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THE CHARLES "CHOW" WINKLER SERIES

## Chow's Chuck Wagon Redux

### More Recipes From Wide Open Spaces

(and, some gentrified ones too)

By Charles Winkler with T. Edward Fox

Chow Winkler's life has been spent cooking and serving people good, honest food in a variety of setting. Everything from stews to soufflés, and in places ranging from, well, the range all the way up to a guest chef spot he recently did at The White House.

With his first cookbook barely scratching the surface of his files, the obvious thing was to do another book. This time, there are almost twice the recipes. Plus, even though nobody complained outright about armadillo and snake in their foods (he suspects that they used the listed alternate meats, anyway) he decided to keep most of these limited to what you might be expected to find in a mega-market or on the Internet.

Here is Chow's cookbook number two.

Like the first book, there are main course dishes, breakfast items, desserts and a few meatless recipes. But, you will also find an added section on side dishes and salads as well.

This book is dedicated to Charles "Chow" Winkler and the legacy of food memories he spawned in my young mind. Every time I sat down to read a Tom Swift, Jr. book, I got hungry reading his descriptions of what he was about to serve Tom, Bud and others.

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## MORE THINGS TO MENTION UP FRONT

Over the years I've cooked up just about everything known to man and beast. I've been real lucky, especially these past few years. Just a soon as I hooked up with Tom Swift and his dad I got the chance—ah heck, a ton o' chances—ta go adventurin' with them an' ta have the opportunity to meet lots o' folks an' git ta know the things they cook.

I've cooked all of the critters ya find in Texas and New Mexico, plus gators, crocs, cayman, lizards and snakes, fish and fowl an' a whole lot more.

I've tried a lot o' insects, some creepy crawlies, an' even a really vile soup made from bats. It ain't in this book!

Most o' them really odd things ain't in this book. Bet you were having second thoughts about purchasing it and were about to look fer the receipt.

Don't worry. This time around I'm givin' you a lot o' recipes that I serve around Swift Enterprises. O' course, I do have a lot o' recipes that are what most folk might call a tad exotic. I've put in a few and will leave it up to you to guess which ones they are.

I also am answering a bunch o' requests fer some side dishes, more desserts and even a couple more o' the meatless things I make fer the veg-heads around work.

O' course, I got to take that back quick 'cause my lady friend is gonna read this an' she likes to keep her meat consumption down to where it almost ain't worth openin' up a pack o' steaks or even a pound o' burger.

Ah, well. Enjoy these new dishes, an' let me know if ya want more.

(Ed—As in his first book of recipes, Mr. Winkler has requested that we retain most of his somewhat colorful way of pronouncing things. Like before, he presented us with a box of audiotapes—I once sent him an audio CD recorder that he refused to even unpack—which we have to send out to transcribe. It turns out that very few transcriptionists “speak” Texan, so the first batch always comes back fixed.

Our hope is that the extra effort it requires to have all of his work re-transcribed from tapes and copious notes helps you to get more of the Chow Winkler feel of things.

I had planned on collecting all the letters of complaint about this from book one, but the only letter of that type came from Mr. Winkler himself who took us to task over some of the fixes that didn't get re-fixed back to the way they should have appeared. I am, at this time, heavily sighing.)

*Charles “Chow” Winkler*

## THE CHARLES "CHOW" WINKLER SERIES

**MAIN COURSES****Chow's Chuck Wagon Redux**

## FOREWORD

Chow Winkler wanted to get some of his favorite recipes out to the world, so he sent his publishers a box of tapes they had to sort through and then transcribe. The result was *Chow's Chuck Wagon*.

To go by the response, a lot of people want a lot more, so he was asked if he could kindly write a follow-up. He called me and we sat down over three weeks and tried many of his other favorites. I made my suggestions and he went off and recorded a bunch more to send off.

Hopefully, by the time this comes out the publisher and their transcription folks will have recovered. I understand how difficult it must be on them trying to keep Chow's "voice" intact.

*T. Edward Fox*

I know fer a fact that main course dishes don't always have ta have meat in 'em. The fact that most o' mine do is just somethin' you'll need to get over. In a lot o' cases, the meat is there to be a flavor or a texture or a little kick o' protein, and isn't the main part of the dish.

In some others, it's the main ingredient. No apologies!

Now, I cain't stop you if'n ya want to omit meat from any o' these recipes, but I won't say you ain't been warned that the thing won't taste right.

Go right ahead and try makin' the first one without meat. I dare ya!

My thoughts are that a main dish ought ta be fillin' and satisfyin' to yer mouth and tummy. While a few can be served cold—especially as leftovers—I believe that the biggest share need to be served as I tell ya. If that means I say "let her sit fer a couple hours while ya stand around droolin' " then that's what ya gotta do.

## BIG OLE MESS O' HAM

Thars too many folks that have been hypnotized or fooled into thinkin' that a cheap hunk o' ham that's been cut into little, fall apart spirals and drenched in a tasteless glaze, is ham. Taint! Period. It tastes like smoky, dry cardboard to me. Neither's the stuff in cans. That's no better'n salty muck. This recipe will put the faith back into ya about what ham should be.

1	5-7 lb	Bone-in Ham, a good half shank or butt. I prefer a fresh or fresh-smoked one. Don't waste money on a fancy country ham fer this recipe
1	bottle	Dark Molasses - 'bout 16 ounces
24-30	whole	Cloves
3/4	cup	Brown Sugar, packed

Sounds pretty simple so far. Right? Well, it is!

Get out a really large pot, one that will fit the ham as well as enough water to cover the chunk, leavin' at least a couple inches of space.

So, that means ya need to put the ham into the pot and cover it with water. Pour in the entire bottle of molasses. I prefer the Granny version not the bunny one, if'n ya get my drift. Better flavor.

Anyway, bring the water up until it begins to move, not boil. Turn the heat down until it just maintains a good simmer with no bubblin'.

Don't cover the pot, just let it simmer away about 4 hours fer a 5 pounder and 5 hours for a 7 pounder. At the end, turn yer

oven on to about 500° and place one rack at the bottom. Pull out any others. You'll need the space.

Remove the ham, discard the liquid, and use a good knife to trim away any rind or extra fat on the outside. Next, give it a good criss-cross scoring keeping the lines about an inch apart and a good 1/4-inch deep.

Pat it kinda dry, then stick the cloves around the entire thing spaced about every other criss-cross. Usin' the places where the cuts cross is a real good spot.

Place the ham, flattest part down, in a good, heavy baking dish or roastin' pan. Take the brown sugar and pat it all over the ham.

Once the oven is up to temperature, put the pan into the oven and let it sit in the hot box about 4 or 5 minutes, just enough to melt the brown sugar. Watch it good and don't let it smoke none.

Take it all out of the oven, pull out the cloves, and yer ready to carve. Try to do it so that every piece gets a bit o' the outside and the brown sugar.

## WET RIBS

First off, this ain't bar-b-que. It's ribs fer darn sure, but not bar-b-que. It also is one recipe that can be switched around a bit to be acceptable to folks from differ'nt parts o' this country, from my fellow Texans and a lot o' folks who want a sweet, tomato sauce to people who want spicier ribs to North Carolina folks who like a more vinegary sauce.

1	Tbsp	Oil (vegetable, corn or olive)
2-3	lbs	Boneless Ribs - pork or beef (trimmed of larger chunks of fat)
1	large	Onion (yellow or white) or 2 medium, diced
1	cup	Tomato Ketchup (or catsup)
3/4	cup	Brown Sugar - packed
3/4	cup	Cider Vinegar
1	cup	Beef Broth (or water in a pinch)
1	Tbsp	Dried Oregano
1	Tbsp	Dried Basil
1	Tbsp	Dried Parsley Flakes
1/2	Tbsp	Dried Sage
1/2	tsp	Black Pepper - ground
Water to cover		(if needed)

In a 4-6 quart saucepan heat the oil until it shimmers. Please try ta use a good pot with a heavy bottom an' not one o' those that feel like they're made from tin foil.

Brown the ribs on all four sides— you may need to do this in two batches so you don't crowd the pot (you'll get steamed meat instead o' properly browned meat). Once browned, try to

get all the meat into a single layer in the same pot, then put the onion in and add the ketchup, broth and all other ingredients except fer the water.

Let come to slow boil and mix things up. If it's needed to cover the meat, add some water (or additional broth would be better) so that the meat is submerged. Stir it in good. Turn down heat, cover, and allow it to simmer for 3 hours.

Uncover, remove meat to serving platter and turn up heat under sauce. Bring it to a boil and reduce it while stirrin' for about 5 minutes. Pour over meat and serve.

This is always a hit with folks when paired with mashed taters. Not whipped ones. Taters with cream an' butter and' chunks of tater still in there. Tell ya what. I'll add my favorite recipe in the section on Side Dishes and Salads.

### NOTES:

If yer gonna' be using fresh herbs, double the amounts (not the pepper, however).

If ya like yer ribs a bit more tomato and sweet flavored, add an extra 1/2 cup o' ketchup.

If yer from the east coast of North Carolina—an' I've put in a recipe for their style o' pulled pork later in this section—you'll want to drop the ketchup and brown sugar to just 1/2 cup each, and increase the vinegar by an extra 1/4 cup.

For a spicier rib, add 1/4 tsp Cayenne OR 1/2 tsp dried red pepper flakes at the beginning.

For a "south of the border" twist, use pork ribs, omit the sage, and add 3 Tbsp of fresh, chopped cilantro (the stems have the most flavor!) about 15 minutes before cooking time is complete.

**CLEAR YER PIPES CHICKEN**

This little dish is one o' those ya start the day before, or at least that morning, an' then it don't take hardly any time ta finish up and cook fer dinner. It's called Clean Yer Pipes cause it's got a nice helpin' o' prunes. If ya want a lot o' flavor but not the effect, then there's a substitute listed. Makes either a nice casual meal with mashed taters or rice, but I like it over noodles served with my recipe fer Multi Tater Salad. This'n halves, doubles and even triples right nice.

- 8 Chicken thighs, boneless with or without skin (without is the healthy version) Don't use white meat, It'll dry out and not be very good
- 2/3 cup Dried Prunes (some folks in Washington D.C. changed things so that some get called dried plums. Plums or prunes, just be sure to use the one without pits!) See ALTERNATE, below
- 1 cup Green olives with them pimento pieces in 'em, cut in half or quarters
- 4 cloves Garlic - smashed and chopped very fine
- 1/2 cup Dry white wine
- 1/2 cup Red Wine Vinegar (not white, malt or cider type)
- 4 Tbsp Olive Oil - virgin's best
- 4 Tbsp Oregano (fresh) or 1-1/2 tsp if usin' dried
- 3 Tbsp Capers with a bit o' the juice
- 1/2 tsp Red Pepper Flakes or small pinch cayenne powder

- 1 Whole Bay Leaf or 2 small ones
- 1/4 cup Brown Sugar (packed so ya get enough)
- 1 - 2 Tbsp Fresh Basil (to garnish) If ya only have dried, put 1 teaspoon into the juices just before starting to cook stuff
- Salt to taste (wait 'til 3 minutes before serving to add)

ALTERNATE: If you don't have, or don't want ta use prunes fer personal reasons, get some o' them giant size raisins, take a half cup of 'em and pour just enough really hot water over 'em. Let 'em soak fer about a half hour before usin' (don't drain).

In a 1-gallon zip top bag, combine the chicken, prunes (or raisins), wine, wine vinegar, oil, oregano, capers, fresh garlic, chili flakes, salt and the bay leaves; turn to coat the chicken pieces well. Make sure it's zipped nice an' tight with no air then put it in the fridge fer at least 8 hours or up to about 24. Any more an' the wine and' vinegar mite try to cook the chicken.

An hour before servin' time, turn the oven on ta about 350° and take the chicken pieces out and arrange them in a good casserole or baking dish. Leave at least a half inch around each piece. Now, pour the stuff from the bag all over the chicken. Usin' your fingers, sprinkle the brown sugar evenly over everything.

Bake it uncovered for 45-50 minutes. Unless your oven is miscalibrated, this'll make sure the chicken gets done without gettin' dry.

Remove the chicken to a large platter, and top with remaining pan juices.

Remove the bay leaves before sprinkling the chopped basil over the chicken.

Serve immediately, over rice or taters, two thighs per person.



## NO YER IRISH MAMA'S CORNED BEEF

'Round about the middle of March ever'body seems to become Irish fer a day. Well, I say ya can have all that. Even the Irish don't celebrate St. Paddy's Day like we do. The only thing I like about it is the corned beef, an' this is a mighty tasty recipe fer it. This gets served in a differ'nt way to boot!

2-3	lb	Corned Beef with juices
1	large	Onion, chopped roughly
1	bottle	White Wine - medium bodied, not dry
1	bottle	Water - use the wine bottle
2	Tbsp	Pickling Spices (like the packet they give ya)
1/2	tsp	Powdered Ginger
1/2	tsp	Cardamom
1	tsp	Pepper Corns
1	large	Bay Leaf - even if the packet has some little bits already
6	medium	Red or Yukon Gold Potatoes, or a 1 lb bag of "fingerling" potatoes
		Pickled Cabbage Marmalade

If ya got one, use a pressure cooker fer this. Makes it go a lot quicker! Oh, and you'll want ta do this a full day before you're gonna eat.

Or... Heat up a 5- or 6-quart pot. Trim off about half of the layer of fat that is on one side of most corned beefs. The packer usually puts that on the side you can't see until you get the durn thing open!

Place the corned beef, fat side down into the hot pan and let

sizzle fer about 3 minutes. Pour the wine and water in, adding a little more water to just cover the meat. Put in all of the spices and bring to a boil.

If usin' the pressure cooker, this is the time to put on the pressure lid. Once the steam is whistlin' through the relief thingie, turn the heat down to simmer and set a timer fer about 70 minutes.

If usin' a traditional top-o'-stove method, cover and simmer fer 4 hours.

At the end of the cookin' time, turn ever'thing off and let it cool on its own. Should take a couple hours.

Now, and this might be the strange thing to ya, take the meat out of the liquid, wrap it up in plastic wrap and put it in the refrigerator. That's why you do this the day before you're gonna eat it.

Reserve all that great cookin' liquid for use tomorrow.

One hour before mealtime, take the corned beef out o' the fridge and let come to room temperature. At the same time, put the reserved liquid into a saucepan. Do not peel, but cut in half the Reds or Yukons, or leave Fingerlings whole. Dump the potatoes in the pot. Bring to just a boil, cover, turn off and let sit there for 40 minutes.

Slice the meat as thin as you can (a good quality, sharp knife is the chef's friend).

I like to serve this sandwich style by takin' a couple pieces of good, whole grain bread, giving it a little smear o' mayonnaise on one piece and just a little grainy mustard on the other. Then, a nice slice o' Swiss cheese, a stack o' the meat and then topped off with Pickled Cabbage Marmalade (recipe can be found in the Side Dishes and Salads section).

Serve the sandwich with a couple pieces of 'tater on the side.

And, if you're of legal age, a really nice dark beer or porter washes this down right nicely.

## CHICKEN AND FLOATERS

This is a good, hearty variation on Chicken and Dumplings, it's just that I like mine nice and thick—almost stew-like—with lots o' recognizable chunks o' things in it, and dumplin's like islands. I used ta haul around all the makin's fer the dumplin's—flour, bakin' soda and powder, buttermilk, and all the rest. Then, I got smart and used the boxed stuff. If'n ya can find the lower calorie and low salt sort, it'll be all the better for ya.

1	Tbsp	Olive oil (or corn oil)
1	medium	Onion - white or yellow, in 1/2-inch dice
3		Carrots - peeled and cut in 1/4-inch rounds
2	cloves	Garlic - sliced into thin rounds
1/4	lb	Green Beans - cut into 1/2-inch pieces
1/4	lb	Broccoli - peel the stems and dice that into 1/4-inch pieces, then cut the tops into 1/2 inch pieces
3	cups	Chicken Broth - home made is best or the store bought in this handy boxes is fine, too
1	Tbsp	Dried Marjoram
1	Tbsp	Dried Sage
1/2	tsp	Curry Powder - a "sweet" style works best
12	oz	Diced Chicken Meat - dark and white
1	cup	Whole Milk
3	Tbsp	Flour
1/2	tsp	Ground Black Pepper

2	cups	Baking Mix - Like Bisquit®
2	large	Eggs
3/4	cup	Milk

The first part takes two hours, so hold off on the floaters until you're about a half hour from mealtime.

In a 5 or 6 quart pot, heat the oil for a minute on high, then add the onions and carrots. Stir 'em around a bit until the onions start ta get a bit clear (probably around 5 minutes). Add the garlic, green beans and broccoli and stir things around for 2 minutes. Pour in the broth and add the marjoram, sage and curry powder. Oh, an' don't get all experimental on me an' try a hot or spicy curry. This dish isn't meant to be *that* kind a hot.

Cover the pot and turn the heat down to just above simmer. Let it cook away fer an hour and a half. Add the chicken.

Mix the milk and the flour in a cup until all the flour is smooth and there ain't no clumps. Whilst stirrin' the liquids, pour this in and keep stirrin' until things start ta thicken up. Sprinkle the pepper in and close the lid again.

Now's the time ta make the floaters.

In a good sized mixin' bowl, beat the eggs with the milk until it all looks ta be about the same color. At this point, some folks like ta add some chopped parsley so the floaters'll have some color to 'em. Go ahead, if ya want to.

Careful like, pour in the biscuit mix. Mix until is just barely comes together. No more or the floaters'll be tough and not what Chow wants ya ta make.

Uncover the pot and turn the heat up to medium high. In a minute or so, things will be slightly boilin' and that's all ya want. If your stove is really pumpin' out the heat, turn in back a bit.

Now, take really heapin' spoonfuls of the biscuit dough and

drop them into the pot, keepin' a bit o' space around each one. Once it's all in, just leave it alone for 5 minutes. After that, cover the pot and give it another 7-8 minutes. During that time gather yer kids and whoever else is eatin' with ya and get them to the table.

Ladle a couple of the floaters into the side of a wide bowl and then portion out the thick stuff underneath. This recipe will feed 4 folks as a soup or main course and 3 as a whole meal.

This goes really great on a cold day (or night) and is what ya call a comfort food.

## ROYAL CHICKEN AND TATERS

I first got this recipe from an old ranch bum name of Wyoming Pete. Swore it were his great granny's all the way from England. I found out later it's similar to a dish they call Coronation Chicken. I thought my puttin' it over taters was a yoo-nique thing, then I come ta find out that's the way they do it over in England. Go figger!

4	half	Chicken Breasts- skinless and boneless
4		Chicken Thighs - skinless and boneless
1/4	cup	White Wine
1	Tbsp	Olive Oil
1	Tbsp	Butter
1	medium	Onion - diced
1/4	cup	Raisins
1	Tbsp	Tomato Paste
1-1/2	cups	Chicken Stock
1	Tbsp	Mild Curry Powder
1	tsp	Sugar
1	tsp	Lemon Juice
3	Tbsp	Mango Chutney or Apricot Jam
1	Tbsp	Butter
1	Tbsp	Flour
1	cup	Mayonnaise
1/2	cup	Whipping Cream
2	Tbsp	Slivered Almonds
4	large	Baked Russet Potatoes

Trim off any extra fat or cartilage from the chicken and then cut it all into 1/2-inch by 2-inch pieces. Put it all in a zip topped bag and pour in the wine. Close it good, give it a bit o' massage ta get the wine even, and then set that aside. Do it an hour or so early.

In a large saucepan, heat the oil over medium high, then put in the butter and the onion. Stir it around a minute or so, then add the raisins and tomato paste. Stir it until the tomato paste is pretty much broken up and distributed around. Add the chicken stock, then cover, turn the heat down to low, and let cook 15 minutes.

Uncover and add the curry powder, sugar, lemon juice and jam. Now, I lernt this usin' apricot jam, but the way they make it in merry old England seems to be with somethin' they call mango chutney. Never found that in Texas, New Mexico or here in Shopton. If'n ya got the desire, try it both ways.

Back to the cookin'. 'Strain everything through a mesh strainer so you catch the liquid but leave the solids behind. They're good, so save 'em fer later, but they don't go in the final dish.

In the same pan, melt the butter, add the flour and stir around fer a minute or two. Add back the liquid and whisk well over medium heat. Keep cookin' till it thickens then put it back in the bowl. Let the bowl of liquid cool on the counter.

At this point ya should be about a half hour from the dinner gong. Drain the chicken, pat it all dry, and lightly brown it in yer favorite skillet. Ya only need ta cook it about 5 minutes. Add it to the big bowl of sauce you just made.

5 minutes before ya eat, whip the whipping cream to medium peaks, add the mayo and mix well, then stir it into the chicken and sauce. It will be warm but not hot. If ya try to get it hot now, it will separate the mayonnaise and deflate the cream.

Serve it over baked taters, or even boiled Yukon Golds, cut in halves, or over rice. Sprinkle the top of everything with the slivered almonds.

## MEATLOAF BURGERS

Sometimes I get a hankerin' for the taste o' meatloaf, but I cain't be bothered to do all that long cookin'. So, I fiddled around with my favorite meatloaf recipe, took a few things out and changed a few things, and came up with the following. By the way. If ya got one o' them aversions to pork an' bacon, then ya might want ta skip this whole recipe.

