

# JAY THE JOKE HOLIDAY COOKBOOK



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**Greetings Fans of the Interweb:**

**Well, here we are again. This is the third annual Jay The Joke Holiday cook book. By now most people seem to have figured out the drill. Download away and have fun, just don't reprint or resell it without permission. It's not that hard.**

**As always a PDF is sent to the troops, now that we figured out that they wanted one and the government figured out we're not terrorists (that was a fun couple of emails). Overall this is a fun look at some Chicago celebrities, musical guests and sports figures who let their hair down, but kept it out of your food.**

**Happy Chrismahanukwanzaka!**

**BigBadBill a/k/a B3 a/k/a Bill McCormick**

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## One of my favorite times of year, the cookbook – Dale Bowman

### HOLIDAY-FLAVORED BONE-IN WILD GOOSE BREAST

It helps to be a goose hunter. If not, most goose hunters are hard-core and shoot more than they really want to eat, so curry favor with them. You won't need curry for the recipe, just for the favors. If you live in the suburbs, one or more of your neighbors hunts geese; if you live in the city, it's tougher.

#### Ingredients

One or two bone-in wild goose breasts  
enough bacon grease to brown the breasts  
3 parts cran-apple juice to 1 part apple cider vinegar  
brown sugar to taste  
soy sauce to taste  
an apple sliced, make it a couple if doing multiple breasts  
an onion sliced, make it a couple if doing multiple breasts  
thickening agent (I favor flour and water)



#### Directions

Brown the breasts in bacon grease on all sides you can  
Put in crock pot with cran-apple juice, vinegar, soy sauce, and chopped onion  
Cook on high for about four hours  
Add apple slices and brown sugar to taste  
Cook another couple hours  
Pull out breasts and check doneness or softness  
Puree the juice, cooked apple and onion  
Adjust brown sugar and soy sauce if needed  
Return all to crock pot  
Add thickening agent  
Cook enough to thicken the sauce



Take out breasts

Pull breasts off bone, then slice

Arrange breast slices on a large serving platter, smother with thickened sauce

\*\*

Brown rice makes the right texture and flavor accompaniment, but nobody really likes brown rice; so be kind to your guests and serve over a bed of white rice

Tomatoes are the right color and flavor for a side, but they are not in season when goose breasts are fresh; so best side is home-canned green beans with bacon chunks

I think burgundy is usually the recommendation for goose. For this recipe, I would go fruitier, even toward what is called a soft red, what I call nice and cheap. I suspect a Riesling would be good, but have never tried it with goose

**Dale Bowman** is the Outdoors writer for the Chicago Sun Times and regularly highlights activities the whole family can enjoy.

<http://blogs.suntimes.com/bowman> & <http://suntimes.com/sports/outdoors/index.html>

**This next recipe is sure to win fans the world over.**

## **TOOCHSOUP**

ingredients : whiskey

what you'll need: nothing.

The bottle has an opening.

**Adam Bertucci**, a/k/a Tooch, ran an independent campaign to be the Mayor of Chicago – he ran on the platform of legalizing pot and prostitution - and is the founding member of the band TITTY.



## B3'S GROUND PORK STROGANOFF

### Ingredients:

2 pounds ground pork

### Marinade:

4.0 oz Worstershire sauce

1.5 oz Steak sauce (I prefer A-1)

1.0 oz lime juice

### Sauce:

1 (12 ounce) package egg noodles, cooked and drained

6 ounces fresh mushrooms, sliced

1 onion, chopped

2 cloves of garlic, diced - not minced

1/4 cup butter

4 tablespoons all-purpose flour

1 cup sour cream

2 cups beef broth

sea salt and ground (slightly coarse) black pepper to taste

### Directions:

Make the marinade the night before. Put all the ingredients in a large bowl, add the meat in and make sure that the marinade saturates all of it.

Cover the container and let it sit overnight.

### The next day:

Bring a large pot of water to a boil. Cook egg noodles in boiling water until done, about 8 minutes. Drain.

Meanwhile, prepare the sauce.

