

The logo features the word "Gourmet" in a large, black, cursive script font, with the word "GALLERY" in a smaller, white, all-caps, serif font centered below it. Both words are set against a red, irregularly shaped background that has a splattered, ink-like texture. The entire logo is outlined with a thick black border.

Gourmet
GALLERY

the Fine Art of Cooking

*If there is such a thing as a Masterpiece...
it should be edible!*

*Recipes from Chris Ballard
(Stolen from family and friends!)*



The logo features the word "Gourmet" in a large, black, cursive script font, with the word "GALLERY" in a smaller, white, sans-serif font below it. Both words are set against a red, irregular, brush-stroke-like background that has a black drop shadow.

Gourmet
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the Fine Art of Cooking

Recipes from Chris Ballard

*Dedicated to anyone who enjoys cooking,
those who want to learn new recipes,
and those who just eat and look at the pictures!*

GOURMET GALLERY

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*A Great Artist is a Master Thief...
A True Artist is completely original.
I am neither...I just love to cook!*





Introduction

Just out of college and beginning my career as an artist in television graphics and illustration, I suddenly came to the realization that I was going to quickly become a starving artist because I barely knew how to boil water. I had grown up on mom's home cooking, dad's grilling, and school meal plans. I was on the phone every other night calling my mom for those home-cooked recipes. Starting out on my own far away from family and friends gave me a new appreciation for those who had been there to serve my needs as I had grown up surrounded by incredible culinary talents. Those conversations with mom were my life-line to something really special. I was naive and never fully appreciated the work and effort my parents put into cooking as it was just an expectation. It was only after I had to do it for myself that I began to consider how much was involved. Mom was an outstanding cook and had learned much of the true ways of Southern cooking. Gaining her knowledge soon became not only a means of survival, but an escape into a world that was an artistic platform with a rewarding taste of living.





Dad bought me a charcoal grill that same year and I still have it to this very day. I find myself on many occasions having the need and desire to cook something new. It's similar to art in that it is an exploration and a journey to discover new tastes that broaden the landscapes of delicacies. I enjoy cooking and always looking for new recipes to create.

As an artist, I am committed to that discipline in many ways, but I really enjoy a life of simple pleasures. Cooking! Often I find myself spending more time in the kitchen than in the studio. It is my ambition to share these recipes as an inspirational document to encourage others to begin painting their own recipes!

Cooking and Art share much in common...So start cooking your own Masterpiece!



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Happy Holidays!



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Christmas Dinner

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My Christmas tradition and present to myself each year is an old country Salt-Cured Ham. It has been a traditional feast with family and friends throughout the years. True Southern Cooking at its finest. Let's get started as there's some specifics...and Merry Christmas!

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Old Country Ham (Salt-Cured Ham)



Notes

When purchasing the ham, have the butcher cut off the hock on the end of the ham and just the hock into four pieces. Use the quartered hocks to season the turnip greens as they boil for extra flavor.

1. Wash the ham in a large sink to remove excess grease. Over the years I have learned to even soak the salt-cured ham in a large bucket of water with about one cup of distilled white vinegar for one day to further dilute the grease.
2. Place the ham in a large roaster pan with the fat side on top (Bone on bottom.) Fill the pan with 2/3 water.
Add a small portion of distilled white vinegar to dilute the grease while cooking.
3. Place lid on the roaster and bake at the bottom of the oven at 450° for 1 hour.
4. After one hour, turn the oven temperature to 350° and cook another hour.
5. After one hour, turn the oven temperature to 250° and let cook another hour.
6. After one hour, turn the oven temperature to 200° and bake for TWO HOURS!
7. After two hours, turn off the temperature to the oven, but leave the ham in the oven until the heat completely dissipates. Allow the ham to cool 3-4 hours.
8. Pull out the bone from the cooked ham and let cool in the refrigerator.
9. I then typically cut the ham in sections and store in refrigerator containers.



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The Fine Art of Cooking

Scalloped Oysters

- 16 Oz Canned Oysters
- 2 Cups oyster crackers, crushed
(or regular saltine crackers, crushed)
- 1/2 Cup Melted Butter (or Margerine)
- 3/4 Cup Milk
- 1/4 Cup Oyster Juice
(Reserved Juice from the canned Oysters)
- 1/4 Cup Worcestershire Sauce
- 1/2 Teaspoon Salt

1. Drain Juice from canned oysters in a glass and reserve for later.
2. Crush Oyster Crackers into fine crumbs in a zip-lock bag.
3. Combine crackers with 1/2 cup Butter...enough to coat the crackers. Mix well.
4. Spread 1/3 of the crackers in a greased pyrex oven pan.
(I typically coat the bottom and sides of the pyrex pan with butter for added flavor and to keep the crumbs from burning against the sides of the pan.)
5. Add half the Oysters to the bottom layer of cracker crumbs in the pyrex pan.
6. Add a little black pepper. **NO SALT NEEDED** as the Oysters contain enough salt.
7. Using another 1/3 cracker crumbs, add another layer to the pan.
8. Add remaining Oysters to layer on top of second layer of cracker crumbs.
9. Combine 3/4 Cups of Milk, 1/4 Cup of Oyster Juice, and 1/4 Cup of Worcestershire Sauce and mix together in a glass. Pour mixture into the pyrex pan on top of the layered Oysters and cracker crumbs.
10. Cover with remaining 1/3 of cracker crumbs to the top of the layered Oysters.
11. Cover pyrex pan with aluminum foil (Shiny side on the inside.)
12. Bake in the oven at 350° for approximately 40 minutes.
13. Remove aluminum foil and continue to bake about 5 more minutes to brown the top layer. Remove from oven, Serve, and Enjoy!

Turnip Greens

The quartered Ham hocks you save from the Country ham hocks can be used to salt and season Turnip Greens. Once cooked through, remove the fat part of the hocks, but leave in the small ham portions. You can buy Turnip Greens already prepared or get the one's still with the stems.

1. Break off stems and wash turnips in the sink (unless you get those already prepared).
2. Place Ham hock (or seasoning meat) with the turnip greens and boil in a large pan on stovetop. Continue to add water as needed, cover and boil. The greens will reduce.
3. Combine 3 tbsp Margarine One small yellow Onion (chopped), 1 tsp Crushed Red Pepper 1/2 tbsp Horseradish, 1/2 tbsp Sugar, and a pinch of Salt and Pepper and Saute separately.
4. Add Saute mixture to greens and continue to cook 2 hours on medium heat adding water as needed. Cook partially uncovered, stirring occasionally until tender.
5. Remove the fat from the ham hocks before serving.

Cornbread!

1. Coat a black iron skillet with a thin layer of butter to prevent sticking. Place the skillet in the oven until hot.

2. Mix 3/4 Corn Meal with 1/4 Flour together in mixing bowl. Add some Buttermilk with melted butter to create a thick gravy consistency. Add one or two eggs and mix thoroughly. The eggs act as a bonding agent (Use an electric mixer to get a good mixture.)

3. Remove the heated skillet and pour in the cornbread mixture.

4. Return skillet to oven and bake the cornbread at 450° for 15-30 minutes, or when the cornbread begins to turn brown on top.

5. Remove cornbread from skillet and cut sharply on a cutting board into pie-shapes.

Notes

There are other skillets and special pans that can be used to cook cornbread. I also use the muffin-shaped pans and the long oval skillets as variations.



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Sweet Potatoes

1. Peel the Sweet Potatoes and cut into small chunks.
2. Add a small can of frozen Orange Juice into a boiling pan. Add Potatoes and boil.
3. Add a spoonful of Orange Marmalade, a spoonful of Brown Sugar, and one large spoonful of Butter (or Margerine.)
Continue to boil on medium heat.
4. Let simmer when cooked through for 15-20 minutes.

Sweet Corn on the Cobb

1. Remove husks and wash the corn. Brush off remaining husks.
2. Boil the corn on the cobb in a large pot with enough water to cover. (Add a small amount of Salt and bacon grease for extra seasoning)
3. Use a lid while boiling and cook on surface medium-high.
4. Once boiling, turn down the temperature to low and cook for an additional 30 minutes.
5. Rotate corn from top to bottom while cooking, adding water if necessary.

EXTRA

Corn on the Cobb (Microwave)

Here's an easy way to cook corn on the cobb in the microwave. It takes only 3 minutes per corn stalk. (4 ears of corn will take 12 minutes). Put a single paper towel in the microwave and place the corn husks on top with the fat end of the corn in the center of the microwave and the smaller end towards the edge. Remember, 3 minutes per corn cobb. Cut the ends and remove the husks. Perfectly cooked Corn on the Cobb and So Easy! Add Butter, Salt and Pepper and Enjoy!

Banana Pudding

One Box of Nilla Wafers
3/4 Cup Sugar
1/3 Cup Flour
Salt
3 Eggs
2 Cups Milk
1/2 Teaspoon Vanilla Extract
5 Bananas
(Reserve 10 Nilla for garnish)



1. Mix 1/2 cup Sugar, 1/3 cup Flour, and a dash of Salt in the top of a double-boiler. (I set a smaller pan inside a larger pan with boiling water to utilize as a double-boiler). Blend in the 3 Eggs (Yolks Only...Reserve the clear or white portion for frothing later). Blend in 2 cups Milk.
2. Cook, uncovered in double boiler, stirring constantly for 10-12 minutes. Once the mixture thickens into a custard, remove from heat and stir in Vanilla extract.
3. Spread small amount of custard on bottom of 1 1/2 quart dish. Cover with layer of wafers and a layer of sliced bananas. Pour 1/3 of custard over bananas. Continue this to make 3 layers.
4. Beat or whip the Egg Whites until soft peaks form. Gradually add remaining 1/4 Sugar and continue to whip until stiff, but not dry. Spoon the topping on top of custard to cover the top surface.
5. Bake at 350° in oven for 15-20 minutes or until beginning to brown. Cool slightly or refrigerate.
6. Garnish with remaining wafers by crumbling on top.



BANANARAMA! Here's a couple more Banana recipes...

Pan-Fried Plantains: 2-3 Plantains; 1/4 cup Butter; 1 Tsp Ground Cinnamon;

1 Tsp Vanilla Extract; 2 Tbsp Brown Sugar. Directions: Heat butter in skillet on medium heat.

Peel and slice plantains lengthwise from top to bottom. Saute in butter (about 2 minutes) until browned. Flip and saute the other side. Add Cinnamon, Vanilla Extract and Brown Sugar for 30 seconds or until ingredients begin to carmelize. Remove plantains from heat and serve.

Grilled Plantains: 4 Plantains; 4 Tbsp Butter; 1 Cup Brown Sugar; 2 Tbsp Apple Cider Vinegar
Slice Plantains down the middle in half and pour mixed ingredients inside. Wrap with Aluminum Foil and grill about 15-20 minutes.

Happy New Year!

Kick off the New Year with some Traditional Family Favorites! Hog Jowl, Black-Eyed Peas, Cabbage, Turnip and Collard Greens.

Hog Jowl!

Hog Jowl is a thicker cut of bacon that comes from the cheek of a hog. They are a delicacy in the South symbolizing Health, Prosperity, and Progress. It is also used to help season beans, peas, and greens while they cook. It also can be fried like bacon. I will cut a small incision in the ends to help prevent excess curling while frying.

TIP

SAVE THE HOG JOWL GREASE AFTER FRYING!

Just like Bacon Grease, this comes in handy for seasoning beans, peas, and a variety of other recipes. Use a heavy ceramic air-tight container or similar refrigeration device.

Black-Eyed Peas

Black-Eyed Peas are also regarded as symbolic of Luck and Prosperity in the New Year.

1. Rinse 1 lb of Black-eyed Peas in a collander with cold water and oak them overnight with a plastic wrap covering. This will soften the beans for easier cooking.
2. Drain the water and place the beans in an 8 quart pot with enough water added to generously cover the peas. NOTE: Over 3/4 extra water may be too much.
3. I add a glob of Hog Jowl grease for extra flavor and seasoning to the water. Dice two small Onions and add to peas. Salt and Pepper to taste.
4. Pour in a small amount of Tomato Puree (or blended Tomatoes to smooth). Stir well and let boil.
5. Once boiling, cover the Pot and let simmer on low heat for 2 1/2 - 3 hours (or until peas are tender).

EXTRA

ADD SOME HAM TO THE BLACK-EYED PEAS! DELICIOUS!

I typically have some leftover Country Ham from Christmas that I will dice and add to the Black-Eyed Peas. I also put it in to cook with my Turnip and Collard Greens. It's absolutely the BEST!



Cabbage

Cabbage represents Wealth and Prosperity in the New Year! It may not help you guess the winning lottery ticket, but it does contain that Good Luck flavor!

1. Wash the Cabbage. I pull away and discard the outer leaves.
2. Cut the Cabbage into four quarters and boil in a large pot with enough water to coat. Add Salt and just a small amount of Crushed Red Pepper Again, I may put some Hog Jowl grease for extra seasoning. Add lid and boil on oven surface medium-high.
3. After boiling, turn temperature to low heat and cook for one hour to simmer.

A New Year...A New You! Make this year Special in small ways. I typically come up with a grandios plan to re-create the universe, but that usually falls through by February. One year I decided that I was going to cook two new recipes each month. It was a monumental achievement and if propelled me to do this book. Baby steps, like the innocence of a child in the learning stages... That's Art...and Cooking!





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Grilled Steaks and Baked Potatoes!

Marinate the steaks in a wide tupperware bowl by pouring one beer into the container. Season the steaks with a combination of spices (Montreal Steak Seasoning is a favorite choice of mine.) Also, Italian Seasoning, Parsley, and Meat Tenderizer with Salt and Pepper to taste. Allow the marinade to soak in the flavors for 3-4 hours in a container placed in the refrigerator. Prepare the baking potatoes by washing them with water. Wrap them tight with aluminum foil.

Notes Reserve the Juices after the Steaks have Marinaded. Add a small amount of Worcestershire Sauce as well as just a little A1 Steak Sauce to give it a little thickness..Boil the Marinade Mix in a pan on the stovetop and lightly dribble the sauce over the steaks when serving.

Charcoal grilling enhances the flavors. Set the coals in the grill and apply charcoal fluid and let soak for about 10 minutes before lighting. Once the flames burn down and the coals begin to turn white, add the foiled potatoes between the coals in the bottom of the grill. Place the Steaks on top of the grill. Keep watch to diminish any fires that may start to burn from dripping juices as this will burn the steaks. Use visual indications as to when to turn the steaks over and cook accordingly to your preferential specifications. Baking Potatoes usually take longer to cook, so set the grill aside as the steaks finish and use tongs to turn the potatoes over to the other side to allow the them to cook through. Stir the coals if necessary. Grilling is an art, not a science!

EXTRA *Mushroom Mix!* A simple and handy feature that makes for an impressive addition to the steaks and potatoes as well as many other recipes.

Put a Tablespoon of Butter in a skillet on Medium-High heat. Cut Mushrooms, Green Bell Pepper, and an onion and saute in skillet. Add Salt and Pepper to taste and some Worcestershire Sauce Dress over steaks once cooked for presentation and extra flavor!



Honey Dijon Lamb Chops

- 2 Teaspoons Dried Rosemary
- 2 Teaspoons Dried Mint
- 2 Tablespoons Dijon Mustard
- 4 Teaspoons Honey
- 1/2 Teaspoon Black Ground Pepper
- Four 4 oz Lean Lamb Loin Chops

1. Combine Rosemary, Mint, Mustard, Honey and Pepper in a bowl. Stir well.
2. Trim fat from Lamb Chops and place them on a broiler pan.
3. Broil Lamb Chops only 5 minutes for each side.
4. Brush on spicy mixture on both sides of chops.
5. Broil 2 more minutes each side, basting occasionally with Mustard Mix.

EXTRA

Sweet Potato Fries

Wash and peel a large Sweet Potato. Cut into long strips and spread onto a large baking sheet. Season with Salt and Pepper to taste. Fry in a skillet with hot vegetable oil until crisp. Drain fries on a brown paper bag to soak away excess grease.

Shrimp Scampi

Shrimp	Flour
Olive Oil	Salt and Pepper
Butter	Garlic and Parsley

1. Combine Butter and Olive Oil in stir-fry pan.
2. Flour defrosted Shrimp with Salt and Pepper added.
3. Cook Shrimp in stir-fry pan 2 minutes each side.
Set Shrimp aside after cooking. Leave juice in pan.
4. Create sauce by adding chopped Garlic and Parsley to cooked juice in stir-fry pan over medium heat.
5. Drizzle Sauce over Shrimp and serve.

Notes

Try other sauces as well for variety.
Also try this with some cooked Penne Pasta.
Shred some White Cheese on top for extra-specialness!
True Love!

Spaghetti and Meatballs

Meatballs

- 1 1/2 lbs Ground Beef Chuck
- 1 cup Medium Onion, finely chopped
- 1/2 cup Italian Breadcrumbs
- 2 Eggs
- 2 Cloves Garlic, minced
- 3 Teaspoons Italian Seasoning
- 2 Tablespoons Worcestershire Sauce
- 1/2 Tablespoon Liquid Smoke
- 1/4 cup Ketchup

Spaghetti

- 1 tablespoon Olive Oil
- 1 lb ground Beef Chuck and 3/4 lb Spaghetti
- Salt and Pepper
- One large Onion and 2 cloves Garlic, minced
- 1/4 cup finely grated Parmesan
- Italian Seasoning and Parsley
- 1 can (14 oz) Tomato Sauce
- 1 small can (6 oz) Tomato Paste
- Sliced Mushrooms (optional)

Mash all the ingredients together and form into 1" balls with your hands

Place them on a baking sheet with a light coat of non-stick spray

Bake at 375° for 30 minutes or until browned turning occasionally to ensure even cooking.

