the pasta quite firm and underdone. It will finish cooking in the sauce.

Reserve 1 cup pasta cooking water, and drain the pasta. Add pasta to the red wine mixture in the skillet and turn heat to medium-high. Let pasta wilt into the sauce and continue cooking, stirring, as pasta absorbs the sauce. The spaghetti should be correctly al dente within a few minutes and the sauce should coat the pasta. Add a little pasta cooking water if sauce gets too thick.

Stir in the reserved pancetta, the butter and half the grated cheese and toss well. Taste a noodle, and add a sprinkling of salt to the pan if necessary. Toss once more and transfer to a warm serving dish. Garnish with basil leaves and pass remaining cheese at the table.

-top-

Ingredients:

Meat

- 1 lb. 93/7 ground beef
- 1 package, 1-1¼ lb., hot Italian sausage
- 1 medium onion
- 1 green bell pepper
- 2 Tbs minced garlic

Sauce

- 1 large *Ragu* with meat sauce
- 1 can roasted tomatoes with garlic
- 1 can tomato paste
- 1 cup Cabernet Sauvignon
- optional: add flour or corn starch to thicken if you get hungry before sauce has reduced enough to thicken on its own

Seasonings to taste

- 1 tsp sweet basil
- 1 tsp garlic salt
- 1 tsp herbs de Provence
- 2 Tbs Italian seasoning
- 1 tsp minced onion
- 1 Tbs parsley
- 1 tsp red pepper flakes

Noodles

- 1 package spaghetti noodles cooked per instructions

Directions:

1. Brown ground beef with diced onion, bell pepper and minced garlic then set aside
2. Cook Italian sausage per the instructions then crumble
3. Combine with the ground beef in crock pot
4. Add all "sauce" items and "seasoning" items to the crock pot and set on low for 6-10 hours
5. Cook noodles per instructions then place noodles in a bowl and cover with sauce and enjoy!

-top-

Ingredients

- $\frac{3}{4}$ lb. lean ground beef, 90% lean
- $2\frac{1}{4}$ cups of water
- 1-15 oz can tomato sauce
- 2 tsp chili powder
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{8}$ tsp salt
- 1-8 oz package of thin spaghetti, broken into thirds
- 1 lb. zucchini, cut into chunks
- $\frac{1}{2}$ cup cheddar cheese, shredded

Directions

1. In a large skillet, cook the beef over medium heat until no longer pink, about 6-8 minutes
2. Drain the fat from the skillet
3. Transfer the beef to a plate
4. In the same skillet, combine the water, tomato sauce, chili powder, garlic powder, cumin, and salt
5. Bring the mixture to a boil
6. Stir in the spaghetti
7. Bring the mixture to a boil once again then boil for 6 minutes
8. Add the zucchini to the skillet
9. Cook until the spaghetti and zucchini are tender, stirring several times, about 4-5 minutes
10. Stir in the beef and heat through
11. Sprinkle with cheddar cheese
12. Serve hot

-[top](#)-

SPAGHETTI: TACO

Ingredients

- 1 lb. lean ground beef
- 1 can Ro★Tel with green chilies
- 1 can cream of chicken
- 8 oz *Ve/veeta* cheese
- shredded cheese, your choice – Cheddar, Pepper Jack, Mexican blend
- 1 packet taco seasoning
- 1-16 oz package spaghetti noodles

Directions

1. Cook noodles to al dente
2. In a large skillet, cook the beef over medium heat until no longer pink, about 6-8 minutes
3. Drain the fat from the skillet
4. Add the taco seasoning to the beef and a little water and combine
5. Add to the beef: RO★TEL, cream of chicken and the *Ve/veeta* cheese
6. Add noodles and meat/cheese mixture to a 9"x13" pan and top with shredded cheese
7. Cover with foil and bake for 15 minutes at 350 F
8. Pull, give it all a good mix then recover and place back into the oven
9. Bake for 15 minutes at 350 F
10. Serve!

-top-

STUFFED SHELLS

Ingredients

- 1 lb. lean ground beef
- 1 lb. Italian sausage
- 12 oz box jumbo pasta shells
- 1 jar *Rao's* marinara sauce
- 32 oz Ricotta cheese
- 10 oz frozen spinach, water pressed out
- 2½ oz Parmesan cheese
- 1 cup Mozzarella cheese and Provolone blend
- 2 eggs
- 1 tsp garlic powder
- 2 Tbs Italian seasoning
- 1 tsp salt
- 1 tsp pepper
- 1 can RO★TEL with green chilies
- 1 can cream of chicken
- 8 oz *Velveeta* cheese
- shredded cheese
- 1 packet taco seasoning
- 1-16 oz package spaghetti noodles

Directions

1. Cook pasta shells per their instructions
2. In a large skillet, cook the beef & Italian sausage over medium heat until no longer pink, about 6-8 minutes
3. Drain the fat from the skillet
4. To a bowl add: 32 oz Ricotta cheese, 10 oz frozen spinach (*water pressed out*), 2½ oz Parmesan cheese, 1 cup Mozzarella cheese and 2 eggs
5. Season with garlic powder and Italian seasoning, salt and pepper
6. Add meat mixture and mix everything well
7. In the baking dish, place a layer of marinara to cover the bottom
8. Scoop the mixture into each shell and place in baking dish until full
9. Sprinkle remaining marinara sauce over the top of shells
10. Top with Mozzarella cheese and Provolone blend
11. Bake at 375 F for 35 minutes
12. Serve!

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TORTELLINI

Ingredients:

- 1½ lbs. ground beef
- 1 onion, diced
- 5 cloves garlic, minced
- 64 oz marinara
- 36 oz bag cheese tortellini
- 2 Tbs Italian seasoning
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 Tbs herbs de Provence
- 1 tsp salt
- 16 oz bag shredded Mozzarella
- ½ cup shredded Parmesan

Directions:

1. Cook beef with onion and garlic until no longer pink
2. Drain and then place back into the pan
3. Add 64 oz of your favorite marinara sauce
4. Add seasonings
5. Place frozen tortellini in a 11"x13" baking dish
6. Pour meat and sauce mixture over tortellini and give it all a good mix
7. Sprinkle on Parmesan cheese then top with Mozzarella
8. Cover with foil and bake for 20 minutes at 400 F
9. Remove, uncover and place back into the oven until that cheese is bubbly and golden brown

-top-

TORTELLINI: MILLON DOLLAR

Ingredients:

- 24 oz cheese tortellini, frozen
- 1 lb. ground beef
- 1 lb. spicy or mild Italian sausage
- 3 cloves garlic, minced
- 32 oz jar marinara
- 8 oz cream cheese, room temperature
- ½ cup Ricotta cheese
- 3 Tbs Italian seasoning
- 2 tsp garlic powder, divided
- 2 tsp onion powder, divided
- 1 tsp salt
- 2 cups Mozzarella, shredded
- ½ cup Parmesan, shredded
- ¼ cup fresh parsley, minced, optional

Directions:

1. Heat oven to 350 F
2. Spray a 9"x13" baking dish with nonstick spray
3. Cook the tortellini for 1 minute less than the package directions state
4. While the tortellini are cooking, add the ground beef and Italian sausage to a large, deep skillet over medium heat and cook until browned
5. Add the garlic and cook for 30 seconds more
6. Drain the fat from the skillet
7. Add the marinara, the Italian seasoning, 1 tsp garlic powder & 1 tsp onion powder to the beef/sausage and simmer for 10 minutes
8. Drain the tortellini and add to the skillet with the beef and marinara and stir to combine
9. Add the cream cheese, ricotta, 1 tsp garlic powder, 1 tsp onion powder, and salt to a small mixing bowl and stir well to combine
10. Pour half of the tortellini mixture into the prepared baking dish and top with the cream cheese mixture and 1 cup of the mozzarella
11. Add the remaining tortellini and sprinkle with 1 cup mozzarella and Parmesan
12. Cover with foil and bake for 30 minutes
13. Remove the foil and continue baking for 10 more minutes
14. Sprinkle with parsley before serving

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CHICKEN CRUST PIZZA

Ingredients:

- 1-10 oz can chicken
- 1 oz grated parmesan cheese
- 1 large egg

Directions:

1. Thoroughly drain the canned chicken, getting as much moisture out as possible
2. Spread chicken on a baking sheet lined with a silicon mat
3. Bake at 350 F for 10 minutes to dry out the chicken
4. Once chicken is done baking for 10 minutes remove and place in a mixing bowl
5. Increase heat of oven to 500 F
6. Add cheese and egg to the bowl with chicken and mix
7. Pour mixture onto baking sheet lined with a silicon mat and spread thin
placing parchment paper on top and using a rolling pin makes this easier
8. Optional: With a spatula press the edges of the crust in to form a ridge for the crust
This is beneficial is you're using toppings that may slide off
9. Bake the crust for 8-10 minutes at 500 F
10. Remove crust from oven
11. Add desired toppings and bake for another 6-10 minutes at 500 F
12. Toppings will dictate final cook time
13. Remove from oven and allow to cool for a few minutes
14. Enjoy!

-top-

LAVASH FLATBREAD PIZZA

Ingredients:

- 1 lavash bread
- ¼ cup olive oil, or 3 Tbs marinara or pizza sauce
- 1 garlic clove, minced
- ¼ tsp chili flakes, optional
- ¼ tsp oregano
- ¼ cup mozzarella, shredded
- 1 Tbs parmesan, grated
- 6 genoa salami slices cut into ribbons or
- pepperoni, optional (though not in my world)

Directions:

1. Heat oven to 425 F
2. In a small bowl mix the olive oil with the minced garlic, oregano and chili flakes
3. Place a lavash bread onto a sheet pan lined with parchment paper
4. Brush the lavash bread with the olive oil mixture
5. Top the lavash bread with mozzarella, salami and grated parmesan
6. Bake at 425 F for 4-6 minutes or until the edges are golden

Notes:

The crust can burn easily so keep an eye on it and don't overcook it

If you use a sauce rather than the olive oil mixture, do not use too much as the crust can become soggy (*example – 3 Tbs marinara sauce for a 9"x12" lavash*)

-top-

- **Neapolitan Pizza:** Neapolitan pizza toppings are fresh mozzarella, tomatoes, basil leaves, oregano, and olive oil. Since Neapolitan pizza is thin, it isn't designed to handle the weight of too many toppings
- **Chicago Pizza:** Referred to as a deep-dish pizza
- **New York-Style Pizza:** N.Y. style characteristic is a large, foldable slice and has a crispy outer crust. New York-style pizza is one of America's most famous regional pizza types
- **Sicilian Pizza:** Sicilian pizza, also known as "sfincione," provides a thick cut of pizza with pillowy dough, a crunchy crust, and robust tomato sauce
- **Greek Pizza:** Features of this one has a thick and chewy crust cooked in shallow, oiled pans, resulting in a nearly deep-fried bottom
- **California Pizza:** Started back in the late 1970s when Chef Ed LaDou began experimenting with pizza recipes in the classic Italian restaurant, Prego. He created a pizza with mustard, ricotta, pate, and red pepper, and served it to Wolfgang Puck
- **Detroit Pizza:** Originally baked in a square automotive parts pan in the 1940s. Detroit pizza is first topped with pepperoni, followed by brick cheese which is spread to the very edges of the pan, producing a caramelized cheese perimeter
- **St. Louis Pizza:** Features a thin crust with a cracker-like consistency that is made without yeast. Due to the crispy crust, St. Louis pizza is usually cut into three- or four-inch rectangles, known as "party" or "tavern" cut

Ingredients:

- 4½ cups all-purpose flour
- 1 pkg dry yeast dissolved in 2 cups, lukewarm
- 1 tsp salt
- 2 Tbs sugar
- 4 Tbs olive oil
- Other toppings can include, Italian sliced sausage, capicola, anchovies, peppers, pepperoni, eggplant, mushrooms, meatballs, olives, anchovies, sliced tomatoes, zucchini, cooked chicken, any kinds of seafood, lots of garlic, olive oil, parmesan and Romano cheeses, any kinds of shredded whole milk cheeses

Directions:

1. In a large mixing bowl add the yeast and warm water in the bowl, let sit for 1 minute in the bowl. (The water should be just warm on your wrist but not hot)
2. Add the salt, sugar, and oil and stir
3. Add one cup of flour and blend it all together
4. Next, add the rest of the flour until it forms a ball (should be 3½ cups that is left) add more or less if too sticky 1 Tbs at a time. The dough shouldn't be dry
5. Rise in a bowl covered with a wet towel, until doubled in size in a warm spot, away from drafts
6. Stretch out on a large cookie sheet
7. Brush top with olive oil, top with tomato sauce, cheese, and any other meat toppings of choice suggestions below
8. Options: sausage, pepperoni, mushroom, peppers, olives, ham, pineapple, spinach, broccoli, ricotta, garlic, sliced tomatoes and feta cheese, or any combo of cheese you like
9. Bake until crisp and brown on 430 F, keep checking for desired crispiness.

For the Sausage Roll Recipe or Stromboli and Calzones

10. 1 lb. of fresh pizza/ bread dough
 11. 1½ lbs. of Italian sausage cooked and casing off cooled
 12. 4 eggs raw or in some Regions substitute raw for chopped boiled eggs is another option, one more way is to omit the eggs and use just cheese and sausage for the filling
 13. 2 cups of Mozzarella
 14. 4 Tbs of grated cheese or more to taste
 15. ½ tsp garlic powder
 16. ¼ tsp oregano
 17. ¼ tsp black pepper
 18. Mix sausage, eggs, spices, and cheeses in a bowl set in the refrigerator. Roll out dough about ¼-inch thickness into approximately 12"x12" rectangular
 19. Spread mixture over the dough, roll up and place seam down on a cookie sheet, place in a warm area, to rise around an hour
 20. Brush tops with egg whites or beaten eggs
 21. Bake at 450 F for 10 minutes and lower to 375 F for the remaining time
 22. The sausage roll is done when crispy and brown
 23. Slice and enjoy
 24. You can make individual mini ones as well using a handful of dough for each one
 25. Variations: In a bowl mix Mozzarella cheese, grated cheese, and spices along with any combo below. Bake them at 400 F on a greased cookie sheet
 26. Adding the ricotta cheese in the middle of the dough is called a Calzone. Use around 2 Tbs in the middle of the dough with the seasoned mozzarella. Fold over, crimp and bake
 27. Stromboli is adding meats, peppers, mushrooms, chopped tomatoes, black or green olives, onions, mortadella, salami prosciutto in the center with mozzarella seasoned, fold over crimp and bake
- Note:** If using vegetables sauté' vegetables with sausage and drain (always cook raw meats)
28. You can also add Ricotta cheese, fresh chopped parsley, basil, chopped tomato, fresh garlic chopped, greens like spinach or escarole. Combinations are endless
 29. You can also add ham and Mozzarella, ricotta with grated cheese into the dough to make a cheese and adding meat becomes a stromboli
 30. Lastly, you can make round donut shapes out of your dough and fry this dough for pizza frita in cooking vegetable oil

Garlic Pizza

31. 1 lb. of pizza dough stretch out in a pizza pan or any sheet pan
32. 2 Tbs melted butter, 2 Tbs olive oil
33. 2 cloves finely minced garlic
34. Whole milk Mozzarella shredded cheese

Options see below:

35. First, brush the entire top of the dough with the oil and melted butter
36. Sprinkle evenly with oregano, basil, parsley, salt, and pepper
37. Sprinkle evenly with Parmesan and Romano grated cheese
38. Top generously with Mozzarella shredded cheese and bake in a hot oven of 430 F heated oven and bake until browned

-top-

PIZZA DOUGH – MY RECIPE

This recipe will make a thick dough for 1 pizza

Ingredients:

- 2 Tbs Italian seasoning
- 2 Tbs parsley
- 1 Tbs garlic powder
- 1 tsp herbs de Provence
- 2 tsp of sugar
- 1 cup of warm water at 110 F
- 1 package of dry yeast
- 2 cups of bread flour
- 2 Tbs of olive oil
- 1 tsp of salt

Directions:

1. Add the yeast to 1 cup of water at 110 F then let it rest for about 10 minutes and your mixture will be foamy – then add to the *Kitchen Aid* mixer bowl
2. Place first 5 items into mixer bowl
3. With the hook attachment, start your *Kitchen Aid* Mixer on slow speed and add olive oil and salt, mix it for about 1 minute and start adding the flour. Add ½ the flour, mix, then add other ½ of the flour
4. Once it is all combined let your *Kitchen Aid* mixer do all the work kneading this dough for about 10 minutes (you might need to add a little bit more flour, not too much), this dough will be a bit elastic and a little sticky
5. Grease a clean bowl with olive oil and pour dough
6. Cover your bowl with a clean kitchen towel and let it rise for about 30 minutes
7. Punch down the dough and it is ready to be shaped

Make sure you use lots of olive oil on the bottom of your cooking sheet before making the pizza



-top-

PIZZA SAUCE

Ingredients:

- 1-16 oz jar pizza sauce
- 3 Tbs Italian seasoning
- 1 tsp dried oregano, crushed
- 1 tsp dried basil, crushed
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp sugar
- ½ tsp salt
- ¼ tsp black pepper

Directions:

1. Combine and spread



My usual pizza before the cheese: ½ lb. ground beef, ½ lb. Hot Italian Sausage, pepperonis and a few jalapenos on my pizza dough



BABY BACK RIBS: NOTES

Instant Pot see in [Instant Pot Section](#)

Oven – in a hurry method

225 F cook 1 hour meat side up

375 F cook ½ hour meat side down

375 F cook ½ meat side up again

375 F pull, sauce the ribs then cook 10 minutes to set the sauce

let it rest for a few minutes

Sous Vide see in [Sous Vide Section](#)

Smoker

275 F for 2 hours

275 F for 2 hours (wrapped in foil meat side down with butter, honey, brown sugar, hot sauce, syrup, etc.)

10 minutes to firm BBQ Sauce (if using) or 250 F for 4 hours unwrapped

Notes:

Don't forget to remove the underbelly membrane and season ribs the night before

Use rub, not sauce

Cooking Time for Ribs

Shut the smoker and do NOT open it until time is up. The average baby back ribs should take about 3 hours and 15 minutes

Maintain the internal temperature of your smoker at an even 225°F and you keep the door closed at all times

Never boil ribs - ever

If you're short on time, use an oven bag - there's no 'quick' way to make ribs properly

If you need sauce with your ribs, start over!