In a large skillet, cook mushrooms, garlic and onions in 2 tablespoons of butter over medium heat until soft; remove from pan.



Using the same pan, melt remaining butter. Cook ground pork in melted butter until browned. Mix in flour.

Stir in beef broth, and cook until slightly thickened.

Add mushroom and onion mixture; stir in sour cream. Season to taste with salt and pepper.

Continue cooking until sauce is hot, but not boiling. Serve sauce over egg noodles.

**BigBadBill a/k/a B3 a/k/a Bill McCormick** is the owner of Jay the Joke.

## LAURA SCHOFIELD'S POEMGRANATE GUACAMOLE

- 1) Smash 4 avocados
- 2) Squeeze juice of 2 limes over it and mix together
- 3) Stir in half chopped red onion, 3 tbsp chopped cilantro, 1 seeded and chopped jalapeno, 1 chopped mango or 2 peeled and chopped apples (both taste fantastic) and the seeds of 1 pomegranate
- 4) Enjoy :)



**Laura is the CEO of Centsible.net.** Centsible is an informative consumer website and online shopping portal. Savvy online shoppers looking for the best place to make their purchase, as well as those in search of the latest coupon and promo codes are continuing to find exactly what they are looking for at Centsible.

Since 2005, Centsible has communicated to its visitors all of the different ways to be frugal with their hard-earned cash. The deals, sales and promotions are filtered down, exposing which offers provide the biggest savings. Whether shopping online for the next vacation, a new pair of shoes or a mattress, Centsible helps shoppers get what they want for less.

As informative as it is useful, a visit to Centsible is like going shopping with that friend of yours who knows where to find it all for less money.



## MICHAEL FLORES' BARBECUED RACCOON

*If you catch a raccoon you will want to keep it caged 7 to 10 days feeding it fruit, nuts and crackers. Found this on the net but looks good.*

- 1 Raccoon
- 1 bn Celery
- 3 cl Garlic; chopped
- 2 lg Red onions; quartered
- 1 lg Apple; quartered
- 3 Hot red peppers
- 1 c Vinegar
- 3 tb Salt



### **BE SURE LYMPH GLANDS OF RACCOON ARE REMOVED!!!**

Have someone who is experienced remove the glands as well as the skin. Pull celery apart and wash. Place all ingredients in pot with enough water to cover raccoon. Bring to slow boil and cook until tender or until fork goes in easily, about 1-2 hours depending upon size of raccoon. Remove meat from pot, cut off front and back legs; cut remainder into four pieces. Place on rack, brush with your favorite barbecue sauce. Place in 400 deg. oven; turn and baste frequently with barbecue sauce until a golden brown, 45 minutes to 1 hour. Serves 6.

**Michael Flores** wears many hats. He is a DJ of mashups, a writer, a playwright and currently directing an independent film A NIGHT AT JACK'S which takes place in Chicago in 1961 during the last days of burlesque. He also has a blog that covers global world events.

He firmly believes iron skillet are the only pans to cook in and he keeps bacon fat nearby as well!

<http://newsoftheglobe.blogdrive.com/>

Mike regularly stalks the blogs at Jay the Joke.



## MESMERIZING MEATLOAF – HB HALEY

### Ingredients for 2 loaf pans:

2 ½ lbs. Ground “Meatloaf Mix” – contains pork, beef & veal

1 cup bread crumbs

1/4 cup milk

2 eggs beaten

1/8 cup catsup

1/8 cup hot & spicy catsup

½ cup tomato sauce

1 T. Red wine vinegar

1 T. Dijon mustard

1 T. Worcestershire sauce

1 large onion – small dice

2 large carrots – small dice

2 celery stalks – small dice

2 T. chopped fresh parsley

1 t. dried thyme

1 t. dried marjoram

1 T. sea salt

1 T. black pepper

### For glaze:

1/4 cup catsup

1/8 cup brown sugar

1 t. honey

1 T. Cider vinegar



- In a large sauté pan, melt a pad of unsalted butter and add mirepoix (onion, carrots, celery). Season with salt and pepper and sauté on med/high until slightly caramelized.
- Set aside to cool off on non-aluminum surface.
- In a large bowl, whisk together the wet ingredients until smooth. Add herbs, and whisk more.
- Add meat, and crumbs and sautéed mirepoix, thoroughly yet gently combine with your hands.
- Make a small patty and sauté to taste for seasoning, adjust accordingly.
- Line your largest, rimmed baking pan with aluminum foil. Divide mixture into 2 portions and mold them with your hands into loaf shape...or a football if it's that kind of day...spaced at least 2 inches apart.
- Bake in pre-heated 350 degree oven. Set timer for an hour.
- Make the glaze while you wait and then apply glaze to surface of loaves with a pastry brush after 1 hour in the oven.
- Bake for 10-15 minutes more until darkish amber. Meatloaves are done when thermometer reads 155 degrees.
- Let rest for 5-10 minutes after baking, then slice up and serve with catsup for dipping.
- Remain seated until the euphoria wears off.

**Hb** is a regular blogger at Jay the Joke and a diehard Sox fan. In the real world she's a personal chef and owns her own catering business and is also available to personally cater small parties. No Toko, she will not wear a bikini. Contact Hb at [passthepolenta@yahoo.com](mailto:passthepolenta@yahoo.com).

## **B3's EZ BAR-B-Q SAUCE**

Open a can of Dr. Pepper. Let it go flat overnight.

The next day, cook 1 chopped onion and 2 chopped cloves of garlic in 2 tablespoons butter until soft (do not brown).

### **Add:**

2 cups catsup

6 oz. Flat Dr. Pepper

1 tbsp. Worcestershire sauce

1 tsp. yellow mustard

2 tbsp. vinegar

Simmer 1 hour or until thick. Stir often. Serve as you would any regular Bar-B-Q sauce.



## MARK VILLANO'S ANGIO-PLASTI PASTA

*It's been said that Fettuccini Alfredo is a heart attack on a plate. This dish goes it one better. It's a coronary clogging concoction that is sure to add inches to your waist, and take years off your life.*

### Ingredients:

6 tbs. salted butter

2 cups heavy cream

2 garlic cloves (crushed)

1 shallot (chopped)

1/4 tsp. white pepper

1/4 tsp. cayenne pepper

3/4 cup Parmigiano-Reggiano (finely grated)

1/2 cup Mozzarella cheese (shredded)

8 strips crisp bacon (crumbled)

1 12 oz. pkg. dried fettuccine or angel hair pasta

Boil pasta in 8 qts. of water until 'al dente', (that's when it just barely sticks to the wall when you throw it) and drain.

Melt the butter in a large sauce pan, add chopped shallot, garlic, white pepper, and cayenne pepper. Simmer until shallot becomes translucent.

Add the heavy cream, and bring back to a low simmer.

Add Parmigiano-Reggiano and stir until it is completely incorporated.

After the sauce has thickened a bit, slowly stir in the Mozzarella, and continue stirring until the mixture becomes smooth. Simmer the sauce for another 3 or 4 minutes, stirring constantly.

Pour the sauce over drained pasta, and top with the crumbled bacon. For some reason, I prefer a good maple or apple-wood smoked bacon for this dish.

To die for.

**Mark Villano** is a regular blogger at Jay the Joke, but he doesn't want anyone to know his screen name for fear he'd have to kill them.



**(ED. NOTE:** *When this recipe first came in from Dale Bowman my [now ex]wife saw it and asked “The first step of this is kill a dove”? I said yes and she said you can’t make this one. However, I have had a similar version in the past and can confirm that you will enjoy this a lot.*)

Dove hunting opens on Sept. 1. Traditionally, that is the only day most hunt them other than accidentally or tangentially. So this recipe only really works one day a year but that is fine. It is compiled from several hunting companions, most importantly Mike Arndt, and pairs nicely with the wealth of the season.

## **WRAPPED DOVE BREASTS ON THE GRILL**

### **Ingredients:**

As many bone-in dove breasts as you have

As many jalapeno peppers as breasts

As many bacon strips as breasts

Toothpicks or skewers

Optional: good blue cheese



### **Prep:**

Wash breasts. