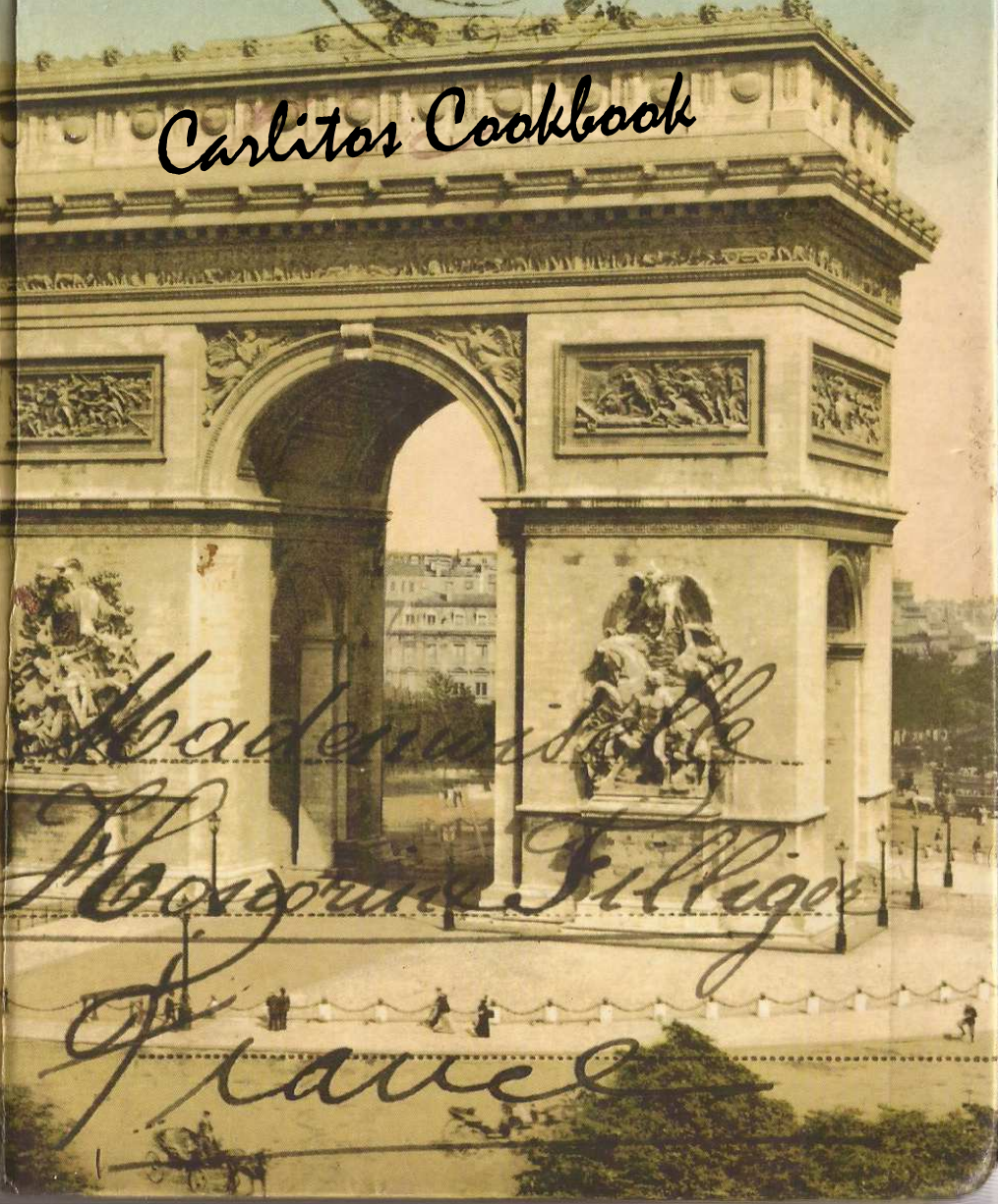


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Carlitos Cookbook



Badenweiler
Hospizium J. J. Rigeo
France



© Piddix llc
DE L'ALMA
QUAI

1 tablespoon peeled & minced
or grated ginger
Dash of Red Pepper Flakes
1/4 cup chopped green onions
1/4 cup water
1 tablespoon sesame seed oil

Orange Chicken

serves 6

2 pounds boneless, skinless chicken breast
1 large egg
1 1/2 teaspoons salt
1/2 teaspoon black pepper
1 tablespoon vegetable oil + frying oil
1/2 cup plus 1 tablespoon corn starch
1/4 cup all purpose flour

* Orange Chicken Sauce *

1/4 cup sugar
1/4 cup white vinegar
2 tablespoons soy sauce
2 tablespoons water
Grated zest from 1 orange

1. Place cubed chicken in a large bowl. Add egg, salt, black pepper, and 1 tablespoon oil. Mix well. Stir together 1/2 cup corn starch and flour in a large shallow bowl. Add chicken pieces, a handful or 2 at a time, and stir to coat evenly.
2. Pour 1 inch oil in a wok or skillet and heat to 375°. Add chicken and fry for 3 to 4 minutes or until golden brown.

3. Reserve a couple tablespoons of oil from the pan in a separate bowl. Clean wok and combine sauce ingredients in a large measuring cup and whisk until sugar is dissolved.

4. Heat wok for 13 seconds over high heat. Add reserved oil to pan. Add ginger, garlic, red pepper, and green onions; stir fry 3 to 4 minutes. Add sauce and bring to a boil. Add cooked chicken and stir well until well mixed. Combine remaining 1 tablespoon cornstarch with $\frac{1}{4}$ cup water until smooth; add to skillet with orange sauce and chicken. Heat until sauce is thickened; stir in sesame seed oil.

Shrimp & Artichoke Sauté

1 2 pounds large shrimp
1 1/2 cups mushrooms for sauté
1 1/2 cups of artichokes
1/2 to 2 cloves garlic
- olive oil & butter
- chopped green onions
- Italian seasoning

- ① Chop mushrooms and mince garlic.
- ② Add minced garlic to oil & slow sauté garlic to sweat out flavor. Immediately prior to adding mushrooms, add chopped green onions.
- ③ Toss in mushrooms. Sauté until softened and flavor is absorbed.
- ④ Add large shrimp, sprinkling with Italian seasoning through the cook process.

Key Lime Cheese Cake

* Notes * Clean (and thaw) the shrimp under very cold water.

- 1/2 cup sugar
- 2 packages (8 oz. each) cream cheese, softened.
- 1/4 cup heavy whipping cream
- 1/2 teaspoon vanilla
- 2 tablespoons fresh lime juice
- 1 teaspoon grated lime peel
- 2 eggs

- 1 graham cracker pie crust

1. Preheat oven to 350 degrees F. Beat cream cheese, whipping cream, sugar, lime peel, lime juice and vanilla with electric mixer on medium speed until well blended. Add eggs, one at a time; mix just until blended.
2. Pour mixture evenly into graham cracker crust.
3. Bake for 40 minutes or until center is almost set.
4. Refrigerate for at least 4 hours.

- Carnitas -

- 1- 3lb pork butt
- 1- can lemon-lime soda
- 2- cups water
- 2- teaspoons salt

① Trim pork of excess fat; cut into 2 to 3 inch cubes. Combine pork cubes in a large heavy pot with soda, water, and salt. Bring to a simmer over high heat, then reduce heat to low and continue to simmer, uncovered, for 2 hours. Do not stir.

② After 2 hours, turn heat up to medium and cook, covered, until all liquid has evaporated and pork fat has rendered, about 45 minutes. Stir a few times, just enough to keep the pork from sticking to the bottom of the pan. If it starts to stick, add a little more water as you complete cooking time. When done, pork will be brown on both sides, and just a little liquid fat will remain in pot. Pork will be so tender that it will fall apart at touch.

Korean Barbecued Beef (Kalbi)

- 2 Pounds round steak
- $\frac{1}{3}$ Cup soy sauce
- 1 Cup firmly packed brown sugar
- 2 Tablespoons sesame oil
- $\frac{1}{4}$ Cup lime ^{soda} \rightarrow lemon lime
- 3 Cloves garlic, minced
- 2 Green onions, chopped
- 1 Teaspoon black pepper
- 1 Teaspoon sesame seeds

1. Thinly slice beef against the grain. Mix remaining ingredients together in a glass baking dish. Add steak; cover and marinate overnight.
2. Preheat grill. Remove beef from marinade, and grill to desired degree, turning slices over at least once while cooking.

Granola ~*

- 6 cups quick cooking oats
- $\frac{1}{4}$ cup all purpose flour
- $\frac{1}{2}$ tablespoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- 2 cups "goodies"
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cups honey

- ① Preheat oven to 325°F . Grease 2 medium sized baking sheets with nonstick cooking spray.
- ② In a bowl, combine oats, flour, cinnamon, nutmeg, and "goodies". Mix well.
- ③ Combine oil and honey in a 2 cup glass measuring cup. Microwave on high 2 to 3 minutes until hot. Pour over dry ingredients and mix well.
- ④ Spread mixture over prepared baking sheets; bake until light to medium brown, 15 to 20 minutes. If you have a convection oven, bake all 3 pans at the same time. Otherwise, it's best to bake each pan individually on the center rack of the oven.
- ⑤ Let cool. Store in airtight containers. ⑤ →