BABY BACK RIBS: SWEET ISLAND

Ingredients:

- 3 slabs baby back pork ribs, about 7 lbs.
- [Sweet Island Rub](#)
- [Sweet Island Sauce](#)
- PAM cooking spray

Directions:

1. Rinse ribs and pat dry
2. Remove thin membrane from the back of the ribs
3. Sprinkle ribs evenly with Sweet Island Rub and rub into the meat
4. **Oven:** Bake the ribs at 350 F for 1½ hours and serve with Sweet Island Sauce
Baste with reserved 1 cup of Sweet Island Sauce during final 10 minutes
5. **Grill:** Heat one side of the grill to 300-350 F and places ribs on unlit side and grill covered for 2-2½ hours or until done
Baste with reserved 1 cup of Sweet Island Sauce during final 30 minutes
6. Serve with remaining sauce

BACON: HOW TO AIR FRY

Ingredients

- 1 lb. thick sliced bacon

Directions:

1. In an aluminum foil lined baking sheet – add a cooking rack
2. Line up bacon slices on the rack
3. Cook using convection at 350 F for roughly 30 minutes, or to desired doneness, rotating the sheet 180 F halfway through

BACON: HOW TO OVEN-FRY

Ingredients

- 1 lb. bacon

Directions:

1. In an aluminum foil lined baking sheet – line up the bacon slices
2. Cook at 350 F for 10-15 minutes, or to desired doneness, rotating the sheet 180 F halfway through

BACON: HOW TO BOIL

Ingredients

- 4-6 slices, enough to fill bottom of your skillet
- ½ cup water, enough to cover the bacon

Directions:

1. Add 4-6 slices of uncooked bacon to deep pan
2. Add ½ cup water to pan (may add more or less; just cover the bacon)
Bacon will move with your fingers easily to position next to each other
3. Cook on high setting until water boils rapidly
4. Reduce heat to medium-high until water is boiled from pan
5. Reduce heat to medium-low; flip bacon
Flip bacon at about 5 minutes and move outer pieces of bacon in rotation to middle pan bacon for uniform cooking
6. Cook to desired crispness
Your bacon will not be as salty or brittle and the taste will be amazing!
7. Drain on paper towel
8. Serve as desired

-top-

PERFECT PORK TENDERLOIN

Ingredients:

- 2 lbs. pork tenderloin
- ½ tsp salt or to taste
- ½ tsp pepper or to taste
- 1 Tbs Italian seasoning
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 Tbs olive oil
- 1 Tbs butter unsalted
- 2 Tbs parsley fresh, chopped

Directions:

1. Heat the oven to 400 F and place the rack in the middle position
2. In a small bowl combine the salt, pepper, Italian seasoning, garlic powder and onion powder
3. Sprinkle the seasoning over the tenderloins and use your hands to rub the spices over the entire surface of the tenderloins, until they are evenly coated
4. Heat the olive oil and butter in a large oven safe skillet, such as a cast iron or a Dutch oven, over medium-high heat
5. Once the oil is hot, add the tenderloins and brown on all sides
Should take about 6 minutes in total
6. Place the skillet in the oven and bake uncovered for 13-15 minutes flipping the tenderloins halfway through
7. Bake until the center of the tenderloin registers at least 150 F
8. Transfer the tenderloins to a cutting board, cover them with aluminum foil and let them rest for at least 10 minutes before slicing
9. Garnish with parsley if preferred and serve

-[top](#)-

PULLED PORK

Ingredients:

- 6 lbs. pork shoulder

Dry Rub

- 1 Tbs ground cumin
- 1 Tbs garlic powder
- 1 Tbs onion powder
- 1 Tbs chili powder
- 1 Tbs cayenne pepper
- 1 Tbs salt
- 1 Tbs pepper ground
- 1 Tbs paprika
- ½ cup brown sugar, packed

Brine Solution

- ½ cup salt
- ½ cup brown sugar, packed
- 8 cups cold water
- 3 Tbs dry rub mix
- 2 bay leaves

Directions:

1. The night before you want to serve the pork, prepare the dry rub mix
2. In a big pot prepare the brine solution and add the pork shoulder to the brine, throw in a couple bay leaves, cover the pot and put in the fridge overnight
You can also place the brine solution and pork in a big Ziploc bag
3. In the morning, take the meat out and pat it dry
4. Put the meat in a deep roasting pan, and start rubbing in the dry rub all over the meat
5. Make sure you put plenty of rub, and massage in well
6. Now, you'll need a thermometer and you need to stick it in the thickest part of the meat, not touching the bone
7. Place uncovered in a 225 F degree oven on the middle rack
Should take about 12 hours for the meat to get to an internal temperature of 200 F
8. Once it reaches 200 F, take it out of the oven and let it rest for another 1½-2 hours
9. Using two large forks, begin pulling the meat apart
It will fall apart easily and it should not take you long at all to pull apart this whole roast
10. Serve on sandwiches with coleslaw, hoagies, tacos, burritos, tamales, etc.

Notes:

For the meat, you'll need a 5-7 lb. pork shoulder with bone in and a layer of fat on the bottom
This pulled pork will keep fresh for 3-4 days in an airtight container in the fridge
To freeze just wrap the whole shoulder, unpulled, in plastic wrap and aluminum foil before freezing for 3-4 months. Be sure to thaw overnight in the fridge before warming in the oven and shredding

CROCKPOT PULLED PORK:

Follow the first 2 steps the same, then place the pork shoulder in your crockpot
Add about ½ cup of water to crockpot, close the lid and cook on low for 8-10 hours or high for 6 hours

-top-



CATALINA SALAD

Ingredients

- iceberg lettuce — rinsed and chopped; use a salad spinner to dry the lettuce as much as possible
- ripe red tomato — use your favorite variety, just be sure it is really ripe for the best flavor!
- sweet onion or scallions — chopped
- 1-16 oz can chili beans, rinsed and drained, hot or mild – up to you!
- sharp cheddar cheese, shredded
- Frito corn chips
- *Kraft Catalina* salad dressing

Directions:

1. Rinse, chop, and dry the lettuce in a salad spinner—and place in a large bowl with a tight-fitting lid
2. Dice onion and tomatoes and add to the bowl with the lettuce
3. Rinse and drain a can of chili beans and place in small bowl with tight fitting lid
4. When ready to serve, add the beans, corn chips, and cheese to the bowl of salad. Pour the entire bottle of Catalina dressing on top and toss until all ingredients are coated. *If you do this step too early, the salad and chips will get soggy*
5. If you like, finish the salad by adding some fresh ground pepper on top

CORN SALAD

Ingredients

- 6 ears of sweet corn, kernels cut from the cob
- 2 green onions, thinly sliced
- ¼ cup chopped fresh cilantro
- ¼ cup sour cream
- 2 Tbs freshly squeezed lime juice
- 1 Tbs freshly grated lime zest
- kosher salt and pepper

Directions:

1. Place the corn, green onions and cilantro in a bowl
2. In a smaller bowl, whisk together the sour cream, lime juice, zest, and a big pinch of salt and pepper
3. Stir the sour cream mixture into the corn until combined
4. Taste and season more if needed

-top-

CREAMY CUCUMBER SALAD

Ingredients

- 2 long English cucumbers
- ⅓ cup sliced white onion, I like to use a red onion, optional
- ½ cup sour cream, or plain Greek yogurt
- 3 Tbs mayonnaise
- ¼ cup fresh dill, chopped
- 3 Tbs white vinegar
- ½ tsp white sugar
- salt to taste

Directions:

1. Peel the cucumbers and cut in half lengthwise
2. Scrape out the seeds if desired and slice into ¼" slices
3. Combine all dressing ingredients and toss with cucumbers
4. Refrigerate 1 hour before serving

EGG SALAD

Ingredients

- 8 eggs, hard boiled and cooled
- ½ cup mayonnaise
- 1½ tsp yellow mustard
- 1 green onion, thinly sliced
- 1 rib celery, finely diced
- 2 tsp fresh dill, chopped

Directions

If hard boiled (old school)

1. Cut eggs in half
2. Remove yolks and chop whites
3. Mash yolks with mayonnaise, mustard and salt & pepper to taste until smooth and creamy
4. Add remaining ingredients and stir well
5. Serve on bread or over lettuce

If Baked: (See EGGS: NO PEEL HARD BOILED EGGS)

1. Remove yolks the best you can from the whites
2. Chop whites
3. Mash yolks with mayonnaise, mustard and salt & pepper to taste until smooth and creamy
4. Add remaining ingredients and stir well
5. Serve on bread or over lettuce

-top-

FRITO TACO SALAD

Ingredients

- iceberg lettuce, could use romaine or whatever greens you like
- red onion, green onion or white onion would work
- tomatoes, Roma or cherry tomatoes
- avocado
- Frito chips, could use tortilla chips, but try to find Fritos if you can
- green taco sauce
- pinto beans, kidney is a great substitution here
- Cheddar cheese, Monterrey Jack would be great
- French dressing, or Catalina dressing
- ground beef, could substitute ground turkey or chicken
- 1 packet taco seasoning

Directions:

1. In a pan over medium heat, cook the ground beef until cooked through and no longer pink, using a spoon to break up. Stir in taco seasoning
2. Set aside to cool
3. In a large bowl, layer the lettuce, beans, tomatoes, avocado, cheddar cheese, red onion, and top with cooled ground beef mixture
4. Pour on green taco sauce and toss to coat
5. Before serving, top with crushed Frito chips
6. Serve with your favorite French or Catalina dressing
7. Garnish with sour cream and cilantro if desired

Notes:

Salad will keep better if no dressing or chips are added until served

-top-

HEALTHIEST CREAMY PASTA SALAD

Ingredients

- 8 oz fusilli pasta
- $\frac{3}{4}$ cup low-fat plain Greek yogurt
- 1 red bell pepper
- 1 green bell pepper
- 1 shallot
- 10 cherry tomatoes
- 10 black pitted olives
- 2 oz Manchego cheese
- 1 lemon
- 1 clove garlic
- $\frac{1}{2}$ Tbs dried oregano
- 2 Tbs chopped fresh parsley
- pinch sea salt
- dash black pepper

Directions

1. Season water generously with sea salt and heat with a high heat, once the water comes to a boil add in the pasta, cook until al dente, stirring occasionally, then drain and set aside to cool off
Reserve a little of the water for later use
2. Finely chop the red & green bell pepper
3. Thinly slice the shallot
4. Cut the cherry tomatoes in half
5. Cut the black pitted olives in half
6. Cut the Manchego cheese into small squares
7. Once the pasta is cool enough to handle, transfer it into a large bowl, along with the Greek yogurt and all the cut vegetables & Manchego cheese
8. Add in 1 Tbs lemon juice
9. Finely grate in the clove of garlic
10. Add the oregano, parsley and season with sea salt & black pepper
11. Gently mix together until well mixed
12. Serve chilled or at room temperature, sprinkled with finely chopped fresh parsley
If your pasta salad is too thick, mix in some of the reserved pasta water

-top-

MEXICAN PASTA SALAD

Serves 8-12

Ingredients

- 1-16 oz package farfalle pasta
- 1-15 oz can black beans, drained and rinsed
- 1-15¼ oz can corn, drained
- 3 Roma tomatoes, diced
- 1 large avocado, diced
- 3 whole green onions, finely chopped
- ¼ cup onion finely, chopped
- ¼ cup chopped cilantro, chopped
- ½ cup crumbled Feta cheese, crumbled, optional

Dressing

- 1 cup jarred salsa
- 1 cup sour cream
- ¼ cup mayonnaise
- 1 clove garlic, minced or pressed
- ½ tsp cumin
- salt and pepper to taste
- 1 lime juiced

Directions

1. Cook pasta according to package directions; drain and rinse with cold water
Set aside and allow to cool and dry completely
2. When dry, add the beans, corn, tomatoes, green onions, onion and cilantro
3. In a separate bowl, combine all the dressing ingredients and add to pasta mixture
4. Stir together until everything is evenly coated in sauce
5. You can either stir the Feta cheese into the salad or use it as a garnish on top
6. Taste and adjust any ingredients as needed
7. Refrigerate until ready to use

This is best served on the day it is made

-top-

TUNA PASTA SALAD

Ingredients:

- 12 oz tuna canned, drained
- 8 oz pasta fusilli
- 4 oz sweet corn, frozen
- 4 oz mayonnaise
- 4 oz Greek style yogurt
- 1 tsp mustard
- ½ red onion
- ¼ cucumber
- 1 tomato
- ½ tsp salt
- ½ Tbs black pepper

Directions:

1. Bring a large pot of salted water to a gentle boil
2. Add the pasta to the water and cook for 10-12 minutes on a gentle simmer until the pasta is al dente
3. Drain and rinse with cold water, so your pasta doesn't stick
4. In a separate bowl add mayonnaise, Greek yogurt and combine
5. Then add your veggies, salt, black pepper and mustard and mix together
6. Finally, add the cooked pasta in the salad and combine
7. It can be served immediately or chilled first to allow the flavors to meld slightly

-top-

SALSA: MY FAVORITE TO MAKE

Ingredients:

- 2-28 oz cans RO★TEL original + 1-10 oz can of RO★TEL
- 5 oz green onions
- 2/4/6 fresh tomatoes diced, size large/medium/small
- ¾ oz cilantro
- jalapeno peppers, optional
- ½ an onion
- 1½ oz of minced garlic
- 1 Tbs salt
- 1 Tbs pepper
- 1 Tbs red chili pepper flakes
- 1 Tbs granulated garlic
- 1 Tbs oregano
- 2 Tbs white vinegar

Directions:

1. Add 1 big can RO★TEL into a blender with 8 cloves of garlic – puree
2. Pour that into a large mixing bowl with the other big can and 1 the 1 small can of RO★TEL
3. Add ½ an onion, diced
4. Add 1 Tbs each: salt, pepper, red chili pepper flakes, granulated garlic & oregano
5. Stir
6. Add 6 green onions & diced jalapeno peppers, peppers optional
7. Add cilantro
8. Stir
9. Add diced tomatoes
10. Add 2 tbs white vinegar
11. Stir
12. Refrigerate before serving

-top-

Ingredients:

- 1½ lbs. ripe red tomatoes, chopped
- ½ red or white onion, minced
- ½ cup chopped fresh cilantro
- 1 jalapeño pepper, seeded and minced, or serrano peppers
- ¼ cup lime, juiced
- 1 clove garlic, minced
- 1 pinch garlic powder
- 1 pinch ground cumin, more to taste
- ¾ tsp sea salt, more to taste
- ¾ tsp ground black pepper

Directions:

1. In a medium serving bowl, combine the chopped onion, jalapeño, lime juice, garlic, cumin and sea salt
2. Let it marinate for about 5 minutes while you chop the tomatoes and cilantro
3. Add the chopped tomatoes and cilantro to the bowl and stir to combine
4. Taste, and add more salt if needed
5. For the best flavor, let the mixture marinate for 15 minutes or several hours in the refrigerator
6. Serve as a dip, or with a slotted spoon or large serving fork to avoid transferring too much watery tomato juice

Notes:

Pico de Gallo keeps well in the refrigerator, covered, for up to 4 days

Remember, tomatoes are a fruit! You can simply replace the tomato with other tender fruits like mango, peaches, pineapple strawberries, or even sweet corn, and adjust to taste

Sometimes, I'll use red onion instead of white, or add a red bell pepper for crunch, or throw in an avocado

-top-

SAUCES



-top-

Ingredients:

- 1½ cups vegetable oil
- 2 cups all-purpose flour
- 3 cups onions, chopped
- 1 cup bell pepper, chopped
- 5 cloves garlic
- 4 Tbs garlic, minced
- 2 cup celery, chopped
- 1-14 oz package jalapeño sausage, diced
- 2-5½ oz packages green onions, chopped (green & white parts)
- 1-10¾ oz can cream of chicken soup
- 1-32 oz box beef stock
- 1-32 oz box chicken stock
- 1-32 oz box vegetable stock
- 1-10 oz can RO★TEL diced tomatoes
- 1-28 oz can crushed tomatoes
- 1 can tomato paste
- Creole seasoning to taste
- 2 dustings of each to taste black or red pepper
- 20 dashes *Valentino's* hot sauce, or to taste
- 4 lbs. shrimp, medium, raw, peeled, deveined, tails off
- 1 bunch fresh parsley, finely chopped

Directions:

1. In a heavy black iron or sauce pot (10-12 quarts), make a roux by combining oil and flour over medium heat, stirring constantly until golden brown
2. Add onions, green onions, garlic, green bell pepper, jalapeño sausage and celery to roux and continue cooking for about 15 minutes
3. Add RO★TEL tomatoes, crushed tomatoes, tomato paste, cream of chicken soup, and water or stock
4. Allow to cook for about 1¼ hours, stirring often to avoid sticking
Add Creole seasoning and pepper, to taste
5. Add all shrimp and bring back up to temperature – then let simmer for 20 minutes. Turn off heat and cover and allow it to rest and cool just a little bit before serving over rice
6. Parsley should be added about 10-15 minutes before the sauce Piquante is done

Notes:

Cajun-Creole Sauce Piquante can be made with rabbit, squirrel, turtle, alligator, venison, beef, pork & pork sausage, or using catfish or redfish with shrimp and crabmeat

[-top-](#)

CREAMY LIMONCELLO (FOR SCALLOPS OR SHRIMP)

Serves 2

Ingredients:

- ½ stick real butter
- 2 cloves minced/crushed garlic, ½ tsp
- ½ block, 4 oz, *Philadelphia* cream cheese softened
- ½ cup milk, use ¼ cup if you prefer more of the Limoncello taste
- ⅓ cup Limoncello, not creamy
- ½ cup grated Parmesan cheese
- ½ lb. scallops, large approx. 16 per lb.
- 2 tsp olive oil

Directions:

1. Melt butter and garlic together then add soft cream cheese until melted
2. Slowly whisk in milk and Limoncello until smooth
3. Add ½ cup Parmesan cheese (Romano if you want a richer sauce) and cook until thickened and serve immediately

With Scallops:

1. While preparing the sauce above
2. Heat a cast iron pan
3. Pour 2 tsp olive oil into pan and heat until smoking
4. Place scallops in pan and cook for 2 minutes
5. Turn all scallops and cook for 2 minutes more
6. Pull from pan and place on paper towels then transfer to plate

Notes:

Also, good to serve this over stuffed pastas like *Borsellini* or *Ravioli's* by doubling milk.
Also does well with shrimp.

-top-

ENCHILADA SAUCE

Ingredients:

- 2 Tbs vegetable oil
- 4 Tbs flour
- 3 Tbs chili powder, I use *Gebhardt*
- ½ tsp garlic powder
- ¼ tsp dried oregano
- ½ tsp ground cumin
- ½ tsp salt
- 2 cups chicken broth

Directions:

1. Combine the oil and flour in a saucepot
2. Cook on medium-low heat, stirring constantly, until roux becomes a medium brown color
3. Add all the spices
4. Cook, stirring, about 1 minute
5. Pour in the chicken broth and whisk until combined
6. Cook over medium heat until thickened

Notes:

Good for most anything: enchiladas, burritos, topping for a chicken breast, etc.

FRANKLIN'S BBQ SAUCE

Ingredients:

- ½ lb. butter
- ½ yellow onion, minced
- 1½ cups ketchup
- ½ cup apple cider vinegar
- 2 oz lightly packed brown sugar
- 1 tsp Kosher salt
- 1 tsp black pepper
- 1 tsp chili powder
- 1 tsp garlic powder
- ½ a lemon, juiced

Directions:

1. Melt butter
2. Add all ingredients and bring to a simmer for 10-15 minutes
3. Cool and jar

-top-

SHRIMP PICAYUNE SAUCE

Ingredients:

- 1 cup olive oil
- $\frac{3}{4}$ cup clarified butter
- $\frac{1}{2}$ cup liquid brown sugar
- 2 Tbs *Worcestershire* Sauce
- 3 bay leaves
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{2}$ cup + 2 Tbs Vermouth, settles to bottom, layers
- 1 Tbs + 1 tsp oregano
- 1 Tbs + 1 tsp thyme
- 1 Tbs + 1 tsp granulated garlic
- 1 Tbs + 1 tsp salt
- 1 Tbs + 1 tsp black pepper
- 2 tsp cayenne pepper
- 1 tsp ground rosemary
- $1\frac{1}{2}$ tsp *Tabasco* sauce
- $\frac{3}{4}$ tsp poultry seasoning

Directions:

1. Combine $\frac{1}{2}$ cup liquid brown sugar (or melt $\frac{1}{2}$ cup of brown sugar with 2 Tbs of water) with clarified butter on medium-high heat until sugar fully dissolves into liquid
2. Then add all remaining ingredients one at a time and stir well until thoroughly mixed

PUB-STYLE BURGER SAUCE

Ingredients:

- $\frac{3}{4}$ cup mayonnaise
- 2 Tbs soy sauce
- 1 Tbs packed dark brown sugar
- 1 Tbs *Worcestershire* sauce
- 1 Tbs minced fresh chives
- 1 garlic clove, minced
- $\frac{3}{4}$ tsp ground black pepper

Directions:

1. Whisk all ingredients together into a bowl

Notes:

Good for most anything: burgers, chicken breast, etc.

SWEET ISLAND SAUCE

Ingredients:

- 1 cup apricot-pineapple preserves, *Smucker's*
- $\frac{3}{4}$ cup pineapple juice
- $\frac{3}{4}$ cup BBQ sauce
- 1 tsp Caribbean jerk seasoning
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper

Directions:

1. Stir together all ingredients in a medium sauce pan
2. Bring to boil over medium high heat; reduce heat to medium low and simmer stirring occasionally for 20 minutes

TARTAR SAUCE

Ingredients:

- 1 cup mayonnaise, best quality such as Hellmann's or Duke's
- $1\frac{1}{2}$ Tbs sweet pickle relish
- 1 tsp *Dijon* mustard
- 1 Tbs minced red onion
- 1-2 Tbs lemon juice, to taste
- Salt and freshly ground black pepper, to taste

Directions:

1. In a small bowl, whisk together the mayonnaise, relish, mustard, onion, and lemon juice
2. Season with salt and pepper, to taste
3. Cover and chill until ready to serve

TIGER SAUCE

Ingredients:

- 1 cup mayonnaise
- $\frac{1}{2}$ cup hot prepared horseradish, use brined (not creamy) prepared horseradish
- 1 tsp lemon juice, or $\frac{1}{2}$ a lemon, juiced
- 1 clove garlic, minced
- sea salt, to taste
- pepper to taste

Directions:

1. Add all of the ingredients to a bowl
2. Mix until they're fully combined and a creamy sauce forms

-top-

Alfredo Dipping Sauce

1. ½ cup parmesan cheese, grated
2. 1 cup heavy cream
3. 2 Tbs butter
4. ¼ tsp garlic powder
5. ½ tsp minced garlic
6. white pepper to taste
7. ½ cup chicken broth
8. In a medium saucepan add broth, butter garlic, pepper, bring to a boil. Add heavy cream, cook till thickens and creamy. Stir in cheese

Apricot Dipping Sauce

1. In a medium bowl, stir together
 2. 1-12-oz jar apricot preserves, 1 cup
 3. 2 Tbs balsamic vinegar
 4. 1 Tbs soy sauce
 5. ¼ tsp grated orange peel
 6. Makes about 1¼ cups
- Great on grilled Salmon too!*

Asian Peanut Butter Dipping Sauce

1. ⅓ cup smooth peanut butter
2. 1 garlic clove
3. 2 Tbs fresh lime juice
4. 2 Tbs soy sauce
5. 1 tsp sugar
6. ⅛ tsp cayenne, or to taste
7. ⅓ cup water
8. Salt and freshly ground black pepper to taste
9. In a blender puree together peanut butter, garlic, lime juice, soy sauce, sugar, cayenne, water, salt, and pepper until the mixture is smooth
10. Transfer sauce to a serving bowl
11. Makes about 1 cup

Bleu Cheese Dipping Sauce

1. 1 cup sour cream
2. ½ cup heavy cream
3. 16 oz blue cheese
4. 2 tsp hot red pepper sauce
5. 1 tsp Worcestershire
6. 1 tsp salt
7. 1 Tbs celery salt, optional
8. Place all the ingredients in a food processor or blender and process on high speed until smooth, about 2 minutes

Bourbon Dipping Sauce

1. ⅓ cup red onion, diced
2. ½ tsp garlic, finely diced
3. ½ cup water
4. ½ cup brown sugar
5. ⅓ cup Teriyaki sauce
6. ¼ cup soy sauce
7. ⅓ cup white grape juice or substitute 2 Tbs grape jelly mixed with water to make 1/3 cup
8. ½ cup Bourbon
9. ½ tsp Tabasco Sauce
10. Place ingredients in the saucepan in the order listed. Mix and stir after each ingredient. Place on medium heat and stir until mixture reaches boiling stage. Turn the temperature down to low until the mixture is on a slow simmer. Cook sauce for 35 – 45 minutes and remove from heat. The mixture will have reduced in volume about a ¼ to ⅓

Buffalo Wing Sauce Dip

1. 2 oz cream cheese, softened at room temperature
2. 1-4 oz bottle blue cheese dressing
3. ¼ cup of bottle Frank's hot sauce (or your favorite buffalo wing or hot sauce)
4. ¼ cup sharp cheddar cheese, shredded
5. Microwave for around 1 minute for the cheese to melt. Add more blue cheese if too thick and hot sauce

Buffalo Wing Sauce (15 Minute)

1. ¼ cup butter
2. 2 cloves garlic, minced
3. 1 Tbs Chili flakes
4. ¼ cup *Frank's Red-Hot* sauce
5. ¼ cup *Valentino's* hot sauce
6. 1 Tbs honey
7. black pepper, to taste
8. Melt butter in a pan then add remaining ingredients and stir
9. Simmer for 5-10 minutes then allow to cool

Buffalo Wing Sauce (on Steroids)

1. ¼ cup olive oil
2. 4 cloves fresh garlic, minced
3. chili flakes, to taste
4. *Everything Bagel* seasoning, to taste
5. ¼ cup BBQ sauce
6. ½ cup *Frank's Red-Hot* Sauce
7. any hot seasoning, *Reaper Rub*, cayenne pepper, etc.
8. ¼ cup butter
9. Combine all, except the butter, in a pan. Heat and stir until simmering. Add the butter and stir until melted. Simmer for 5-10 minutes then allow to cool

Cajun Remoulade Sauce

1. 2 cups mayonnaise
2. 2 Tbs ketchup
3. 2 Tbs creole mustard, Cajun mustard, or deli-style mustard
4. 1 Tbs fresh chopped parsley
5. 1 Tbs cayenne pepper
6. 1 Tbs lemon juice, freshly squeezed
7. 2 tsp prepared horseradish, or more if you like
8. 2 garlic cloves
9. ¼ tsp garlic powder
10. 1 tsp Worcestershire sauce
11. 1 tsp celery salt
12. 1½ tsp paprika
13. Mix all together using a hand-held blender, mixer, store in a glass jar use for dipping chicken wings

Chili Lime Dipping Sauce

1. 2 Tbs of jalapeno pepper, chopped finely
2. 1 Tbs chili sauce
3. ½ cup lime juice
4. ⅓ cup chicken stock
5. 2 Tbs fresh cilantro (coriander leaves)
6. 2 cloves garlic
7. 1 tsp sugar
8. ¼ tsp salt
9. Combine all ingredients in a blender and mix until smooth. Pour into a saucepan and bring to a boil, stirring occasionally. Remove from heat and allow to cool. Serve warm

Caesar Sauce

1. 2 egg yolk
2. 2 Tbs Dijon mustard
3. 6 to 8 anchovy fillets, minced
4. 2 Tbs chopped garlic
5. 4 Tbs balsamic vinegar
6. 3 tsp lemon
7. dash of Worcestershire sauce
8. 2 cups olive oil
9. 1 Tbs warm water
10. 1 cup parmesan
11. Place egg yolk, mustard, anchovies, garlic, vinegar, lemon juice, and Worcestershire sauce into a bowl and mix with whisk or handheld blender
12. Slowly add olive oil to uniformly blend together
13. If the dressing gets too thick, add warm water and then continue until all the oil is added.
14. Add parmesan and still till evenly blended
15. Makes 1½ cups

Classic Traditional Hot Sauce for Buffalo Wings

1. 1-12 oz bottle hot sauce, *Franks* or another brand
2. 1 stick of butter melted
3. pinch of garlic powder, cayenne for more heat as needed
4. 2 tsp honey
5. Mix the hot sauce melted butter, spices, and honey in a bowl. Pour over hot cooked wings

Creamy Parmesan Dipping Sauce

1. ½ cup mayonnaise
2. ¼ cup grated Parmesan cheese
3. ¼ cup buttermilk
4. 1½ tsp minced garlic
5. 1 tsp minced fresh parsley
6. ½ tsp lemon juice
7. Whisk all together in a bowl. Lasts around a week in the refrigerator

Curry Sauce

1. 2 Tbs olive oil
2. 1 Tbs butter
3. 1 cup chicken broth
4. ½ cup dry white wine
5. ¼ cup chopped fresh parsley or about 1 Tbs dried
6. 4 cloves garlic, finely minced
7. 1½ tsp curry powder, or to taste
8. ¾ cup heavy cream
9. Salt, to taste
10. In a saucepan, add the chicken broth, wine, parsley, garlic, and curry powder. Bring to a boil; reduce heat to medium-low and simmer, uncovered, for 5 minutes. Cover and simmer for 5 to 10 minutes longer. Stir in cream and add salt, to taste. Heat through. Dip wings in the sauce

Greek Sauce

1. ½ cup plain yogurt
2. ½ cup chopped peeled cucumber
3. ½ cup crumbled feta cheese
4. 2 Tbs snipped fresh dill or 2 tsp dill weed
5. 1 garlic clove, peeled
6. Dash salt
7. In a blender, combine the sauce ingredients; cover, and process until smooth. Transfer to a small bowl; cover and refrigerate until serving

Honey Mustard Sauce Dip

1. In a medium bowl, stir together
2. ⅔ cup Dijon mustard,
3. ¼ cup sour cream,
4. ¼ cup honey,
5. and ¾ tsp Worcestershire. Makes about 1¼ cups

Herb Dipping Sauce

1. 2 garlic cloves
2. ¼ cup fresh basil leaves, stems removed
3. 2 tsp oregano
4. 1 cup fresh parsley, chopped
5. ½ cup Parmesan cheese, grated
6. ½ tsp salt
7. ½ tsp freshly ground pepper
8. ½ cup warm water
9. ½ cup olive oil
10. 2 Tbs lemon juice
11. Process garlic in a food processor for 20 seconds or until minced. Add basil and the next 5 ingredients; process 10 seconds. Whisk in the rest of the ingredients

Pizza Dipping Sauce

1. 1/8 tsp garlic powder
2. 2 oz cream cheese
3. 1/8 tsp crushed red pepper, optional
4. 1/2 cup canned or homemade pizza sauce
5. 1/4 cup shredded provolone
6. 1/4 cup Mozzarella cheese, shredded
7. 1/4 cup Parmesan cheese
8. Combine spices, cheeses. Add sauce. Microwave for 5 to 7 minutes

Ranch Dipping Sauce

1. 3/4 cup plain yogurt
2. 1/3 cup mayonnaise
3. 1-1 oz package ranch dressing mix
4. 1 Tbs chopped fresh parsley
5. In a medium-size mixing bowl, blend yogurt, mayonnaise, and ranch dressing mix. Mix well with a wire whisk. Cover and refrigerate overnight. Sprinkle with parsley before serving

Salsa Cheese Dipping Sauce

1. 1-16 oz package of sharp cheddar cheese
2. 1-8 oz jar Picante sauce or salsa medium heat
3. 1 Tbs finely chopped black olives
4. Microwave till cheese melts transfer to a crockpot on warm

Salsa Sauce

1. 3 Tbs finely chopped onion
2. 2 small cloves garlic, minced
3. 3 large ripe tomatoes, peeled and seeds removed, chopped
4. 2 hot Chile peppers, Serrano or Jalapeno, finely chopped
5. 2 to 3 Tbs minced cilantro
6. 1 1/2 to 2 Tbs lime juice
7. salt and pepper
8. Rinse off in a strainer chopped onion and garlic with hot water pat dry. Place all other ingredients in a bowl or a food processor and pulse a few times and mix together. Serve with chicken wings

Sun-dried Tomato Aioli Dipping Sauce

1. 1½ cups light mayonnaise
2. ⅓ cup firmly packed sun-dried tomatoes in oil, drained
3. ¼ cup milk
4. 1 garlic clove
5. 2 tsp chopped fresh rosemary
6. 1 tsp lemon zest
7. ½ tsp salt
8. ½ tsp freshly ground pepper
9. Process all ingredients in a food processor 15 seconds or until smooth, stopping to scrape down sides as needed. Cover and chill until ready to serve. Store in an airtight container in refrigerator up to 1 week

Teriyaki Dipping Sauce

1. 1½ cloves garlic, minced
2. 4 tsp oil
3. 8 Tbs sherry wine
4. 8 Tbs soy sauce
5. 2 Tbs toasted sesame seeds
6. 4 Tbs brown sugar
7. ¼ tsp red pepper flakes
8. 4 tsp cornstarch
9. 4 Tbs water
10. In a bowl, combine garlic, sherry wine, soy sauce, brown sugar, sesame seeds, and red pepper flakes, mix well. Heat in a small saucepan. In a small bowl mix cornstarch with cold water, add to the hot mixture till thickens



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BEER BRATWURST

Ingredients:

- 2 quarts water
- 1 bottle dark beer, *Michelob Amber Bock* works well
- 1 onion, finely minced
- 2 Tbs garlic, finely minced
- 1 stick butter
- 8 bratwursts

Directions:

1. Bring the water and beer to a boil
2. As soon as they start to boil, bring the heat back to a low simmer and add the onion, garlic, and butter
3. Stir early, stir often
4. Shortly thereafter, after the butter melts, add the bratwurst
The idea is to cook the brats slowly, so don't let the mixture boil after this point. Keep the heat low, to cook the brats through without burning them. Simmer them here for as long as is practical, though if it's going to be any more than a couple hours, keep the heat as low as possible
5. When the grill is ready, transfer the brats to the grill
Since they should already be cooked through (up to an internal temperature of 170 F), simply grill them to your taste and serve. They should be served in brat buns with ketchup, mustard, sauerkraut and chopped onions available. I prefer horseradish mustard, like Silver Spring Beer & Brat mustard, but a regular brown (or even yellow) mustard will do

Notes:

For a true Wisconsin picnic, serve with potato salad or pasta salad, baked beans, and a pitcher of fresh iced tea

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CHEESY SMOKED SAUSAGE AND RICE

Ingredients:

- 1½ lbs. smoked sausage, sliced
- 1 lb. shredded Cheddar cheese, medium or sharp
- ½ yellow onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- garlic, minced, as much as you like
- Creole seasoning, to taste
- 3 cups of *Minute Rice*
- 3 cups chicken broth
- 2-10 oz cans of chicken soup

Directions:

1. In a cast iron pan brown up your smoked sausage then set aside *leaving the grease in the pan*
2. Add onion to the pan
3. Add the bell peppers to the pan
4. Let that cook down for a couple of minutes until veggies soften
5. Add garlic
6. Season with Creole seasoning
7. Add sausage back into the pan
8. Add 3 cups of rice
9. Add 3 cups chicken broth
10. Add 2 cans chicken soup
11. Add ½ lb. of your Cheddar cheese
12. Combine well
13. Cover and cook at low to medium heat for about 10 minutes
14. Remove from heat
15. Cover with remaining cheese and let it rest for 10-15 minutes
16. Serve!

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ITALIAN SAUSAGE, PEPPERS, AND ONIONS

Ingredients:

- 6-8 oz links sweet Italian sausage
- 2 Tbs butter
- 1 medium yellow onion, sliced
- ½ medium red onion, sliced
- 4 cloves garlic, minced
- 1 large red bell pepper, sliced
- 1 medium green bell pepper, sliced
- 1 tsp dried basil
- 1 tsp dried oregano
- ¼ cup white wine, or more to taste

Directions:

1. Cook sausage in a large skillet over medium heat until brown on all sides, 5-7 minutes
2. Remove from skillet, and slice
3. Melt butter in the same skillet
4. Stir in onions and garlic, and cook 2-3 minutes
5. Mix in bell peppers, season with basil and oregano, and stir in ¼ cup wine
6. Continue to cook and stir until peppers and onions are tender, 5-7 minutes
7. Return sausage slices to the skillet
8. Reduce heat to low, cover, and simmer 15 minutes, or until sausage is heated through, adding more wine if needed

-top-

RIPPERS WITH MUSTARD SLAW

Ingredients:

- Natural Casing Hot Dogs – A MUST!
- Mustard Slaw
or opt for the
- New Jersey Rutt's Hutt Rippers Secret Relish

Directions:

Must Use Natural Casing Hot Dogs!

1. Heat your deep fryer to 375 F
This will make it so that the majority of the frying will occur at around 350 F. The temperature of the dogs will lower the temperature of the oil. Place the dogs in the fryer and fry until you get the crispiness that you desire
2. Time to fry for 5 minutes
*The dogs that I had were rather skinny and didn't take that long to rip and get crispy. It took about 4 minutes. The longer you leave them in the oil the crispier the outside gets. If you leave them in the fryer for 8-10 minutes they will get extremely done. The whole dog inside and out gets crispy.
Basically, they have the texture of bacon. How awesome is that. I find that about 5 minutes is perfect. You get a crispy outside and still have a tender juicy inside*
3. Place the dogs on warmed hot dog rolls.
Then cover with the mustard slaw

Notes:

The slaw works perfectly on them. It gives the crunchy dogs a zing. Even if you don't deep fry your dogs, you should try the mustard slaw on a hot dog.