4	slices	Bacon - good quality stuff with more meat than fat
1/2	small	Onion - yellow or sweet, real finely diced
2	cloves	Garlic - smashed and chopped tiny
1/2	small	Bell Pepper - whatever color strikes ya
1	Tbsp	Tomato Paste
1	Tbsp	Red Wine
2	slices	Whole Wheat Bread - diced up with crusts
3	Tbsp	Milk
1/2	lb	Beef Burger - 80/20 or 85/15
1/2	lb	Ground Turkey - the mixed sort, not white meat only
1/2	lb	Ground Pork
1	tsp	Kosher Salt
1	tsp	Dried Oregano
1	tsp	Dried Basil
1	Tbsp	Flour
1	Tbsp	Sweet Chili Sauce (see note below)
2	Tbsp	Ketchup
1/4	tsp	Ground Black Pepper
1	large	Egg

There's a lot o' pre-work to do, so don't get started a half hour before dinner. The meat mixture should be allowed to take a nice rest for about two hours in the fridge before cookin'.

Start by cuttin' the bacon in half so ya got 8 pieces. Lightly cook it in a skillet. You want them about half cooked ONLY, and not stiff as a board. Pull the pieces out and drain 'em, then set aside.

Drain off most o' the fat, but not all. Dump the onion pieces in and stir them around over medium heat until they get a bit soft. Maybe 2 minutes. Add the garlic and stir it around another minute. Next goes in the bell pepper for just one more minute. Put the tomato paste and the wine in the pan and make sure everything gets evenly coated. Move things into a bowl and let cool.

Might just as well have yerself a beer about now. The cookin's only gonna take fifteen minutes or so, and you only got one quick thing to do.

Take the diced up bread in a bowl, pour the milk over it and let it sit a minute or two. Sorta squish it around a little so that all the bread gets wet. If there is any leftover milk in the bowl, dump it out. You want damp bread, not soaked bread.

Next, put all three kinds o' meat in yer large bowl. Add all the rest o' the ingredients from the list. Also add the onion stuff and the bread. The only thing that don't go in right now is the bacon.

Here's that note about the Sweet Chili Sauce. It's the stuff ya find in Asian markets or the foreign part o' big grocery stores. It's red and kinda see through, almost as thick as ketchup, an' has little bits o' pepper and their flat seeds floatin' in it. It adds both a spark o' spice as well as a hint o' sweet.

Use yer fingers and hands for mixin' it all together. Make darned certain that all the meats and all the spices and everythin' gets mixed well.

Cover the bowl with plastic wrap and put it in the fridge fer those 2 hours.

30 minutes before you want ta eat, take the stuff out and form it into 8 patties about 5 inches wide and however thin they end up. Lay 4 o' the patties on a piece o' waxed paper or parchment or even a piece o' plastic wrap. Lay two strips o' the bacon on each bein' sure that they don't overhang. If they do, trim off the extra and set it next to the big pieces. Lay the other 4 patties on top and press everything down so you have 4 nice, large patties with yer bacon inside.

Cook 'em however ya norm'ly do: grill, pan, broiler, bar-b-que. Just make certain ya don't cook 'em past about medium well or they'll dry out. Also, and I cain't stress this enough, DO NOT SQUISH THE MEAT ONCE IT GOES DOWN ON THE HEAT. IT FORCES OUT JUICES AND FLAVOR AND MAKES EVER'THING TOUGH. IT IS A BAD HABIT. STOP IT!!!

There are a few things that can be done with alternate meats. Fer instance I once had a version o' this in Australia where they used about half beef and half ostrich. It's a big, ugly and ornery bird, and you'd think it'd have amazin' drumsticks, having legs like that. Only thing is that they just use the breast meat. It's as red as beef and tastes great. If ya' use it in yer recipe, add an extra tablespoon o' oil ta make up fer it bein' so dry. Or, use the bacon grease!

You can also try this usin' venison, elk or bison. Same thing with the added oil goes fer these. My preference is ta soak venison and elk in milk fer about 6 hours before usin' ta get out some o' the gaminess.

## WINGLESS CHICKEN STEW

A good friend o' mine's got a wife with a friend that once told her a story about how her mama used ta feed the family lots o' things including 'wingless chicken.' It weren't until she was all grown that she found out what wingless chicken really was. Rabbit! Clever mama that knew her youngin's wouldn't want ta eat bunny rabbit.

3	pieces	Bacon - diced
2	Whole	Rabbits, medium size or 1 large - get 'em cleaned from your butcher
1	large	Onion - chop half finely, large dice the rest
4	cloves	Garlic - sliced into 6-8 pieces each
4	Tbsp	Flour
3	cups	Chicken Stock
1	cup	White Wine
1	lb	Tomatoes - cut into 8 pieces each
2	large	Carrots, peeled and in 1/2-inch slices
4		Stalks Celery - Cut into 1/2-inch pieces
2	large	Yukon Gold or Yellow Potatoes
1/2	lb	Mushrooms - fresh cut into halves
1	Tbsp	Oregano - dried
1	Tbsp	Thyme - dried
1	Tbsp	Tarragon
1	large	Bay Leaf
3/4	Cup	Coconut Cream (that's right!)
		Black Pepper to taste
		Salt to taste - added at end of cookin'
3	Tbsp	Butter

This'n came from an hombre from South America who swore that the coconut cream is what makes the entire dish. I've tried it with and without. Both good. Both a bit different. I like his way best.

Heat an 8-quart pot over medium high heat. Add the chopped bacon and let it cook and render its fat for about 3-4 minutes. Don't let it get burnt, though. Pull the pieces out and reserve.

Cut up the rabbit into standard serving pieces like you'd see from a chicken (remember that this poor bird lost its wings in an industrial accident!) Dependin' on how large your pot is, brown all the pieces in 1 or 2 batches. Set them on a plate for now.

Dump the finely chopped onion, the garlic and the flour into the fat. Stir it around for about 2 minutes. Pour in the stock and the wine, stirrin' ever'thing up to get the flour mixed throughout. Put the meat into the pot and press it down tryin' ta get it into one layer. Place the tomatoes, carrots, celery, taters and mushrooms on top. Add more stock, or water, so that stuff is barely covered. Sprinkle the herbs over the top and bring to almost a boil.

Cover and turn the heat down to low. Let cook 15 minutes before adding the coconut cream. Cover again and cook another 25 minutes.

Remove the meat and the large vegetation bits to a platter and cover with foil.

Taste the sauce. If it needs salt, add it now. Add as much black pepper as you like as well. Turn the heat up and bring to almost a boil. Add the butter, one tablespoon at a time makin' sure to stir it all in before adding the next. Once it's all added, pour the sauce over the meat and vegetables. Serve.

## QUICK TUNA CHEESE CASSEROLE

Casseroles are great fer wintery nights, but they also are real good most o' the year. Now, my friend an' boss, Tom Swift, must have had too many tuna noodle casseroles growin' up. His mother is a great cook, but she might have overdone it a bit. He asked me to figure a way to make this tasty dish taste even better.

1	lb	Egg noodle, extra wide - or bowtie pasta
1	tsp	Olive oil or corn oil
1/2	small	Onion - diced
1	can	Cream o' Mushroom Soup - condensed
1	can	Cheddar Cheese Soup * - condensed
1/2	cup	Whole Milk
2	cans	Tuna (packed in water, not oil) - drained
1	tsp	Worsterchestershire sauce (however it is really spelt... I don't know)
1	tsp	Basil - dried
1	tsp	Marjoram - dried and crumbled between your fingers
1/4	lb	Mushrooms (fresh) - in thin slices
1/4	tsp	Black Pepper, ground
1/2	cup	Fresh grated Parmesan cheese ( <b>not</b> the dry stuff in a cardboard can!!!)
12-15		Saltine Crackers

\* If ya want a bit o' kick, some soup makers do a spicy cheese soup. Otherwise, ya might try addin' a couple jalapeño rings that you've chopped pretty fine.

Preheat yer oven to 350°F.

Get a big pot o' water boilin' with a gallon o' water or so, and add a couple tablespoons o' salt. Drop in the noodles and cook 'em as directed, minus a minute or so of the suggested time. Ya want these to be a little underdone so they soak up a lot o' the liquid.

While they're cookin', put the oil and the onion and garlic in a small bowl an' put it in the microwave fer about 45 seconds, just so they get a little o' the raw flavor out.

In a large bowl, put the onion/garlic mixture and all the rest o' the ingredients *except the Parmesan and the crackers*. Stir it around to get the soups mixed up pretty well. When they're ready, drain the noodles and add them to the big bowl. Stir around to coat everything. Put all this into a large baking dish or casserole dish. Its okay if it sticks up just a bit over the top.

Spread the Parmesan over everything. Crush up the crackers in yer hands and sprinkle them all over the top.

Cover with foil and bake fer about 35 minutes. Uncover and bake fer another 15 minutes.

Serve piping hot.

Here's a little hint about usin' foil. It might stick if any o' the good stuff bubbles up through the crackers. So, give the side that'll be next to the food a little spray with one o' them cookin' sprays.

Some folks like one addition. I've tried this usin' about a quarter pound o' good, fresh green beans that I've cut into 1-inch pieces. I drop these into salted, boilin' water fer 2 minutes before usin' em, ta make 'em a little softer. Drain 'em and rinse with just a little cold water ta stop the cookin'.

Broccoli might also work, but I tried usin' asparagus an' *it did not turn out at all good!* Ya could serve the asparagus on the side, but it has issues when it's inside somethin' like this.

## PRAIRIE PIE

I know. Sounds kinda awful. Right? Well, ya mighta heard this one called by other names like Shepherd's Pie or Tater Crust Casserole. Mine is a bit differ'nt than a lot since it calls fer a couple things a range chef might carry that you might have ta go lookin' for. Worth it, though.

2	Tbsp	Bacon Grease
1	lb	Ground Beef
1	lb	Pork Shoulder - diced to about 1/3-inches
¼	lb	Salt Pork - diced to about 1/4-inches (or a really thick cut o' bacon in ½-inch pieces)
1	large	Onion - in large dice
3	cloves	Garlic - smashed and chopped fine
4	med	Carrots - in 1/2-inch dice
3	ribs	Celery- in ½-inch slices
1	Tbsp	Cumin Seed (or 2 tsp ground cumin)
2	tsp	Sweet Paprika
1	tsp	Smoky paprika (or 1/8 tsp liquid smoke)
3	Tbsp	Flour
3	cups	Beef Broth - defatted
1/2	cup	Cilantro - chopped up with the stems
		Salt
		Black Pepper, ground
6	medium	Russet Potatoes
1/2	stick	Butter
1/2	cup	Beef Broth
1/2	cup	Milk (maybe more, maybe less)

Melt the bacon grease in a large, high-sided skillet over high heat. If usin' bacon instead o' salt pork, put it in first. When it's about half way cooked, spoon it out to drain and pour off half o' the fat into a 9x12 bakin' dish. Smooth it all around to coat the bottom, but not the sides.

Put in the ground beef and let it get a little brown on it, stirrin' frequently. Move it ta one side and put in the pork shoulder meat and the salt pork. Keep 'em movin' in the pan fer about 6 minutes, movin' the beef around a bit every 2 minutes or so.

Back the heat off to medium high.

Mix up all the meat and move it to one side in the skillet. Put in the onion and cook that fer 3 minutes. Then, put in the garlic and carrots, celery, cumin, and both paprikas. Keep cookin' things and occasionally movin' them around to prevent burnin' another 5 minutes. Mix it all together, good.

Sprinkle in the flour and mix it in. When you cain't see any more white, stir in the broth. Cover, turn down to medium low and let simmer fer 45 minutes.

Durin' that time, do yer taters. Peel, cut into 3/4-inch pieces and put in a large pot with enough cold water to cover by about 2 inches. Add a tablespoon or so of salt. Bring to a boil and cook until a knife blade slides in smoothly.

Drain but DO NOT RINSE. Put 'em back in the pot, give 'em a good smashin' ta get most o' the clumps out, and add the butter—you might want ta cut it into about 5-6 pieces to make it easier. When the butter has incorporated, add the beef broth and stir it in gently. The next part is one o' them "until it seems right" things. While stirrin' a little, add about half o' the milk. If the taters seem to still be pretty stiff but close to loosening up, that's the time ta stop. If not, add a little more milk. Don't use an electric mixer or you'll end up with potato paste. The whole idea is ta make them kinda smooth but stiff enough ta spread and mold up the sides o' a bakin' dish.

And, that's exactly what you do next. Take about 60% or so o' the taters and put them in the greased bakin' dish. Spread 'em



around and up the sides about an inch and a half. This will be the 'crust' for the dish. Let it sit to one side while the meat is finishin'.

When the meat and sauce is finished and the pork is tender, stir in the cilantro. Taste it and add a little salt *if needed* and a good teaspoon o' ground black pepper. The salt port or bacon will give it a good bit of flavor and salt already.

If it looks to be a little loose, try addin' another tablespoon o' flour to it and let it cook another 3-4 minutes.

Take it off the stove and let it sit for 10 minutes. Carefully spoon and pour in the meat and such into the tater crust. Let it cool about 15 minutes so it sets up a bit more. This is the time to preheat yer oven to 375°F and get a rack right in the middle o' the oven box.

Spread the rest o' the taters over the top tryin' ta at least get the outside smoothed together. It's okay if the middle is a bit thin or some o' the sauce comes up through it.

Put it in the oven and cook for 40 minutes or until the top gets a bit brown. Give it about 5 minutes sittin' before ya spoon out great heaps onto plates or into wide bowls.

## BUTTERED CHICKEN (or SALMON)

I was asked by an old boss in Texas to make a banquet dish for a party he was throwin'. The day o' the party he finds out that at least three o' the wives had "suddenly found that they absolutely had to be vegetarians!" and that almost threw a monkey wrench in my plans, at least 'til I found out they'd eat fish and figured out that what's good for the bird is delish for the fish!

- |     |       |  |
|-----|-------|--|
| 1   | stick | Butter - unsalted at near room temperature |
| 1   | Tbsp  | Olive Oil - the extra virgin kind          |
| 1   | clove | Garlic - smashed (see note)                |
| 1   | Tbsp  | Tomato Paste                               |
| 1   | tsp   | Oregano - dried                            |
| 1   | tsp   | Sage - dried                               |
| 3/4 | tsp   | Salt - divided                             |
| 1   | tsp   | Sweet Paprika                              |
| 1   | tsp   | Turmeric                                   |
| 4-6 |       | Chicken Half Breasts - skinned and boned   |
|     | or    |  |
| 4-6 |       | Salmon filet pieces - 5-6 oz. each         |
|     | or    | Half of each                               |

In a large bowl usin' a fork, mix ever'thing in the list down to (and includin') the turmeric.

NOTE: Ta get the garlic so it'll all mix together right, smash the clove on a choppin' board usin' the flat side o' a big knife.

Chop at it a little, then add a 1/4 teaspoon o' salt Mash it all around and alternate choppin' and smashing around with the flat knife until it is a paste. Now add it to the rest o' the stuff.

Lat out a 12-15-ich piece of plastic wrap on the counter. Spoon the butter mixture onto it and roll it into a "log" that'll be just about the same size as the original stick o' butter. Twist the ends good and put it in the fridge fer at least an hour ta stiffen up.

When you're ready ta cook, turn on the oven to BROIL and set a rack on the next to top location.

Clean yer chicken and trim away any little fat or cartilage bits. Pat each one completely dry.

Is usin' salmon (or even half chicken and half salmon) check fer any o' then small bones. If ya find some, pull 'em out with small pliers. Like the chicken, pat the pieces dry.

Lightly sprinkle some pepper on all sides o' the meat and the remaining salt on the bottom of each piece. Take the butter out and slice it into enough pieces ta put two on each piece o' meat, kinda next ta each other.

Lay them on the meat. Press 'em in so they stay.

Put a nice piece o' foil in the bottom 'o a good sized bakin' dish (big enough ta hold all the meat with at least a full inch between each piece.) Give it a little spray with one o' them vegetable sprays, then set the meat on the foil.

Now, I'd suggest that you do separate dishes fer the two different types o' meat since some folks are kinda picky about havin' the flavors get mixed up.

Put the bakin' dish into the oven and close the door.

Let it broil fer the following times:

Salmon - 6 minutes per whole inch o' thickness.

Chicken - 9 minutes per whole inch o' thickness

Take out at end o' cookin' time and cover with another piece of

foil and let things sit fer 2 minutes before servin' with a good spoonful o' the melted butter stuff over the top.

Great with long grained rice and served with a nice vegetable like asparagus or even artichoke halves (see next recipe fer my favorite way to cook 'chokes.)

## ARTICHOKES

I know folks that'll swear ya got ta bake 'em, and others that'll tell ya you'll ruin 'em if ya do anythin' other than steamin'. Both them ways leave too much too dry and not edible fer my taste. I grew up on these an' I ain't hurtin' none!

2	large	Artichokes - whole with at least 2 inches of stem
1/3	cup	Olive Oil - quality Extra Virgin fer flavor

I'm hopin' ya see that this is real simple.

Anyways, if ya want this as part o' a meal fer 4 people, cut the artichokes in half from top to bottom. Otherwise, this makes a full meal fer 2. Don't cut them if doin' this fer 2.

This next part is real tricky.

- DO NOT TRIM THEM!
- DO NOT CUT OFF THE TOP!
- DO NOT HOLLOW THEM OUT!

Do I need ta put it in bigger writin'?

Ya can cut off any tiny straggler leaves on the stems and the very bottom sliver o' browned stem, maybe a quarter inch, but that's it.

Put these in a big pot and add enough cold water ta cover. They'll float a bit, so push 'em down when measuring in the water. Add the olive oil to the water.

Bring this to a boil then cut the heat back ta about medium. Cover the pot and cook fer 35-50 minutes. This will depend on the size of the artichokes. The trick is ta check fer doneness by slidin' a small knife blade into the stem and up into the main body. If it moves in and out without much fuss, they're ready.

Drain the water from the pot, sort of lean the artichokes upside down and against the sides to drain excess water from 'tween the leaves.

I eat these by pullin' off leaves and wipin' the meaty end through a pile o' mayonnaise. Some folk dip in melted butter. If ya never ate one, the secret is ta use yer teeth ta pull off the soft 'meat' from the base end. Keep eatin' it until ya get to the tiny, thin leaves near the middle. Then, use a spoon ta ease out the useless leaves and the choke part. The wide, indented crown and the stem are the best parts.

Ya might get stuck a few times by the pointy leaf tops, but you'll soon learn!

## STUFFED TURKEY BREAST

I know you're thinkin' that this'll be just another recipe fer a roasted turkey with some sort o' dressin'. Nope. Got a dressing recipe in the Salads and Sides section. This ain't that.

1	large	Turkey Half Breast - boneless with skin if possible
1	Tbsp	Butter
1	small	Sweet Onion - finely diced
1/2	lb	Fresh Mushrooms - finely diced
1	stalk	Celery - finely diced
1	clove	Garlic - finely diced
1	cup	Japanese (Panko) style bread crumbs - or 3/4 cup o' plain, unsalted Italian ones, or make yer own from toasted fresh bread
1	tsp	Sage
1	tsp	Marjoram
1	tsp	Salt
1/2	tsp	Ground Black Pepper

Flour for dredging the turkey

Lay the turkey breast on a flat surface and get out yer sharpest, long-bladed knife. Careful like, cut a pocket in the breast startin' on the thin side and goin' far enough in so that you leave about 3/4-inches of meat not cut through. Get it open as far from front to back as possible. Sprinkle in a little salt and pepper inside the pocket and set it aside.

In a medium skillet, melt the butter over medium heat. Put in the mushrooms, celery and garlic and cook, stirrin' fairly often, fer 3 minutes. Yer not tryin' ta cook these, just give 'em a head

start fer once they're inside the meat.

Mix in the bread crumbs, sage, marjoram, salt and pepper and remove from the heat. It should be just camp enough to hold together but not soggy. If dry, add a tablespoon or so of chicken stock.

Start yer oven now. Set it fer 375°F.

Take a spoon and begin fillin' the pocket in the turkey. Try to get it even all around but leave about an inch at the thin end. Don't cram in more'n wants ta fit.

Get a couple toothpicks—the wooden sort. Pick up the bottom flap o' turkey and sort o' fold it up and over the stuffin'. Then, take the top and fold it down and just under. Use the toothpicks ta hold everything in place. The idea is ta have the thin end a bit thicker once yer finished so it cooks better.

Carefully dry the outside and then roll it in a little flour.

In a bakin' dish just big enough ta fit the meat, smear a little oil, then set the meat in the dish. Cover it with a piece o' foil and crimp it down.

Bake in yer oven about 1 hour. At the 50 minute mark, check the temperature with one o' them instant read thermometers (or, if yer oven has one, insert the temperature probe before cookin'. It needs ta be between 150 and 158.

Bring it out once done and loosen the foil. Let it sit fer 10 minutes, then put on a carving platter, pull out the toothpicks (this is an important step!) and then carve across in about 1-inch thick pieces. Pour any juices that accumulated in the bakin' dish over the top o' the carved turkey.

## ROADRUNNER IN A BAG

Out in the prairie, roadrunner are easy ta find. Now, 'cause they use their legs mostly, that's the part that's the biggest. Problem is, they're kinda tough and need long, slow cookin'. I usta have this collapsible metal box ya put in front o' a fire to make an oven. You may have differ'nt ideas about eatin' somethin' ya see in cartons, so I've adjusted this a bit for chicken. But, the real thing is best.

- 1 whole Roasting Chicken - whole with skin and all
- 1/2 stick Butter - salted at near room temperature
- 1 tsp Sage, dried or 3 teaspoons fresh, minced
- 1/4 tsp Ground White pepper
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
  
- 1 Paper Sack - grocery size
- 1 Piece foil about three inches longer than the bag
- Stapler or several o' them binder clips

If'n yer squeamish about playin' around with uncooked chicken, I cain't help ya. Maybe get a pair o' gloves.

Gently ease as much o' the skin up from the breast sides and down around the thighs and legs. Don't worry 'bout the wings. Get a few paper towels in there and make things dry. Put the bird, uncovered, in the fridge fer about an hour to dry out the skin a little.

In a bowl, mix all the other ingredients and then cover with plastic wrap and set in a cool place. If it hot outside (and

inside) then put this in the fridge fer 30 minutes and then pull it out fer about 25 minutes before usin'.

When the bird has been in the fridge fer the hour, take it out and turn yer oven on ta 200°F. That ain't no mistake. 200, not 300. Set one rack at the lowest point in the oven.

Make a tray from the foil by foldin' up the sides and crimpin' the corners. It needs ta fit inside the bottom o' the bag; it's there ta catch the drippin's. Set it in the bag.

Usin' yer hands and fingers, push the butter mix all under the skin bein' certain ta get some in the legs. This is all the seasoning ya need. Puttin' salt and pepper on the outside o' the skin does no good. Skin is there ta keep foreign stuff out and inside stuff in!

Set the bird, breasts up, in the foil in the bag. Now, fold the top together and down a bit so that it is above the bird but low enough ta fit in yer oven. Staple or clip it so it stays closed.

Put the bird in the bag on a bakin' sheet (makes gettin' it back out easier) on the bottom rack and push it to near the back o' the oven. Close it up and set a timer fer 4 hours. (If usin' a roadrunner, make that 5 1/2 hours.)

When it's finished, tear the bag open and take the chicken out. Let it rest a few minutes before cuttin' it into servin' pieces.

Ease the foil tray out and put it in somethin' that you can use ta get the fat off. The juices are great over the top o' the meat.

By the way. You can do two or even three bags at one time if yer oven will let you have 2 inches between 'em. Just add 30 minutes to the cookin' time fer each additional bag.

And, don't worry 'bout the bags. It takes a temperature of 451°F ta make paper burn. Just ask that Ray Bradbury feller.

## GOAT CURRY

This recipe can also be made usin' lamb fer those who don't live near a store that sells goat meat.

2	lbs	Goat Meat - trimmed of fat and gristle
	or...	
2	lbs	Lamb Shoulder or Leg meat - trimmed
1	cup	Buttermilk
4	Tbsp	Olive oil (or corn oil)
1	large	Onion - white or yellow, finely diced
1	large	Bell Pepper - cut in 1-inch pieces
1	large	Carrot - cut in 2-inch matchstick pieces
4	oz	Tomato Paste
1	Tbsp	Curry Powder - sweet or medium hot
1/4	cup	Flour
1	tsp	Salt
1	tsp	Black Pepper, ground
1/2	Tbsp	Dried Mint or 2 Tbsp fresh mint chopped fine
1-1/2	cups	Chicken Stock
1/2	cup	Dry White Wine
1	Tbsp	Bourbon
1/2	cup	Coconut Milk - or Coconut Cream
8	oz	Yogurt - plain Greek-style
1	large	Apple - cored and cut into 12-16 pieces
3	large	Hardboiled Eggs - Cut into 8-10 pieces each

Get a large zip-topped bag ready and clear a space in the fridge.

Cut the meat up into 1-inch chunks. They don't have ta be too neat, but don't make 'em much smaller. Put the buttermilk and the meat into the bag. Squeeze out all the air, massage it a bit ta get all the meat coated, and put in the fridge fer 3-4 hours or up ta 8. Take it out half way through and redistribute the buttermilk a bit.

Drain the meat and pat a little dry. Heat the oil in a large pot and brown the meat. You'll need ta do this in 3 or even 4 batches so ya get it browned, not steamed and gray.

When the last meat is out, put the onion, bell pepper and carrot in the pot. Stir around and cook about 1 minute. Add the tomato paste and stir to get it smeared around. Cook a minute or so until it starts ta dry out. Add the curry powder and mix it up good. Now, add the flour and mix that until there's no more white. Put the browned meat in the pot.

Put in the salt, pepper, mint, chicken stock and wine. Stir around, cover and turn heat down to simmer. Cook fer a full hour, checkin' it twice and addin' just bit o' more stock if it looks ta be gettin' dry.

At the end of the hour, uncover and stir in the bourbon. Stand back so ya don't get a snootful o' the alcohol as it evaporates. In a minute or so, stir in the coconut milk. Turn up the heat to medium and cook until it is almost to a boil. Remove from the heat and stir in the yogurt, apple pieces and the diced eggs.

Serve over rice. Ya might garnish it with some finely chopped scallions.

You might want ta try usin' rosemary instead o' mint if yer cookin' this with lamb. Use about half as much as the mint.

## PORK CHOPS AND SAUERKRAUT

This is one o' them slow cooker recipes. Put it all in afore ya go ta work and serve it up when ya get home. Even if ya don't think ya like sauerkraut, I'm pretty sure you'll find ya like this dish.

2	cloves	Garlic - crushed and chopped
1	Tbsp	Vegetable Oil
4	large	Pork Chops - thick cut (at least 1-1/4 inches or even up ta 2-inches) bone in gives the best flavor but this works with boneless
1	large	Onion - halved and cut in thin half-rings
1	Jar	Sauerkraut with juices - about 20 oz size
1-1/2	cups	Water
1/4	tsp	Ground Black Pepper
3	Tbsp	Caraway Seeds - not powder!

Get yer slow cooker heatin' up. Go brush yer teeth or somethin' cause it should sit there fer 10 full minutes with the lid on. Put the garlic and oil in and spread it all over the bottom o' the crock.

Trim any excess fat off the chops. It's okay ta leave a little so don't go overboard. Lay them into the crock so they don't touch each other.

Spread the onions all over the chops, followed by the kraut and about half it's juices. Add the water, pepper and caraway seeds. Mix the liquid around a little and give it a taste. If it is REALLY salty, then add a bit more water ta just make sure the chops have liquid up to their tops (not necessary ta cover the onions

and kraut. If it is a little salty but not too bad, add the rest o' the kraut juices and top up with water. The trick is that if it's too salt now, it'll be way to salty later.

Put the pepper and caraway seeds on top o' ever'thing.

Cover and cook on low setting' fer 7-8 hours. Goes great with mashed taters. Put a chop on the plate and cover with the onions and kraut. You'll notice that the kraut gets nice and mild and even a little sweet with all the cookin' and the flavors from the caraway seeds.

## PROSCIUTTO POCKET SHRIMP

Here's a good nibble for a big crowd. Only takes a few ingredients and is pretty good. I've downsized the recipe to serve 4 at the dinner table as a good appetizer or maybe as many as 8 as part of a pass-around appetizer platter.

16	U12-size	Fresh Shrimp in shells
1	cup	Water
1/2	cup	White Wine
1	tsp	Salt
1/2	tsp	Turmeric Powder
1	tsp	Soy Sauce
1	tsp	Fresh Grated Lemon Zest
16	slices	Prosciutto - big enough to encase a shrimp
1/4	lb	Ricotta cheese
1	medium	Avocado - peeled, pitted and cut into 16 slices

Peel the shrimp including the tails. Put all shells in a saucepan and add water, wine, salt and turmeric. Bring to a low boil, then turn down and simmer 15 minutes. Remove shells and bring liquid to a boil. Reduce by about half. Turn off heat.

Put the shrimps into the liquid and carefully move 'em around to coat. Let remain in liquid about 2 minutes then take out and set aside. Add soy sauce and lemon zest to liquid and return to heat. Bring to boil and reduce by half again.

Assemble the appetizers by laying a piece of prosciutto flat on plastic wrap and placing one shrimp in the middle. Put a small spoonful of the ricotta on the shrimp. Put a piece of the

avocado on top of that. Spoon a little of the hot sauce over the avocado and then fold up the rest of the prosciutto over the top. Secure with a toothpick straight down.

Put all finished packets on a lightly oiled baking sheet and pop under the broiler for about 3 minutes.

For each plate (or as a dip) spoon some of the remaining sauce on the plate and set a packet on top of that.



## A COUPLE PAKISTANI DISHES

Tom Swift has this really pretty girlfriend named Bashalli. She and her whole family come from Pakistan. I met her folks at a bar-b-cue at the Swift's one day and immediately hit it off with Mr. and Mrs. Pranditt. So much so that when another local Pakistani family was havin' a wedding they asked me ta cater. Here's the problem. None of those folks spoke much English an I shur as shootin' don' savvy their language.

Anyway, I asked what they wanted and the father said somethin' like "fidge and ships." Well, I figured they meant Fish & Chips which ain't exactly weddin' food, if ya get my meanin'.

Turns out it was a good thing I asked Mr. Prandit what they had said. He told me they only spoke a couple American words. They didn't know the word for lamb, so they was askin' fer "sheeps" in there.

The other part turns out ta be "figs" and' not fish.

A Pakistani dish they liked a whole lot had figs and sheep (lamb) as the main ingredients.

So, the lesson to be lernt from old Chow is when a Pakistani tells you they want somethin', it's a good thing ta ask fer a translation.

Can you imagine the palaver if'n I'd showed up with fish and chips?

Anyway, the followin' recipe is what I served that day. Went over a real treat, too!

The one after that is also Pakistani. It is really a vegetarian dessert, but I thought I'd pack the two o' them together in one place.

FIGS AND SHEEP

This is best with young lamb and not old mutton. If all ya can get is mutton, soak it in milk fer about 10 hours before usin' it.

- 2 Tbsp Vegetable Oil
- 2 lbs Lamb Shoulder - boneless in 1-inch cubes
- 2 large Onions - sliced in thin rings
- 3 cloves Garlic - thinly sliced
- 3 Tbsp Garam Masala - it's a spice blend (see note)
- 1 cups Garbanzo Beans - canned works nice; dry one's'll have ta be soaked overnight
- 2 large Carrots - cut in matchsticks
- 1/4 tsp Ground Black Pepper
- 1/4 tsp Red Pepper Flakes
- 1 medium Lemon - ends cut off then sliced in thin disks
- 2 tsp Fresh Grated Ginger - powdered won't do
- 2 cups Lamb Broth - nobody has that on hand, so chicken stock is fine (add a few drops o' Worcestershire to it)
- 1 cup Water
- 1 cup Dried Figs - halved (or a full pound o' fresh, cut in halves)

NOTE: Garam Masala is a blend o' spices used by lots o' folks in the Middle East an' parts o' Asia like Pakistan an' India. It's got a lot o' stuff in it—ground pepper, mace, cinnamon, cardamom, star anise, cumin, coriander, etc.) and is best that ya buy it already made. If'n yer stores don't have it, mail order

or internet it. It's a nice thing ta add ta stews.

Get out a Dutch Oven or other large, heavy bakin' pot. Over high heat get the oil almost smokin' then add the lamb about 8 pieces at a time. Brown 'em and keep in a bowl 'til finished.

Add the onions to that hot pot and stir around until they are wilted. About 4 minutes. Stir in the garlic slices along with the garam masala. Give that about 30 seconds before addin' the garbanzos (sometimes called Chick Peas), the meat an' the carrots. Let those get hot fer about a minute then add ever'thing' else EXCEPT the figs and yogurt. Stir it up and bring to almost a boil.

While it's comin' ta temperature, turn on yer oven ta 350°F. Put the heavy lid on the pot and put it in the oven. Cook, without peekin' fer an hour, then open the pot and stir in the figs. Cover and cook an extra 20 minutes.

Stir in the yogurt. Serve over turmeric rice.

- 3 cups Jasmine or Basmati Rice
- 5-1/4 cups Chicken Broth
- 1 tsp Sugar
- 1 Tbsp Turmeric

Wash the rice ta get extra starch off, them put it in a pot with the water, sugar and turmeric. Bring ta a boil, turn heat ta simmer and put a lid on it.

After 15 minutes, turn off the heat and let sit UNCOVERED (an' that means absolutely no peakin' or pokin' at it) fer another 10 minutes.

## COCONUT RICE TREATS

Miss Bashali is real partial ta these. Just don't tell Tom. He thinks she ain't got a sweet tooth! I lernt this from her brother, Moshan, who's a baker. He dips the pointy ends in a little melted chocolate like them Eye-talian cookies.

1	Tbsp	Butter
2/3	cup	Shredded Coconut - see note
1/4	tsp	Cardamom Powder
1	tsp	Lemon Zest
3/4	cup	Whole Milk
1/2	cup	Cooked Rice - Jasmine is best
4-5		Almonds - very finely chopped
1	drop	Vanilla Extract

NOTE: If ya can find it, the unsweetened kind o' coconut works best. Just remember, when usin' it, add 4 tablespoons o' sugar. Why not just use the sweetened stuff and forget the sugar? Cause the unsweetened has better coconut flavor. In fact, ta make this real authentic, use fresh coconut you've shredded on the fine side of one o' those box graters!

Melt the butter in a small saucepan over medium. When it is liquid, add the coconut and stir ta mix it all up. Let it heat up, stirrin' it around, fer 2 minutes.

Add the milk, cardamom, lemon zest, rice, finely-chopped almonds (and sugar if not usin' sweetened coconut). While still stirrin' occasionally, let it come up to a boil. Back the heat off a little and let it cook down until it gets pretty thick and stiff. It needs ta be about as thick as chocolate fudge.

Grease a small, round bowl like a ramekin of about 4 inches across. Spoon out the thick mixture and pat it down to a uniform thickness. Refrigerate fer a good 6 hours ta firm up and cool. Cut in wedges like a tiny pizza. Some folk add a tablespoon o' sesame seeds just before cookin' is finished as an extra treat.

## ROLLED BEEF ROAST WITH A SURPRISE

Once the roast is sliced, everyone will know the surprise. Just be certain nobody is allergic ta seafood (shrimp) before servin' it or you'll *all* get a nasty surprise.

3	lb	Beef Roast - like a chuck or rump
2	tsp	Salt
1	tsp	Ground Black Pepper
2	tsp	Garlic Powder
1	tsp	Vegetable oil
1	small	Onion - finely minced
1	small	Carrot - grated
4	large	Mushrooms - finely diced
1	small	Leek - finely dice the white and 1-inch of the green
8	large	Prawns (big shrimps) peeled and de-veined
4-6	spears	Asparagus
		Olive Oil
		Butcher's Twine ta tie it up

The roast needs to be boneless. If ya know how to... butterfly it out to about an inch thick. If not, ask yer butcher ta do it so it's about a full inch thick all over.

Sprinkle a bit o' salt and black pepper all over the inside part. Ditto the garlic powder.

In a small pan sauté the onion, carrot and the minced mushrooms in the oil until no more liquid comes out. Add the

leek and let cook another minute or so. Spread this all over the inside o' the meat.

Pat the peeled prawns dry and lay them in an alternatin' line (skinny tail end overlappin' the next skinny tail end then butt end ta butt end, etc). The idea is ta start these 1/2-inch from one end and go to the same point on the other end, startin' just about an inch from one side.

Lay the asparagus on both sides o' the prawns bein' sure ta have trimmed off the tough, woody ends first.

Carefully roll up the roast so that the prawns and asparagus are in the middle. Don't roll it tight. Just let gravity help a bit. Tie the roast up every 3 inches of so around the roll, and then one goin' from end-to-end. This is all just ta keep the shape.

Rub the finished roll in olive oil and give it a little more salt and pepper all over.

Shove a thermometer or yer oven's probe into the meat (not the fillin' and roast slowly in a 325° oven until it registers just over medium or about 148-150°F. Lots o' people will put this on a wire rack in a baking dish to catch the drips, but I just use three cross-wise stalks o' celery and put this on top. The celery helps flavor the drippin's and is nice ta chop up an' add to soup.

Remove from the oven and put a tent o foil over the top. It absolutely must rest fer 12-14 minutes before takin' off the twine and cuttin' it in 1-inch slices ta serve. Otherwise, it'll leak all sorts a juices and flavors.

## LAMB STEW

Ran into a feller once who come from the eastern end o' Europe where he'd been a shepherd (with 400 actual sheep, no less) fer more'n thirty years. He knew how ta cook every part o' the sheep including the Baaaaa. This is fer the slow cooker, by the way.

1-1/2	lbs	Lamb Leg Meat - trimmed, in 1-inch cubes
2	Tbsp	Bacon Drrippin' or rendered lamb fat - it's not the same if usin' oil
1	tsp	Salt
1	tsp	Ground Black Pepper
1	Tbsp	Paprika
1/2	stick	Butter - salted
1/2	cup	Red Wine
1	large	Onion - cut into 8 pieces top to bottom
1	large	Turnip - peeled, cut in 3/4-inch cubes
3	large	Tomatoes - cored, cut into 8 pieces each
1	Tbsp	Dried Thyme
1	tsp	Allspice
2	cups	Chicken Stock
1	large	Russet Potato - peeled, in 3/4-inch cubes
1/2	lb	Green Beans - cut in 1-inch pieces
3	Tbsp	Flour
1/2	cup	Milk

Get the slow cooker started heatin' up. Sprinkle the cubes o' meat with the salt, pepper and paprika.

In a large skillet, heat the bacon drippin's. Brown the meat in a couple batches gettin' a good amount o' brown on at least 2 sides o' each cube. After takin' it all out, melt the butter in the skillet. Add the wine and scrape up anythin' that's stuck.

Lay the 8 pieces o' onion in the bottom o' the slow cooker. Cover that with the meat. Spread out the turnip cubes and the tomato pieces. Sprinkle the thyme and allspice over the top. Pour the stock over the top and put the lid on.

Cook on low for 6-7 hours. Prepare the potatoes and put them on top of everything, pressing them down into the rest of what's there. Spread the bean pieces over the top. Cover, turn the cooker up to high, and cook an additional 45 minutes.

Mix the flour and milk together. Spoon out all of the solid stuff in the cooker and into a servin' bowl, leavin' any liquid behind. Add the milk and flour mixture, stir it in and cover. Let it sit fer 5-6 minutes, then spoon or pour all of the thicken liquid over the stew.

Serve in bowls with thick-crust bread.

I tried an experiment once with this. A lot o' folks swear by rosemary as an herb for lamb. It just didn't work. It's too harsh and takes over, even in pretty small doses, so I'd stick with the allspice with maybe a bit o' cinnamon fer a zing.

## CACTUS 'N PALM 'N SHRIMP DINNER

This started out as a recipe to use some o' the prickly pear cactus fruits that would occasionally come out in the spring. I was gonna make a jelly, then thought "why not add other stuff?" Soon, this is what I came up with.

1	lb	U16-20 Shrimp, peeled and de-veined
2	Tbsp	Butter - salted
1	tsp	Chili Powder
1/4	Tsp	Cayenne
1	Tbsp	Vegetable Oil
1	lb	Prickly Pear Fruit - fresh if ya don't mind peelin' it while it sticks ya, or canned
1/2	can	Hearts Of Palm - rinsed, cut to 1/4-inch
1/2	cup	Chicken or Vegetable Stock
2	Tbsp	Cilantro - chopped
1	Tbsp	Lime Juice
1	lb	Cooked Spaghetti or Angel Hair Pasta

Melt the butter in a skillet or sauté pan of about 12-inches. Add the chili powder and the cayenne. Stir around, then add the shrimp in a single layer. Cook for 1-1/2 minutes on one side then turn over and cook an additional minute. Pour everything into a bowl and set to the side.

Return the pan to the stove and add the oil. Dice up the cactus into 1/2-inch cubes. Add to the hot pan along with the hearts of palm pieces and the stock. Cook for 3 minutes over medium high heat. Add the cilantro and lime juice. Bring to a boil.

Take off the heat and put the drained pasta in the pan. Toss well. Add the spicy shrimps and any liquid. Toss again and arrange on plates.

## CATFISH PACKETS

There's lots o' places around the globe that cooks things in packets. Since catfish is plentiful and pretty easy ta catch, I came up with this. These can even be cooked on the coals of a campfire if double-wrapped.

8		Catfish Filets - probably about 8 oz each
1	stick	Butter - salted
2		Scallions - finely chopped white and green
2	cloves	Garlic - finely minced
2	Tbsp	Fresh Parsley - roughly chopped
1	Tbsp	Lemon Zest
1/4	tsp	Ground Black Pepper
1	tsp	Herbs de Provence - easy ta find
8		Green Olives - finely diced
1/2	cup	Dry Sherry Wine
1	medium	Onion - cut in thin rings
1	large	Sweet Potato - peeled and thinly sliced, like potato chip thin or it won't get cooked
8	pieces	Foil, twice as long as the filets plus a couple extra inches

Wash and de-bone, if needed, the filets. Pat dry. Preheat the oven at 400°F.

In a bowl, mix the butter, scallions, garlic, parsley, lemon zest, black pepper, herbs and olives together into a paste.

Divide the paste into 8 portions and spread each filet with the

paste. It works best if the fish is really patted dry.

Lay a filet on one end of a piece o' foil. Lay 1/8th o' the onion rings on top and then top that with several thin slices o' sweet tater. Slightly fold up the edges o' the foil so when ya put a tablespoon o' the sherry over the fish, it won't leak off onto the table.

Fold the opposite end o' foil ta meet the part the fish is on. Fold up and over the three edges and crimp them down. Yer makin' an envelope. It shouldn't be tight up against the fish; it needs a bit o' expansion room, but the crimps need ta be tight so the steam stays in.

When ya got all the packets done, set them on two bakin' sheets (4 per sheet) without overlappin'. Put into the oven on two racks. Bake 5 minutes then swap the ones on the top rack fer the bottom ones. Cook another 4-5 minutes.

Ta serve, put a packet on a plate and cut the top open a bit. Let the folks at the table open 'em the rest o' the way. Lots o' adults'll eat 2 of these while the more dainty of the folk and children will prob'ly only want 1. So, this might serve anywhere from 4 ta 6 or 8 people. Leftover fish makes a great sandwich with just a little mayo, a thin slice o' cheese, and some lettuce.

Now, if yer doin' this fer company, instead o' using foil, use that parchment paper (which ain't the same as waxed paper. Believe it!) instead o' foil. Be sure ta crease the folds real tight—make 'em double folds.

If yer doin' this around a campfire, use two layers o' foil and set the packets on the outer edges o' the fire and coals. If the fire is fairly hot, lessen the cookin' time ta just 8 minutes.

**TACO CASSEROLL-UPS**

An old Mexican friend told me his wife hated all the tortilla fryin' and the greasy mess o' makin' him tacos every week, so he asked me ta help. This is what I come up with.

**Fillin':**

- 1 lb Ground Beef \* - the 85/15 or 90/10 stuff
- 1 medium Onion - diced
- 1 clove Garlic - finely diced
- 1 Tbsp Flour
- 1 tsp Ground Cumin
- 1 Tbsp Chili Powder
- 1 tsp Dried Oregano
- 1 cup Beef Broth
- 1 large Tomato - chopped
- 10 corn Tortillas - taco size, fresh, not the baked ones
- 1/2 lb Grated Cheese - Jack or Caso Fresco

**Sauces: (make one or the other... or both!)**

**RED—**

- 6 dried Ancho Chilies
- 2 Tbsp Vegetable Oil
- 1 small Can of Tomato Paste
- 1 clove Garlic - minced
- 1 tsp Salt
- 1 tsp Dried Oregano
- 1 tsp Dried Basil
- 1/2 tsp Ground Cumin

- 1-1/2 cups Beef Stock - or chicken if using turkey

Put chilies on a piece o' foil and into yer toaster oven. Set for medium-dark toast (or 390-400 degrees if you can) and toast the chilies. Turn after 2 minutes and toast a total of only 4 minutes.

Pull out the stems and cut open, takin' out as many seeds as you can. Put the chilies into a bowl and pour boilin' water to just cover. Let 'em sit about 45 minutes.

Put everything in a blender and whir it around few 3-4 minutes until everything is broken up and thoroughly mixed. Put it in a saucepan and cook until it has reduced by about 25%.

**GREEN—**

- 1 Tbsp Vegetable Oil
- 1 small Onion - finely diced
- 2 cloves Garlic - minced
- 3 Tbsp Flour
- 2 small Cans Green Chilies - roasted, peeled and chopped sort unless ya want ta clean 'em out
- 1-1/2 cups Chicken Broth
- 1 tsp Ground Cumin
- 2 Tbsp Cilantro - fresh, chopped with stems

In a saucepan, heat the oil. Add the onions and cook 'em fer about 5 minutes. Add the garlic and cook another 30 seconds. Stir in the flour and get things all mixed around. Now, add the chilies, stock, and cumin. Bring to a boil and cook until it all thickens. Take off the stove and stir in the cilantro.

\* Try this usin' ground turkey if ya want somethin' a little lighter.



Make the sauce o' your choice first.

Fry up the ground beef in a skillet until it takes on some brown color. Add the onion and cook another 5 minutes. Add the garlic and cook another minute. Add the flour, cumin, chili powder and oregano. Stir in the beef broth and heat until it begins to bubble and thickens. Cook until the consistency of chili con carne, then remove from the heat. Stir in the tomato.

Lightly grease a baking dish of about 9 x 11 inches. Assemble the taco rolls by spoonin' in about 1/10th o' the mix into a tortilla and rollin' it up. Lay them in seam down. You should get 8 across with the final two sideways at the bottom end of the 8.

Cover with the sauce (or sauces) of your choice. Bake in a 375°F oven fer 25 minutes. Pull out and sprinkle the cheese over the top. Bake an additional 12-15 minutes of until cheese is all melted and is brownin' a bit.

Serve with rice or beans and a good green salad. Some folk dice up an avocado or two and put some o' that on top once it's on the plate. Others put more chopped tomato on top.

I say, whatever floats yer boat.

## SPAGHETTI WITH CLAMS 'N MORE

I never liked clams much until I came ta work at Enterprises and met Tom's mother. She's a pretty good cook when she puts her mind to it. She made me a plate o' fettuccini with clam sauce once and it changed my mind. This recipe is a little less work and represents the clams mighty well.

1	lb	Spaghetti
1/2	lb	Pancetta or Bacon - cut about 1/3-inch wide
2	cloves	Garlic - minced
1/4	tsp	Red Pepper Flakes
1/4	cup	White Wine
1	cup	Clam Juice - Clamato brand is okay as well, just use 1-1/2 cups
2	lbs	Fresh Clams - Manilla, Butter, or other small clam in the shells
1/2	cup	Whipping Cream
1/2	cup	Fresh Parsley - chopped
2	Tbsp	Butter - salted

The "More:"

Think about adding one or more o' the following along with the clams—

1/2	lb	Salmon - cut in 1-inch cubes
1	lb	Shrimp - peeled and de-veined
1	lb	Scallops - the large 'diver' size cut in halves
1/2	lb	Ahi Tuna - fresh, bright red and in 1-inch cubes

Start about 5 quarts water and 2 tablespoons of salt heating up in a big pot for the pasta.

In a 5-6 quart saucepan cook the pancetta (or bacon) until it has rendered most of it's fat and the meat is getting crisp.

Spoon it out and drain on a paper towel. Pour out all but a tablespoon of the fat (keep it for other recipes) and put in the garlic and pepper flakes. Stir around fer 1 minute, then add the white wine and clam juice. Bring to a boil.

Put the pasta in the now boilin' water.

Place the clams on top of everything and put a lid on. Keep over high heat fer about 5 minutes (maybe 6 if using larger clams).

The pasta should be done now, so drain and put on a big platter.

Take off the lid and pick out the clams and put them on the spaghetti. Cover with a piece of plastic wrap ta keep heat in.

Bring the remaining juices and the solids up to a boil. Let cook fer 3-4 minutes. Add the parsley, cream and the butter and turn the heat off and stir around until the butter disappears. Let sit 1 minute then pour over the pasta and clams (and, yeah. Ya take the plastic wrap off first. Smart aleck!)

Use tongs ta let folks help themselves ta as much pasta and clams as they feel right. Put a bowl of freshly grated Parmesan or Romano cheese on the table for those who like a little cheese on their pasta.

**BAR-B-CUED PORK, EAST CAROLINA STYLE**

If ya got a smoker—and I don't mean Granny with a pipe!—this can be done all in there. If ya don't, but ya do have a bar-b-cue grill that can be set to around 200°F, ya can do this in there. Or, if ya don't have a bar-b-cue or yers cain't be set that low, then there's a little cheat.

3	lb	Pork Shoulder Roast
2	Tbsp	Butter - salted at room temperature

**The Rub:**

1/2	cup	Brown Sugar
1	Tbsp	Chili Powder
1	Tbsp	Dried Oregano
1	Tbsp	Garlic Powder
1	Tbsp	Onion Powder
1	Tbsp	Smoky Paprika (omit if usin' a smoker)
1	tsp	Celery Salt
2	tsp	Ground Black Pepper

**The Baste and Sauce:**

1	cup	Cider Vinegar
1	cup	Water
1	tsp	Red Pepper Flakes
1	Tbsp	Sugar
1	tsp	Ground Black Pepper
1	Tbsp	Corn Starch

**The Cheat:**

1/2	cup	Lapsang Souchong Tea (loose leaf type which is available in a lot o' places)
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Why not use liquid smoke? 'Cause I don't like it. Ya either get it too strong or too weak. If ya know how ta use it, go ahead.

The day before cookin'—Rub the butter all over the meat. Mix up the rub ingredients and spread all over and pat it into the meat. Any that falls off, find a spot with less and put it there. Wrap the meat up tight in a couple layers o' foil and put in the fridge. It needs at least 16 hours.

The next mornin' take out and open the foil. Let the meat come up closer ta room temperature fer a full hour or so.

In a saucepan, heat all of the Baste ingredients EXCEPT the corn starch, That's fer later.

**Smoker Method—**

If ya have that smoker, then do this like yer favorite hunk o' meat, except be sure ta mop it all over every hour with the Baste.

**All Bar-b-cue Method—**

If ya have an adjustable bar-b-cue, set it to it's lowest settin' and let it heat up fer 15 minutes. Make a packet from 2 12 x 12-inch pieces o' foil laid on top o' each other. In the middle, pile up the cheat ingredient. Lapsang Souchong tea is a smoky tea. Really smoky. I found out about it from a Scotch drinker who likens it ta a good, smoky Scotch Whisky. Fold the sides up to the middle and sorta pinch it together. Then, take a good toothpick and' poke about 30 holes in the top. Turn off one side o' the barbecue and put the meat on that side so it don't get direct heat. Put the packet on the other, hot, side and close the lid. Mop with the Baste every 45 minutes until thoroughly cooked and a thermometer

registers 160°F. This is gonna take anywhere from 5-6 hours. The longer and slower the better. If the meat seems ta be gettin' hot too fast. Turn the bar-b-cue off fer a half hour and then re-light just the non-meat side. Do this as often as necessary to get at least 5 hours cookin' time. If ya can get 6-7, that's even better!

#### Oven & Bar-b-cue Method—

Preheat the oven ta 250°F. Set one rack in the middle and one at the bottom. Put the meat on a metal rack and place this in a roastin' pan. Boil up 4 cups o' water on the stove in an oven-safe saucepan or pot. Pour in the Lapsang Souchong tea and set this on the bottom rack. Put the meat on the middle rack and insert a thermometer or the over probe. Close the door fer a full 90 minutes. Then, mop the meat with the Baste and close back up fer another hour. If the temperature is comin' up kinda fast, back the oven off ta 200°. Keep cookin until the meat reaches 150°. As with the other methods, it really should have about 6 hours in there ta get nicely cooked. Fire up yer bar-b-cue to its lowest setting and put the meat on the farthest point from heat. Let it have at least an hour in the 'cue, moppin' it every 10-15 minutes with the Baste ta finish.

So, once the meat is cooked, take it off or out and wrap it in foil. Let it sit a full 30 minutes. Next, shred it usin' a couple forks or yer fingers. If it is so tough that it needs ta be chopped with a knife, it didn't cook long enough. It'll still taste okay, but it should almost fall apart.

The Baste will have gotten cold by now. Mix in the cornstarch and bring it to a boil. It will thicken. It should be slightly spicy hot and taste of vinegar. If it doesn't, add a little vinegar or a pinch o' cayenne pepper and cook fer 3-4 minutes.

Put all the shredded meat in a big bowl and pour the sauce over it. Toss like ya would a salad.

Serve this on hamburger-style buns with a good coleslaw,

hushpuppies (if ya know how ta make 'em) and a cold beer.

Root beer fer the kiddies, o' course!

## CHEESY HAM CASSEROLE

Sometimes it's nice ta make a one-dish meal. If you've made the Big Ole Mess O' Ham from earlier in this book, you'll have some leftovers that ya might want ta use. Try this.

1/2	stick	Butter - Salted
1/3	cup	Flour
1	cup	Chicken or Ham Stock
1	cup	Milk
1	medium	Onion - diced
2	tsp	Dried Basil
1/2	tsp	Dried Rosemary - finely chopped
1	Tbsp	Chopped Parsley
2	tsp	Salt
1/2	lb	Cheddar Cheese - grated
1	lb	Ham - in 1/4-inch cubes
1/2	lb	Green Beans - fresh, ends trimmed
3-1/2	cups	Chicken or Ham Stock
2	cups	Long Grain Rice
1/2	cup	Parmesan Cheese - grated
1	Tbsp	Paprika

Make the rice by puttin' the rice in the second listed stock, bringin' ta a boil, then coverin' and turning the heat down ta simmer. Let it cook without peekin' fer 15 minutes. Then, turn

off the heat and leave covered fer 10 minutes.

While it is cookin', make a roux by meltin' the butter and stirrin' in the flour. Cook just until it starts ta turn a tan color. Don't let it get brown. Whisk in the stock and the milk so ya don't get lumps. As it thickens, add the onion, basil, rosemary, parsley and salt. Cook fer 5 minutes so the onions get a little soft.

Turn the heat to simmer and start addin' the cheese. Stir until it is all incorporated. Add the ham and turn the heat off.

In a 8 x 10 or 9 x 11 bakin' dish, spread out half o' the rice. Lay the green beans on top o' this in a single layer. Pour about half o' the ham and cheese sauce on this. Follow up with the rest o' the rice and the rest o' the sauce. Use yer fingers ta sprinkle the Parmesan and the paprika on top.

Bake in a 375°F oven fer 35-40 minutes of until it is bubbly around the edges and in an inch or two.

Let it sit on the counter fer 10 minutes ta set up a bit and stop being like molten lead.

This also works nice if ya substitute a healthy cup o' frozen peas fer the beans. Let 'em partly defrost so they don't cool things down too much, then add 5 minutes o' cookin' time ta account fer the temperature difference.

Want ta change up the color? Take a couple o' large carrots, peeled, and cut into 1/3-inch sticks about 4 inches long. Drop these in a pot o' boilin' and salted water fer 4 minutes ta give 'em a head start on cookin', drain and let dry off a minute, and then either use 'em by themselves, or alternate 'em with green beans.

## PLEASANT PHEASANT

Never understood the whole pheasant under glass thing, unless they's usin' special, farm-raised birds. The wild ones can be a bit dicey. Some are tasty and cook up tender while a few are tough and stringy and really wild tastin'. Ta even that out, I used to do this dish over a campfire. Seems ta work fine in a Dutch Oven pot in yer reg'lar oven.

2		Pheasants - plucked and totally cleaned
4	cups	Vegetable Oil
1	cup	Flour
1	tsp	Ground Black Pepper
2	Tbsp	Salt
2	Tbsp	Powdered Sugar
1	Tbsp	Garlic Powder
4	cups	Chicken or Vegetable Stock
2	medium	Onions - rough chopped
2	large	Carrots - peeled in 1-inch pieces
1/2	lb	Fresh Mushrooms - quartered
2	Tbsp	Thyme - chopped or 1 tablespoon dried
1	large	Orange
2	Tbsp	Soy Sauce
2	Tbsp	Sesame Seeds

Cut the birds into the normal pieces (or have the butcher do it if buyin' these from a store). Put the pieces into a large bowl and cover with cold water and 1/4 cup o' salt. Put a dish with a

can on top ta hold 'em under. Let these soak about 45 minutes to an hour.

In a Dutch Oven, start heatin' the oil about 5 minutes before the end o' the soakin' time. It needs ta be at 350-360°F.

Drain and pat the bird pieces dry. Make a dredge out o' the flour, pepper, salt, sugar and garlic powder. Dredge the meat pieces in this and set on a wire rack fer 5 minutes. Now, re-dredge 'em ta get more coatin' on 'em.

In groups o' 3 or 4 pieces, set into the oil. Fry these fer 5 minutes, turnin' over at least once. As they get done, take out and put back on the wire rack. It's best if ya put some old newspapers under ta catch the drippin' oil.

When ever'thing is cooked, carefully pour out the oil. In the same pot put the stock, onions, carrots and mushrooms. Lay the pheasant pieces in. Cover and place on burner over medium heat.

Preheat the oven now to 300°F,

Using a vegetable peeler, carefully peel strips of the orange peel without gettin' much (or any) o' the white stuff. You'll want three pieces around an inch wide and a couple long. Now, cut the orange in half and squeeze the juice out. Once the Dutch Oven stuff has gotten hot enough that ya cain't put yer finger in the liquid—not boilin' yet—toss in the orange peel pieces, the orange juice and the soy sauce and sesame seeds.

Cover and put this into the oven. Slow bake fer 1-1/2 hours. Uncover and bake an additional hour.

Serve with boiled potatoes and some sort o' vegetable.

Now, havin' gone through all that, I can tell ya that this works nicely with a couple stewin' chickens. To the water ya soak the pieces in, add 1/4 cup sugar and one smashed clove o' garlic. The garlic can be added to the pot but the liquid still gets discarded. Also, reduce the orange peel ta 1 big piece instead o'

3 or it overpowers the chicken.

Finally, except fer the first fryin' part, this can be done in a slow cooker set on low and allowed ta go a good 8 hours. Be sure ta fry the pieces first, though. That step adds some good flavors. Without it, this'd just be boiled chicken.

## QUAIL BITES

This ain't about teeny bite-size bits o' quail. They're small enough as it is without turnin' them inta bits. The name is 'cause these have good bite when ya eat 'em. They're kinda expensive unless ya hunt or have been smart enough ta make good friends with someone who does and don't mind sharin'. I only tried ta change this once and used them Cornish hens. Not the same taste, but ya only need half the number and they've got more meat on 'em as well.

6	whole	Quail - plucked and totally cleaned
2	cups	White Wine - no expensive one needed, just one you'll drink if pressed
3	cups	Chicken Stock - see note
2	Tbsp	Sugar
1	Tbsp	Flour
1/2	tsp	Ground Black Pepper
1	tsp	Salt
1	Tbsp	Brown Sugar
1	Tbsp	Onion Powder
1	tsp	Cayenne Pepper
1	Tbsp	Dried Sage
1	tsp	Smoked Paprika
4	Tbsp	Vegetable Oil
1		Diced Pickled Jalapeño - without seeds
1	medium	Onion - thinly sliced
2	Tbsp	Lime Juice
1	Tbsp	Agave Nectar - great substitute fer other sweeteners and gives a nice extra flavor

- |   |       |   |
|---|-------|---|
| 1 | small | Leek - split, washed and julienned all of the white and about 4 inches of green |
| 2 | Tbsp  | Thyme - chopped or 1 tablespoon dried   |

Cut the birds right up the back on either side o' the spine. That's not good eatin' but save it ta make the stock fer this recipe. Same thing with the wing tips. Chop 'em off but keep 'em.

Now, cut them in half between the breasts. Put 'em all in a big zipper lock bag and pour in the wine. Set these ta marinate about 30 minutes.

In a medium saucepan, put the chicken stock and the cut off pieces of the quail. Bring this up to a boil and let cook, uncovered, fer 15 minutes. Take out the quail parts and put in the sugar. Cook this over medium high heat until it has reduced to about 1 cup. Set aside fer the time bein'.

Drain the pieces and pat kinda dry. Make a rub with the flour, pepper, salt, brown sugar, onion powder, cayenne, sage and smoked paprika. I like the smoky flavor it gives but if all ya got is regular paprika, okay. Roll the quail halves around in the rub and set them on a wire rack over a shallow bakin' pan. Put this in the fridge fer about 2 hours.

Heat the oil in a deep skillet or pot large enough fer at least half o' the pieces at one time. Put the first batch o' quail in the pot, skin side down and cook fer 4 minutes. Turn 'em over and give 'em another 3 minutes, then take out and put on a plate. Cover with foil. Do the rest o' the bird halves. If necessary, ya might add another tablespoon or so of oil between batches. Cover 'em with foil ta hold in some o' the heat.

When they're all finished, wipe out the pot and put it back over high heat. Add the reduced chicken stock, onions, lime juice, agave nectar, leeks and the thyme. Bring to a boil and cover. Cook 10 minutes then uncover.

Add the quail to the pot and spoon the hot liquid over them ta

get 'em back to pretty warm.

Serve. This is enough ta give each of 4 people 3 halves. Along with a good salad and maybe a side dish, it should be enough.

The alternate, as I mentioned, is ta use them Cornish hens. You'll need 1 per person, but treat them the same when cuttin' and trimmin'. Increase the cookin' time ta 6 minutes on the skin side and 4 minutes on the inner side.



## VENISON KABOBS

Man's been huntin' fer deer practically forever. With good reason, too. It's delicious. The only trick is that it's got almost no fat. Great fer yer health, not so good fer keepin' the meat juicy, especially if yer cookin' fer one o' those people who won't touch meat unless it is dark gray or black. Poor suckers don't know what they's missin'!

2	lbs	Venison Tenderloin
1	12 oz	Bottle o' Beer or Ale
1	sm can	Apple Juice Concentrate
1	lb	Thick Cut Bacon
1	medium	Onion - peeled and quartered
1	large	Bell Pepper – the red ones are sweeter
8	large	White Mushrooms
1/2	stick	Butter - unsalted
1/8	tsp	Ground Black Pepper
1	tsp	Onion Powder
1	tsp	Sweet Paprika
4	long	Skewers
		Toothpicks

If there's any silver skin on the tenderloin(s), carefully cut it off without losin' too much meat. Now, cut the tenderloins into 1-1/2-inch cubes. In a large zipper top bag, pour the beer and the apple juice concentrate, then drop in the meat. Mix it all around and put in the fridge fer 4 hours. Drain and discard the liquid.

Pat the meat dry.

In a saucepan (or microwave safe bowl) melt the butter, then add the black pepper, onion powder and paprika. Let it sit and cook, stirrin' every 2-3 minutes fer about 10 minutes.

Peel apart the onion quarters so you have sets of 2 or 3 layers only. Cut the bell pepper into 1-1/2-inch pieces.

One each skewer, thread a mushroom, followed by a chunk o' meat, some onion, meat, pepper, meat, onion, meat, and another mushroom. It will be somewhere in all this that you'll find yer skewers ain't long enough. It's okay ta split this up among 6 or 8 skewers.

The whole point is ta have alternatin' stuff.

Get yer grill goin' now set to medium high heat with the lid closed.

Wrap a piece o' bacon around each piece o' venison and hold it down with a toothpick.

Set the skewers over a large plate and baste ever'thing with the flavored butter.

Oil the grill a little ta keep things from stickin'. Put the skewers on the grill and cook, turning a quarter turn, for a total o' about 13-15 minutes. The bacon might get a bit crispy, but it's job is ta protect, flavor and oil the venison. If it don't make it, ah well. If it does, oh joy!

The meat will not be tough, gray and tasteless. If yer family or guest want theirs like that, lock 'em in the back yard and let them ruin it themselves!