Chili

serve 6 30+ 1 1/2 hours

- 3 Tablespoons vegetable oil
- 2 Pounds beef stew meat, cut into bite sized chunks, or ground beef.
- 2 onions, diced
- 8 Cloves garlic, crushed
- 1 - 6 oz. can tomato paste
- 2 - Tablespoons chili powder
- 1 Tablespoon unsweetened cocoa powder
- 2 Teaspoons salt
- 2 14 oz. cans crushed tomatoes
- 2 15 oz. cans red beans (2 cups) drained
- 1 Cup water
- 1 Tablespoon sugar
- 1 Tablespoon Worcestershire sauce

① Heat oil in a large pot over med. ~~low~~ high heat until hot. Brown beef in oil in 2 batches. Remove beef from pot and add onions. Cook, stirring, until softened, then return beef to pot. Add garlic, tomato paste, chili powder, cocoa powder, and salt. Stir for a couple of minutes. Add crushed tomatoes, beans, water, sugar, and Worcestershire. Let chili simmer over

low heat for 1 to 3 hours.

Donuts

$1\frac{1}{2}$ to $2(1\frac{1}{2})$	Cans of biscuito
1	Cup of confectioner's sugar
1	Teaspoon vanilla
$\frac{3}{8}$ or $\frac{3}{4}$	Cups butter (depending on buttery vs. glaze desired)
2	Tablespoons hot water

— Dough —

- Heat pot of oil on medium heat and fry biscuito (with holes removed). Flip once biscuito rise to the top. Continue flipping until golden brown. Remove and flip in glaze.

— Glaze —

- Mix confectioner's sugar and butter in a bowl or saucepan.
- Add vanilla and continue mixing.
- Add one tablespoon of hot water, stir, and continue adding hot water until glaze is thin and smooth →

Ranch Burgers

- 2 Pounds ground beef
- 1 (1oz) Packet of Ranch dressing mix
- 1 Egg lightly beaten
- $\frac{3}{4}$ Cup crushed saltine crackers
- 1 Onion chopped.

① Preheat grill to high heat

② In a bowl, mix the ground beef, ranch dressing mix, egg, crushed crackers, and onion. Form into hamburger patties

③ Lightly oil the grill plate/grate. Place patties on the grill, and cook 5 minutes per side, or until well done.

Basic Burger Batter

- 1 $\frac{1}{4}$ Pounds Ground Beef
- 1 $\frac{1}{2}$ Teaspoons Worcestershire Sauce
- 1 $\frac{1}{2}$ Teaspoons Salt
- $\frac{3}{4}$ Teaspoons Pepper
- ~~2 Onions, Sliced~~
- ~~2 Tomatoes, Sliced~~
- ~~1 Egg~~

- ① In a large bowl, combine beef, Worcestershire sauce, salt, and pepper.
- ② Mold into 6 patties and refrigerate for 30 minutes.
- ③ Grill, broil, or pan fry to the desired doneness.

Brew Recipes

* Basic Mead *

- 1 Gallon of Water
- 3 Pounds of Honey
- 1 Packet Fleischman's Yeast

* Easy Mead *

- 1 Gallon of Water
- 3 Pounds of Honey
- 1 Packet of Fleischman's Yeast
- 1 Orange sliced into 8 pieces
- 1 Box of Raisins.

* Basic Cider (Sweet)

- 1 Gallon of Cider
- 2 X $\frac{3}{4}$ Cups brown sugar
- 1 Packet of Fleischman's Yeast
- After sanitizing and preparing Cider w/airlock (balloon) allow to ferment. Once fermentation completes, add additional $\frac{3}{4}$ cups brown sugar prior to bottling for carbonation.

N³ Sweet Potato Stew

- 1 Bottle Chardonnay
- 1/2 Bottle Water
- 1 Onion
- 1/2 lb. Bacon
- 1-2 Yams or Sweet Potatoes
- 1 1/2 Cup Red Lentils
- 1-4 Chipotle peppers in can

-
- My mad
- 1 Can Beef Broth
 - 2 Chipotle Peppers
 - 3/4 Cup Lentils
 - 1-2 Sweet Potatoes
 - 1-2 Pounds Carnitas
 - 3 Bulbs crushed Basil
 - Cons water
 - 2 Carrots

Chop contents, mix together,
simmer on medium for
minutes

Rice Cooking Options & tips

- Adding lemon peel shortly before the rice is finished cooking.
 - Allow grains to soak 20 minutes before cooking to maximize grain elongation.
 - For pilafs, sauté the rice in oil to firm and toast the starchy exterior.
 - Season with toasted sesame oil.
 - Stir in chopped, dried fruit and toasted nuts.
 - Sauté garlic, add rice, and stir in chicken broth.
 - Substitute chicken broth and white wine for water.
- * For stove top rice, 1 cup rice to 1 cup water.