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STUFFED ITALIAN SAUSAGE

Ingredients:

Stuffed Sausages

- 1½ lb. Italian sausage links, about ¼ to ⅓ lb. each
- ⅔ cup marinara sauce, no sugar added
- ½ lb. Mozzarella shredded cheese
- 1 Mozzarella cheese stick per sausage link
- 2 Tbs Italian seasoning
- 1 tsp basil
- 1 tsp parsley
- 1 tsp herbs de Provence
- 1 tsp garlic salt/powder
- 1 tsp red pepper flakes

Optional Ingredients

- 3 zucchini spiralized
- 1 medium spaghetti squash cooked
- ¼ cup diced bell peppers, onions, and mushrooms
- ¼ cup fresh basil

Directions:

1. Heat your oven to 400° F
2. Meanwhile, use a sharp paring knife or kitchen shears to slice each sausage link from end to end, about halfway through
Be careful not to slice all the way through to the cutting board
3. Use your hands to carefully open each sausage along the cut, then fill the sliced sausages with a piece of mozzarella cheese
Press it in gently, then press the sides of the sausage back together to form its original shape, as best you can
4. Pour the sauce into a baking dish, using a spoon to spread it evenly across the bottom. Transfer the prepared sausages to the baking dish and cover with remaining sauce
5. Season with seasonings
6. Top with shredded cheese
7. Cover with foil and bake in the oven for 40 minutes
8. While the sausage is cooking, prepare any other side dishes you might be making
9. Remove the baking dish from the oven, and pull the foil off the baking dish
Test the internal temperature of the sausages in a few places
The safe internal temperature for pork sausage is 160° F
10. Allow the dish to cool slightly, then use a spatula to transfer the sausages to a plate. Sprinkle with pepper, fresh basil, and serve with your favorite sides

-top-



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BEER BATTERED FISH SLIDERS

Ingredients:

- 2 cups all-purpose flour
- $\frac{3}{4}$ cup rice flour
- $2\frac{1}{4}$ Tbs cornstarch
- 2 Tbs *Old Bay* seasoning
- 1 Tbs smoked paprika
- 2 cups premium lager
- 3-4 cubes of ice
- 4-2 oz square fillets, hake or cod
- frying oil
- salt and pepper, to taste
- 4 brioche slider buns
- chopped iceberg lettuce
- tartar sauce of your choice

Directions:

1. Combine all of the dry ingredients and whisk until blended
2. Whisk in the beer and ice cubes until mixture is smooth and keep cold until ready to use
3. In a medium pot, heat the frying oil to 350 F
4. Using tongs, coat the fish in the batter, then add it to the fryer, using a back-and-forth motion so that the fish will begin to float
5. While the fish is frying, toast the buns and prepare the slaw
6. For the slaw, in a bowl, combine the chopped iceberg lettuce, a few dashes of *Old Bay* and your go-to tartar sauce
If you like your slaw on the crunchier side, add just a little bit of tartar sauce to the bowl, and add more to your toasted bun
7. Pull your fish from the oil, season with salt and pepper, and allow to drain on a paper towel
8. Build the sandwich as follows: bottom bun, fish filet, slaw, and then the top bun
9. Serve with fries

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CATFISH

Ingredients:

- 8-10 catfish filets
- ¼ cup all-purpose seasoning
- *Tony Chachere's* seasoning
- 2 cups cornmeal

Directions:

1. Split catfish filets in half lengthwise and pat dry with paper towel
2. Place filets on wire rack
3. Season fillets lightly with all-purpose and Cajun seasonings on both sides and air dry for 10-15 minutes
4. Add cornmeal to a gallon size Ziplock bag and season with ½ Tbs all-purpose and ½ Tbs of Cajun seasoning
5. Shake to combine
6. Add filets to the seasoned cornmeal and toss to coat
7. Shake off excess in the bag and place back on wire rack - working in batches not to overcrowd the bag
8. Let the filets air dry again for 10-15 minutes
9. Prepare a deep fryer with peanut oil for frying at 350-375 F
10. Drop filets a few at a time in the hot oil and fry for 8-10 minutes or until frying slows and the filets float to the top
11. Don't overcrowd the fryer or the fish can stick together
12. Drain the filets and place on a baking sheet lined with butcher paper
13. Serve hot with plenty of tartar sauce, lemon wedges and hot sauce

-top-

CEVICHE: WHITE FISH

Serves 6-8

Ingredients:

- 1½ lbs. firm white fish fillet, such as halibut deboned and cut into ½" dice
- 1 avocado cut into slices

Marinade:

- 1 cup lime juice, about 8 limes squeezed
- ½ bushel cilantro, chop off the stem end
- ½ tsp oregano
- ½ tsp thyme
- ½ jalapeno, deseeded to remove heat
- 2 garlic cloves
- 1 tsp sea salt
- freshly ground black pepper, to taste

Side Mixture:

- 1 green or red bell pepper, chopped
- 2 tomatoes, diced
- 4 green onions, chopped
- 1 tsp ground coriander
- Tabasco or Chinese red chili paste with garlic, *Huy Fong*

Garnish:

- sliced cucumber, red onion, oranges, microgreens, tomato, tortilla chips

Directions:

1. Puree all marinade ingredients in a blender until the cilantro is finely chopped
2. Pour marinade over fish
3. Cover and refrigerate for about 1½ hours
The fish will turn white and be a bit firmer to the touch
4. Drain fish from marinade
5. Mix the side mixture gently to blend
6. Refrigerate for 1 hour before serving
7. Serve the fish with side on a bed of lettuce with avocado slices

Notes:

For spicy ceviche, use more Chile peppers or cayenne pepper or retain the seeds from the jalapeno

The fish should be completely covered in the lime juice marinade for best results

Take care not to marinate longer than 2 hours in the acid bath to avoid rubbery fish

Can also use: red snapper or Arctic cod

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CEVICHE: SHRIMP

Ingredients:

- 2 lbs. shrimp, cooked or raw - I use raw
- ½ cup red onion, thinly sliced
- 1 jalapeno ribs and seeds removed, then minced
- ¾ cup cucumber, diced
- 1 cup Roma tomatoes, seeded and diced
- ¾ cup cilantro leaves, chopped
- 1 avocado peeled, seeded and chopped
- ½ cup lime juice for cooked shrimp
use ¾ cup of lime juice if you're using raw shrimp
- ¼ cup lemon juice
- ⅓ cup orange juice
- salt to taste
- tortilla chips for serving

You can always simply use peeled and deveined shrimp to cut down on time

Directions:

For cooked shrimp

1. Place the shrimp, red onion, jalapeno, cucumber, tomatoes, cilantro and avocado in a bowl
2. Pour the lime, lemon and orange juice over the shrimp mixture
3. Add salt to taste and gently toss to coat
4. Cover your ceviche and refrigerate for at least 30 minutes or up to 8 hours
If you plan to refrigerate your ceviche for longer than 30 minutes, omit the avocado and add it right before serving
5. Serve chilled with tortilla chips if desired

For raw shrimp

1. Place the shrimp, ¾ cup lime juice and lemon juice in a bowl
2. Cover and refrigerate for at least 20 minutes, or until shrimp turn pink and opaque
This process can take up to 2 hours depending on the size of your shrimp, so plan accordingly
3. Add the red onion, jalapeno, cucumber, tomatoes, cilantro, avocado, orange juice and salt to the shrimp mixture then stir to combine
4. Cover your ceviche and refrigerate for at least 30 minutes or up to 8 hours
If you plan to refrigerate your ceviche for longer than 30 minutes, omit the avocado and add it right before serving.
5. Serve chilled with tortilla chips if desired.

-top-

CRAB CAKES: BALTIMORE STYLE

Ingredients:

- ½ cup mayonnaise
- 1 large egg, beaten
- 1 Tbs *Dijon* mustard
- 1 Tbs *Worcestershire* sauce
- ½ tsp hot sauce
- 1 lb. jumbo lump crab meat, picked over
- 20 saltine crackers, finely crushed
- ¼ cup canola oil
- Lemon wedges, for serving

Directions:

1. In a small bowl, whisk the mayonnaise with the egg, mustard, *Worcestershire* sauce and hot sauce until smooth
2. In a medium bowl, lightly toss the crabmeat with the cracker crumbs. Gently fold in the mayonnaise mixture
3. Cover and refrigerate for at least 1 hour
4. Scoop the crab mixture into eight ⅓ cup mounds; lightly pack into 8 patties, about 1½ inches thick
5. In a large skillet, heat the oil until shimmering
6. Add the crab cakes and cook over moderately high heat until deeply golden and heated through, about 3 minutes per side
7. Transfer the crab cakes to plates and serve with lemon wedges

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CRAB CAKES: MARYLAND STYLE

Ingredients:

- 2 large eggs
- 2½ Tbs mayonnaise, best quality such as Hellmann's or Duke's
- 1½ tsp *Dijon* mustard
- 1 tsp *Worcestershire* sauce
- 1 tsp *Old Bay* seasoning
- ¼ tsp salt
- ¼ cup finely diced celery, from one stalk
- 2 Tbs finely chopped fresh parsley
- 1 lb. lump crab meat, see note below
- ½ cup panko
- 1 Tbs vegetable or canola oil, for cooking

Directions:

1. Line a baking sheet with aluminum foil for easy clean-up
2. Combine the eggs, mayonnaise, *Dijon* mustard, *Worcestershire*, *Old Bay*, salt, celery, and parsley in a large bowl and mix well
3. Add the crab meat and panko; using a rubber spatula, gently fold the mixture together until just combined, being careful not to shred the crab meat
**Be sure to check the meat for any hard and sharp cartilage*
4. Shape into 6 cakes, each about ½ cup, and place on the prepared baking sheet
5. Cover and refrigerate for at least 1 hour
6. Heat a large nonstick pan over medium heat and coat with oil
7. When the oil is hot, place the crab cakes in the pan and cook until golden brown, 3-5 minutes per side and serve with tartar sauce
8. Enjoy!

-top-

CREAMY CAJUN SHRIMP AND SAUSAGE

Ingredients:

- 1 lb. large shrimp, peeled and deveined
- 14 oz pork or chicken sausage, sliced
- 2 Tbs Cajun seasoning
- 2 Tbs olive oil
- 1 Tbs unsalted butter
- 3 cloves garlic, finely diced
- 1 small yellow onion, diced
- 2 red bell peppers, chopped into chunks
- ⅓ cup low-sodium vegetable broth
- 1 tsp salt
- 1 tsp pepper
- 1¾ cups heavy cream, or less
- ½ cup grated Parmesan, optional
- 1 Tbs fresh parsley, chopped

Directions:

1. In a large bowl, combine shrimp and sausage. Add olive oil and Cajun seasoning and toss until coated
2. Heat the oil in a large skillet over medium-high heat
3. Cook shrimp and sausage for 5 minutes, until cooked through, stirring regularly
4. Remove from the pan and transfer to a plate
5. In the same pan, melt butter in the remaining cooking juices
6. Add onion and stir fry until translucent
7. Add the bell peppers and fry for 2-3 minutes so they release their flavors
8. Then add garlic and cook until fragrant (about 1 minute)
9. Finally, pour in the vegetable broth, and allow the sauce to reduce down slightly
10. Reduce heat to low, add the heavy cream, and bring to a gentle simmer, while stirring occasionally
11. Adjust seasoning with salt and pepper, to taste
12. Add in the parmesan cheese
Allow the pepper cream sauce to simmer for a further minute until cheese melts through
13. Add the grilled shrimp and sausage back into the skillet; sprinkle with the chopped parsley, and spoon the sauce over shrimp and sausage
14. Serve over rice or pasta
15. Enjoy!

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ETOUFFEE: CRAWFISH OR SHRIMP

Ingredients:

- 2 lbs. peeled crawfish, do not rinse crawfish, leave fat on
- 1 stick butter
- 1 onion, minced
- 1 tsp garlic, minced
- 2 stalks celery, chopped
- ½ bell pepper, chopped, optional
- 1 capful liquid *Crab Boil*, small bottle size
- 1 tsp garlic powder
- 2 Tbs steak seasoning, preferably *TexJoy*
- dash of salt
- 1 tsp black pepper
- 1 tsp red pepper
- 1-10½ oz can golden mushroom soup
- 1-10½ oz can cream of celery soup
- 1 capful of *Kitchen Bouquet*, small bottle size
- parsley flakes
- ½-1 soup can of water, or milk

Directions:

1. In the bottom of a 5-quart pot, make a pyramid of ingredients, in this order:
butter, onion, garlic, celery, bell pepper and crawfish
2. Add *Crab Boil*, garlic powder, steak seasoning, salt, black pepper & red pepper on top of the pyramid
3. Cover and cook on medium-heat for 5 to 10 minutes until onions are clear and crawfish are curled
4. Stir
5. Add mushroom soup, celery soup and water (or milk)
6. Stir
7. Add *Kitchen Bouquet* and sprinkle parsley over entire mixture and stir until *Kitchen Bouquet* is blended well
8. Cover and simmer for 10-15 minutes on low heat until heated through

Notes:

Serve over Long-grain Rice, with Mild Jalapenos on the side, if desired.

I don't put salt in my Rice water, because the soups are salty

If you prefer Shrimp Etouffee, you can use this recipe and just substitute the crawfish with 2 lbs. of peeled, deveined shrimp

Can also be served over mashed potato or a baked potato, if you don't want rice

-top-

JAMBALAYA: CRAWFISH OR SHRIMP & SAUSAGE

Ingredients:

- 2 Tbs vegetable oil
- 2 cups yellow onions, chopped
- 1 cup green bell peppers, chopped
- ½ cup celery, chopped
- 1 tsp salt
- ½ tsp cayenne pepper
- 1 lb. Andouille sausage, cut lengthwise in half, then cut crosswise into ¼-inch-thick slices
- 4 bay leaves
- 1-28 oz can peeled, seeded, and chopped tomatoes, or 2 cups fresh tomatoes
- 1 Tbs garlic, chopped
- 1 lb. peeled crawfish tails, or peeled and deveined shrimp
- 2 cups long-grain rice
- 5 cups chicken broth, or homemade stock
- ½ cup chopped green onions or scallions, green part only

Directions:

1. In a large Dutch oven, heat the vegetable oil over medium heat
2. Add the onions, bell peppers, and celery and season with the salt and cayenne pepper
3. Cook, stirring, until the vegetables are wilted - about 5 minutes then
4. Add the sausage and cook while stirring for 2 minutes then
5. Add the bay leaves, tomatoes, garlic and crawfish (or shrimp) and cook while stirring for 2 minutes then
6. Add the rice and cook, stirring, for 2 minutes, then
7. Add the broth and bring to a boil then
8. Reduce the heat to medium-low, cover, and cook until the rice is tender and most of the liquid is absorbed - about 25-30 minutes
9. Stir in the green onions, remove the bay leaves, and serve hot

If using frozen pre-cooked peeled and deveined shrimp with no tails – thaw per instructions and then add with 5 minutes left on the 25-30 in step 8 to simply warm up the shrimp

-top-

SALMON: DISHWASHER

Stove not working – use your dishwasher!

Ingredients:

- 1 large salmon fillet
- ½ lemon
- 1 sprig fresh rosemary
- kosher salt
- pepper

Directions:

1. Ground rules: No soap, No jet dry, No dishes
2. Wrap the fillet, ½ lemon, and rosemary tightly in tin foil
3. Place foil packet in the top rack of your dishwasher
4. Use the heated water and heated dry cycle
5. No peeking
6. Salt and pepper to taste - plate and serve immediately

-top-

SALMON: CREAMY GARLIC BUTTER TUSCAN SALMON

Ingredients:

- 4 salmon fillets, skin off, or trout or any white fish
- salt and pepper, to taste
- 2 tsp olive oil
- 2 Tbs butter
- 6 cloves garlic, finely diced
- 1 small yellow onion, diced
- ⅓ cup dry white wine, optional - do not use a sweet white wine
- 5 oz jarred sun-dried tomato strips in oil, drained of oil
- 1¾ cups half and half
- salt and pepper, to taste
- 3 cups baby spinach leaves
- ½ cup Parmesan cheese, fresh grated
- 1 tsp cornstarch mixed with 1 Tbs of water, optional
- 1 Tbs fresh parsley chopped

Directions:

1. Heat the oil in a large skillet over medium-high heat. Season the salmon filets (or fish if using) on both sides with salt and pepper, and sear in the hot pan, flesh-side down first, for 5 minutes on each side, or until cooked to your liking
2. Once cooked, remove from the pan and set aside
3. Melt the butter in the remaining juices leftover in the pan
4. Add in the garlic and fry until fragrant, about 1 minute
5. Fry the onion in the butter
6. Pour in the white wine (if using), and allow to reduce down slightly
7. Add the sun-dried tomatoes and fry for 1-2 minutes to release their flavors
8. Reduce heat to low heat, add the half and half (or heavy cream), and bring to a gentle simmer, while stirring occasionally
9. Season with salt and pepper to your taste
10. Add in the spinach leaves and allow to wilt in the sauce, and add in the parmesan cheese
11. Allow sauce to simmer for a further minute until cheese melts through the sauce.
For a thicker sauce, add the milk/cornstarch mixture to the center of the pan, and continue to simmer while quickly stirring the mixture through until the sauce thickens
12. Add the salmon back into the pan
13. Sprinkle with the parsley and spoon the sauce over each filet
14. Serve over pasta, rice or steamed veggies

-[top](#)-

SEAFOOD SALAD: *GOLDEN CORRAL'S*

Ingredients:

- 1 lb. imitation crab meat, shredded
- 1 cup diced celery
- ½ cup mayonnaise
- ¼ cup sliced green onions, with the green too
- 1 Tbs lemon juice
- 3 hard-boiled eggs, chopped

Directions:

1. Mix all ingredients
2. Refrigerate for about an hour to allow flavors to blend
3. Serve either a salad, on lettuce, or on split croissants

SCALLOPS WITH PESTO CREAM SAUCE

Ingredients:

- 1 lb. scallops
- salt and freshly ground black pepper to taste
- 2 Tbs all-purpose flour
- 2 Tbs butter
- 1 Tbs pesto
- 1 Tbs capers
- 1 cup heavy whipping cream

Directions:

1. Season scallops with salt and pepper, then dredge in flour
2. Melt butter in a skillet over medium heat and add scallops
3. Cook for 1-2 minutes per side
4. Add pesto and capers; mix well
5. Stir in heavy cream and bring to a boil
6. Remove from heat and serve

Notes:

The magazine version of this recipe uses 1 tablespoon flour, 2 tablespoons pesto, and 2 tablespoons capers

-top-

SHRIMP: BOIL

Ingredients:

- 2 onions, halved crosswise
- 1 head of garlic, halved crosswise
- 5 whole cloves
- 3 bay leaves
- 2 Tbs kosher salt
- 1 Tbs coriander seeds
- 4 tsp yellow mustard seeds
- 2 tsp dill seeds
- 2 tsp whole allspice
- 1 tsp black peppercorns
- 1 tsp crushed red pepper flakes
- 8 cups water
- ½ tsp cayenne pepper
- 1 lemon, halved
- 5 dashes, or more, hot pepper sauce, preferably *Crystal*
- 2 lbs. unpeeled large shrimp, if doing 4 lbs. do them in batches
- Ice Bath

Directions:

1. Combine first 13 ingredients and 8 cups water in a large pot; bring to a rolling boil
2. Reduce heat to medium and simmer 20 minutes
3. Squeeze in juice from lemon; and add lemon rind to pot
4. Add hot sauce and shrimp
5. Simmer, stirring occasionally, until shrimp are just cooked through, about 3-4 minutes
6. Remove shrimp with a slotted spoon and place into ice bath

SHRIMP: BOIL (QUICK AND EASY)

Ingredients:

- 1 bag *Zatarain's Crawfish, Shrimp & Crab Boil*
- 1 Tbs *Zatarain's Concentrated Shrimp & Crab Boil* liquid
- 3 quarts water
- 5 Tbs salt
- *Old Bay* seasoning to taste
- cayenne pepper to taste
- up to 4 lbs. of shrimp
- ice bath

Directions:

1. Combine first 6 ingredients in a large pot and bring to a rolling boil
2. Add shrimp
3. Stirring occasionally until shrimp are just cooked through, about 3-4 minutes
4. Remove shrimp with a slotted spoon and place into ice bath

-top-

SHRIMP: DIABLO SKEWERS

Ingredients:

Dry

- 1 tsp black pepper
- package bacon, pre-cooked ready to eat – enough for all the shrimp, optional
- 2 tsp cayenne pepper, or to taste
- 1 Tbs chili powder
- 1½ tsp cumin
- 2 Tbs garlic, minced
- 3 Tbs onion, minced or powdered
- 1 tsp paprika
- ½ tsp red pepper flakes
- 2 tsp sea salt
- 1 tsp sugar
- 1 Tbs thyme

Fresh

- ¼ cup cilantro, fresh and finely chopped
 - ¼ cup jalapeño slices, seeded and minced, or to taste
- I used ¼ cup loosely filled with nacho slices before mincing*

Wet

- ¼ cup lemon juice
- ¼ cup lime juice
- ¼ cup vegetable oil
- ½ cup hot sauce, quantity to taste - I use *Valentina* hot sauce
- 2 lbs. shrimp: raw, peeled and deveined

Directions:

1. While thawing shrimp, combine all items above in Sections I, II and III (dry, fresh & wet) except for the bacon and shrimp and whisk together and pour into a 1-gallon zip lock bag.
I usually make the marinade a day before
2. Once shrimp is thawed, rinse with cold water and let drain for a couple of minutes
3. Add shrimp to the zip lock bag and then mix the 2 lbs. well with the marinade
4. Let marinate in the fridge for 1 to 1½ hours while lying flat (*turning and mixing three or four times*)
5. Soak wooden skewers in warm water for at least 30 minutes before grilling time
6. Place a sheet of aluminum foil on the grill grates and grease with vegetable oil.
Optional – wrap the shrimp with the bacon
7. Skewer all the shrimp and pour some of the marinade on the greased aluminum foil on the grill to form a base layer (like when doing lasagna) and heat up the grill using medium heat
8. Lay skewers on the aluminum foil on the grill (may be done in batches) over medium heat and cook 2 minutes a side for smaller shrimp or 4 minutes a side for larger shrimp and remove when pink
Do not overcook!
9. Pull, de-skewer and enjoy!

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SHRIMP: GUMBO

Ingredients:

- 1 lb. smoked sausage links, cut into ¼-inch slices
- ¼ lb. bacon, chopped
- 2 cups okra, chopped
- 1-14½ oz can diced tomatoes with green Chile peppers
- ½ cup unsalted butter
- ⅔ cup all-purpose flour
- 2 cups onion, chopped
- ½ cup green onions, chopped
- ⅔ cup finely green bell pepper, chopped
- ⅔ cup finely celery, chopped
- 2 Tbs chopped fresh parsley
- 2 Tbs minced garlic
- 2 cups water
- salt to taste
- ground black pepper to taste
- ¼ tsp cayenne pepper
- 1 tsp dried thyme
- 2 bay leaves
- 6 cups water
- 2 lbs. uncooked medium shrimp, peeled and deveined

Directions:

1. Brown the sausage in a skillet over medium heat, discard the fat in the skillet, and drain the sausage slices on paper towels to absorb any excess grease. Set the sausage aside. Cook and stir the chopped bacon in the skillet until crisp, 6-8 minutes, remove the bacon, and set aside. Stir the okra into the hot bacon drippings, and cook and stir until the okra is tender, about 5 minutes. Drain the okra in a colander, and discard bacon drippings
2. Place the okra and diced tomatoes in a saucepan over medium heat, and bring to a simmer. Reduce heat to medium-low, and simmer the okra mixture for about 10 minutes
3. In a large soup pot, melt the butter over medium heat, and cook and stir the onion, green onions, green pepper, celery, parsley, and garlic until the onion begins to turn brown, about 10 minutes. Remove the vegetables but leave the butter in the pot. Stir in the flour, reduce heat to low, and cook the roux, stirring constantly, until it turns the color of milk chocolate, 30-45 minutes. Do not let the roux burn
4. When the roux reaches its correct color, whisk in 2 cups of water. Raise the heat to medium; stir in salt, pepper, cayenne pepper, thyme, and bay leaves, bring the mixture to a boil, and stir in the sausage, bacon, okra-tomato mixture, and 6 more cups of water. Reduce heat to medium-low, and simmer the gumbo, stirring occasionally, until the soup has thickened and the flavors are blended, about 45 minutes. Stir in the shrimp, and simmer until they turn pink and opaque, 6-8 more minutes
5. Discard bay leaves and adjust the seasonings, if desired, before serving.

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SHRIMP: HAWAIIAN STYLE GARLIC SHRIMP

Ingredients:

- 1 lb. jumbo white shrimp
- 1 Tbs flour
- 1 tsp paprika
- ½ tsp coarse Hawaiian sea salt, regular sea salt is ok
- ¼ tsp pepper
- 4 Tbs salted butter
- 10 cloves fresh garlic, minced
- 2 Tbs extra virgin olive oil

Directions:

1. In a medium sized bowl combine the shrimp, flour, paprika, salt and pepper
2. In a medium skillet on medium heat, add butter, and minced raw garlic
3. Add in the olive oil and shrimp and cook until the shrimp is pink about 3-5 minutes
4. Serve the shrimp with rice and to get the full Hawaii effect, use the leftover garlic sauce to serve on top of the rice

SHRIMP: LEMON & BUTTER

Ingredients:

- 1 stick of butter
- 1 lb. shrimp
- 1 Lemon
- 1 packet of *Zesty Italian Dressing and Recipe Mix*

Directions:

1. Melt 1 stick of butter on an aluminum lined baking sheet
2. Slice the lemon and lay the slices on the butter
3. Spread out the shrimp on top of the lemons/butter
4. Season with the Italian seasoning packet
5. Cook for 15 minutes at 350 F
6. Enjoy!

-top-

SHRIMP: NASHVILLE HOT

Ingredients:

Shrimp

- 1½ lbs. large shrimp, 16-20, peeled and deveined
- 1 cup buttermilk
- 2 eggs
- vegetable oil, for frying

Seasoned Flour

- 1 cup flour
- 2 tsp ground cayenne
- 1 tsp paprika
- ½ tsp sea salt
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp black pepper

Hot Sauce

- 2 Tbs butter
- 3 Tbs hot sauce
- 1 Tbs brown sugar
- ½ tsp garlic powder

Directions:

1. To make the hot sauce, combine all the ingredients in a small saucepot. Season with salt and pepper
2. Heat until butter is melted and everything is combined and smooth then set aside
3. To make the shrimp, make a breading station by whisking the eggs and buttermilk in a bowl
4. Put all of the seasoned flour ingredients into another shallow bowl
5. Heat about 2 inches of oil in a skillet over medium-high heat (350 F)
6. Dip the shrimp into the flour, then into the buttermilk, then back into the flour
7. Put the shrimp into the hot oil – make sure to not crowd the pan
8. Fry shrimp for about 3-4 minutes per side
9. Remove to a wire rack or paper towel to drain. Repeat with remaining shrimp
10. Liberally brush the shrimp with the hot sauce
11. Serve with pickles

-top-

TUNA FISH

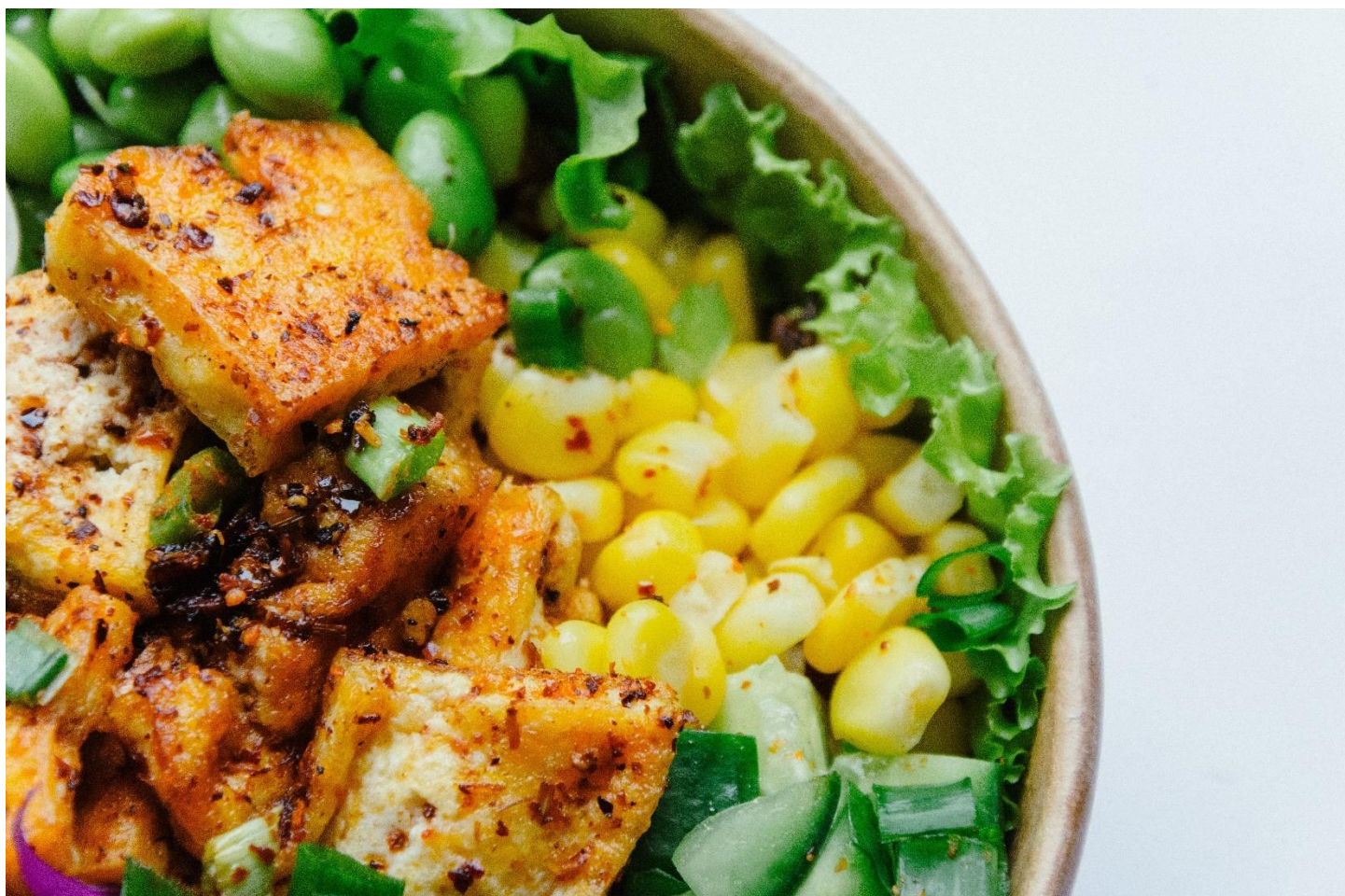
Ingredients:

- 24 oz tuna fish in water
- 4 oz mayonnaise, use real mayo
- 4 oz diced celery
- 4 oz diced onion
- 4 oz pickle relish
- salt
- pepper

Directions:

1. Drain the tuna fish and place into a mixing bowl that already has the mayo and relish in it
2. Stir and mix to combine
3. Add the onions and celery and mix to combine
4. Season with salt and pepper to taste
5. Refrigerate and serve when chilled

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ASPARAGUS: CHEESY ROASTED

Ingredients:

- 1 lb. medium asparagus, ends trimmed
- ¼ tsp salt
- ¼ tsp black pepper
- 2 Tbs fresh garlic, minced
- 2 Tbs olive oil
- 1 cup mozzarella cheese, shredded
- ¼ cup Parmesan cheese, freshly grated

Directions:

1. Heat the oven to 400 F
2. Place asparagus on a large half sheet baking pan and season with salt and pepper
3. Sprinkle minced garlic on top and drizzle with olive oil
4. Use a spatula to toss well to coat evenly
5. Arrange the asparagus in a single layer on the baking sheet and bake for 15 minutes until tender
6. Remove the sheet pan from the oven and sprinkle mozzarella and Parmesan cheese evenly over the asparagus
7. Return the pan to the oven and continue baking for another 3-4 minutes until the melted cheese turns golden brown
8. Serve immediately

Notes:

Varying cook times: If your asparagus is large and thick, they'll need 15 minutes to bake. If they're thin, take them out at 10 minutes. Keep in mind that the extra 5 minutes of broiling will not just melt the cheese - it will cook the asparagus. So, be careful not to overcook the veggies.

-top-

ASPARAGUS: PESTO

Ingredients:

- 2 Tbs vegetable oil
- 1 lb. medium asparagus, ends trimmed and cut into 3-inch pieces
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 Tbs garlic, finely chopped
- ¼ cup pesto sauce, homemade or store-bought
- ½ Tbs balsamic vinegar
- 2 Tbs pine nuts or roasted peanuts

Directions:

1. Heat oil in a large skillet over medium-high heat for 1 minute
2. Add asparagus and sauté until golden brown, about 3-5 minutes
3. Season with salt and pepper
4. Add garlic and sauté until fragrant, about 1 minute
5. Reduce heat to low
6. Stir in Pesto and balsamic vinegar and cook until the asparagus is tender, about 1-2 minutes
7. Sprinkle with pine nuts (or roasted peanuts) and serve immediately

ASPARAGUS: ROASTED WITH MUSHROOMS

Ingredients:

- 1 lb. asparagus, trimmed and cut into 2-inch pieces
- ¾ lb. white or brown mushrooms, sliced or quartered, about 10-15 mushrooms
- 2 Tbs olive oil
- 2 cloves garlic, minced
- ¼ tsp salt, or to taste
- ⅛ tsp ground black pepper, or to taste

Directions:

1. Heat oven to 400 F
2. Wash and prepare the vegetables
3. Cut off the woody ends of the asparagus and cut into 2-inch pieces
4. Transfer to a large half sheet baking pan
5. Slice mushrooms and add to pan
6. Drizzle olive oil on top and add garlic, salt, and pepper
7. Toss to coat
8. Roast for 15-20 minutes until asparagus and mushrooms are just tender and nicely browned

-top-

BOSTON BAKED BEANS

Ingredients:

- 1 lb. dried pinto beans
- 12 bacon slices, cut into ½" pieces
- 8 cups water
- 1⅓ cups chopped onion
- 1 cup ketchup
- ⅓ cup pure maple syrup
- ¼ cup apple cider vinegar
- ¼ cup dry mustard
- 2 Tbs mild-flavored molasses, light
- 2 bay leaves
- 1½ Tbs finely chopped garlic
- 1 tsp salt
- 1 tsp ground pepper

Directions:

1. Place beans in large bowl
2. Add enough water to cover by 3 inches
3. Let stand overnight
4. Drain beans; set aside
5. Heat oven to 350 F
6. Cook bacon in heavy large pot until crisp, about 8 minutes
7. Add beans and all remaining ingredients to pot
8. Bring to boil
9. Transfer pot to oven
10. Bake uncovered until beans are tender and liquid thickens, stirring occasionally, about 4 hours

Notes:

Can be made 1 day ahead

Cover and chill

Bring beans to simmer before serving

-top-

BUTTERY HERB POUCH POTATOES

Serves: 4 to 6

Ingredients:

- 1½ lbs. red potatoes, washed and diced into 1-inch pieces
- 1 medium onion, medium-dice
- 2 Tbs extra-virgin olive oil
- 1½ tsp kosher salt
- ½ tsp garlic powder
- ½ tsp ground black pepper

For the pouches

- 2 large sheets of aluminum foil
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 4 Tbs cold butter, diced
- 2 Tbs fresh parsley, roughly chopped, to garnish

Directions:

1. In a large bowl, add all the ingredients and toss well with a rubber spatula to combine
2. Place half of the mixture on each sheet of aluminum foil. Top each half with the rosemary and thyme sprigs, and 2 Tbs of butter
3. Bring the long edges of the foil up to the center and tightly fold them over to create a seam, then fold each of the shorter sides in to seal the pouch
4. Place directly on the grill (425 F) over indirect heat and roast until tender, about 30-35 minutes or to cook the pouches in the oven, place them on a sheet pan in the lower third of the oven and cook at 450 F for the same amount of time
5. Before serving, open each pouch, remove the herb sprigs and garnish with the fresh parsley

Notes:

The pouches can be assembled and refrigerated for up to 2 days in advance of grilling

If you do not have fresh herbs on hand, you can use dried herbs by the tsp

Yukon Gold or russet potatoes would also work for this recipe (I use red onion with the gold potatoes for a contrast of color)

-top-

CHEESY BAKED TOMATOES

Ingredients:

- 2-3 large tomatoes
- 1 tsp onion, minced
- 1 tsp salt
- ½ tsp ground black pepper
- 1 Tbs Italian seasoning
- ¼ cup shredded Parmesan cheese
- ¼ cup shredded Mozzarella cheese
- basil, for garnish

Directions:

1. Cut tomatoes into 4 thick slices
2. Lay sliced tomatoes on a parchment lined cookie sheet
3. Top each with minced onions
4. Mix cheeses together and top each tomato with cheese
5. Season with salt pepper and Italian seasoning
6. Bake for 10 minutes at 400 F
7. Broil for last minute or two
8. Serve!

CORN "NOT OFF THE COB" 3 WAYS

Cooler

1. Great for when cooking multiple ears of corn for say a BBQ, a family gathering or just a get together
2. Bring a large stock pot of salted water to a boil
3. Shuck all the corn and place into a cooler
4. Pour boiling water over the corn until all the corn is covered
5. Close cooler lid and wait 30 minutes
6. Serve!

Microwave

1. Place un-shucked corn into the microwave and cook on high for 4 minutes an ear
2. Remove, cut off the stem and then squeeze the other end and the corn will emerge without any of the silk
3. Serve

Oven:

1. Leave husk on and throw corn into the oven at 350 F for 25-30 minutes
2. Remove, cut off the stem and then squeeze the other end and the corn will emerge without any of the silk
3. Serve

-top-

COLESLAW

Ingredients:

- 1-16 oz pkg shredded coleslaw mix
- ½ cup mayonnaise
- 2 Tbs milk
- 2 Tbs sugar
- 1 Tbs mustard
- 2 tsp vinegar
- ½ tsp salt
- ½ tsp pepper

Directions:

1. Mix everything except the coleslaw
2. Mix well the coleslaw and slaw sauce
3. Refrigerate

Notes:

Easy but good

EASY CHEESY GARLIC BREAD

Ingredients:

- 1 can Pillsbury pizza dough
- 3 Tbs butter, melted
- salt and pepper to taste
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- ¼ cup Parmesan cheese, grated
- 1½ cups Mozzarella cheese, shredded

Directions:

1. Heat the oven to 375 F
2. Lay the dough out on a parchment paper lined baking sheet
3. Spread the melted butter evenly over the dough
4. Sprinkle the salt, pepper, garlic powder and Italian seasoning
5. Add the parmesan and mozzarella cheeses to the top
6. Bake for about 15 minutes or until the cheese is nice and bubbly and the dough is cooked all the way through
7. Garnish with some dried parsley if you want
8. Then slice the cheesy garlic bread with one big cut horizontally
9. Now make vertical cuts about an inch and a half apart

Optional:

Serve with marinara sauce for dunking or alone

Add chopped pepperoni to add a protein

-top-

ENDIVE WITH CHIPOTLE CHEESE (FROM MOM)

Ingredients:

- ¼ cup fat-free cream cheese , at room temperature
- ¼ cup blotted dry, Roasted red peppers, packed in water, finely diced
- 3 Tbs uncooked scallions, thinly sliced
- 3 Tbs fresh cilantro, plus extra leaves for garnish, chopped
- 2 tsp canned chipotle sauce
- ¼ tsp table salt
- ¼ tsp ground cumin
- 3 head small, Belgian Endive, about 24 leaves

Directions:

1. In a small bowl, stir together cream cheese, roasted peppers, scallions, cilantro, chipotle sauce, salt and cumin until blended.
2. Cover and refrigerate until ready to serve
Up to 1 day in advance
3. When ready to serve, spoon about 1 tsp of chipotle cheese mixture into bottom of each endive leaf; garnish with remaining fresh cilantro leaves
4. Arrange on a serving platter and serve
5. Per serving: 3 stuffed endive leaves

ENGLISH JACKET POTATOES

Ingredients:

- 4 Potatoes (or how many you need)

Directions:

1. Slice them first. Like most, I typically poke holes all over the potatoes before baking them to ensure they don't explode in the oven. Instead slice a cross shape about ¼-inch thick into each potato. This helps them release some steam, makes the interior fluffier, and also makes them easier to slice into when they're piping hot
2. Bake them for longer than you think. Many recipes recommend baking potatoes for an hour at 425 F. Instead, bake the potatoes at 400 F for closer to 2 hours. The potatoes won't burn at this temperature and the long bake means the skin will be so crisp that it's practically cracker-like
3. Return them to the oven. After the two hours are up, remove the potatoes and carefully cut deeper into the slices you made initially. Then put the potatoes back in the oven for 10 more minutes. This helps to dry out the flesh further and makes it extra fluffy

-top-

FINGERLING POTATOES

Ingredients:

- 1 lb. fingerling potatoes cut in half lengthwise
- 2 Tbs olive oil
- 2 cloves garlic minced
- 1 tsp salt
- ¼ tsp dried thyme leaves, or 2 sprigs fresh thyme
- 1 tsp pepper
- 1 Tbs parmesan cheese, shredded

Directions:

1. Heat oven to 400 F
2. Combine potatoes, oil, garlic, salt, and pepper in a large bowl and mix until evenly coated
3. Spread onto a baking sheet flat side down and bake for 15 minutes
4. Remove from the oven and sprinkle parmesan cheese on top, return to the oven and cook for another 10-15 minutes or until potatoes are golden brown in color

MUSTARD SLAW

Ingredients:

- 1 bag slaw mix
- ¼ cup *Dijon* mustard
- ¼ cup white vinegar
- ¼ cup vegetable oil
- ¼ cup granulated sugar
- 2 tbs yellow mustard
- 1 tbs hot sauce – double, triple or more if you like more of a kick
- 1 ½ tsp celery seed
- 1 ½ tsp salt
- 1 tsp pepper

Directions:

1. Mix the *Dijon* and yellow mustard with the sugar
2. Mix in the oil, vinegar, hot sauce and celery seed
3. Mix well
4. Add the salt and pepper. Taste it to make sure the seasonings are right.
Packaged mustards are seasoned differently - make sure that it is seasoned as you need to add a whole bag of fresh slaw mix to it
5. Mix everything together
6. Next fold in the slaw mix and stir
7. Refrigerate for 20 minutes before serving

Notes:

This slaw is so tasty that it can stand on its own, but it is the perfect accompaniment to rippers

-top-

MELTING POTATOES

Ingredients:

- 2 lbs. Yukon Gold potatoes, peeled and sliced 1-inch thick
- 4 Tbs unsalted butter, melted
- 2 tsp chopped fresh rosemary, or fresh thyme leaves
- 1 tsp freshly ground black pepper
- 1 cup chicken, or vegetable broth
- 2 cloves garlic, smashed
- 1 tsp kosher salt
- 1 tsp black pepper

Directions:

1. Heat the oven to 500 F with the rack in the upper third
2. Toss potatoes with butter, salt and pepper, and thyme or rosemary
3. Transfer them to a 9"x13" metal baking dish, arranging the slices in a single layer, and bake for 15 minutes
4. Flip them, and bake for another 15 minutes
5. When done, take it out of the oven, add the vegetable or chicken broth, and the garlic cloves
6. Return the pan in the oven for about 15 minutes
7. Then, place the potato slices in a serving platter, and pour the remaining liquid from the pan over the top
8. Serve them warm
9. Enjoy the delicious creamy, caramelized, melting potatoes!

-top-

HORSERADISH MASHED POTATOES

Ingredients:

- 3 lbs. Yukon Gold potatoes cut into 1" chunks, or Russet potatoes
- 4 cloves garlic
- 8 oz cream cheese softened, cut into cubes
- ⅓ cup salted butter, melted
- ½ cup warm milk, or cream
- ¼ cup prepared horseradish, or to taste
- 1 green onion, thinly sliced
- 1 Tbs fresh parsley
- salt, to taste
- pepper, to taste

Directions:

1. Place potatoes in a large pot of cold salted water with the garlic cloves
2. Bring potatoes to a boil, reduce heat to simmer, and cook 15-20 minutes or until tender
3. Drain well and place potatoes & garlic back into the warmed pot
4. Add cream cheese and butter to the potatoes and using a masher, mash potatoes
5. Add warmed milk a little bit at a time while continuing to mash until smooth and creamy
6. Stir in horseradish, green onion, and parsley
7. Season with salt and pepper
8. Serve hot

-top-

RANCH STYLE BEANS

Ingredients:

- 16 oz of dried pinto beans
- 6 ancho chiles, stems and seeds removed
- 6 cloves of garlic, minced
- 1 onion, diced
- 1-15 oz can of tomatoes, or 2 medium-sized tomatoes, peeled
- 1 tsp brown sugar
- 1 tsp apple cider vinegar
- 1 tsp paprika
- 1 tsp cumin
- ½ tsp oregano
- 1 cup water
- 6 cups beef broth
- salt, to taste
- black pepper, to taste

Directions:

1. Soak the beans covered in water overnight
2. Drain the soaked beans
3. In a cast-iron skillet on medium-high heat cook the ancho Chiles on each side for a couple of minutes (or until they start to bubble and pop)
4. Turn off the heat and fill the skillet with warm water
5. Let them sit until soft and rehydrated, which should happen after ½ an hour or so
6. In the pot you'll be cooking your beans, heat up a teaspoon of canola oil and cook the onions for ten minutes on medium
7. Add the garlic and cook for another minute
8. Throw the cooked onions and garlic in a blender and add the tomatoes, brown sugar, apple cider vinegar, paprika, cumin, oregano, water and hydrated ancho chiles
9. Puree until smooth
10. Add the pinto beans and beef broth to the pot and stir in the Chile puree
11. On high, bring the pot to a boil and then cover
12. Turn the heat down to low and simmer for 2½ half hours, stirring occasionally
13. Check the beans for tenderness
Depending on the freshness of the beans the cooking time can be as short as 2½ half hours and as long as 4 hours
14. When you're satisfied that the beans are done, salt and pepper to taste

Notes:

If you can't find dried ancho chiles, you can substitute either ancho Chile powder or regular chili powder - use ¼ of a cup

These are not fiery beans, but if you want a bit more heat throw in a bit of cayenne

Adding a pinch of baking soda to my soaking beans to help with digestion issues

-top-

REFRIED BEANS

Makes 2 quarts

Ingredients:

- ½ medium onion, chopped
- ½ green bell pepper, chopped
- 2 garlic cloves, grated
- 1 lb. dried pinto beans, rinsed and picked through
- 5 oz salt pork or thick-cut bacon, cut into ½" pieces
- 4 tsp kosher salt
- 1 cup lard or rendered bacon fat, divided
- Pico de Gallo and crumbles of queso fresco, for serving

Directions:

1. Bring onion, bell pepper, garlic, beans, pork, salt and 3 quarts of water to a boil in a large pot
2. Reduce heat to medium and cook uncovered stirring occasionally and adding boiling water if needed to cover until beans are tender, 2-2½ hours
3. Working in batches, heat ½ cup lard in a large skillet (cast iron) over high heat
4. Fry 6 cups beans and their liquid (they will splatter so be careful) until most of the liquid has evaporated, about 10 minutes
5. Smash beans in the skillet with a potato masher until mixture is thick and no whole beans remain
Refried beans should be pourable at this point, but will thicken as they sit
6. Transfer to a large bowl and repeat with remaining beans and ½ cup lard
7. Top beans with Pico de Gallo and queso fresco

-top-

Ingredients:

- 4 cups cabbage, finely chopped
- 1 cup carrot, finely chopped
- 1 cup green pepper, finely chopped
- 1 cup onion, finely chopped
- ¼ cup pickling salt
- 1 cup water + 2 Tbs
- 1 cup white vinegar
- 1 tsp celery seed
- ½ tsp mustard seed
- 2 cups white sugar
- 1 tsp ground mustard
- 1½ tsp ground turmeric
- 3 Tbs all-purpose flour
- 1 1-quart sterilized canning jar with lid and ring

Directions:

1. Combine the cabbage, carrot, green pepper, onion and pickling salt in a large bowl and toss to combine
2. Allow to sit for 2 hours
3. Rinse the mixture thoroughly with cold water, drain and squeeze to remove excess liquid
4. Combine the vegetables with the water and vinegar in a large pot
5. Bring the mixture to a low boil and simmer for 1 hour covered
6. Stir the celery seed, mustard seed and sugar into the vegetables
7. Mix the mustard, turmeric and flour together in a bowl
8. Carefully spoon 2 Tbs of boiling water into the mustard mixture and stir into a paste
9. Add the paste into the boiling vegetable mixture – cook and stir until thickened (about 5 minutes more)
10. Seal in sterilized quart canning jar while mixture is still hot
11. Cool completely before using

Also known as German Cabbage Relish

Recipe by Mrs. Anne Fedorchak Rutt of Clifton, NJ – co-founder of Rutt's Hut

-top-

SAUTEED GREEN BEANS

Ingredients:

- 1 lb. green beans, trimmed
- 1 Tbs garlic, minced
- 1 Tbs butter
- 1 tsp soy sauce
- ½ tsp salt, or to taste
- ½ tsp ground black pepper, or to taste

Directions:

1. In a medium pot, bring 5 cups of water over medium high heat
2. Add green beans in the boiling water and cook for 4-6 minutes until tender
3. Drain and set aside
4. In a large skillet, heat butter over medium high heat for 2 minutes until it melts and sizzles
5. Add garlic and sauté for 2-3 minutes until the garlic turns golden brown and is fragrant
6. Add the cooked green beans and sauté for another 2-3 minutes
7. Stir well to coat the green beans with butter garlic sauce
8. Add soy sauce, salt and pepper
9. Stir well to mix evenly, about 1 minute
10. Serve it warm on a plate

SMOKED SHOTGUN SHELLS

Ingredients:

- 1 lb. ground beef
- 1 cup Monterrey Jack cheese shredded
- 2 Tbs BBQ brisket rub
- 10 manicotti shells uncooked
- 20 slices bacon
- ½ cup BBQ sauce

Directions:

1. In a medium-sized mixing bowl, combine the ground beef, cheese, and 1½ Tbs of the BBQ rub. Mix with your hands until well-incorporated
2. Lay out your uncooked manicotti shells and stuff each one full of the ground beef mixture
3. Once they are stuffed, wrap each manicotti shell in 2 slices of bacon and sprinkle the tops with the remaining BBQ rub
4. Store in the fridge for 4-6 hours
5. Heat your smoker to 250 F
6. Transfer the shotgun shells to a jerky tray or wire rack and place them on the smoker
7. Let them smoke for 1½ hours, then increase the temperature on the smoker to 350 F
8. Let them cook for another 10 minutes, then brush each one with BBQ sauce, and let them cook for another 10 minutes
9. Serve immediately and enjoy!

[-top-](#)

SOUTHERN GREEN BEANS

Ingredients:

- 6 slices bacon, chopped
- 3 Tbs butter
- 1 red onion, chopped
- 2 lbs. fresh green beans, trimmed and snapped
- 8 small new potatoes, diced
- 1 large clove garlic, minced
- ¼ cup chicken broth
- 1½ tsp white balsamic vinegar
- salt, to taste
- pepper, to taste

Directions:

1. Cook chopped bacon in a skillet over medium heat, stirring occasionally, until evenly browned, 8-10 minutes
2. Drain bacon pieces on a paper towel-lined plate
3. Melt butter in a skillet with a lid over medium-low heat
4. Add onion; cook and stir until onion is translucent, about 5 minutes
5. Stir in cooked bacon, green beans, potatoes, garlic, and chicken broth
6. Bring to a boil, cover, and simmer over low heat until green beans are tender, about 10 minutes
7. Sprinkle with vinegar, salt, and pepper
8. Serve

[-top-](#)

TEX-MEX COWBOY BEANS

Ingredients:

- 2 lb. pinto or charro beans
- 1 large yellow onion
- 4 Roma tomatoes
- 6 serrano chiles
- 4 cloves garlic
- 1 bunch cilantro
- 8 oz bacon
- 15 oz Mexican-style chorizo
- 1 Tbs pure lard

Directions:

1. Soak your beans overnight after you've rinsed them
2. Simmer for 2 hours before preparing the seasoning fixing
3. When preparing to serve, first melt the Tbs of lard
4. Warm up the pot of beans on another burner
5. Slice bacon into small chunks, and cook in a pan over medium heat until crisp
6. Add your chorizo
7. Dump in diced onion and Chile pepper, along with the chopped garlic
8. Soften up the ingredients
9. Add diced tomatoes and other fixings, and eyeball until the ingredients are thoroughly cooked
10. Add cooked fixings to the pot of beans, a little at a time
11. Bring the pot up to a boil, and gather the oil off the top with a spoon
12. Simmer it all together until the tomato is thoroughly cooked, and then add chopped cilantro to taste
13. Cook for 5 more minutes, and you're ready to serve some frijoles charros

-top-

TWICE BAKED POTATOES

Ingredients:

- 6 medium Russet potatoes
- ⅓ cup sour cream
- ½ tsp garlic powder
- ¼ cup butter
- ½ cup buttermilk, or milk, preferably buttermilk
- 1 Tbs sliced chives, or green onions
- 6 pieces of bacon, crispy and chopped, or 3 Tbs bacon bits
- 1½ cups shredded cheddar cheese, divided
- salt, to taste
- pepper to taste

Directions:

1. Heat oven to 375 F
2. Wash potatoes and poke with a fork
3. Bake potatoes in oven 1 hour until soft
4. Allow to cool slightly
Potatoes can also be baked in the air fryer or microwave
5. Slice each potato in ½" lengthwise
6. Scoop out the pulp of the potato leaving a ⅛" shell
7. In a bowl, mash potatoes, sour cream, butter, garlic powder, salt and pepper until smooth
8. Add buttermilk or milk as needed to create a creamy texture
9. Stir in chives, bacon, and ¾ cup cheddar cheese
10. Fill each skin with the mashed potato filling and top with remaining cheese
11. Bake 15-20 minutes or until heated through and cheese is melted

-top-



[-top-](#)

7 CAN SOUP (ORIGINAL)

Ingredients:

- 1-15 oz can black beans, drained and rinsed
- 1-15 oz pinto beans, drained and rinsed
- 1-14½ oz can petite diced tomatoes
- 1-15 oz sweet corn, drained
- 1-12½ oz can chicken breast, drained & flaked
- 1-15 oz can green enchilada sauce
- 1-14 oz can chicken broth
- 2 packets taco seasoning
- ½ tsp cumin
- 1 tsp chili powder
- ½ tsp garlic powder

Directions:

1. To begin, combine all the ingredients into a large pot and boil over medium-high heat
2. Reduce the heat and let simmer for 20-25 minutes
3. Serve warm with shredded cheese, tortilla chips, and lime wedges, if desired

10 CAN SOUP (7 CAN MODIFIED)

Ingredients:

- 1-15 oz can black beans, drained and rinsed
- 1-15 oz can pinto beans, drained and rinsed
- 1 14½ oz can petite diced tomatoes
- 1-15 oz can sweet corn, drained
- 3-12½ oz cans chicken breast, drained & flaked
- 2-15 oz can green enchilada sauce
- 1-14 oz can chicken broth
- 2 packets taco seasoning
- ½ tsp cumin
- 1 tsp chili powder
- ½ tsp garlic powder

Optional Toppings:

- lime wedges
- onions, diced
- shredded cheese
- tortilla chips

Directions:

1. To begin, combine all the ingredients into a large pot and boil over medium-high heat
2. Reduce the heat and let simmer for 20-25 minutes
3. Serve warm with shredded cheese, tortilla chips, and lime wedges, if desired

-top-

BACON POTATO SOUP

Ingredients:

- 1 package Ranch seasoning
- 32 oz chicken broth
- 1 bag diced hash brown potatoes
- 1-4 oz package crumbled bacon
- 2 cups shredded cheese, Mexican blend
- 1-22.6 oz can cream of chicken, family size
- 1-8 oz block Philadelphia cream cheese
- 1 tsp garlic salt
- 1 Tbs black pepper

Directions:

1. Whisk Ranch seasoning with chicken broth and then load remaining items into the crock pot and season
2. Cook for 7½ hours on low stirring occasionally

-top-

BEEF, TOMATO AND ACINI DI PEPE SOUP

Ingredients:

- 1 lb. 90% lean ground beef
- 1½ tsp kosher salt
- ½ cup onion, diced
- ½ cup celery, diced
- ½ cup carrot, diced
- 1-28 oz can crushed or diced tomatoes, preferably crushed
- 32 oz beef stock
- 2 bay leaves
- 4 oz small pasta, such as Acini di Pepe
- grated parmesan cheese
- ricotta, optional

Directions:

Instant Pot Recipe:

1. Press the sauté button, when it's very hot then add the ground beef and salt and cook until browned breaking the meat up into small pieces as it cooks. When browned, add the onion, celery and carrots and sauté 3-4 minutes
2. Add the tomatoes, beef stock and bay leaves, close and using pressure cooker press soup and set time to 35 minutes
3. After that perform a quick release, once the pressure is out open, add the pasta and stir, cover and press high pressure 6 minutes
I did half the time directed on package of pasta
4. Remove bay leaves and serve

Stove top directions:

1. In a large pot or Dutch oven, sauté the beef and salt on high heat until browned, breaking the meat up into small bits. Add the onion, celery and carrots and sauté 3-4 minutes
2. Add the tomatoes, stock and bay leaf, cover and cook low until the beef and the vegetables are tender, about 1 to 1½ hours
You may need to add more broth or water if it evaporates too much
3. Cook the noodles according to package directions then add them to the soup

Slow Cooker directions:

1. In a large nonstick skillet, sauté the beef and salt on high heat until browned, breaking the meat up into small bits. Add the onion, celery and carrots and sauté 3-4 minutes
2. Transfer to the slow cooker along with the tomatoes, stock and bay leaf, cover and cook low 8 hours
3. Just before it's ready cook the pasta on the stove according to package directions
4. Cook the noodles according to package directions then add them to the soup

[-top-](#)

BEEF AND VEGETABLE SOUP

Ingredients:

- 1½ lbs. beef stew meat
- 2½ Tbs olive oil, divided
- salt and freshly ground black pepper, to taste
- 1¾ cups yellow onion, chopped
- 1¼ cups carrots, peeled and chopped
- 1 cup celery, chopped
- 1½ Tbs garlic, minced
- 8 cups low-sodium beef broth, or chicken broth
- 2-14 oz cans diced tomatoes
- 1½ tsp dried basil
- 1 tsp dried oregano
- ½ tsp dried thyme
- 1 lb. red or yellow potatoes, chopped into ¾" cubes
- 1½ cups (5 oz) chopped green beans, trim ends before measuring
- 1½ cups corn, frozen
- 1 cup peas, frozen
- ⅓ cup fresh parsley, chopped

Directions:

1. Heat 1 Tbs olive oil in a large pot over medium-high heat
2. Pat beef dry with paper towels, season with salt and pepper then add half of the beef to pot and brown about 4 minutes, turning halfway through
3. Transfer to a plate add another ½ Tbs oil to pot and repeat process with remaining half of beef
4. Add another 1 Tbs oil to now empty pot then add onions, carrots, and celery then sauté 3 minutes, add garlic sauté 1 minute longer
5. Pour in broth, tomatoes, browned beef, basil, oregano, thyme and season with salt and pepper. Bring to a boil then reduce heat to low, cover and simmer, stirring once or twice throughout, for 30 minutes
6. Add potatoes then continue to simmer, covered, 20 minutes
You can also add green beans with potatoes if you like them very soft
7. Stir in green beans and simmer 15 minutes longer, or until all of the veggies and beef are tender
8. Pour in corn and peas and simmer until heated through, about 5 minutes
9. Stir in parsley and serve warm

-top-

BLOOD MARY SOUP

Ingredients:

- 3-28 oz cans whole peeled San Marzano tomatoes
- 3 cups low-sodium vegetable broth
- 1 large onion, peeled and roughly chopped
- 2 carrots, peeled and chopped
- 8 cloves roasted garlic, or 3 cloves fresh
- 2 Tbs *Worcestershire* sauce
- 1 Tbs *Old Bay* seasoning
- 1 tsp horseradish
- kosher salt, to taste
- 1 oz mezcal or vodka per serving
- Toppings: shredded Mozzarella, crispy bacon, sliced celery, olives, smoked sea salt, black pepper, and hot sauce, etc.

Directions:

1. Add tomatoes, broth, onion, carrots, garlic, *Worcestershire* sauce, *Old Bay* seasoning, and horseradish to a slow cooker. Cover and cook on high for 2 hours
2. Blend soup in batches using a blender and return to the slow cooker
3. Cook on high for an additional 2 hours
4. Season with salt
5. Ladle soup into individual mugs then add Mezcal or vodka into the cups of soup (not to the large batch) and top with desired toppings

CHEESY CHICKEN TACO SOUP

Ingredients:

- 2-3 lbs. boneless, skinless chicken breasts
- 1 cup water
- 1 packet Ranch seasoning
- 1 packet taco seasoning
- 2 packets Sazon Goya cilantro & tomato
- 1- 15½ oz can black beans (drained and rinsed)
- 1-10 oz can RO★TEL Original
- 1-15 oz jar *Salsa con Queso*
- 3 oz Mexican style shredded cheese
- 1 tsp salt
- 1 Tbs pepper

Directions:

1. Add chicken to the crock pot
2. Mix next 4 items then add the can of Ro★Tel and the beans and stir then pour mixture over the chicken
3. Cook on low for 5-6 hours
4. Remove chicken and shred
5. Add chicken back to the crock pot and add the *Salsa con Queso* and stir
6. Add the cheese and stir
7. Serve by itself or with shredded lettuce, tomatoes, tortilla chips, etc.

CHEESY POTATO BACON & CORN CHOWDER

Ingredients:

- 1½ lbs. Yukon Gold potatoes, peeled and cut into bite sized pieces
- 1½ lbs. bacon, cut into strips
- 4 cups sharp Cheddar cheese, shredded
- 1 cup carrots, shredded
- 4-5 celery stalks, diced
- 1 onion, diced
- 3-4 Tbs garlic, minced
- ½ cup flour
- 2 cups half & half
- 4 cups chicken broth
- 3-14¾ oz cans cream styled corn
- salt, to taste
- pepper, to taste

Directions:

1. Boil potatoes until fork tender – then drain and set aside
2. In a large stock pot fry up the 1½ lbs. of bacon
3. Remove from pot with slotted spoon leaving the grease
4. To the grease add the shredded carrots, celery, onion & minced garlic
5. After 10 minutes of cooking add ½ cup of flour and whisk together
6. Add 2 cups half & half and 4 cups chicken broth
7. Stir together really well then bring to a boil
8. Add 4 cups sharp Cheddar cheese to the soup and stir
9. Add the 3 cans of cream style corn
10. Add your bacon and potatoes back into the pot and stir
11. Season with salt and pepper
12. Simmer for 30 minutes
13. Serve!

Notes:

Serve with *Ritz* crackers perhaps more cheese!

[-top-](#)

CHICKEN ENCHILADA SOUP

Ingredients:

- 1¼ cup homemade, or a 10 oz can store-bought, red enchilada sauce
- 1 lb. boneless, skinless chicken breasts
- 2 cups good-quality chicken stock
- 1-14 oz can of fire-roasted diced tomatoes, with juice
- 2-14 oz cans of black beans, rinsed and drained
- 1 tsp ground cumin
- 1-15 oz can of whole-kernel corn, drained
- 2 cloves garlic, minced
- 1-4 oz can green chiles, diced
- 1 white onion, peeled and diced
- optional garnishes: chopped fresh cilantro, diced avocado, diced red onion, shredded cheese, sour cream, tortilla strips/chips
- 1 tsp salt, or to taste

Directions:

1. To a large, slow cooker, add all the ingredients and mix well
2. Set to cook on high for 3-4 hours or low for 6-8 hours until the chicken easily shreds with a fork
3. Serve the chicken enchilada soup warm with the optional garnishes
4. Enjoy!

-top-

CHICKEN TORTILLA SOUP

Ingredients:

Soup

- 1 Tbs olive oil
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 jalapeno pepper, seeded and diced
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 lb. chicken breasts
- 20 oz crushed tomatoes
- 32 oz chicken broth
- 14 oz black beans, drained and rinsed
- 14 oz corn, drained and rinsed
- ½ cup cilantro, chopped, divided, reserve ¼ of it for garnish
- 1 lime, juiced
- 1 tsp salt, or to taste

Homemade Tortilla Strips

- ¼ cup olive oil
- 8-6" corn tortillas

Toppings

- 1 large avocado, diced
- 1 lime, cut into wedges, to serve

Directions:

Tortilla Strips:

1. Heat a pan with ¼ cup oil over medium-high heat
2. Cut tortillas into thin strips and fry them in batches in the hot oil until crisp
3. Remove from the pan and allow them to drain on a paper towel
4. Repeat with remaining tortilla strips, adding more oil as needed then set aside

Chicken Tortilla Soup:

5. Heat a pot with oil over medium-high heat
6. Add chopped onion, garlic and chopped jalapeño and sauté until veggies soften
7. Add chicken breast, corn, beans, chili powder, cumin, crushed tomatoes, salt, ¼ cup of cilantro and chicken broth
8. Bring to a boil and let simmer for at least 25 minutes
9. Remove chicken breast from the pot and shred it using 2 forks then add shredded chicken back to the soup and simmer another 5 minutes
10. Add lime juice
11. Serve the soup with some tortilla strips, pieces of avocado, fresh cilantro and lime wedges

-top-

CORN SOUP WITH BACON, CRÈME FRAICHE AND CHIVES

Ingredients:

- 3 slices bacon, cooked and chopped
- 2 bay leaves
- 2 Tbs butter
- 3 cups chicken broth
- 1 tsp chili powder
- 2 Tbs chives, chopped
- 8 ears corn
- 1 Tbs cornstarch
- ¼ cup crème fraiche
- 2 cloves garlic, grated
- ¼ cup heavy cream
- 2 Tbs olive oil
- 1 medium onion, diced
- salt and pepper, to taste
- 2 cups water

Directions:

1. Cut the corn off of the eight ears, set the corn aside
2. Place the leftover cobs in a large pot with broth, water and bay leaves and simmer cobs and liquid for one hour
3. Remove bay leaves and cool, then remove cobs
4. Heat olive oil in a large sauté pan, over medium heat, sauté the onions, garlic and corn
5. Cook until the onions are translucent, about 10 minutes
6. Add salt and pepper to taste
7. After the vegetable mixture has cooked, add butter, heavy cream and chili powder to the pan
8. Simmer until the cream begins to thicken
9. Once the cream has thickened a bit, you must combine the corn stock and the vegetable mixture and then puree
If you have an immersion blender, you can do this in the pot. Otherwise, you can puree the stock/vegetable mixture in the blender. You should do this in two to three batches
10. Combine all of the pureed soup in one pot and simmer on medium-low
If you want your soup to be a little thicker - which I did - you can add the cornstarch. Make sure that you dissolve the cornstarch in a ¼ cup of cold water before adding it to the soup
11. Add more salt and pepper to taste and simmer for an additional 10 minutes
12. Serve the soup with bacon crumbles, a spoonful of crème fraiche and chopped chives
These are not just garnishes - they complete the dish!

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Ingredients:

- About 2 lbs. ripe red tomatoes, cored and roughly cut into chunks
- 1 Italian cubanelle frying pepper, roughly cut into chunks
can substitute another long, light green pepper, such as Anaheim, cored, seeded
- 1 cucumber, about 8" long, peeled and roughly cut into chunks
- 1 small mild onion (white or red), peeled and roughly cut into chunks
- 1 clove garlic
- 2 tsp sherry vinegar, more to taste
- salt
- ½ cup extra-virgin olive oil, more to taste, plus more for drizzling

Directions:

1. Combine tomatoes, pepper, cucumber, onion and garlic in a blender or, if using a hand blender, in a deep bowl
If necessary, work in batches
2. Blend at high speed until very smooth, at least 2 minutes, pausing occasionally to scrape down the sides with a rubber spatula
3. With the motor running, add the vinegar and 2 tsp salt
4. Slowly drizzle in the olive oil
5. The mixture will turn bright orange or dark pink and become smooth and emulsified, like a salad dressing
6. If it still seems watery, drizzle in more olive oil until texture is creamy
7. Strain the mixture through a strainer or a food mill, pushing all the liquid through with a spatula or the back of a ladle
8. Discard the solids
9. Transfer to a large pitcher (preferably glass) and chill until very cold, at least 6 hours or overnight
10. Before serving, adjust the seasonings with salt and vinegar
11. If soup is very thick, stir in a few tablespoons ice water
12. Serve in glasses, over ice if desired, or in a bowl
13. A few drops of olive oil on top are a nice touch

[-top-](#)

GREEN CHILE ENCHILADA SOUP

Serves 4-6

Ingredients:

- 4 chicken breasts, thin sliced
- 1-32 oz box *Swanson* chicken broth
- 2-15 oz cans mild green enchilada sauce
- 3-4½ oz cans diced green chiles, 1 can reserved
- 1 large onion diced
- ⅔ cup water
- 3 Tbs cumin, 1½ Tbs reserved
- 2 Tbs chili powder, 1 Tbs reserved
- 2 tsp. onion powder, 1 tsp reserved
- 2 tsp. garlic powder, 1 tsp reserved
- 1 cup corn, frozen
- 1 can of corn, reserved
- *Minute Ready to Serve!* long grain white rice
2 to a pack – out of two packs - I used 3 of the 4 cups
- 8 oz bar cream cheese, cubed
- salt and pepper
- 1 cup Monterrey Jack cheese

Directions:

1. Place diced onion, frozen corn, chicken broth, enchilada sauce, 2 cans of the green chiles, water, spices (½ the cumin, chili powder, onion powder, garlic powder) and uncooked chicken in crock pot
2. Cook on high for 3½ hours
3. Pull chicken, shred and return to crock pot
4. Add can of corn (drained), rice and cubed cream cheese
5. Hit with spices for the second time (½ the cumin, chili powder, onion powder, garlic)
6. Add the third can of green chiles
7. Turn crock pot to low
8. Stir and cook for an hour
9. Add salt and pepper to taste
10. Top with Monterrey Jack cheese

-top-

MEXICAN BEEF POSOLE SOUP

Ingredients:

- 1½ Tbs chili powder
- 1 tsp cumin seeds
- ¼ tsp salt
- 1¼ lbs. top round steak trimmed and cut into ½" cubes
- 2 tsp canola oil
- 1½ cups low sodium chicken broth
- 1 can hominy, rinsed and drain
- 1 can diced tomatoes with green chiles
- 2 large carrots sliced ½ inch thick
- 1 large red bell pepper, diced
- 1 white onion, coarsely chopped
- ¼ cup water
- 3 garlic cloves, minced

Directions:

1. Combined the Chile powder, cumin seeds, and salt and toss with meat to coat
2. Brown in pan with canola oil 6 minutes, 3 minutes a side, under med-high heat and then put in slow cooker
3. Add broth to skillet and bring to boil scraping browned bits from pan and add to slow cooker
4. Stir in hominy, tomatoes, carrots, bell pepper, onion, water, and garlic
5. Cover and cook on low 8-12 hours or high 4-6 hours until meat is fork tender
6. Serve

-top-

MEXICAN POSOLE ROJO SOUP

Ingredients:

- 1-15½ oz can golden or white hominy, drained
- 1-28 oz can Italian-style crushed tomatoes
- 4-4 oz cans diced Hatch green chili peppers
- 1 tsp cayenne pepper
- 46 oz chicken broth, 1-32 oz box plus 1 can
- 6 tsp chili powder
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 cup white onion, chopped
- 5 dashes *Frank's Red-Hot* sauce
- 3 tsp garlic, minced
- 3 tsp ground cumin
- 1 oz package Ancho Chile pods, about 3 -5 pods
- 1-10 oz package frozen corn
- 1 tsp red pepper flakes
- 2½-3 lb. roasted chicken, purchased
- 2 Tbs sliced jalapenos, heaping Tbs, minced
- 5 dashes *Valentino* hot sauce
- 4 tsp vegetable oil

Directions:

1. Remove stem and seeds from ancho Chile pods
2. In small pan, add just enough cold water to float the pods and submerge them if pressed
3. Bring to a boil for 10 minutes then allow to cool
4. In a blender puree the pods and water they boiled in
5. Remove and discard skin from chicken
6. Pull chicken from bones, discarding the bones
7. Cube chicken and set aside. (approx. 3½ cups)
8. In a Dutch oven cook onion, celery, carrots, cumin and chili powder in hot oil over medium heat for 4-6 minutes or until onion is tender
9. Add chicken, broth, Italian-style tomatoes, hominy, hot sauce (*Frank's* and *Valentino's*), corn, Ancho Chile pod puree and jalapenos
10. Bring to boiling; reduce heat
11. Simmer, uncovered, for 30 minutes stirring occasionally
12. Serve!

-[top](#)-

MINESTRONE SOUP

Ingredients:

- 2 Tbs olive oil
- ½ medium onion, diced
- 2 ribs celery, chopped
- 3 medium carrots, chopped
- 3 cloves garlic, chopped
- 1 Zucchini, sliced
- 1-15 oz can red kidney beans, rinsed and drained
- 1-15 oz can white kidney beans, rinsed and drained
- 1 cup pasta shells, uncooked
- 1 tsp dried oregano, or 2 tsp fresh oregano
- 1 tsp dried Italian seasoning
- 1 tsp kosher salt
- ½ tsp black pepper
- 6 cups vegetable broth
- 1-28 oz can crushed tomatoes, or other canned tomatoes, keep juice
- 2 cups parsley, chopped, or spinach or Kale

Directions:

1. Select sauté on the Instant Pot and heat olive oil
2. When the display reads hot, add onion, celery, carrots, garlic, and zucchini. Sauté a few minutes until slightly tender, stirring as needed
3. Press cancel on the Instant Pot
4. Stir in beans, pasta, seasonings, broth, and tomatoes (with juice)
5. Cook on high pressure for 1 minute
If you use a thicker pasta like macaroni, penne, bowtie, etc., use a 2-minute pressure cook time
6. When the cook cycle completes, perform a quick pressure release
7. Taste test the pasta
If you want it super soft, press sauté to continue cooking soup until pasta softens to your liking
8. Stir in parsley (or spinach or kale)
9. Allow to rest long enough to wilt the greens

-top-

SOUL-WARMING HUNGARIAN MUSHROOM SOUP

Ingredients

- 4 Tbs of salted butter
- 1½ cups white onions, chopped
- 1 lb. mushrooms, sliced, use cremini, button, etc.
- 2 tsp dried dill weed
- 1 tsp dried thyme
- 1 tsp dried mushroom powder, optional
- 1 Tbs sweet paprika
- 1 Tbs lemon juice
- 2 cloves garlic, grated
- 2½ cups low sodium chicken stock, or vegetable
- 2 Tbs low sodium soy sauce
- 3 Tbs all-purpose flour
- 1 cup half and half, or whole milk
- ⅓ cup room-temperature creme fraiche, or sour cream
- 3 Tbs chopped parsley

Directions:

1. In a Dutch oven or soup pot, sauté the onions and mushrooms in the butter over medium heat for 5 minutes. Then, season with dill, thyme, and paprika and allow the mushrooms and onions to continue cooking for an additional 7-10 minutes, stirring often. Sprinkle the grated garlic and mushroom powder 30 seconds before the mushrooms are done
2. Then, slowly pour in the chicken stock, soy sauce, and lemon juice and scrape the bottom of the pot to loosen anything that might be stuck on. Allow the soup to gain a simmer and then let cook and reduce for 5 minutes. While the soup is reducing, whisk together the milk and flour in a small bowl until smooth (you can also just shake it all in a mason jar.) Then pour the mixture into the soup and continue to cook the soup for 8-10 minutes, or until the soup thickens, stirring as required
3. Remove the soup from heat. Stir the soup while you add in the sour cream slowly and allow for it to mix. Sprinkle with parsley to finish and serve warm with grilled bread rubbed with a clove of cut garlic!

Notes:

Mushroom powder adds a ton of umami to this soup recipe. It really amps up the mushroom flavor so I prefer to use it. However, I know it can be difficult to find so it is an optional ingredient. But I urge you to try and find it if you can, it really kicks this soup into high gear. I found one at Trader Joes that works well, powder porcini or shiitake mushroom is also easily available on Amazon and if all else fails, use *Better Than Bouillon* mushroom base

-top-

STEAMY STUFFED PEPPER SOUP

Ingredients:

- 1 lb. ground beef (73/27)
- 1 medium green bell pepper, diced
- 1 medium red bell pepper, diced
- 1 cup onion, finely diced
- 1-15 oz can tomato sauce
- 1-14 oz can chicken broth
- 1-14½ oz can *Hunts* roasted garlic diced tomatoes
- 15 oz fresh diced, seeded tomatoes
- ¼ tsp thyme, dried
- ¼ tsp dried sage
- salt and black pepper to taste
- 1 package *Minute Ready to Serve* chicken flavored rice, 2 cups

Directions:

1. Add onions and peppers, cook until the onions are translucent but not letting them brown
2. Add and brown the ground beef, drain off fat
3. To the beef/pepper/onion mix, add the tomatoes (undrained), tomato sauce, broth, thyme, sage, salt and black pepper and stir
4. Cover and let simmer for 30-40 minutes until peppers are tender
5. Add the two cups of microwaved rice stir and serve

STUFFED PEPPER SOUP

Ingredients:

- 2 lbs. ground beef
- 6 cups water
- 1-28 oz can tomato sauce
- 1-28 oz can diced tomatoes, undrained
- 2 cups chopped green peppers
- ¼ cup packed brown sugar
- 2 tsp salt
- 2 tsp beef bouillon granules
- 1 tsp pepper
- 2 cups cooked long grain rice
- chopped fresh parsley, optional

Directions:

1. In a Dutch oven over medium heat, cook and stir beef until no longer pink, breaking it into crumbles; drain
2. Stir in next 8 ingredients; bring to a boil
3. Reduce heat; simmer, uncovered, until peppers are tender, about 30 minutes
4. Add cooked rice; simmer, uncovered, 10 minutes longer
5. If desired, sprinkle with chopped fresh parsley

-top-

SUPREME PIZZA SOUP

Ingredients:

Bechamel

- 2 cups whole milk
- ¼ cup all-purpose flour
- ¼ cup unsalted butter
- kosher salt and freshly ground pepper, to taste

Soup

- 12 slices bacon
- 1-8 oz package mixed mushrooms, roughly chopped
- 1 yellow onion, finely chopped
- 4 cloves garlic, minced
- 1½ lbs. ground sausage
- 1-6 oz package pepperoni
- ¼ cup tomato paste
- 1-6 oz can sliced black olives, drained
- 1-20 oz can crushed tomatoes with basil
- 2 cups beef broth
- 1 Tbs Italian seasoning
- ¼ cup red pepper flakes
- 2 cups Italian blend cheese (or 50/50 mozzarella and parmesan cheese)

Directions:

1. In a medium saucepan, melt butter over medium heat, then sprinkle flour in to create a roux. Whisk together and cook for 2-3 minutes, or until golden, and season with salt and pepper
2. Gradually stir in milk, whisking until thickened
3. Remove from heat and set aside until ready to use later
4. In a large stock pot or Dutch oven, cook bacon slices (working in batches, if necessary) until crispy, then set aside on a paper towel-lined plate. Cut into small pieces or crumble and save for later use
5. Add mushrooms and onion to Dutch oven and sauté for 6-8 minutes, or until softened
6. Season with salt and pepper and Italian seasoning, then add garlic and cook for another 1-2 minutes, or until fragrant
7. Stir in ground sausage and cook until browned, then add pepperoni and mix in tomato paste and red pepper flakes, cooking for 2 minutes, or until tomato paste is fully incorporated into sausage
8. Pour in olives and tomatoes and beef broth and stir together until combined
9. Bring mixture to a boil, then reduce heat and let simmer, covered, for 15 minutes. Taste and adjust seasoning, if necessary
10. Stir in roux and Italian cheese and cook for another 5 minutes, or until melted and incorporated
11. Serve hot (optional: topped with bacon crumbles) and enjoy

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TACO SOUP (MY CONCOCTION)

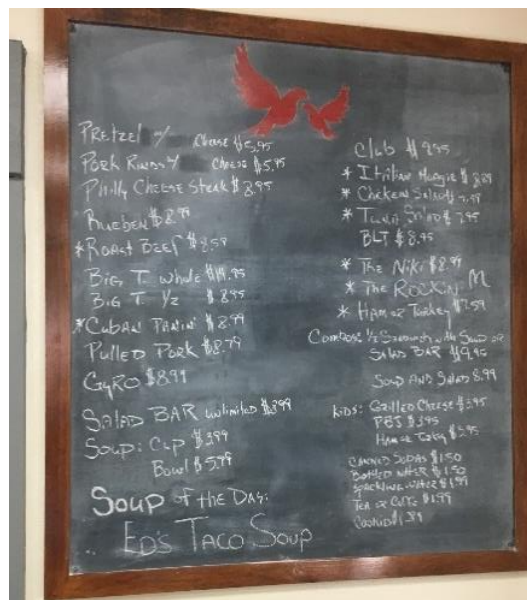
Ingredients:

- 1 can beer, preferably Mexican
- 2-15¼ oz cans whole-kernel corn, drained
- 2-4 oz cans green chilies
- 2¼ lbs. ground beef, bison, lamb or venison - *I prefer lamb or bison*
- 2 Tbs olive oil, if meat is very lean
- 2 pkgs Ranch seasoning
- 1-16 oz can kidney beans, undrained
- 1-16 oz can pinto beans, undrained
- 2 pkgs *McCormick* original taco seasoning
- 1-28 oz can stewed tomatoes, Mexistyle
- 2-14½ oz cans *Swanson* chicken broth
- 2-14½ oz cans *Swanson* beef broth
- 1 large white onion, diced
- Celery, diced, about 70% compared to the amount of onion
- 2 pkgs Sazon Goya with cilantro and tomato

Directions:

1. Brown ground meat and drain in a large stock pot, drain off fat
2. Sauté onions & celery in same pot while meat drains. After 5-10 minutes add can of beer. Cook for 5 minutes then add remaining ingredients but only ½ of the Sazon Goya with cilantro and tomato, ½ of the Hidden Valley salad dressing mix (powder), ½ of the taco seasoning and ½ of the broth)
3. Heat slowly, 45 minutes or so, until it comes to a boil
4. Lower heat and simmer while adding the other ½ of the Sazon Goya with cilantro and tomato, the other ½ of the Hidden Valley salad dressing mix (powder) and the other ½ of the taco seasoning packages with broth and stir in
5. Cook for 15 and then remove from heat
6. When ready, serve topped with grated cheese, diced green onions, jalapeños, tortilla chips or just eat as is

This recipe of mine was featured at a restaurant in Comfort, TX



TUSCAN PUMPKIN WHITE BEAN SOUP

Ingredients:

- olive oil - 1 spray, enough to coat pot
- 1 medium, coarsely chopped uncooked onion
- 1-15 oz canned pumpkin puree
- 3½ cups fat free chicken broth
- 15½ oz can canned white beans, rinsed and drained
- ¼ tsp ground oregano
- ⅛ tsp table salt, or to taste
- ⅛ tsp black pepper, or to taste
- 6 Tbs grated Parmesan cheese

Directions:

1. Coat a large soup pot with cooking spray and set over medium-low heat. Add onion, cover and cook until tender, stirring occasionally, about 6 minutes
2. Stir in pumpkin, broth, beans and oregano; simmer 8 minutes
3. Puree soup in pot with handheld immersion blender, or process in batches in blender *make sure not to overfill blender, start blending on low speed, and hold the lid down gently with a kitchen towel in order to avoid splattering*
4. Return soup to pot and reheat; season with salt and pepper
5. To serve, ladle soup into 6 bowls and top each with 1 Tbs of grated cheese
6. Serving size: 1 cup soup and 1 Tbs cheese

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BACON NOTES

Ingredients

- 1-1½ lbs. thick-cut bacon, still in its package (see note)

Directions:

1. Heat a sous vide water bath to 145 F. Place bacon, still in its original plastic packaging, directly in water bath and cook for at least 8 and up to 48 hours. When ready to serve, remove from water bath and proceed immediately to step 2, or chill in refrigerator or freezer for later use (see note)
2. To finish, heat a large skillet or griddle over medium-high heat for 5 minutes. Add bacon and cook, pressing gently with a press or the back of a spatula (just enough to keep it mostly flat), until brown and crisp on the first side, about 2 minutes. Turn bacon and briefly cook on second side, just to remove pale color (about 45 seconds)
3. Transfer to a paper towel-lined plate to remove excess fat
4. Serve immediately

Notes:

You can cook as much bacon as will fit in the water bath used in step 1

*Bacon can be cooked directly in its package. If it's unpackaged, cook in a vacuum-sealed bag or in a zipper-lock bag with the air removed

Make-Ahead and Storage

Cooked bacon can be refrigerated and stored for up to two weeks, or frozen and stored for months. Defrost before searing in step 2

BURGER NOTES

Ingredients:

- Buy a package of 8 Burgers at Sam's Club

Directions

1. Set the sous vide precision cooker to 125 F
2. Place two to a bag using vacuum seal bags
3. Seal the bag using the water immersion technique or a vacuum sealer on the dry setting
4. Place the bag in the water bath and set the timer for 1 hour

Finishing Steps

5. When the timer goes off, remove the bag from the water bath and let rest of 10 minutes
6. Remove the burger from the bag and pat very dry with paper towels then season while heating a cast-iron skillet over medium heat
7. Add the burgers and sear until well-browned, about 2 minutes per side
8. Transfer burgers steak to a cutting board and let rest for a few minutes
9. Serve on buns with your usual burger toppings

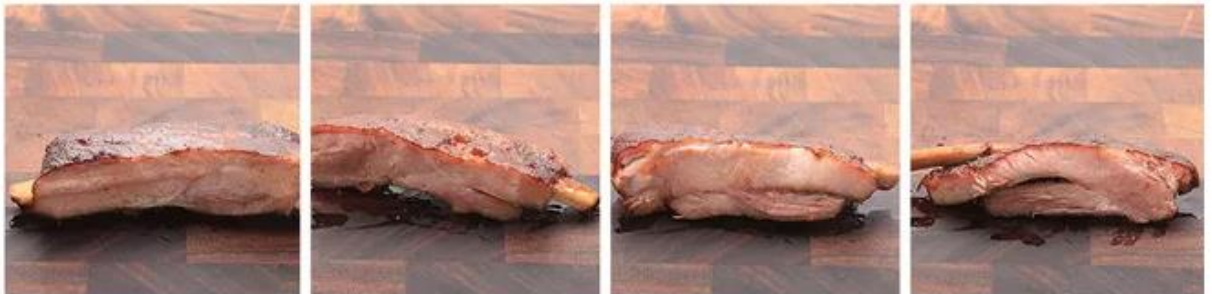
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Getting a Tender, Meaty Interior Using Sous Vide

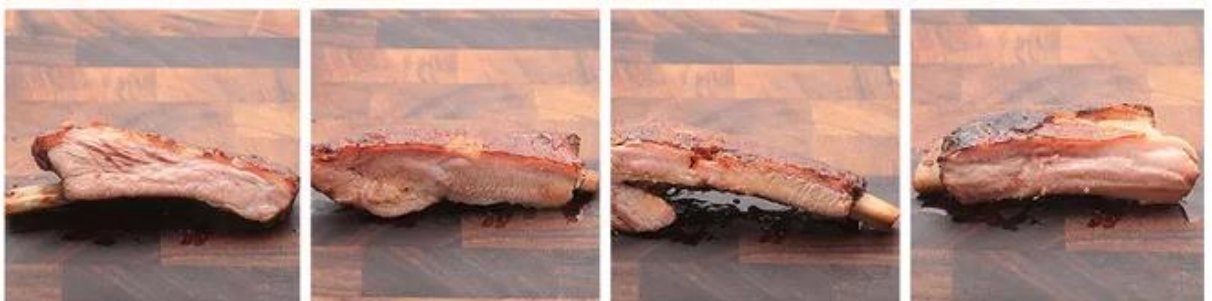
145°F
(62°C)



152°F
(67°C)



165°F
(74°C)



8 HOURS

12 HOURS

24 HOURS

36 HOURS

Pork ribs cooked sous vide to various temperatures, for various lengths of time. [Image: J. Kenji López-Alt]

Ingredients

For the Spice Rub:

- ⅓ cup paprika
- ⅓ cup dark brown sugar
- ¼ cup kosher salt
- 1 tsp Prague powder #1 (optional; see note)
- 2 Tbs whole yellow mustard seed
- 1 tsp freshly ground black pepper
- 2 Tbs granulated garlic powder
- 1 Tbs dried oregano
- 1 Tbs whole coriander seed
- 1 tsp red pepper flakes

For the Sauce (if making sauced ribs)

- 1 medium yellow onion, grated on the large holes of a box grater
- 1½ cups ketchup
- 2 Tbs spicy brown mustard
- ⅓ cup dark molasses
- ¼ cup *Worcestershire* sauce
- ¼ cup apple cider vinegar
- ¾ tsp liquid hickory smoke

For the Ribs:

- 2 whole racks St. Louis-cut pork ribs
- About ¾ tsp liquid hickory smoke



145°F (63°C), 36 HOURS



165°F (74°C), 12 HOURS

Directions:

1. For the Spice Rub: Working in batches, combine in a spice grinder and reduce to a fine powder
2. For the Sauce (if using): Combine 3 Tbs spice rub into the Sauce ingredients in a medium saucepan and whisk to combine. Bring to a bare simmer and cook until reduced and thickened, about 20 minutes. Set aside
3. Prepare the Ribs: Remove the papery membrane on the back of the ribs. Divide each rack of ribs into three to four portions, with three to four ribs per portion. Rub ribs generously on all sides with the remaining spice rub mixture. (Set aside 3 Tbs spice rub if making dry-style ribs.)
4. Place individual portions of rubbed ribs in vacuum bags. Add 4 drops (about 1/8 tsp) liquid smoke to each bag. Seal the bags, transfer to refrigerator, and let rest for 4-12 hours
5. When Ready to Cook: Set your precision cooker to 145 F for extra-meaty ribs or 165 F for more traditionally textured ribs
6. Add ribs to the water bath and cover it with a lid. Cook for 36 hours at 145 F or 12 hours at 165 F. Transfer cooked ribs to a large bowl of water filled with ice to chill thoroughly. Ribs can be stored in the refrigerator at this stage for up to 5 days before finishing
7. To Finish Dry-Style in the Oven: Remove ribs from vacuum bags and carefully pat dry with paper towels. Rub with remaining 3 Tbs spice rub. Adjust oven racks to upper and lower-middle positions and heat oven to 300 F. Line 2 rimmed baking sheets with aluminum foil and place a wire rack in each. Divide ribs evenly on racks, facing meat-side up. Transfer ribs to oven and cook until a crusty bark has formed, about 40 minutes

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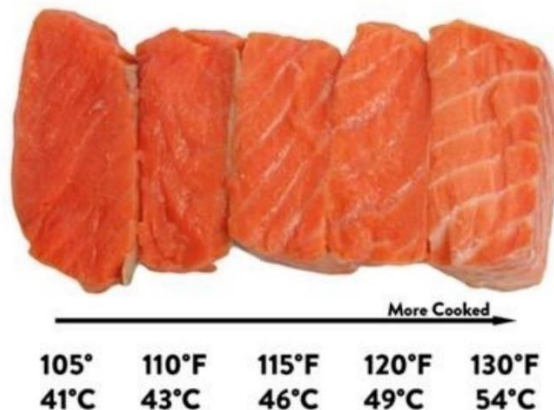
SALMON NOTES

Ingredients:

- 2-6 oz salmon fillets, skinned, and pin bones removed
- ¼ cup kosher salt
- 1 quart ice water
- 1 Tbs olive oil
- *Cavender's* Greek Seasoning

Directions:

1. For the brine, whisk the kosher salt into the ice water until dissolved
2. Add the salmon and refrigerate for 30 minutes (or up to 1 hour)
3. Set the sous vide to 105-130 F
4. Remove the salmon fillets from the brine and rinse with cold water
5. Pat dry and season heavily with *Cavender's* Greek Seasoning
6. Place each fillet in a separate vacuum bag or zipper seal bag with 1 Tbs of olive oil
7. Sous vide for ½ to 1 hour
8. For crispy skin, finish with a pan sear in olive oil over high heat, optional



I cook mine at 130 F

Once cooked and cooled, I like mine simply cold right out of the fridge on crackers!

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STEAK NOTES

Ingredients for 1

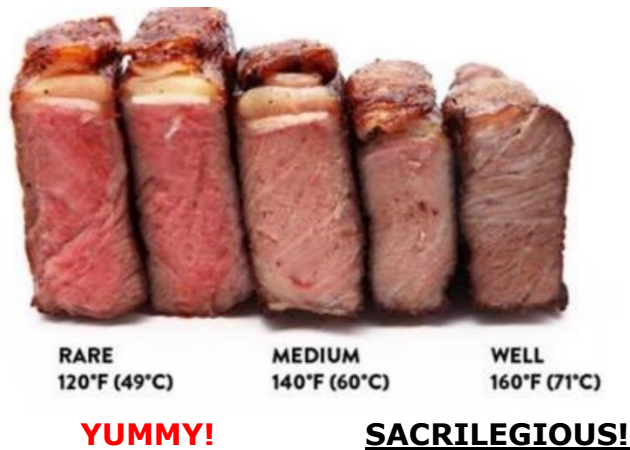
- 1 8-12 oz boneless tenderloin, ribeye, sirloin or strip steak
- kosher salt and freshly ground black pepper
- 1 Tbs extra-virgin olive oil or vegetable oil

Directions

1. Set the sous vide to 130 F
2. Generously season the steak with salt and pepper
3. Place in a medium zipper lock or vacuum seal bag
4. Seal the bag using the water immersion technique or a vacuum sealer on the dry setting
5. Place the bag in the water bath and set the timer for 2 hours

Finishing Steps

6. When the timer goes off, remove the bag from the water bath
7. Remove the steak from the bag and pat very dry with paper towels
8. Heat the oil in a medium cast-iron skillet over high heat
9. When the oil is shimmering, add the steak and sear until well-browned, about 2 minutes per side
10. Transfer steak to a cutting board and let rest for 5 minutes
11. Serve



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DEEP FRIED TURKEY

Ingredients:

- 16-18 lb. turkey - can do up to but no larger than a 20 lb.
Using a Masterbuilt 10L XL Electric Fryer, Boiler, Steamer

Directions

1. Thaw turkey
2. Fill fryer with oil to the MAX line and heat to 375 F
3. Remove giblets and neck
4. Rinse turkey thoroughly with warm water or completely cover with warm water and soak for no more than 30 minutes to ensure cavities are free of ice
5. Pat turkey completely dry on outside and inside of cavity with paper towels
6. Place turkey breast side up in fryer basket. Slowly lower the basket into hot oil, being careful not to splatter hot oil. Fry turkey for 3½ to 4 minutes per lb. + 5 minutes
7. Lift the basket from the hot oil slowly, hooking the basket's drain clip into drain clip mounting hole to stabilize as you check doneness
8. Insert a meat thermometer in the meaty part of the breast; turkey is done when it reads 165 F. If the turkey is not done, lower it carefully back into the oil for an additional 5 minutes. Once the turkey reaches the desired temperature (minimum 165 F), turn the deep fryer to MIN and unplug it from the outlet
9. Allow the turkey to rest and drain in the fryer basket for 10 minutes before removing for carving
10. The turkey can remain in the basket to cool until ready to serve

TURKEY CHILI (FROM MOM)

Ingredients:

- 10 oz ground turkey
- 2 cups kidney beans
- 2 cups canned tomatoes, diced with juice
- ½ cup frozen corn
- 1 cup each: diced carrots, green peppers and onions
- 1½ tsp chili powder
- 1¼ tsp cayenne pepper
- 1 tsp cumin

Directions

1. Brown turkey and drain
2. Lightly sauté the vegetables except for the corn using cooking spray
3. Combine the turkey, beans, tomatoes and all the vegetables with all the seasonings
4. Simmer for about 30 minutes
5. Flavor is even better the next day

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PICTURE CREDITS

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Page 1 – Mom’s Birthdays – She was adopted and while searching for her birth parents she contacted the hospital where she was born a few times trying to get more info. Twice they mailed her a birth certificate – one had the 25th and the other had the 29th

Page 2 – Mary and I at the Palo Duro Canyon taken November 2021

Adult Beverages picture: Photo by [Al Soot](#) on [Unsplash](#)

Air Fryer picture: Picture of my Air Fryer

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ABOUT THE COLLECTOR (NOT AN AUTHOR NOR A CHEF)

I cannot claim that all these recipes are mine. Some are, but some have been grabbed and used and some grabbed and modified, or they were emailed to me from my Mom.

This is merely a collection over what I like to cook and eat and have amassed over the years. I just wanted them in a collection so that I'd not forget them and along the way I rediscovered some recipes I'd long forgotten – so mission accomplished!



Ed Berg (2021)
residing in Austin, Texas

ABOUT ME

(Not an author nor a chef – I just like to cook)

I do not claim that all these recipes are mine. Some are, but some have been copied, some were emailed to me from Mom or from friends, some were downloaded, some are unchanged and some I've made modifications to.

Most of my recipes usually come about in this manner. I find 5 or 8 different versions of the same recipe and throw them into a spreadsheet. Then I compare the similarities and differences of all and compile what I think will work into one recipe and then I try it and adjust from there. Even with the recipes I claim to be mine, I hardly ever prepare them the same way as I'm always adjusting to what I have on hand or what's in season.

This is merely a collection of what I like to cook and eat and the recipes that I have amassed over the years. I just wanted them in a collection so that I'd not forget them and along the way I rediscovered some recipes I'd long forgotten – so mission accomplished!



Ed Berg (picture 2025)

Born in Chicago, IL

Relocated in 1969 to North Texas • Residing in Central Texas since 1995