

First Edition

D. S. Wachter

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REVISION LOG

<u>Rev. #</u>	<u>Date</u>	<u>Author</u>	<u>Description</u>
00	2021-01-01 (Friday)	D. S. Wachter	Initial Re-Creation (Second attempt at Vol II) <ul style="list-style-type: none">• Figuring out even / odd headers and footers• Added "Pizza Poppers"• Added "Dehydrated Cilantro"• Added "Thank's Giving Wings"
00	2021-01-03 (Sunday)	D. S. Wachter	<ul style="list-style-type: none">• Added "Thanksgiving in a Can"• Added "Thanksgiving Wings"• Added "Roasted Vegetables"
00	2021-01-30 (Saturday)	D. S. Wachter	<ul style="list-style-type: none">• Updated "Roasted Vegetables"• Added "Have I Been Cooking Mushrooms Wrong?"• Added "Descent Into Madness"• Added "Pantry Fritata #000"• Added "Portabella Mushrooms"• Added "How to Cook Bacon"• Added "Taco Panckaes"• Added "Corn Tortillas"• Added "Potato Pancakes"• Added "Hash Browns"• Added "KFC Wings"• Added "Salmon Cakes"
00	2021-02-20 (Saturday)	D. S. Wachter	<ul style="list-style-type: none">• Updated "Potato Pancakes"• Updated "Hash Browns"• Updated "Salmon Cakes"• Added "Lunch Mix"• Added " OLD MAN's Dal"• Added "Thanksgiving Cakes"

INTRODUCTION

Well, here it is. Volume II. AND I started with a poppers recipe (Pizza Poppers). We'll see how far I get on this one over the next year.

PROTEINS

THANKS GIVING WINGS

This one is an evolution from some early wing experiments from, what, 5 or so years ago? Where does the time go? I am not sure anymore what instigated this one (as I wasn't then), but I know I wanted to get the flavors of Thanksgiving into wing form. I think I got it right!

PS... Hmm... do I need another section for wings? Maybe.

20201205 (Saturday): Left turn Clyde. I started on this last night and decided to go in a slightly different direction. Don't worry! I'll get to the original version in a little bit

INGREDIENTS

BRINE

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
4	Cups	100% Cranberry Juice
2	TBSP	Morton's Kosher Salt
4	TBSP	Brown Sugar
4	TBSP	White Sugar

WINGS NIGHT BEFORE

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	Packages	Uncut Chicken Wings
4	Slices	Regular Cut Bacon

WINGS DAY OF

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	Cup	Self-Rising Flour
3	-----	Largish Eggs
1	14 oz. Can	Whole Berry Cranberry Sauce
4	Cups	Stove Top Traditional Sage Stuffing Mix
AR	-----	Corn Starch
AR	-----	Peanut oil

I have recently discovered 100% cranberry juice maybe 100% juice, BUT it may not all be cranberry. Get the cranberriest you can find

Insert standard statement about kosher salt here

I generally get Purdue, or the like, wings. They come 6 whole wings to a pack and usually weigh around 1.6 lbs. You can also get what I believe are called "Party Wings" which have already been

separated into drumettes and flats, but for some reason, I like separating my own and including the wing tips

I am still on the Kunzler tip as far as bacon goes

No self-rising flour? AP flour will work

Don't have or don't like peanut oil??? Use any suitable oil for deep frying at around 374 deg. F.

SPECIAL TOOLS

- Counter top deep fryer
- Sous vide machine
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls
- Vacuum seal bag holder [i]
- Immersion blender

PREPARATION

THE NIGHT BEFORE

- 1) Make (Qty. 4) 4 line vacuum seal bags (fold down the top edges of the bags by an inch or so to help avoid getting chicken stuff on the outside of the bag)
- 2) Whisk the brine dry ingredients in a largish glass bowl
- 3) Add the cranberry juice and mix with an immersion blender
- 4) Cover the bowl and set aside until you need to brine the wings
- 5) Separate the wings into drumettes, flats and tips with a cleaver [ii]
- 6) Put the parts from 3 wings into each 4 line vacuum seal bag
- 7) Place one slice of bacon in each vacuum seal bag
- 8) If you are not going to use the rest of the bacon soon, vacuum seal it. This helps keep the bacon fresher longer
- 9) Give the brine another mixy mix with the immersion blender and split into 4 equal portions
- 10) Hang a bag of wings in the vacuum seal bag holder and carefully add one of the portions of brine
- 11) OK... this next part might get a bit tricky... The goal is to vacuum seal the wings and brine with as little leftover air as possible WITHOUT sucking liquid into the vacuum sealer
 - a. Position the vacuum sealer near the edge of a counter
 - b. Squeeze out as much air as possible from a bag of wings and brine
 - c. Position the bag o' wings in the vacuum sealer so that it hangs over the edge of the counter [iii]
 - d. Pull a vacuum as long as possible until liquid just about reaches the vacuum sealer and trigger the seal function
 - e. After one minute, re-trigger the seal function
 - f. After one minute, pull the bag and wipe out any liquid between the top of the bag and the seal line

- g. Reposition the bag to place a second seal just above the first one and trigger the seal function
 - h. After one minute, re-trigger the seal function
 - i. Place the bag o' wings in the fridge
 - j. Repeat Steps 11a through 11i for the remaining bags
- 12) Let the wings brine overnight

THE DAY OF

- 1) Heat the Sous Vide machine to 165 deg. F
- 2) Once the Sous Vide machine has reach temperature, add the bags of wings
- 3) Add additional water as required to cover the bags o' wings [iv]
- 4) When the Sous Vide machine temperature recovers, set a timer for [v]
 - a. 3 hours for non-frozen wings
 - b. 3 ½ hours for frozen wings
- 5) When timer goes off, pull the Sous Vide wings and drain through fine mesh strainer on top of a quart measuring cup
- 6) Scrape extra gunk off the wings into the juice and set wings aside
- 7) Heat juice on low for 6 minutes. If it starts bubbling too vigorously, reduce the heat
- 8) Stir in 3 TSP of corn starch 1 TSP at a time
- 9) Heat juice for another 15 minutes
- 10) Want it a bit thicker? Stir in more corn starch a little it at a time until it gets to where you want
- 11) Reduce heat to very low
- 12) Fill the deep fryer with oil and heat to 374 deg. F
- 13) Put the flour in a gallon ZipLoc bag. This is your pre-coat
- 14) Put the stuffing mix in a food processor and chop until it is fine. It should make about 2 cups
- 15) Place the finely chopped the stuffing mix in a second gallon ZipLoc bag. This is your post-coat
- 16) Toss wing parts in the pre-coat ZipLoc bag 4-6 at a time until evenly coated
- 17) Tap off excess pre-coat and place wings on a cookie sheet
- 18) Repeat steps 16 and 17 for the rest of the wings
- 19) Mix the eggs and whole berry cranberry sauce in a small glass bowl with the immersion blender
- 20) Dip 4-6 wings at a time in the egg wash and mix around until thoroughly coated
- 21) Tap off the excess egg wash from the wings and put in the bag of post-coat
- 22) Toss the wings in the post-coat until evenly coated
- 23) Pull the wings from the post-coat, tap off excess post-coat, and place back on the cookie sheet
- 24) Repeat steps 20 - 23 for the rest of the wings
- 25) Deep fry wings in small batches (DON'T CROWD!) for 1 minute
- 26) Let drain in the basket for 15 seconds
- 27) Put wings on a ½ sheet cooling rack in a ½ sheet pan. Keep covered with a second half sheet pan
- 28) Repeat steps 25 - 27 for the rest of the wings

29) When ready to eat, mix / toss the wings and sauce. I find around 1 TBSP per wing generally works

30) Plate

31) ENJOY!!!

NOTES

- i. These are VERY handy, especially if you are pouring in liquid
- ii. Yeah, I know. Most people don't like to waste time on the tips, but for some reason, I feel guilty if I don't include them.
- iii. Make sure you clamp down and lock the vacuum sealer before you let go of the bag!!!
- iv. Don't go over the max fill line!
- v. You have a bit of leeway here. Can't get to it right away when the timer goes off? No problem. Sous vide is pretty forgiving as far as running a bit long goes, just don't let it sit forever

PICTURES





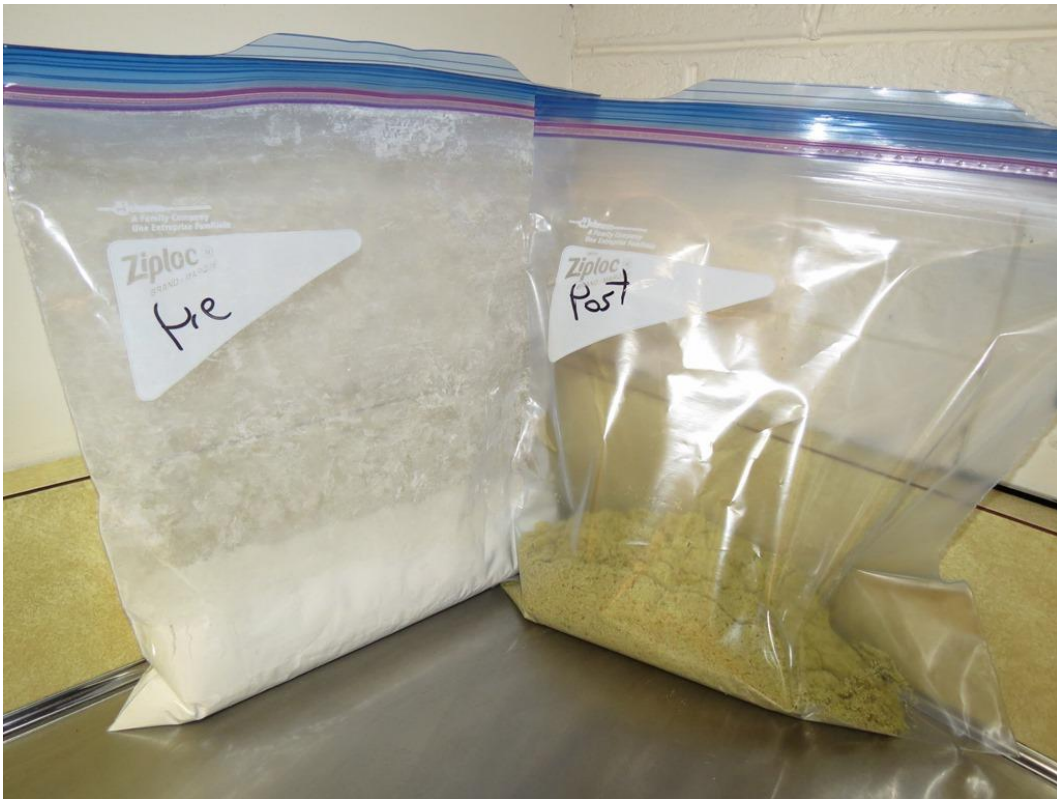














THANKSGIVING WINGS

Is this a duplicate? No. This is “Thanksgiving Wings”, the other one is “Thank’s Giving Wings”

This is actually what I was writing up for “Thanks Giving Wings” before it took a left turn and changed into to something a little different. This is the one that I published to oldmandave.org a while back. The brining is the same, but the pre-fry cooking method is different.

INGREDIENTS

THE NIGHT BEFORE

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
4	Cups	100% Cranberry Juice
2	TBSP	Morton’s Kosher Salt
4	TBSP	Brown Sugar
4	TBSP	White Sugar
2	Packages	Uncut Chicken Wings

THE DAY OF

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	Cup	Self-Rising Flour
3	-----	Largish Eggs
1	14 oz. Can	Whole Berry Cranberry Sauce
4	Cups	Stove Top Traditional Sage Stuffing Mix
1	12 oz. Jar	Heinz Home Style Gravy - Roasted Turkey
AR	-----	Corn Starch
AR	-----	Peanut oil

I have recently discovered 100% cranberry juice maybe 100% juice, BUT it may not all be cranberry. Get the cranberriest you can find

Insert standard statement about kosher salt here

I generally get Purdue, or the like, wings. They come 6 whole wings to a pack and usually weigh around 1.6 lbs. You can also get what I believe are called “Party Wings” which have already been separated into drumettes and flats, but for some reason, I like separating my own and including the wing tips

No self-rising flour? AP flour will work

Don’t have or don’t like peanut oil??? Use any suitable oil for deep frying at around 374 deg. F.

SPECIAL TOOLS

- Counter top deep fryer
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls
- Vacuum seal bag holder [i]
- Immersion blender
- Traeger Pellet Grill with Hickory Pellets[iv]

PREPARATION

THE NIGHT BEFORE

- 1) Make (Qty. 4) 4 line vacuum seal bags (fold down the top edges of the bags by an inch or so to help avoid getting chicken stuff on the outside of the bag)
- 2) Whisk the brine dry ingredients in a largish glass bowl
- 3) Add the cranberry juice and mix with an immersion blender
- 4) Cover the bowl and set aside until you need to brine the wings
- 5) Separate the wings into drumettes, flats and tips with a cleaver [ii]
- 6) Put the parts from 3 wings into each 4 line vacuum seal bag
- 7) Give the brine another mixy mix with the immersion blender and split into 4 equal portions
- 8) Hang a bag of wings in the vacuum seal bag holder and carefully add one of the portions of brine
- 9) OK... this next part might get a bit tricky... The goal is to vacuum seal the wings and brine with as little leftover air as possible WITHOUT sucking liquid into the vacuum sealer
 - a. Position the vacuum sealer near the edge of a counter
 - b. Squeeze out as much air as possible from a bag of wings and brine
 - c. Position the bag o' wings in the vacuum sealer so that it hangs over the edge of the counter [iii]
 - d. Pull a vacuum as long as possible until liquid just about reaches the vacuum sealer and trigger the seal function
 - e. After one minute, re-trigger the seal function
 - f. After one minute, pull the bag and wipe out any liquid between the top of the bag and the seal line
 - g. Reposition the bag to place a second seal just above the first one and trigger the seal function
 - h. After one minute, re-trigger the seal function
 - i. Place the bag o' wings in the fridge
 - j. Repeat Steps 11a through 11i for the remaining bags
- 10) Let the wings brine overnight

THE DAY OF

- 1) Pull the Traeger out on your deck and fill with your pellets of choice
- 2) Set the Traeger to smoke with the lid open
- 3) Once you see smoke, close the lid and set to 250 deg. F
- 4) When the Traeger has reached temperature, pull the wings from the fridge and drain through fine mesh strainers on top of a quart measuring cups
- 5) Remove excess brine from wings with paper towels and place on ½ sheet cooling rack in a ½ sheet pan
- 6) Place the wings in the Traeger and smoke the wings until the internal temperature reaches 165 deg. F. It should be about 1 ½ hours, but start checking at 1 hour
- 7) Pull the wings inside and allow to cool until they can be handled comfortably with your hands
- 8) Heat gravy over very low heat in a small sauce pan
- 9) Fill the deep fryer with oil and heat to 374 deg. F
- 10) Put the flour in a gallon ZipLoc bag. This is your pre-coat
- 11) Put the stuffing mix in a food processor and chop until it is fine. It should make about 2 cups
- 12) Place the finely chopped the stuffing mix in a second gallon ZipLoc bag. This is your post-coat
- 13) Toss wing parts in the pre-coat ZipLoc bag 4-6 at a time until evenly coated
- 14) Tap off excess pre-coat and place wings on a cookie sheet
- 15) Repeat steps 16 and 17 for the rest of the wings
- 16) Mix the eggs and whole berry cranberry sauce in a small glass bowl with the immersion blender
- 17) Dip 4-6 wings at a time in the egg wash and mix around until thoroughly coated
- 18) Tap off the excess egg wash from the wings and put in the bag of post-coat
- 19) Toss the wings in the post-coat until evenly coated
- 20) Pull the wings from the post-coat, tap off excess post-coat, and place back on the cookie sheet
- 21) Repeat steps 17 - 20 for the rest of the wings
- 22) Deep fry wings in small batches (DON'T CROWD!) for 1 minute
- 23) Let drain in the basket for 15 seconds
- 24) Put wings on a ½ sheet cooling rack in a ½ sheet pan. Keep covered with a second half sheet pan
- 25) Repeat steps 25 - 27 for the rest of the wings
- 26) When ready to eat, mix / toss the wings and gravy. I find around 1 TBSP per wing generally works
- 27) Plate
- 28) ENJOY!!!