Directions

Add rice to cool water. Allow water to come to a boil, uncovered. Once boil is reached, cover and allow to simmer for 5 to 10 minutes, then remove from heat.

Curry (contd.)

4. Add curry powder, stirring over medium heat until everything in the pot is evenly.
5. Add carrots, potatoes, canned tomatoes, and beef broth. Stir to even mixture. Allow to cook for 10 to 15 minutes.
6. Add zucchini and other soft, cook softening vegetables. Taste curry to and add more curry to taste as desired.
7. Continued cooking the curry for 15 more minutes then check vegetables for softness and meat for curry absorption. Continue checking in 15 minute increments.

* Additional Vegetable Options
- Cauliflower
- Green beans

Mexican Martini (Hudys)

2 oz. Tequila
1 oz. Cointreau (or Citrus liqueur)
1-2 oz. Sprite
1 oz. Orange Juice
1/2 - Juice of Lime

Old Fashioned Pancakes from Scratch

- 1½ Cups all purpose flour
- 3½ Teaspoons Baking Powder
- 1 Teaspoon Salt
- 1 Tablespoon white sugar
- 1¼ Cups milk
- 1 Egg
- 3 Tablespoons butter, melted.

1. In a large bowl, sift together all of the dry ingredients. Make a well in the center and pour in the milk, egg, and melted butter; mix until smooth.

2. Heat lightly greased griddle over medium heat. Pour ¼ cup batter for each pancake. Brown on both sides and serve hot.

Beef Stir Fry

- 2 Tbsp. Cornstarch
 - 2 Tbsp. Sugar
 - 6 Tbsp. Soy Sauce (1 to 2 tsp. less)
 - 1/4 Cup White wine, apple juice, or water
 - 1 lb. Boneless beef round steak, cut into thin strips
 - 3 Cups Broccoli Florets
 - 2 Medium Carrots, thinly sliced
 - 2 Tbsp. Chopped onion
 - 2 Tbsp. Vegetable oil, divided
 - 1 (8 oz.) can sliced water chestnuts, undrained
 - 2 Zucchini, chopped.
1. In a bowl, combine cornstarch, sugar, soy sauce and wine, apple juice or water until smooth. Add beef and toss to coat; set aside.
- In a large skillet, stir-fry broccoli, carrots, pea pods and onion in 1 tbsp. for 1 minute. Stir in water chestnuts. Cover and simmer for 4 minutes; remove and keep warm. In the same skillet

stir fry beef in remaining oil
until meat reaches desired
doneness. Return vegetables to
pan; toss. Serve over rice

Magi Style Rice

- 1 Cup Basmati Rice
- Almonds, chopped or dried
- Raisins
- 1 Cup Chicken or Beef Broth
- 2-3 Heads garlic
- Onion
- Olive or corn oil

1. Sweat crushed/diced garlic then add chopped onions and saute until softened.
2. Fry (in small amount of oil) almonds and raisins until the raisins fluff up.
3. Add broth to onion/garlic saute. Bring to boil.
4. Add rice, almonds, and raisins to broth. Stir and place burner on simmer. Simmer until all liquid is gone.
5. Fluff and serve.

Tamales (Modified)

1 1/2 Pounds of filling

Tamale Dough

- 2 Cups Masa Harina
- 1 Can Beef Broth
- 1 Teaspoon Baking Powder
- 1/2 Teaspoon Salt
- 2/3 Cups Lard
- 1 8 oz. Package Dried Corn husks

1. Soak the corn husks in a bowl of warm water for 3 hours. In a large bowl, beat the lard with a tablespoon of the broth until fluffy. Combine the Masa Harina, baking powder and salt, stir into the lard mixture, adding more broth as necessary to form a spongy dough.
2. Spread the dough out over the corn husks to 1/4 inch to 1/2 inch thickness. Place one tablespoon of

the meat filling in the center.
Fold the sides of the corn husk
toward the center and place in
steamer. Steam for 1 hour.

- When steaming the tamales should
be as close to upright as possible.

Mom's Fried Chicken

- Chicken (whichever pieces are preferred)
- Flour - for battering
- Milk - for soaking
- Lawry's Seasoning Salt & Pepper

- ① Rinse and clean chicken - skin if desired.
- ② Mix milk with water in a dish and soak the chicken for a few minutes.
- ③ Lay out the chicken and sprinkle with Seasoning Salt and Pepper.
- ④ Place battering flour in a ziploc bag and place chicken pieces in, tossing and battering.
- ⑤ Heat up frying oil in a pan until batter dropped in the oil fries immediately. Begin frying on high.
- ⑥ Place chicken in oil, frying initial side until lightly crisp.

and then flipping.

- ① Once the chicken is flipped, turn flame down to low/medium and place a cover on the pan.
- ② Fry the chicken on one side until blood seeps through the top of the chicken, flipping once and checking every 5 minutes. Cooking time ranges between 20 and 35 minutes.

* Chia Frescate *

- About 10 oz. water
- 1 Tbsp dry chia seeds
- A few teaspoons lemon or lime juice
- Honey or agave nectar to taste

Hibachi Chicken

- 1-1/2 lbs. Chicken (boneless)
- 1 Tbsp. Vegetable Oil
- 1/2 Tsp. Sesame Oil
- 1 Tbsp. Butter
- 3 Tbsp. Soy Sauce
- 2 Tsp. Fresh Lemon Juice
- 1 Dash Salt
- 1 Dash Pepper

For Vegetables

- 1 Tbsp. Vegetable Oil
 - 1/2 Tsp. Sesame Seed Oil
 - 1 Lg. Onion
 - 1 Lg. Zucchini
 - 1 Tbsp. Butter
 - 2 Tbsp. Soy Sauce
 - 1 Dash Salt
 - 1 Dash Pepper
-

Hibachi Chicken

- ① Cut chicken into bite sized pieces.
- Heat vegetable oil in a large skillet or wok on medium heat.
- Add lemon juice, salt, pepper, chicken, soy sauce, butter, and chicken to the skillet.
- Sauté chicken 6 to 8 minutes until no longer pink.

Vegetables — *

- ① Cut onion into slices & quarter zucchini.
- Heat vegetable oil and sesame oil in a large skillet or wok on medium high heat.
- Add onion, zucchini, butter, soy sauce, salt, and pepper. Sauté for 6-8 minutes or until tender.

Quinoa Preparation Recipe

1 Part Rice

1.5 Parts Water

- ① Combine water and rice and bring to a boil. Reduce to a simmer (low) and simmer for 15 minutes. Remove from heat and allow to cool for 5 minutes.

Bacon Garlic Mashed Potatoes

- 6 Russet Potatoes
- $\frac{1}{4}$ Cup Olive Oil
- $\frac{1}{2}$ Cup Warm M.L.K
- $\frac{3}{4}$ Teaspoons Salt
- Onion Powder
- 3 Bulbs of garlic (crushed)

* ————— *

① Peel and chop the 6 potatoes

② Boil the potatoes and then drain. Boil for 20-25 mins or until tender.

* ————— simultaneously ————— *

① Combined Olive Oil, garlic (crushed), and onion powder on low heat for the duration of boiling process

↓

③ Combine olive oil & seasonings + milk and mash together.

Black Beans & Quinoa

Ingredients

- 1 Tsp. Vegetable Oil
- 1 Onion, chopped
- 3 Cloves of garlic, peeled & chopped
- $\frac{3}{4}$ Cup uncooked Quinoa
- $\frac{1}{2}$ Cup vegetable broth
- 1 Tsp. ground cumin
- $\frac{1}{4}$ Tsp. Cayenne Pepper
- Salt & Pepper to taste
- 2 (15 oz.) cans black beans, rinsed & drained
- $\frac{1}{2}$ Cup fresh, chopped cilantro

1. Heat the oil in a medium saucepan over medium heat. Stir in onion & garlic, and saute until lightly brown.

2. Mix Quinoa into the saucepan and cover with broth. Season with cumin, cayenne pepper, salt, and pepper. Bring mixture to a boil. Cover, reduce heat, and simmer 20 minutes.

3. Mix in black beans & cilantro.

Pad Thai
Ingredients

1 lb. chicken breast	1/2 onion, diced
(oz) 1 package rice noodles	olive oil
4 Eggs	
— Sauce —	
2 1/2 tbsp. Soy sauce	
1/2 3 tbsp. Fish sauce	
3 garlic cloves, crushed & diced	
2 tbsp. brown sugar	
1/2-1 tsp. chili sauce	
1 tbsp. white vinegar	
1/4 cup chicken stock	

Step 1 - soak rice noodles in cold water for 30-60 minutes

Directions

- 1 Dice and saute chicken breast
- 2 Dice and saute onion
- 3 Add eggs to sauted onion, cook and return chicken to wok.
cook for 5 minutes
- 4 Mix and pour in sauce ingredients and rice noodles. Cook and mix for 5 minutes. Serve.

Short Rib Stew

First Braise

1 tbsp canola oil
5 lbs bone in
short ribs

salt

pepper

1 bottle red wine

3 carrots

1/2 stalk celery

2 medium onions

→ cut into 1/2 inch
pieces

3 quarts chicken/
beef stock

Second Braise

3 lbs root vegetables
cut into 1/2 inch
pieces

3 small rutabagas

5 small turnips

6 medium potatoes

1 head of garlic

2 sprigs thyme

1 bay leaf

1 bunch kale,
crosscut into

1 inch strips

The Technique

1. Brown the Meat →

Season the meat with salt & pepper on all sides. Heat the oil until it shimmers and add the meat and brown on all sides.

2. Deglaze the pot →

Remove the meat, add the bottle of wine. Give everything a stir.

Short Rib Stew contd.

to remove the caramelized bits. ~~and~~
Turn up the heat and reduce the
wine by half.

3.

↳ Add celery, carrots, and onions to
the pot, then ribs, then stock.
Bring to a simmer. Don't let
the pot boil. Simmer for 4
hours.

4. Save the Jus

5. Second Braise ⇒

Add the root vegetables, garlic,
thyme, and bay leaf.

6. Let it rest ⇒

Take the pot off the heat, add
Rice and stir gently. Check
seasoning. remove bay leaf and
thyme. Let stew stand for 15
minutes

MotherShip W.T. ⇒ Brew

← Fermentables →

5lb 8oz Bress c/w barween wheat
liquid extract

1lb Bress Pilsen / Light LME
correction

8oz Bress Cara-pils

Use Time → Hops Form

Boil 60 mins 1oz. Hallertau ⇒ Pellet

→ Boil 3 gallons for 60 mins

Yeast

Daffnew T-58 Dry Yeast

Misc

Use	Time	Amount	Ingredient
Boil	15 min	.75 oz	Coriander
Boil	15 min	.25 oz	Lemon Peel
Boil	3 min	.25 oz	Lemon Peel
Boil	5 min	.25 oz	Orange Peel Valencia
Boil	15 min	.25 oz	Orange Peel Valencia

1/8% alcohol

Dad's Ham

Ingredients

1. $\frac{1}{2}$ cup packed dark brown sugar
2. $\frac{1}{2}$ cups of juice from sliced pineapples in heavy syrup.
3. 1 bottle of juice from m. machine berries.
4. $\frac{1}{2}$ cup honey
5. $\frac{1}{2}$ stick of (real) melted butter
6. Spiral sliced ham

Wrap ham in large foil sheets, pour mixture over ham and let set for 1-2 days. Put in oven, warm to serve.

Dad's Sweet Potato Pies

(makes 4 pies)

1. 4 large yams, wash, rub w/ oil, bake at 350 for approx. (1) hr. (about 4 lbs)
2. ~~(3) eggs to each pie~~ 6 eggs
3. (1) tbsp of nutmeg
4. (1½) tbsp of cinnamon
5. (2) cups sugar
6. (2) sticks of real butter
7. (1) small can of evaporated milk
8. (1½) Tbsp of vanilla flavoring

Bake at 350 for 1 hour

Turkey Dressing (Dad's)

1. (5) Stems Celery
2. (1) Onion
3. (1) Bell Pepper
4. (1) Brillon Cube
5. (4 1/2) Eggs
6. 1 Boil gizzards til soft
7. Sage - approx. 4 tbsp.
8. Yellow corned corn bread

MHH Oktoberfest
Weiman Purity Juice

Lentil Stew

2 1/2 Cups Red Lentils
5 Cups Water
2 Bullion Cubes or cans of
beef broth

1. Combine lentils and water,
allow to soak for one hour.
 2. Bring lentils in water
to a boil.
 3. Add Bullion.
 4. Reduce to low medium and
allow to simmer until
lentils are dissolved.
- * Add water as needed to
complete cooking time.

Hummus

- Aubergine Beans
- Tahini (Sesame Seed Paste)
- O.l. O.l
- Salt
- Lemon

Combine according to taste
and blend w. th immersion
blender.

Ingrediento

- Celery
- Carrots
- Onion
- Garlic
- Water
- Veggie Bouillon
- Ground Beef
- Nutmeg
- Tomato Sauce

Recipe (for pasta/spaghetti)

1. Celery
Carrot
Onion
Garlic

Purée'd using
food processor
2. Sweat for 20 minutes with
water
Add veggie Bouillon cube

3. Add ground beef

4. Add Nutmeg

5. Reduce and brown meat

6. Add tomato sauce

7. Add water

Banana Bread

- 2 Cups Flour
- 1 Tsp Baking Soda
- $\frac{1}{4}$ Tsp Salt
- $\frac{1}{4}$ Cup Butter
- $\frac{1}{8}$ Cup Plain Yogurt
- $\frac{3}{4}$ Cup Brown Sugar
- 2 Eggs Beaten
- $2\frac{1}{3}$ cups mashed, overripe bananas

1. Preheat oven to 350°. Lightly grease 9x5 inch loaf pan
2. - Combine flour, baking soda, salt in a large bowl.
 - Beat butter, yogurt, & brown sugar with an electric mixer in a large bowl until light and fluffy
 - Add room temperature eggs 1 at a time and blend
 - Stir in mashed bananas until well blended
 - Pour banana mixture into flour mixture and stir to moisten

3. Bake in preheated oven until toothpick inserted into center loaf comes out clean. 60 to 65 minutes. Let bread cool in pan for 10 minutes. Place on wire rack to cool completely.

Red Wine & Brown Sugar
Chicken

Ingredients

1 Tbsp Olive Oil 1 Cup Brown Sugar
1 Tbsp Minced Garlic 1 Cup Red Wine
3 lbs Chicken Breast Salt & Pepper
1 Tbsp of Paprika

1. Heat oil in a large skillet over medium high heat. Cook garlic in oil until tender. Place chicken in the skillet, and cook about 10 minutes on each side, until no longer pink and juices run clear.

2. Drain oil from skillet. Sprinkle chicken with Paprika & 1 cup brown sugar. Pour red wine around chicken. Cover, and simmer about 15 to 20 minutes; lightly baste chicken with wine sauce while cooking. Season to taste w/ salt & pepper.

Bread Pudding

Ingredients

- 1/4 cup sugar
- 1/4 cup brown sugar
- 5 large eggs, beaten
- 2 cups milk
- 2 tsp vanilla extract
- 3 cups cubed, stale, whole wheat bread
- 1/8 cup (2 tbsp) butter

- ① Mix ingredients together until sugar is dissolved
- ② Pour over bread & let sit for 10 minutes
- ③ Bake in greased tin for 40-45 minutes @ 350

Woodberry Kitchen

French Toast

Ingredients (1 serving)

- 1 slice stale Italian bread
1 1/2" thick
- 3/4 cups milk
- 1 egg
- 3/4 tbsp brown sugar
- Dash salt
- Dash of nutmeg
- Dash of cinnamon

① Mix the ingredients and soak the bread (covered in the mix) for 4 minutes on each side.

② Cook the bread on low-medium in a covered skillet for 7-9 minutes per side.

Korean BBQ

Ingredients

- 1 lb top sirloin steak, cut into $\frac{1}{16}$ in. strips
- 1 tablespoon brown sugar
- 3 tablespoons soy sauce
- 1 tablespoon rice wine
- 1 teaspoon sesame seed oil
- 3 garlic cloves minced

STEPS

1. Slice beef
2. Combine ingredients in a large zip loc bag and stir.
3. Add beef and marinate for 1 hour
4. Discard marinade, and cook on medium for 8 minutes turning frequently
5. → Possibly grill.

Black Bean Vegetable Chili

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 red bell pepper, seeded, chopped
- 10 fresh mushrooms, quartered
- 6 Roma (plum) tomatoes, chopped
- 1 cup fresh corn kernels
- 1 tsp. fresh ground pepper
- 1 tbsp. chili powder
- 2 cans black beans
- 1 can broth (beef, chicken, veg.)
- 1 tsp salt

1. Heat oil in a large sauce pan over medium high heat. Sauté the onion, red bell peppers, mushrooms, tomatoes, & corn for 10 minutes, or until onion are translucent. Season with pepper and chili powder. Stir in the black beans, broth, salt, & bring to boil.

2. Reduce heat to medium low. Remove 1 1/2 cups of the soup to food processor or blender, pulse

and stir the mixture back into
soup.

Salt Roasted Chicken

Ingredients

- 1x whole chicken
- 1/4 tsp salt per pound

Instructions

1. Pat chicken dry and sprinkle all over, inside & outside, w/ salt. Allow to sit for 8 to 48 hours.
2. Heat oven to 400 degrees.
3. Roast the chicken. Arrange on onion or lemon slices. Rub all over with butter or olive oil. Cook until temperature registers 170 degrees (approximately 1 hour to 1 hour and 15 minutes). Tilt to pour juices from cavity into a roasting pan to use as gravy.
4. Let sit 10-20 minutes before carving and serving.

Cast Iron Salmon

1. Pat salmon dry and allow to warm to room temperature + preheat oven to 400°
2. Cover dry salmon with coarse salt & coarse ground pepper
3. Heat cast iron skillet on stovetop (high heat) w/ 1 tablespoon of olive oil → Heat until olive oil flows around pan freely.

≡ COOKING ≡

1. On high heat, place salmon fillet in skillet, skin side up for 2 mins
2. Turn fillet, skin side down, and cook for 3 minutes.
3. Place skillet in preheated oven for 5 to 6 minutes

⇒ ADDL. ⇒

1. Drizzle with teriyaki sauce and sprinkle w/ coarse salt.

Amazing Waffles

- 2 cups flour
 - 2 tsp. baking powder
 - 1 tsp. salt
 - 1 (12oz) bottle of beer
 - 1/2 cup unsalted butter
 - 1/4 cup milk
 - 2 eggs, separated
 - 1 tbsp. honey
 - 1 tsp. vanilla extract
- } or 2 cups self rising flour

1. Combine beer, flour, butter, milk, egg yolks, honey, & vanilla in a large bowl → do in separate bowl, beat egg whites until stiff peaks form. Gently fold egg whites into batter.
2. Spray preheated waffle iron w/ non-stick cook spray. Ladle the batter into waffle iron. Cook the waffles until golden and crisp.

Basic BBQ Rub

Ingredients

- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{3}$ cup, finely ground sea salt
- $\frac{1}{3}$ cup, paprika
- $\frac{1}{3}$ cup, chile powder
- $\frac{1}{3}$ cup, pepper

Smoked BBQ Chicken

Ingredients

- Chicken drumsticks w/ skin
- 1 bottle of bbq sauce
- 1 stick of butter
- BBQ Rub
- "The General" rub
 - part salt
 - part garlic powder
 - part black pepper

1. Pull skin on drumsticks so that it smoothly covers the leg.
2. Mix "The general" seasoning & dust drumsticks
3. Heavily dust & coat drumsticks w/ BBQ rub
4. Heat smoker up to 300°F
5. Melt stick of butter in a broiling pan and stand drumsticks in pan, meaty portion down, into the butter
6. Smoke until internal temp is 165-170
7. Coat drumsticks in bbq sauce and cook on grill for 30 more minutes.

Hibachi Style Fried Rice

Ingredients

4 cups Cooked rice
2 tbsp Vegetable oil
1/2 cup Chopped onion
2 Large Eggs
4 tbsp Butter
4 tbsp Soy sauce

1. Heat vegetable oil on medium high
2. Add onion & saute for 3-4 mins.
3. Move vegetables to the side & scramble egg → when cooked →
4. Add rice & butter & cook for 5 minutes
5. Add soy sauce & cook 1 additional minute

Hibachi Style Vegetables

Ingredients

1 Tbsp Vegetable oil
1/2 Tbsp Sesame oil
1 Large onion
1 Large zucchini
1 Tbsp Butter
2 Tbsp Soy sauce
1 dash Salt
1 dash Pepper

1. Slice onion into slices
2. Quarter the zucchini
3. Heat the vegetable oil & sesame oil on medium high heat
4. Add zucchini, onion, butter, soy sauce, salt, and pepper
5. Sauté vegetables 6-8 minutes

Hibachi Style Chicken

Sauce

1/3 cup orange juice

1/4 cup soy sauce

3 tbsp brown sugar

1 tbsp sesame oil

1 tbsp grated fresh ginger

Other

1/2 - 2 lbs. boneless chicken thighs
chopped into bite sized chunks

1 tbsp butter

1 tbsp olive oil

1 tbsp cornstarch dissolved in 1 tbsp
water

1. Mix sauce ingredients and marinate chicken in sauce for 20 minutes.
2. Heat sauce pan with olive oil to medium heat, spoon in marinated chicken with slotted spoon and cook until golden brown (5-7 minutes) in covered skillet.
3. Transfer chicken to cast iron skillet pre-heated on high heat and stir fry until

caramelized to preference

4. Pour sauce ingredients into sauce pan on high heat, bring to boil, and stir constantly on high until sauce thickens

5. Return chicken to sauce pan and stir to coat and add cornstarch dissolved in cold water

6. Stir to cook and coat until sauce is sufficiently thick

7. Garnish with green onions and sesame seeds served over rice

Reverse Sear Steak

- 1) Thoroughly salt & pepper steak
- 2) Bake at 250°F for 30-35 minutes
- 3) Pre-heat cast iron skillet w/
coconut oil on high heat until
smoking
- 4) Sear for 45 seconds to one minute
on each side.

Perfect Ribeye

- 1) Preheat oven to 450° & cast iron skillet until oil smokes
- 2) Prep steak by allowing to warm to room temperature, coat with olive oil, then sprinkle generously with salt and pepper
- 3) Sear steak on stove top for 30-45 seconds per side
- 4) Place cast iron skillet in oven & cook steak for 2 mins. per side for medium rare.
- 5) Allow to rest for 3-10 minutes

Thai Basil Chicken

Ingredients

- 1 Chicken breast (~ 200 grams)
- 5 garlic cloves
- 4 Thai chillies
- 1 tbsp of oil (for frying)
- 1 teaspoon of oyster sauce
- 1/2 teaspoon soy sauce
- 1/2 teaspoon sugar
- 1 handful of Thai Holy basil leaves

1. Cut chicken into small, bite sized pieces
2. Pound garlic and chillies, heat 1 tbsp of oil, and stir fry for 20 seconds
3. Toss in chicken and fry until done (~ 2 to 3 minutes)
4. Add oyster sauce, soy sauce, sugar, and continue frying for 30 seconds
5. Toss in basil leaves and cook for 5 seconds.