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Please follow proper kitchen safety and sanitation guidelines when preparing these recipes. We are not responsible for illness or injury caused by the improper handling of food or kitchen tools.
Oh dang man
String bean salad

hooray
Foreword

I have a home filled with cookbooks written by professional chefs. Their recipes call for ingredients I can't source, vague techniques I can't execute and equipment to which I simply don't have access. Most of us just have a stove with two or four weak burners, an oven, hand-me-down pots and pans and a mediocre grocery store around the corner with a lousy produce section and a basic selection of flavorless meats and inedible seafood. We want to make something besides Top Ramen with parmesan from delivered pizza, but have no desire to clarify our own stocks or knead fresh pasta. We don't need a recipe that serves 8. We don't need someone to explain why one of the lesser grades of caviar is actually preferable to the most expensive grade. *We don't need a picture of Emeril pretending to look apologetically at a crayfish.*

Millions of cookbooks are sold under the pretense that a professional chef can make meaningful contact with an untrained public via large glossy photographs of neatly seared foie gras. Who has ever seen a foie gras at Safeway? Who has been taught how to de vein that nasty little sucker? Who out there truly thinks that they are one-upping the restaurant industry by cooking foie gras at home? Like most television cooking programs, cookbooks are largely eye candy. They aren't going to teach you how to go into America's chain grocery store and do something good with the mediocre staples you find under the fluorescent lighting. But good things can be done with the meats, cheeses, starches, produce and spices you find under those flickering blue lights. With a modicum of technique you can take two dollars worth of quasi-legal stew meat and create a dinner that rivals any twenty five-dollar entrée. With nothing more than a hot oven you can transform unmanipulated Russet potatoes into something more exquisite than lobster tail. Salt water and a drinking glass can turn a leathery pork chop into a tender cutlet worth ten times its original price.

Come join the denizens of Achewood as they showcase the recipes they have developed over years of cooking in a poorly equipped kitchen. They will not call for you to use a chinois, they will not require that your oyster-glazed cauliflower flan be served in a pasteurized eggshell. Nowhere will you be asked to buy a $9 canister of green peppercorns or a $358 white truffle. These recipes are for real. They are not fancy, they are not visually appealing, and in many cases they are not even good. One of the recipes in this book is actually impossible.

So happy cooking, everyone. Let me know if any of these work, and maybe I'll try them.

Chris
When Chris told me he wanted a set of practical recipes for people who had a limited budget, limited grocery resources and the hand-me-down kitchen equipment of a 22 year-old bachelor, I was excited by the challenge. "We'll take veal cheeks and oxtails and turn them into succulent braises! We'll explore breads and pastas! We'll look at the poverty driven cuisines of Italy, Asia and France!"

No, he said. This has to be for real.

"No chump who buys a cookbook from a cartoon website wants to spend three hours browning and braising a piece of meat that terrifies him," he said. "Some jerk with a five-dollar 'serrated chef's knife,' some guy who uses a dinner plate as a cutting board isn't going to fool anyone into thinking he's the French Laundry. These are people who don't even wear underwear."

After a pause he continued.

"Keep it simple, Teodor." He turned back to his monitor.

"How do you mean? You want me to make microwave nachos? You want me to put salami on a Triscuit?"

He swiveled around to address me directly.

"I know you're capable of some really high-level cooking," he continued. "But I also want you to stick with the basics." I swear, if his leather chair were any taller I wouldn't even know what color his eyes were.

"So I should do a braise! Mirepoix, canned broth and cheap meat! How basic can you get!"

"Mirepoix. Right." He paused thoughtfully. "That's going to turn a lot of people off."

"It's chopped carrot, onion and celery! You can make it for fifty cents!"

"Sure, you and I know that. But what about these people who eat Frito dip out of the jar with their index finger? That is my core demographic."

There's no arguing with him. I highballed the recipes in this book; they are a bit more complex than Squee-Zee Cheez on a Ritz, and he's just going to have to deal. It's not like he can afford to piss me off. I'm fundamental around here. If it wasn't for me, Philippe would have burned his face off in our test kitchen, and Ray would just be drunk behind the couch with that "History of Legos" book. ("Daaamn, Teodor! They got a Mount Rushmore one!") Who do you think relit the pilot light every time one of these jackasses sneezed directly onto the burners? Do you know how often that happened? Let me tell you: it happened every five fucking minutes.

So enjoy these recipes. I have encouraged the other writers to aim high as well. You may encounter a technique that is new to you. These are the doorways to better cooking. These are the paths to really understanding how a raw food product reacts to heat and seasoning. Except for Ray's recipe for Hot Dogs. That was only included to make page count.
Foreword by Mr. Bear

Many of the recipes in this book could be improved by the supply of expensive or hard-to-find ingredients. Many of the contributors were tempted to call for fresh seafood, obscure spices and specialty condiments. In several cases the disallowance of a bouquet garni, pinch of saffron or fresh fish filet was the catalyst of a heated email debate which often resulted in the disappointed chef using keyboard characters to create an "emoticon" tableau wherein urine or other liquid was sprayed into the editor's mouth:

But I must side with the editor and defend the decision to keep these recipes simple. As the owner of literally dozens of glossy, modern cookbooks, I can't tell you how often I have attempted to prepare a certain recipe only to find that the chef took a particular ingredient, technique or piece of equipment for granted. I will not spend $11 on a real vanilla orchid vanilla bean. I will not spend three hours making fresh pasta when I can buy dried pasta for ninety-nine cents. My local supermarket does not stock skate wing or ramps or fresh "mahi-mahi." If I'm lucky they've got carrots and change for a twenty.

So make the simple stews and salads. Notice how they taste when prepared at this stripped-down level. If you have a farmer's market nearby, or a grocery store that sells things which are green, then see what you might work into these recipes. They're just starting pens. They aren't scientific formulae which have been tweaked one way and the next until the flavors are "perfect." Because perfection isn't a concept that applies to food. Perfection is a standard for things we can control, like making a mouse die of poison in a glass case, or telling a computer to count to fifteen. Food is different every time. The hundreds of chemical compounds which combine to create the smell of celery or the flavor of pea soup are too delicate to control with non-laboratory tools. Learning to cook is a lifelong process of crude adjustments and it all begins with the admission that no one starts off any better or worse than anyone else.

Cornelius Bear
Achewood Estates, CA
January 11, 2003
As you may have gathered through the strip I do enjoy a bit of cooking. I guess it's because I grew up with my grandma and she's real old-school Greek you know, always cookin' a ton and makin' everyone help. I can remember havin' this ugly turtleneck sweater on when I was just a kid, all way too much curly hair, sittin' on a phone book at the table peelin' potatoes or pittin' 'olives.

From what I've read I definitely admire the old-school French guys like Escoffier, dudes who laid down the foundations of the last hundred years of cooking. These guys had veal stock runnin' through their veins, and made their own brains each morning out of moulded paté. Alright, well that is a pretty crazy thing to say but I think you take my point.

I really also dig on James Beard and Julia Child you know. Now these folk got less of the painful regimentation of the old school and more of the new flexible "home cook" attitude. They just wanted to make and eat good food, cooking wasn't a way of lashing out about being extremely short or anything. In fact, they were both over six feet tall, while Escoffier was just a pitiful 5'1". Maybe that's why he would always stab people in the belly for no reason.

I just made some real simple recipes for this book, not like a souffle or anything. Just tryin' to pique basic palate senses through the use of easily obtainable ingredients, which is what I took Chris's directive to mean. I don't really see the guy much but that is how his email came across.

Oh also as you probably know I am a bit of a logophile so here are some fun synonymic shades of the concept of "gourmet":

**GOURMET:** One who enjoys good food and drink
**GOURMAND:** One who enjoys good food and drink in large quantities.
**GASTRONOME:** One who enjoys the history and sociology of cookery.
**EPICURE:** More discriminating in taste than a Gourmet. More uptight.
**FOODIE:** This is not a word. Don't use it.

Whether you are a Gourmet or an Epicure or neither I hope that you enjoy my recipes. Try that green bean salad, I think it's the only vegetable recipe in the whole book.
Foreword by Lyle

I don't eat in restaurants. I've worked most of my life in kitchens—every position from dishwasher to sous—and I can break most anything down and make it edible. By the same token I've worked in enough kitchens to know that your steak dinner gets about as much respect from the cook as a handful of two-ply. You think an underpaid line cook's gonna toss a $25 filet mignon in the trash just because he dropped it on the mats? Not on your bogus green card, buddy.

That's why you should learn to cook at home. The whitest tablecloth in the world ain't gonna protect you from the Cesspool of Babel that lies behind those swinging doors. As a home cook you have only yourself to blame if your salad was mixed by someone who didn't wash his hands after using the bathroom.

In addition to modern sanitation concepts, one secret to good home cooking is high heat. I hate to see some twitchy geek futzin' with a pork chop in a pan over some splutterin' oil. A real kitchen has every burner on high, every oven cranked right up to 500. I've seen brand new pans shrivel and crack in one night on a busy line. That's what makes me happy: having the stones to really throw food into the fire, to walk the five-second line between a three-star sear and creosote. Don't be afraid of heat. Cooking is about mastering heat.

The best thing a home cook can do to approximate restaurant heat is invest twenty bucks in a real cast iron pan (or much, much less, if you check out garage sales and thrift stores). Nothing cooks better than one of these cannon-grade honeys. A cast iron pan will heat slowly but once it's up to temperature it's going to stay there no matter what you drop in it. Having a cast-iron pan is almost like doubling your BTUs.

Oh yeah: set your stage before you start your show. Cooking school types call this mise-en-place but you can just think of it as getting all your ingredients ready and arranged around your cutting board ahead of time, so you can grab them when you need them.

Most of all, experiment often. Food is cheap and plentiful around here, and you aren't a cook if you don't screw a lot of it up on a regular basis. It may take you a year to learn to sense when a pancake needs to be flipped, or when a piece of chicken has been cooked through to the bone, but it'll come. You'll find yourself invention dishes and techniques you didn't read about in a book. You'll adjust recipes on a hunch. You'll learn to taste objectively. To bring that day closer, use the easy dishes and techniques in this book. If you mess them up, just throw them in the trash. Don't worry about waste: thanks to Todd, no scrap of food ever truly leaves the food chain.

LYLE
Everybody always likes to ask me how I enjoy my Ketel One. "What's your recipe for your martini?" they say, all ridiculously. Ain't no recipe for a Ketel One martini! Damn, people!

I went ahead and wrote one down anyway, though, because there was some talk about me not gettin' paid.

**Ingredients**

- Frozen bottle of Ketel One (ALWAYS keep your vodka in the freezer)
- Frozen martini glass (ALWAYS keep your martini glasses in the freezer)
- A lemon (ALWAYS have a lemon)

**Procedure**

For my birthday once Pat got me a little "barware" set. Normally I think this drink kit stuff is all bogus, with its stirrin' sticks and strainers and such. I don't know. Pat and his catalogs. Anyhow, the only thing from that kit I ever got any use of is the lemon zester (I didn't even know what it was for like six days until I saw someone usin' one on FoodTV - I think it was that Emerils guy?). This thing is designed to make the perfect "twist" from a lemon peel. If you ain't got a lemon zester, then either call Pat and tell him when your birthday is or use a vegetable peeler to take a real thin shaving off the lemon.

Pour the Ketel One into the frozen glass and twist the lemon zest over the liquor (this releases some damn fine essential oils into the mix). Enjoy immediately. This stuff GOT to stay cold.

PS if you kinda want to get kinky then make the twist from a orange. *Daaammnn.*
The Drink Of Tomorrow  recipe by Ray

Is this what all drinks will look like in the future?

Ingredients

2 shots vodka
4 shots tonic
1/2 shot blue curacao
3 red toothpicks
7 small marshmallows

Procedure

Slide a marshmallow to the middle of a toothpick. Slide the other two toothpicks through this marshmallow so that you have perfectly perpendicular X, Y, and Z axes. Tip each toothpick with the remaining marshmallows (one per tip). Place this structure in the freezer for 1 hour.

Mix the first three ingredients to form the drink (make sure all ingredients are chilled before mixing; it is well documented that in the future ice will be a commodity more precious than gold). I like to serve this drink in a double old-fashioned crystal tumbler.

Drop the frozen marshmallow structure into the beverage and serve immediately.
Satellite TV recipe by Ray

I am a big fan of experimenting with drink garnishes. It's like, we've pretty much discovered every kind of drink there can be, so now the new frontier is in garnishing. Here I use a clever mix of cocktail onions, olives and toothpicks to symbolize the mysteries of Space.

My original version of this used a whole hard-boiled egg at the center of the garnish. After some experimentation I have replaced the egg with a cocktail onion. This significantly reduces the amount of cholesterol in the drink.

Ingredients

- 1 cocktail onion (rinsed)
- 6 cocktail olives (rinsed)
- 3 toothpicks (I prefer black plastic ones)
- Chilled gin to cover (80 proof)

Procedure

Slide the onion to the middle of a toothpick. Slide the other two toothpicks through this onion so that you have perfectly perpendicular X, Y, and Z axes. Tip each toothpick with the olives (one per tip).

Place this structure into a double old-fashioned crystal glass and cover with Gin (I keep my Gins in the freezer).
Easy Appetizers  

**recipe by Philippe**

**INTRODUCTION BY PAT:**
*If I go to one more party at Ray's house where he just sets out chips and salsa and calls that an appetizer then I am gonna turn inside out. Here little Philippe has come up with a pretty sophisticated appetizer recipe that can be assembled with ease from ingredients available at even the most basic of grocery stores. It's pretty hard to mess up, though Lord knows some people will try.*

**Philippe says:**
*As you may know I am French! On both my father's and mother's side. I remember them making this "hors d'oeuvre" for guests when I was very small. They would sit at the big old wooden table in the kitchen, where the big open fireplace was, and slice the fresh tomatoes and ham to the light of candles. They always had a green glass bottle of wine with no label and neighbors would show up with their own, and soon everyone was talking loud and laughing. There was Pierre, with his big waxed mustache and muddy leather hunting boots; there was Amoux, who always carried old ivory dice in his vest pocket; there was Miss Eulalie, the lady who never married and whose front yard was a big crazy vegetable garden...soon mom was cracking through the crust of a bubbling cassoulet or dad was carving a big roasted canard that he had caught that day. Gosh how I miss those days in our dark little hundred year-old home in Bordeaux. But dad is gone now and mom lives in Iowa and they said the old house burned down when the family who bought it left the* fire going when they went to bed and that means all the little drawings I hid up in the rafters

(REFICE CONTINUED BY PAT)  
*okay well Philippe is all upset now and he went off to his room. I'm going to try to pick up where he left off here. His notes are in a fair state of disarray. Poor little guy. There's...oh, boy. All he's got to listen to in here is a CD called "Jock Rock."

**Ingredients**

- A few slices of jambon [ham]
- A baguette, sliced into 1/4" rounds [any kind of fresh crusty bread will do]
- 1 ripe red tomato, completely delecious [sic], sliced into tiny wedges
- 1 wheel of brie [the round creamy cheese with the white rind]
- Salt and freshly ground pepper
- Fresh basil
- butter
Procedure

So as near as I can tell here, he wants you to spread a thin layer of butter on the bread, then spread on a thin slice of the cheese with a knife, then a slice of the meat (in his notes he says "the size of a credit card, folded over"), then a small thin wedge of tomato, then a leaf of basil. Salt and pepper this lightly. He doesn't give quantities but I think with a lot of these rustic dishes you just use your common sense. I would guess that a 2' baguette would yield approximately 96 rounds, subtracting let's say 8 rounds which will be non-uniform (the head and heel of the loaf), which leaves 88 rounds. Assuming an average of 3 per person at a party where dinner is NOT being served, this will feed 29.3 people. Who in hell knows twenty-nine people? I sure as hell don't know twenty-nine people. Not that I'd want to talk to, anyway. You get twenty-nine people over at your house, pretty soon there's something goin' on in each different room that you can't control, people all makin' a mini-golf course out of [at this point Pat's contribution to the recipe becomes unimportant. -Ed.]
Perfect Deviled Eggs Every Time recipe by Roast Beef

Ingredients

6 eggs
You gotta have some fresh water (Editor: is this basic? Do I have to say this?)
3 tablespoons real mayonnaise which has been kept cool (man don't get into that lowfat stuff, you got to be real here. That lowfat stuff will probably kill you in a different weird way anyway by like lowering trans-fatty amino acids to a unsafe level etc. etc.)
1 tablespoon + 1 teaspoon yellow American mustard
3 tablespoons white vinegar
Paprika (this is a fancy ingredient that you could sprinkle on top for color. You definitely don't gotta use it or anything)

Procedure

Well uh first you got to hard boil some eggs. This is real basic and can be performed with a real simple pot full of water. Put 6 eggs in a large pot and cover with cold water by 1/2" or so. Set over a high burner and bring to a boil (uncovered). Remove the pot from heat, cover, and let sit 15 minutes. After 15 minutes, remove the eggs outta the water and put them into a bowl of cold water with more cold water runnin' through it for a minute. This basically stops them from cookin' further by using the same principles as a car engine cooling system. Now you can crack their shells. Be real careful when you peel them that you get all the pieces off 'cause nobody likes to eat a terrible little piece of shell. It would drive me insane to bite on a piece of shell.

Cut the eggs completely in half the long way, exactly on the equator. Pop the yolks outta the egg halves into a special bowl. Do not break the whites all up and throw them away - just set them aside. Drop the mustard, mayonnaise (don't you hate when a person just says "mayo") and vinegar in with the yolks. Mix this all up with a spoon 'til it is creamy and uniform.

Use two spoons to scoop the yolk mixture up and work a ball of it into each of the whites.

Garnish with a sprinkle of paprika and a single parsley leaf if you can afford it. It will still taste good if you don't.

Yeah well I guess in summary this dish is extremely delicious because of all the ingredients. It can easily be doubled or tripled. Thank you.
Smoked Salmon on Potato Coins  

recipe by Mr. Bear

I have a great fondness for smoked salmon and enjoy its strong flavor. This appetizer matches the central richness of the salmon with a complementary quintet of delicate but clear understudies. Do not omit the toasted sesame seeds, they are in my opinion the highlight of this dish.

Ingredients

3-4 yellow fingerling potatoes, about 1" diameter
2-3 radishes
1 tbsp sesame seeds
1 scallion
1 small package high-quality smoked salmon
1 tub mascarpone cheese

Procedure

Boil some fingerling potatoes in salted water until they can easily be pierced with a fork. Remove and cool under running tap water. Set aside.

Slice the smoked salmon into strips about the size and shape of a stick of gum. Factor one per appetizer.

Slice a radish into paper-thin discs.
Finely slice a green onion into 1mm-wide discs.
Toast 1 tbsp sesame seeds in a dry pan until they darken (but do not let blacken).

Now, with a very sharp knife, carefully slice the potato into coins approximately 1/8" thick. You may need to oil your knife so that it slides through more easily. Spread a small layer of the cheese onto the potato, then lay down a radish slice, then the salmon folded over itself. Stick a toothpick through the salmon and into the potato to anchor. Sprinkle a large pinch of sesame seeds and a scallion or two onto the salmon and exposed cheese. Plate and scatter remaining sesame and scallion over the tray.
Vegetables Delight recipe by Ray

Okay, it looks like I got assigned to some recipe called "Vegetables Delight." I don't know how this happened. Everyone knows I don't like to cook or even eat vegetables.

Let's face it, no one likes eating vegetables, even "vegetarians." There is just something so boring about a vegetable that it is no good. That is why I had such a hard time coming up with a recipe named "Vegetables Delight." Did you ever order a recipe called this from Chinese Delivery? Did you ever notice how the recipe was bullshit?

And it tasted like bullshit?

First of all, let's recognize scientifically what a vegetable actually is. A vegetable is a boring thing that grows out of the ground. Usually no one cares about these and they are served at the side of the food you actually came for. ANYHOW so a vegetable is like broccoli or spinach or whatever. You know what I'm talking about. I shouldn't have had to write this paragraph.

So let's just choose one vegetable to make delightful. Then I'll be done with this ridiculous goddam Vegetables Delight recipe. OKAY! So...our Vegetables Delight recipe is...carrots!

Peel five carrots and microwave them for ten minutes OKAY I'M DONE GOODBYE
Perfect Oven Fries Every Time  

Man, I know you've had some oven fries before, and you're thinkin', "Man, oven fries are a joke!"

I know! I know! Usually they are!

*I totally agree with you.*

Somebody makes you some oven fries...they're all soft and not crispy and maybe not even cooked all the way...no one likes that! What's the point of bein' healthy if you just gonna end up angry and eat a gross taste that you hate?

Pat makes some pretty bad oven fries. They're like eatin' hot slugs. He's so proud of them, bringin' them to every potluck we have. We have a thing we do where we throw them away.

One day I had had enough of bad oven fries. I was all like, "Look, I ain't got a bunch of oil at home to deep fry with. That is a hassle. But there has got to be a way to make crispy potatoes in the oven. Other crispy things come out of the oven."

And that was all the reasoning I needed.

Try this recipe. If you fail at it, it's because you didn't do it right. There are crispy fries waiting to come out of your oven: you just have to make them and put them there.

---

**Ingredients**

- 2 russet potatoes, about 3/4lb each, washed and dried (but not peeled)
- olive oil for brushing
- salt
- pepper

**Procedure**

1. Pre-heat your oven to 450F.
2. Slice the potatoes lengthwise into eight more or less equal triangular wedges (see illustration if Onstad makes one; he said he might). It is important that they be triangular, but I can't exactly figure out why.
3. Line a cookie sheet with foil (shiny side down). Lay the wedges in uniform rows, skin side down, two white sides up. It's good to leave a little space between them, like maybe just a quarter inch or so.
4. Brush the wedges with the oil. Sprinkle salt over them and slide them into the oven. I like to put them higher in the oven, because, you know, heat rises and such.
5. Let the potatoes roast for 20 minutes, then remove the tray from the oven and flip each wedge onto its side.

6. Return the tray to the oven and let them roast for 10 minutes more.

7. Remove the tray from the oven and crank the heat to 500F. While the oven goes up to temperature (should take about 10-15 minutes), the potatoes will cool slightly. This is fine, it is part of the technique.

8. Once the oven is up to 500, brush the wedges with oil again. They don't need to be turned any more. Slide them back into the oven and let them roast for 15-20 minutes more. Check in on them every so often after the first ten minutes have passed. You want them to be pretty golden brown all over, no white showing anymore. Don't worry about overcooking these; they'll still be moist and creamy inside. Just resist the urge to take them out until they're really golden brown. During the last ten minutes of cooking I like to turn the oven light on and sit in front of the oven window with a magazine, periodically checking in on them.

9. Now that they're golden brown all over, take them out and sprinkle them once more with salt. Tap them with a knife - the entire surface should be hard and crisp. Serve immediately.

I like to serve these plain. They don't need much dressing up. They go real well with those little Hamburger Burgers that Téodor makes.

QUESTIONS ABOUT THIS RECIPE

Q: I have an old and lousy oven and I never know what the temperature is or how long it takes to pre-heat. How do I know what the temperature is or how long it takes to pre-heat? Is it possible to discover this information?

A: You can get a little oven thermometer at the grocery store for just a couple bucks. They sell little ones that hook onto the racks. As far as pre-heating goes, when in doubt just let it get up to heat for 15-20 minutes. Your oven isn't going to explode just because it's hot and empty. Hell, you could pre-heat for an hour if you felt like it.

Q: What's with the two different temperatures?

A: As research for my recipe I read a lot of french fry recipes. For the most part they call for double frying: once at a lower temperature and then again at a higher temperature. I thought: two temperatures! That is the secret!

Q: Is it bad to keep opening the oven? Doesn't that let all the heat out?

A: Listen, people. I used to worry about that too. But you know what? You don't have to worry about that! It's true! You see, all you're lettin' outta the oven is hot air. The metal interior of the oven is hot as the Dickens and is gonna re-heat the new air real quick.
Fool’s Rice  

**recipe by Pat**

Everyone in the world is all terrified of cookin' some rice on account of it might stick to the pan. Everyone in the world also loves the simple taste of some hot fluffy rice with a hint of butter in it. Why not use the thing you love to create the solution to the problem that you hate?

Now before you start on this recipe, just hold on a minute. Old Pat's got a trick up his sleeve to make this rice just a tiny bit healthier: substitute olive oil for the butter. Once cooked the rice will still have a buttery flavor, and it won't stick to the pan.

### Ingredients

- 1 cup long-grain rice
- 2 cups cold water
- 1 tablespoon olive oil
- 1/4 teaspoon salt

### Procedure

Thoroughly stir the rice, oil salt and water together in the pot and set it over high heat (lid off). When the water boils, stir the mixture thoroughly around the pan, put the lid on and reduce the heat to the lowest possible setting. Let the rice simmer over this low heat for 14 minutes. Fluff with a fork (to release steam) and serve. You will notice that the rice is perfect and none of it is sticking to the pan.

Yield: 3 cups of Fool's Rice.
We used to get this salad at a little old Basque place when I was a kid. I remember these Basque dudes cookin' up all kinds of stuff no one would ever think to eat, like ox tail stew or sweetbreads, and the adults just goin' crazy over that stuff. I couldn't believe it-I was always just happy with my little plate of french fries, roast beef with sauce (I called it "Tasty Sauce") and green bean salad.

I didn't think green beans were ever gonna be interesting as a food item, you know, because they are so uninteresting, but these Basque dudes made this crazy dressing that somehow is really perfect with the beans. I have eaten this dish since I was a kid and recreate it here from memory. The Basque restaurant has long since gone under (last time I was there the owner's daughter had a crew cut and just talked on the phone the whole time while I tried to be a customer) (she didn't care about the restaurant) so I guess me making this recipe is kind of a way of reliving the past. Which is weird, because I haven't really liked my life that much.

Ingredients

2 cans cut green beans, drained
2 hard boiled eggs (see "Perfect Deviled Eggs Every Time"), sliced into coins
1/4 cup minced white onion
2 tbsp mayonnaise
1 tbsp plus 1 tsp white vinegar
1 tsp regular old yellow mustard
salt/pepper to taste*

Procedure

Mix the mayonnaise, white vinegar, mustard and onion together with a whisk or whatever. Mix until smooth. Add a pinch of salt to brighten the flavors, and maybe some pepper if you like that.

Completely drain 2 cans of cut green beans. Add to mayonnaise mixture. Add hard boiled eggs to mixture. Stir lightly so that everything gets a coating of the dressing. Refrigerate up to 3 days.

* "What in the Dickens is 'salt to taste,'" people often say. Basically, add salt slowly until you sense you've peaked the flavors with salt but aren't actually tasting the salt itself. How do you know what too much salt tastes like? Taste some salt.
A Meditation on Home Fries  

thoughts & recipe by Roast Beef

I think all of us are kind of on a life-long quest for a breakfast restaurant where the home fries ain't completely horrible. You know what I'm talkin' about. I know cooks at breakfast restaurants ain't usually too well trained but dang I have seen some messed-up home fries in my day.

Major Problems of Restaurant Home Fries

1. There is no commonly agreed upon definition of "home fries"
2. There is no agreed upon size for "home fry" cubes
3. Some people apparently think home fries need to be extremely gray and soft
4. No one seems to agree what should be thrown in with home fries (I.e. onion, bell pepper, garlic, etc) or how they should be spiced
5. I have even seen home fries where the potatoes were somehow chewy. Once you make a potato chewy you are doing things so wrong that you would be better off just not touching the potato at all, and instead giving it to the customer so that he could take it home and try to make sense of it himself.

The Right Kind of Potato

Red potatoes (which are a "waxy" type of potato) can be cubed and throw directly into the pan. Russet potatoes ("starchy") need to be soaked and rinsed a few times before they can be fried, otherwise all their starch gums up the process. I prefer the ready-to-go potato for morning cookery.

The Right Cut

The home fry potato should be cut into uniform cubes about the size of computer keyboard keys. This makes them big enough to get a crispy surface while just turning creamy soft on the inside. It also makes them easier to pick up with a fork and stick some eggs with. Much smaller and they'd be trouble to a fork.

The Right Cooking Method

The best thing you can do to a cooking home fry is leave it alone. Constantly flipping them all around just keeps them from getting that nice golden brown crust. Trusting yourself enough to leave frying food alone is a major milestone on the way to learning how to pan fry. Only undisturbed food can form a great golden crust.
Put a nonstick frying pan over medium-high heat and add enough oil to just coat the entire bottom. When a drop of water thrown into the oil sizzles, throw in your potatoes to make one even layer. Don't stack - use multiple pans if you need more potatoes. Toss a few times in the oil and then just leave be. In a few minutes of sizzlin' you should see some brown creepin' up the bottom edges of the potato cubes - that's how you know when to flip them. Let them fry several more minutes after flipping so that multiple sides get that nice golden brown. Taste a cube every now and then to see when they're creamy inside. When they are, you're done. Slide them onto your plate and sprinkle lightly with salt.

The Right Seasoning

If you salted the potatoes a few times during frying and then once more lightly at the end when they were removed from the pan, you don't need a bunch of crazy seasonings. The potatoes themselves have a beautiful flavor and don't need a bunch of miserable onion powder or celery salt. Don't get bogus with your potatoes. I have seen a lot of breakfast restaurants try to make up for all of their other shortcomings (lousy tea, filthy bathroom with a safe in it, waiters with dreadlocks) by putting like ten spices on the home fries.

DANG

Usually home fries cook the slowest of any item in your breakfast meal. Eggs, bacon, ham, pancakes -- these all cook faster. So cook off your home fries first and put them in a bowl in a low-heat oven. Put foil over 'em if they're gonna be in there more than a few minutes. This will keep them from drying out.

There you have it, perfect home fries every time for pennies on the restaurant dollar. Oh yeah:

Ingredients for One Serving

1 baseball-sized red potato
Oil (olive oil preferred, vegetable oil OK)
Salt
Caramelized Onions *recipe by Téodor*

This technique turns red onions into a sweet spreadable relish similar to a marmalade. It's great with subtle meats like pork tenderloin and roast chicken, or spread onto toasted breads and sandwiches. An additional feather in the cap of this dish is that you can find red onions anywhere, and you can steal olive oil and balsamic vinegar from the table at most Italian restaurants. You don't even need a reservation!

**Ingredients**

- 2 tbsp olive oil
- 2 red onions, about baseball size
- 1/2 cup balsamic vinegar (unlike most of the recipes in this book, you have to use this particular type of vinegar)

**Procedure**

Pretty much every major chef has padded two or three pages into his cookbook by describing the proper way to chop an onion. I'm not going to pull that here, with some glossy full-page pulled-focus photo of minced onion sitting on a starched white napkin embroidered with my initials. Just make sure the outer layer and root ends are removed and cut the thing up into pieces about the size of dice. They layers will separate just fine during cooking.

Heat the olive oil in a pan (nonstick or aluminum, doesn't matter) over medium heat. The goal is to slow-cook these onions by first sweating ("sautéing") them in a little oil, then "braising" them in balsamic vinegar. To braise simply means to simmer something for a long time in a little bit of liquid (usually with a lid on so that moisture is not lost). It's not a terribly complicated, delicate or precise technique. Hence, it is difficult to do wrong.

Once the oil is hot (test it by flicking a drop of water in and seeing if it immediately sizzles) throw in the chopped onions. Stir them off and on for a few minutes until they brown slightly, then pour in the balsamic vinegar and stir thoroughly. Reduce heat to low, cover and simmer for about 10 minutes. Remove the lid and continue to sauté until the liquid has thickened to a syrup-like consistency and the onions are completely softened. Serve immediately or refrigerate in a closed container for days.
Ruuude Chicken  recipe by Ray

Alright dogg, first you gotta get a chicken (4 lbs). It should be from the grocery store, and it would be good if it was "free range" style—not because you should care about its life (although you should, I mean come on) but because the flavor is better. If you go to a crummy grocery store you ain't gonna get but crummy Foster Farms birds and that will just have to do I guess. Maybe you could have tried harder?

(NOTE TO EDITOR: is it good to ask them if they could have tried harder?!!!)

It is a weird line we walk, wantin' chickens to have a good life but also wantin' to eat the hell out of them. Such as it is, so continues this recipe.

"So what is brine? Is it pretty complicated?" Well my doggs, a brine ain't nothin' more complicated than salt and sugar mixed in water. Take two gallons of water, half a cup of sugar and a cup of salt, and stir that stuff all around and around 'til it's all disintegrated into the water. When you plop some meat into this water, the fluids in the meat exchange with the brine, and new flavors are carried into the meat. Think of this process as "osmosis" and you will kind of get the idea.

Let your bird soak in the water overnight in the fridge. Use a big pot or whatever, just keep it cold. The greatest talent of a chicken is to unleash death if not kept at proper low temperatures prior to cooking. Anyhow, during the night is when the molecules go all crazy and party in and out of the meat.

So now it is the next day and you want to cook yourself some bird! Well that is real great. Turn your oven up to 400F. While the oven is coming up to temperature (20 minutes?!?!-EDITOR: check with a actual oven how long this takes) take the bird out of the brine and throw it in a roasting pan. Make sure the breasts are up, like how you would normally want them to be (they won't dry out due to the brining). Brush it with olive oil or butter and shake pepper all over it and throw it in the oven. Some people get all fancy with string and stuffing and whatnot but I don't care about that.

In like an hour and a half take a look in that oven. The sucker should be done! But you CANNOT eat into that action unless you stick a thermometer into the deepest part of the breast and the thermometer says something like THIS CHICKEN IS 170F! (Alright so the thermometer won't use verbs unless it is a real high quality one but you know what is important here, namely 170F). If you don't have a thermometer, cut into the joint where the thigh and body meet - if the juices run clear then you are done. The leg should wiggle easily and almost fall out of its joint.
Let the chicken rest outside of the oven 10 minutes before cuttin' into it so that its juices stop flowin' and stay put in the meat.

When you eat this chicken you should notice how flavorful and moist the meat is! Due to the brining the skin might not be so rad but you shouldn't eat chicken skin anyhow, it is hella bad for you.

Maybe the best part is that the leftovers will be extra juicy (due to brining). Keep the extra carcass for days in the fridge.

**Ingredients**

4 lb. chicken, giblets removed  
1 cup salt  
1/2 cup sugar  
Olive oil or butter  
Black Pepper

*If you can’t find a bird at least 4 lbs., just cook it a shorter time.*

**Things you can stir into your brine for Kraaazy-Subtle flavor**

10 Cloves (seriously!)  
Some crushed garlic pieces  
Fresh thyme, rubbed between the hands then just dropped into brine and stirred up all good  
A crushed bay leaf or two

*Leave these items in the brine when removing the chicken.*
Perfect Hot Dogs Every Time  

(recipe by Ray)

People! Hot dogs ain't hard to cook! You ain't gotta bake them in an oven or use a bunch of oil to deep fry them! All you got to do is heat them up in some water!

Ingredients

- Some tap water
- 3 hot dogs
- 3 buns
- ketchup
- a red onion, cut into extremely small pieces
- relish
- mustard to taste
- a pan

Procedure

Everybody knows there is always a frying pan in a kitchen. This is all you need to make great hot dogs! This is also what you will use to toast your buns in if you don't have a toaster (toast the buns before you begin cooking the dogs). Toasted buns is maybe the most important part of hot dog eating because of you want that crunchy texture somewhere in this meal. Crunchy texture makes everything more satisfying, don't you notice?

Once you fill the pan up with like a eighth-inch of water, put it on a burner on high heat and lightly lay your hot dogs in (try not to splash water outside of the pan, this is very important). Poke the hot dogs with a fork, to let their hot juices overflow out as they cook (otherwise they may explode).

Meanwhile, you will need to chop the onion. Everyone knows that onions will make a person cry to chop them, but I have a few tricks to help keep you from getting all that onion vapor in your eyes!

1. Chop the onion underwater! Just fill a flat rectangular bowl with water and chop the onion in this water. You will not lose too much onion flavor.

2. Chop the onion inside a ziploc bag! Put the onion inside a ziploc bag, seal the bag and cut at the onion with a plastic picnic knife, taking care not to cut the actual bag itself.

3. Freeze the onion inside a block of ice, then hit that ice with a hammer! Perfect onions every time.

Okay well surely all this time you have been rolling the hot dogs around inside the pan so they heat sort of evenly. Once the water is gone those suckers are done.
The proper order of stacking the ingredients

It is important to prepare the dogs quickly once they are done cooking. You want that dog *steamy hot*.

1. Bun (open)
2. Ketchup (base)
3. Hot Dog
4. Mustard (top base)
5. Onions (held in place by mustard)
6. Relish (you gotta get into relish if you ain't already)

Bite the hot dog bite by bite. It should be pretty good if you have followed these instructions.

A brief history of the hot dog

The hot dog was invented in the 1920's.
T-Bone Steak (“Ray Steak”)  

This is a steak I like to make for Ray when he's got a good appetite worked up and hasn't been ruining it with cocktail nuts all afternoon. He is always impressed by the restaurant-style crust on the steak, as well as the mushroom sauce. Little does he know this dish can be prepared in under half an hour, all in the same pan!

Everyone should own a cast-iron pan, but if all you have is a nonstick or aluminum frying pan then that will have to do. Cast-iron pans retain heat far better than aluminum and therefore do not drop in temperature when a big piece of meat has been added.

Ingredients

- One T-bone steak, approximately 1lb.
- 5 white mushrooms, sliced about 1/16" thin (throw away stem)
- 1 shallot, sliced paper-thin
- 1 can chicken stock
- 1/2 teaspoon corn starch dissolved in 3 tbsp water
- Wine (optional)
- Salt and Pepper

Procedure

Put your steak on a plate and salt one side heavily (1/4 tsp). Then flip the steak and salt the other side heavily. Let it sit for around 10 minutes. The salt will not only flavor the meat but draw proteins to the surface, which turn brown and crispy during cooking. This technique creates an immensely flavorful crust in a hurry without overcooking the steak.

Once the seasoned steak has sat for ten minutes or so, put a heavy frying pan or sauté pan over a burner that's cranked all the way up. Do not add any cooking oil or butter - the crust which forms will naturally separate from the pan. When the pan is so hot that a spoonful of water evaporates in seconds, it's time to lay the steak in. The meat should immediately sizzle. Press the steak all over to ensure maximum contact area with the pan. Let it sear for 7 minutes and DO NOT disturb it, otherwise the crust will not form properly.

Once 7 minutes have passed, Ray usually comes in and makes a big show out of appreciating how good it smells. Now is a good time to turn the steak. The meat will probably "curl" and be a bit concave in the pan now that it is cooked on one side. Just put a brick wrapped in foil or another heavy pan weighted with canned food on top of the steak to make it flat again. Leave the weight there for a few minutes - but then remove it so that water condensing between the steak and the weight does not ruin the crust.

After 7 more minutes the steak should be approximately medium-rare. Remove the steak to a clean, heated plate.
Now for some noise - open the can of chicken stock and pour in about a third of it to deglaze* the pan. With cast iron, much of this will immediately evaporate. Stir the pan vigorously with a wooden spoon to loosen the particles of browned meat. If you want to add 1/3 cup of wine at this point it will add complexity to the sauce - I like to add a bit of whatever red I'm drinking while I cook. Throw in the sliced mushrooms and shallots and stir. When the liquid is mostly dissolved, add another few glugs of stock. We're just trying to marry all the flavors here. Then stir in the cornstarch "slurry." This will cause the liquid to thicken into a nice gravy-like texture (the "cornstarch slurry" is a technique which many Chinese chefs rely upon to create quick-thickening sauces without butter). Pour the gravy over the steak and sprinkle with finely chopped parsley. I like to serve this steak with the Perfect Home Fries that Roast Beef makes.

Serves 1.

* Deglaze: to dissolve the small pieces of sautéed meat which remain in a pan, usually using water, stock, wine, etc. This often is the beginning of a sauce.

**COMMENTS FROM RAY**

Hello everybody! Listen, lots of fellows like a T-bone steak. Hell, who wouldn't? The secret to getting these right is to heavily sprinkle both sides with salt and let sit for a good ten or fifteen minutes. This is the perfect amount of time to enjoy some Diamond Juice! A nice cool glass of vodka is a great way to get you in the mood to really dig in. During the actual eating of the steak itself I like to enjoy some big velvety zinfandel. After the meal I'll just drink whatever's around.
Brined Pork Tenderloin recipe by Téodor

You need a meat thermometer for this recipe. If pork isn't cooked to at least 160F there is still a good chance it could harbor some of the pathogens it routinely picks up at the slaughterhouse. These are the types of pathogens that really "Do the Chainsaw" on your lower G.I. I'm not being preachy here, or just lying to sound neat. USDA hidden cameras regularly show that slaughterhouse pork is routinely slathered with tremendous amounts of feces by meatpacking executives who are angry about Fast Food Nation.

Anyhow, pork benefits from brining perhaps the most of any of the major Grocery Meats. Typically bland and grainy, brined supermarket pork becomes tender and flavorful. Here we use the tenderloin, a common boneless cut typically about the size, shape and flavor of a cardboard paper towel tube. Brining -- the soaking of meat in a salt- and sugar-solution -- is simple and essentially free. In terms of time it's fairly flexible but I see great results after three full days of resting the meat in the brine. If you brine less than 12 hours you're going to think, "this recipe isn't really much of anything. Why did he write it?" Much more than 3 days (say, 5 days) and the pork starts to do kind of an "I'm releasing pink and clear gels from myself" type of thing. This may be safe to eat but I am generally pretty afraid of the meat by this point.

Serve this pork with the caramelized onions, which will provide sweetness and sauce.

Ingredients

1 pork tenderloin (about 1 lb minimum, up to 2 lbs)
1/2 gallon water
1/2 cup salt
1/2 cup sugar
10 cloves

Preparing the brine

Fill a large container with the half gallon of water. Add the sugar, salt and cloves and stir until the crystals disappear. Lay the pork into the water, cover with plastic wrap and refrigerate at the bottom of a cold fridge (coldest part) for at least 12 hours and up to 3 days.

Procedure

Preheat your oven to 400F, Line a cookie sheet or roasting pan with a sheet of lightly oiled foil. Lay the tenderloin on the foil and roast.

A 1 lb tenderloin will usually get to safe cooking temperature (160F) in 20-25 minutes. If you don't have a meat thermometer then you're on your own. I wash my hands of you.

Let the meat rest on a cutting board for 10 minutes before slicing. This keep the juices from flowing out of the meat.
Flavor Burgers  
*recipe by Téodor*

Ground beef is generally sold in fat-to-meat ratios ranging from 20/80 to 5/95. Before you instinctually go shooting for the lowest fat content, remember that this is cheap tough meat which benefits from the self-basting and flavoring of its inherent fat. I prefer a 15/85 as the leaner varieties tend to make a pebbly, chewy patty.

Like all mass produced beef in this country, the ground beef we get at the supermarket needs a lot of help in the flavor department. Here we fix the problem with some old kitchen standbys: Worcestershire, mustard and cheese. Worcestershire and mustard permeate the meat, enhancing its natural flavor with their sweetness and acidity. The grated cheese bastes the meat from within as it melts, adds richness, and helps form the all-important crust.

Lastly, some restaurants brag about their half pound (8oz) burgers. I brag about my 3oz burger. What's wrong with a nice thin patty, full of flavor, crusty brown surface, topped with a layer of crisp cool vegetables? They cook faster, cost less, serve more people and don't slow your party down.

### Ingredients for one patty
*(easily doubles, triples, etc)*

- 3 oz ground beef, 85/15 meat/fat ratio
- 1 teaspoon Worcestershire sauce
- 1 teaspoon yellow American mustard
- 1/2 oz grated cheddar (mild or sharp)
- 1/8 teaspoon salt

#### Toppings
I like to top this burger with ketchup, mayonnaise, pickle chips and crisp iceberg lettuce.

### Procedure

Let the meat mixture rest for at least 10 minutes prior to cooking.

Sear the patty over medium-high heat in a dry nonstick pan. Do not move the patty once it has been laid in the hot pan – this will disrupt formation of the crust. Fry for 3 minutes on the first side and 2 minutes on the second side. After flipping, press the patty down firmly with your spatula for a moment to maximize pan contact.

Toast your bun before serving to remove its raw flour flavor and add some crunchy texture.
Homemade Mexican Pizza recipe by Philippe

Ingredients for one pizza

- 2 oz ground beef
- 1 tbsp chopped white onion
- 1/2 tsp salt
- Flour tortillas (2 per pizza)
- grated cheddar cheese
- grated Monterey Jack cheese
- 1 smallest can of sliced black olives
- 1 can of refried beans
- 1 green onion/scallion, chopped into small pieces
- Diced ripe tomato
- Taco Sauce

This recipe is pretty sophisticated. I usually get help with the oven stuff.

Procedure

One of the dishes I wish I could ever try is the Mexican Pizza from Taco Bell. My recipe seems like it might be like that, because it uses cheeses and other toppings, and tortillas instead of pizza crust. If you ever wanted to write to me to tell me if this is close, I can be mailed at: Philippe, c/o Achewood, PO BOX 7182, San Carlos CA 94070. Anyhow, here are the instructions for my recipe!

Have someone preheat the oven to 400F. An oven usually takes about 10 or 15 minutes to preheat, Téodor says. While this is happening, have them brown the ground beef in a pan with the chopped onion and salt. Make sure they mix and mash it all up real good, until the meat is brown all over. I have noticed that if they know what they’re doing they’ll also drain the liquid out of the pan.

Okay, also have someone get the refried beans all cooking in a pot. As they cook they will get softer and easier to stir and spread. If you want to stir a bunch of cheese into them to make them spreadier then go ahead! It will only make the recipe better.

Put the tortillas on a flat surface and stick them all over with a fork (Téodor calls this "docking" - he says it keeps them from getting air bubbles while they bake). Once the oven is at 400F, have your helper put the tortillas right on the baking racks. In about 6 minutes they should be crisp and golden brown.

Now use a spoon to spread the beans in a thin layer on top of both tortillas. Choose which tortilla will be the bottom one, sprinkle the meat all around on the beans, then sprinkle a handful of cheese over that. The cheese will melt and help the top tortilla stick to the bottom one. Now put the top one on like a lid, and sprinkle on the olives, chopped green onions, tomato and a little more cheese. Sprinkle taco sauce all over and put back in the oven until the cheese melts, just a couple minutes. Slice with a pizza cutter and you're done!
Toasted Nut Orzo  

recipe by Pat

The trio of grilled green onions, toasted nuts and sharp cheese fills out the palate nicely, but stirring in a healthy dose of an Extra Virgin, First Cold Press oil is key to making this dish what it was intended to be. You may be wondering what all the fuss about olive oil is. "I've had olive oil before and didn't really notice anything special about it," this one kid on the Internet said. *I flamed his ass off.*

Olive oil is, of course, available at several quality levels. You cook with the cheaper ones that are low in flavor - this is great, that's what they're for. The more expensive oils, which have a wider and more delicate set of flavors, should not be exposed to high cooking temperatures. These are added at the last minute to finished dishes, and also used in salad dressings. Do you think you can you remember that?

It is worth investing ten dollars or more in a bottle of good olive oil. It will last you a long time and add a sophisticated layer of subtle flavor to your cooking. How do you spot a good olive oil? Experiment with several varieties of Extra Virgin "First Cold Presses" and find one that gives you the biggest nose full of richness when you sniff it. I have tasted generic store brands that have more flavor than the artisanal bottlings that cost twice as much. The good news is that if you buy an expensive bottle that doesn't deliver the goods, you can still cook with it.

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**Ingredients**

- 1/2 lb orzo (pasta - usually half a box)
- 3/4 cup crumbled Feta
- 3/4 cup equal parts sliced almonds and crumbled pecans
- 4 scallions (green onions), cut into 1" pieces
- Extra-virgin olive oil, "first cold press" if possible
- Salt

**Procedure**

While you're waiting for the water to boil, throw the nuts and green onions into a dry pan over medium-high heat. Don't disturb them until you start to smell them heatin' up, a few minutes tops. Now watch them and flip them around every minute or so. When the nuts and onions darken and become fragrant, remove them and chop them roughly. Nothing should get too dark or God forbid blackened.

Salt the boiling water and boil up the orzo according to the directions on the package. Drain the orzo and return to the pot. Throw in the nuts and onions and stir. Pour in a couple good glugs of olive oil, I'm talking like 1/3 of a cup here at *least.* Stir it all around real good, add the cheese, and stir some more. Plate it up on heated plates. Everyone will go wild.

*This will serve about four folks.*
Microwaved Egg Muffin recipe by Lyle

Dirtying a frying pan for a single cooked egg is more trouble than it's worth. Use this clever microwave method and be done in minutes.

Ingredients for one pizza

2 egg whites
dash salt to season egg
1 thin slice sharp cheese
1 toasted english muffin

optional:
Thinly sliced cured meat such as ham or salami

Equipment

plastic wrap
small bowl or ramekin, same diameter as your muffin

Procedure

Remove the egg yolks, being careful not to break them and spill them into the whites. Discard the yolks. Add whites to microwave-safe bowl and cover loosely with plastic wrap. Microwave 1 1/2 minutes on high (or until the egg is completely fluffy and cooked). Remove plastic wrap, lay cheese onto egg and microwave 20 seconds more. Use a fork to easily slide the egg out of the bowl and onto your muffin. Yes, that's it. If adding meat, lay your slice of meat over the egg and cheese as soon as it's done cooking so that it will heat through.

NOTE: Microwaves vary immensely in actual wattage output. You may need to vary cooking times.

NOTE: Watching the egg cook in a black bowl will blow your mind.

NOTE: I like to dress the muffin with mayonnaise but I didn't put that in the ingredients.

Serves: 1
Five Dollar Chili recipe by Roast Beef

This recipe is basically for a man who is alone in his life.

Ingredients

1 lb cubed beef stew meat (up to 1 1/2 lb)
3 tbsp olive oil
2 cloves garlic, minced up
3 tbsp chili powder
1 tbsp cumin
2 tsp oregano
1 tsp salt
1/8 tsp pepper
1 can beef broth (14 oz, regular size)
1 can kidney beans
flour for dusting meat

Procedure

1. Mince up the garlic.

2. Measure out your spices, salt and garlic into a bowl, so that you have it ready for throwing into the pot when the time comes.

3. In a large mixing bowl or plastic bag, get the beef cubes coated with the flour.

4. Start heating the oil in a large stock pot. The oil is ready when a little bit of spit sizzles up immediately.

5. Shake excess flour off the meat and place it carefully in the oil so as to avoid splattering. Try not to move the meat pieces. I use long tongs for all of this. I also have this cool little splatter guard which is kind of like a screen door for the top of your pot, if you would want to think of it that way.

6. Let the meat get dark chocolate brown on a couple sides. Once you have a few nice brown sides, shake up the beef broth and pour it in. Throw in the spice/garlic mix and stir it all up real good.

7. Simmer the meat for two hours with the lid on. This long cooking stage will make the meat real tender. Stir it around maybe once or twice during this time. (NOTE: A simmer is a gentle but steady bubble, not angry like a boil)

8. Add the kidney beans to the mix and cook another forty-five minutes to an hour, uncovered. Try one of the pieces of meat. It should basically pull real easily into shreds. If it's still too firm, let it cook a while longer. That's all.

This chili is fine right out of the pot, served on a plate with a little of the liquid and some Fool's Rice. But it is also real decent the next day for breakfast (with fried eggs), lunch (with the leftover rice) and then dinner again (with rice).

(recipe can easily be doubled if a friend comes into the man's life)
Childhood Sandwich recipe by Roast Beef

This is a sandwich I ate a lot as a kid. I kind of invented myself. Recently when I was trying to come up with stuff for this cookbook I found the recipe written down in the margins of one of my old CRACKED magazines. (I would write in my CRACKEDs because I figured they would not have value later in life. I would not write in MADs because they would still have value in the future. Why did they make CRACKED anyway? And why did I always buy it?)

I guess looking back I am kind of impressed at how complete of a sandwich this is: it's got meat, cheese, vegetable and dressing. Who would expect a kid to know that that is the perfect set of things for a sandwich?

This might be the only recipe in this book that you can shop for at gas station!

Anyhow we did a lot of cooking for ourselves because gramma was sick a lot.

Ingredients for one sandwich

- 2 slices of white bread (you could toast these, I sometimes did that if gramma wasn't around)
- 1 individually packaged slice of Kraft American Cheese (two slices if it's your birthday or you got a A or something)
- 2 slices of Oscar Mayer baloney (one slice would be enough but two really gives it some heft)
- 2 leaves of crisp iceberg lettuce
- French's Yellow American Mustard

Procedure

Squirt the mustard all over both pieces of bread (we didn't use mayonnaise on sandwiches at our place; gramma said it was unhealthful). You got to dress both slices, this is very important. A sandwich has got to have moisture. Anyhow next you would layer a lettuce leaf, then the baloney, then the cheese, then the other lettuce leaf. Having the lettuce always be the ingredient next to the bread somehow keeps the bread from sticking to the roof of your mouth, as white bread tends to do. Slice the sandwich in half diagonally to showcase the neat stacking of ingredients.

My notes also say to eat this and then have 1/2 cup of chocolate chips for dessert. My tastes have matured a bit since then and I don't do this anymore. I usually just have it with a glass of Vitamin D milk and no dessert.

I ate this sandwich so much as a kid. Eating it now still brings back memories. Not good memories, but at least my mind isn't blank while I eat.

I like to use name brands of stuff when making this sandwich. Name brands are important to a kid. It makes everything taste better to them.
Proper Omelette Technique recipe by Mr. Bear

I enjoy a two egg omelette, lightly filled, thoroughly seasoned, with a side of crisp home fries. Those four egg truckstop monstrosities—dry egg envelopes bursting with raw chunks of bell pepper and oily veins of American cheese, congealing on a plate next to a loaf of mushy hashbrowns and a novelty rubber ham steak—those omelettes fill the bellies of men who grunt as they lift cigarettes from the chest pockets of twenty year-old plaid shirts, shirts with scalloped western yokes and mother-of-pearl snap buttons. Men whose hair self-oils on a daily basis, precluding the need for pomade. Men whose blood pressure can be sensed by dogs up to three miles away. Yes, I prefer the two egg omelette, with a small side of Home Fries.

Ingredients

- Two eggs
- 1 clove garlic
- 1 tbsp olive oil
- salt
- fresh ground pepper

Procedure

Crush the garlic clove beneath the side of a knife (or just crush it beneath the heel of your palm). The skin should peel off easily. Make sure it is fairly flattened - we want it to release its flavors.

Break the eggs into a bowl and sprinkle with salt and freshly ground pepper. Stick the crushed garlic clove onto the tines of a fork and whisk lightly until the yolks are broken and fairly blended with the whites.

Leave the fork and garlic in the bowl while you heat 1 tablespoon of olive oil in a nonstick pan over high heat. When the oil is hot (a drop of water sizzles and splatters), pour the egg mixture into the pan. If necessary, shake the pan to make sure it spreads evenly. If adding filling, quickly lay the filling across the middle of the raw egg. The egg will cook rather quickly. Once you see the egg cooking through to the surface in places, start jerking the pan so that the egg rolls over itself, as though you were rolling up a tortilla. (do this with a spatula if you are not yet practiced enough to use the lip of the pan to roll its contents back over themselves). Let it sit in the pan perhaps thirty seconds more so that the insides finish cooking. Do not let the omelette brown - it should be pure white and yellow on its surface. Plate and serve immediately.
Favorite Fillings

**Parmesan and Arugula**
1/3 cup equal parts finely chopped arugula and shaved/grated parmesan

**Mushroom and Cheddar**
1/3 cup equal parts paper-thin sliced mushroom caps and grated mild cheddar cheese

**Chevre, Bacon and Parsley**
1 tablespoon chopped Italian parsley, 2 strips cooked crumbled bacon, 2 tablespoons creamy chevre (broken into small dots). This is also good with 1 tbsp of caramelized onions.
Scotch Eggs recipe by Mr. Bear

After fish and chips, The UK's most significant contribution to bar food is the Scotch Egg. When I lived in London I used to enjoy plates of these at my local, The Dog and Bicycle (located just around the corner from Spiking's Alley), with a bit of onion, sliced pickle and mustard. There is perhaps nothing more satisfying than alternating sips of beer with this enigmatic breaded, egg-stuffed sausage.

Typically these are deep fried, but in an effort to simplify the recipe I have created a version which is oven-baked yet still has a nice crispy exterior.

**Ingredients**

- 1 lb spicy pork sausage (for making breakfast patties)
- 4 hard boiled eggs, shelled (See Perfect Deviled Eggs Every Time)
- 2 raw eggs
- 2 cups fine bread crumbs
- Aluminum foil

**Procedure**

Pre-heat an oven to 400F. Line a cookie sheet with aluminum foil, shiny side down.

Beat the eggs in a bowl. Put the bread crumbs in a separate bowl.

Using 1/4 of the pork sausage (4 oz), form a thin patty in your hand that is approximately the size and shape of your hand. Place an egg in the center of this and use both hands to work the sausage into a complete casing for the egg. The sausage should completely and evenly envelop the egg, forming what looks like a much larger, pink egg. Make all 4 eggs in this manner.

One at a time, dredge the egg/sausage units in the beaten egg, and then roll in the breadcrumbs until completely covered. Place on the foil-lined cookie sheet and bake for 30 minutes. Allow to cool slightly, then slice in half lengthwise with a sharp knife, revealing the beautiful layers of color within.

These can be enjoyed hot, but are a real treat if allowed to cool and taken on a picnic. They are also an ideal main course for breakfast, served with home fries and ketchup.
Omega Potato *recipe by Pat*

We have done a million things to potatoes. We have fried them, mashed them, boiled them, steamed them, twice-baked them, waffle-cut them, shoe-strung them, tournéed them, scalloped them, riced them... it seems like we have done just about everything to Old Mr. Potato but leave him alone. Well, your fancy preparations are all fine and good, but give me a plain old baked potato any day. And no messin' with it! I don't need anything more than a hot oven and a scrubbed Russet, fuss on the side.

**Ingredients**

1 Russet potato, 3/4 lb, scrubbed (don't stick it with a fork, don't wrap it in foil, don't rub it with oil)

**Flavoring**

1 tbsp Extra Virgin olive oil or butter

salt

**Procedure**

Pre-heat your oven to 500F. That's right, redline that old sucker. Once it's up to temperature, put that potato right on the rack for an hour and a half (flip it over once after 45 minutes). That's it. I bet you could remember that recipe for the rest of your life!

Few foods cook so simply with such beautiful results. The finished potato will have a hard, crunchy crust and a fluffy interior that yields easily to a spoon.

I like to cut a line straight down the top of the potato and then, wearing oven mitts, squish the potato towards the center, opening it up like Santa's bag. Once open, I pour in a healthy dose of olive oil, maybe two tablespoons. Something about the subtle flavor of the potato really brings out the flavors in a good olive oil. Enjoy with a few good sprinklings of salt—skin and all.

Oh, and if you can't get behind the olive oil thing, just use your regular butter and sour cream or whatever. This baked potato is a creamy canvas for any seasoning.

**A note on cooking times**

Adjust the cooking time 20 minutes in either direction for every 1/4 lb in potato variation. That is to say:

- 1/2 lb potato: 70 minutes
- 3/4 lb potato: 90 minutes
- 1 lb potato: 110 minutes
This recipe, if followed properly, will produce a delicious, chewy, almost cake-like chocolate chip cookie. The results will be spectacular. But you can't fool around with my instructions. Listen, this is baking, not making salads where you can just mess around and act all ridiculous. Maybe you don't know the difference. A single mistake will ruin everything. Maybe you shouldn't even start if you're just going to dance around like an idiot and not pay attention. Hey, do I even HAVE your attention? Get out of my kitchen.

[Pat, please finish the recipe. -Ed.]

Alright, alright, I'm sorry. It's exactly that kind of teaching that keeps people from trying new things. I just wanted to emphasize that it's important to follow baking recipes closely, almost like they were scientific equations instead of recipes. [Pat is right about this - Ed.] Thank you. Alright, do you think you can do this?

Ray will usually eat a half-dozen of these in a sitting, then ask for a Ziploc bag so he can take more home. He is truly shameless, but they are that good.

**Ingredients**

- 2 sticks UNSALTED butter, melted in a bowl in the microwave (save the wrappers for greasing the cookie sheet - nice, huh?)
- 2.25 cups all-purpose flour, whisked to remove the lumps
- 1 12 oz package of your preferred chocolate morsels (I like the larger semi-sweet chunks)
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1.5 teaspoons vanilla extract (you can get this at any grocery store in the Baking or Spices aisle)
- 2 eggs, beaten
- 1.25 cups dark or golden brown sugar, packed down firmly
- .25 cup granulated white sugar (plain old table sugar), packed down firmly

*Note: always use cane sugar, not beet sugar. Sugar from sugar beets is so nasty.*
Procedure

1. Put both types of sugar into a large mixing bowl.

2. Pour the melted butter into the sugar and stir with a large wooden spoon until the mixture is smooth.

3. Pour the eggs and vanilla into this mixture and stir until smooth again, about 30 seconds.

4. Add approximately 1/3 of the flour to this mixture and stir until smooth.

5. Add the second 1/3 of the flour and stir until smooth.

6. Add the last portion of the flour and stir until smooth. It should look pretty much like cookie dough now.

7. Add 2 cups (one 12-oz package) of the chocolate chips and gently mix them in. Stirring too much at this stage will make the dough firm up and become harder to work with.

8. Cover and refrigerate for about 45 minutes. Bringing the temperature down will keep the cookies from completely melting all over the place when cooking, creating one large and shameful cookie.

9. Preheat the oven to 375F. Grease the cookie sheet with leftover butter wrappers (I actually just use a Silpat but I don't expect you to know what that is).

10. Use two regular old spoons to form balls of dough about the size and shape of golf balls. Place 6 on a sheet and place the sheet in the oven (you can do 2 sheets at a time, that won't throw things off too badly. Just make sure the sheets trade positions at the five-minute mark (see next step). This ensures even cooking)

11. After 5 minutes of baking, rotate the sheet 180 degrees. You do this because most ovens are hotter in the back than the front and you want to even out the cooking.

12. Bake 7-9 more minutes, watching closely during the last couple minutes. Remove to paper towels with a spatula when they are an appealing golden brown. They may not come off the sheets easily - if so, let them sit for a few minutes out of the oven and then they will be easier to work with.
How You Gotta Enjoy Wine  technique by Ray

What's the big deal with wine?! I think in the 80s and 90s people thought it was kind of a complicated thing. You know, like how you had to have the perfect wine to go with whatever food you were eating, or you would look like some kind of clown with a problem in his mind. Man, that is ridiculous. You ain't gotta be careful about wine. You just gotta have some. On that note, here are some tips on the basic enjoyment of wine.

Stick with bottled wine.
Basically, don't get the stuff that comes in the box unless you're just plannin' on goin' crazy for the night (gonna jump on the hood of a friend's car that's peelin' out, etc).

All whites: keep in fridge. All reds: room temperature.
Beyond that there is a whole other world, but all you gotta know is this: there's reds, and there's whites. You ALWAYS serve a white wine chilled (fridge temperature) and a red at room temperature. I don't need to explain why this is. It is basic.

Don't worry a bunch about matching wine to food.
"How do I match my wine with the food that I made? Can you tell me?" people ask. Ain't no one cares if you match the wine to the food! You know how some people got perfect pitch, and always like wince and complain about whatever you play on your musical instrument, or point out how the music you listen to isn't actually "correct?" And they only listen to classical music? They are like the people who worry about wine matching food. Everyone hates them.

You should not hate the way a wine tastes.
If you take a sip and you completely hate it because it is awful, then there is a problem with the wine. Sometimes wine interacts with the cork and tastes like a swamp. You can return that wine to the store for a full refund. If they say you've had too much of it, maybe go through the produce section and kind of knock some fruit down on the floor.

Sometimes decanting and breathing a wine can soften its strong original taste. What is all that mumbo jumbo? It is a way of mixing the wine with more air so that all the nasty stuff takes off into the environment. To decant and breathe a wine, simply pour it into a decanter and leave it open for a half hour or so. If you never got a decanter from anyone, just pour the wine into a big bowl and then put a turkey baster by the bowl so that people can serve themselves some perfect wine.
There are different ways to hold different wines.

You know stemware? Glasses with stems? Then I got two tips to help you not make a tacky mistake next time you are at a party. It is real basic:

* Is there white wine in the glass? Hold it by the stem. This way your hand does not heat the wine. Yes, the situation is really that delicate. And people will notice. There is nothin' more trashy than a lady holdin' white wine by the bowl of the glass. I immediately leave the party if there is a lady like that there. I don't want to spend all night talking about how she loves her job as the receptionist at the real estate office, and then dump her a week later when she says she wants a baby.

* Red wine in the glass? Hold it by the bowl.
Beer Can Chicken

**Ray Says:** “This is a recipe I always like to make when I have my special lady over. The bird cooks for about an hour and a half, during which time you can serve champagne and see where things lead. I often find that there is a point during the preparation at which you will sense that the lady has resigned herself to your power and charm. If this happens, just turn the oven off and forget about dinner. Throw the chicken away the next day.”

**INGREDIENTS:**
- A 5-lb. chicken with all the guts teared out
- 1 aluminum can of beer, half full
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp pepper
- Spray oil

(It's not real complicated)

**PROCEDURE:**
Preheat the oven to 400°F. Line a small roasting pan with foil (shiny side down). Pour all the seasonings into the beer can and stick it into the big butt opening of the chicken. See if the lady notices. Then sit the chicken upright, like he was in a chair, onto the roasting pan, using the beer can as his base. Spray his skin all over with the oil (this will make it crispy). Throw salt and pepper all over his skin and then stick him in the oven for like a hour and a half. The fluid and seasonings in the beer can will steam all up through the bird and flavor it, as well as keep it real moist.

Make sure that a meat thermometer stuck into the deepest part of the breast and deepest part of the thigh registers at least 160-170°F. Juices should be clear and not pink. Let sit 10 minutes.
Galaxy Nachos

Roast Beef Says: “The secret to making good Galaxy Nachos, or any tasty nachos for that matter, lies in pre-baking the chips. This makes them extra crispy and toasty. It is important to make them extra crispy and toasty because the ingredients you add later on will impart lots of moisture to the chips. Also, toasty things taste better. Anyhow, pre-bake the chips for a good 10 minutes in a 400F oven, til you see maybe that they have sort of browned a tiny bit.”

INGREDIENTS:
- A bag of some tortilla chips
- A can of refried beans with a flavor that you like
- Green onions all chopped up
- Sharp cheddar cheese, all grated up
- Maybe some canned diced green peppers
- Tiny pieces of black olives and tomatoes
- Chopped up cilantro (fresh)
- Other things that you like

(I did not include quantities because you should just use your common sense)

PROCEDURE:
Preheat the oven to 400F. Line a cookie sheet with foil (shiny-side down) and then chips. Pre-bake the chips until their color changes slightly. Meanwhile, heat up the beans and stir some of the grated cheese in (this makes them nice and smooth). When the chips are done, take them out and drizzle the beans over them and then add more cheese all over. Throw all the other stuff on and then just bake the hell out of it for like 10 minutes, until the cheese is melted and all bubbly.

Serves 4-6 if anyone is around. Otherwise, once nachos are completed just dispose of them in the proper waste container or compost area.
This recipe originally appeared in Achewood Volume II.

The Dogg Is Home

Ray says: “You can eat hot dogs straight out of the package, everybody knows that. But treat them with a little respect and dress them up with a little love and you have a special dish that rivals any sort of other dish.”

INGREDIENTS:
- 3 hot dogs, sliced into nickels and microwaved until hot
- 1 box of macaroni and cheese which has been completely prepared
- 1 cup frozen peas, thawed (you can put the bag of frozen peas in warm water for a little while, this will do the trick)
- 3 slices of cooked bacon, completely all crumbled up

PROCEDURE:
- So most of the instructions for this recipe are on the box of macaroni and cheese. We cannot reprint them here due to copyright constraints.

  Basically, once you have made all of the individual ingredients, mix them all up good by stirring them up with a spoon in a large rectangular casserole dish. Then cover with foil and put in the oven. When people arrive, take it out of the oven. They will think you made something complicated!

- I like to serve this to Little Nephew on cold nights when he has been out playing. It is the perfect dish for a little boy who is becoming a man.

  You can eat as much of this as you want.
This recipe originally appeared in Achewood Volume II.

Roast Beef’s “Hell Baby”

Roast Beef Says: “Here is a slightly modernized version of a classic breakfast dish that uses eggs and meats to look like a baby that came from hell.”

1. FRIED EGG
   A fried egg forms the head.

2. LINK SAUSAGES
   Two link sausages form the arms.

3. HAM STEAK
   A ham steak forms the Hell Baby’s body.

4. BACON
   Classically this recipe calls for pants of tripe. In addition to procurement difficulties, tripe’s popularity has fallen by the wayside in modern times. I replace the tripe with crispy bacon.

(5.) SHOES
   Some people like to add little toast shoes but I think that takes some of the hellishness away from this dish.

The Hell Baby serves 1.
Pork Chops “Milanese”  

This dish may sound difficult to cook due to the foreign word in the title. Nothing could be further from the truth. This is simply a pounded pork chop that is breaded and pan-fried in oil. Pounding tenderizes the meat and also reduces the cooking time. Serve with a wedge of lemon for drizzling at table.

Ingredients

- 2 boneless pork chops, at least 1/2" thick
- 1 small can fine bread crumbs
- 1 beaten egg in a bowl
- Oil for frying (Olive oil is preferred but Canola oil is acceptable)
- Butter
- Salt and pepper
- 1 lemon

Procedure

The pork chops will have a rind of white fat around them - don't trim this off. It will render down during cooking and add flavor.

One at a time, put the pork chops between two layers of plastic wrap and pound them with the rough side a kitchen mallet. If you don't have a kitchen mallet then just pound them with a rolling pin, full wine bottle, hammer, what have you. You want them to end up about 1/4" thick.

Spread the bread crumbs out on a plate. Put the bowl with the beaten egg next to it. Dredge the flattened chop in the egg, then dredge in the bread crumbs, making sure that the chops have an even and complete coating. Put the breaded chops on a plate and chill in the fridge for at least 10 minutes.

Heat a couple tablespoons of oil in a nonstick pan over a medium-high burner (be generous - olive oil's good for you). When the oil is hot but not smoking, throw in the butter and let it foam. Now lay in the meat - it should sizzle immediately. Cook one at a time unless your pan can comfortably fit both. Fry for 4 minutes per side - if you see smoke, turn the burner down to medium. Plate with a wedge of lemon (the lemon, squeezed over the meat at table, will brighten the flavor). Serve immediately on a heated plate.

This bonus recipe did not appear in the print edition of this cookbook. I found it while assembling the digital version. It is not very good, in keeping with the rest of the manuscript.
String Beans Don't
Got to be Terrible
Ribosomes

Ain't

Tasty
Roast Beef's  
"Chicken Committed to Jail"

The drumstick and thigh of a chicken are basically some of its cheapest parts, which is good for people in the know 'cause they are also the most flavorful meat on the whole bird. What I like to do with this particular cut of poultry is marinate it for a few hours in olive oil, garlic and herbs, then cook it in a heavy pan under a brick. The brick puts a lot of the chicken's surface area into direct contact with the pan, which makes it cook more evenly and you also get a dang crispy surface. This is kind of like a Italian technique I think.

As always, you should try to find a free-range chicken in your grocery store (for the reasons of flavor, health and ethics). In a lot of big supermarkets you will see "organic" or whatever types of chickens and that is probably a lie but it's the best you're gonna do unless you got access to a good butcher shop. If you are in like Sandusky you are probably screwed but then heck you are probably used to that.

This dish is real ghetto. The chicken piece will probably cost like a dollar.

INGREDIENTS

One common brick, wrapped in 2 layers of aluminum foil. Try to make sure the brick has not come from like a abandoned gas station or mercury mine or something.

One chicken thigh/drumstick (intact, skin on)

About 1/4 cup olive oil

3 cloves garlic, minced up real small

1 handful finely chopped fresh herbs, such as rosemary, sage or thyme (if you ain't got fresh herbs then just a few shakes from your little canister of dried herbs will do - dried herbs are much more powerful so use less)

Salt

Fresh ground pepper (or stale old pepper if that's all you got)

Put the chicken, garlic, oil and herbs into a resealable plastic bag. Sprinkle in a few pinches' worth of salt and pepper. Seal it with as little air as possible inside and then kinda squeeze it all around so the oil/garlic mixture gets all over the chicken. Put this crazy little bag in the fridge for at least one hour, up to overnight.

Always make sure the chicken didn't touch anything because American poultry is produced in basically the worst possible way and is so filthy and unsafe. It is definitely filled with salmonella, salmonella comin' on strong. Any work surface or clothing or skin that the chicken touches got to be worked over real good with hot soapy water. Man, if you ever read up on meat packing in this country you'd really get your hose in a knot, eyes all buggin' out.

So when it's time to cook, preheat the oven to 375. Then heat up a heavy fryin' pan on the stove over medium-high (seriously, if you only own one pan it should be cast iron). When your pan is nice and hot (flick some water in with your fingers, it should evaporate on contact) then lay the chicken piece in, skin side down (as opposed to the side where the joint is all exposed from the dismemberment). You don't have to add no oil. I mean, if you are really freakin' out then yeah put some oil in the pan dogg. But the oil from the marinade plus the natural fats in the chicken skin will keep things from stickin'. Put the brick on the chicken and leave that business alone for a few minutes, until you look under the chicken and see it has browned real good. Then remove the brick, flip the chicken over with some clean tongs, and put the pan into the hot oven for fifteen or twenty minutes. You do not put the brick back on the chicken when it's in the oven.

Tellin' when the chicken is done and no longer raw is real important. I am gonna tell you to stick a thermometer into the thickest part of the chicken and make sure the temperature reads 150F. Also you can stick your knife into the joint where the thigh meets the drumstick and see if the juices run clear, which also means it's cooked all through.

Serve this with mashed potatoes or some other thing we ain't got a recipe for.

PS Oh yeah, make sure it's an oven-safe pan. It can't have like a wooden or plastic handle.
**COCKTAIL CORNER**

**THE TADPOLE SAC**  
*by Roast Beef*

1. Release two egg whites into a buttered tumbler.

2. Using a syringe, inject one marble-sized drop of Midori into the egg white.

3. Draw needle away from the midori so as to create a “tail.” Lift needle out of egg white after an inch or so.

4. Admire the tadpole you have made. Lay the drink back in one gulp and notice the rush of energy from the protein.

*This is thought by many to be what Rocky would have drank in his last days if he had gone pretty crazy.*

**On Brining**  
*with Ray Smuckles.*

“I learned this brining technique from Teodor and dang I just can't believe how it’s changed my cooking and my confidence in the kitchen. By soaking pork or chicken in salt water overnight [The solution also contains sugar - ed] you add a lotta flavor to the tortured and abused, terrible low-quality meat available through most grocery stores. Look, a lot of us wish we could do right by the earth and eat animals which don't grow up in hell factories but unless you've got a primo butcher shop or high-end grocery store in the town God stuck you in, you just gonna have to make to do. Alright, alright, I don't mean to preach. All I wanted to say is that I like to eat meats which are kind of salty I guess.”

**PREPARING ICEBERG LETTUCE, by LYLE.** If you’ve got a fresh specimen, hold it in your hands with the stalk facing the floor. Bang the stalk flatly on the counter. This should cause the inedible stalk to naturally sever from the leaves, like if you jumped off a ten-story building and landed with your knees locked and your body just slid off your skeleton to the ground. Pull the stalk out. If the stalk still isn’t complying, just cut it out with a knife. It’s about the size of a conical D-cell battery. If you can’t visualize that, then go to hell. This is lettuce.

**Philippe’s Theoretical Cold Carrot.** Cook this carrot inside ice cubes inside ground — you end up with a carrot that's still perfectly raw after baking! Throw away the soggy beef and SNAP! What a crispy carrot!
INTRO BY RAY
Everybody is like "oh no thanks man I already got my sandwich, I already know how I like my sandwich. I always have the same sandwich which I have been proven to love." Well let me tell you, I was like that until very recently as well. I was all into some tuna salad with sprouts and cheddar on a croissant. Everybody knew that about me. Then Mr. Bear shows up with this kinky German deal. Sure, it's just a sandwich - just some meat, cheese, bread and spread, but it's a hell of a combo. And who ever thought of a cucumber? I mean, I wouldn't look two ways at a cucumber before movin' on! But now, I am all into that. So in summary, you should eat this sandwich just as I have.

RECIPE
Traveling through Germany by rail is a delightful experience. The gliding, silent trains make our own public rail systems look like so many clanging, emphysemic concertinas. And the food! Even the simplest rail station sandwich is a world above the gluey, chewy turkey-and-lettuce triangles which our gray stateside vending machines excrete into our upturned palms. Pack this simple sandwich for your next trip across state lines, and enjoy it with a cool can of crisp lager. (Because public consumption of alcohol is illegal in most U.S. cities, I usually take luncheon in a bathroom stall.)

INGREDIENTS
1 slice mortadella (or other salty deli meat)
1 slice muenster cheese (or other mellow cheese)
1 layer cucumber slices (slice about the thickness of bacon)
a few thin strips of red bell pepper
butter
a soft seeded roll, sliced in half

PROCEDURE
Butter both sides of the roll, then layer in all the ingredients. Retire to the nearest Men's room.
Thanks

Thanks to Roast Beef, Philippe, Pat, Teodor, Ray, Lyle and Mr. Bear for contributing their time and expertise to this book. Thanks to Teodor for help with the typography and spell checking. There is always a seat at my table for you fellows.

Recommended Reading

*Larousse Gastronomique.* This encyclopedia of world cuisine covers it all. Check your used bookstores for a copy of this weighty and often expensive tome. If you only own one cookbook, etc.

*I'm Just Here For The Food.* Emerging kitchen celebrity Alton Brown describes the Whys behind the Hows of all the major cooking techniques, with dozens of exemplary recipes. Alton seems to spend equal parts time at the grocery store, the hardware store and the Science store.

*The Escoffier Cook Book.* More fascinating than useful, this is an encyclopedic summary of turn-of-the-century cookery written by the most acclaimed chef the world has ever known.

*Down and Out in Paris and London.* George Orwell's autobiographical tour through the depraved world of restaurant kitchens in 1900s Paris and London.

*Fast Food Nation.* Eric Schlosser's thorough exploration of food production and service in America is not as horrifying as *The Jungle*, but it is still fairly horrifying.

—CTO, 2003