1. Cook Onions, and Garlic in Olive Oil. Add the Beef and cook until beef browns. Add Salt and Pepper to taste. Add Tomato Paste and Tomato Sauce.
2. Season with more Italian Seasoning and add Mushrooms if desired.
3. Add the Meatballs and cook 15-20 minutes on medium heat.
4. While cooking the beef, boil the Spaghetti noodles in a large pot with just a little salt added (this helps to keep the noodles from sticking together).
5. Once the noodles are cooked 'al dente', drain and return the noodles to the pan.
6. Place the noodles on a plate and add the Beef Mixture with the Meatballs. Top with Parmesan Cheese.



Smoked Ham & Smoked Corn on the Cob

EASTER

My traditional Easter offering is a *Smoked Ham*. Symbolic of rebirth and the beginnings of Spring, I set out the smoker to celebrate the festivities.

Using Hickory, Apple, Cherry, or Mesquite Wood, start a fire in the Smoker fire box. Place a pre-cooked ham in the smoking grill drum. Try to maintain temperatures from 200° to 350°. You can regulate the temperature by adjusting the window which allows the airflow into the firebox as well as the valve covering the smokestack. Add wood as necessary to keep the fire going. The general rule is one hour per pound at 300°, but smoking is an art more than a science. A temperature gague on the smoker gives a more precise reading of the heat, but the steady white smoke from the smokestack is the best indicator letting you know that the smoking process is on the right track. While smoking the ham, I also smoke corn as well. Using fresh corn, cut off the ends and gently peel the husks away. Brush off the strings from the corn and re-cover with the husks and set them on the grill. It takes about an hour for the corn to get that smoke-filled flavor. Remove the husks, add Butter, Salt and Pepper and serve.

Macaroni and Cheese

4 cups Macaroni
3/4 Cups Butter or Margerine
2 1/2 tbsp All-Purpose Flour
3 cups Milk
2 cups grated Sharp Cheddar Cheese
1/2 Cup Shredded Parmesan Cheese
Bread Crumbs
2 Tablespoons Italian Seasoning
1/4 tsp Cayenne Ground Pepper
4-5 Slices Fried Bacon, Chopped
Salt and Pepper to Taste.



1. Add Macaroni to a large pot of boiling water with 2 teaspoons of salt. Boil until al dente (softened, but still firm), drain Macaroni in a strainer and set aside.
2. Melt 1/4 Cup Butter. Whisk in 2 1/2 Tablespoons of Flour to mix well. Whisk in 3 Cups Milk and continue to stir. Add in 2 Cups Sharp Cheddar Cheese and stir to melt into the Roux. Add another 1/2 Cup Shredded Parmesan Cheese. As the sauce thickens, turn off heat.
3. Coat a Baking Dish with a thin layer of Butter and add the Macaroni.
4. Pour the Roux (Sauce mixture) over the Macaroni.
5. Melt a Tablespoon Butter (or Margerine) and add 1/2 Cup Bread Crumbs and stir to a slightly brown mixture. Coat Macaroni top with Buttered Bread Crumbs.
6. Sprinkle Cajun Seasoning to taste on top as well as Italian Seasoning.
7. Optional: Add Crumbled Fried Bacon as a topping.
8. Bake the Macaroni covered with Aluminum foil in the Oven at 350° for 30-40 minutes.

Notes

This is a simplified version that I've found to be incredibly tasty! The Roux or Sauce is critical to the process. I add a few spices, but feel free to add your own. The Bacon gives an added flavor, but is optional.



The Fine Art of Cooking

"It is Unamerican Not to Grill Out on Independence Day!"

I think those were the words of Thomas Jefferson as he signed the Declaration of Independence. He meant it, too! Seriously! Get the Smoker filled or the charcoals heated...whatever it takes to do your duty for our Country! People just need to Fight for their Freedoms of Grilling!



All-American Burgers

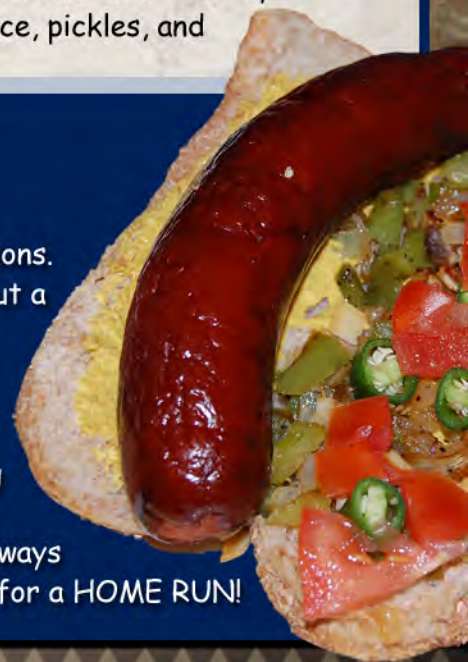
Let's begin with the Revolution! It all starts with a good burger mix.

Typically, I make the burgers in advance and freeze them until ready to grill. 2 1/2-3 lbs Ground Beef Chuck squished in a large mixing bowl. Add a substantial amount of Dale's Seasoning Sauce, along with Worcestershire Sauce, a small amount of Liquid Smoke and Hot Sauce if desired. Also mix in Salt and Pepper. Add extra seasonings you prefer as well such as Italian Seasoning, Garlic Powder, and Parsley. Mix well to distribute evenly throughout the burger. Pad the hamburgers in large balls and form into hamburger shapes. Place 3-4 hamburger patties into a large zip-lock plastic bag for freezing. Simply grill when ready and surrender to the taste of Freedom! Butter and Toast the Bun slightly in the oven. Put on whatever condiments you like (I like Brown Mustard and Horseradish Sauce). Add the Burger to the bun with Cheese and Microwave or melt the cheese in the oven (I sometimes add my Mushroom Mix recipe as well). Once the cheese melts, add lettuce, pickles, and Jalopena Peppers if you want to spice up July the 4th!

Major League Brats

Smoked or Grilled Bratwurst are the Best to include on festive occasions. Simple, really...I put them on the grill and let cook until done. I may put a dash of Worcestershire Sauce while grilling, but that's just an extra.

To assemble, I use a Hoagie or Deli Sandwich Bun that I've toasted slightly with butter, Garlic Salt and Italian Seasoning. Spread on Mustard lavishly. I also prepare my Mushroom Mix to add as a topping (See Page 18). I also like to add in sliced Jalopeno Peppers and maybe some diced Cucumbers and Tomatoes if available. There's so many ways to create that perfect Major League Brat that you'll be Swingin' for a HOME RUN!





Baby Back Ribs

2 - 4 Full Baby Back Ribs, quartered
4 cups Beef Broth

2 cups Barbecue Sauce
1 cup Honey

1. Boil Ribs in a large pot enough to cover the ribs. Add Beef Broth. Let boil and then reduce heat and simmer about one hour or until tender. Remove the ribs and set aside on a platter.
2. Use a charcoal grill with medium direct heat. (I typically use a smoker for that amazing smoked-hickory flavor).
3. Combine Barbecue Sauce and Honey in a mixing bowl. Baste Ribs generously with sauce and honey. After 10-15 minutes, turn over Ribs and baste the other side generously.
4. Continue to smoke or grill until the Ribs are cooked to your desired doneness.

Baked Beans

Coat a Black Iron Skillet with Bacon Grease and set temperature to medium-low. Cut up an Onion and Green Bell Pepper. Saute both in Iron Skillet. Add one can of Pork and Beans and stir. Add Hot Sauce and Worcestershire Sauce. Let cook 10-15 minutes more on low heat with a lid added to hold moisture.

Oktoberfest Sausages with Sauerkraut

2 tablespoons Vegetable Oil
Assorted Bratwurst, Polska Kielbasa,
or Sausage links (12 finger length portions)
One large White Onion, thinly sliced
2 Red Apples cored (cut into 1/2 inch slices)
(preferably Gala apples)
1/4 Cup Apple Cider
1 lb Sauerkraut
3 Large Pickles, quartered
1 Cucumber, sliced (peeling optional)
Spicy Brown and assorted mustards

1. Heat skillet over medium heat with 1 tbsp Olive Oil. Cook Sausages 3 minutes per side or until browned. Transfer sausages to plate.
2. Add another tablespoon of oil to skillet. Add Onion and cook for 3 minutes. Add Apples, stir and cook until softened (6 minutes.) Stir in Cider and cook for another minute. Add Sauerkraut and heat until warmed through.
3. Transfer Sauerkraut to a warm serving platter and top with sausages.
4. Serve with pickles, cucumbers, and mustards.



Polish Sausage with Homemade Sauerkraut & Apples

- 4 Tablespoons Bacon Fat
- 2 Tablespoons Sugar
- 2 Small Yellow Onions, chopped
- 6 cups shredded Red Cabbage
- 2 Tart Red Apples
(cored and thinly sliced, but not peeled)
- 2 Tablespoons Apple Cider Vinegar
- 1/2 Teaspoon Caraway Seeds
- 1 1/2 lbs Polish Smoked Sausage Links,
Bratwurst, and/or Kielbasa Sausages
- 1 lb New Potatoes
- Salt and Pepper
- 1 cup of Beer



1. Melt Bacon Fat in skillet over medium heat.
Add the Sugar and cook, stirring often, until the sugar browns (about 4 minutes)
Reduce the heat to medium-low, add chopped Onions. Saute until golden. (about 5 minutes)
2. Add the finely shredded Red Cabbage, Apples, Vinegar and Caraway Seeds. Stir.
3. Place Sausage Links and the Potatoes on top of the Cabbage mixture.
Season with Salt and Pepper to taste and pour the Beer over all.
Bring the mixture to a boil over medium heat.
Reduce heat to low and let simmer, covered for 45 minutes.

Kraut & Weenies

A much easier way is to Simply cut up sausage links or hot dogs into bite-size pieces. Using a small spoonful of bacon grease to get the skillet warm, cook the meat until browned turning over occasionally. Once browned, pour in one or two 14 oz cans of Sauerkraut (depending on how much sausage you are cooking and continue to cook on Medium heat about 10-12 minutes.



German Skillet

- | | |
|------------------------------|-----------------------------|
| 1 lb Ground Beef Chuck | 1 can Diced Tomatoes |
| 1 lb Pork Sausage | Salt and Pepper to taste |
| 3 Tablespoons Butter | 1 Cup Mushrooms |
| 1/2 Head of Cabbage, chopped | 1 Chopped Green Bell Pepper |
| 2 Cups uncooked Rice | Italian Seasoning |
| 1 Medium Chopped Onion | Parsley |

1. Divide both the Ground Beef and Pork Sausages in halves. Combine half of each and mix together and roll into small lengthwise sausage shapes. Fry the sausage and hamburger mixture until browned. Set aside.
2. Melt Butter in Skillet, Layer Cabbage, Uncooked Rice, Onion, remaining Beef Chuck and Pork Sausage. Also add the Diced Tomatoes. Salt and Pepper to taste. Cook on Medium heat and stir occasionally for about 10-15 minutes.
3. Add the Mushrooms and Green Bell Pepper if desired as well as extra seasonings such as Italian Seasoning and Parsley.
Also add in some Italian Seasoning and Parsley.
4. Cover with a lid and turn the temperature down to let simmer for another 20-35 minutes.

Potatoes, Parsley & Dill

- 6 Red Potatoes, peeled and halved
- 3 Tablespoons butter
- Coarse Salt and Freshly Ground Pepper
- 1 Tablespoon fresh Dill, finely chopped
- 2 Tablespoons fresh parsley

1. Place Potatoes in a large pot of water and boil.
2. Cook until fork-tender (approx. 15-18 minutes.)
3. Drain and transfer to warm serving bowl.
4. Add Butter. Season with Salt and Pepper.
5. Toss with Parsley and Dill.



Beef Stroganoff

1 Tablespoon Flour	1/2 Cup Chopped Onion
1/2 Teaspoon Salt	2-3 Garlic cloves
1 1/2 lb Beef for Stew	Worcestershire Sauce
2 Tablespoons Margerine	14 oz Beef Stock
2 Cup Chopped Mushrooms	12 oz Egg Noodles

1. Salt and Pepper beef (both sides) and lightly flour one side.
2. Cook Onion, Mushrooms, and Garlic with Margerine in a skillet at medium heat about 3-5 minutes or until tender.
3. Boil Egg Noodles until al dente.
4. Begin cooking the beef with the Mushroom mix. Add the Worcestershire sauce and beef broth and let cook on medium-high heat. Add the noodles and mix well.

Notes

Many recipes also include ketchup mixed in as well. This recipe is similar to my Beef Jambalaya (page 68). The only real difference is the noodles.

Salmon Marinade *with Red Beets & Blood Oranges*

2 Cloves Garlic, minced • Kosher Salt and Freshly Ground Pepper • 4-5 Tbsp Olive Oil
1 tsp Honey • 1 tsp Ground Tumeric • Salmon Fillets n(12 oz) • One 15 oz can Red Beets
2 Red Onions • 2 Blood Oranges, sliced and Halved, 1/3 cup Parsley

1. Whisk 3 Tbsp Olive Oil, Garlic, Honey, Turmeric, and Salt and Pepper to taste.
2. Brush Salmon Fillets to coat with Marinade mix and let stand 15 minutes.
3. Cut up the Red Onions into rings adding drained Red Beets to reserved Marinade.
4. Spread Beets and Onions onto a baking sheet and bake 25 minutes at 350°.
5. Cook Salmon in remaining Olive Oil on stovetop at Medium-High heat. Allow Salmon to sear (cooking crisp underneath), and flip once to slightly cook the other side.
6. Once cooked, place the Salmon (crispy side down) on top of the Beets and Onions. Pour in any remaining Marinade and bake another 10-12 minutes, or until cooked through. Transfer to a serving platter and garnish with Fresh Parsley.

Notes

The secret to searing is to have the oil heated before adding the fish. Cook until bottom side is cooked slightly crisp, then flip over once and cook the other side for half the amount of time as the crispy side.



Gourmet
GALLERY

the Fine Art of Cooking

**HAPPY
THANKSGIVING**



Baked Turkey

1. Allow Turkey to defrost in refrigerator for 3 days (or thaw in cold water)
2. Remove the neck and giblets from inside Turkey ends (Usually wrapped in bags).
3. Wash Turkey in sink area and then place into a larger boiler pan.
4. Rub Margerine to coat the Turkey both inside and out and fill the boiler pan halfway to the top with water. Add lid and place in oven for baking.
5. Begin by cooking at **450°** for **ONE HOUR**.
6. Turn temperature to **350°** and cook for **TWO HOURS**.
7. Turn temperature to **300°** and cook for **ONE HOUR**.
When the leg bones jiggle, the Turkey is well cooked.
8. Remove the boiler lid and let the Turkey brown on top for 5-10 minutes.

Notes

Brining a Turkey: See my appendix section for details on brining a Turkey to best prepare and season it before cooking. There are many things to consider and the process depends on the weight. It is well worth the time and effort if you have the time to prepare.

Turkey Dressing

Once the turkey is baked, reserve the broth after cooking. Use it to make the Dressing.

1. Make both Cornbread and Biscuits. Afterwards, crumble both together in a large mixing bowl.
2. Cut up Celery and an onion into small pieces. Add to the breading mix.
3. Pour in Turkey Broth until the mixture holds together. Add one or two eggs.
4. Spray a Baking Sheet pan with cooking oil. Pad Dressing Mixture into oval shapes and line them onto the Baking Sheet pan.
5. Heat in oven at 350° until dressing browns on the outside.

Mashed Potatoes

1. Bring a Pot of salted hot water to a boil. Add 2 lbs of peeled Baking Potatoes, peeled and quartered. Add 5 cloves Garlic (optional). Lower the heat and cook the potatoes until tender, but still firm (about 15 minutes). Drain water.
2. In a saucepan over medium heat, add 2 tbsp Butter a 1 cup of Milk. (For extra-richness, use Half-n-Half creamer). Melt the butter in the Milk.
3. Add the Milk and Butter to the hot drained potatoes and mash them until smooth and creamy. Season to taste with Salt and Pepper. Mix in any additional seasonings if desired, such as Parsley, Oregano, or Cayenne Pepper.

Butter Beans (Speckled Limas)

1. Melt 2 tbsp Bacon Grease in a medium-size pot, slowly adding 6 cups water.
2. Add frozen Speckled Lima beans and let cook on medium heat until cooked through (about 45 minutes to 1 hour). Stir occasionally. Add Salt to taste.

Fried Okra

Fresh Okra
Self-Rising Cornmeal
Flour
Bread Crumbs
2 Eggs
Salt and Pepper
Vegetable Oil

1. Wash fresh Okra in a sink. Cut ends of each and discard.
Cut the remaining Okra into bite-size pieces and collect into a mixing bowl.
2. Crack open 2 Eggs into a glass. Add a little Salt and Pepper and stir.
3. Pour Egg mixture to cover Okra in mixing bowl.
Add a small amount of bread crumbs.
4. Mix 2 Cups Self-Rising Cornmeal with 1 Cup Flour in a large Ziploc bag.
Add Okra to the Ziploc bag. Seal tight and shake rigorously to cover with the breading.
5. Heat a black-iron skillet on the stove with vegetable oil at medium heat.
Cook one layer of breaded Okra and let cook until browned on one side.
Turn Okra over to cook the other side until browned and crispy. (Cooking the Okra on high heat will burn the breading without fully cooking the Okra on the inside.)
6. Once browned, spread Okra to drain on a brown paper bag to soak up excess grease.

There's Nothing like Old-Fashioned Southern Home-Cooked Meals!

FRIED GREEN TOMATOES



- 4 Green Tomatoes (sliced 1/3 inch)
- 1 large Egg
- 1/2 cup Buttermilk
- 1/2 cup Flour
- 1/2 cup Cornmeal
- Salt and Pepper
- Vegetable Oil

1. Combine Egg & Buttermilk in a saucepan.
2. Combine 1/4 cup Flour, 1/2 cup Cornmeal, and Salt and Pepper in another saucepan.
3. Dredge sliced Tomatoes in remaining flour.
4. Dip each Tomato into the Egg mixture and dredge into the Cornmeal mixture.
5. Fry Tomatoes in a cast-iron skillet with 1/2 inch hot oil about 2 minutes each side or until golden.