One last note. Some onions are really not about ta cook up and get tender in this amount o' time. If ya feel like it, put the quartered onions in yer microwave fer about 45 seconds ta start them softenin' before separating the layers and skewerin' them.

**GRIDDLE PIZZA**

Try makin' this either on a griddle or over an open fire (or yer bar-b-cue). So long as ya got a rack with the wires no more'n 1-1/2 inches apart, a reasonably hot but not flamin' fire, and a little time ta pay attention, I can recommend this. Oh, and since ya don't want these table sized, I recommend makin' at least one per person. This recipe is fer 2 pizzas, in case it's just you and yer sweetie.

**Crust:**

The lazy man buys a bag o' pre-made dough from the grocery store. The smart man makes his own!

- 1-1/2 cups Whole Wheat Flour
- 2 cups White Flour
- 1 tsp Dried Oregano
- 1 tsp Dried Marjoram
- 1 tsp Salt
- 1 pkg Instant Rise Yeast
- 3 Tbsp Olive Oil or Extra Virgin Olive Oil
- 1-1/2 cups Water – just above body temperature

**Sauce:**

- 2 Tbsp Olive Oil
- 1/4 medium Onion - grated
- 2 clove Garlic - chopped
- 2 Tbsp Flour
- 1 can Low Salt Tomato Sauce

- 1 can Crushed Tomatoes - drained
- 1 Tbsp Sugar
- 2 Tbsp Dried Oregano
- 1 pinch Red Pepper Flakes

For the crust, put all the dry ingredients in a stand mixer with the dough hook. Give it a little whirl ta distribute things. With the motor runnin' at half speed drizzle in the oil and then the water. Once they're in, let the mixer run about 2 minutes. Stop and scrape down anythin' that's crept up the bowl sides. Turn it back on and let it mix/knead fer another 5 minutes. Pull the ball out, put it into a lightly oiled bowl, cover and put in a warm place fer an hour.

A good one is yer oven. Turn it on ta about 200°F fer just one minute. That's just enough ta get it warm inside. Turn it off, then put the dough in ta rise fer 1 hour.

While that's restin' make the sauce. Heat up a saucepan over medium high heat. Put in the oil and the grated onion. Stir it around fer a good 3 minutes. Add the chopped garlic and stir around fer 1 minute. Add the flour. Stir that in and cook fer another minute before whiskin' in the tomato sauce. Let that heat up and begin ta thicken. Maybe 3-4 minutes. Add the well drained crushed tomatoes, the sugar, oregano and pepper flakes. Stir and reduce ta medium. Let this cook a good 20 minutes, then take off the stove and allow ta cool before usin'. This can be made a day or two in advance and that gives it a chance ta age nicely.

After the dough has risen a bit, cut the ball in half and press, stretch and pull each part into a vague circle shape about 9-12 inches across and fairly thin. Pinch up the edges so sauce don't run out. Sprinkle a bit o' corn meal on a big bakin' sheet and put the two pizza skins on it. The cornmeal keeps 'em from stickin'. Mostly.

Put the sheet in that same warm place. It needs another 35-45

minutes, minimum, ta get back ta raisin'.

Now's the time ta prepare yer fixin's. Cause this ain't goin' into an oven, ever'thing has ta be real thin and easy ta heat up. I generally cut some onion slivers, pre-fry a little sausage, finely chop a handful o' black olives (although the green ones are a real interestin' change o' pace), and maybe some diced pepperoni. You make the call, but I suggest no more'n 4 things in small doses along with the sauce and cheese.

As to the cheese, mozzarella and provolone are traditional. But, try Gruyere (had Mr. Editor help with *that* spellin'!) or some lightly smoked Gouda. Fer a little extra spice ya might do half one o' those and half Peppery Monterey Jack.

Assembly Time—

If they've scrunched up a bit, gently pull the dough pieces back out a bit wider. Spread about 1/2 cup o' the sauce on each of yer two dough pieces. Lay down half the cheese followed by light application of the other toppin's. Finish with the rest o' the cheese.

For a stove-top griddle: If ya have a good lid that'll fit over them both (or 2 lids) get 'em out. If ya don't, make a dome out o' a couple pieces o' foil. Same goes if you're doin' this out over an open fire. Ya need ta trap in some heat or the cheese and toppin's ain't gonna get hot enough.

For a bar-b-cue: You'll be usin' the cover as yer lid.

Get yer fire o' choice goin'. No flames.

Use a spatula ta make certain the dough ain't stuck, then slide each pizza onto the griddle or rack. Cover with the lid(s), foil or close the cover. Let these cook fer 5 minutes, then check. Lift up the edge o' the crust. If it is getting stiff 'n dark, yer finished. If not, give the thing a half turn and let it go another minute.

Fire gives these a real nice flavor. The griddle method means ya don't got ta start a fire, and it gives ya a different flavor than just shovin' another frozen pizza in the oven.

## COWPOKE'S HAGGIS

Don't you turn the page. Haggis is actually kinda nice fer a lot o' folk. 'Specially if ya like liver. And, it isn't just one o' them Scottish things, neither. We got a mad Russian cook who works nights at Enterprises who has a brother in Romania that makes their version o' haggis fer special occasions. And, unlike the traditional version, this one doesn't use a sheep's stomach fer the case. We used ta make this the night after we returned from the butcher's having taken a few head o' cattle away.

2	12-inch	Pie Crusts - home made or frozen
1-1/2	lbs	Lamb Liver - or calf's liver
2		Lamb Hearts - or calf's hearts
1/2	lb	Sweetbreads - belly or heart type
1-1/4	cups	Oatmeal - steel cut oats are best
2	large	Onions - chopped
2	Tbsp	Salt
2	tsp	Ground White Pepper
1	tsp	Freshly grated nutmeg
1	stick	Butter – unsalted and melted
1	cup	Beef Stock
1/4	cup	Bourbon or Malt Whisky (Scotch)

If frozen, let the pie crusts come up ta room temperature. Then, roll one o' 'em out until it's about 14-inches across and flat and even. Put that one on a wire rack (not a roasting rack, but one with the wires no more'n 1/2-inch apart or so). Set the other aside and cover both with plastic wrap ta keep from dryin' out.

In a large pot, bring the heart up to a boil with enough water to cover by a couple inches. Cook 4 minutes, then turn off the heat. Put the liver and sweetbreads in the hot water and cover. Leave alone 10 minutes. Take all the meat out and chop it into fine pieces. Save 2 tablespoons of the liquid.

Put the oats in a skillet (dry) and heat over high heat for a few minutes ta toast. The object is ta bring out some o' the extra flavors, not ta make 'em brown.

Preheat the oven ta 350°F.

Sprinkle a couple tablespoons of the cookin' liquid and the liquor over the toasted oats and stir a little.

In a bowl mix the meat, the oats, onion, salt, pepper and nutmeg. Squish it around good with yer fingers. Pour the melted butter and stock over it and give it another little mix.

Lay all this fillin' in the middle o' the wider pie crust. Now, drape the other one over the top. Use a finger and some water ta wipe around the outer edge o' this top crust, then fold the bottom one up and over, pressin' it down ta seal. Tight.

Use a knife ta cut 6 or 7 slits in the top. Place the rack over a shallow pan ta catch anythin' that leaks out. Now, if ya did a good sealin' job, nothin' *will* leak, but ya never can be too sure.

Bake this on a middle rack fer about 50 minutes or until the crust is nice and golden. Turn off the oven and leave it in fer another 10-12 minutes. Take it out and let is sit ta cool just a bit; perhaps fer about 15 minutes.

Serve by takin' big scoops out o' the top and lots o' the middle. It should be kinda dry and stiff and not runny.

## SUDSY PIG'S FEET

Okay. This is just a recipe fer bar-b-cued pigs feet, 'cept that I have a few little spins on the sauce, and it's all done in yer oven. Just so ya know, to do these on the open range we used ta drop 3 or 4 into a large coffee can, pour in a beer, cover with foil and toss on the fire fer 3 hours. On recollection, they came out good.

8		Pigs feet - split 'em or have the butcher do it
2	16 oz	Bottles Dark Beer - a Porter or Stout
6		Celery Stalks - cut in 2-inch pieces
1	tsp	Ground Black Pepper
2	tsp	Ground Cumin
2	Tbsp	Hot Sauce o' your choice

### Sauce:

1	cup	Tomato Ketchup
1	medium	Onion - grated on a box grater
2	cloves	Garlic - finely diced
1/2	lb	Fresh Mushrooms - chopped
1/4	cup	Cider Vinegar
3	Tbsp	Brown Sugar
2	Tbsp	Light Molasses
2	tsp	Hot Sauce - same as above

Put the pig's feet in a large oven-proof pot and fill it with water in the sink. Let 'em sit in there 30 minutes, then give 'em a

good scrubbin' with a brush. Dump out the water. Put 'em back in the pot.

Preheat the oven ta 350°F.

Put the pot o' feet on the stove over medium high heat. Pour in the beer then add the celery, pepper, cumin and hot sauce. When it reaches a boil, cover it and turn it off. Put the pot in the oven and let it cook fer about 1-1/2 hours. Ease the feet out and onto a couple sheets o' foil, then wrap up tight and set back in the oven (turned off).

Pour any liquid into a saucepan then add all the Sauce ingredients. Bring to a boil then turn off. Pour this into yer blender and give it a good whirl. It's mighty hot so be careful; if ya feel the need, there's no problem with doin' this in a couple batches. Or, if ya got one o' them stick blenders, just do it in the pot!

Put the pureed liquid back in the pan and bring it up to a boil. Let it reduce by about 1/3. If it still looks a might thin, mix a tablespoon o' cornstarch with 2 tablespoons o' water and then stir in. Cook 2 minutes. It'll thicken.

Unpack the feet and dip each one in the sauce before putting a pair on each plate. Serve with extra sauce on the side.

## LAMB ANKLES

Got another slow cooker recipe. This one should be reserved for company ya really like, 'cause the butchers out there have figured out they can charge up the nose for these. Used ta toss 'em out.

4		Lamb Shanks - at least 1 lb each up to 1-1/2
4	Tbsp	Vegetable Oil
1-1/2	cups	Red Wine
3	Tbsp	Tomato Paste
1	cup	Chicken Stock - heat in microwave 1 min
1	cup	Beef Stock - heat in microwave 1 min
3	cloves	Garlic - chopped
1	large	Carrot - peeled, halved lengthwise, and cut in 1/3-inch pieces
2	large	Tomatoes - quartered and seeded as much as possible without tearin' 'em up
2	stalks	Celery - in 1/4-inch dice
1	large	Onion - in 1/4-inch dice
2	Tbsp	Salt
2	large	Bay Leaves
1	tsp	Dried Dill
1	Tbsp	Dried Oregano
1	lb	Fresh Mushrooms - cut in half

While yer heatin' up the slow cooker, pull out a large skillet or pot ta use fer brownin' the lamb. Trim away any loose fat and

sinew and any o' that shiny "silver skin" ya see. Sprinkle a little salt and pepper on 'em.

A couple at a time, thoroughly brown the outside o' the shanks. This'll take anywhere from 4-8 minutes. As ya finish them, lay them in the cooker's crock. Don't overlap 'em.

When they're all in the pot, deglaze the brownin' pan with the red wine, scrapin' up anything that is stuck to the pan. That's pure flavor. Add the tomato paste and make sure it's all mixed in. Pour the hot wine over the lamb shanks followed by the chicken and beef stock. Ever'thing else goes in as well now, just try to distribute things all around.

Cover and slow cook on low for 8 hours or on high for 6.

If yer real persnickety, you'll make some vegetable kabobs with fresh onion, zucchini, small tomatoes, bell peppers, and maybe even eggplant cubes dipped in melted butter. This makes a nicer presentation for the shanks than the limp, cooked ta death veggie stuff in the slow cooker.

Don't toss that out, for heaven's sake. Strain the liquid away from the solids, add a tablespoon o' flour and whisk that real good over high heat. Boil it in a saucepan for 3-4 minutes while the shanks are restin', then pour a puddle o' that sauce in the middle o' each plate, place a shank on top with a drizzle o' more sauce and set the vegetables (off the skewers) on one side.

By the way, those kabobs can be done in yer oven under the broiler. Just baste everything with melted butter, the salted kind, and turn every 3 minutes so that all 4 sides get direct heat.

Goes great with a heapin' helpin' o' good cheese grits.

## NEW MEXICO MOLÉ

There's prob'ly as many recipes for molé as there are women in all o' Mexico and Central America. Maybe more. I know a whole bunch o' them but have ta stay clear o' many. I got an allergy ta peanuts so I have ta make substitutes or just make a different molé. This is one I particularly like that me and another feller in New Mexico came up with just before I moved out here ta Shopton ta work fer the Swifts.

3	dried	Ancho Chilies
2	medium	Red Bell Peppers
1	large	Anaheim Pepper
2	large	Onions - finely minced
3	Tbsp	Vegetable oil
2	Tbsp	Chili Powder
1	Tbsp	Ground Cumin
2	tsp	Ground Cinnamon
1/4	tsp	Cayenne Pepper
2	cups	Chicken Stock - divided in half
3	cloves	Garlic - minced
1/4	cup	Raisins - lightly chopped
1	Tbsp	Sugar
2	tsp	Dried Oregano
1	tsp	Dried Thyme
8	oz	Tomato Sauce
3	oz	Mexican Chocolate - or 1 oz baker's unsweetened chocolate plus 1/4 cup semi-sweet chocolate bits
1/4	cup	Almond Butter

Put the dried chilies on a piece o' foil and toast in the oven set at 400° fer about 4-5 minutes, turnin' once. Pull out the stems and cut 'em open, scrapin' out the seeds and any o' the ribs (unless ya want a bit more heat). Cut up a bit and put into a bowl with just enough boilin' water ta cover. These need ta soak 35-40 minutes.

Turn the oven up to BROIL. Put the bell bell peppers and the Anaheim pepper on foil or a bakin' sheet. Set a rack to the next ta top location. Broil the peppers, turnin' several times, until their skins get blackened. Pop all of them into a large bowl and cover tight with plastic wrap. 15 minutes later these can be peeled and seeded real easy leavin' ya with some real fragrant peppers and some liquid.

Don't get rid 'o any juices that are in the bowl. Those are important!

In a good sized pan, sauté the onions in the oil until they take on some color. Perhaps 12-15 minutes. Add the chili powder, cumin, cinnamon and cayenne and cook fer another 3 minutes.

Add the first cup o' stock. Stir things up good and cook until the liquid is reduced by at least half.

Add the garlic, raisins, sugar, oregano, thyme and tomato sauce. Bring to boil and reduce by half. It should start gettin' a little thick by this point.

Put all the chilies and peppers into a blender with the other cup o' chicken stock. Puree this until it is really smooth. Add to the pan along with the chocolate and the almond butter (it's like peanut butter), Reduce all o' this until it is as thick as ketchup. It's ready.

Use this ta cover chicken or pork or even beef.

## WOW-WOW SAUCE

Long time ago, even before I started readin' science fiction, I'd heard tales about Wow Wow Sauce. Then I read a couple different authors, an' they mentioned it. I thought it was made up. Later, I found out the supposed truth 'bout it bein' concocted first by some English guy. Well, My own take on it add a little fire so you really want ta say "Wow! Wow!" when ya use it. Fer a variation, I also sometimes add a little cocoa powder to it. Not sweet stuff, but that Dutch Processed kind.

4	Tbsp	Butter
2	Tbsp	Flour
2	cups	Beef Stock
1	lb	Mushrooms (fresh, chopped)
4-5		Shelled Walnuts - chopped into small pieces
2	tsp	Dijon-style Mustard
2	tsp	Red or White Wine Vinegar (not Malt)
2	Tbsp	Port Wine (or Sweet Sherry)
1	Tbsp	Parsley - finely chopped
1/2	tsp	Salt
1/4	tsp	Ground Black Pepper
1/2	tsp	Cayenne Pepper
1	Tbsp	Cocoa Powder

Melt the butter over medium heat. Add the flour and mix thoroughly. Let cook, stirrin' every 30 seconds of so, fer 5 minutes.

Add the beef stock, mushrooms and walnuts. Stir until it thickens. Cover and cook over low heat 10 minutes. Add the

mustard, wine vinegar, port (or sherry for a different taste) and the parsley. Cook, uncovered, about 10 minutes.

Strain the sauce through a fine mesh, pressin' on the mushroom bits and walnut pieces ta squeeze out all the liquids. Discard (or spread on crackers) the solids. Return the liquid to the saucepan.

Turn the heat up to medium high then add the salt, pepper, cayenne and (if ya want to add a dimension o' flavor to it) the cocoa. I'd suggest trying it without the cocoa first.

Let it cool and pour into a bottle just about big enough ta hold it all. Not much bigger. Refrigerate and use within 2 weeks.

So, what the heck do ya use it on? Well, meat, taters, rice and even vegetables. Think o' it as a sort of refined ketchup, only with no tomato in it.



**PART 2 /****A COUPLE BREAKFAST DISHES**

I've said it before but it bears repeatin'. A good day starts with a good breakfast. Differ'nt folk like differ'nt things fer their morning meal—and breakfast makes a really good dinner sometimes—but most folks get into a rut havin' just a bowl o' cereal an' a cup o' coffee or glass o' milk.

Believe old Chow when I tell ya that thar's a whole world o' other good grub ya can have fer breakfast.

Doc Simpson tells me, an' I also read it in a lot o' places, that breakfast is the most important meal fer the human body. So, why make it dull and boring?

Some recipes take a bit o' time an' effort so do those on the weekends. Some things can be done ahead, kept in the fridge and pulled out to be heated up in minutes.

Here are a few things that might be surprises to you and yer kin. They's tasty and mostly easy once ya get the hang o' them.

**GIANT OMELETS**

First, ya got ta start with giant eggs. Get a good dozen o' them ostrich eggs an'... nah! Just pullin' yer leg. I calls these omelets giants 'cause they get all puffy and big, not like them Frenchie omelets that's all flat an' rolled an' dissapointin'! Takes two kinds o' cookin' ta get this way, both easy, but I got folks who won't eat omelets now unless they get cooked just like this. This recipe is fer 2 people. If'n yer real good with watchin' two pans at a time, then ya can do 4 servings in most home setups.

6	large	Eggs
1/2	cup	Milk - skim or 1% (or 1/2 whole milk 1/2 water)
1/2	tsp	Dried Sage
1	Tbsp	Parmesan Cheese - finely grated
1/4	tsp	Ground Black Pepper
1/3	stick	Butter - the unsalted type if ya got it
1	Tbsp	Vegetable Oil - or even a good olive oil
1/4	tsp	Salt (only if using unsalted butter)

**Inside Fixin's**

I like ta add at least five differ'nt things in mine. This is that list.

1/4	medium	Bell Pepper - cut in real thin strips
1/4	small	Onion - cut in real this strips, too
4	medium	Mushrooms - sliced thin (see note below)
3	Tbsp	Salsa - drained
3/4	cup	Shredded Cheese - I use a 3 cheese blend (cheddar, jack, provolone) that I shred myself so it's fresh and full o' flavor

NOTE: Mushrooms got a lot o' water in 'em. So after I slice 'em up, I put 'em into a dry fry pan, like the one I'll be usin' fer the omelet, and lay down the pieces in a single player. Over medium high heat I let 'em cook fer a minute on each side, just ta dry 'em out a bit. Put these on a paper towel until ready to use, 'cause they'll leak a bit as they cool.

By the way, you'll need an oven-proof skillet fer this, not one o' them cheapies with a plastic handle!

Turn on yer oven and set to BROIL. Put one rack up toward the top. Eventually, when ya put the pan in, ya want at least 2 inches or even 3 between the top o' the pan and the hot element.

Beat the eggs, milk, sage, Parmesan and pepper until everything is a uniform yellow color—no globs o' the whites showin'. Set this aside. Do this by hand and not usin' a mixer or ya can over beat 'em. This way'll take maybe 40-45 good strokes.

In yer medium hot flyin' pan (this should be one o' them 12 inch wide pans) put yer butter and let it get mostly melted. Dump in the onions and the peppers. Stir 'em around fer about two minutes to get a bit soft and partly cooked. Pick the pieces up with a fork so you leave as much o' the butter behind as possible. Put into a handy bowl fer now.

Turn the heat down to medium low. Put the oil in and swirl the pan around ta spread it. Pour in the eggs makin' sure they are evenly spread around the pan. If usin' unsalted butter, now's the time ta sprinkle on the salt from the ingredients list. Let 'em cook fer 20 seconds very lightly movin' 'em around the pan. They will just start to thicken now. Then add yer cheese blend. Since you'll be foldin' this over, the cheese only needs ta be concentrated on one half. Follow this up with the mushrooms, then spread the onion and peppers on the other side o' the eggs. Finally, spread the drained salsa over things.

Let it cook another minute or so with no stirrin', then transfer

the pan to the oven, right under the broiler element. Close the oven to keep in as much heat in.

Check it after a full minute and then every 30 seconds or so. The omelet will start ta rise up and get puffy. The time ta take it out is when it looks like it might be gettin' a bit o' color on top.

Pull it out and wiggle it a bit. If it looks like the eggs ain't all cooked through, ya can put it back on the stove fer about 300 seconds. Not much more. And, don;t be fooled by the meltin' cheese. It might look a little like eggs, but it ain't!

Now's the time ta get it over to yer plates. While it is still hot but startin' to deflate just a might, use a couple o' them spatulas and fold one side over onto the other. Cut the whole thing in half (or thirds if'n servin' to the kiddies) and get it on yer plates.

Eat!

And, o' course ya can use yer own mix o' fixin's.

Some folks like differ'nt cheeses, so ya might try others like brie with the outer rind cut off, or a good Swiss. Stinky cheeses don't work well.

As for other things inside, ya can try lightly fried bacon all chopped up, bits o' ham or even pre-fried ground beef, turkey or pork. Bits 'o sausage are nice as are thin strips o' prosciutto.

If'n ya don't like meat, try first pan flying asparagus spears until they wilt, layin' 'em on just before ya broil things. One guy I know from England likes ta put kernels o' sweet corn on his. I'm a'shakin' my head right now because that one sounds a little strange even ta me! Feel free ta try it, though.

## CORN CAKES

Just a variation o' pancakes or griddlecakes. These are a bit more savory than sweet so you can serve 'em at night, too.

2	cups	White Flour
1	cup	Whole Wheat Flour
1/2	cup	Corn Meal (or fine grits)
1 1/2	tsp	Bakin' Powder
1	tsp	Bakin' Soda
1	tsp	Salt
1/4	tsp	Ground Cinnamon
1/8	tsp	Ground Nutmeg
1	tsp	Sugar
2	large	Eggs - separated
1	cup	Buttermilk
3	Tbsp	Melted Butter
1/2	cup	Corn Kernels - fresh or canned or frozen

In a fairly large bowl, put the dry ingredients: flour, corn meal, bakin' soda and powder, salt, cinnamon, nutmeg and sugar. Mix it up good so that everything is evenly distributed.

Using a mixer (electric, or hand type or even a good whisk if yer wrist can take it) whip up the egg whites until pretty stiff but not so they get dry. Set these aside fer now.

Get yer griddle or a really big skillet goin' over medium-high heat.

In a small bowl beat the egg yolks with the buttermilk. Add the

melted butter. Pour this into the larger bowl with the dry ingredients. Mix until most lumps are gone but not too much. Add the well-drained (if canned) or defrosted (if frozen) corn kernels and mix those in. If it still is a bit thick, add a little more milk (a tablespoon or so) and gently stir it in.

Using a large spatula, mix about 1/3 o' the whites into the batter. This'll loosen it a bit. Now, carefully fold in the rest o' the whites bein' careful to not deflate ever'thing.

Grease up the griddle with a little butter and pour about 1/2 cup o' batter in one corner. Do this as many times as ya can leavin at least three inches between each cake.

Cook these until the large bubbles come through and a peek under shows that they're takin' on some color. Turn over and cook another minute and a half or so.

Serve immediately.

Or...

If yer doin' these fer a crowd and have doubled the recipe, put a large platter in yer oven and set it to 180°F which is about the lowest most go. As the cakes get finished, pile them up on the platter. Once the final batch is ready, use the platter to take them all to the table.

These go real well with butter and maple syrup (the real stuff not that fake flavored corn syrup, and also with things like blueberry compote or even sliced fresh strawberries with whippin' cream.

I like mine with a little o' that light cream cheese and a few blueberries, but no butter or syrup.

## SKILLET BREAKFAST

Differ'nt cultures have differ'nt names fer this sort o' thing. The English call it a 'full English breakfast' and the Scottish folks call it the 'full Scottish breakfast.' No matter what, it is a gut full o' goodness only don't make it too often or you'll start ta look like old Chow around the middle.

4	Tbsp	Vegetable Oil – divided
4	large	Tomatoes – cored and cut in half
2	large	Potatoes – white or yellow, in 1/2-inch cubes
4	large	Sausages
1/4	recipe	Cowboy Haggis (page 79)
8	strips	Bacon
12	large	Mushrooms – quartered
4	large	Eggs
2	cans	Pork-'n-Beans

This takes two large skillets, a saucepan and some jugglin' skills.

Put the beans in the saucepan over medium heat.

While the 2 skillets are comin' up to temperature over medium high heat, put the tater cubes on a plate, sprinkle 'em with a little salt and put them in the microwave fer about 3 minutes ta get partly cooked.

In one skillet put half the oil and the tomato halves in cut side down. Put four scoops o' the cowboy haggis in along with the sausages.

In the other skillet, put the bacon, mushrooms and the potatoes. They can spread out fer now, but you'll need ta move 'em to the side once the eggs are ready ta go in.

After a few minutes it's time ta flip things. Do it. If'n I have ta tell ya how ta turn stuff over in a pan, yer not ready fer cookin'!

As things get close ta bein' ready, take the bacon and mushroom out and put 'em onto the plates. Now, crack the eggs into the pan with the taters. Cook 'em as ya like 'em.

Ever'body gets a plate filled with:

2	strips	bacon
1		sausage
1		helpin' haggis
1/4		o' the mushrooms
1/4		o' the beans
1/4		o' the taters
1		complete tomato (2 halves)
1		egg

If yer hungry after that, next time, try addin a 3rd skillet and makin' fried bread. Generously butter both sides o' 4 slides o' good, multi-grain bread. Fry on one side until brown, turn over and fry on other side until brown.

**BREAKFAST CASSEROLE #1**

Want somethin' ya can do the night before and just pop into the oven? How about a casserole? They go together pretty quick, can be precooked and just reheated, and even can be portioned out into containers and frozen for future use.

- 6 strips Bacon
- 2 large Russet Potatoes - scrubbed and cut into 1/2-inch slices
- 1 medium Sweet Potato - peeled and cut into 1/4-inch slices (a bright orange one makes fer a real pretty casserole layer)
- 1 small Onion - Sliced in thin strips
- 1 stick Butter - the salted kind
- 1/2 cup Flour
- 1 cup Stock - chicken or beef (or veggie)
- 1 clove Garlic - minced fine
- 1 tsp Dried Rosemary - crushed a little
- 1 Tbsp Parsley - chopped
- 1/2 tsp Ground Black pepper
- 1 tsp Worcestershire Sauce
- 4 large Eggs - beaten with a tablespoon of water
- 1 cup Cheddar or Jack Cheese - shredded

This works in a 9x9 or a 10x10 baking dish. If'n ya want ta get all precise, ya can trim a few of the tater pieces so they fit right into the corners. Otherwise, just keep ever'thin' round.

After cuttin' up the taters ya can put 'em into salted water, or just cover with plastic wrap ta keep 'em from turnin' color. By

the way, if they do start to turn a little, that will all cook out. It's just the tater version of rust and once heated, disappears.

Put 4 or 5 layers o' paper towel on a plate and arrange the bacon on top. Pop this into yer microwave and cook fer about 5 minutes. Half way through, turn them over and move the outer ones to the middle and the middle ones to the outside. Yer not tryin' to completely cook it; you are trying ta get out a lot o' the fat.

In a 4- or 5-quart pot, melt the butter. Add the flour and cook over medium heat for 5-6 minutes. Yer makin' what folks call a roux—said like “roo”—ta use ta thicken what comes next. While stirrin' constantly, add the broth and bring up to the point where everything thickens. Add the garlic, rosemary, parsley, ground pepper and the Worcestershire sauce. Cook this fer a couple minutes then take off the heat and let cool fer about 15 minutes.

Arrange a layer o' the white taters in the bakin' dish. You'll be using about half o' the slices fer this.

Place the partially cooked bacon on top in a layer.

Put a layer o' the sweet tater on that, followed by a layer using all the onion strips. Top that off with a final layer o' the white taters.

Now, mix in about a cup o' the thickened sauce into the eggs, usin' a whisk ta keep things movin'. Do the same with another cup, then put all the egg and sauce into the pot with the rest o' the sauce. Give it a good whisking and pout over the top o' yer casserole.

Top with the shredded cheese and cover with foil. You'll want ta give the underside o' the foil a little spray with one o' them oil sprays to keep the cheese from stickin'. Ya can also just put few drops on the foil and spread it around good with yer fingers.

At this point ya can either put it in the fridge fer tomorrow, or cook it fer now, or even cook it to be reheated tomorrow. Whatever you choose, it goes into a 325°F oven fer about 35 minutes if cookin' it from warm like this; about 40 minutes of cookin' from room temperature. Uncover it then and cook an additional 12-15 minutes.

HINT: If ya put the uncooked casserole in the fridge, take it out a full hour before cookin' ta let it come up ta room temperature. Otherwise, you'll need to adjust the cook time by 5-10 minutes.

## BREAKFAST CASSEROLE #2

I like this one fer breakfast and also fer dinner. It's a bit sweeter, so kiddies seem ta like it a bit more as well.

1	package	Spaghetti Noodles
2	Tbsp	Butter
1	medium	Sweet Onion - Sliced in thin strips
1	tsp	Salt
1/2	cup	Raisins - plumped up in a little hot water
1	Tbsp	Butter
1	Tbsp	Flour
1	cup	Stock - chicken or beef (or veggie)
1	tsp	Dried Sage
1	tsp	Dried Marjoram
1/2	tsp	Ground Black pepper
2	large	Eggs

This one cooks right in a skillet and is good hot, warm or even cold.

Cook the spaghetti according to the instructions. Drain it but don't rinse it. Do not butter or oil it, either.

While it is cookin', melt the butter in a 10- or 12-inch skillet and add the onions and sprinkle on the salt. Cook over medium high heat until the onions start to take on some golden color. This might take as much as fifteen minutes. It depends on the onion.

When they are finished, mix in the drained pasta and drained

raisins in the skillet, and make sure stuff is evenly distributed.

Melt the butter in a saucepot then stir in the flour. Cook for 3 minutes over medium high heat stirrin' it around. Add the stock while stirrin' or even whiskin' things to keep lumps from formin' and then add the sage, marjoram and the pepper. Cook until it starts to thicken then remove from the heat

Beat the eggs in a bowl, then add a little stream of the hot sauce into the eggs whiskin' good or else you'll get scrambled eggs. Not what ya want. Keep adding little bits o' the sauce until you got half o' it in the eggs. Dump all the egg and sauce mixture into the rest o' the sauce and stir it up.

Pour over the pasta, onions and raisins. Press the pasta down so that it gets as covered as possible.

Let this sit for 20 minutes while the oven preheats to 325°F. This needs to be cooked before puttin' into the fridge or frozen. Cover lightly with foil—don't crimp it down—and bake for 20 minutes. Remove the foil and cook an additional 20 minutes or until a toothpick inserted in the middle comes out with very little wet stuff clingin' on.

Take out and set on the counter for about 5 minutes. It'll finish cookin' and set up so it can be cut and served.

Some folks like a bit o' Parmesan cheese on theirs. I even know some who put a little maple syrup on. My personal favorite is to put a little more butter on top, add some more ground black pepper, and pop it in my mouth.

## PURTY BUNS

I was real proud one day as I was makin' these. Then, old Buddy Boy Barclay come by and practic'ly ruined it. He asked me what I was makin', and I told him, "My purty buns." He started a-laughin and wheezin' and then told me, "Chow. Nobody's ever going to tell you that you got purty buns!" I only calls 'em "purty" cause they're purty easy ta make and purty tasty!

### The Dough:

1/2	stick	Butter - unsalted
1/4	cup	Brown Sugar
4	large	Eggs
1/2	tsp	Ground Cinnamon
3/4	cup	Whole Milk
1	tsp	Salt
1	pkg	Yeast - the "instant rise" sort
4	cups	Flour

### The Fillin:

3/4	cup	Brown Sugar
1/4	cup	Sugar
1/4	tsp	Salt
1/2	tsp	Ground Cinnamon
1/4	tsp	Grated Nutmeg
2	tsp	Orange Zest - finely grated
2	Tbsp	Butter - warm but not quite melted

**Toppin':**

1/2 pkg Light Cream Cheese  
 1-1/4 cups Powdered Sugar  
 1 tsp Orange Zest - finely grated  
 1 Tbsp Buttermilk

This all starts the night before.

In a stand mixer with the whisk, cream the butter and brown sugar fer about 2 minutes on about the 1/3 speed settin'. Stop half way through and scrape it back down into the bottom o' the bowl. Add the eggs, one at a time and beat until they are all broken apart. Add the cinnamon and the milk and beat at half speed fer a minute.

Now's a good time ta scrape it all back down. Take off the whisk and put in the dough hook. Add the salt and the yeast at slow speed and then slowly add the flour (ta keep it from flingin' back out). When it is all wet, turn the mixer to medium-slow speed and let it go fer 5 or 6 minutes.

Here's wher ya get a little exercise. Once the dough ball is all smooth, turn the mixer off and pull all of the dough out and onto a lightly floured counter. Knead it usin' yer hands fer about a minute and then form it into a sorta round ball. Lightly oil a bowl that's at least three times larger than the dough (4 is better) and roll the dough in it ta coat. Cover loosely with plastic wrap and set aside in a room temperature place. Go away fer a couple hours.

Next, uncover the raised dough and gently push it back down. Flour the counter again and dump the dough onto it. Using floured fingers, push it into a rectangle shape, then roll it with a floured rollin' pin until the dough is about 18 inches by 15 inches.

Make the fillin' by puttin' ever'thing in a bowl and mixin' it together with yer fingers. Startin' along one o' the 18-inch sides, spread the fillin' across and over the dough leavin' about

1/2-inch along the sides and a full inch at the far side naked.

The only thing tricky about these is now ya got ta roll the thing up. It helps ta grab a pancake flipper and flour it ta use ta scrape up any persnickety dough. Don't roll too tight, but when ya get to the end sorta pinch the clean end o' the dough to the roll and seal it up.

Use a sharp, serrated knife ta cut this inta 8 equal-size rounds.

Grease a 8 x 10-inch glass bakin' pan and set these in, 2 rows of 4. Put a big piece o' plastic wrap loosely over them and seal it good to the bakin' dish. Put in the fridge and go ta bed.

About here I have ta admit that I told ya these were purty easy, but I put a whole lot o' instructions up there. The second time ya make these you'll understand that there ain't that much ta makin' these after all.

Okay, so ya get up the next mornin'. Take the dish with the buns out and set it in yer oven near the middle. Put a rack under that one and set a large dish or a saucepan full o' real hot water under the buns. Close the door and go do somethin' fer about 30-40 minutes.

Pull the buns and the water out, then turn the oven on ta 350°F. Let preheat fer 10 minutes. Bake the buns fer between 25-28 minutes or until a thermometer inserted in one (facin' the middle and not the outside o' the dish) registers between 185-190°F.

As they cool a little, mix up the toppin'. Make sure ever'thing is smooth, so use that mixer again. Use a big knife ta spread this all over the top o' the buns and serve.

As a little extra, I sometimes add a 1/4 cup o' dried blueberries to the fillin' before spreadin' it and rollin' things up.

I DO NOT put pecans or other nuts in these. That's fer Far-Southern folks. I'm from Texas and we don't put pecans in ever'thing in spite o' what you might think.



## MORNIN' EYE OPENER LIQUID PIE

Some folk, usually on a Sunday'll have a Bloody Mary or some other libation. I prefer dessert, so I have this little recipe fer folks who want a bit o' alcohol with their, oh, perhaps their giant omelet? This is fer 2 servin's, by the way.

1	jigger	Bourbon Whiskey
4	jiggers	Port (that's a reinforced red wine)
2	jiggers	Frangelico or some other almond-based liqueur
1	jigger	Blackberry Liqueur
		Crushed Ice
		Lemon-Lime Soda
		Whipped Cream
1	tsp	Grated Orange Zest

In a shaker pour the bourbon, port, Frangelico and blackberry liqueur over about a cup o' ice. Give it a real good shake fer 20 seconds, then strain out into a couple tall glasses. Fill most o' the rest o' the glasses with the lemon-lime soda.

Splat on a big spoon o' whipped cream. Sprinkle the orange zest over the top.

That's it. Serve it with a straw. Tastes a little like a berry pie.

**PART 3 /****SIDE DISHES AND SALADS**

Just as any good day starts with a good breakfast, any good meal isn't just one main dish. It isn't practical ta have all yer nutrition in one bowl each time unless ya want ta have a good chili with beans and rice each and every meal, each and every day.

Even I cain't do that.

So, make side dishes and salads ta give folks both what they need as well as a way ta change things up.

There's all sorts o' family favorites like the one with green beans and them onion rings. And lots o' folks have family recipes fer what they grew up with.

I hope that some o' these will be new and differ'nt to ya.

**MULTI-TATER SALAD**

This might be considered both a side dish as well as a salad. I'll leave that up ta you.

1	large	Russet Potato
1	medium	Sweet Potato (might be called a yam in yer store) but NOT canned!!!
6	medium	Red-skin or Yukon Gold Potatoes
6	large	Eggs
2	Tbsp	Onion, finely chopped
3/4	cup	Mayonnaise
1	Tbsp	Yellow Mustard
1	tsp	Dry Dill
1/2	tsp	Dry Marjoram (rubbed between yer fingers)
1/2	tsp	Ground Black Pepper
1	Tbsp	Sweet Pickle Relish
1	Tbsp	Paprika

Peel just the russet and the sweet potatoes. I leave skins on the others. Cut into pieces about  $\frac{3}{4}$  inches square.

Put a large pot o' water on the stove with a tablespoon of salt. Put in all the taters and turn the heat to high. As it begins to get too hot to stick yer finger in, put the eggs into the pot and sorta push 'em down so they're all submerged.

Let come to a boil then back off the heat to a slow boil.

Check the taters by shovin' a sharp knife into differ'nt pieces after about 5-7 minutes. When the knife goes in sorta smooth

an' can be pulled back out take everything off the stove.

Set the eggs aside for a few minutes. Drain the taters. Rinse just a little to cool but do not stir them around. Leave in the strainer while you do the next stuff.

Take yer chopped onion an' a few drops o' water in a bowl an' put it into a microwave. Cook on high just about 30 seconds. This'll soften the onions without actually cookin' 'em and make 'em more acceptable fer most folks.

Now, in the bowl you'll serve the salad in, put the mayonnaises, mustard, dill, marjoram, pepper, relish and the onions. Stir it all up ta get ever'thing mixed.

Put the eggs under some cold water and crack and peel 'em. Cut each one into about 8 pieces.

Put the taters, now fairly cool, into the bowl and stir it up gently. Ya don't wanna break up the taters. Add the eggs and mix again. Clean up the rim o' the bowl with a wet paper towel to make it nicer lookin' and then sprinkle the paprika all over the top.

Cover and refrigerate at least 1 hour and up to a full day. If serving after just 1 hour. Just take out and spoon onto plates. Otherwise, it's best if ya take it out and let it slightly warm up fer about a half hour before servin'.

NOTE: Do not make this with that miracle salad dressing stuff. It will be vile!

Ditto, that low-fat mayo. It has a lot o' corn syrup and thickeners that don't do very well in a dish like this. If you can't have much fat, then take a smaller servin'.

## SOUTH 'O THE BORDER FRUIT SALAD

This ain't yer mother's canned fruit salad with them little cherry halves. It's full o' good, fresh fruits and has a dressin' that has a little kick and a little sweet.

2	ripe	Bananas - firm, cut into 1/2-inch slices
1/2	cup	Fresh Blueberries
1	large	Orange - segmented and each cut in half
1	cup	Fresh Pineapple - 3/4-inch cubes
1	cup	Fresh Blackberries or Boysenberries
1/2	cup	Jicama - peeled and cut in 1/4-inch cubes
1	scant	Pinch of Salt

Dressing:

2	Tbsp	Lime Juice - fresh squeezed is best
3	Tbsp	Agave Nectar - it's made from the same cactus they use fer Tequila and is very healthy
2	Tbsp	Orange Juice - fresh squeezed is best
1	pinch	Cayenne
1/4	tsp	Salt
2	Tbsp	Cilantro - finely chopped

Make the dressing first so it can sit fer 10 or 15 minutes. Before usin' it, give it a final good stir.

Prepare the fruits and put them all in a large bowl with the more delicate ones on top. Sprinkle the salt on top and gently mix them together.

Pour the dressin' on top and cover with plastic wrap. Put in the fridge fer 10-15 minutes. Serve cool with any extra dressin' that leaked to the bottom poured back over the fruit.

## PICKLED CABBAGE MARMALADE

Great by itself, or as a spread for sandwiches (see the Corned Beef recipe). If'n you or yer folks came from Germany, you're prob'bly familiar with this.

- 1 small Red (Purple) Cabbage, cut into 1/3-inch shreds
- 1 medium Onion (Yellow or even a sweet one) cut in 1.4-inch slices
- 1/2 cup Chicken Stock
- 1/3 cup Sugar
- 1/3 cup Red Wine Vinegar
- 1 tsp Salt
- 1/2 tsp Ground Black Pepper
- 1/2 tsp Celery Seed
- 2 Tbsp Flour
- 4 Tbsp Water

In a large saucepan, put the shredded cabbage and onion. Move around in the pan over medium-high heat for a few minutes until it begins to wilt. Add the chicken stock and cover. Turn to medium-low and allow to cook for 12-15 minutes.

Uncover and let most of the liquid evaporate, stirring on occasion.

Now, put in the sugar, vinegar, salt, pepper and celery seed. Stir it all to mix. Cover again and let cook an additional 5-7 minutes.

Mix flour and water together until smooth. Uncover the pot and stir into the mixture. Let cook until it thickens, then

remove from the heat.

I let this cool down before puttin' it into the fridge. As I said above, this is a great addition to sandwiches, or you can keep it hot and serve it with meat an' taters.

## NAVY BEANS

I spent a little time in the U.S. Navy back when I was too young ta know I belonged with dirt under my feet, not water. It's where I first learned ta cook fer more'n just a couple folk. Ever'thing I learned I had ta unlearn later. Not much call fer makin' a pot o' fifty gallons of beans at a time. This makes enough fer maybe 4-6 servin's.

1	lb	Navy Beans - dry
1	Tbsp	Baking Soda
1	medium	Onion - cut in 1/4-inch dice
1	large	Carrot - peeled and in 1/4-inch dice
1	large	Parsnip - done same as fer the carrot
1/2	lb	Ham - in 1/4-inch dice
1/4	lb	Bacon - diced
3	cups	Chicken Stock
1	Tbsp	Worchestershire Sauce
1	tsp	Salt
1/2	tsp	Ground Black Pepper
2	tsp	Dried Basil
2	tsp	Dried Oregano
2	Tbsp	Flour
4	Tbsp	Water

Startin' the day before: In a large saucepan, put the beans and enough cool water to cover by at least 3 inches. Cover and sit on counter fer 4 hours. Drain and replace with fresh water to same height above beans. Stir in the baking soda. Cover and let sit overnight or at least 10 hours more.

Drain beans in colander.

In the pot, put the onion, carrot, parsnip, ham and bacon. Bring to cookin' temperatures and stir it around until the stuff starts to pick up a little color and the onions are gettin' a bit clear. Dump the beans in along with the chicken stock, worchestershire sauce, salt, pepper, basil and the oregano. Stir it all up and bring to just under a boil.

Turn heat down to low and cover. Cook fer an hour. Check the doneness o' the beans at this point. They'll probably need another 20-50 minutes. When done they will still have most o' their shape but be real smooth and soft.

When you think they're ready, adjust the seasonin' with some salt and even a little hot sauce. Mix the flour and water together and stir it in. Cook, stirrin' until this thickens.

Serve with big hunks o' crusty bread. Some folks like a bit o' tomato ketchup on theirs.

And, if yer inta sweet beans, try addin' 1/4 cup o' molasses and a pinch o' ground clove when you put it all in the pot ta cook.

## TURKEY DRESSIN' (This is not stuffin'!)

In case you haven't been watchin' any 'o them cookin' programs, the latest thing is ta not put any real stuffin' in yer holiday turkey (I also like ta serve one fer the 4th of July and fer Thanksgiving). The reason is that it makes the bird cook slower, and ya really don't get all that much inside anyhow. So, do it all outside.

1	lb	Italian Sausage
1/2	lb	Bacon
1	large	Onion - cut in 1/2-inch dice
3	stalks	Celery - cut in 1/3-inch dice
1	box	Cornbread Mix (or make yer own 8x8x1 batch)
12	slices	Dense White Bread (not the balloon stuff)
1	stick	Butter - unsalted
1-1/2	cups	Chicken Stock
1	Tbsp	Dried Oregano
1	Tbsp	Dried Basil
1	Tbsp	Dried Sage
2	Tbsp	Dried Parsley - or 2 tsp fresh, finely chopped
1	tsp	Salt
1	tsp	Ground Black Pepper

Start by bakin' the cornbread. It needs ta cool before you cut it into 3/4-inch cubes. While yer at it, dice up the bread into 3/4-inch cubes as well. Set these aside.

In a skillet, brown the sausage and the bacon. Don't drain the fat. Add the onion and let it cook about 5 minutes. Spoon the meat and onions into a big mixing bowl. Put the celery in that

bowl as well.

Now add the butter and the chicken stock to the skillet. Bring to a boil then shut off the heat. Stir in the rest o' the herb style ingredients and let sit fer 20 minutes. Check the taste. It needs ta be a *little* salty but ya don't want too much. Adjust and add the pepper as well.

Preheat the oven at 400°F with a rack in the middle.

Take a large oven-proof baking dish (it'll need to fit everything you've got without goin' too far over the top) and give it a little smear with butter.

In yer large bowl, put all the cornbread, bread and the meat/onion mixture. Pour about 3/4 of the liquid over this and give it a light mix with a large spoon. Don't break up the cornbread too much. If it seems a little dry, add all the rest o' the liquid. Spread evenly in yer oven-proof dish, cover with foil and bake fer 35 minutes. Take off the foil and bake another 5-7 minutes to dry out just the top.

Now, if yer like me, ya might want ta add some o' the followin'.

1/2 cup Roasted Chestnuts - chopped

Or...

1/3 cup Pecan Bits and Pieces

Or...

Diced turkey giblets (at least the liver and heart)

Or...

A 2 tablespoons o' apple cider or juice

Or...

A good glug (about 2 tablespoons) o' Brandy in the hot liquid

## GREEN STUFF

A friend's wife serves this sometimes. She's fiddled with the recipe over the years, and so have I, but it is primarily the same dish. Good conversation piece, too. "What IS that?"

1	lb	Green Beans - Cut in 1-inch pieces
1	lb	Russet Potatoes
1/4	cup	Onion - finely diced
4	Tbsp	Butter - salted
1/2	cup	Chicken Stock
1/4	tsp	Fresh Ground Nutmeg
1/2	tsp	Ground Black Pepper

Boil the beans in salted water until they are just cooked to soft. Spoon out and into a bowl filled with cold water to stop the cookin'. Peel and dice the taters and cook them in the same pot using the same water until they are soft enough to mash. Drain and return to the pot.

Drain the beans and add them to the cooked taters. Add the onion. Mash things really good tryin' ta get things down to where ya don't have many lumps. 10 seconds in a food processor works! Add the rest o' the ingredients.

Pour into a buttered baking dish or oven-proof baking/serving dish that's about 8 inches across.

Bake 30 minutes, uncovered, in a 350°F oven.

Now, you'll notice that it ends up a pale green, which is why it's called green stuff.

It's a magical dish, part starch and part vegetable! All good.

## HOT 'N SOUR CHICKEN 'N EGG SOUP

This one was a mistake. Least, at first. I was supposed to make a banquet meal for a bunch o' folks from China that came to Enterprises last year. The recipe I found was for somethin' called Egg Drop Soup. When I tasted it, it seemed a might tame and tasteless. So, I added a little cayenne pepper. Then, it was too spicy for some folks. I kept addin' stuff until I got this. It was a hit.

1/2	lb	Chicken Meat - white and dark minced up
1	Tbsp	Soy Sauce
1/2	tsp	Toasted Sesame Oil
2	large	Eggs - one of them separated
1	Tbsp	Corn Starch
1	small	Onion - finely minced
1	small	Scallion - finely chopped
4	large	Mushrooms - cut in thin strips
4	Dried	Shitake Mushrooms - reconstituted in some hot water, then de-stemmed and sliced in thin strips
1/2	oz	Dried Wood Ear Fungus - lots o' good groceries carry 'em in their international aisle
3	cups	Chicken Stock
1/2	tsp	Fresh Grated Ginger - or 1/8 tsp dried if that's all ya got, but it won't be the same
1/2	small	Canned Bamboo Shoots - cut into thin strips
1/4	cup	Corn Kernels (canned, fresh or frozen)
1/4	pkg	Soft Tofu - cut in 1/4-inch cubes
1/2	tsp	Cayenne Pepper
2	Tbsp	White Vinegar
1	tsp	Sugar

After mincing the chicken (this also works with pork meat) put it in a bowl. Take one egg white and slightly beat it with a fork. Add it to the meat along with the soy sauce, sesame oil and the cornstarch. Mix it all up and set aside to marinate 10 minutes.

In a soup pot of about 5 or 6 quarts, put the onion, scallions, mushrooms (including the shitake and wood ear fungus) and the chicken stock. Bring to almost a boil then back off heat to about medium. Add the ginger, bamboos shoots, corn, soft tofu, cayenne, vinegar and sugar. Turn down to just a simmer.

In a skillet over high heat do a quick sauté of the meat mix making sure to break it all apart. Don't give it any color, just get it sorta cooked and separated. Put this in the soup pot.

Bring back to almost a boil then shut off heat. If it isn't a bit thick, then mix another tablespoon o' cornstarch with some more stock and add it. Heat until it thickens.

Beat the whole egg plus extra yolk thoroughly. While stirrin' the soup around in a slow circle, pour the egg into it slowly tryin' ta make a floatin' layer o' it. Stop stirrin' as soon as it's all been added.

Truth be told, I accidentally added a half tablespoon o' cayenne and had to keep fiddlin' with all the other ingredients until it got to the point it was acceptable. This is about what I should've done in the first place.

## ASIAN MEATBALLS

Another good nibble food. I always end up makin' more'n one recipe and still seem ta have none left over.

1/2	lb	Ground Beef - 80/20 mix
1/2	lb	Ground Turkey
1/2	lb	Ground Chicken
1/2	cup	Onion - finely diced
1	tsp	Garlic Powder
2	Tbsp	Tomato Ketchup
1	large	Egg
3	slices	White Bread - turned into crumbs in a food processor
1/2	tsp	Ground Black Pepper
1/3	cup	Maple Syrup
1/4	cup	Soy Sauce - low salt
1/2	tsp	Allspice
1/4	cup	Chicken Stock

In a large bowl, thoroughly mix together the meats, onion, garlic powder, ketchup, egg, bread crumbs and pepper. I use a cookie scoop ta make even sized balls about 3/4 the size o' golf balls.

Put these on a wire rack over a bakin' dish leavin' about 1/2-inch between 'em.

Bake in a 400°F oven fer 12 minutes. Take off the rack before they get too cool or they'll stick to it. Just go ahead and put 'em in the serving dish.



In a saucepan, heat the maple syrup, soy sauce, allspice and chicken stock to boilin'. Let it boil fer about 2 minutes, then pour it over the meatballs.

Toothpicks are best fer pickin' these up and poppin' them in yer mouth. Ya might want ta put the dish on a heating plate.

## **PART 4 /**

### **RECIPES WITHOUT MEAT (But still mighty tasty)**

There are those who say that a meal jest ain't a meal without a good helpin' o' meat in it. I use ta think so, too. That is, until one o' the great men here at Enterprises, Harlan Ames, started having troubles with his heart.

Our Doc Simpson diagnosed him as havin' far too much o' the bad co-lester-all stuff and that it was caused by a combination o' his diet and his relatives. I cain't do anything about his kith and kin.

So, I had to start cookin' some foods without much meat in 'em. Even a few with no meat. Ya see, we also have us a few employees that don't eat any meat at all. I never used to trust those sort or hambres, but now that I come to know 'em, I kinda feel obligated to see that their needs are covered.

This part o' the book is the one that has a few of the recipes I came up with for those folks.

Now I got to say that one o' the previous recipes, the New Mexico Bean Casserole back on page 12 can be made without the chicken to make it a non-meat dish. I won't repeat that recipe here. You'll just have to make the adjustment yourself.

**VEGETABLE STEW WITH HOME MADE NOODLES**

This is a semi-thick stew that features what some people think of as dumplings. They ain't! Dumplings are all big and fluffy. These are noodles. They're just not as thin as ya get in those dry packages.

- 1 Tbsp Olive or Vegetable Oil
- 1 pkg Extra Firm tofu - cut in 1/2-inch cubes
- 1 large Sweet Onion - in large dices
- 2 cloves Garlic - crushed and chopped
- 2 Tbsp Tomato Paste
- 1 large Carrot - shredded
- 3 Tbsp Flour
- 3 cups Vegetable Stock (or Chicken if you'll eat it)
- 1 Tbsp Turmeric
- 1 Tbsp Thyme - dried (or 2 tsp chopped fresh thyme)
- 1 tsp Rosemary - finely chopped
- 3 medium Red Potatoes - in 3/4-inch cubes
- 2 large Carrots - peeled and in 1/3-inch slices
- 1 medium Rutabaga - peeled and in 1/2-inch cubes
- 2 ribs Celery - cut in 1/2-inch pieces
- 1 medium Bell Pepper - in 1/2-inch dice

**For Noodles:**

- 1-1/2 cup Flour
- 1 large Egg - slightly beaten
- 1/4 tsp Salt
- 1 Tbsp Olive Oil
- Water as needed

You'll want ta start by makin' the noodles. They need about an hour to make and let set up. Ya *can* make 'em a day before and dry them fer 2 hours before putting on waxed paper on a plate and coverin' with plastic wrap. Single layer only so they don't stick.

In a large bowl add the flour, salt and oil to the beaten egg. Use yer fingers ta mix it up. If necessary add water by the teaspoon until ya get a pretty stiff, but uniform dough. Spread a little flour on the counter and knead this fer 5 minutes ta build up the stuff that makes 'em stick together.

[Ed - Mr. Winkler is referring, we believe, to the gluten that builds up in the dough and is the structural element that does, indeed, hold these together.]

Roll the ball into a flat sheet about 1/5th of an inch thick. Use a sharp knife ta cut this into pieces about two inches long and a half inch wide. Dust with a bit more flour and lay out flat ta dry a bit.

Put the cut cubes of tofu on several layers of paper towels. Let drain about 5 minutes.

Get the oil hot in a large 6-quart pot. In 2 batches, lightly brown the tofu cubes in the hot oil. After finishin' the second batch, put in a bowl with the first batch. Add the onion to the oil and cook few 3 minutes until they start to lose their color. Put in the garlic and the tomato paste. Stir around with the onions and cook fer 2 minutes.

Add the shredded carrot and cook this fer another 2 minutes.

Now, add the flour and mix it in completely before adding the stock, turmeric, thyme and rosemary. Cook this until it starts to thicken, then add the potatoes, carrots, rutabaga and celery. Stir and cover. Lower heat to simmer and cook 15 minutes. Add the bell pepper, season with salt and pepper as desired and cook an additional 5 minutes. Bring the heat back up to medium high.

Separate the noodles, brush off any loose flour, and drop them into the almost boilin' stew, makin' certain they don't get stuck to one another. Let this cook for 5 minutes, stirin' gently once about half way, and serve.

## TERIYAKI PORTOBELLO FETTUCCHINI

Ever once in awhile I like a little sweet food for dinner. I'm specially happy when I can have a teriyaki burger. O' course, that wouldn't do for our vegetarians, so I started makin' this dish, first served on burger buns with some good cheddar cheese and later over fettuccini noodles. Take yer choice.

1/2	cup	Pineapple Juice
1/4	cup	Pineapple Bits - chopped up
2	Tbsp	Brown Sugar
1/4	tsp	Ginger (ground) or 1/2 tsp fresh grated
3	Tbsp	Soy Sauce
1	Tbsp	Corn Starch mixed with 1 Tbsp water or stock
1	Tbsp	Olive Oil - yes, or vegetable or canola
4	large	Portobello Mushrooms cut in 1/2-inch slices
1/2	medium	Onion - sliced thin
1	clove	Garlic, finely minced
1/4	tsp	Ground Black Pepper
1	lb	Fettuccini Noodles
1/2	stick	Butter - unsalted or olive oil-based spread

This is a 3 pan dish. Sorry 'bout the extra clean up.

Get a big pot o' water with a heapin' tablespoon o' salt goin' in the stove set to high.

While waitin', put the pineapple juice and chopped bits into a smaller sauce pan along with the brown sugar, ginger and soy sauce. Bring it up to a boil and then back the heat off a little. Let it cook about 5 minutes. Mix the corn starch and the water

or stock. Take the sauce pan off the heat and quickly stir this in. Return to the heat and stir until thickened. Turn off heat.

In a skillet, spread out the oil and get it heatin' over medium high heat. Lay the Portobello slices in a single layer and sear them on one side for 3 minutes. Turn over and give 'em another 2 minutes. Scrape them into a bowl.

Add the second tablespoon of oil and cook the onions for 10-12 minutes or until they are all limp and startin' ta get a little color on the ends. A few minutes from the end o' the cookin' time, dump the pasta in the boilin' water and give it a couple o' stirs to separate the pieces.

When the pasta is just done, drain it, pop the butter in the pot and put the noodles back on top o' that. Give it a good stir.

Put the mushrooms and the onions into the saucepan with the teriyaki sauce. Let heat for 1 minute.

Serve the noodles on a plate topped with about 1/4 o' the other stuff. Or, make 4-6 burgers by spoonin' the mushrooms and onions with a slotted spoon (ta let some o' the extra juices drain away) over the bun bottom. A piece o' cheese—if ya can—between 'em keeps the bun from gettin' too damp!

## GRILLED VEGGIE SANDWICH

The “veggie-naisse” can be made ahead o' time. It keeps in the fridge for at least a week if tightly covered.

### Veggie-Naisse:

1	medium	Red Potato - in 1/2-inch dice
1	small	Parsnip - in 1/2-inch dice
1	small	Sweet Potato - in 1/2-inch dice
1	small	Sweet Onion - in 1/2-inch dice
4	cloves	Garlic
1	Tbsp	Olive Oil
1	Tbsp	Balsamic Vinegar
1	medium	Egg Yolk — or 1 tsp Soy Lecithin
1	tsp	Dried Sage
1	tsp	Dried Marjoram
1	tsp	Salt
1	Tbsp	Lemon Juice
2/3	cup	Olive Oil

### The Veggies:

3	Tbsp	Olive Oil - or 2 Tbsp olive oil and 1 Tbsp butter if you'll eat that
1	medium	Eggplant - cut in 1/4-inch slices
1	lb	Asparagus - woody bottoms trimmed
1	medium	Tomato - sliced thin and drained a bit on paper towels
1	large	Avocado - peeled. Pitted and sliced thin

Put the taters, parsnip, sweet tater, onion, the garlic cloves and the first olive oil in a bowl. Mix around so that everything get coated. Pour these on a bakin' sheet and bake fer 40 minutes at 400°F. Turn 'em over once during cookin'. Take 'em out and let cool fer 20 minutes.

In a blender put the balsamic vinegar, egg yolk or soy lecithin, sage, marjoram and salt. Give it a couple pulses to mix things together. With the blender running on low, begin pourin' in the olive oil. Once it is incorporated and thickened, begin feedin' in the roasted veggies. Only blend until things are all together and there are no lumps. Scrape it out and into a sealable container.

In a wide, hot skillet, heat the oil until it is just startin' ta shimmer. Lay the eggplant in just fittin' enough so they don't overlap. If ya have ta do this in two batches, well... do it. When it is finished, lay pieces on a couple paper towels. With the pan still hot, lay in the asparagus spears. Use tongs ta turn these several times over about 4 minutes. They should begin takin' on a little color and beginnin' ta get a little limp. Lay finished spears over the eggplant.

Take two slices of good, thick, whole grain bread. Smear both pieces with the veggie-naisse. Put a layer o' eggplant and a layer o' asparagus on along with a few thin slices o' tomato and avocado. If ya want it, add some lettuce or sprouts as well.

The only change ya might want ta make in the veggie-naisse is ta add a heapin' teaspoon o' grainy mustard to it as it's blendin'. Adds a nice extra dimension.

## TOASTED BULGUR SALAD

Sometimes ya feel like a chewy and hearty salad fer a meal. This does the trick according ta many people. Folks in some parts o' the world call this tabouli, or somesuch.

1 1/2	cups	Bulgur Wheat - most stores have this
1	Tbsp	Olive Oil
1	Tbsp	Butter or margarine
3	cups	Vegetable Stock
1	Large	Scallion - thinly sliced white and green
4	oz	Fresh mushrooms, in 1/4-inch dice
1	Tbsp	Parsley - chopped
1	Tbsp	Fresh Mint - chopped, or 2 tsp dried mint
1/2	tsp	Ground Black Pepper
1	clove	Garlic, finely minced
2	large	Roma or other firm Tomato - seeded and diced – or 1 can diced tomatoes, well drained
1/4	cup	Black Olives - chopped
1	Tbsp	Capers - drained
1/2	cup	Corn Kernels - fresh or frozen are best
1	Tbsp	Lemon Juice
1/4	lb	Fresh Cheese - Feta or mozzarella or caso fresco or chevré (that's fancy fer goat cheese)

Get out a good 4-quart saucepan and melt the butter (or

margarine) and oil. Add the dry bulgur and stir to coat ever'thing. Cook over medium heat until the bulgur starts to darken and smells kinda nutty. Carefully add the stock. It'll bubble and splatter at first.

Drop in the scallion, mushrooms, parsley, mint and black pepper. Stir it up, bring it to a boil then cover and set the heat to simmer. Cook 20 minutes. Remove from the stove. Stir in the garlic, fluff up the grains and cover. Let sit 5 minutes.

Carefully mix in the rest o' the ingredients.

This can be served warm or cold. I put a good scoop on a bed o' butter lettuce and drizzle a little Eye-talian dressin' on top.

As an addition and ta make it taste a little differ'nt, try puttin in a half cup o pecan bits and pieces or even sunflower seeds when you put the bulgur in the oil. That toasts up and adds a nutty perfumy aroma and taste!

## VEGETARIAN GUMBO

Southern folk'll tell ya this is a sacrilege. Gumbo's got ta have meat and seafood in it. I don't wanta rain on their parade—and, fact is I agree with 'em—but try this. The spices make the difference.

[Ed—Please see my note at the end of this recipe.]

- |     |        |   |
|-----|--------|---|
| 1   | Tbsp   | Extra Virgin Olive Oil  |
| 1/2 | lb     | Vegetarian Sausage  |
| 1/2 | pkg    | Extra Firm Tofu - drained well and cut into 1 x 1/2 x 1/4-inch pieces |
| 1   | large  | Onion - in 3/4-inch dice  |
| 1   | medium | Bell Pepper - in 3/4-inch dice  |
| 2   | large  | Stalks Celery - in 1/2-inch dice                                      |
| 1   | medium | Rutabaga - in 1/2-inch dice   |
| 3   | cloves | Garlic - finely minced  |
| 1/4 | cup    | Vegetable or Corn Oil   |
| 1/4 | cup    | Butter (or margarine if ya <i>have</i> to)                            |
| 1/2 | cup    | Flour   |
| 2   | cups   | Vegetable Stock - or Chicken Stock                                    |
| 1   | large  | Tomato - roughly chopped  |
| 1   | Tbsp   | Tomato Paste  |
| 2   | tsp    | Salt  |
| 1   | tsp    | Cayenne Pepper  |
| 1   | tsp    | Smoked Paprika  |
| 1   | Tbsp   | Chili Powder or Cajun Blackened Spice                                 |
| 1   | Tbsp   | Dried Basil   |
| 1   | Tbsp   | Gumbo Filé  |

- 2 large Bay Leaves  
 1 lb Okra - fresh or frozen in 1/2-inch pieces

I sometimes cut the tofu into different shapes so they look like chunks of chicken and even curved like curled up shrimps.

In a large pot heat the extra virgin olive oil and fry up the sausage. If using the link type, slice into 1/3-inch pieces. If using the bulk type, break up into large chunks. When finished, spoon it out and into a bowl. Next, add the tofu. Give it at least 10 minutes or until you are seeing some browning over most of the pieces. Spoon these out and set aside for now.

Add the onion, bell pepper, celery and rutabaga to the oil. Let them cook for about 3 minutes, then add the garlic. A minute later spoon this all out and add to the tofu.

Put the oil and butter/margarine in the pot along with the flour. This is gonna be your roux, so stir it around and cook over medium heat until it gets a nice medium brown color to it. Now, whisk it good while adding the stock else you're gonna get lumps! When it is all smooth, add all of the ingredients EXCEPT for the okra. Hold this to the side for a while.

Cover the pot and let it simmer a good 20 minutes. Uncover and add the okra. Just mix it in and then walk away. Give it 30 minutes to cook and thicken.

10 minutes before the end, check the taste. If it needs it, add some more chili powder and a little cayenne or even some hot sauce. I let folks decide if theirs is salty enough.

Serve it over a good scoop of rice.

Now, some people like adding more sausage or more tofu or even some of them vegetarian chicken chunks. Try whatever sounds good to ya!

[Ed—I have a teenage daughter who suddenly, and dramatically, announced that she absolutely had to become a vegetarian. Try cooking for someone like that who really doesn't understand implications of an unbalanced diet. We made this recipe for her and she loved it. So, the next time we made it I tossed in some finely diced chicken and shrimp. She loved it even more. I'm not sure what this goes to show, but I had to mention it.]

## NO EGG EGG SALAD

There's a few things I couldn't live without if I were forced to be a vegetarian. Eggs and egg salad sandwiches are a couple. This is a pretty acceptable substitute.

1	pack	Firm Tofu - very well drained (see note)
1/2	cup	Mayonnaise - not salad dressing
1	small	Carrot - finely shredded on a box grater
1/2	tsp	Yellow Mustard - that ballpark stuff
1/2	tsp	Grainy Brown Mustard
1	small	Stalk Celery - finely minced
1/4	tsp	Dried Dill
1	tsp	Pickle Relish
1/4	tsp	Paprika - the sweet kind
1/4	tsp	Turmeric

**TOFU NOTE:** Slice the tofu block into at least 10 slices. Lay these out on several layers o' paper towels and let drain at least 20 minutes. Change the towels, turn the pieces over, and give them another 20 minutes of drainin' time. Mash these up in a medium sized bowl or, if ya got one, put them through a ricer.

In the bowl, add everything to the mashed tofu. Mix with a fork until things are just incorporated. Cover the bowl with plastic and rest it in the fridge fer at least an hour. 2 is better.

If ya normally add a bit o' onion to your egg salad, add a 1/4 teaspoon o' onion powder instead.

Use it just like ya would any good egg salad. On bread, crackers, or just dig in with a spoon!

## A FINAL BIT ABOUT VEGETARIAN COOKIN'

I gained a new respect fer some people who decide to eat less o' the things that can clog ya up inside—an' by that I mean in yer blood, not yer innards—a couple years ago. Don't make me soft, just makes me more aware.

I still don't understand unrelenting vee-gans, though. And, ditto any folks who go see some non-doctor who gets 'em all hot an' bothered tellin' them about how they're bein' allergic to everything. Doc Simpson tells me that fewer than 5 percent o' folks who'll tell you they're allergic to things like dairy or wheat or even meat, actually are. Most only have an intolerance. Not a real allergy like folks that can die from eatin' a single peanut.

Evidently, some o' them brought it on themselves by not eatin' those things fer awhile an' their bodies just forgot how to handle them. Milk's a big one fer that.

Anyway, you do what you feel is best fer you, but unless you've taken a real, bona-fide allergy test to things like, say, chicken, you might find that adding just a little to recipes you make with mostly veggies will give you a bit of extra protein.

Likewise, if you eat a lot o' meats, give havin' a vegetable-heavy or vegetable-only meal a try now an' agin'. Most meat eatin' folks don't get enough fruits and veggies as it is. And, you might be pleasantly surprised.

Harlan Ames lost more'n 20 pounds in 8 months by just cuttin' down on his meat intake 3 out of every 4 meals. That an' switchin' from beef to chicken and fish.

He feels better, plus, his heart is much better for it!

What I really started out to say is that if and when you cook vegetarian, be sure to experiment with lots of spices and herbs. You'll be surprised how many ways you can make carrots taste.



**PART 5 /****SWEET STUFF:  
A FEW MORE DESSERTS**

All the time I hear folks sayin' "Ooh. I can't have desserts. They go straight to my hips!" or some such. My feelin' is that it ain't just the dessert headin' south.

If ya take in things in moderation, an' don't have that diabetes, then you should be able to enjoy small desserts.

But, I'll leave it all up to you. I got me a weight problem, but that's 'cause I eat all the time. Every time I try out a new recipe, I prob'ly make it ten times to get things right. And ya know I just got ta taste it each time. Right?

Don't let Chow's ole bay winder scare ya.

**SALTY CARAMEL ICE CREAM**

This takes a little time and attention to details, but there are rewards a-plenty fer those who do it the right way. There's somethin' about the way the sweet and the saltiness just go together so fine. Oh, an' by the way: when I call for a flaky salt, I mean DO NOT use table salt. Invest in a nice jar of sea salt. You'll be surprised how a little goes a long way an' how clean and wonderful it tastes.

1	cup	Sugar
2	Tbsp	Corn Syrup
1	pint	Heavy Whipping Cream
1-1/4	cups	Whole Milk
3	large	Eggs
3/4	tsp	Vanilla Extract
1/2	tsp	Sea Salt (or other flaky salt)

In a medium saucepan over medium, heat  $\frac{3}{4}$  of the sugar and all the corn syrup, stirring frequently until sugar begins to melt. Stop stirrin' at this point. Allow to cook fer enough time to turn it a nice medium brown. Ya really got ta let it do this on its own, folks, elsewise ya could cause the sugar to recrystallize. Then, you're sunk and got ta start all over.

With it still on the stove, start mixin' in half o' the whipping cream, slowly. You're gonna get some nasty bubblin' but just keep at it until is simmers down and ya got all the cream in.

Pour this into a dry bowl sittin' in a bigger bowl with ice in that. Stir it occasionally. When mostly cool, lightly stir in the vanilla and the flaky salt, then just let rest and cool. You're gonna want this to be cold so once it's cool to the touch, cover

with plastic wrap and put in yer freezer for about 45 minutes.

In the meantime you're gonna want to take the saucepan and put it back on medium-high heat. Add the milk, plus the rest of the cream, and the last of the sugar. Bring it almost to a boil then take it off the stove.

In another bowl big enough for everything (eventually) whisk the eggs until they get sorta light and creamy lookin'. Using a half cup measure, pour little bits of the hot milk mixture into the eggs while you continue to whisk them. Don't add too much too soon or stop whisking or you'll prob'ly end up with sweet scrambled eggs.

Once you have about half of the hot milk mixed in, pour all of that egg/milk mixture back into the pot with the rest of the milk. Turn the stove back to medium and cook this stirring all the time until a thermometer says it's reached about 170°. 175° is okay, but more'n that could be a problem, so don't step away to take a call or to scold the kiddies.

Put this bowl in the ice bath fer 10 minutes and then pop it into your freezer for 30 minutes to get it colder.

Take out both bowls and mix everything together. Now, you got just one bowl you need to put in the fridge for 5-6 hours to let it sorta mix its flavors together and chill.

Next to last step now. Gently stir in the sea salt. Pour the chilled mixture into your ice cream maker (follow its directions which will probably have told you to put the cold bowl into the freezer a day or two earlier.)

Freeze as per directions—it's gonna be a might soft so get it into a sealable 1 quart container fast—and then place in your big freezer for another couple o' hours to firm up.

If you're like Bud Barclay and the Swift Enterprises' doctor, Doc Simpson, you may never go back to vanilla ice cream again!

## BLUEBERRY MOUSSE

This takes a little effort, but when it's blueberry season I buy quite a few flats of those little blue delights. The ones that I don't eat straight out get put into pies and tarts (got a recipe fer that) an' things like this mousse.

1-1/2	lbs	Fresh Blueberries (Okay. Ya can use 1-1/2 lb of frozen, but ya won't get the same consistency or taste.)
1/3	cup	Sugar
1	Tbsp	Grand Marnier, or Blueberry or Strawberry liqueur
1	pack	Unflavored Gelatin
3	Tbsp	Water
2	cups	Heavy Whipping Cream

Put the berries into a non-aluminum saucepan along with the sugar. Turn heat to medium and cook slowly about 20 minutes. Startin' about half way through, press on some o' 'em to help them pop and break down. In the end, all of the berries need to have broken open so the juice comes out.

Put ever'thing into a large mesh strainer and press through so you end up with delicious juice in a bowl and the tough skins in the strainer. Don't be afraid to get a little strong-armed with them. After all, ya want ta get everything good out.

Add the liqueur, stirrin' it all in an' set aside to cool.

Put the 3 tablespoons of cold water into a small saucepan, sprinkle the gelatin over the top and walk away fer 10 whole minutes. When ya come back, turn on the heat to low and heat just enough to completely melt all of the gelatin crystals. Take

off the heat right quick at that point.

Pour it all into the blueberry bowl and give it a nice stir.

Set up a stand mixer and put cold whipped cream into it. Startin' low and workin' up in speed, whip it all until you got a bowl o' stiff whipped cream.

Stir about a third of it into the blueberry bowl to loosen the mix up, then carefully fold the rest in. Ya want ta keep as much o' the air in the cream as possible.

Once finished, spoon into nice serving bowls (at Enterprises I use some really nice martini glasses) but not above the rim, Cover with plastic wrap and chill at least 3 hours.

This should make enough for 8 good-sized desserts, or 10-12 little ones.

As an alternative, ya might try reducin' the whipping cream by 1/4 cup and substituting that with 1/4 cup sour cream once the cream is at the stiff peak stage).

## BLUEBERRY CHEESE TARTE

I like blueberry pie and I like cheesecake. This satisfies both o' those cravings.

- |     |      |  |
|-----|------|--|
| 1   | lb   | Fresh or Frozen Blueberries  |
| 1/2 | cup  | Sugar  |
| 1/4 | tsp  | salt   |
| 1   | Tbsp | Fresh Lemon Juice  |
| 1   | Tbsp | Corn Syrup (the clear stuff)   |
| 1   | 8 oz | Package Light Cream Cheese (room temp)                               |
| 1/4 | cup  | Sugar  |
| 1   | tbsp | Corn Starch  |
| 1/4 | tsp  | salt   |
| 1   | Pint | Heavy Whipping Cream (cold)  |
| 1   | Tbsp | Fresh Lemon Juice  |
| 1   | Tbsp | Grated Lemon Zest  |
| 1/2 | tsp  | Vanilla Extract  |
| 1   |      | Pie Crust (go ahead an get one o' those store bought ones fer this.) |

You'll want to take the pie crust out o' the freezer and set it on the counter right at the outset. This is also a good time to set the cream cheese out so it can warm up to room temperature. Do this 30 minutes before starting the recipe. When you do start, set yer oven fer 375°

In a medium saucepan, put the blueberries, sugar, salt, lemon juice and corn syrup (the first 5 ingredients from the list). Heat

over medium for about 8-10 minutes until about half of the berries have popped open. Remove from the heat and let partially cool.

While the berries are cookin' shift the pie crust to a glass pie dish. Recycle that tatty aluminum one. Take a fork and poke a bunch o' holes in the crust bein' careful to get all over the bottom and even a bit up the sides. They call this "docking" although I'm danged if I know why.

While the berries are coolin' set up your stand mixer. Put the cream cheese in the mixer bowl and start things out really low and slow. When it starts to smear around a bit, add the sugar, salt and the corn starch. Speed things up to about medium and ship until it is smooth.

Slowly, so ya don't splatter it all over, add the whippin' cream. Bring the mixer up to about  $\frac{3}{4}$  speed an' let it whip around for 3 minutes. Stop things for now.

With the oven at temperature, put the pie dish into the oven fer about 4 minutes to get just the crust started cookin'. It may puff up in a few places (but you should see it if you *forget* to dock it) but they should fall back a bit once you take it out.

As the crust cools slightly on the counter, spread the blueberry mixture evenly on the bottom.

Turn the mixer back on and add the lemon juice, zest, and vanilla extract. Set on high and whip 2 minutes.

Pour/spread the cheesecake topping on the blueberries, then put everything in the oven. It's okay if the topping is right up to the top of the crust. Just don't spill it takin' it to the oven.

Cook about 30 minutes, then reduce oven temperature to 200°. Let cook an additional 15 minutes. Test fer doneness by stickin' a toothpick in the middle. It should not be soppin' wet, but there should be a little, thick stuff on there. (By the way, if ya do the "wobble" test with cheesecakes, this one'll be overcooked if it *don't* wobble in the middle!) Remove and allow ta cool completely (about 4 hours) before serving.

By the way... this also works with things like blackberries, raspberries and even strawberries, 'cept ya got to add one other thing to the berry mix. A good heapin' tablespoon of tapioca. Get the small stuff, not the one that says "large pearls," or like that. You need the extra stiffness it'll give the fruit to keep it from oozin' all out once ya cut the pie.

## NO-THAW FRUIT SMOOTHIES

I hit on this one when it became evident that there's no way to get a bunch o' smoothies made and delivered for a lunch meetin' an' expect them to stay thick and cold. Time's the enemy. So, with a simple addition I can make these and they are still cold and thick twenty minutes later. This is the recipe for 2 servings.

- 1 ripe Banana, cut into slices
- 1 bag Frozen Berries (I like the mixed bags, but you can do this with just blueberries, strawberries or even raspberries. This *doesn't* work with pineapple by the way)
- 1/4 cup Cranberry Relish (recipe follows)
- 1 cup Apple juice
- 1 cup Milk (2% or whole. For the Veg-heads, if you are used to the taste of soy milk in these things, I won't say a thing against using that)
- 1 scant Pinch of Salt
- 1-1/2 Tbsp Soy Lecithin (this is the magic thickener and can be found in health stores and on the Internet)
- 1 Tbsp Fresh Lemon or Lime Juice
- 1 Tbsp Honey - if you want it a little sweeter

Put the banana slices and the rest of the ingredients into a good food blender (not a food processor). You may need to stop a few times to poke the frozen stuff down and to get the liquids into the blade area, but eventually it will be all whipped and nice. This usually takes me about 3 minutes to get everything broken down. It needs a bit o' extra time to work.

Serve in pint glasses with a wide straw.

## CRANBERRY RELISH

Most everybody's got a recipe for this from their gramma. I like this one because of the little extras in it.

- 1 bag Fresh Cranberries
- 1 Tbsp Fresh or Bottled Lime Juice
- 1/2 cup Sugar
- 1 Tbsp Agave Nectar or Honey
- 1 Tbsp Grated Orange Zest (or, mandarin zest if they are in season)
- 1 Tbsp Bourbon Whisky
- 1 scant Pinch of Salt

Put the berries, juice and sugar into a saucepan and begin to cook over medium heat. As soon as the berries begin to pop open, drop in everything else and continue to cook until the berries have mostly broken open. Give 'em a hand if ya want by usin' somethin' like a potato masher.

Let cool at least 1/2 hour to let it thicken up a bit. Goes well with Fruit Smoothies (recipe above) and even as a topping for ice cream (vanilla or salty caramel ice cream—recipe above).

## ROOTIN' TOOTIN' FRUITIN' COOKIES

Have ya ever wanted a real solid cookie? One that'll give ya a whole lot o' git up 'n go? Well, I wish I could claim this one, but that'd be a bald faced lie. Fact is, this is a healthy cookie that Doc Simpson—he's the young doctor we got here at Enterprises—anyway, he asked me ta fix these fer folks who don't eat a good breakfast, do like somethin' sweet, and cain't have a donut or anythin' like that.

1	cup	Flour - white (or 2/3 white and 1/3 wheat)
3/4	tsp	Cinnamon - ground
1/2	tsp	Salt
1/2	tsp	Baking Soda
1/4	tsp	Baking Powder
1/4	lb	Unsalted Butter at room temperature
1	cup	Brown Sugar - lightly packed
1-1/4	tsp	Vanilla Extract
1	large	Egg
1/2	cup	Pecan bits and pieces or chopped
1/2	cup	Semi-Sweet Chocolate Chips - not milk type
1	cup	Rolled Oats or Oatmeal (not instant!)
1/2	cup	Dried Blueberries
1/3	cup	Giant Raisins - or chopped prunes

Preheat yer oven to around 350°F, and put one rack right in th' middle o' the oven.

This is sorta backwards 'cause ya do somethin' with the last ingredients first. Take the dried blueberries and raisins and soak 'em in about a cup of really hot water. Set aside for later.

In a bowl or even on some parchment paper, measure out the

dry ingredients (flour, cinnamon, salt, baking soda and baking powder) and make sure they are all mixed together. Set this aside as well.

In your stand mixer, fit the batter blade and put the butter in the bowl. Whip until it goes all smooth and loose. Stop the mixer and dump in the brown sugar. Turn it back on and slowly increase the speed until ya get it to about half or better. Continue to whip until all of the sugar has creamed into the butter and it gets a light shiny tan color. Slow down the mixer, and then add the vanilla extract an' the egg. Only let it run long enough to get that incorporated, then stop.

Dump in yer pecan bits, chocolate chips and the oats. Turn mixer to slow and get these mixed in. It'll only take 15 seconds or so.

Drain all o' the liquid from the blueberries and raisins then add those to the mixer. Let it run another 15 seconds or so to get them mixed in.

If you got one o' them cookie or ice cream scoops that dishes out about a quarter cup, use it to scoop out the dough. Put parchment paper or one o' them silicone slippery bakin' sheets on a baking pan. You should get eight cookie blobs on it by keeping things at least 2 inches from each other and 2 inches from the sides. Press each blob down just a might so that it is no more'n 3/4 inch tall.

Bake these for 11-13 minutes (it'll depend on yer oven) until they just start to get a little color around the edges. Take the baking sheet out and let it rest on the counter for a good 3-4 minutes before you use a spatula to pick the cookies off the sheet and put them onto a cooling rack for 10 minutes.

Repeat with blobs and cookin' until everything is finished.

These ain't diet or anythin' like that, but they have a lot o' good stuff in 'em! Just don't overdo it an' eat all o' these delights at one time.

## MORE O' THEM FINAL WORDS

In my last book of recipes, I made mention that I've noticed how I've changed over the last few years. Ever since I hooked up with Tom Swift and his daddy and all the folks here at Swift Enterprises, I've come to appreciate a few things in others.

Folks like what I used to call 'veg heads,' and not in a nice way, neither, are one. Out on the range I had little time or energy to accommodate any galoot who wouldn't tuck into a steak or a great pot o' stew.

Course, I really didn't know anybody, man or woman, who couldn't abide the taste of meat. I mean, after all, our teeth are built, according to Doc Simpson, fer tearin' meat up and grinding it good afore we swallow.

Today, I stand before ya, a man who's changed his mind. At least, a bit.

We got more'n twenty people at Enterprises who are real strict. Vee-gans, they's called. Then, there's another hundred between here and the Swift's old Construction Company who only will eat a few things like fish or eggs. They'll even have milk and butter.

It's a challenge to make delicious things fer those folks. Guess ya can see that by the number o' recipes in this and the other book that are full o' meat as opposed to the few that don't that I still favor meat.

Anyway, I'll never agin' badmouth anyone who's made the decision to avoid animal flesh. Still not too sure about the vee-gans, though. If'n a chicken gives eggs without bein' killed, then why not enjoy a cackle-berry once in awhile? Right?

And, a cow's gonna give milk anyway, so why not enjoy a nice cheese? Or, butter?

Enough about that.

My hope is that everyone o' you out there'll git yer hide into the kitchen and cook good food fer your family. Take the kiddies in there, too. They need to know how to cook. First, to eat right and then with the possibility o' havin' a great job in the cookin' profession, like me.

You can do worse'n cook fer people. Could have ta dig graves, or clean sewers, or even clean folks teeth. My hat's off to the folks who do, but I'm sure glad I don't have one o' them jobs.

The other thing to do with the kiddies is ta let them see where food actually comes from. If'n yer city folk, take a trip to a farm. If you or your kin believe that tomatoes an' carrots an' cabbages come from plastic trays all wrapped up, then hightail it to someplace where they grow vegetables.

I hear tell that people who actually know where food comes from and how it is grown make better food choices. Not so much o' that cardboard an' grease fast food.

Most o' all, enjoy yer kitchen. Experiment with dishes. If ya don't have turkey fer a recipe, try chicken. Or, pork. Same thing fer spices. Never toss out a recipe 'cause it has something ya don't like. I got several friends—strange folk to my way o' thinkin'—who cain't abide cilantro. I told them to try substitutin' dill or thyme or even marjoram. It'll make a teeny bit o' difference, but ya don't make a recipe just to taste one herb.

Let yer kiddies make some kitchen decisions. Ask their opinion about what ya might add to, say, a stew or soup. Give 'em the chance ta taste things as ya make 'em.

Have fun, eat well and enjoy yerself!

*Yer Ol' Pal, Chow*