NOTES

- i. These are VERY handy, especially if you are pouring in liquid
- ii. Yeah, I know. Most people don't like to waste time on the tips, but for some reason, I feel guilty if I don't include them.
- iii. Make sure you clamp down and lock the vacuum sealer before you let go of the bag!!!
- iv. Normally I would say "If you don't have a Traeger or the like, you can use the oven.", but in this case, you do need a smoker. You also need the hickory pellets

PICTURES









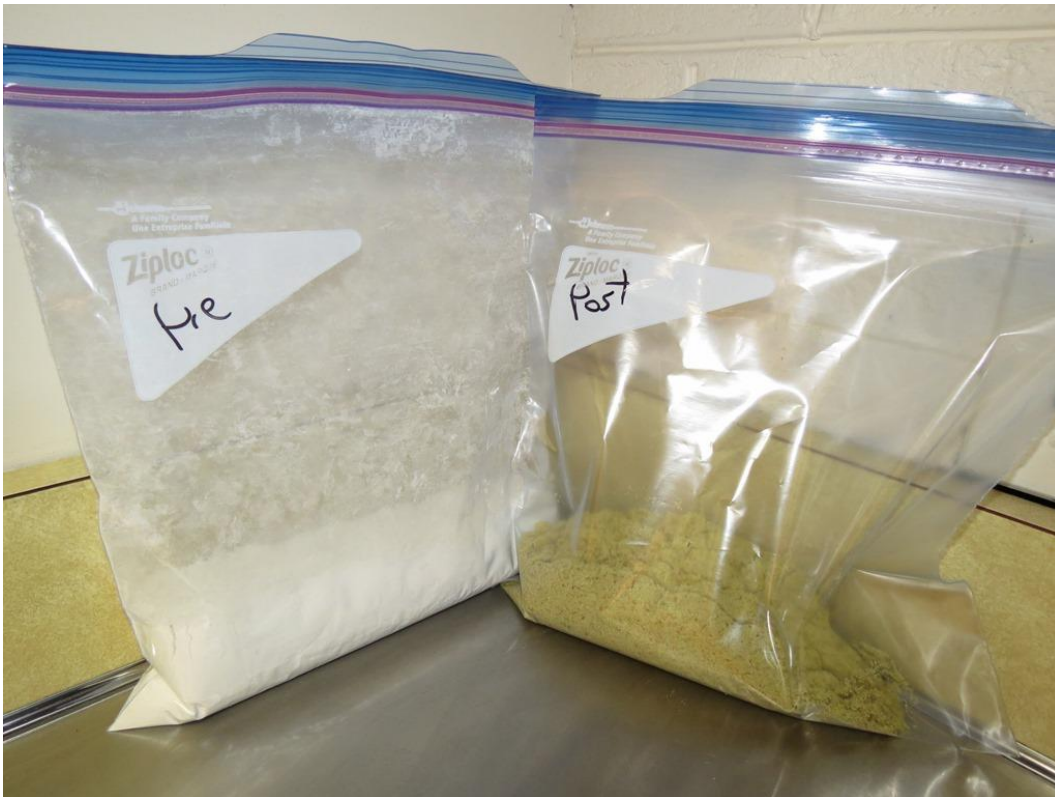
















HOW TO COOK BACON

Here is another one my younger self took for granted; how do I cook bacon? I think I always just assumed “Hey! Fry it in a pan!” At some point, I am not totally sure when, I realized there were other ways to do it. I think it might have been when I bought bacon from Bacon Freak. Or maybe it was talking to Steve at work about his bacon wrapped bagel chips. Whatever it was, it was another eye opener that percolated down throughout all my bacon related cooking projects

By the way, check out Bon Appetit’s “Every Way to Cook Bacon” video. Very entertaining and informative!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	16 oz pack	Regular Cut Bacon

I still like Kunzler, but use whatever bacon you like! If you have a chance, give one of the boutique bacons a try. See my “Grand Bacon Experiment” write-ups for what I found with one of them

SPECIAL TOOLS

- None!!!

SAVING LEFTOVER BACON

Before we get into the cooking, let’s talk about saving leftover bacon. The best way I have found is to use a Foodsaver and vacuum seal it. It does NOT discolor like it does when just put in Ziploc bag and keeps longer. I did not list the Foodsaver or its bags under special equipment because for now, I am just going to assume that you will eat all of the bacon.

OVEN – LOW AND SLOW

OK.... Before I get into this one, the pictures do not match up 100% to the instructions. Normally I would do one pack of bacon on two pans to avoid crowding. However, I got a little lazy when I made this last round from whence the pictures came. In short, I only have two racks in my oven and a pizza stone was on one of them. I was too lazy to move it, so I decided to see what would happen if I just overlapped the bacon to make it fit. It still worked quite well for what I needed, but next time I am definitely going back to the two pan method

This method produces a very crisp, but fragile bacon. It is THE go to method for bacon crumbles!

PREPARATION

- 1) Reposition two racks in your oven to the center-most positions
- 2) Heat oven to 200 deg. F
- 3) Break out two ½ sheet pans and two ½ sheet cooling racks and place one rack in each pan
- 4) Split the bacon between the two pans
- 5) Place the bacon in the oven and set a timer for 60 minutes
- 6) At 60 minutes, pull the bacon and flip
- 7) Put the bacon back in the oven, but swap the pans between the oven racks that they were on and rotate the pans 180 deg. so that the side that was previously towards the front of the oven is now towards the back
- 8) Set a timer for 60 minutes
- 9) At 60 minutes, pull the bacon. At this point, it may be cooked to your liking, so if it is, don't go any farther, but I generally go to at least 3 hours
- 10) If you decide to go on, flip the bacon. If not, skip to step 14
- 11) Put the bacon back in the oven, but swap the pans between the oven racks that they were on and rotate the pans 180 deg. so that the side that was previously towards the front of the oven is now towards the back
- 12) Set a timer for 60 minutes
- 13) At 60 minutes, pull the bacon
- 14) CAREFULLY (it will be fragile) remove the bacon to paper towels and put the cooling rack / sheet pan back in the oven
- 15) CAREFULLY (it will be fragile) pat excess grease from the bacon
- 16) If you are making crumbles, continue on. If not, ENJOY!!!
- 17) Slice the bacon into very thin strips along the short axis.
- 18) Slice into very small pieces along the long axis
- 19) Continue to cut at various angles until you get the size crumble you are looking for
- 20) Put in a Tupperware container, label with the date, and put in the fridge until you need bacon crumbles
- 21) Pull the pan from the oven and let cool until handleable
- 22) Pour the bacon fat into a small jar through a fine mesh strainer. Use a silicon spatula to scrape all of the fat down towards the jar
- 23) Cover the jar, label with the date, and put in the fridge until you need bacon fat

PICTURES













OVEN – HIGH AND FAST

Coming Soon!!!

PAN FRY

Coming Soon!!!

CLOSING THOUGHTS

All methods are good (Hey! It's bacon!), but I think each one has its place. I LOVE the low and slow, but it is not necessarily the best for let's say, breakfast bacon. Pan frying might taste great, but a little cumbersome for the home cook with one pan who needs to make a lot. In short, do what is best for you because, HEY! IT'S BACON!!!

NOTES

- i. None!

KFC WINGS

I somehow got it into my head that I wanted to make KFC wings. I am not exactly sure how this one popped into my head either, but it got there. This naturally led to a bit of research (and buying a few more books) and guess what? Everyone thinks they have the secret recipe. I decided to base the “11 herbs and spices” on a Chicago Tribune story where the guy got the “recipe” from Colonel Sander’s nephew. Long story short, some people say it is a pretty good match, some say it isn’t even close. There are a few other options, but I decided to try this one first.

So what about the rest of it? Well, Sous Vide it is. I have always had great luck with Sous Vide’ing wings; it allows a fully cooked, yet tender and juicy wing and a quick flash fry for browning. Incidentally, that is one of the challenges of good fried chicken; how to the cook the chicken through, but not overcook the crust. The new thing I am trying this time is Sous Vide’ing the wings in the buttermilk brine. Not quite sure how this is going to turn out, but I have high hopes!!!

20210130 (Saturday): Changing the celery salt and garlic salt to celery seed and garlic powder. I also ditched the eggs in the brine

INGREDIENTS

THE BRINE

Qty.	Unit	Item
2	TSP	Kosher Salt
1/2	TBSP	Thyme
1/2	TBSP	Basil
1	TSP	Oregano
1	TBSP	Celery Seed
1	TBSP	Black Pepper
1	TBSP	Dried Mustard
4	TBSP	Paprika
2	TBSP	Garlic Powder
1	TBSP	Ground Ginger
3	TBSP	White Pepper
1	TBSP	Accent
4	Cups	Buttermilk

THE BREADING

Qty.	Unit	Item
2	TSP	Kosher Salt
½	TBSP	Thyme
½	TBSP	Basil
1	TSP	Oregano
1	TBSP	Celery Seed
1	TBSP	Black Pepper

1	TBSP	Dried Mustard
4	TBSP	Paprika
2	TBSP	Garlic Powder
1	TBSP	Ground Ginger
3	TBSP	White Pepper
1	TBSP	Accent
1 ½	Cups	Self-Rising Flour
1/2	Cup	Corn Starch

THE REST OF IT

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	Packages	Uncut Chicken Wings
1	12 oz. Jar	Heinz Home Style Gravy - Roasted Turkey
AR	-----	Peanut oil

Insert standard statement about kosher salt here

I generally get Purdue, or the like, wings. They come 6 whole wings to a pack and usually weigh around 1.6 lbs. You can also get what I believe are called “Party Wings” which have already been separated into drumettes and flats, but for some reason, I like separating my own and including the wing tips

No self-rising flour? Use the following per 1 cup of flour

- 1 cup AP Flour
- 1 ½ TSP Baking Powder
- ¼ TSP Salt

Don't have or don't like peanut oil??? Use any suitable oil for deep frying at around 374 deg. F.

SPECIAL TOOLS

- Counter top deep fryer
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls
- Vacuum seal bag holder [i]
- Immersion blender

PREPARATION

- 1) Heat the Sous Vide machine to 165 deg. F
- 2) Make (Qty. 4) 4 line vacuum seal bags (fold down the top edges of the bags by an inch or so to help avoid getting chicken stuff on the outside of the bag)
- 3) Whisk the brine dry ingredients in a largish glass bowl
- 4) Split the brine dry ingredients into 4 equal portions
- 5) Separate the wings into drumettes, flats and tips with a cleaver [ii]
- 6) Put the parts from 3 wings into each 4 line vacuum seal bag
- 7) For each bag
 - a. Add one portion of the dry brine ingredients
 - b. Roll down the bag to close with several folds and secure with 4 medium binder clips
 - c. Shake the bag until the dry brine ingredients evenly and thoroughly coat the wings
- 8) OK... this next part might get a bit tricky... The goal is to vacuum seal the wings and brine with as little leftover air as possible WITHOUT sucking liquid into the vacuum sealer
 - a. Hang a bag of wings in the vacuum seal bag holder and carefully add 1 cup of buttermilk
 - b. Position the vacuum sealer near the edge of a counter
 - c. Squeeze out as much air as possible from a bag of wings and brine
 - d. Position the bag o' wings in the vacuum sealer so that it hangs over the edge of the counter [iii]
 - e. Pull a vacuum as long as possible until liquid just about reaches the vacuum sealer and trigger the seal function
 - f. After one minute, re-trigger the seal function
 - g. After one minute, pull the bag and wipe out any liquid between the top of the bag and the seal line
 - h. Reposition the bag to place a second seal just above the first one and trigger the seal function
 - i. After one minute, re-trigger the seal function
 - j. Place the bag o' wings in the fridge
 - k. Repeat Steps 8a through 8j for the remaining bags
- 9) Once the Sous Vide machine has reached temperature, add the bags of wings
- 10) Add additional water as required to cover the bags o' wings [v]
- 11) When the Sous Vide machine temperature recovers, set a timer for [v]
 - a. 3 hours for non-frozen wings
 - b. 3 ½ hours for frozen wings
- 12) A little before the timer goes off, fill the deep fryer and heat to 356. F
- 13) Mix the breading ingredients in a largish bowl
- 14) When timer goes off, pull the Sous Vide wings and drain through fine mesh strainer on top of a quart measuring cup
- 15) Scrape extra gunk off the wings into the juice and set wings aside
- 16) Allow the wings and juice to cool until comfortably handleable
- 17) Dip 4-6 wings at a time in juice and mix around until thoroughly coated
- 18) Tap off the excess juice from the wings and put in the bowl of breading
- 19) Toss wing parts until evenly coated with breading
- 20) Tap off excess breading and place wings on a half-sheet cooling rack in a half-sheet pan. Cover with a second half-sheet pan

- 21) Repeat steps 17 – 20 for the remaining wings
- 22) Dredge the wings a second time
- 23) Allow wings to rest for 20 minutes
- 24) Heat gravy over very low heat in a small sauce pan
- 25) Deep fry wings in small batches (DON'T CROWD!) for 1 minute or until you get your desired level of brownness
- 26) Let drain in the basket for 15 seconds
- 27) Put wings on a ½ sheet cooling rack in a ½ sheet pan. Keep covered with a second half sheet pan
- 28) Repeat steps 25 - 27 for the rest of the wings
- 29) When ready to eat, put some of the gravy in a small bowl for dipping
- 30) Plate
- 31) ENJOY!!!