Old-Fashioned Barbecue Chicken

One whole Chicken, cut in various parts,
or choose the portions you prefer.

(I typically use a couple of breasts, 4-6 legs,
and possibly a couple of thighs.)

Browned Flour (See Notes Below)

Crushed Red Pepper

One Green Bell Pepper, chopped

One Red Bell Pepper, chopped

Celery, chopped

Mushrooms

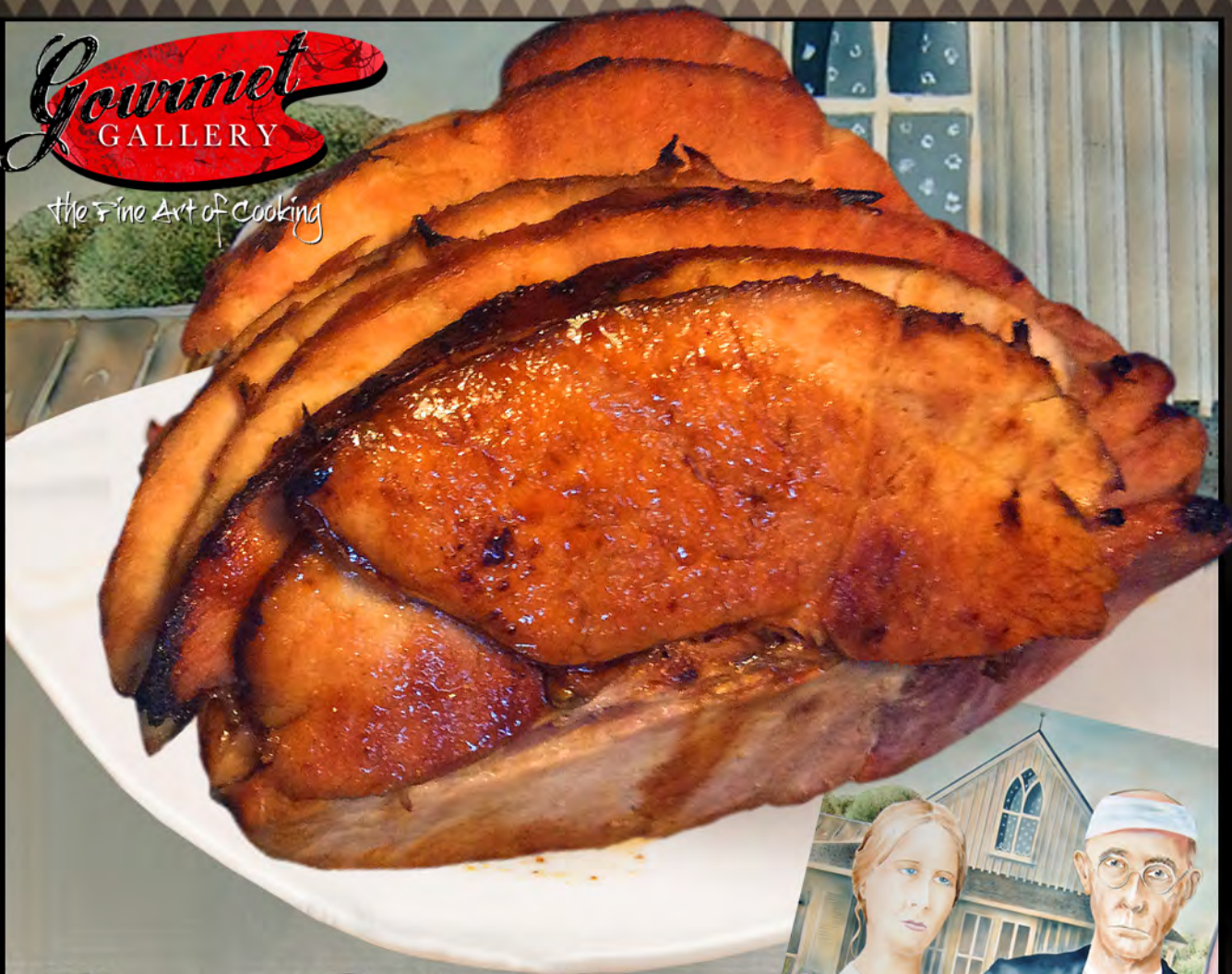
Salt and Pepper

Vinegar

1. Boil water in a large pan on stove top.
Wash Chicken in sink, taking off the skins and extra fat.
Place the Chicken in the boiling water on Medium-High temperature.
Add just a small amount of Crushed Red Pepper and let boil for One hour.
2. After One hour, add the Chopped Bell Peppers, Mushrooms, and Celery.
Add some Salt and Pepper to taste.
3. Put 4 large Tablespoons of browned flour in a large drinking glass.
Add Vinegar to fill half the glass. Stir mixture.
Then add Water to fill the glass and stir more.
Pour the mixture into the Chicken. Add more water as needed.
4. Boil until properly cooked through.

Notes

Browned Flour: Put regular All-Purpose Flour in a black iron skillet in the oven and bake at 450° until it turns brown. Stir occasionally for even browning. This can be kept as a seasoning in a container throughout and used when needed. No refrigeration is needed.



Honey-Baked Ham

Fully cooked, spiral-sliced ham (4-5 lbs)

1 cup Apple Cider

1/4 cup brown sugar

1/4 cup course Ground Mustard
(with whole Mustard Seeds).

1/4 cup Honey

1. Mix Apple Cider, Brown Sugar, Mustard and Honey in a bowl.
2. Place Ham in a large baking dish and coat generously with sauce.
Bake in oven at 350° for 60-70 minutes, basting thoroughly every 15 minutes.
3. Arrange slices on a serving dish and brush leftover sauce on Ham and serve.



Southern Fried Chicken

3-4 Chicken Breasts
6 Chicken Legs
4 Chicken Wings
3-4 4 Chicken Thighs
Vegetable Oil
Flour
Salt and Pepper
(Garlic Salt if preferred)
Onion Powder
Cajun Seasoning
Italian Seasoning and Parsley



1. Heat Vegetable Oil in a Black Iron Skillet. Fill Skillet with enough oil to coat one half of a Chicken Breast. Allow oil to heat to Medium-High.
Tip! - Take just a pinch of flour and sprinkle into the oil. If the flour begins to sizzle, the heat is ready for cooking.
2. Meanwhile, prepare the Chicken. Wash with cold water if necessary. If preferred, remove the skins of the Chicken Breasts and excess fat. I usually leave the skins for added flavor, texture, and crispiness.
3. Salt and Pepper both sides of Chicken.
Add other seasonings such as Onion Powder, Cajun, Italian, and Parsley.
4. Once seasoned, dredge the Chicken in a mixing bowl filled with just enough flour to coat all the Chicken. 2-3 Cups Flour is usually sufficient.
5. Cook coated Chicken in the oil (Black Iron Skillet on stovetop) until browned on one side. Turn the Chicken over and let the other side cook until browned.
6. Remove Chicken and set aside onto a plate lined with a brown paper bag. (This will remove excess oil while keeping the Chicken moist inside).

Gravy from Fried Chicken

Warm the leftover oil after cooking the Chicken on Medium Heat. Add Flour to the skillet. Add just a little Salt and Pepper and stir until the Flour browns. Combine a drinking cup with 60% milk and 40% water. Add to skillet and stir until the gravy boils and thickens. Serve gravy over toasted bread with a light coat of margarine.

Grilled Chicken

Another grilling favorite! Marinate various Chicken parts. Cut off excess fat. (Skins optional.) Place Chicken in a large container and add one can of beer to soak. Season with Worcestershire and Hot Sauce. Dress with Garlic Powder, Onion Powder, Cajun Seasoning and Italian Seasonings. After dressing one side, turn the Chicken portions over in the marinade and repeat the seasonings. Cover and let marinade in in the refrigerator 4-5 hours. The Chicken will soak in the beer and spices. Grill until Chicken is cooked through and moist, turning the chicken over as needed.

Grilled Potatoes & Onions

Slice 4 Baking Potatoes and a large Yellow Onion. Lightly layer an aluminum pie pan with Margerine. Add the Potatoes and Onions to the pan. Salt and Pepper to taste. Consider more seasonings such as Cayenne Pepper, Basil, and Parsley. Layer the top with more Margerine and tightly cover the pan with aluminum foil. Cook directly on the coals of the charcoal grill and allow the Margerine to melt into the Potatoes and Onions. Make sure the Potatoes cook through.



EXTRA

Potatoes and Onions in the Microwave

Here's the Microwave version if you want the same thing without having to grill. Wash and slice 4-5 Baking Potatoes, cut up an onion and mix together in a microwavable bowl. Add the seasonings (Salt, Pepper, and Italian Seasoning) and mix. Coat with Margerine and microwave 15-20 minutes, or until the potatoes are cooked tender. Try adding shredded cheese as a topping and microwave an additional couple of minutes until the cheese melts into the mixture.

Venison Stir-Fry

- | | |
|---|------------------------------|
| 2 lb Venison or beef steak,
(cut across grain into 1/4 strips) | 1/4 Teaspoon Garlic Powder |
| 2 Tablespoons Beer | 2 Tablespoons Oil |
| 2 Tablespoons Soy Sauce | 2 (6oz) packages Frozen peas |
| 1 Tablespoon Cornstarch | 1 Cup Sliced Fresh Mushrooms |
| 1/4 Teaspoon Black Pepper | 1 Cup Thinly-Sliced Carrots |
| 1/4 Teaspoon Powdered Ginger | 1 Cup Thinly-Sliced Onions |
| | 1 Cup Broccoli |

1. Place meat in shallow pan. In a small bowl, combine beer, soy sauce, cornstarch, pepper, ginger, and garlic powder. Pour over meat and marinate for one hour at room temperature or in a refrigerator overnight.
2. Pour oil in a wok and preheat to 375°. Drain meat, but reserve marinade. Place half of the meat in hot oil and stir-fry for 3 minutes until brown. Remove and add the other half of meat and stir-fry adding Onions for 3 minutes.
3. Add the other half of meat along with Carrots, Peas, Mushrooms and broccoli and cook until vegetables are done.
4. Add remaining marinade to wok and stir gently to combine ingredients. Reduce heat and simmer for 5 minutes or until heated throughout.
(Best served as a topping with rice or noodles)

Notes

Look up more interesting Venison recipes on the internet. This is only one of many that I have made, but I'm sure there are more that are delicious!

Minute Steak



Also known as a Beef-Cubed Steak, this was one of the first recipes I learned to cook and is still a favorite! It gets its name from its simplicity and quick turnaround for quick meal. I'm still trying to perfect the gravy. Practice makes perfect!

1. Thaw if necessary. Salt and Pepper both sides of Beef-Cubed Steaks.
2. Dredge in a mixing bowl with flour. Cover lavishly.
3. Cook steaks in a Black Iron Skillet with enough Vegetable Oil to coat the bottom skillet. Cook on Medium-High Heat until the steaks brown and begin to crisp.
4. Once cooked to satisfaction, remove the Minute Steaks from the oil and drain on a plate lined with a brown paper grocery bag to soak up excess oil without draining moisture. Paper towels will also pull away the moisture from the steaks, so use a brown paper bag.

Notes **GRAVY:** Reserve the remaining oil after cooking the steaks to make a quick gravy as a side treat. Add some Flour to the skillet. Add Salt and Pepper. Stir until Flour begins to brown. Combine a drinking cup with 90% Milk and 10% Water. Add to browning Flour and stir until the gravy boils and thickens. Serve gravy over a lightly toasted bread.



the Fine Art of Cooking

Mom's Meatloaf



- 1 1/2 lbs Ground Beef Chuck
- One can (14 oz) Campbell's Tomato Soup
- One Green Bell Pepper
- One Onion, chopped * Beefy Onion Soup Mix
- One Egg You can get these dry seasonings
- 3-4 Slices Bread to mix with water- See Note below.

1. Toast 4 slices of bread in oven until crispy brown.
2. Heat Ground Chuck on stovetop in a skillet.
3. Add Onions and sliced Bell Pepper. Salt and Pepper.
4. Use 1 envelope of Beefy Onion Soup mix added to a medium saucepan. Stir in 2 cups of water and bring to a boil, stirring occasionally for 10 minutes. Reduce heat and let simmer about 10 minutes.
5. Add prepared Beefy Onion Soup with the Ground Chuck. Add one can of Campbell's Tomato Soup. Add one egg and stir mixture.
6. Crumble the toasted bread into the mixture and mix well.
7. Grease a pyrex cooking pan with bacon grease or use vegetable oil cooking spray. Add mixture to pan and pack tight using a spatula. Cover pan with aluminum foil (shiny side on the inside).
8. Bake in oven at 450° for 45 minutes.
9. Remove foil from top of pan and let cook 5 more minutes to brown the top layer.



Notes

Mom later began adding the Beefy Onion Soup mix that gives this recipe an added kick. It adds some extra moisture and flavor to the dish, but I like simple and basic as a rule. Add just enough to create a solid mixture without it becoming too liquidated for baking. If not using an extra stock and the mixture seems too dry, simply add milk as an alternative.

The Roast Beast!

Use either a large Pork or Beef Roast

1. Sprinkle both sides of Roast with salt and pepper, then cover lightly with flour
2. Place Roast in a covered roasting pan (preferably one that has a small separated grill in the bottom to keep the roast from the bottom)
3. Add 1/2 Cup of water and Cook in the oven at 350° for 30 minutes.
4. Add vegetables such as Onions, Carrots, Potatoes, Bell Peppers, Mushrooms and Celery. Season with Italian Seasoning and extra salt and pepper.
5. Cover and cook another 1-1 1/2 hours or more depending on size of roast. Check tenderness while cooking to judge when cooked through.
6. Remove lid as the roast begins to cook through and continue to cook an additional 15-20 minutes to brown.



Notes

I often cut up Jalapena Peppers in slices to mix in the Roast when serving. I like the added spicy kick! Also, save the broth afterwards to make a delicious soup. You can always add more cooked vegetables if needed.

Masterpiece Chili

2 lb Ground Beef Chuck
Red Kidney Beans
2 cans (15.5 oz each)
Diced Tomatoes
2 (14.5 oz) cans
One large Onion
5 Cloves Garlic, minced
Corn or Vegetable Oil
Montreal Steak Seasoning
Ground Cayenne Red Pepper
Crushed Red Peppers
Chili Powder
Italian Seasoning
1 can (14 oz) Beef Broth
1 can of Beer
2 oz Hot Sauce
Mushrooms (optional)



1. Heat oil over medium-high heat.
Add chopped Onions and minced Garlic.
Saute 3-5 minutes, stirring frequently.
Add Beef and cook until browned.
Season lightly with Montreal Seasoning (or simply salt and pepper)
2. Add one can of beer and cook until the the beer reduces by half it's contents.
3. Stir in Beef Broth.
4. Coat the entire top with a layer of Chili Powder. Stir.
5. Add Diced Tomatoes, a small amount of Crushed Red Peppers, Ground Cayenne Red Pepper to taste, Italian Seasoning, Hot Sauce and Kidney Beans.
Add Mushrooms as well if desired.
6. Let boil and then turn temperature to medium-low to simmer about 15 minutes.

Notes

One of my Favorite recipes! Great for Winter occasions to spice up life and warm the soul! I typically crush up saltine crackers into the chili as I devour this delicious recipe. I have a spicy-hot taste pallete, so this has become my Masterpiece recipe!

A photograph of a roasted chicken with vegetables in a pan. The chicken is golden brown and surrounded by various vegetables including broccoli, carrots, and potatoes. The text "Roasted Chicken with Vegetables" is overlaid on the image in a white, cursive font.

Roasted Chicken with Vegetables

5-7 lb Chicken for roasting

Seasonings such as Salt and Pepper,
Onion Powder, Cayenne Pepper,
Butter or Margerine

Italian Seasoning and Parsley.

4-6 Medium size Potatoes, quartered

One Yellow Onion, Chopped

1 lb Baby Carrots

3-4 Celery stalks, chopped

One Bell Pepper (any color), cut in lengths

One 12 oz can or bottle of dark lager beer

1. Remove giblets and coat the Chicken with Butter on both sides as well as inside. Season to taste with Salt, Pepper, and other favorites. (I like Cayenne Pepper).
2. Place Chicken in a roasting pan with 6 cups of water and bake in the oven on the lower level at 350° for 45 minutes to one hour.
3. While the Chicken is cooking, cut up the vegetables.
4. After Chicken has cooked for 45 minutes, add the vegetables. Add one can or bottle of a dark lager beer.
5. Continue cooking in the oven at 350° for another hour.
6. Turn temperature to 300° and continue cooking for another 30 minutes or until Chicken is browned and vegetables are cooked through.



London Broil

So Simple and So delicious!

Get a London Broil Steak and marinade in a tightly-sealed ziplock bag with enough Dale's Sauce to coat thoroughly. Place ziplock bag and steak in refrigerator and marinade at least 4 hours, turning over to even the coating each hour.

Reserve the marinade in a cooking pan.

Place steak in broiler and cook about 2-3 minutes per side. Leave oven slightly ajar. With a sharp knife, cut against the grain of the meat to slice in bite-size portions.

Notes

Use the remaining marinade and bring to a boil. Slowly add water as needed to dilute the taste to your preference. Makes a delicious sauce for the steak.

Roasted Potatoes

• 2 lbs Yukon Gold Potatoes • 2 splashes of Olive Oil • 2-3 Teaspoons Salt
3 sprigs Fresh Rosemary (leaves removed and chopped) • 3-4 Garlic Cloves, minced

1. Peel potatoes and cut into evenly sized cubes.

In a large bowl, toss potatoes with olive oil to coat. Salt and Pepper to taste. Add Rosemary and Garlic Cloves.