CLOSING THOUGHTS

REV. 00

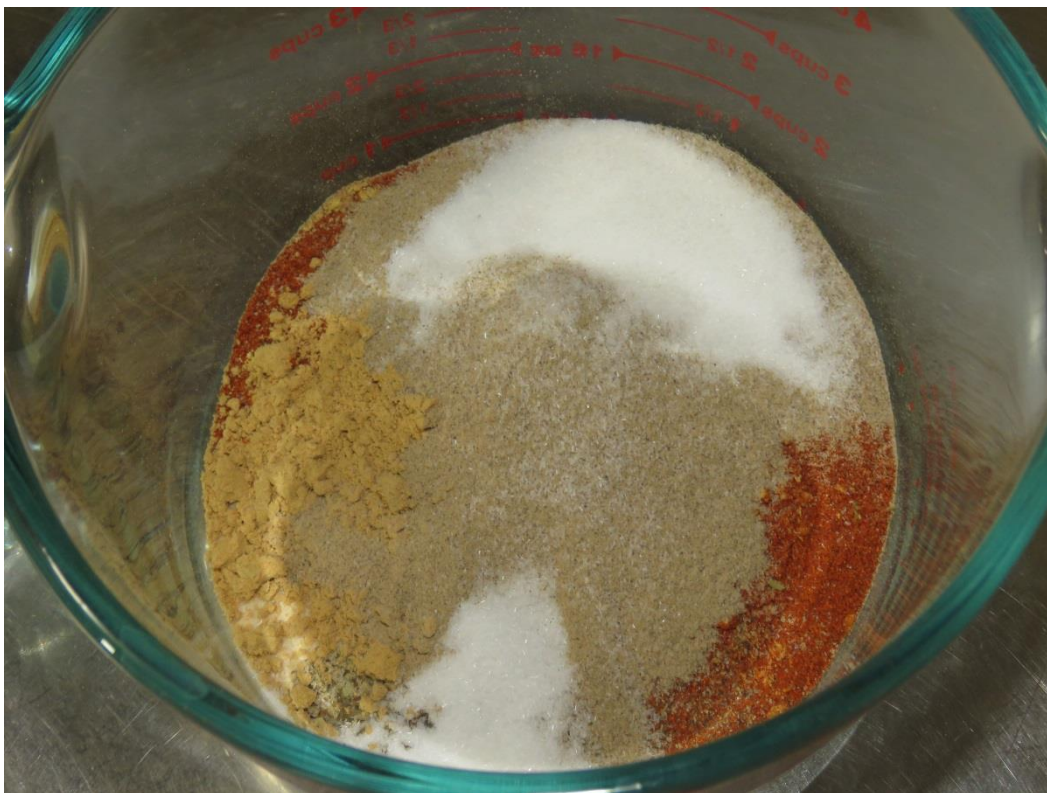
First go around was WAY too salty. It makes sense given all the salt that was put in, although the leftovers the next day seemed a little more subdued. Next go around the celery salt and garlic salt will become celery seed and garlic powder.

Also, I realized that I did not put the eggs in the brine. You know what? I liked it, so I am going to ditch the eggs

NOTES

- i. These are VERY handy, especially if you are pouring in liquid
- ii. Yeah, I know. Most people don't like to waste time on the tips, but for some reason, I feel guilty if I don't include them.
- iii. Make sure you clamp down and lock the vacuum sealer before you let go of the bag!!!
- iv. Normally I would say "If you don't have a Traeger or the like, you can use the oven.", but in this case, you do need a smoker. You also need the hickory pellets
- v. Don't go over the "Max Fill" line!
- vi. You have a bit of leeway here. Can't get to it right away when the timer goes off? No problem. Sous vide is pretty forgiving as far as running a bit long goes, just don't let it sit forever
- vii. Once again I fell prey to being too hungry and did not get all of the pictures!

PICTURES [VII]



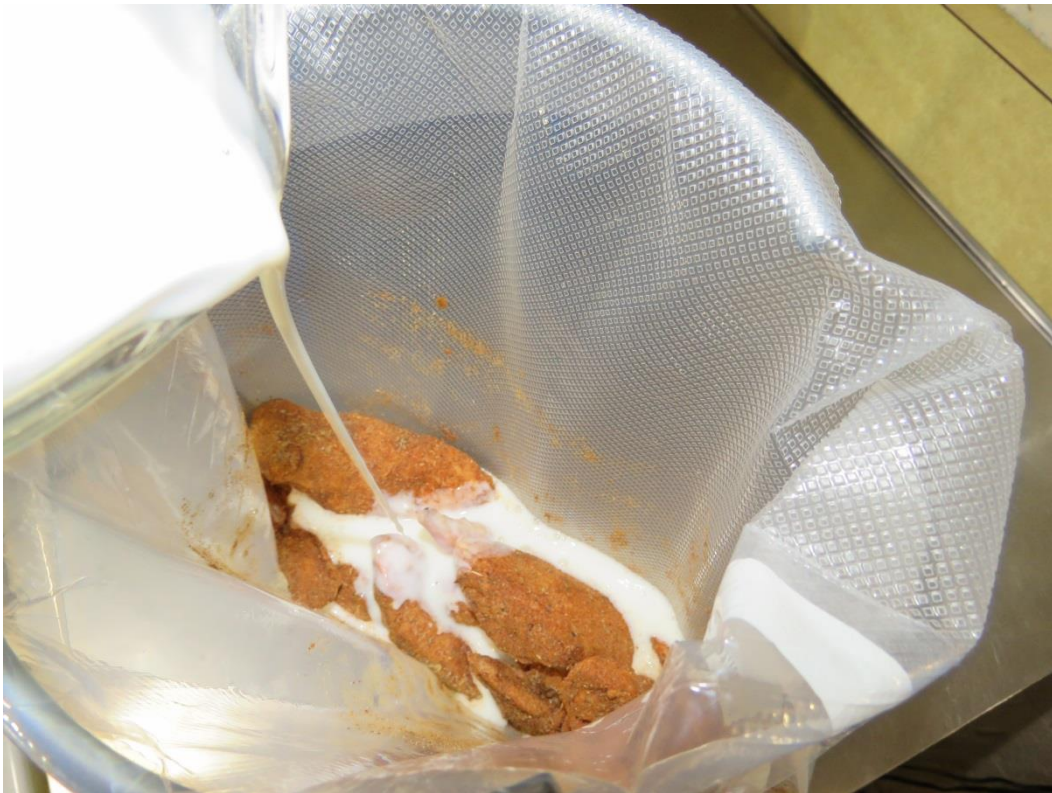


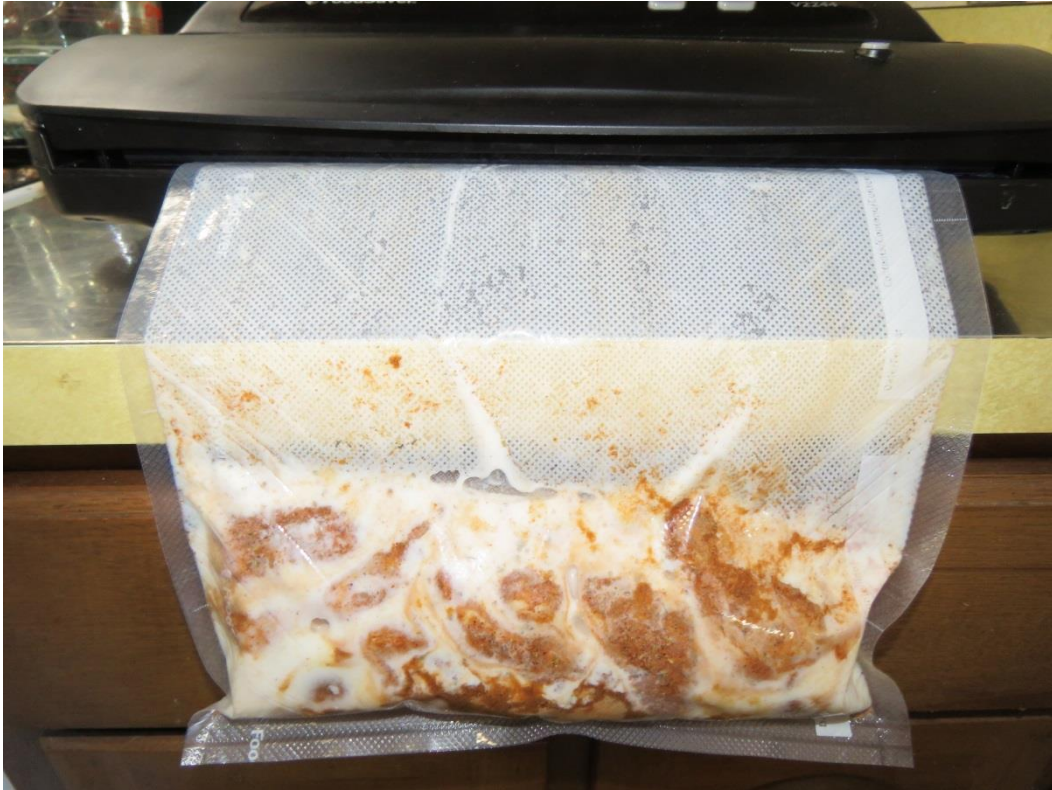














CARBS

CORN TORTILLAS

It has been a little while since I have made these, but I got inspired again after talking to my neighbors. That was a little while ago too, but now I have FINALLY gotten back around to it. Not really too much to this one, but I did a little research all the same

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	Cups	Masa Harina
AR	-----	Extra Masa Harina (in case needed)
1 1/2	Cups	Water
AR	-----	Extra Water (in case needed)
1/2	TSP	Kosher Salt
AR	-----	LVO

Masa Harina... Helene specifically recommended Bob's Red Mill. Well, she recommended the organic version which I failed to realize until after I bought the non-organic version

If your tap water is funky, use bottled or distilled water

Insert standard blurb about salt here

SPECIAL TOOLS

- Tortilla press [iii]

PREPARATION

- 1) Whisk the masa harina and salt together in a decent size bowl (you know, large enough to fit in the ingredients and be able to mix it around)
- 2) Heat the water to about 120 deg. F [i]
- 3) Mix the water into the masa harina a little bit at a time
- 4) Continue to mix until the masa harina and water are evenly and thoroughly incorporated
- 5) Turn out the dough on to a clean work surface
- 6) Knead until the dough ball is pliable and smooth
 - a. If the dough is too sticky, sprinkle in some more masa harina, a little at a time. If the dough is too dry, dip your fingers in the extra water and sprinkle on the dough, a little at a time
- 7) Apply a VERY light coating of LVO to the dough and wrap in plastic wrap
- 8) Let the dough sit out for 1 hour
- 9) Heat cast iron pan on medium-high
- 10) Divide the dough into 16 equal balls
- 11) Cut a Ziploc bag along its seams into two halves
- 12) Apply VERY, VERY light coating of LVO to one side of each half with a paper towel

- 13) Apply a VERY light coating of LVO to the cast iron pan. Wipe out any excess with a paper towel [ii]
- 14) For each dough ball
- a. Place one of the halves of Ziploc bag on the bottom part of tortilla press, oiled side up
 - b. Place a dough ball on the press about half-way between the center and the hinge
 - c. Place the second half of the Ziploc bag on top of the dough ball, oiled side down
 - d. Press down with the top half of the press
 - e. The end result should be a more or less even circle of about 6 inches. If it is not where you like it, rotate the dough and press again as required
 - f. Immediately place the dough circle into the cast iron pan for about 30-45 seconds [iv]
 - g. Flip the dough circle and cook another 30-45 seconds [iv]
 - h. Flip the dough circle and cook another 30-45 seconds [iv]
 - i. Continue to flip and cook until you get your desired level of browning [iv]. If you are going to fry later for tostadas or taco shells, you may wish to forgo this step
 - j. Place the tortilla on a plate and cover with a clean towel
- 15) For tostadas or taco shells, let the tortillas cool completely and dry out bit, then fry in oil
- 16) Otherwise, ENJOY!!!

CLOSING THOUGHTS

Not much to this one. I think it is definitely well worth the little bit of time it takes

NOTES

- i. uWave works great for this. Should only take a minute or two
- ii. Careful!!! It will be hot!
- iii. If you don't have a tortilla press, you can use a heavy pot or pan. Or you can roll it out with a rolling pin
- iv. Lightly press down the more aggressive puff ups with your fingers if it puffs up unevenly

PICTURES





POTATO PANCAKES

So... THIS ONE... I think if I go back far enough, this MIGHT have been started with my interest in tator tots which, in turn, was spawned by my failed (mostly) potato balls experiments (I need to dig these up again one of these days). More recently, however, I think it came up again with my realization that I really, REALLY need to come up with stuff that I can actually make on a week night without staying up all night. I think I was centering on potato pancakes at first, but then I came across hash browns. Then I asked myself, "What is the difference between potato pancakes and hash browns? What about latkes?" I dunno, no yet, anyways. However, I decided to pursue both in the same vein with an end goal of a "quickish" single pan type meal. Here is my take on potato pancakes

INGREDIENTS

Qty.	Unit	Item
2	~12 oz.	Russets
1	10 oz. Can	Chicken
1	15 oz. Can	Nibblet Sized Mixed Vegetables
1	Pack	Dehydrated Portabella Mushrooms (6 oz. before dehydration)
2	TBSP	Corn Starch
1/4	TSP	Baking Powder
4	Large	Eggs
1	Bunch	Green Onions (should be about 2/3 cups finely sliced)
2	Clove	Garlic
AR	-----	Kosher Salt
AR	-----	Fresh Ground Black Pepper
AR	-----	Paprika
1/8	Portion	Bacon Crumbles
AR	-----	LVO

Insert standard blurb about salt here

See "Dehydrated Mushrooms" (see Vol I) on how to make dehydrated mushrooms

See "How to Cook Bacon" (soon to be in Vol II) on how to make bacon crumbles

SPECIAL TOOLS

- Coffee / spice grinder
- Food processor with a grater attachment
- Salad spinner
- Juice press

PREPARATION

- 1) Drain the canned vegetables and canned chicken through separate strainers into separate 1 qt. measuring cups
- 2) Grind the dehydrated mushrooms in the coffee/spice grinder until you get a fine powder. You should wind up with about 3 TBSP of final product
- 3) Rinse and dry potatoes
- 4) For each potato
 - a. Fill your food processor bowl part way with cold water
 - b. Peel potato and cut into pieces that will fit inside your food processor feed tube
 - c. Grate the potato with the food processor. If the bowl fills up, transfer the potatoes and water to a glass bowl and add water as required to keep potatoes covered. Add more water to the food processor bowl and continue to grate the remaining portion of potato
- 5) Gently massage the potatoes in the glass bowl
- 6) Drain the water and refill
- 7) Repeat steps 3 and 4 until the water runs clear or 5 times, whichever is less
- 8) Spin potatoes in salad spinner and spin out as much excess water as possible [i]
- 9) Move the potatoes to the juice press and get out the remaining water
- 10) Return the potatoes to a glass bowl [ii, iii]
- 11) Finely mince the garlic and add to bowl
- 12) Finely slice green onions and add to bowl
- 13) Sprinkle over mushroom powder, corn starch, baking powder, salt, pepper, and paprika
- 14) Sprinkle over bacon crumbles
- 15) Spread over chicken and canned veggies
- 16) Crack the eggs and thoroughly whisk in a small bowl
- 17) Pour whisked eggs over the potatoes
- 18) Gently fold everything together until well incorporated
- 19) Heat cast iron pan on medium
- 20) Add enough oil to coat the bottom of pan (maybe 2 – 3 TBSP)
- 21) Split the potatoes into 6 portions
- 22) Form portions into tightly packed pancakes, about ¼ inch or so thick [iv]
- 23) When the oil in the pan is shimmering, add a pancake to the pan [v]
- 24) For each pancake
 - a. Cook until the edges start to brown, maybe about 6 minutes
 - b. Flip and cook until the second side is brown, maybe about 6 minutes
 - c. Remove pancake(s) from pan and place on cooling rack on sheet pan to drain.
 - d. Pat with paper towels to remove excess oil
 - e. Cover with a second sheet pan and place in an oven set on “warm”
- 25) Plate
- 26) ENJOY!!!

CLOSING THOUGHTS

The first go around was good, but not quite where I wanted it to be. On the other hand, I did skip some steps. I think my biggest disappointment was the lack of crunchiness which I think was directly related to not pressing out the additional moisture with the juice press (or towels). I bumped up the eggs up from 2 to 4 and added cornstarch.

NOTES

- i. Don't have a salad spinner? Or a juice press? Spread the potatoes on a clean, non-fuzzy towel, gather the corners of the towel together, then wring and squeeze to get out as much excess water as possible
- ii. If you are using the same bowl, make sure to wipe it out first
- iii. With all the starch rinsed out, you should not have to worry as much about oxidation and browning, so you don't have to hurry as much
- iv. Four pancakes seems about right to me, but if you want larger pancakes, go ahead! Keep an eye on the thickness, though
- v. You can do more than one at a time, just make sure not to crowd the pan!

PICTURES

HASH BROWNS

The second part, or maybe the first of my recent potato quest (or now that I think about it, maybe the third or fourth). As I was researching hash browns and potato pancakes, I went back and forth as to which one I wanted to do. Of course, it wound up being both. I think part of the motivation for this part might just possibly be to recreate the “McDonald’s” hash browns out of some sort of misplaced nostalgia, but it also has given me at least a couple of crazy ideas for the future. Only time will tell

2021-02-01 (Monday): Left turn Clyde. My last attempt was tasty, but it fell apart. I went back to the drawing board to see what I was doing wrong and in the process added a few “enhancements”

2021-02-07 (Sunday): One more minor tweak... burger press!!! 100% necessary, well, no, BUT I have one and it makes forming the patties much easier! Also, taking out the juice press... it did NOTHING!

INGREDIENTS

Qty.	Unit	Item
4	~12 oz.	Russets
1	TSP	Kosher Salt
1	TSP	White Sugar
1	TSP	Sodium Free Beef Bouillon
AR	-----	Fresh Ground Black Pepper
1	TBSP	Masa
1	TBSP	Mashed Potato Flakes
AR	-----	Peanut Oil

Insert standard blurb about salt here

I came across one or two recipes that added sugar. At first I discounted this, but then checked out the ingredient list on McDonald’s website. Guess what? Dextrose. I was going to use corn syrup, but decided on white sugar for being “close enough”

No real preference on the beef bouillon, but it does need to be sodium free. If not, you’ll probably need to back off on the salt

No masa or mashed potato flakes? AP flour should work in a pinch

Don’t like peanut oil? Any high temp neutral oil should do

SPECIAL TOOLS

- Food processor with a grater attachment
- Salad spinner
- Counter top deep fryer
- Food Saver (or similar vacuum sealer)

- Vacuum seal bags or bag rolls
- Vacuum seal bag holder [i]
- Burger press [viii]
- Wax paper squares [viii]

PREPARATION

PART I

- 1) Check Sous Vide machine water and replace as required
- 2) Heat the Sous Vide machine to 195 deg. F [i]
- 3) Rinse and dry potatoes
- 4) For each potato
 - a. Fill your food processor bowl part way with cold water
 - b. Peel potato and cut into pieces that will fit inside your food processor feed tube
 - c. Grate the potato with the food processor. If the bowl fills up, transfer the potatoes and water to a glass bowl and add water as required to keep potatoes covered. Add more water to the food processor bowl and continue to grate the remaining portion of potato
- 5) Gently massage the potatoes in the glass bowl
- 6) Drain the water and refill
- 7) Repeat steps 5 and 6 until the water runs clear or 5 times, whichever is less
- 8) Spin potatoes in salad spinner a little at a time and spin out as much excess water as possible [iii]
- 9) Split the potatoes between (4) 1-qt vac seal bags
- 10) For each bag
 - a. Spread the potatoes as flat as possible in the bag. Squeeze out extra air and press down on the potatoes
 - b. Pull the vacuum and make the first seal. Continue to press on the potatoes as the vacuum is pulled. Watch carefully and stop the machine before any liquid gets pulled into the machine
 - c. Hit the seal button again after 1 minute
 - d. Pull the bag and dry out any liquid from the top of the bag
 - e. Make a seal just above the first one
 - f. Hit the seal button again after 1 minute
- 11) Place potatoes in Sous Vide machine [ix]
- 12) Once sous vide temperature has recovered, set timer for 90 minutes
- 13) At the end of 90 minutes, pull the potatoes from the Sous Vide machine [iv]
- 14) Spread the potatoes over a half sheet
- 15) Sprinkle 1 TSP beef bouillon evenly over potatoes
- 16) Sprinkle 1 TSP white sugar evenly over potatoes
- 17) Sprinkle fresh ground pepper evenly over potatoes
- 18) Sprinkle 1 TSP kosher salt evenly over potatoes
- 19) Sprinkle 1 TBSP masa evenly over potatoes
- 20) Sprinkle 1 TBSP mashed potato flakes evenly over potatoes
- 21) Move the potatoes back to a glass bowl and gently fold everything together

- 22) Taste for seasoning and adjust as desired
- 23) Split the potatoes into 8 equal portions
- 24) Set the burger press for its maximum patty height
- 25) Place a wax paper square on the bottom of the burger press, followed by one portion of potatoes
- 26) Spread the potatoes out evenly, but not quite to the edge of the press
- 27) Place a second wax paper square on top of the potatoes and close the press. Adjust the press to the smallest height possible with the potatoes inside
- 28) Open the press and rotate the potatoes 180 deg. and press again firmly
- 29) Place the potatoes on a ¼ sheet cooling rack in a ¼ sheet pan
- 30) Now that the press is adjusted, do the following for the remaining portions
 - a. Place a wax paper square on the bottom of the burger press, followed by one portion of potatoes
 - b. Spread the potatoes out evenly, but not quite to the edge of the press
 - c. Place a second wax paper square on top of the potatoes and close the press firmly
 - d. Open the press and rotate the potatoes 180 deg. and press again firmly
 - e. Place the potatoes on a ¼ sheet cooling rack in a ¼ sheet pan
- 31) Place the pans in freezer until the hash browns are completely frozen [vi]
- 32) Vac seal the frozen hash browns and keep in freezer until needed

PART II

- 1) Fill deep fryer with oil and heat to 356 deg. F
- 2) Set oven to “warm”
- 3) Run the vac seal bags under cold water. This makes it easier to separate the hash browns from each other and the wax paper squares from the frozen hash browns
- 4) Fry the hash browns two at a time for 3 minutes 30 seconds
- 5) Flip the hash browns with tongs and fry for an additional 2 minutes
- 6) Repeat step 5 until the hash browns are a nice golden brown on both sides
- 7) Drain the hash browns over the deep fryer for 30 seconds
- 8) Place on a cooling rack in a sheet pan
- 9) Gently, but thoroughly, pat the excess oil from the hash browns with paper towels
- 10) Cover with a second sheet pan and place in oven to keep warm
- 11) Plate
- 12) ENJOY!!!

CLOSING THOUGHTS

Well, I had high hopes for the salad spinner. It got out some water, but left a bunch in. A good starting point, but I think I am going to pull out the big guns (i.e. my juice press!). I also need to let the hash browns freeze completely before vac sealing; I was too impatient and they got squished!

Next Day: I formed the last Sous Vide bag I had left in the fridge. This time I fluffed them prior to forming and let them freeze solid before vac sealing. This definitely worked much better and I am anxious to fry 'em up.

The Day After Next: Tasty!, but they fell apart in the deep fryer. I know I can use them for something, but it is not what I was looking for here. Back to the drawing board!

And another thing... I am getting some discoloration with the Sous Vide cooking. This last time was interesting, however, in that one of the packs did not show discoloration. I THINK this one was the one I pressed one the pots as I was vacuum sealing. I need to pay extra attention to this next time

20210213 (Saturday): Well, these are TASTY!, but a little greasy if you don't pat the excess oil from the hash browns with paper towels. I think my next iteration will be in the oven or, if I get around to setting it up, my smart toaster / convection oven

NOTES

- i. It takes my machine about 1 hour, 15 minutes to get to 200 deg. F
- ii. Vac seal bag holders are VERY handy, especially if you are pouring in liquid
- iii. Don't have a salad spinner? Spread the potatoes on a clean, non-fuzzy towel, gather the corners of the towel together, then wring and squeeze to get out as much excess water as possible
- iv. You have some leeway here, so if you can't get to them right away after the timer goes off, its fine!
- v. I'm going with rounds for various reasons, but if you prefer the classic oblong shape, go for it!
- vi. This may take a few hours
- vii. A small bowl or ramekin may help
- viii. 100% necessary? No, but it sure makes forming the patties easier!
- ix. They bags may float as they cook, so make sure you weigh the bags down or secure them by some other method

PICTURES















VEGGIES

ROASTED VEGETABLES

Time for roasted vegetables for Volume II! As with roasted vegetables in Volume I, the ones I have listed in the section are what have worked for me, but your mileage may vary, so find what works for you!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	-----	Vegetable of Choice
AR	-----	Extra Virgin Olive Oil (EVO)
AR	-----	Light Virgin Olive Oil (LVO)
AR	-----	Kosher Salt
AR	-----	Black Pepper
AR	-----	Other Seasonings of Choice

Everything is AR because it really depends on how much you have and how much seasoning you like. As far as the Extra Virgin Olive oil goes..., well some will tell you that it is wasted in higher temperature cooking, but I tried it and really liked it. I am woefully ignorant when it comes to the differences between the various types and brands, so experiment and find what you like! You might find that you like different olive oils for different vegetables.

SPECIAL TOOLS

- Cleaver [ii]

GENERAL NOTES

- ii. I suppose a good sharp knife might work too, but I find a good, heavy, cleaver is FANTASTIC for dealing with squash

BUTTERNUT SQUASH

PREPARATION

I bought one of these a little while ago, not quite sure what I wanted to do with it, but they keep well, so I had time to decide. I played this one by ear, but WOW did it turn out great!

- 1) Heat oven to 400 deg. F
- 2) Rinse the squash and pat dry
- 3) Cleaver down the middle length-wise
- 4) Scoop out the seeds
- 5) Slice into ~1 inch slices width-wise
- 6) Slice rind off of all slices

- 7) Cut into large-bite-sized pieces [i]
- 8) Lightly grease a ½ sheet pan with LVO
- 9) Toss squash in glass bowl with EVO
- 10) Toss in kosher salt, fresh ground black pepper, and / or your seasonings of choice
- 11) Spread squash on ½ sheet pan [ii]
- 12) Put in oven and set timer for 30 minutes
- 13) At the end of 30 minutes, pull the squash and stir with a wood spoon
- 14) Put back on oven and set timer for 10 minutes
- 15) At the end of 10 minutes, pull the squash and stir with a wood spoon
- 16) Repeat steps 14 and 15 until the squash is fork tender and forms a nice light crust [iii, iv]
- 17) Pull squash and let sit for a few minutes
- 18) Plate
- 19) ENJOY!!!

NOTES

- i. Try to keep the pieces ROUGHLY equal sized, but don't obsess over it
- ii. At first, I thought putting an entire squash on ½ sheet pan was crowding, but it actually worked out really well in the end
- iii. It took me a total of 60 minutes in the oven
- iv. If you like it a bit darker, add a few minutes. Not so much? Subtract a few minutes

ACORN SQUASH

PREPARATION

I was so impressed with the Butternut Squash that I decided to try the same method with the acorn squash. Yes, I do have the "Ring of Squash" recipe, but I was curious.

- 1) Heat oven to 400 deg. F
- 2) Rinse the squash and pat dry
- 3) Cut (I highly recommend using the cleaver) into about 1 inch slices cross-wise
- 4) Scoop out the seeds from each slice and from the ends
- 5) Cut a hole in the end pieces about the same size as the holes in the ring pieces, but maybe a tad smaller
- 6) Slice the skin off the rings with a goal of minimizing the amount of flesh you take with it [v]
- 7) Cut into large-bite-sized pieces [i]
- 8) Lightly grease a ½ sheet pan with LVO
- 9) Toss squash in glass bowl with EVO
- 10) Toss in kosher salt, fresh ground black pepper, and / or your seasonings of choice
- 11) Spread squash on ½ sheet pan [ii]
- 12) Put in oven and set timer for 30 minutes
- 13) At the end of 30 minutes, pull the squash and stir with a wood spoon
- 14) Put back on oven and set timer for 10 minutes
- 15) At the end of 10 minutes, pull the squash and stir with a wood spoon
- 16) Repeat steps 14 and 15 until the squash is fork tender and forms a nice light crust [iii,iv]

17) Pull squash and let sit for a few minutes

18) Plate

19) ENJOY!!!

NOTES

- i. Try to keep the pieces ROUGHLY equal sized, but don't obsess over it
- ii. At first, I thought putting an entire squash on $\frac{1}{2}$ sheet pan was crowding, but it actually worked out really well in the end
- iii. It took me a total of 60 minutes in the oven
- iv. If you like it a bit darker, add a few minutes. Not so much? Subtract a few minutes
- v. Yes, this is a pain in the ass, BUT it will result in a better end product. You can also leave the skin on as we did with the "Ring of Squash", but in this case I recommend removing it

HAVE I BEEN COOKING MUSHROOMS WRONG???

I have always liked mushrooms (well at least for most of my adult life). I am by no means a connoisseur, but I like them. I never really gave a lot of thought to how I cooked them; usually I'd just rinse them and fry them up in a pan. I have since added roasting to my repertoire as well, but still, not really much thought put into it. Then one day I came across a video that was totally counter intuitive to anything I would have imagined. The gist of it was that you par boil them in WATER and then fry them. The other night I decided to try something along these lines and WOW, have I been missing out.

And yes, I rinse mushrooms. You'll see a lot of food gurus these days saying to never rinse the mushrooms because they will absorb water like a sponge. Instead, lightly dry scrub them with a brush or paper towel. But, as Andrew Rea has said, "mushrooms are dirty" AND I know what they grow them in. Also, the recipe makes it kinda irrelevant.

INGREDIENTS

Qty.	Unit	Item
1	lb	White Button Mushrooms
2	Cups	White Wine
1	TBSP	Land O Lakes Salted Butter
AR	-----	Grapeseed (Or Other Oil with High Smoke Point)

Mushrooms... we'll start out simple with this one and use the generic white button mushrooms. Either sliced or whole, but you'll eventually have to slice them

White wine... No real preference here, but get something that you like. I used Yellow Tail Pinot Grigio for this one. Fairly inexpensive, but tastes good to my untrained tongue

Insert standard blurb about salted vs. unsalted butter here

SPECIAL TOOLS

- None!!!

PREPARATION

- 1) Rinse the mushrooms in a colander and shake off excess water
- 2) If you did not get the sliced mushrooms, slice the mushrooms now
- 3) Place mushrooms in a cast iron pan
- 4) Add 2 cups of your white wine of choice and set heat to high
- 5) Cook until the wine fully evaporates, stirring occasionally
- 6) When wine is just about all evaporated, spread the mushrooms evenly about the pan
- 7) Cook on high for about 5 minutes after the wine is totally gone or until you get a nice browning on the pan side of the mushrooms

- 8) Add the butter and let melt
- 9) Stir the mushrooms until evenly coated with the butter
- 10) Cook for about another two minutes or until the mushrooms are done to your liking
- 11) Remove heat
- 12) Plate with whatever you are eating them with
- 13) ENJOY!!!

CLOSING THOUGHTS

I was really pleasantly surprised by this. The mushrooms had a nice “toothsome” quality and the browning gave it that little bit of almost crust that we all know and love. The wine gave the taste a nice extra dimension without being overbearing. Overall, I consider this one a win and yet another key to yet another door.

NOTES

- i. None

PICTURES

No pictures yet!

PORTABELLA MUSHROOMS

Extending on "Have I Been Cooking Mushrooms Wrong???", I decided to see what I could with portabellas. The funny thing is that it was not directly translatable. Close, but not quite. After a few tries, I think I locked this one down.

INGREDIENTS

Qty.	Unit	Item
2	6 oz Packs	Sliced Portabella Mushrooms
1 1/4	Cups	White Wine
3/4	Cup	Unsalted or Low-Sodium Beef Broth
1	TBSP	Land O Lakes Salted Butter
AR	-----	LVO (Light Olive Oil)

White wine... The more I use it, the more I like Yellow Tail Pinot Grigio for this type of stuff. Fairly inexpensive, but tastes good to my untrained tongue

Beef broth... No real preference, but I have had pretty good luck with College Inn. Whatever you get, however, make sure it is unsalted or at least low-sodium

Insert standard blurb about salted vs. unsalted butter here

SPECIAL TOOLS

- None!!!

PREPARATION

- 1) Lightly coat a cast iron pan with LVO
- 2) Rinse the mushrooms in a colander and shake off excess water [i]
- 3) Place mushrooms in a cast iron pan. It will most likely be two layers
- 4) Mix the white wine and beef broth then pour over the mushrooms
- 5) Set heat to high
- 6) Once the liquid starts to bubble, start stirring occasionally and spreading out the mushrooms evenly as they shrink (they will eventually fit on one layer)
- 7) Cook until the wine fully evaporates
- 8) When wine is just about all evaporated, spread the mushrooms evenly about the pan
- 9) Cook on high for a few minutes after the wine is totally gone or until you get a nice browning on the pan side of the mushrooms
- 10) Flip the mushrooms and cook another minute or two or until you get a nice browning on the other side of the mushrooms
- 11) Cut the butter into small pieces and spread around the pan
- 12) Stir the mushrooms as the butter melts until evenly coated with the butter

- 13) Cook for about another two minutes, stirring occasionally, or until the mushrooms are done to your liking
- 14) Remove the mushrooms from the pan and set aside
- 15) Plate with whatever you are eating them with
- 16) ENJOY!!!

CLOSING THOUGHTS

Another winner. Like the white button mushrooms, the portabellas had a nice “toothsome” quality and the browning gave it that little bit of almost crust that we all know and love. The wine gave the taste a nice extra dimension without being overbearing. Cutting the wine with beef broth mellowed out the intensity of using pure wine and gave it a nice little bit of (I hate to use this word) umami.

NOTES

- i. Remove the gills or not? I never have. I never really even thought about it until I started seeing people talking about it on the ol’ interwebs. Try it both ways and see what you like

PICTURES

No pictures yet!

PANTRY MEALS

PANTRY FRITATA #000

Well...apparently I have been making frittatas for years without knowing it. Many, many nights, I would get distracted by something, then eventually realize it was too late to make anything “complicated.” Hey! I have some eggs and some leftover stuff, let’s cook that up! Who knew what I was doing had a name?

Anyways...this is pretty tasty. Maybe not your “gourmet” frittata... maybe not very quick, but it certainly is easy! It is all pantry ingredients unless you buy commercial eggs [i]

INGREDIENTS

Qty.	Unit	Item
2	15 oz. can	Diced Potatoes
1	15 oz. can	Sweet Peas
12	-----	Large Eggs
2	TBSP	Butter
AR	-----	Morton’s Kosher Salt [iii]
AR	-----	Fresh Ground Black Pepper [iii]
AR	-----	Garlic Powder [iii]
AR	-----	Celery Seed [iii]
AR	-----	Grapeseed Oil
AR	-----	LVO

!!! ATTENTION !!!

The amount of ingredients listed will make 4 of these things. If you only want one, stick with three eggs and put the leftover potatoes and peas in the fridge

Insert standard blurb about salt here

Insert standard blurb about butter here

SPECIAL TOOLS

- NONE!!!

PREPARATION

- 1) Drain the potatoes through a wire mesh strainer into a 1 quart measuring cup. Cover with a saucer
- 2) Drain the peas through a wire mesh strainer into a 1 quart measuring cup. Cover with a saucer
- 3) Oil the cast iron pan with grapeseed oil and heat on high until you see the first hints of smoke

- 4) Wipe excess oil and gunk from pan with paper towels [ii]
- 5) Add potatoes to cast iron pan
- 6) Lightly coat potatoes with LVO and stir to evenly distribute
- 7) Cover pan with a spatter screen
- 8) Cook and stir occasionally until the potatoes are nicely browned to your taste
- 9) Remove the potatoes from the pan and set aside
- 10) Add the peas to the pan and leave in just long enough to cook off excess moisture
- 11) Remove the peas and set aside
- 12) Heat a non-stick pan with a 7-inch bottom on low
- 13) Crack 3 eggs and whisk in a small glass bowl
- 14) Add ½ TBSP butter to pan
- 15) Let the butter melt and spread evenly across the pan
- 16) Whisk salt, pepper, garlic powder, and celery seed [iii] into eggs
- 17) Add eggs to pan
- 18) Let cook until the eggs JUST start to set
- 19) Sprinkle ¼ of the potatoes evenly over the eggs
- 20) Sprinkle ¼ of the peas evenly over the eggs
- 21) Press the potatoes and peas GENTELY down into the eggs
- 22) Cook until the eggs are set enough that they can be slid around the pan
- 23) Cover the pan with an appropriately sized heat dome or lid
- 24) Cook until the eggs are all most fully set
- 25) Flip and cook until the top is browned to your liking [iv]
- 26) Flip on to the serving plate
- 27) Repeat steps 13 – 26 for the remaining eggs [if you are eating them ALL tonight!]
- 28) ENJOY !!!

CLOSING THOUGHTS

Another pleasant surprise. Who knew that my laziness would lead to something that has already been done soooo many times before? I know that this is not the greatest culinary event in the world, but it was yet another important step in my journey

NOTES

- i. Commercial eggs require refrigeration because the cleaning process removes the protective coating. “Farm fresh” eggs, on the other hand, can be kept out for a pretty long time [I know from personal experience!]
- ii. Careful!!! It will be hot!!!
- iii. As far as the spices go, use what you like!!! The ones I have listed here, are just what I thought would be good on this particular night
- iv. If you had a good non-stick pan and your pan skills are decent, you don’t need a spatula! These days I am about 50 / 50 with the pan flip

PICTURES

No pictures yet!!!

THANKSGIVING CAKES

This one is an extension of my recent work with “meat cakes”. I really wish I could directly record my thought process when I come up with some of these things. Anyways, this also works as a pantry meal, assuming you buy farm fresh eggs and don’t refrigerate them as I do. It makes 8 cakes approximately hamburger size, so it might work for a family meal

INGREDIENTS

Qty.	Unit	Item
1	12 oz Can	Turkey SPAM
1	15 oz Can	Green Beans
1	14 oz Can	Whole Berry Cranberry Sauce
1	6 oz Box	Traditional Sage Stove Top Stuffing
2 +	-----	Eggs
AR	-----	Corn Starch
1	12 oz Jar	Heinz Home Style Gravy – Roasted Turkey

I have not seen Turkey SPAM in the stores lately. If you can’t find it in your store, I think two drained 10 oz. cans of chicken will work. Regular SPAM would probably work as well. I think I will order some more Turkey SPAM from SPAM.com

For the green beans, get either whole or regular cut. I don’t think the other cuts will work as well for this, but should do in a pinch

I really like Traditional Sage Stove Top Stuffing, but I have been having trouble finding it too. I used the Turkey Stuffing for the last round and it worked out. By the way, one 6 oz box works out to 2 cups

Depending on the size of your eggs, you may need more than 2

No corn starch? AP flour should work

I happen to like this gravy in both taste and the size jar. But, as always, if this is not your preference, use what you like!

SPECIAL TOOLS

- Food Saver (or similar vacuum sealer) [i]
- Vacuum seal bags or bag rolls [i]

PREPARATION

- 1) Drain the can of green beans through a strainer into a 1 qt. measuring cup. Cover with a saucer
 - 2) Fine dice the can of Turkey SPAM
 - 3) Small slice the green beans crosswise
 - 4) Mix the Turkey SPAM, green beans, and cranberry sauce with a wood spoon until well incorporated
 - 5) Cover the bowl with a plate and let sit for 10 minutes
 - 6) Give the mix a stir
 - 7) Whisk two eggs in a small bowl
 - 8) Add the eggs to the SPAM / green beans / cranberry sauce mix and stir gently with a wood spoon until well incorporated
 - 9) If the mix does not look like it is binding to itself, whisk an additional egg, and mix into the mix with a wood spoon until well incorporated. Repeat until the mix is well bound
 - 10) Split the mix into 8 portions and form into hamburger sized cakes
 - 11) Place the cakes in the fridge and let sit for at least one hour
 - 12) Dredge the cakes in corn starch
 - 13) Heat cast iron pan on mediumish
 - 14) Add enough oil to coat the bottom of the pan
 - 15) Heat the gravy in a small covered sauce pan on very low
 - 16) Once the oil in the cast iron pan is shimmering, add two cakes and set timer for 3 minutes [ii]
 - 17) At the end of 3 minutes, flip the cakes and set timer for 3 minutes
 - 18) Flip the cakes and continue to cook 1 minute per side, until you achieve a nice browning [iii]
 - 19) Place the cakes on a cooling rack in a sheet pan and pat excess oil from both sides with a paper towel.
 - 20) Cover the cakes with a second sheet pan and place in an oven set to “warm” [iv]
 - 21) Repeat steps 15 – 19 until you have cooked all of the cakes you want to eat that night
 - 22) Put the remaining cakes in the freezer on a cooling rack in a sheet pan and freeze until solid [v]
 - 23) Plate with the gravy directly on top of the cakes or on the side
 - 24) ENJOY!
- 25) After you have enjoyed your Thanksgiving cakes, vac seal the frozen cakes, two to a 1 quart bag, and keep in freezer until needed

CLOSING THOUGHTS

Pretty freakin’ tasty. I think my one minor criticism is that I would like the sweetness from the cranberry sauce to come through a bit more.

NOTES

- i. You only really need this if you are going to freeze some (or all) of the cakes
- ii. You are shooting for a medium sizzle when you add the cakes. If it is too violent, reduce the heat. If it is not sizzling enough, increase the heat
- iii. These can go from nicely browned to burned real quick, so keep a close eye on them
- iv. If your oven's warm is too warm, leave the oven door open a crack
- v. This may take a couple of hours

PICTURES

None yet!!!

SANDWICHES

POPPERS !!!

PIZZA POPPERS

This will be, what, popper recipe #7? AND I still have more recipes to try on my list. This one is DEFINITELY not vegan. I'm starting to think that not only did I need a separate popper section, but a whole separate popper book!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
16	-----	Largish / Good Sized Jalapenos
2	16 oz. pack	Regular Cut Bacon
1	8 oz. pack	Cream Cheese
1/2	Cup	Shredded Parmesan
1/2	Cup	Shredded Mozzarella or Mozzarella / Provolone Mix
12	TBSP	Pizza Sauce of Choice
1	TBSP	Tabasco
1	Clove	Garlic
1	12 oz.	Stick Pepperoni

I am still on the Kunzler tip as far as bacon goes

Cream cheese has GOT to be regular ol' Philli!

Insert general disclaimer about pre-shredded cheese here

I used Classico Pizza Sauce (Regular). It was most of a 14 oz. BY WEIGHT jar. I like this stuff, but maybe one day I'll try this with my custom sauce

I don't have any strong opinions about stick pepperoni at this point. I generally grab Hormel for the sliced stuff and I find that quite tasty. The Dietz-Watson stick pepperoni I used for this last round was also pretty tasty.

Quick side note about the Tabasco... I have taken to picking up the big bottles when I see them. They are not always there when I need them

SPECIAL TOOLS

- Food Saver (or similar vacuum sealer) [i]
- Vacuum seal bags or bag rolls [i]
- Traeger Pellet Grill with Mesquite Pellets[ii]
- Copper Crispers [iii]

FILLING PREPARATION

- 1) Dice the pepperoni and set aside
 - a. Slice along the short axis into not too thin, not too thick slices. Maybe about 1/8 inch or thereabouts
 - b. Slice the slices into strips
 - c. Slice the strips into diced
 - d. Go over once or twice more to get a small dice
- 2) Mince the clove of garlic and set aside
- 3) Measure out the shredded mozz and parm
- 4) Slice then dice the cream cheese [v]
- 5) Place the cream cheese into a glass bowl
- 6) Add the pepperoni, shredded cheese, and garlic then mix with a wood spoon
- 7) Spread over the Tabasco
- 8) Mix in the pizza sauce 2 TBSP at a time [vi]
- 9) Cover the bowl with plastic wrap, pressing down on to the mix so that there are no large air pockets
- 10) Put the mix into the fridge until needed (OVERNIGHT WORKS WELL TOO!!!)

POPPER PREPARATION

- 1) Rinse the jalapenos and pat dry
- 2) Remove the stems, but be careful not to remove the stem root; if we do this, the filling will leak out!
- 3) Slice the jalapenos in half length-wise
- 4) Scope out the ribs and seeds with the 1/8 TSP metal measuring spoon and set aside. Make sure to NOT remove the stem base so that the filling will not drain out
- 5) Put jalapenos in fridge, uncovered, until needed later
- 6) Put the ribs and seeds in a separate container and put in the fridge. These will not be used for this recipe, but can be used for something else
- 7) Pull the Traeger out on your deck and fill with your pellets of choice [vii]
- 8) Set the Traeger to smoke with the lid open
- 9) Once you see smoke, close the lid and set to 250 deg. F
- 10) Fill each pepper half with the mix so that it is mounded a little bit above the top of the pepper half
- 11) Place each filled pepper half on a cooling rack in a correspondingly sized sheet pan. DON'T CROWD!!!
- 12) Wrap each pepper half in bacon such that the entire pepper is wrapped with a single layer with overlapping edges. You don't want to be able to see the filling. If the bacon is too long for the pepper, fold the remaining length of bacon so that it lays on top of the popper
- 13) If you are not going to make all the poppers, vacuum seal the left overs and put in freezer. Tupperware and wax paper is fine if you are going to make the rest in the next day or so
- 14) Cook until the bacon is nice and crispy, about 2 ½ hours. Start checking around the 2 hour mark to see how they are doing, but remember, "If you're looking, you ain't cooking" [viii]
- 15) Pull the poppers inside and let rest for at least 5 minutes
- 16) Plate and...
- 17) ENJOY!!!

NOTES

- i. The vacuum sealer is GREAT for storing leftover bacon. Keeps it much fresher with no gray development like you might get in a regular old zip top bag
- ii. If you don't have a Traeger or the like, you can use the oven. You will, however, miss out on that great smoke flavor.
- iii. Are these really necessary? Well, no, but I bought a couple a while back and found them very useful for this type of stuff. A half sheet cooling rack in a half sheet pan will work just as well
- iv. Either Mesquite or Hickory works well here
- v. It really helps to oil your knife for this. Nothing fancy, nothing strong, just some type of oil to grease the knife
- vi. Want more? Want less? Play it by ear! Taste as you mix. Just be careful about letting the overall mix getting too thin
- vii. Either Mesquite or Hickory works well here
- viii. If it looks like the poppers are not cooking evenly, rotate and swap pans occasionally

PICTURES













STUFF I DON'T KNOW WHERE TO PUT
YET

DESCENT INTO MADNESS

This is another crazy one, even by my standards. Looking back on it, it was a confluence of three different inspirations over the course of years, but it did not lock in until the third. What was that? Well, in December of 2020, McDonalds China had a one time, limited release of SPAM and Oreo burger. A bit far away for me to get the original, so I had to make it myself. As I was making it remembered Steve at work telling me about low-and-slow bacon wrapped bagel chips and maybe a handful of seconds later I recalled Wayne at the River Country Store telling me about jalapenos on top of peanut butter on Ritz crackers (which inspired "River Country Poppers"). And from that I came up with bacon wrapped Oreos with hot peppers. I think calling it "Descent Into Madness" was appropriate [i]

INGREDIENTS

Qty.	Unit	Item
16	Cookies	Oreos (Original)
1	16 oz pack	Regular Cut Bacon
1 - 2	Pepper	Habaneros

For the Oreos, you need the regular ol' originals. No double stuffed, not one of the fancy new flavors, original... ol'... Oreos (or perhaps Hydrox)

I am still on the Kunzler tip for bacon. Use regular cut bacon, about 16 slices to a pound. Thick cut bacon may not crisp up as nicely in the smoker. If you don't use the whole pack and there will be some leftover bacon, I suggest vacuum sealing to maximize the storage time in the fridge

Use whatever hot peppers you like. I tried both jalapenos and habaneros, but you know what? I liked the habaneros much better. The jalapenos were barely noticeable (although I may have gotten a weak batch) but the habaneros cut through nicely and there flavor was a nice compliment to the sweetness of the Oreos and saltiness of the bacon

SPECIAL TOOLS

- Food Saver (or similar vacuum sealer) [iii]
- Vacuum seal bags or bag rolls [iii]
- Grill / smoker with hickory or mesquite wood / pellets. [iv]

PREPARATION

- 1) Heat the smoker (or oven) to 200 deg. F.
- 2) Rinse the peppers and pat dry
- 3) Remove the pepper stems and slice the peppers VERY thin
- 4) Pull 16 Oreos from the package and set aside
- 5) Place one piece of bacon length wise on a cutting board

- 6) Place both your hands at the center of the bacon, press down lightly and spread your hands to the ends of the bacon. The idea is to slightly stretch the bacon
- 7) Place an Oreo on edge at the left end of the bacon
- 8) Roll the Oreo in the bacon until the left end of the bacon is on the bottom of the Oreo [v]
- 9) Slice the bacon to the right of the Oreo. This should be about half of the bacon slice [v]
- 10) Tuck the bacon on the side of the Oreo away from you under the Oreo and place flat on the cutting board [v]
- 11) Place pepper slices on the Oreo [v]
- 12) Place the second half of the bacon slice on top of the bacon wrapped Oreo and tuck in the edge of the bacon wrapped around the Oreo under it [v]
- 13) Wrap the rest of the second half of the bacon under the bacon wrapped Oreo and gently place on a ½ sheet cooling rack in a half sheet pan [v]
- 14) Repeat steps 5 – 13 for the rest of the bacon and Oreos
- 15) Place the bacon wrapped Oreos in the smoker (or oven) for 3 hours
- 16) At the end of 3 hours, bump the smoker temperature up to 500 deg. F (or the highest temperature if it is less than 500 deg. F) and cook for additional 10 minutes or until it reaches your desired level of crispiness
- 17) Pull from the smoker (or oven) and let sit for 5 minutes
- 18) ENJOY!!!

CLOSING THOUGHTS

WARNING! These things are HIGHLY addictive! They store well in the fridge and taste great cold. The bacon seems to get crispier the longer they store in the fridge. I have not tried reheating them yet, but 350 deg. F for about 10 minutes should do the trick and make the bacon a tad crispier

NOTES

- i. I have a derivative of this one in mind which I am going to call “Hey, you know what? There are 5 lights.” [ii]
- ii. There is probably only a handful of people that will get this reference
- iii. Only really required if you plan on doing the prep work in advance or if you want to vacuum seal the leftover bacon
- iv. If you don’t have this, the oven should be fine, but you won’t get that “little bit of extra.”
- v. See pictures

PICTURES

















TACO PANCAKES (WIP)

INTRODUCTION

REV. 00

So... ANYWAYS... I have watched Chef John's (Food Wishes) Chinese Scallion Pancakes once or twice (or more now). It has typically rotated through by the YouTube algorithm and every time it came up, I found it somewhat intriguing, I KNEW I could do something with it, but it wasn't until very recently that it hit me... TACO PANCAKES !!! The idea was essentially to use taco ground beef, tomatoes, and onions (and maybe some shredded cheddar) as the filling in place of the green onion. The "roux" would be made from the taco beef grease instead of the typical oil / flour.

This is still DEFINITELY a work in progress. The first time I made this, it turned out so much better than I had any right to believe it would, but I knew it needed work. What you see here is my current best thoughts on what it should be. TRY AT YOUR OWN RISK!!!

Oh... by the way, the amounts are also not worked out yet. You will have a TON of left over ground beef, tomatoes, and onions, but they are all very tasty and I am sure you won't have any problem finding something to do with them!

One final thing... This is still a WIP, but reflects my latest and greatest as to what I think will work the best. I am also doing this a kinda of a hybrid between a food experiment write up and recipe write up. As such, the pictures may diverge slightly from the text

REV. 01

This time we are going to use self-rising and shoot for 65% hydration and we are going to do flour and water in grams instead of cups. Based on my last measurements, 1 cup of King Arthur flour is 155g. King Arthur says 120g per cup for AP flour and 113 for self-rising flour. Little bit of a discrepancy there. Based on a conversion to mL, 1 cup of water is 237g. 2 ½ cups AP flour should be 388g. 65% of that is 252g. To maintain the same boiling water / room temp ratio we will split it up as 189g boiling, 63g room temp. To make "nicer" numbers, let's go with 390g flour, 190g boiling water, and 65g room temp water.

I am also backing off the shallow fry and going to a "dry" fry. Not quite ready to go the over route yet. I am also backing down on the cook temp a bit to let the interior cook a bit more before the outside browns too much

REV. 02

Had another go at this last night, hence another round of changes today. Some are tweaks, some are a little more major, such as the roux. I think I still have a few more go arounds ahead of me, but I am slowly getting closer!

On second thought... the revisions were a bit more major than I thought!

INGREDIENTS

THE DOUGH (IF YOU HAVE SELF RISING FLOUR)

Qty.	Unit	Item
390	g	Self-Rising Flour
1	Cup	Water for Boiling
65	g	Room Temperature Water
1	cup	Room Temperature Water (to be used as needed)
½	TSP	Morton's Kosher Salt
AR	-----	Light Olive Oil

THE DOUGH (IF YOU DON'T HAVE SELF RISING FLOUR)

Qty.	Unit	Item
390	g	All Purpose Flour
1	Cup	Water for Boiling
65	G	Room Temperature Water
1	cup	Room Temperature Water (to be used as needed)
1 1/8	TSP	Morton's Kosher Salt
3 3/4	TSP	Baking Powder
AR	-----	Light Olive Oil

THE FILLING – PART I

Qty.	Unit	Item
~1.3	Lb	80 / 20 Ground Beef
1	1 oz pack	Old El Paso Hot and Spicy Taco Seasoning
2/3	Cup	Water

THE FILLING – PART II

Qty.	Unit	Item
5	Medium	Roma Tomatoes
1	Medium	Sweet Onion

THE ROUX

Qty.	Unit	Item
1	1 oz pack	Old El Paso Hot and Spicy Taco Seasoning
6	TBSP	Bacon Fat
4	TSP	Self-Rising Flour

PUTTING IT ALL TOGETHER

Qty.	Unit	Item
AR	-----	AP Flour
AR	-----	Sour Cream or Your Topping of Choice
AR	-----	Ghee

Flour... I like King Arthur, but any brand should do

Insert standard blurb about salt here

If your tap water is funky, use bottle or distilled water

The “smaller” packs of ground beef generally come in at around 1.3 lbs at the grocery stores I usually frequent

Hey! I like the Old El Paso stuff! One of these days, however, I might take a shot at making my own seasoning

Topping of choice... I think Sour Cream works really well for this, but use whatever you like! Taco sauce, salsa, cheese sauce, etc., etc.

Don't have bacon fat? Try ghee?

Don't have ghee? LVO should do in a pinch

SPECIAL TOOLS

- Stainless steel chop sticks
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls
- Vacuum seal bag holder [vii]

PREPARATION – DAY BEFORE

THE DOUGH

- 1) Put flour into a stainless steel bowl
- 2) Whisk in the salt (and baking soda if you are not using self-rising flour) until thoroughly incorporated
- 3) Measure out the room temperature water, and an additional cup of room temperature water (for the “As Required”)
- 4) Heat the “boiling water” to boiling [i]
- 5) Weigh out 190g of boiling water
- 6) Mix the boiling water into the flour a little bit at a time with the stainless steel chop sticks

- 7) Mix room temperature water into flour a little bit at a time
- 8) Continue to mix until a shaggy dough forms
- 9) Turn out the dough onto a lightly floured work surface
- 10) Knead the dough until it is smooth, but still a bit tacky. Maybe about 5 minutes, but your mileage may vary. If the dough seems too dry, dip your fingers in the room temperature water and sprinkle on the dough a little bit at a time as needed and as kneaded [ii]
- 11) Form the dough into a ball by continually tucking the edges up under itself towards the center until you have a smooth ball
- 12) Apply a very light coating of LVO then wrap with plastic wrap
- 13) Let the dough rest in the fridge overnight

THE FILLING – PART I

- 1) Heat a 10-12 inch pot on med-hi
- 2) Add the ground beef and cook 6 – 7 minutes, breaking up the beef and stirring as it cooks. You want it fairly fine
- 3) Stir in the water and seasoning and heat to boiling
- 4) Reduce the heat to a simmer and continue to cook for an additional 3-4 minutes, stirring often
- 5) Drain the ground beef through a strainer into a 1 quart measuring cup
- 6) Put the ground beef and the juice in separate storage containers and stick in the fridge

THE FILLING – PART II

- 1) Rinse and pat dry the tomatoes
- 2) De-seed and degunk the tomatoes [iii]
 - a. Cut the tomatoes into quarters length-wise
 - b. For each tomato quarter
 - i. Slice off the very tip of each side
 - ii. Place skin side down on the cutting board
 - iii. Press the tips of each end down so that the skin side is flat against the cutting board
 - iv. Slice the seeds and gunk off the tomato meat
 - v. Scrape off any excess seeds and gunk
- 3) Finely dice (but not to the point of mush) the tomato. It should make about 2 cups
- 4) Let the tomatoes drain through a strainer into a 1 quart measuring cup
- 5) Rinse the onion and pat dry
- 6) Cut off the root and stem ends
- 7) Remove the outer paper. Remove the outer layer as well if it is rubbery
- 8) Finely dice (but not to the point of mush) the onion. It should make about 2 cups
- 9) Place the diced tomatoes and onions in separate Tupperware containers and stick in the fridge until needed the day of

PREPARATION – DAY OF

- 1) Check Sous Vide machine water and replace as required
- 2) Heat the Sous Vide machine to 195 deg. F [vi]
- 3) The morning of, measure out 6 TBSP of bacon fat and put in a 1 quart vac seal bag
- 4) Add the contents of a 1 oz pack of taco seasoning to the bag, along with the reserved juice (it should be solidish by now) from cooking the ground beef, and 4 TSP self-rising flour, and vacuum seal
- 5) Place the bag in the Sous Vide machine and heat until needed, but, at the very least, a couple of hours
- 6) About an hour or so before you are ready to start, pull the dough from the fridge and let sit out for at least one hour
- 7) Pull the tomatoes, onions, and meat from the fridge
- 8) Weigh the dough and split into 3 even portions
- 9) Form each portion into a ball by continually tucking the edges up under itself towards the center until you have a smooth ball
- 10) Lightly flour your work surface [iv]
- 11) Form each portion of dough in a shape with about the same proportions as a big Twinkie
- 12) Pull the roux from the sous vide, put in a Pyrex measuring cup, and whisk thoroughly
- 13) For each dough portion
 - a. Press down and flatten into a rectangle with your hands. Try to keep the sides as straight as possible and the thickness as even as possible
 - b. Roll the dough until is about 12 inches long or about as long as your typical run of the mill rolling pin is wide. Try to keep as rectangular a shape as possible, stretching, bunching, and hand forming where necessary.
 - c. Letter fold the dough, rotate the dough 90 deg. and roll out to about 12 inches long. Try to keep as rectangular a shape as possible, stretching, bunching, and hand forming where necessary
 - d. Letter fold the dough, rotate the dough 90 deg. and roll out to about 12 inches long. Try to keep as rectangular a shape as possible, stretching, bunching, and hand forming where necessary
 - e. Rotate the dough 90 deg. and roll out as thin as possible. Try to keep as rectangular a shape as possible, stretching, bunching, and hand forming where necessary
 - f. Whisk the taco juice roux then brush (or spoon spread) all over the up side of the dough. If the taco juice roux is starts to solidify, nuke it in the uWave as required
 - g. Evenly sprinkle the dough with ground beef, breaking up and larger chunks as you [v]
 - h. Evenly sprinkle the dough with the tomatoes, onions, and cheese [v]
 - i. Tightly roll the dough along the short axis. Pull, stretch, and scrunch as you roll to keep it as even as possible. Make sure that you do not push the filling forward as you roll; you may need to do a “lift” and roll
 - j. Squeeze and stretch the roll lightly starting from the center and proceeding outwards. The goal is both to stretch and even out the roll, but more to even it out
 - k. Coil the roll about its short axis to create a tightly packed spiral
 - l. Tuck the tail end of the roll under the spiral
- 14) Heat your cast iron pan on mediumish
- 15) Pour in enough oil to lightly coat the bottom of the pan and wipe excess with a paper towel

- 16) Place each spiral between two sheets of parchment paper, press down with your hands to flatten somewhat, then roll out to about $\frac{1}{4}$ of an inch thick with your rolling pin. Try to be careful about the filling breaking through the dough, but it is not a huge deal if it does. Keep the pancakes between the parchment paper sheets until you are ready to cook them
- 17) After you have all the pancakes rolled out you can either let them sit for a tick tock or cook them immediately
- 18) Melt ghee in the uWave
- 19) Brush each pancake with ghee (both sides) and place in the pan
- 20) Grab you pan cover [viii], squirt in a some water around, but not on, the pancake, and immediately cover the pan
- 21) Cook for 2 minutes, 30 seconds
- 22) Flip, squirt around a little more water, and put the cover back on
- 23) Repeat steps 21 and 22 until you achieve you desired level of doneness [ix]
- 24) Place the pancakes on a cooling rack in a half-sheet pan as they finish cooking and cover with a second half-sheet pan
- 25) Dollop out some Sour Cream or the topping of your choice
- 26) Plate
- 27) ENJOY!!!

CLOSING THOUGHTS

REV. 00

- The dough was VERY gluteny and springy. Need to work on this. Next time maybe all boiling water.
- Maybe use the self-rising King Arthur flour due to its lower protein content. Theoretically, this will result in a flakier pancake
- Not flouring the work surface, or keeping it VERY lightly floured, keeps the dough stretched out
- There is only enough roux for 3 pancakes, definitely not enough for all of the meat, tomatoes, and onions
- Next time flatten with hands before rolling out
- When rolling, make sure that you do not push the rolling forward as you roll. May need to lift and roll
- At some point, let's try the PASTA MACHINE (but I am not sure if it will be wide enough)
- "Shimy" pin as roll. Hand form as roll out to keep as close to a rectangle as possible
- This was WAY better than I had any reason to hope to expect
- My qualms about too much grease in the pan were well founded. I think my previous experiments with tortillas in "dry" vs "wet" pans should have warned me more than they did (or more accurately, I should have paid more attention). Basically too much oil soaks into the tortilla and makes it, well, too greasy
- I got nice browning on the outside, BUT the inner dough was still a bit "undercooked." Does that mean I should have done a lower temp? I don't know, especially in relation to oil temp. Maybe I should do an oven cook followed by a pan cook? Maybe just a low in a "dry" pan with a cover?
- Can I get more filling in vs bread? This might be "challenging". I have had passing thoughts that maybe I should "food process" it to a finer texture? I am thinking two parts ground beef to one part diced tomato to one part diced onion. I am a little worried that this will ruin the texture though
- Re-heating in a preheated 350 deg. oven for 10-15 minutes seems to work well. GREAT NEXT DAY LUNCH!!!
- Need to figure out a Roux to use with the leftover ground beef, diced tomatoes, and diced onions

REV. 01

Had another go at this last night. With mixed results, well maybe not "mixed", but it was definitely a learning experience. A few notes

- I think the dough was better this time. Still a little "springy", but not as "springy" as it was last go around
- I had an epic "fail" wrapping the first one. I think part of it may have been overstuffing it, but I think it was more due to rolling it along the long axis. You know what though? In the end it worked out! Even with the blowouts, which actually got worse after rolling it into a pancake, the end product still wound up being pretty good!

- I think the letter fold helped out somewhat with keeping the rolled out dough in a more rectangular shape. I also think a French rolling pin may help as well and will give that a try next time
- The self-rising flour wound up weighing an average of 149 g / cup over two cups
- By the way.... One of the reasons why the last round may have been dry was that some of the water boiled off during heating which, in retrospect, makes sense
- The 65% hydration dough was nice and soft. I may or may not decide to kick up the hydration a bit more
- I think making additional roux with LVO and a pack of taco seasoning was a good idea. HOWEVER, letting it sit and heat in the sauce pan, maybe not so much. It wound up being a little burned almost, probably because I did not stir it constantly. I think Sous Vide may be perfect for this. Maybe with bacon fat

NOTES

- i. The microwave is fantastic for this! Should only take a minute or two
- ii. Try not to over work the dough. It may result in a tougher, chewier end product
- iii. I think it was only fairly recently that I started paying attention to deseeding and degunking tomatoes. It really does make a difference in certain applications, such as this one
- iv. And I mean lightly. For the tougher, more elastic doughs, a less floured work surface actually holds the shape of the rolled dough better
- v. There is a fine balance here. You want as much filling as possible, but you don't want so much that it tears the dough when you roll it up. It may take a few tries to find your happy space
- vi. It takes my machine about 1 hour, 15 minutes to get to 200 deg. F
- vii. Vac seal bag holders are VERY handy, especially if you are pouring in liquid
- viii. I used one of my heat / melting domes
- ix. I wound up doing each side twice

PICTURES

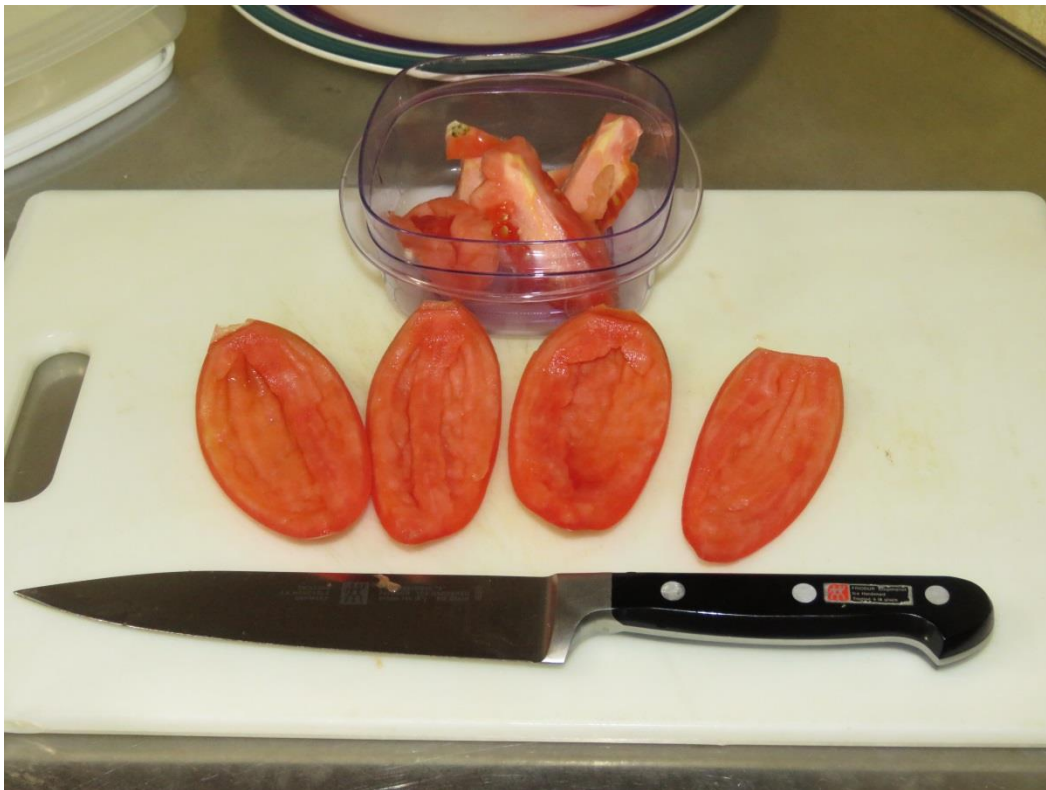


























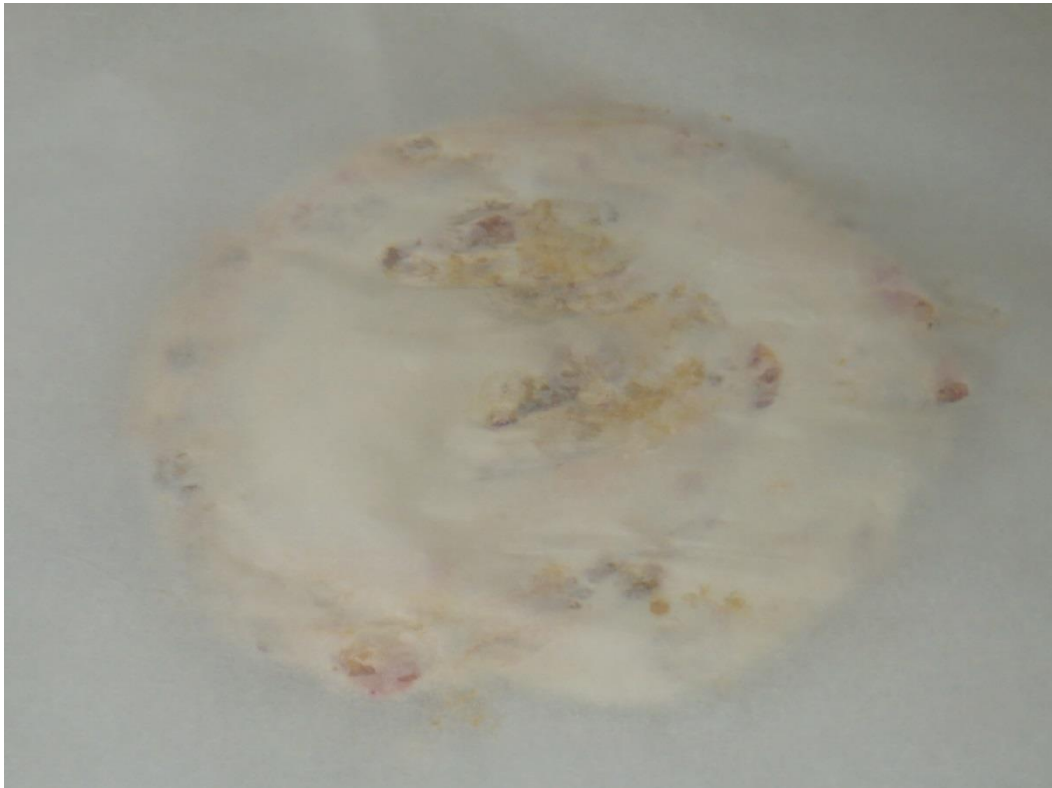


















SALMON CAKES

This was partially motivated by my desire for another pantry meal and partially by my need to develop recipes that can be made in a reasonable amount of time. At first I was going to shoot for a generic “one recipe fits all” type thing for any type of canned meat, but the more I thought about it, the more I think this one had to stand on its own.

Oh, and yes, there is a lot of “filler” bread. This is more or less on purpose to get some more carbs in there for a “one stop” meal. Veggie ratio is a little on the high side as well.

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
3	5 oz Can	Boneless, Skinless Salmon
1	150 g Container	Plain Greek Yogurt (works out to about 6 TBSP)
5	Slices	White Bread (enough for about 3 1/3 cups of fine (but not too fine!) crumbs)
1	Large	Egg
1	Bunch	Green Onions (enough for 2/3 cup fine sliced)
1	Medium	Red Bell Pepper (enough for 2/3 cup fine diced and several rings)
AR	Bunch	Fresh Parsley (enough for 2 TBSP (packed) fine chopped)
3/4	oz.	Fresh Dill (enough for 1/3 cup finely chopped)
1	Clove	Garlic
1	TBSP	Capers
2	TBSP	Lemon Juice
1	TBSP	Worcestershire Sauce
AR	-----	Kosher Salt
AR	-----	Fresh Ground Black Pepper
20	-----	Unsalted Saltine Crackers (enough for 150 ml finely crushed)
AR	-----	LVO

From what I understand, if you get salmon with bones, they are thoroughly cooked, soft, and edible. You may want to dig through, however, to check for any large vertebrae

Greek yogurt seems right here for some reason. I am using it in place of mayonnaise, so if you don't have greek yogurt, mayo will work too!

For the bread slices, you are shooting a generic, store bought size slice. It can be whatever bread you like, but you may need to adjust the amount based on slice size

2 TBSP lemon juice should be about ½ a small lemon, if you want to use the fresh stuff

SPECIAL TOOLS

- None (unless you consider a food processor “special”)

PREPARATION

- 1) Drain the salmon through a metal strainer into a 1 quart measuring cup
- 2) Pick through the salmon for and large bones or skin
- 3) Rinse the green onions and remove and fibrous or funky outer layers. Finely slice enough for 2/3 cup
- 4) Rinse the red pepper and cut out the stem
- 5) Slice the red pepper into thin rings and deseed
- 6) Finely dice enough of the red pepper rings for 2/3 cup
- 7) Rinse the parsley and finely chop enough for 2 TBSP
- 8) Rinse the dill and finely chop enough for 1/3 cup
- 9) Mince the clove of garlic
- 10) Give the capers a rough chop
- 11) Put the bread in the food processor 1 or 2 slices at a time and pulse until the bread becomes coarse crumbs and set aside
- 12) Put the unsalted saltines in the food processor and process until it becomes a fine crumb
- 13) Crack and whisk the egg in a decent size bowl
- 14) Whisk in the greek yogurt, Worcestershire sauce, and lemon juice in with the egg
- 15) Whisk in the garlic, green onions, red pepper, dill, parsley, and capers
- 16) Gently fold in the salmon and breadcrumbs
- 17) Divide into 6 portions and form into patties
- 18) Spread the saltines on a plate and coat each patty
- 19) Cover the patties with plastic wrap and chill in the fridge for at least 60 minutes
- 20) Heat pan on medium heat
- 21) Add LVO to the pan to coat the bottom
- 22) Cook each patty until nicely golden browned, about 3 – 5 minutes per side
- 23) Plate and garnish with the red pepper rings
- 24) ENJOY!!!

CLOSING THOUGHTS

None!!!

NOTES

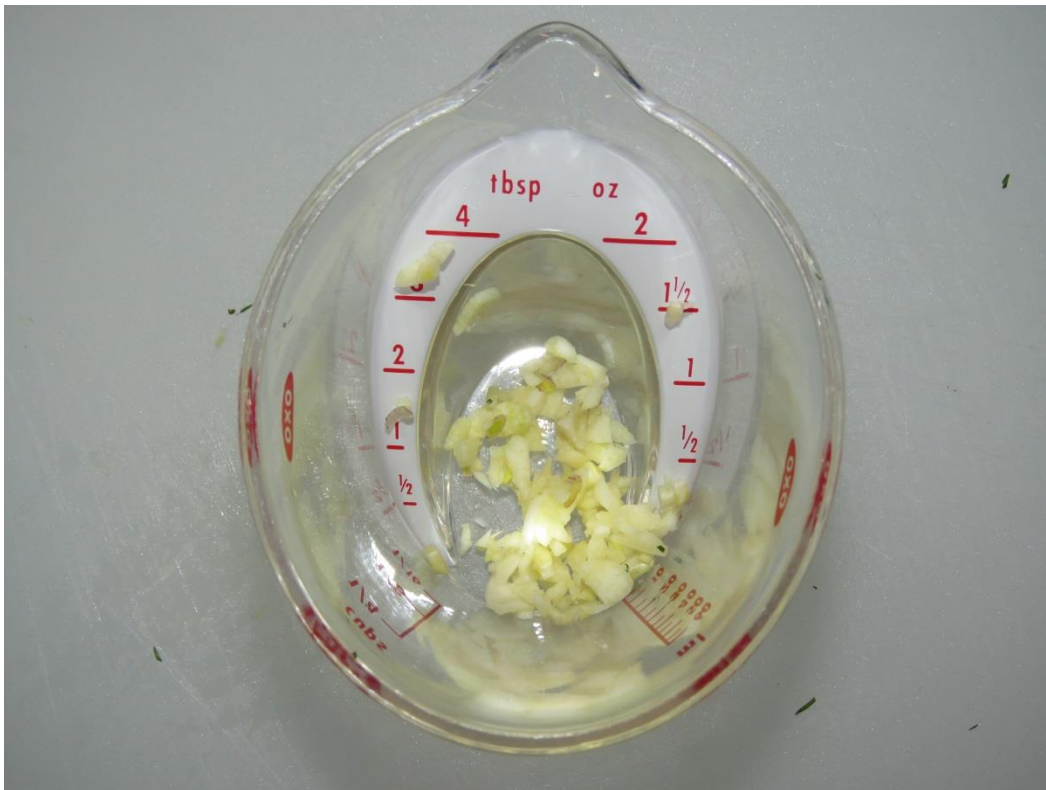
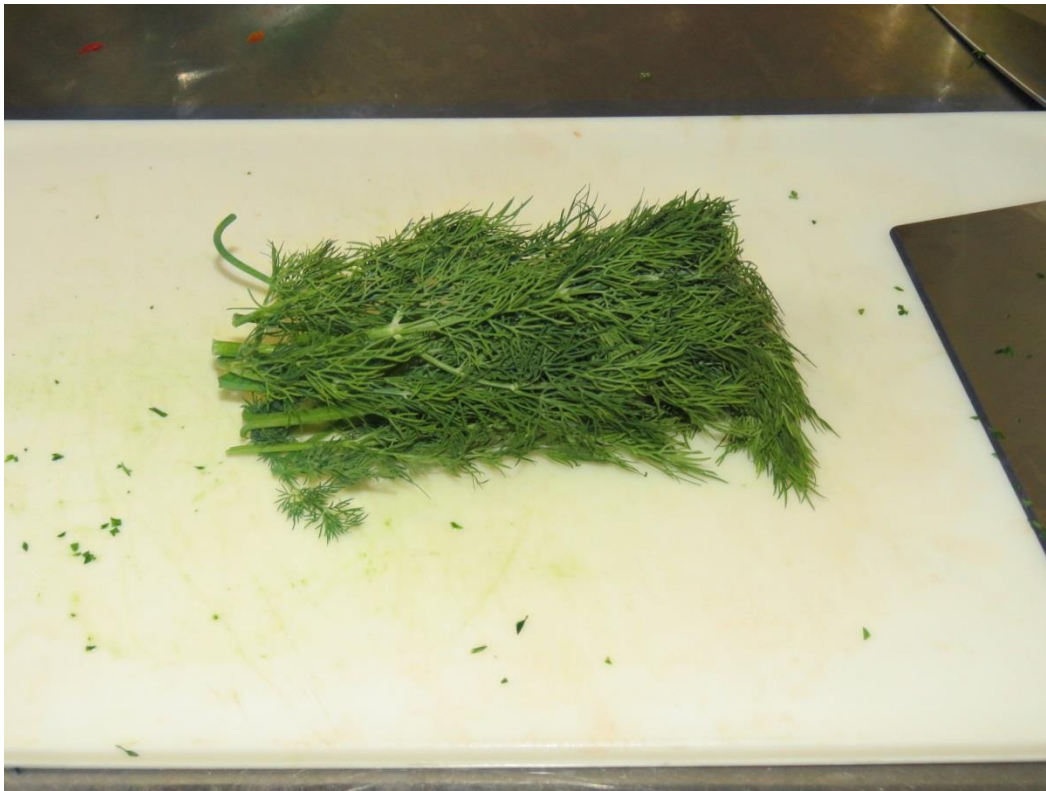
None!!!

PICTURES

















LUNCH MIX

Back when I was in relatively good shape (Hey! I'm still in shape now, but that shape is round! Ba-DUM-dum) I came up with a relatively structured meal plan of small meals based on stuff I could make and freeze ahead of time. Now it seems I only make large meals that take forever. This lunch mix was a key part. It won't win any culinary awards, but is simple to make and hits the spot

INGREDIENTS

Qty.	Unit	Item
1	1 lb pack	Ground Meat
1	16 oz pack	Mixed Frozen Vegetables
1	Cup	Uncooked Rice

I typically use ground turkey for this, but any lean ground meat should work

The "small" ground beef packages and the stores I usually frequent generally come in at about 1.3 lbs which is still fine for this application

SPECIAL TOOLS

- Rice Cooker [i]

PREPARATION

- 1) Cook the rice with your preferred method [ii, iii]
- 2) Brown the ground beef in a large pot on about mediumish
- 3) Drain off any excess liquid / fat. If you use lean ground meat, you can skip this step
- 4) Reduce heat to low
- 5) Mix in the frozen veggies and stir until evenly incorporated with the ground beef
- 6) Gently fold in the rice until evenly incorporated
- 7) Cover and let cook for about 15 minutes stirring occasionally
- 8) Remove heat and let sit covered for 10 minutes
- 9) Divy out 1 cup portions of the mix into 1 ¼ cup Tupperware containers
- 10) If you have less than one cup leftover at the end, split between the remaining portions
- 11) This should make around 9 portions
- 12) Stick the containers in the freezer until needed
- 13) When ready to eat
 - a. uWave on high for 1 minute
 - b. Put in a bowl and stir
 - c. uWave on high 30 seconds at a time until heated to your desired temperature
- 14) Enjoy!!!

CLOSING THOUGHTS

- NONE!!!

NOTES

- i. If you don't have one, and you frequently, or even only occasionally, make rice
- ii. See "How to Cook White Rice"
- iii. My present preferred method is "Rice Cooker"

PICTURES

- NONE!!!

OLD MAN'S DAL (WIP)

I am trying to expand my horizons and one of the areas I want to play around with is Indian food. This is due, in part, to my crush on Priya Krishna when she was on the Bon Appetit YouTube channel and inspiration from her book. I have had dal on my list of stuff to try for a while and I finally got around to my take on it. I highly doubt this would be considered authentic, but it seemed like a good idea to me!

20210212 (Friday): Well, I learned a lot on with the first round. First... this was not really suitable for the Crock Pot on LO. It might work with the Crock Pot on HI, but I think the old fashioned pot on stove is probably the best. Second... letting it sit overnight in the fridge after cooking is key. Nth... It was TASTY. NOTE: You may get some bones and chewy bits from the wings, but it is worth it! This recipe represents what I think the next iteration should be

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	16 oz. bag	Masoor Dal (Lentils)
1	6-Wing Package	Uncut Chicken Wings
1	16 oz. bag	Frozen Peas
1	1 Qt. Jar	Devil's Trinity (See recipe "Devil's Trinity")
1	2 oz. can	Anchovy Fillets
1	Cup	Uncooked Basmati Rice
1	Avg. Sized	Lime
AR	-----	Kosher Salt
AR	-----	Fresh Ground Black Pepper
AR	-----	Accent
2	TSP	Rosemary
2	TSP	Thyme
2	TSP	Sage
2	Cloves	Garlic
1	12 oz. Bottle	Sierra Nevada Pale Ale
6	Cups	Water
1	Bunch	Green Onions
AR	-----	LVO

Masoor Dal – I like Goya products. Check the “international” aisle of your grocery store

I generally get Purdue, or the like, wings. They come 6 whole wings to a pack and usually weigh around 1.6 lbs. Get the whole wings for this, not the party wings; the tips will contribute to the “stock”

If your tap water is funky, use bottled or distilled water

SPECIAL TOOLS

- None!!!

PREPARATION

TWO DAYS BEFORE

- 1) Sort through the dal and discard any stones, debris, funky lentils, etc
- 2) Place dal in a decent sized pot and cover to two times the height of dal with water
- 3) Cover with lid and let sit overnight
- 4) Pull the wings from the package and pat dry
- 5) Butcher the wings into drummettes, flats, and tips
- 6) Generously salt and pepper the wings on both sides along with a little bit of Accent
- 7) Place the wings on ¼ sheet cooling rack in a ¼ sheet pan and stick in the fridge overnight

ONE DAY BEFORE

- 1) Heat oven to 450 deg. F
- 2) Toss the wings in a bowl with LVO until evenly coated. Not too much, but not too little
- 3) Spread the wings evenly on a half sheet (DON'T CROWD) and stick in the oven
- 4) Cook until nicely browned (a little on the darker side), maybe around 15-20 minutes or so
- 5) Place the wings in the bottom of a largish pot
- 6) Deglaze the sheet pan with some of the Sierra Nevada Pale Ale. Scrape up all the fond goodness with a flat edged wood spoon
- 7) Pour the fond, juice, and beer from the pan over the wings in the pot
- 8) Open the can of anchovies
- 9) Shake excess oil from each anchovy filet and place the filets on top of the wings
- 10) Add the rest of the bottle of Sierra Nevada to the pot
- 11) Add the contents of the 1 qt. jar of Devil's Trinity to the pot; veggie bits, juice and all
- 12) Sprinkle over the rosemary, thyme, and sage
- 13) Mince the garlic and sprinkle over
- 14) Drain the dal and add to the pot
- 15) Pour in 6 cups of water. Add water as necessary to cover the wings and to just barely float the dal
- 16) Give a gentle stirry-stir
- 17) Bring to a boil then reduce to a simmer

- 18) Simmer uncovered [v] until the lentils are tender, the wings reach an internal temp of 165 deg. F, and the soup reaches just shy of your thickness of choice. This could take a while. Gently stir once about every 30 minutes
- 19) Pull out the wings [ii] and hand pull the meat if it has not already fallen off the bone [vii]
- 20) Put the meat back in the pot and give a stirry-stir
- 21) Stir in the frozen peas and cook on LO for an additional 15 minutes or until the peas are warm
- 22) Check the peas after 15 minutes. If they are still cold, continue to cook increments of 10 minutes until heated
- 23) Once the peas are heated, turn off the heat
- 24) Stir in the lime from one juice [iv]
- 25) Cover and allow the pot to cool until handleable
- 26) Place the pot in the fridge overnight

DAY OF

- 1) Start the basmati (See "How to Cook White Rice") [i]
- 2) A little while before your basmati is done, pull the dal from the fridge of divvy out how much you feel like eating
- 3) Heat the dal [vi]
- 4) Rinse the green onions
- 5) Chop off the root end and any funky, floppy, or rubbery bits
- 6) Finely slice the green onions [iii]
- 7) Plate (or bowl) a portion of dal on top of a portion of rice
- 8) Top with the sliced green onion
- 9) ENJOY!!!

CLOSING THOUGHTS

I am still not sure if I want to do a chhonk or not. I need to think about this a bit, but if I do, I think it will be along the lines of a Buffalo chhonk

20210212 (Friday): This one is evolving more than I thought it would. I am changing this to a WIP for now

NOTES

- i. Rice cooker method is my current favourite method
- ii. A spider will be very helpful here, but not 100% necessary
- iii. Should make about 2/3 cups
- iv. Yeah, that's right! You heard me!
- v. Keep an eye on this; you may need to adjust the heat occasionally to maintain a simmer
- vi. uWave is fine for this, but so is pot on a stove
- vii. I think it goes without saying to remove any wing bones and cartilage

PICTURES

FUN WITH FERMENTATION

FUN WITH DEHYDRATION

DEHYDRATED CILANTRO

Fresh cilantro has always kinda been an issue for me. No, I don't have that gene that makes it taste like soap. It is just that every time I need it, I have to buy a whole bunch and I NEVER use it all; usually only a small part of it. So I finally got around to dehydrating the leftovers

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	-----	Cilantro

SPECIAL TOOLS

- Dehydrator [i]
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls [ii]
- Uncoated Butcher paper

PREPARATION

- 1) Rinse the cilantro and pat dry
- 2) Fine chop the cilantro, stems and all
- 3) Moderately pack to 1 cup in a 1 cup measuring cup [iii]
- 4) Make an "envelope" from the butcher paper that is just slightly smaller than the dehydrator trays
 - a. Use a dehydrator tray as a template
 - b. Cut a piece of butcher that is a little more than twice the length of the dehydrator tray by a few inches
 - c. Fold the butcher paper in half
 - d. Fold the three open edges over a couple of inches on each side so that the resultant "envelope" fits on the tray
- 5) Open the "envelope" and evenly spread 1 cup of the chopped cilantro
- 6) Close the "envelope" with the folded edges up
- 7) Place a dehydrator tray upside down on the "envelope" so that it keeps the folded edges closed
- 8) Place one hand under the "envelope" and one hand over the tray and flip so that the tray is now on the bottom
- 9) Put the "envelope" and tray in the dehydrator
- 10) Repeat steps 3 - 9 for the rest of the cilantro
- 11) Set the dehydrator temperature to 100 deg. F and the timer to 4 hours
- 12) If the cilantro is not dry by the end of 4 hours, bump up the temperature to 120 deg. F and continue until dry
- 13) Vac seal the cilantro and store in a cool, dry place, out of direct sunlight (preferably dark if you can swing it) [iv]

HOW MUCH IS HOW MUCH???

1 cup of moderately packed chopped cilantro prior to dehydration is about 73 g

After dehydration, it wound up being about 1/3 cup and about 7 g

NOTES

- i. Well of course you need a dehydrator! That is, unless you live in an area where you can do sun drying or something like that. I have an Excalibur 9 tray and have been pretty happy with it. Wait.... I have two now, but that is another story
- ii. I like the 1 pt. bags for this
- iii. Use multiple measuring cups as required
- iv. I used pint bags the last time (1 portion per bag)

PICTURES

No pictures yet!!!

BLASTS FROM THE PAST

THANKSGIVING IN A CAN

Yes, Virginia, you can make a Thanksgiving dinner from all canned food

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>

See pictures for the ingredients

SPECIAL TOOLS

- NONE!

PREPARATION

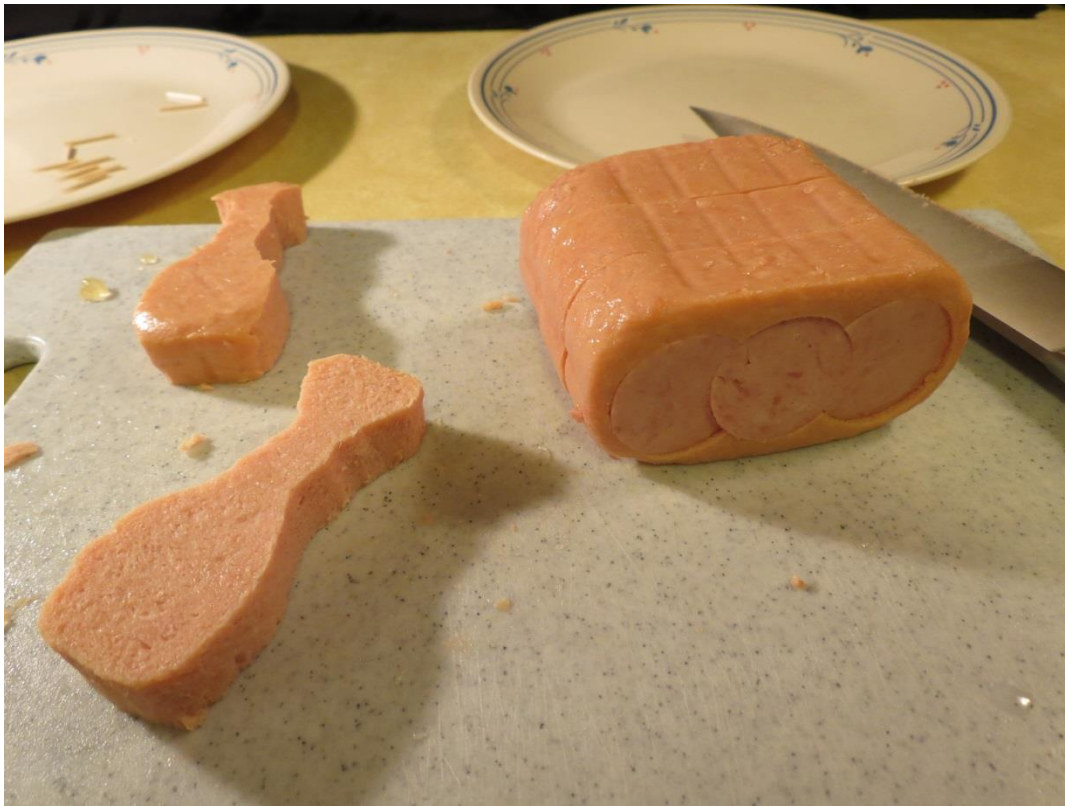
11) See pictures for a guess on the preparation

NOTES

- i. NONE!

PICTURES







THE FOOD EXPERIMENTS