2. Place potatoes on a baking sheet and cook in the oven at 400° for 10 minutes.

3. After 10 minutes, scrape with a metal spatula and flip potatoes for even cooking.

4. Continue to turn potatoes every 10 minutes until baked through (40 minutes).

Chicken and Dumplings



2 1/2 lb Chicken
3 Celery Rib stalks, chopped
One large Onion
2 Bay Leaves
2 Chicken Bouillon Cubes
House Seasoning
2-3 Bay Leaves
Salt and Pepper to taste
1/4 Cup Garlic Powder

One 10 oz. can Cream of Chicken Soup

* **NOTE:** Reserve the Chicken Broth after cooking the Chicken!

Dumplings

2 Cups Flour
1 Teaspoon Salt
2 Tablespoons Butter
1 Cup Buttermilk

House Seasoning

1 Cup Salt
1/4 Cup Black Pepper
1/4 Cup Garlic Powder

1. Place the Chicken, Celery, Onion, Bay Leaves, Bouillon and House Seasoning in a large pot with 4 quarts of water. Cook over medium heat until tender. (40 minutes)
2. Combine Flour, Baking Powder, and a teaspoon of Salt in a bowl. Cut up the Butter into the dry mixture.
3. Stir in Buttermilk. Mix with a fork until the dough forms a ball.
4. Heavily Flour a work surface and roll the dough with a rolling pin into a thin layer. Cut the dumplings with a pizza cutter into one-inch squares.
5. Using 2 quarts of the reserved Chicken Broth, add the cream of Chicken Soup and bring to a boil. Cut up the cooked Chicken in pieces and add to the broth.
6. Add the dumplings to the broth one at a time. Instead of stirring, gently move the pot in a circular motion so the dumplings become submerged and cook evenly, about 15-20 minutes on medium-low heat. As the dumplings begin to float, taste-test to assure they are not undercooked. If so, continue until cooked thoroughly.

Fried Pork Chops

6-8 Pork Chop Tenderloins
Salt and Pepper
Italian Seasoning
Parsley
Flour
Vegetable Oil



Another one of my mom's recipes we had a lot growing up when time was limited It's a quick meal to make, not many ingredients, and just Delicious!

1. Season Pork Chops with Salt and Pepper, Italian Seasoning and Parsley. Dredge in a small bowl of Flour.
2. Heat Oil in a black iron skillet until hot. Cook Pork Chops on high heat until cooked throughout on both sides.

Notes

Sprinkle Flour in the pan to determine if the oil is hot enough to begin frying.

Grilled Pork Chops

While Grilling Pork Chops...Consider my Grilled Potatoes and Onions on Page 38 For a Delicious Side Dish!

6-8 Pork Chop Tenderloins, Meat Tenderizer, Black Pepper, Italian Seasoning, Parsley, and Beer.

Grilling Pork Chops are easy and inexpensive. The secret is to marinate them with beer and add on the seasonings. Use Meat Tenderizer instead of Salt.

1. I typically use a Charcoal Grill for grilling. Pork Chops don't take long to cook, depending on how hot the coals get. Judge visually as the chops turn color while grilling. The secret is to cook well throughout, but still keep moisture inside. Potatoes and Onions on the grill make a great side dish.

Corned Beef Brisket

3 lb Corned Beef Brisket
(with Spice Packet)
10 Small Red Potatoes
5 Carrots, Peeled and cut
into 2" pieces
One Head of Green Cabbage,
cut into small wedges

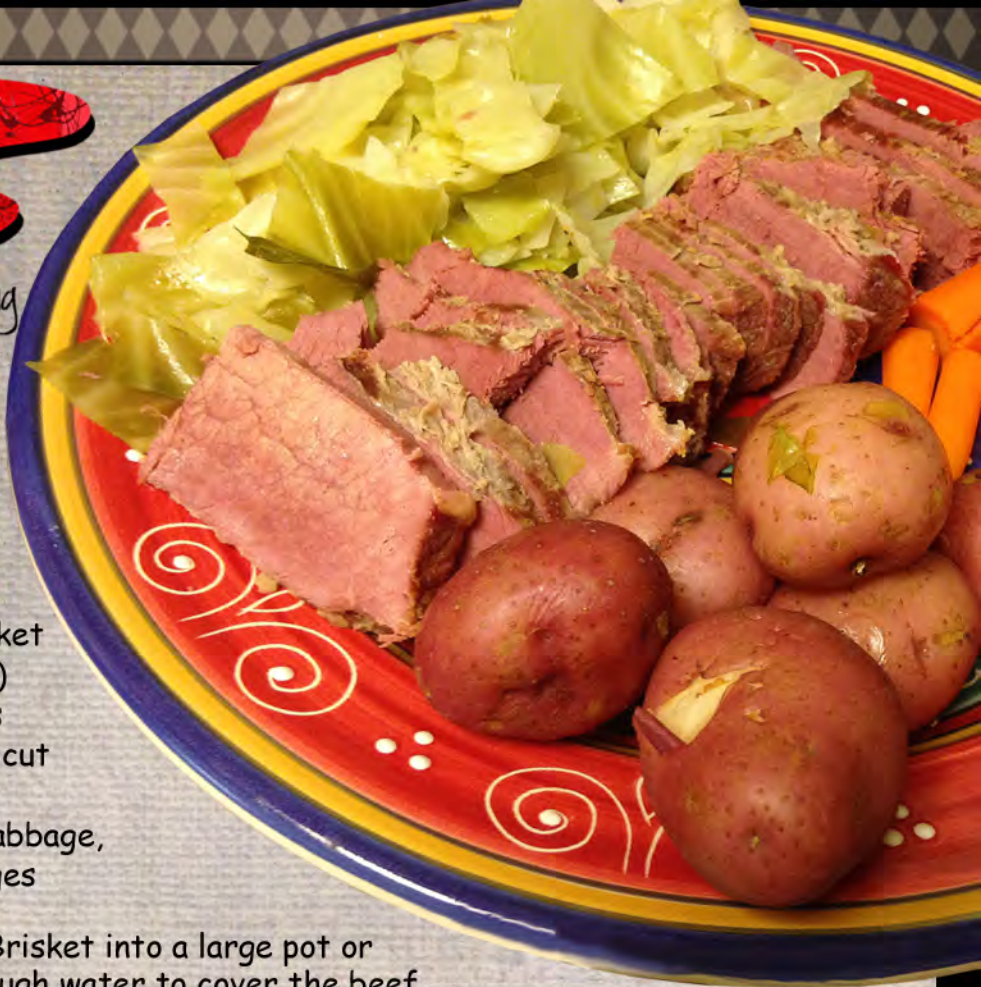
1. Place Corned Beef Brisket into a large pot or dutch oven with enough water to cover the beef. Cover pot and bring to a boil. Reduce heat and let simmer for 50 minutes per pound or until tender.
2. Add whole Red Potatoes with cut-up Carrots. Cook until almost tender. Add Cabbage and cook another 15 minutes. Remove the meat and let cool 15 minutes.
3. Place vegetables in a bowl with added broth. Cover.
4. Slice the Beef Brisket cutting across the grain.

EXTRA

Brisket BBQ Sauce

2 tablespoons Butter	1/4 cup brown sugar
1/4 cup finely chopped Onion (yellow)	1/4 cup lemon juice
1 clove Garlic (pressed)	1 tablespoon Worcestershire Sauce
1 cup Ketchup	1 tablespoon Yellow Mustard

Melt the butter in a small saucepan over medium heat. Add the onions and garlic and cook, stirring until soft (about 3-4 minutes). Stir in the Ketchup, Sugar, Lemon Juice, Mustard, and Worcestershire Sauce and bring to a boil. Reduce the heat low to simmer, uncovered, until thickened (about 15-20 minutes). Store in an airtight container in the refrigerator.





the Fine Art of Cooking

Southern Pork Barbeque

Use a 5-6 lb Pork Roast, shoulder, or Boston butt. Season with the Barbecue Dry Rub. Smoke the pork in a smoker using hickory or mesquite wood and continue adding wood as needed to keep the temperature of barbecue grilling ranging from 325-375°. Barbecue until browned and cooked through, about 4-6 hours or meat is tender. In the last hour of smoking, wrap the meat with aluminum foil with some of the Vinegar Barbecue sauce. Seal well and continue to grill. This will add moisture and soak in more of the sauce while cooking. Once done, pull the pork into pieces with a fork or your fingers, discarding excess fat. Put the pulled pork in an aluminum pan and stir in more of the Vinegar Barbecue Sauce. Cover with Aluminum foil. Serve with additional preferred Barbecue sauces. Pulled pork sandwiches are great. Simply toast a large bun and add the pork with extra sauce. Great with fries and cole slaw.

Barbecue Dry Rub

- | | |
|----------------------------|----------------------------|
| 2 tablespoons Salt | 4 tablespoons Paprika |
| 2 tablespoons Sugar | 1 tablespoon Garlic Powder |
| 2 tablespoons Ground Cumin | 1 teaspoon Cayenne Pepper |
| 2 tablespoons Black Pepper | 1/2 teaspoon dry mustard |
| 2 tablespoons Chili Powder | |

Combine all ingredients and rub thoroughly on the Pork Roast before grilling.

EXTRA

Vinegar Barbecue Sauce

- | | |
|------------------------------|---------------------------------|
| 1 cup Vinegar | 1/2 teaspoon Crushed Red Pepper |
| 1/2 cup Water | 2 tablespoons Brown Sugar |
| 1/2 cup Ketchup | 1/2 teaspoon Black Pepper |
| 1 Medium Onion, sliced thin | 1/2 teaspoon Salt |
| 1 large Garlic Clove, minced | |

Mix ingredients together in a pot and boil over high heat. Reduce heat and simmer for 10 minutes or until slightly reduced.

SEAFOOD

Smoked Salmon

Smoked or Grilled Salmon is always a special treat!

I typically get 2 full salmon steaks and place them on a thin aluminum pan or foil on top of the grill. Season with Old Bay Seasoning, Black Pepper, Cajun Spice, Italian Seasoning, Parsley, and also try coating with Italian Dressing.

Grill or smoke until cooked through, turning once each side. Smoking takes longer, but well worth the wait to get that Smoked Salmon flavor!

Asparagus Stir-Fry

Asparagus; 2 Cubes Chicken Broth; Soy Sauce;
Green Onions; Olive Oil; Garlic, Ginger, Black Pepper,
Mushrooms, Broccoli and Baby Carrots

1. Break off Asparagus Stems to bite size pieces. (Peel if desired.)
2. Add 2 cubes Chicken Broth to 16 oz. Water. Boil, adding Soy Sauce and chopped Green Peppers.
3. Fry Asparagus with a tablespoon of Olive Oil in a Stir-Fry pan. Add Mushrooms, Broccoli, Baby Carrots, Garlic, Ginger, and Black Pepper. Stir-Fry on Medium heat.
4. Stir in Broth mixture and Cook 8-10 minutes.
5. Drain and Serve.



the Fine Art of Cooking

Italian-Seasoned Shrimp

1. Melt a stick of butter (or margarine substitute) in a wide broiling pan.
2. Slice one lemon and layer on top of the butter.
3. Place Fresh Shrimp on top and season with dried Italian Seasoning.
4. Bake in the oven at 350° for 15 minutes.

Skewered Shrimp

1 lb large shrimp, peeled and deveined
Vegetable cooking spray

Basting Sauce:

- 2 Tablespoons melted Margarine
- 2 Tablespoons chopped Parsley
- 1 Tablespoon Lemon Jucie
- 1/4 Teaspoon Paprika
- 1/4 Teaspoon Garlic Powder

1. Skewer Shrimp (about 6-8 per skewer)
2. Combine basting sauce ingredients.
3. Brush shrimp with sauce. Spray with vegetable cooking spray.
4. Grill over hot coals until shrimp turns pink (4-8 minutes, depending on heat)



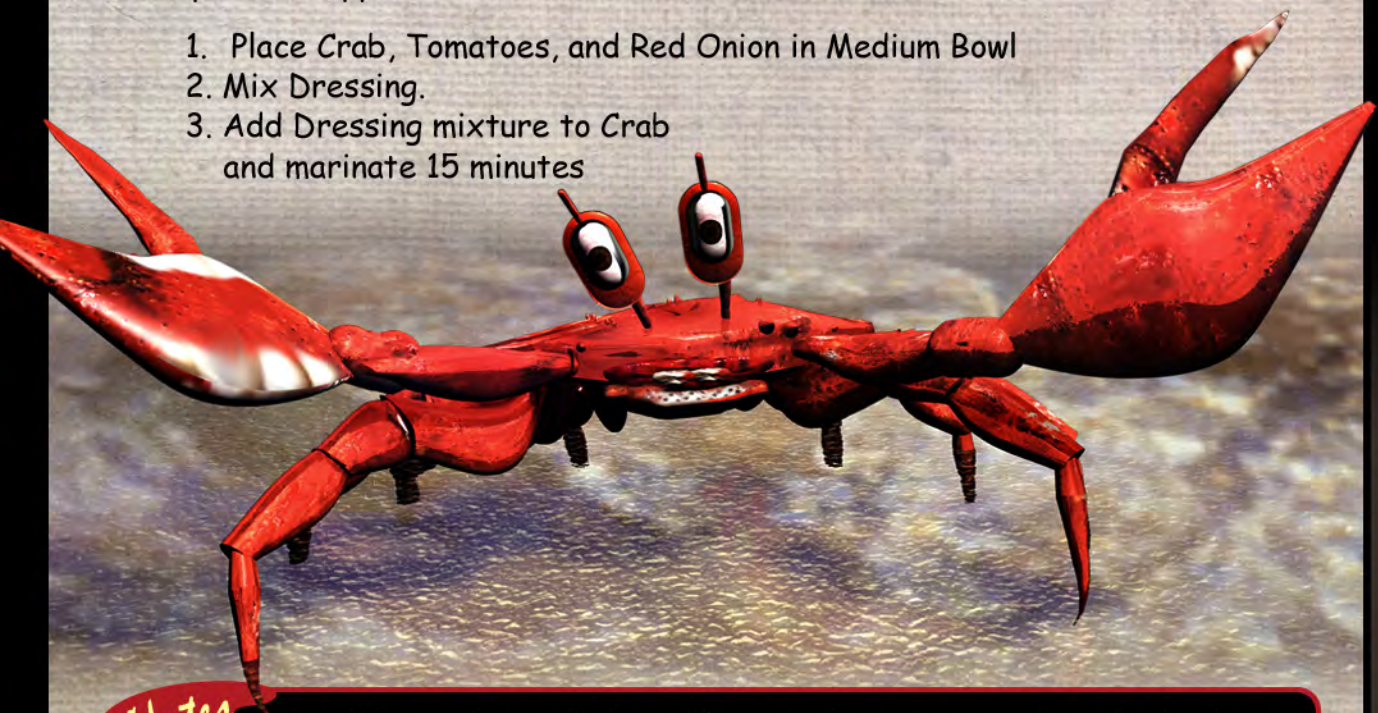
Notes

Try this same technique with Salmon cubes, Scallops, and Swordfish!

Crab Ceviche

- 1 lb imitation crab, chopped
2 diced tomatoes
1/4 cup Red Onion, finely chopped
Dressing:
1/4 cup fresh Lime Juice
3 Tablespoons Cilantro, finely chopped
2 Tablespoons Olive Oil
1/4 Teaspoon Garlic Powder
1/4 Cup Black Pepper

1. Place Crab, Tomatoes, and Red Onion in Medium Bowl
2. Mix Dressing.
3. Add Dressing mixture to Crab and marinate 15 minutes



Notes

Try this cooking technique I learned in South America. So simple and Easy...not to mention Delicioso! Try it with cooked Salmon, Lobster meat, and even Octopus!



The Fine Art of Cooking

Blackened Cajun Catfish

1 lb Catfish Fillets

1/2 Cup white wine

2 Tablespoons Lemon Juice

1 Teaspoon Butter

1 1/2 Tablespoons extra virgin olive oil

2 cloves Garlic, smashed

2 Tablespoons Cajun Seasoning

1 Teaspoon Poultry Seasoning

1. Heat oil in a large skillet over medium-low heat. Add Garlic and cook until golden brown. Remove the skillet from stove and discard garlic cloves, keeping the oil in the skillet.
2. Combine Cajun and Poultry Seasonings in a small bowl. Set aside.
3. Rinse Fish and pat dry with paper towels. Sprinkle both sides with the seasoning mix.
4. Return the skillet to the stove and set temperature to medium-high. Add fish when oil is hot. Cook approximately 5 minutes per side or until fish flakes easily when tested with a fork. Remove fish once cooked to a serving plate.
5. Deglaze the pan with white wine and lemon juice and bring to a boil. Reduce heat and simmer for 2 minutes. Swirl butter into the sauce and pour over fish.

Dirty Rice

1 box (6 oz) long grain and wild rice mix

1/4 cup finely diced onion

1/4 cup finely diced celery

1/2 cup finely diced green bell pepper

1/4 cup finely chopped mushrooms

2 1/3 cups chicken broth

3/4 teaspoon Poultry Seasoning

1 Tablespoon extra virgin olive oil

1. Heat oil in a skillet over medium heat. Add onion, celery, green bell peppers, and mushrooms to hot oil. Saute until vegetables are soft.
2. Add broth and Poultry Seasoning and bring to a boil. Add Rice and cover to reduce heat to low. Simmer for 20-25 minutes. Fluff with fork as needed.



Gourmet
GALLERY

the Fine Art of Cooking

Mussels in Lager Beer

2 Tablespoons extra-virgin olive oil
4 cloves garlic, crushed
1 small onion, chopped
1 Jalapeno pepper, chopped

2 dozen Mussels, scrubbed
1/2 cup dark Lager beer
1 can (15 oz) diced tomatoes, drained
2 Tablespoons chopped parsley or cilantro

1. Add the Garlic, Onions, and Jalapeno slices in olive oil in a skillet and cook over medium heat. Season slightly with Salt and saute for two minutes.
2. Arrange Mussels in the pan.
3. Pour a dark lager beer and add Diced Tomatoes. Shake the pan to mix well. Cover and cook about 3-5 minutes until the mussels open.
4. Remove from heat and spoon sauce into the mussel shells.
5. Garnish with parsley or cilantro and serve.



2 1/2 lbs Whole Red Potatoes
(cut into quarters)
2 lbs corn on the cob
(cut in thirds)
2 lbs polska kielbasa sausage
(cut 2-3 inches in length)
3 lbs large to medium shrimp
(you can leave the tail shells on)
Old Bay Seasoning
2 cups mushrooms
2 yellow onions
2 Bell Peppers
1 Stick Butter

Savannah Low Country Boil

1. In a 30 Quart Boiling Pot, Fill half with water and boil. Add Butter and Old Bay Seasoning to Taste. Bring to a Boil.
2. Add Potatoes. Cook approximately 15 minutes.
3. Add Sausage and Whole Onions (the skins as well to add seasoning flavor.) Cook an additional 5 minutes.
4. Add Corn on the Cobb, Bell Peppers and Mushrooms. Cook approx. 3 minutes.
5. Turn OFF Heat and add Shrimp to simmer for 3 minutes or until pink. The shrimp should begin to float! when done).

Notes

Make a soup from the leftover boiled broth. Add more ingredients such as shrimp, corn, bite-sized cuts of potatoes and extra sausage if available. Simply prepare extras and boil together to make a delicious soup!

Also try
CRAB LEGS
for a True
**SEAFOOD
FEAST!**

Seafood Kabobs



- 1/2 lb butter
- 2/3 Cups beer
- 6 Tablespoons Ketchup
- 6 Tablespoons Lemon Juice
- 1/4 Cup Worcestershire Sauce
- 6 Cloves crushed Garlic
- 1/4 Teaspoons Salt
- 14 Freshly Ground Pepper
- Small or Large Sea Scallops (about 1 1/4 lbs)
- 12 oz Swordfish or Halibut Steak
- 24 Medium or Large Shrimp, peeled and deveined (about 1/2 lb)
- 1 thinly sliced lemon

To make the Marinade:

Melt butter over low heat in a medium saucepan. Stir in beer, ketchup, lemon juice, worcestershire sauce, salt, garlic, salt and pepper.

1. Place the seafood in shallow glass dish. Pour the marinade over and toss to coat.
2. Marinate in the refrigerator 4-6 hours, turning occasionally.
3. Thread the seafood on as many skewers as necessary with added green bell peppers or other vegetables.
4. Broil (4-5 minutes) or grill on a charcoal grill 10-15 minutes, turning over and brushing each side with marinade.

Notes

Any grilling fish will do. Serve over the top of cooked rice. Delicious!

Salmon Supreme

1/4 cup Fresh Lemon Juice
1 Teaspoon Dijon-Style Mustard
Salmon Steaks

Sauce:

1 1/2 Medium Roasted Red Bell Pepper
(or 2 Whole Bell Peppers, chopped)
1/2 Cup Non-Fat Plain Yogurt (or Buttermilk)
1/4 Cup Horseradish Sauce
1/2 Cup Low-Fat Sour Cream
1 Teaspoon Dried Tarragon Seasoning
A pinch of Salt

1. Combine Lemon Juice and Mustard. Mix.
Pour over defrosted or fresh Salmon steaks.
Refrigerate for 10 minutes.
2. Place aluminum foil over a broiler pan.
Place Salmon steaks on aluminum foil and broil until slightly browned.
Turn Salmon steaks over and broil the other side until browned.
3. Once done, remove steaks from oven broiler.
4. In a Mixer, combine sliced Roasted Red Bell Pepper with yogurt, sour cream, Tarragon, Horseradish Sauce and salt. Blend ingredients until smooth.
5. Pour Sauce onto plate. Add Salmon steaks to sauce.
Add a sliced or diced tomato to top.

***Excellent with Asparagus as a side!

Gourmet GALLERY

the Fine Art of Cooking

Spicy Shrimp Stir-Fry

2 lbs Medium Shrimp
Olive Oil
Broccoli
Red Bell Pepper
Tiny Cut Carrots
Green Beans
Celery
Mushrooms
14 oz Diced Tomatoes

Stir Fry Sauce:

1/2 Cup Soy Sauce
Jalopenos or Hot Sauce
A dash of Crushed Red Peppers
2-3 Tablespoons Sugar

You can also combine sauce with Worcestershire sauce, Szechuan, or any tasty sauce.


1. Heat 2 Tablespoons Olive Oil on stove at medium heat in wide skillet.
2. Cook shrimp in skillet about 5 minutes Remove shrimp and set aside.
3. Cook Stir-Fry mixture in small pot.
4. Fry all vegetables including diced tomatoes in remaining oil approximately 8-10 minutes at medium heat.
5. Add cooked shrimp and Stir-Fry Sauce to skillet with vegetables for a couple of minutes.

Notes

Many times I use the frozen stir-fry options from the grocery store, but like to add in extra vegetables. Also experiment with the sauces to determine the flavors you prefer.



Shrimp Creole

- 
- 1 lb Shrimp, peeled
 - 1 Vidalia Onion, chopped
 - 1/2 cup Celery, chopped
 - 3/4 cup Green Bell Pepper, chopped
 - 1 Garlic Clove, minced
 - 2 tablespoons Butter or Margarine
 - 1 (16 oz) can Whole Tomatoes
- (or 4 Fresh Tomatoes, chopped)
 - 1 (16 oz) can Tomato Sauce
 - 1 teaspoon Salt
 - 2 teaspoons dried Parsley
 - 1/4 teaspoon Cayenne
 - 2 teaspoons Worcestershire Sauce
 - 2 teaspoons Soy Sauce
 - 1 teaspoon Hot Sauce
 - 1 tablespoon Lemon Juice
 - 3 Bay Leaves
 - * Also Cook rice for serving

1. Sauté Onions, Celery, Pepper, and Garlic in Butter in a large saucepan.
2. Add Tomatoes, Tomato Sauce, Salt, Parsley, Cayenne, Soy Sauce, Hot Sauce, and Worcestershire, Lemon Juice and Bay Leaves. Stir and Mix ingredients. Bring to a simmer and let cook approximately 30 minutes.
3. Add Shrimp and cook over medium-low heat until Shrimp turn pink.
4. Remove the Bay Leaves and serve over Rice.

Maryland Crab Cakes

- 
- 1 lb Crab meat or imitation crab
 - 3 Egg whites, beaten
 - 1/2 Cup Dry Bread Crumbs
 - 1 Tablespoon Worcestershire Sauce
 - 1 Tablespoon Parsley, chopped
 - 1 Tablespoon Baking Powder
 - 1 Tablespoon Mayonnaise
 - 1 Teaspoon Old Bay Seasoning
 - Vegetable Oil or Vegetable Cooking Spray (whether frying or baking)

1. Mix all ingredients in a bowl and shape into 4 circular patties.
2. Once Oil is hot, Fry the Crab Cakes on high heat until golden brown.
3. Cook each side over medium heat until golden brown and serve hot.
4. Same process for baking, only spray Cooking Tray with Vegetable Oil and bake at 350 in the oven, turning once to brown each side as needed.

Gourmet GALLERY

the Fine Art of Cooking

Fish 'n Chips



1. Defrost frozen fish in cold water or microwave.
2. Mix 3/4 Cornmeal and 1/4 Flour in mixing bowl. Add preferred seasonings such as Paprika and Black Pepper. Season both sides, dredge Fish in mix.
3. Heat skillet with vegetable oil on high temperature. Add Fish when hot.
4. Fry Fish on both sides until browned or fish flakes easily with a fork.

Notes

Reserve the Grease after frying the fish to cook Hush Puppies as well! This adds a seafood fish flavoring as well as being a resourceful cook.

Homemade Potato Chips

1. Slice 2-3 baking potatoes into thin slices and arrange on a cooking tray.
2. Add seasonings such as Salt, Pepper, Italian Seasoning, and Parsley.
3. Fry potatoes in vegetable oil on very high heat. As soon as crisp, remove potatoes and drain on a brown paper bag to soak up excess oil.

Hush Puppies

1. Cut a small Onion into a mixing bowl.
 2. Add equal parts of Flour and Cornmeal.
 3. Add Buttermilk-just enough for thick consistency. (Add Coconut Milk for more flavor)
 4. Add 1-2 Eggs and Salt and Pepper to taste.
 5. Mix well and spoon into small ball or oval shapes.
 6. Dip into a small bowl filled with Italian Bread Crumbs to coat.
 6. Using the same Oil after frying the Fish, cook the Hush Puppies on medium heat until brown.
- Tip:* Cut One in half to ensure it's fully cooked on the inside. Drain on Brown Paper Bag

EXTRA *Homemade Tarter Sauce*

Process and mix Dill Pickles, Olives and an Onion with Salad Dressing or 2 Tablespoons of Mayonnaise and two squirts of Mustard.

Salmon Mango Marmalade

1 1/2 lb Salmon Flank
Orange Marmalade
Brown Sugar
Mango Seasoning
Creole Seasoning
Italian Seasoning
Beer

Marinate Salmon in a covered dish skin side down. Rub in Orange Marmalade to coat. Pour Beer to fill close to top of the Salmon and lightly sprinkle Brown Sugar and Seasonings. Marinate in refrigerator for at least 4 hours. Remove the Salmon (reserve Marinade) and grill on double-folded aluminum foil with small holes cut through for drainage for 12-15 minutes or until Salmon becomes flaky.

* See more about cooking Salmon in the Appenix.

Eastern Shore Crab Slaw

1/2 lb Green Cabbage, finely shredded
1/2 lb Red Cabbage, finely shredded
1/2 Cup Mayonnaise
Juice from half a lemon
1 Teaspoon Celery Seeds
Two 6 oz cans Crabmeat, drained
2 Hard-boiled Eggs, coarsely chopped
Salt and Pepper

1. Combine Green and Red Cabbage in a large bowl.
2. Combine Mayonnaise, Lemon Juice, and Celery seeds in a small bowl. Add to the Cabbage and mix well.
3. Add the Crab meat and Eggs and toss. Season with Salt and Pepper to taste.



Salmon Cakes



1 1/2 Skinless center cut salmon fillet,
finely chopped (or canned salmon)
1/2 cup mayonanaise or sour cream
2 tablespoons Hot Sauce
2 Garlic Cloves, minced
1 medium Shallot, minced
1 tablespoon minced fresh ginger

2 tablespoons chopped Cilantro
1 tablespoon chopped mint (optional)
1 teaspoon salt
1 teaspoon pepper
1 1/2 cups dry bread crumbs
1/4 cup vegetable oil
Lemon wedges for garnish (optional)

1. In a large bowl, mix the mayo (or sour cream), hot sauce, garlic, shallots, ginger, cilantro, mint, salt and pepper. Then add the salmon and 1 cup bread crumbs. Mold the mixture together into roughly 6 salmon cake oval patties.
2. (Optional Step)- Refrigerate for a couple of hours.
3. Add remaining 1/2 cup of bread crumbs to salmon cakes.
4. Cook salmon cakes in a large skillet (3 at a time) with oil on stovetop at medium-high temperature- about 5 minutes each side or until done (longer for those who like them more fully cooked and browned outside. Visual judgement is key).
5. Top with mayonnaise or sour cream and lemon wedges for presentation and flavor.
*NOTE! After frying the Salmon Cakes, I simply added them to my smoker as I was grilling for about 15 minutes. It gave them that added smoked flavor!

EXTRA

Queen Ann's Slaw

Mix Cabbage, a Sweet Onion, Hellman's mayonnaise and diced tomatoes with salt to taste. Mix well and serve.

Bay Country Oysters & Fish

1/4 Cup Margerine or 1/2 Stick Salted Butter
1 Cup Onion, finely chopped
1 lb. Flounder Fillets, each cut into 4 pieces
4 oz. can sliced Mushrooms, drained with juice reserved
1/2 pint (8 oz.) Shucked Oysters, drained with juice reserved.
1/2 cup combined juices from Mushrooms and Oysters
1/4 cup Dry Sherry
Salt and Pepper
Chopped Fresh Parsley
Cooked Rice

1. Melt Margerine (or Butter) in a black iron cast skillet over medium heat. Add the Onion and cook, stirring until glazed about 8-10 minutes.
2. Spread the Onion evenly in the skillet and lay the fish fillets over top. Spread the Mushrooms over the fish.
3. In a small bowl, combine the Mushroom and Oyster juice, Sherry, Salt and Pepper. Pour over Fish and Mushrooms. Cover and simmer over medium heat until fish flakes easily when tested with a fork (5-8 minutes).
4. Add the Oysters to the skillet and simmer uncovered, basting frequently with the pan juices until the edges of the oysters curl (about 5 minutes).
5. Serve over rice in a bowl. Garnish with Parsley.

Bourbon Street Gumbo

- 1 lb Raw Shrimp, peeled and deveined
- 1 lb Crab meat
- 2 Tablespoons Olive Oil
- 1 White Onion, chopped
- 2 Celery stalks, chopped
- 1/2 Green Bell Pepper, chopped
- 4 Cloves Garlic, minced
- 1 16 oz can Tomato Sauce
- 1 16 oz can Diced Tomatoes
- 2 Tablespoons Sugar
- 2 Cups Water
- 18 oz Frozen mixed vegetables
- 2 Bay Leaves
- Salt and Pepper
- 1 Tablespoon Parsley



1. Heat oil in a large pot and saute Onion, Celery, Bell Pepper, and Garlic until tender.
2. Add Tomatoes, Tomato Sauce and Sugar. Simmer 5 minutes.
3. Add Water, vegetables, Bay Leaves, Salt and Pepper to taskte.
Cover and cook until tender.
(The Gumbo base can now be refrigerated if serving later)
4. Add Shrimp to the Gumbo. Cook until the Shrimp turns opaque.
5. Add Crab. Warm through. Garnish with Parsley. Discard Bay Leaves and serve.

Notes

A secret to Cajun flavoring is to add more sugar to sweeten gumbo. If too sweet, add vinegar to tone down the richness. Many people associate Cajun seasoning with a lot of pepper and spices, but the original intent was to find the perfect balance of complimentary flavors.



the Fine Art of Cooking

Seasoned Swai Fish Fillets

Four 4 oz Swai Fish Fillets
2 Tablespoons Margerine
1/4 Cup Dry White Wine
1 Tablespoon Lemon Juice
1 Tablespoon Chopped Cilantro
1 Tablespoon Minced Garlic
1 Teaspoon Salt
1 Teaspoon Black Pepper
1 Teaspoon Paprika
Cooking Spray



1. Preheat Oven to 350° and lightly spray Baking Sheet with Cooking Spray.
2. Place Fish on Baking Sheet.
3. Heat Margerine in a saucepan over Medium heat. Mix in Wine, Lemon Juice, Cilantro, Garlic, Salt and Pepper. Simmer for 2 Minutes.
4. Generously spoon sauce over Fish Fillets. Sprinkle Paprika on top as well.
5. Bake in oven until fish flakes easily with a fork (approximately 10-12 minutes.)

Scallops

1 lb Sea Scallops

Kosher Salt and Black Pepper

Flour (for dredging the Scallops)

4 Tablespoons Margerine (or 1/2 stick Butter)

1/2 Cup chopped Shallots (or Mushrooms)

1 Garlic Clove, minced

1/4 Cup chopped fresh Parsley

1/3 Cup Dry White Wine

1. Sprinkle Scallops with Kosher Salt and Pepper and dredge with flour.
2. Heat 2 Tbsp Margerine in a large Saute pan and cook Scallops until lightly browned on both sides (3-4 minutes.)
3. Met remaining Margerine in Saute pan and add Shallots, Garlic, and Parsley to Saute 2 minutes
4. Add in some Wine, Salt and Pepper to taste and cook another minute



ITALIAN

Pizza, Pasta, and a wide range of Italian delicacies are often what I crave. There's so much variety and numerous methods of cooking that keep me wanting to try new recipes!

All-Star Pizza!



1

Begin with a pizza crust, either doing it yourself with pizza dough or buying a pre-packaged one. I like the whole wheat crusts, so I get those to use. Spread on a thin layer of Tomato Paste to cover.



2

Layer lavishly with Pizza sauce on top of the Tomato Paste.



3

Layer with as many pepperonies as possible to completely fulfill your excessive needs.



4

Add both sausage and ground beef as toppings. Yes, you can do this! It's only your own willpower that needs incentive to go for the HOME RUN!



5

Late in the game...let's add Mushrooms, a sliced Red Onion and some cuts of Green Bell Peppers. (Banana Peppers are also a game-winning choice.)



6

EXTRA INNINGS!!! The pressure and excitement builds and the pressure is on. Top with a mixture of Mozzarella and Sharp Cheddar Cheese. Add more Italian Seasoning and Salt and Pepper.



7

I use a Pizza Stone, but any oven-ready pizza pan is sufficient. The bases are loaded as you begin to bake at 360° for 25-30 minutes. Add more cheese and bake a few minutes longer as the Pizza cooks through. Swing for the fence and round the bases! You are the MVP of your team's appetite!

Garlic Bread

Butter Bread lavishly adding Garlic Salt, Black Pepper, and Italian Seasoning. Bake on cookie sheet in oven at 350° until crisp.



Breadsticks

Unroll Pizza dough onto a greased cookie sheet and brush with butter. Sprinkle cheeses and spices evenly over the dough. Cut dough lengthwise with a pizza cutter into 12 long strips. Without separating the strips, bake for 10-12 minutes until golden brown.

Beef Jambalaya

2 lbs Cubed Beef Stew Meat
2 Cups Curly Pasta Noodles
One Green Bell Pepper
One Red Onion
1 Can (14 oz) Diced Tomatoes
Mushrooms (Cut)
Basil Leaves
Worcestershire Sauce
Butter
Salt and Pepper
Italian Seasoning
Mozzarella Cheese (Shredded)

1. Salt and Pepper both sides of Cubed Beef Stew Meat.
Cook until Medium in Olive oil on stove. Set Aside.
2. Boil Tri-Colored Curly Pasta Noodles in water
(Add a little Salt for extra flavor and to prevent noodles from sticking together)
3. Chop up Mushrooms, Bell Pepper, and a Red Onion.
Saute Mushrooms, Pepper, and Onion mixture in a Black Iron Skillet with Butter.
4. Transfer Mushroom mix into large Pan, add the Beef.
Add Diced Tomatoes. Add seasonings to taste, Worcestershire Sauce, Salt and pepper, Italian Seasoning, and Basil seasoning. Cook on Med-Hi.
5. Continue Simmering for roughly 15 minutes and enjoy your new Masterpiece with garnishings of slightly melted Shredded Mozzarella Cheese on top!

Notes

I usually add another can of Diced Tomatoes to help with the overall flavor and consistency of the meal. Also, you can add more spicy kick to it with Jalapeno Peppers (sparingly)- but at this point...my intestines are at critical mass...so spice accordingly and Enjoy!



Classic Meat Lasagna

1/2 oz (1 Tablespoon butter)
1 lb dried Lasagna Noodles
Basic Cream Sauce
1 Cup grated Parmigiano



For the Ragu:

3 oz. Butter	1 1/4 cups Pancetta, finely diced
1/4 cup olive oil	2 Cups Dry Red Wine
2 medium celery stalks, finely chopped (about 1/2 cup)	1/2 Cup Canned Tomato Puree
2 Small Yellow Onions, finely chopped (1 1/2 cups)	1/4 Cup Tomato Paste diluted in 1/2 cup water
1 lb Ground Chuck (2 cups)	2 Cups Beef or Chicken Broth
1 lb Boneless Pork Shoulder, finely diced or ground (1 1/2 cups)	1 Cup Whole Milk
	Kosher Salt and Ground Black Pepper

To make the Ragu, melt 6 Tbs butter with the olive oil in a Dutch oven skillet over medium heat. Add Celery and onions and cook, stirring occasionally (about 15 minutes). Add the Beef, Pork, and Pancetta and cook 5-10 minutes as meats lose their redness. Stir in the wine, tomato puree and tomato paste and simmer vigorously until the liquid evaporates (15-20 minutes). Add the broth and milk, cover with the lid slightly ajar, reduce heat to low and simmer until the sauce becomes thick and concentrated (may take as long as 2 1/2 hours). Add broth as necessary while simmering to prevent scorching. Season to taste with salt and pepper.

1. Boil Lasagna Noodles until slightly softened in water with added salt to prevent sticking.
2. Butter a 10x14 Baking Dish that is 2-inches deep (or one similar in size)
3. While preheating the oven to 350°F, spread 1/2 cup of ragu in baking dish.
4. Cover with cooked lasagna noodles (overlap the noodles)
5. Layer with another 1/3 of the noodles and spread another 1/3 of the Ragu.
Drizzle on 1/3 of the cream sauce (about 1 cup) and spread with a spatula.
6. Sprinkle with 1/3 cup of Parmigiano.
7. Add another layer of noodles and repeat with remaining Ragu, Cream Sauce and Parmigiano.
8. Bake in the oven until heated through and bubbling at the edges (about 45-50 minutes).
9. Remove from oven and allow to cool 10-15 minutes.



- 6 Boneless Skinless Chicken Breasts
- 1/4 lb Margerine
- 1/2 Cup Parmesan Cheese
- 1/4 Cup Chopped Parsley or 1/3 Cup Dried Parsley
- Black Pepper
- 1 Clove Garlic or Garlic Powder
- 1 Package Saltine Crackers

Chicken Parmesan

1. Melt butter and add Parmesan Cheese, Parsley, Pepper and Garlic.
2. Coat Chicken with mixture.
3. Crush up Saltine Crackers into fine crumbs.
I typically crush them up in a zip-lock container bag.
4. Sprinkle or dredge the Chicken in a wide bowl with the cracker crumbs to coat.
5. Place the Chicken on an aluminum-foil lined baking sheet.
6. Bake 30-40 minutes in the oven at 350°.

Cavolo al Peperoncino *Cabbage with Pepper Seasonings*

2 Tablespoons Olive Oil; 1/4 lb Bacon, chopped; 1 small chile, crushed or a pinch of Crushed Red Peppers; 1 Clove Garlic, chopped; 1/2 head of Cabbage, sliced; 1/4 cup of Water; Salt to taste.

1. In a large saucepan over medium heat, combine the oil, bacon, onion, and chile and cook, stirring often until the onion is tender (about 10 minutes.) Stir in the Garlic and cook another minute.
2. Add the Cabbage, water, Salt and Pepper to taste. Reduce the heat to low, cover and continue cooking while stirring occasionally. Continue cooking 30 minutes. Add water as needed until cabbage is tender and slightly browned. Serve hot.



Italian Sausage Pasta

1 lb Sausage, cut into bite-size pieces
2 Green Bell Peppers, chopped
8 oz Penne or Bowtie Pasta
1 Cup mushrooms
1/2 Cup Beef Broth

1/2 Teaspoon Garlic
1/4 Teaspoon Black Pepper
1 Cup Shredded Parmesan Cheese
1/2 Cup Beer

1. Bring a large pot of lightly salted water to a boil.
Add pasta and cook about 10 minutes or until 'al dente.' That is an Italian expression which means 'firm to the bite' or 'cooked to the tooth'.
2. Cook Sausage, Peppers and Mushrooms in a large skillet over Medium heat until Sausage is brown and the juices run clear.
3. Drain Sausage and Peppers. Return to the frying pan.
4. Pour in broth and season with Garlic and Pepper.
Add Beer and bring to a boil.
5. Top pasta with the Sausage sauce and sprinkle Cheese over top, then serve.

Chicken Florentine

4 6 oz. Skinless Boneless
Chicken Breasts

Salt and Pepper to taste

1/2 Cup Italian Seasoned
Dry Bread Crumbs

One Egg (Separate the
White from the Yolk)

One 10 oz. package Frozen
Chopped Spinach, thawed

1/8 Teaspoon Nutmeg

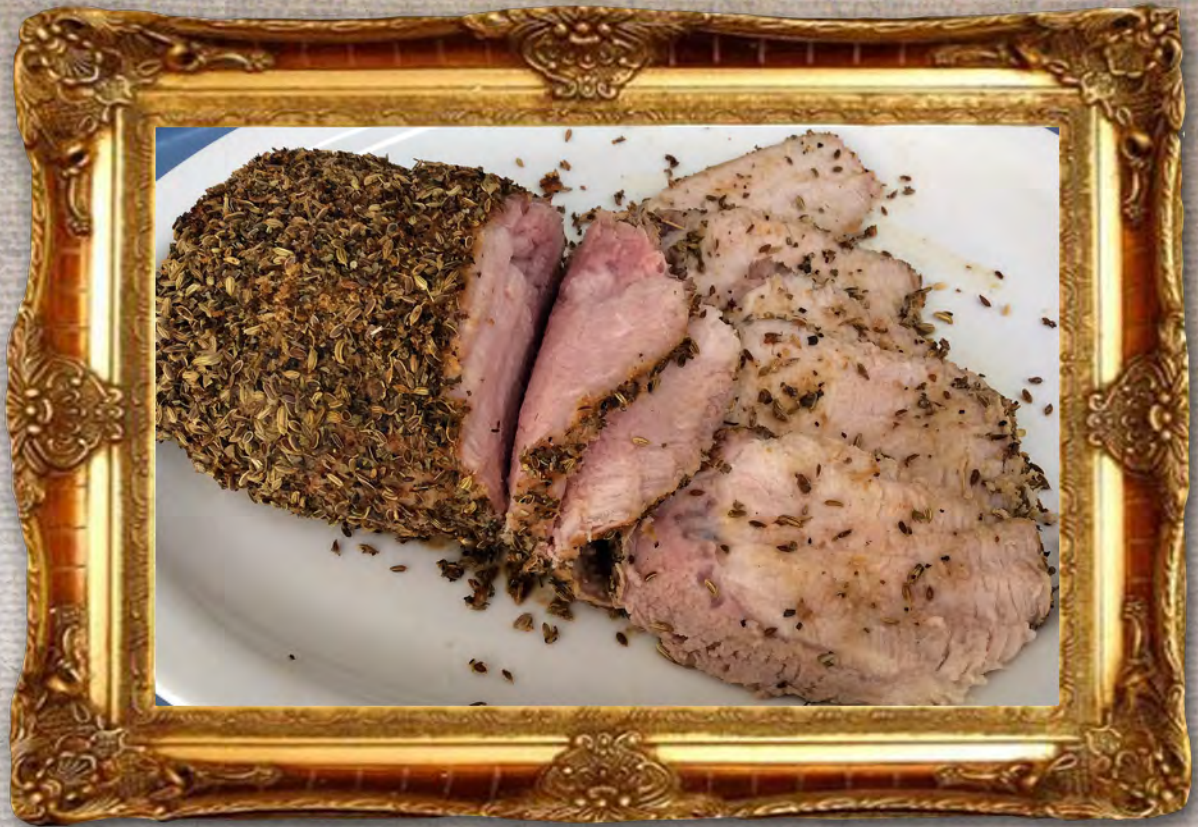
2 Tablespoons Olive Oil

4 Slices Mozzarella Cheese

1 Cup Tomato Basil or Marinara Spaghetti Sauce

1. Salt and Pepper Chicken to taste.
Beat the Egg White in a shallow bowl and dip with Chicken Breasts.
2. Place Bread Crumbs in a shallow plate and dredge Chicken to coat.
3. Combine Spinach, Egg Yolk and Nutmeg. Mix well.
4. Heat oil in a large skillet with a cover over Medium-High heat.
Add Chicken Breasts when hot and cook 3 minutes per side
or until golden brown. Reduce heat to low.
5. Cover each Chicken Breast with 1/4 Spinach mixture.
Top with a slice of Mozzarella Cheese for each Chicken Breast.
6. Cover skillet and continue cooking 6 minutes or until Chicken is
no longer pink in the center.
7. Spoon warmed Spaghetti Sauce over Chicken and serve with noodles.





Italian Porketta

4 lbs Boneless Pork Loin
3-4 Tablespoons Dill Seed
2 Tablespoons Fennel Seed
1/2 Teaspoon Oregano
1 Teaspoon Lemon Pepper
1/2 Teaspoon Onion Powder
1/2 Teaspoon Garlic Powder

1. Combine all the seasonings together and coat the roast thoroughly.
2. Roast in a shallow pan at 325° for 45 minutes to one hour, or until the meat thermometer registers 155° to 160°.
3. Let Roast cool 5-10 minutes before carving.



Fettuccine and Sweet Italian Sausage Alfredo

1 Package 9 oz. Fettuccine
1 lb Sweet Italian Sausage
10 oz. Alfredo Sauce
1/3 Cup Shredded Parmesan Cheese

1. Prepare pasta according to package directions.
2. Brown Sausage in a large skillet over medium heat.
Drain.
3. Return Sausage to skillet. Add Pasta and Sauce.
Heat through.
4. Top with Cheese.

Italian Baked Pork Chops



- 1 Tablespoon Dijon Mustard
- 1 Tablespoon Olive Oil
- 1/2 Teaspoon Italian Seasoning
- 4 Pork Center Loin Chops (6 oz each)
- Salt and Pepper
- 1/2 Cup Shredded Parmesan Cheese

1. Whisk Mustard, Olive Oil and Italian Seasoning in a small bowl. Season the Pork Chops with Salt and Pepper, then brush both sides of chops with the mustard mixture. Press Parmesan Cheese into both sides.
2. Place Pork Chops on a parchment-lined baking sheet. Bake in the oven at 400° about 10 minutes or cooked through.

Fagiolini alla Fiorentina (or Florentine Green Beans with Fennel)

- 1 lb Green Beans, trimmed; 1 Yellow Onion, chopped; 1 Teaspoon Fennel Seeds;
- 3 Tablespoons Olive Oil; 1 Tomato, chopped; Ground Black Pepper

1. Add Green Beans to a saucepan of water and cook until softened. Drain once cooked.
2. Saute the chopped Onion with Fennel Seeds in Olive Oil until tender (5 minutes.) Add the Tomato and cook, stirring occasionally about 10 minutes.
3. Add the Green Beans, Salt and Pepper to taste until the beans are tender (about 10 minutes.) Serve hot.

Meatball Pasta

- 1 Teaspoon Olive Oil
- 2 Cloves Garlic, minced
- 8 oz. Ground Beef
- 8 oz. Ground Turkey
- One Egg
- 3 Tablespoons Chicken Broth
- 1 Teaspoon Fennel Seeds
- Salt and Pepper
- 8 oz. Spaghetti Noodles
- Shredded Parmesan Cheese
- 1/3 Cup Dry French Bread Crumbs
- 1/2 Teaspoon Dried Basil Leaves
- 2 Cans (14.5 oz.) Stewed Tomatoes, undrained

1. Heat oil in a large saucepan over medium-high heat. Add half of the Garlic and cook for one minute. Add Stewed Tomatoes with the juice and Basil Leaves. Bring to a boil. Then reduce heat and simmer, uncovered for 20-25 minutes or until sauce thickens, stirring occasionally.
2. Combine Beef, Turkey, Bread Crumbs, Chicken Broth, One Egg, Fennel Seeds and remaining Garlic. Add Salt and Pepper and mix in a large bowl.
3. After mixing well, use wet hands to shape Meat mixture into approximately 10-12 individual meatballs.
4. Spray a broiler pan with non-stick cooking spray. Arrange meatballs on broiler pan and broil 4 inches from heat about 10 minutes. Remove meatballs and add to Tomato Sauce mixture. Cover and cook 5-10 minutes or until heated through.
5. Boil Spaghetti Noodles on stovetop in water with a little salt added. Drain water when Noodles are done.
6. Arrange Noodles on a serving platter. Pour Meatballs and Sauce over pasta and serve with Shredded Parmesan Cheese.



*Linguine
with Pesto-
Marinara
Clam Sauce*



- | | |
|---------------------------------------|---------------------------------|
| 1 Teaspoon Vegetable Oil | |
| 1/4 Cup Chopped Shallots or Mushrooms | |
| 3 Cloves Garlic, finely chopped | |
| 2 Cans (6 oz. each) Minced Clams | 1/4 Teaspoon Crushed Red Pepper |
| 1 1/3 Cups Marinara Sauce | 8 oz. Linguine |
| 2 Tablespoons Prepared Pesto Sauce | 1/4 Cup Chopped Fresh Parsley |

1. Heat Oil in a large saucepan until hot. Add Shallots and cook for about 2 minutes.
2. Drain Clams (Reserving the juice in a glass) Add the Clams and 1/2 Cup Clam Juice, Marinara Sauce, Pesto and Crushed Red Pepper to saucepan. Cook about 10 minutes, stirring often.
3. Boil Linguine uncovered. Drain.
4. Serve Linguine with Sauce spooned evenly over each serving. Top with Parsley and garnish with a lemon and Parsley Leaf.

Marinara Sauce:

1 1/2 Tbsp Olive Oil • 3 Garlic Cloves, minced • 1 Can (28 oz.) Italian Plum Tomatoes
1/4 Cup Tomato Paste • 2 Tbsp Dried Basil Leaves • 1/2 tsp Sugar • 1/4 tsp Salt
1/4 tsp Crushed Red Pepper

Heat Oil in a large skillet over medium heat. Add Garlic, cook and stir 3 minutes. Stir in remaining ingredients. Bring to a boil. Reduce heat to low. Simmer uncovered 10 minutes.

MEXICAN

Let's go South of the Border and paint brilliant colors with all the delicacies of Mexican flavor!

Beef Tacos

- | | |
|--|------------------------|
| 6 Taco Shells | 3/4 cup Water |
| 1 lb Ground Beef | Shredded Lettuce |
| 1/4 tsp. Garlic | Diced Tomatoes |
| 1 tsp. Chili Powder | Salt & Pepper to taste |
| 1 onion, chopped | |
| Shredded Mexican-Style Cheese:
(Monterey Jack, Mild Cheddar,
Queso Quesadilla & Asadero cheeses) | |

1. Brown Ground Beef in large skillet over medium heat.
2. Add Garlic, Chili Powder or taco seasoning and chopped onion. Salt and Pepper to taste.
3. Stir and Simmer 15 minutes, stirring occasionally.
4. Place separated Taco shells on baking sheet & Heat in oven at 350° for 5 minutes.
5. Fill Taco shells with 1/4 Meat mixture.
6. Layer Taco Shells with Lettuce, Diced Tomatoes, Shredded Cheese and Taco Sauce.



Gourmet GALLERY

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Chicken Enchilladas



- | | |
|---|-----------------------------------|
| 2 lbs. Skinless, Boneless Chicken | 1 Package Shredded Mexican Cheese |
| 1 large container of Chicken Broth | 1 can Cream of Celery Soup |
| 2 small cans Diced Green Chile Peppers, drained | 1 can Cream of Chicken Soup |
| 1 package dry Taco Seasoning | 1 small container Sour Cream |
| One 8-pack White or Whole Wheat Tortillas | |

1. Bring Chicken Broth to a boil in large skillet. Add Chicken to broth and boil 5 minutes. Stir Chicken while cooking. Remove Chicken once cooked through and shred with a knife and fork. Season shredded Chicken with Taco Seasoning.
2. Stir in the two cans of diced Green Chile Peppers and add the cans of Soup.
3. Set a pyrex oven pan (9 x 11 dish) to the side and place tortillas inside.
4. Spread roughly 4 tablespoons of chicken mixture in a line across the center of the tortilla and sprinkle a couple of tablespoons of Cheese throughout. Fold tortillas in half over meat and cheese. Roll snugly folding portion to open edge
5. Place the enchiladas tightly side by side, filling the oven dish (I can fit 8 of them).
6. Spread any remaining meat across the top of enchiladas and add extra cheese to top.
7. Heat oven to 250° and cook for 15-20 minutes.
8. Once Cheese has melted, remove enchiladas and separate with a spatula. Top with Sour Cream.

Beef Enchiladas

Essentially the same recipe as the Chicken Enchiladas, but using 2 lbs Ground Beef Chuck cooked in a large skillet. Drain the Beef, stir in Taco Seasoning mix, diced Green Chiles and Celery Soup.

Notes

A Delicious Meal served with Dirty Rice and Black Beans!



Chipotle Chicken Nachos

Grilled or Rotisserie Chicken cut into bite-size pieces

2 tablespoons Olive Oil

1 Onion, chopped

2-3 large garlic cloves, chopped

2 teaspoons Ground Cumin

2 teaspoons Ground Coriander

2 teaspoons Ground Paprika

2 teaspoons Ground Cumin

2 tablespoons pureed or finely chopped Chipotle or Chipotle seasoning

1 cup Chicken stock* (See Notes)

1 bag of corn tortilla chips

1 cup shredded sharp cheddar cheese

Toppings may include: Chopped Tomatoes, Jalapeno peppers, sliced Red Onion and chopped Cilantro



1. Heat the chopped Onion and Garlic cloves in Olive oil for a couple minutes, stirring evenly.
2. Add the spices and stir another minute.
3. Add the Chicken, Chicken stock and chipotle and let simmer. Turn temperature to low as it cooks to combine flavors slowly.
4. Layer Corn Tortillas in a large casserole dish. Add the simmered chicken. Add the shredded cheese as well on top. Bake in oven approx 15 minutes.
5. Remove from oven and serve with toppings added.

Notes

Marinate the chicken with various spices such as garlic powder, salt and pepper, worcestershire sauce, italian seasoning, etc in just enough beer to coat 1/2 of the chicken as it marinates 4-6 hours. Reserve the Marinade and boil it on the stove in a saucepan for an extra savory blended sauce for additional recipes.



Pulled Pork and Salsa Quesadillas

8 8-inch Flour Tortillas
4 Cups Pulled Pork
(enough to cover Tortillas)
2 Cups Grated Mozzarella
or Monterrey Jack Cheese
One 14-16 oz. Salsa, drained
Fresh Basil
Cilantro
4 Teaspoons Olive Oil
Sour Cream

1. Saute a Red Bell Pepper with Pulled Pork and Salsa until heated through.
2. Arrange 4 Tortillas on a work surface. Divide the Cheese, Pork and Salsa among the Tortillas, leaving a 1-inch border. Top with seasonings and the remaining Tortillas.
3. Heat Oil in a skillet over medium heat. Cook one Quesadilla at a time, turning once until the cheese melts and the Tortillas are crisp and golden. (about 2 minutes per side).
4. Transfer Tortillas to a cutting board and cut into wedge shapes.



Hot Tamales

4-5 lbs Ground Beef Chuck	2 Tablespoons Paprika	1 Tblsp Onion Powder
3/4 cup Vegetable Oil	Salt and Pepper to taste	1 tbls Garlic Powder
1/4 cup Chili Powder	1 tsp Ground Cayenne Pepper	1 tsp Ground Cumin

1. Brown meat in liquid Vegetable or Olive Oil over medium heat. Stir in Chili Powder, Paprika, Salt and Pepper, Cayenne, Onion Powder, Garlic Powder and Cumin. Cook, stirring often until meat is warmed through (about 7-10 minutes). Set aside.
2. **CORN HUSKS:**
Soak the Corn Husks in a large bowl or sink of very warm water until they become soft and pliable (about 2 hours). Gently separate the husks into single leaves, trying not to tear them. Wash off any dust and discark corn silks. Keep any shucks that split to the side as the can be used as overlapping pieces.
3. **CORN MEAL DOUGH:**
8 cups Yellow Corn Meal or Masa Mix; 4 teaspoons baking powder; 2 tsp Salt
1 2/3 cups lard or vegetable shortening; 6-8 cups warm meat broth (reserved)
Stir the Corn Meal, Baking Powder, Salt and Lard together in a large bowl until well blended
Gradually stir in enough warm liquid to make soft, spongy dough that is the consistency of thick mashed potatoes. It should be quite moist, but not wet. Cover bowl with damp cloth.
4. Remove a Corn Husk from the water and pat it dry. Lay the husk on a surface and spread 1/4 of the dough in an even layer across the wide end of the husk to within one inch of the edges. Spoon about 1 tablespoon of the meat mixture in a line down the center of the dough. Roll the husk so that the dough surrounds the filling and form a cylinder or package. Fold the bottom under to close the bottom. Place completed tamales in a single layer on a baking sheet. Repeat as necessary. (***)See Notes Below)
5. Stand Tamales upright, closed side down in a large pot. Place enough Tamales in the pot so that they do not fall over or come unrolled. Carefully fill the pot with enough water to come just to the top. Bring the water to a boil over high heat. Cover the pot, reduce the heat to medium-low and simmer until the dough is firm and pulls away from the husk easily and cleanly (about one hour)

Notes

***Once Tomales are assembled, they can be put in a Ziploc bag and Frozen.

I typically use Ground Beef Chuck, but Tamales can be made with other meats such as Pork roast beef, or Turkey. Boil these in water over high heat and simmer on low heat for a couple of hours to soften the meat. Shred or dice the meat into small pieces. You will need 14-16 cups of meat. Use oil and add seasonings to it.



Chilaquiles

- 2 tbsp Vegetable Oil
- 1-1/2 cup Chopped Red onion
- 2 cups diced cooked chicken
- 1 (4 oz) can diced green chiles
- 3 cups medium-hot salsa
- 2 cups nacho/taco cheese
- 1/2 cup Mexican cheese
- 1/4 cup chopped fresh cilantro
- Crema Mexicana or sour cream
- 4 cups tortilla chips

1. Heat oil in large skillet. Add 1-1/4 cups onion. Saute until soft (about 5 minutes).
2. Add Chicken and Chiles and saute 3 minutes.
3. Stir in salsa; simmer until heated through (about 3 minutes). Season with salt and pepper. Sprinkle with cheese.
4. Place skillet in oven at 450°. Bake until cheese melts. Sprinkle remaining 1/4 cup onion and cilantro; drizzle with crema Mexicana or sour cream and serve with tortilla chips.



Chimichanga

- 1 lb. Ground Beef • 1/4 cup taco seasoning mix • 1 cup white cheese (queso) dip
- 10-12 flour tortillas (soft taco size) • Parchment paper or non-stick aluminum foil
- cooking spray • Salsa and sliced jalapenos (optional)

1. Brown beef in skillet until fully cooked. Drain fat and add seasoning mix.
2. Prepare cheese and add to cooked meat. Stir.
3. Line a large cooking sheet with parchment paper or non-stick aluminum foil. Lay 1 tortilla on flat surface and put 1/4 cup meat and cheese mixture in shell. Fold over sides of shell and roll up.
4. Place on prepared pan, folded end down. Once all rolls are on the pan, spray each with cooking spray. Place in oven and cook for 15 minutes at 375°.
5. Remove from oven and turn the rolls over spraying the other side. Cook an additional 15 minutes or until lightly browned.
6. Top with salsa and jalapenos and serve with Spanish rice.



EXTRA

GUACAMOLE! Make your own with a seasoning pack.
Cut 2 Avocados in half. Remove pit and scoop out the insides.
Discard the peel. Combine and stir in seasonings. Chill 30 minutes.

*Grilled
Steak
and Chicken
Fajitas*

Medium-size Tortillas
Grilled Steak and Chicken
(cut into strips)
1 Thick and chunky salsa
Lettuce, shredded
Mexican cheese blend, shredded
Jalapeno Peppers
Sour Cream
Guacamole
Salt and Pepper to taste

1. Cook Steak and Chicken on the Grill after marinating for at least 4 hours.
2. Arrange ingredients on a large plate separately.
3. Place the Steak or Chicken in the middle of a Tortilla and add other ingredients as desired. Wrap the tortilla tightly to cover.
Repeat steps for more Fajitas.
4. Bake in the oven at 450° for just a couple of minutes to melt the cheese, warm the meat, and brown the tortillas slightly.



Chicken Mini-Empanadas

Whole Wheat Medium-size Tortillas (or see Notes below)
2 cups cooked Chicken, cut up into small pieces
15 oz thick and chunky salsa
3-oz can sliced ripe olives
1 cup shredded Mexican cheese blend
Salt and Pepper to taste

1. In a medium saucepan, combine chicken, salsa, and olives. Add Salt and Pepper to taste. Bring to a boil, then reduce heat and simmer for 5 minutes. Remove from heat and stir in cheese. Let mixture cool.
2. Slice Tortillas in half with a pizza cutter. Place a small portion of Chicken mixture on the Tortilla and wrap around tightly.
4. Place the wrapped Tortillas on baking sheet and bake for 15 minutes in the oven at 450° or until golden. Serve hot.

Notes

Another method is to use pie or pizza dough according to package directions instead of tortillas. Roll the dough roughly 1/8 inch thick. Cut the dough into small circular shapes. After putting a small portion of Chicken mixture on each slice, wrap the dough around and pinch the edges to seal. Makes a Great Appetizer!

Gourmet GALLERY

the Fine Art of Cooking

Las Chalupas

Meat:

- 1 1/2 lb Ground Beef
- Taco Seasoning Mix (1.25 oz)
- 2/3 cup Salsa
- 1/4 Cup Red Onion, Chopped
- 3 oz Green Chiles
- 1/4 cup Jalapeno Juice

Tortillas:

- 1/4 cup Canola Oil
- 6 Flour Tortillas (8 inch)

Toppings:

- Shredded Mexican Cheese
- Shredded Lettuce
- 3 Tomatoes, Diced
- Chopped Ripe Olives
- Guacamole
- Sour Cream



1. Brown Beef in a large skillet over medium heat. add Taco Seasoning, Salsa, Red Onions, Green Chiles and Jalapeno Juice. Add a little water if mixture is too dry. Reduce heat and simmer about 10 minutes.
2. In another large skillet, heat oil over medium-high heat. Fry tortillas flat until crispy on both sides. Place tortillas on individual ovenproof plates. Cover each tortilla with meat mixture spreading cheese on top.
3. Broil 6 inches from heat until cheese melts (about 2 minutes). Remove plates and top cheese with shredded lettuce, tomatoes, and olives. Place guacamole and sour cream in the center of chalupas. Add extra toppings.



Gourmet GALLERY

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Burritos

- 1 lb Ground Beef
- 1/2 Cup Chopped Onion
- 1 Clove Garlic, minced
- 1/2 teaspoon Cumin
- Salt and Pepper to taste
- 1 (4.5 oz) can diced green chile peppers
- 1 (16 oz) can refried beans
- 1 (15 oz) can chili (without beans)
- 1 (10.75 oz) can condensed Tomato Soup
- 1 (10 oz) can Enchilada Sauce
- 6 (12 inch) Flour Tortillas, warmed
- 2 cups Shredded Lettuce
- 1 cup chopped Tomatoes
- 2 cups shredded Mexican Cheese blend
- 1/2 cup chopped Green Onions

1. Cook Ground Beef in a large skillet over medium heat. Stir until evenly browned. Add Onion, Garlic, Cumin, Salt and Pepper. Stir in Green Chilies and Refried Beans until well blended. Turn off heat, but keep warm.
2. Combine the chili without beans in a saucepan with tomato soup and enchilada sauce. Mix well and cook over medium heat until heated through. Turn off and keep warm.
3. Place a warmed tortilla on a plate and spoon a generous 1/2 cup of the ground beef mixture in the center. Top with lettuce and tomato. Roll up Tortilla over the filling. Spoon a generous amount of the Sauce over the top and sprinkle with cheese and Green Onions. Repeat with remaining Tortillas and place them on a baking sheet. Bake in the oven at 350° until golden brown and cheese is melted.

Notes

Also try this recipe with shredded grilled Chicken...Delicious!

The Alamo

A San Antonio recipe using Doritos!

- 10-12 oz. bag of Nacho Cheese Doritos
- 2 lbs. Ground Beef Chuck
- One large Onion, chopped
- 2 Cups Sliced Mushrooms
- One 14.5 oz can Diced Tomatoes
- Taco Seasoning (or Cayenne Pepper)
- 3.5 Oz Green Chiles
- 6 oz Shredded Cheddar Cheese
- 6 oz Shredded Mexican-Blended Cheese

1. Cook the Ground Beef with Onions and Mushrooms. Add seasonings such as Cayenne Pepper (or Taco Seasoning) and maybe a splash of Worcestershire Sauce.
2. Boil Beef Broth with diced tomatoes added.
3. Add cooked broth to Ground Beef, Onions and Mushrooms. Also add Green Chiles if desired. Let simmer for 2-3 minutes on medium heat.
4. Layer a baking dish with crushed Doritos. Begin layering the cooked Beef mixture. Cover with additional crushed Doritos. Top with shredded cheeses.

Cover with aluminum foil and bake in the oven at 350° for 25-30 minutes.



Chicken Fajitas

- 1 1/2 lbs Boneless Chicken Breasts
- Salt and Pepper
- 2 Tbsp Canola Oil
- 1 Large Onion, sliced lengthwise (root to tip) into 1/4-inch strips
- 3 Bell Peppers (various colors), sliced into 1/4-inch strips
- 1 Avocado for Guacamole (See Notes)
- Mushrooms and Jalapeno Peppers (optional)



Marinade:

2 Tbsp lime juice • 3 Tbsp Olive Oil • 1 Garlic Clove, minced • 1/2 tsp Ground Cumin
1/2 tsp Chili Powder • 1/2 Jalapeno, minced • 1/4 cup chopped Cilantro • 1/2 tsp Salt

You will also Need: 8-12 Flour Tortillas, Salsa, 1 Sliced Avocado, Sour Cream, Thinly Sliced Lettuce (preferably iceberg lettuce dressed with Vinegar and Salt).

1. Cut thick Chicken Breasts in half, horizontally so that the center thickness is 1/2 inch.
2. Marinate the Chicken. Mix the Marinade ingredients together in a large glass or plastic container. Add the Chicken and mix well. Cover and marinate at room temperature for at least one hour (up to 8 hours at most).
3. Remove the Chicken from the marinade. Wipe off excess marinade. Sprinkle Chicken with Salt and Pepper.
4. Sear the Chicken in a large cast iron frying pan on high heat in Canola Oil for 2-3 minutes. Turn Chicken over and sear the other side as well for 2-3 minutes.
5. Stack the Breasts together and wrap in aluminum foil to keep the Chicken warm while cooking the peppers and onions.
6. With the same pan as used for cooking the Chicken, Saute the peppers and onions evenly scraping the browned Chicken remains while stirring. Cook 3-5 minutes, stirring often.
7. Remove the Chicken from the foil and slice across the grain into strips lengthwise. Slightly warm the Tortilla in the oven. Add a small amount of Chicken to the middle of the tortilla. Cover with the Pepper and Onion Saute. Add Salsa and shredded lettuce. Top with Guacamole and Sour Cream and wrap the tortilla into a cylinder shape.

Notes

Also consider Chicken cooked on the grill. Steak or Shrimp Fajitas are also delicious alternatives. For the Guacamole, Cut an avocado in half and remove the seed from the middle. Scoop the avocado from the skin and mash with a fork until smooth. Add Salsa and Salt and Pepper to taste.

Classic Deli Club Sandwich

I like to use Whole Wheat Bread...typically the Deli-type bread or Hoagie Rolls. Spread on margerine, sprinkle Garlic Salt, Black Pepper, Italian Seasoning and Parsley Bake lightly in the oven to toast. Put on your favorite condiments such as Spicy Mustard, Horseradish Sauce, and relish. Layer with your favorite meats such as Smoked Ham, Turkey, and Roast beef. Add a layer of Cheese (Swiss, Mozzarella, or Pepperjack. Bake the sandwich again lightly in the ovenack to slightly melt the cheese. Remove from oven and top with shredded Lettuce, Jalapeno Peppers, Banana Peppers, sliced Red Onions, and other favorite toppings. Sprinkle just a little salt and pepper and cover with a dash of Italian Salad Dressing for extra flavor.

Cover with the top side of bread and cut in half with a sharp knife. Wrap in Aluminum Foil if saving for later and add your own label so there is absolutely no confusion that this is YOUR SAMMICH!

Hawaiian Sandwich

- 16 Slices Bacon
- 8 Slices Toasted Bread
- 1 can 20 oz Sliced Pineappled, drained
(or slice a fresh Pineapple)
- 8 Slices Cheddar Cheese

1. Fry Bacon on stove top with medium heat.
Drain and set aside.
2. Place 8 slices of regular bread on a baking sheet.
Bake at 350° in oven until toasted crisp.
3. Place a slice of Pineapple on the bread.
Add two pieces of Bacon over the Pineapple.
Add a slice of Cheddar Chees to top.
4. Broil until cheese is melted.





The Fine Art of Cooking

Roast Beef Manwich

Man Up! I use Whole Wheat Bread...typically the Deli-type bread or Hoagie Rolls that I spread a light layer of margarine, sprinkle some Garlic Salt, Black Pepper, Italian Seasoning and Parsley and toast. I then Layer with Roast Beef and Cheddar Cheese. Warm in the oven to melt the cheese. Add toppings such as Barbecue Sauce, Horseradish Sauce, Lettuce, Salt and Pepper to taste. ENJOY YOUR MANWICH!



Pulled Pork Grand Slamwich

- 1 (14 oz) can of Beef Broth
- 3 lb Boston Butt
- 1 tablespoon Garlic Powder
- Salt and Pepper to taste (1 tablespoon each)
- 1 (18 oz) Barbecue Sauce
- 1/2 Can Coke

Season the meat with Garlic Powder, seasoning salt and Black Pepper. Pour the can of Beef Broth into a slow cooker with the Boston Butt. Cook 9 hours on high heat until the meat begins to shred. Continue shredding the pork with a fork. Add Barbecue Sauce, and half a can of Coke over the meat. Continue cooking on high heat for one more hour with no lid covering. Once the pork is ready, take it all the way to Home Base for a Grand Slamwich!





the Fine Art of Cooking

Grilled Cheese & Turkey Sandwich

Put a slice of American or Cheddar Cheese on a slice of bread and toast in the oven at 350° until the cheese melts.

Add Mustard, Horseradish Sauce, or any other seasonings and condiments desired. (Cajun Seasoning gives it a spicy flavor).

Top with Shredded Lettuce, Jalapeno & Banana Peppers, and a sliced Red Onion.

Cover with the other half of bread and cut diagonally with a sharp knife to divide.



Bologna Sandwich

Butter the Bread, add some Italian Seasoning, Celery Salt and Black Pepper. Toast the bread and add your choice of condiments (Mustard, Horseradish Sauce). Add a thick slice of Bologna and Pepperonies if you have some reserved. Also add a slice of cheese and toast the assembled sandwich until the cheese is slightly melted. Remove from oven and add Green Leaf Lettuce, sliced Red Onions and Jalapeno Peppers. Sprinkle on Salt and Pepper and close the sandwich.



The Fine Art of Cooking

Southern Po' Boy

4 split and toasted wheat sub rolls
2 large catfish fillets (fried)
(battered in 1/4 cup all-purpose flour,
1/2 cup cornmeal, 1 egg,
3/4 teaspoons salt.
Hot Sauce
1/3 cup mayonnaise
2 cups slaw mix or shredded cabbage
3 large sliced tomatoes
Liquid Vegetable Oil



Toast bread with Margerine, Garlic Salt and pepper, and Italian Seasoning.

Layer with Horseradish Sauce or Tarter Sauce.

Add the Fried Fish.

Top with Lettuce, Tomatoes and sliced Green Bell Peppers.

Throw on some ketchup or cocktail sauce and cover with the other bread.

Potato Wedges



Cut up baking potatoes into lengthwise wedge shapes and lay them out on a large flat baking pan. Once assembled, sprinkle either Garlic Salt, Celery Salt, or regular Salt. Add Black Pepper, Cajun seasoning, Parsley and Basil. It's only necessary to season one side. Use a cast iron skillet if possible to heat the vegetable oil on high heat. Once heated, add the seasoned wedges and let cook through but slightly crisp on the outside. I typically fry just enough to coat the skillet so that I can turn the wedges and determine when cooked through.

Once cooked, put the wedges on a brown paper bag to soak excess grease. (Do not use paper towels as they absorb too much of the moisture.) Once allowed to drain the grease, serve!



the Fine Art of Cooking

Chicken Noodle Vegetable Soup

2 Grilled Chicken Breasts
2 Cans Campbell's Chicken Noodle Soup
Pork Chop or Steak Leftover Marinade
Frozen Green Peas
12 oz bag of frozen Onions, Carrots & Celery
Mushrooms
Chicken Stock
Spaghetti Noodles, Halved in length



A perfect example of a recipe born of resourcefulness.
I had all these recipes and decided to make something new.

First I boiled the Pork Chop Marinade as a base and added Chicken stock.
Next I added the vegetables to the stock along with 2 cans of Campbell's
Chicken Noodle Soup.

Cut up two grilled Chicken Breasts into fine pieces and add to soup.
Boil on medium heat.

Meanwhile cook the spaghetti noodles until soft. Drain and add to soup.
Add water if needed and let boil.

Serve hot. Best Chicken Noodle Vegetable Soup Ever!

Beef 'n Beer Stew

2 Bottles of Lager Beer
2 1/4 Cups Water
1 1/2-2 lbs beef cut in bite-size cubes.
4-6 Potatoes, cut in bite-size pieces
4-6 Full Carrots, chopped
3 Celery Stalks
One large Onion, chopped
4-6 Cloves of Garlic, finely chopped
Salt and Pepper to taste
Butter
Chili Pepper

1. Brown the meat in a skillet medium-high heat. Drain.
2. In a large pot, saute Onions and Garlic in Butter.
Add the Celery, Carrots, Potatoes, cooked Beef, Water, and stir.
3. Pour in Lager Beer. Add Salt, Black Pepper to taste. Continue to stir.
Let boil a couple of minutes.
4. Turn temperature to low heat for 10-15 minutes.
Add Chili Pepper for extra spiciness.
Turn off heat and let simmer for 45 minutes to an hour.



Gourmet
GALLERY

the Fine Art of Cooking

Brunswick Stew

- | | |
|--|----------------------------------|
| 3 lbs Shredded Cooked Pork | 1 Can Cream Style Corn (14.5 oz) |
| 4 Cups Water | 2 Cups Lima Beans (cooked) |
| 4 Cups Diced Potatoes (cooked) | 1/2 Cup Barbecue Sauce |
| 3 (14 oz) cans Diced Tomatoes | 3 Tablespoons Hot Sauce |
| 1 Can Whole Kernel Corn, drained (14.5 oz) | Salt and Pepper |

1. Combine all the ingredients together in a large stock pot. Stir well.
2. Bring mixture to a boil, reduce heat and simmer, stirring often for 45 minutes.

Notes

Brunswick Stew recipes vary from region to region. Some include Chicken and Beef. Diced Tomatoes are also prominent. Some recipes are more spicier than others, but be aware of those with too much of an emphasis on "extra spicy." It's easy to throw in those ingredients that overpower the original flavor. I am guilty as charged. I like spicy! Not everyone does, so be careful when cooking not to put in so much.



New England Clam Chowder

2 Large Sweet Onions, thinly sliced
1 cup dry Red Wine
2 cans (14.5 ounces each) Beef Broth
Black Pepper
5 oz Seasoned Croutons (about 2 cups)
4 thick slices Swiss Cheese

1. Heat 2 Tablespoons Olive Oil in a skillet on medium heat.
Add Onions and cook stirring occasionally until translucent and soft (15 minutes)
2. Add Wine and bring to a boil.
3. Pour in Beef Broth, lower the heat and simmer for 10 minutes. Season with pepper.
4. Divide the soup into 4 separate oven-proof bowls.
Top each bowl of soup with one quarter each of the croutons and a slice of cheese.
5. Set the bowls on a rimmed baking sheet and broil until the cheese becomes bubbly and golden.



French Onion Soup

2 Large Sweet Onions, thinly sliced
1 cup dry Red Wine
2 cans (14.5 ounces each) Beef Broth
Black Pepper
5 oz Seasoned Croutons (about 2 cups)
4 thick slices Swiss Cheese

1. Heat 2 Tablespoons Olive Oil in a skillet on medium heat.
Add Onions and cook stirring occasionally until translucent and soft (about 15 minutes)
2. Add Wine and bring to a boil.
3. Pour in Beef Broth, lower the heat and simmer for 10 minutes. Season with pepper.
4. Divide the soup into 4 separate oven-proof bowls.
Top each bowl of soup with one quarter each of the croutons and a slice of cheese.
5. Set the bowls on a rimmed baking sheet and broil until the cheese becomes bubbly and golden.





Gourmet
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Super Salad

Salads are essential to a well-rounded nutrition. I try to keep a balance of greens and vegetables along with the many meat dishes I cook.

Green Leaf Lettuce, torn into moderately medium-sized bites. Add some Spinach! Additional ingredients may include Green Onions (chopped half a finger length), Broccoli crowns (cut into bite-size pieces), Sliced Mushrooms. Slice a tomato and a Red Onion to mix. Top with Green Olives, some shredded chrese and bacon bits. Salivate and Re-Energize!



My Big Fat Greek Salad

VINAIGRETTE:

- 1 /2 Cup Olive Oil
- 1/4 Cup Red Wine Vinegar
- 1/2 Teaspoon Dijon Mustard
- 1 Teaspoon Dried Oregano
- 1 Teaspoon Salt
- 1/2 Teaspoon Ground Black Pepper
- 2 Cloves Garlic, minced

SALAD INGREDIENTS:

- One Cucumber, sliced
- One Red Onion, sliced
- One Red Bell Pepper, chopped
- 6 oz Greek Pitted Kalamata Olives
- One cup Feta Cheese, crumbled or cut into small blocks
- 10 oz Grape Tomatoes, cut in halves
- Romaine or Red Leaf Lettuce

1. Mix together all the ingredients of the vinaigrette in a large bowl. Whisk together..
2. In a separate bowl, combine Cucumber, Red Bell Pepper, Tomatoes, .Red Onion, and Olives and mix.
3. Pour the Vinaigrette into the vegetables and mix.
4. When serving, add the mixture to either Romaine or Red Leaf Lettuce and top with Feta Cheese.

Cajun Crab Salad

- 2 cups (8 oz.) Macaroni
- 1 tsp Olive Oil
- 4 Eggs, hard boiled
- 1/3 cup Celery, diced
- 1/3 cup Green Bell Peppers, chopped
- 1/4 cup Green Onion, sliced
- 6-8 oz. Crab meat

DRESSING:

- 1 cup Mayonnaise
- 1/2 cup Chili Sauce
- 1/3 cup Sour Cream
- 1 tbs Worcestershire Sauce
- 1/2 tsp Salt



1. Cook Macaroni till done. Drain and rinse with cold water. Drain again.
2. Mix dressing in a separate bowl.
3. Toss in Olive Oil with Macaroni in a large bowl with 3 chopped hard-boiled Eggs, celery, peppers green onion and add the dressing. Mix ingredients together. Save the fourth Egg for garnishing.
4. Stir in Crab meat. You can also top with cut-up Tomatoes and Avocado.



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Bacon, Eggs, & Toast



Fry up some Bacon, reserving a small amount of grease For Scrambled Eggs, Crack them open pouring the yolks into a coffee mug. Add just a pinch of salt and pepper, Italian Seasoning, and Cayenne Pepper. Add a small amount of Milk to give the eggs more thickness and Fry on stovetop in the same pan used to cook the bacon for extra flavor. Consider adding some cooked sausage (chopped) as well to the Eggs.

Homemade Biscuits

Buttermilk
6 Tablespoons Real Butter
(Cut into small cubes)
4-5 Tbsp All Purpose Flour
Crisco Vegetable Shortening
1 Tablespoon Baking Powder
2 Teaspoons Salt
2 Teaspoons Sugar

1. Mix Flour in a Bowl with chopped Butter and Vegetable Shortening. Mix with a fork until there is a crumbly textured consistency.
2. Pour in Buttermilk and mix with a spoon until you can form rounded doughballs.
3. Dust or coat the doughballs with flour and align closely together on a Non-Stick Pan lightly coated with Cooking Spray. Add more Butter to the tops of each doughball.
4. Bake in the Oven at 450° until biscuits brown.
(It is important the oven should be pre-heated.)

Chop of the Morning!

Chop up some Leftover Pork Chops with Potatoes and Onions and Microwave with some Cheddar Cheese. It's all you need to put you at the top of the Olympic Breakfast podium.



Ziploc Omelettes

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Perfect Omelettes Everytime.

Assemble your favorite ingredients such as ham, bell pepper, mushrooms, onions, and shredded cheese into a Ziploc bag. Crack two Eggs into the bag. Salt and Pepper to taste. Boil water in a large pot. Once the water begins to boil, put in the tightly-sealed Ziploc bag and let boil for 21 minutes. The Omelette should cook into a perfect blend!

Sausage and Gravy Biscuits

16 oz Jumbo Flaky Biscuits
(or Homemade Biscuits)
1 lb (12 oz) Sausage
1/3 cup All-Purpose Flour
Salt and Pepper to taste
3 cups Milk



1. Bake biscuits in oven following directions.
2. Cook Sausage on stove with medium heat until browned.
3. Slowly stir in Flour with Salt and Pepper to taste. Stir gently with a wire whisk. Gradually stir in Milk and cook until mixture thickens, stirring constantly.
4. Split the Biscuits and top with Sausage and Gravy while hot.



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WINGRAITHS



Chicken Wings and Drums • 1 1/2 cup Flour • 2 Tablespoons Black Pepper
1/3 cup Chili Powder • 2 1/2 tsp Onion Powder • 1 1/2 tsp Sea Salt
Large Bottle of Hot Sauce

1. Combine dry ingredients in a gallon ziploc bag. Place 12 Wing portions in the bag, seal, and shake until well covered. Lightly brush each Wing until there is a thinly coated spice layer. Assemble Wings on a standard plate and refrigerate 30 minutes.
2. After refrigeration, repeat the spiced coating process again and refrigerate for 10 minutes more.
3. Coat a Cookie Tray Pan with 1 1/2 Tablespoons of liquid Vegetable oil and bake the Wings at 375° for 30 minutes, turn Wings over and bake another 30 minutes.
4. Combine Hot Sauce with One stick of Butter in a small saucepan and warm until butter melts.
5. Once cooked through, let Wings rest 5 minutes, then serve in a bowl and pour on Sauce mixture.

Doo Dads

A Trail Mix with a variety of snacks for any Festive occasion. My mom would get requests from family members each year during the holidays for her Doo Dads! Here's the recipe!

Cereal boxes of Rice Chex, Corn Chex, and Wheat Chex
Pretzels (I combine both twisted and stick-like, one bag each)
1 Box of Cheese-Its (or Cheese Tid-Bits if available)
12 oz Cocktail Peanuts; 12 oz Cashew Halves; 12 oz Mixed Nuts
Lots of Margerine
Soy Sauce
Worcestershire Sauce
Celery Salt

1. Mix 3 cups Rice Chex, 3 cups Corn Chex, and 3 cups Wheat Chex together in a large pan. Add 2 cups Pretzels, 1 cup Mixed Nuts, 1 cup Cocktail Peanuts, and 1 cup Cashews.
2. Melt 8 Tablespoons of Margerine on the stove and mix with 2 Tablespoons Soy Sauce, 4 Tablespoons Worcestershire Sauce, Celery Salt to taste (2 Tablespoons). Stir well.
3. Once ingredients are combined, pour the mixture directly on the Doo Dads that can be spread out on a flat baking pan. Allow the mix to soak in.
4. Transfer the Doo Dads to a large Aluminum Baking sheet and bake in the oven at 250° for 45 minutes to one hour. Turn Doo Dads and stir every 10 minutes to allow even them to bake more evenly.
5. Once baked, pour Doo Dads onto a brown paper bag to soak up excess grease. Once dried, pour into various plastic containers for storage until ready to consume!

Drinks Are On The House



Banana Shake!

1. Combine 1 1/2 Cups Ice and Milk and blend in a mixer.
2. Add 2 Bananas (cut in quarters to blend). Blend.
3. Add just a smidgen of Vanilla Extract and 2 Tablespoons of Sugar. Blend until Smooth.

Fruit Smoothie

- 1 Quart Strawberries, hulled
- 1 Banana (broken in chunks)
- 2 Peaches
- 1 Cup Orange-Peach-Mango Juice
- 2 Cups Ice

Combine the Fruits in a blender and blend until pureed. Blend in the Juice. Add Ice and blend to desired consistency.

Master Blaster

- 1 Kiwi, Sliced
- 1 Banana (broken in chunks)
- 1/2 Cup Blueberries
- 1 Cup Strawberries
- 1 Cup Ice
- 1/2 Cup Orange-Mango Juice
- 1 (8 oz) Peach Yogurt

Simply combine all ingredients and blend together for a Master Blast of Delicious!



Rebel Sports Drink

- 1 Pack Unsweetened Kool Aid (any flavor)
- 2 Quarts Cold Water
- 1/2 Cup Sugar
- 1/2 Teaspoon Salt
- 1/2 Cup Orange Juice

* Also try it with Mango, Pineapple, Grapefruit or Pomengranate!

Simply Mix all the ingredients together, stir, taste...and let out a "REBEL YELL!"



Southern Sweet Iced Tea

A Southern Favorite! I use four Lipton tea bags and one spiced flavor bag. Place the bags in the coffee maker pot and fill with water to brew. Once the water filters through to the pot, pour the tea into an ice tea thing and add about 10 oz Sugar. Add sliced Lemons if desired.

EXTRA PineApple Blast

2 Cups Pineapple Chunks, 1 Kiwi, 1 Cup Rebel Sports Drink, 1 Cup Mango Juice, 1 Cup Yogurt, and 1/2 cup Sugar. Blend ingredients to liquify.

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For the Birds



Suet

Wild Bird Mix

- Cornmeal
- Oats
- Raisins
- Black Oil Sunflower Seeds
- Peanut Butter
- Peanuts
- Lard, Vegetable Oil, or some fattening ingredient that will solidify after cooking.



Notes

After cooking a Country Ham for Christmas, I reserve the fat and extra liquid to use in making suet for the birds to enjoy. They seem to love the fat and it attracts them with more desire as they enjoy the added delicacies. You will become their favorite chef! They will love you for the extra effort!

1. Boil the lard or vegetable oil on the stovetop. Once it becomes a liquid solution, add peanut butter to dissolve as an extra flavor and holding agent for the mixture.
2. Once boiled, pour the oil mixture into a large mixing bowl. Add about one cup of cornmeal. Add a half cup of oatmeal. Add roughly 2 cups of wild bird mix. I typically add some extra Black oil sunflower seeds to the mix. Add raisins as needed. I typically get the cheap ones in the small packets and use half a portion of each box in each batch. I then crumble peanuts into small divisions and add those as well to the mixture. Birds love peanuts!
3. Mix all the ingredients well. Once mixed, I scoop them into small containers that I use to fill the suet feeder. Keep the suet frozen in the freezer until needed.



It's always a benefit to have numerous flowering plants growing that attract hummingbirds. Salvia, Cannas, and many other colorful blooms will get their attention. I also keep a standard feeder for the hummingbirds filled with a simple mixed solution that consists of 4 Cups Water with 1 Cup Sugar. Hummingbirds are fun to watch and inexpensive to ensure they have plenty of nectar. Change it often as it can spoil during the summer heat and place the feeder at a decent height. Also try to keep it in a place where bees and ants are not intrusive.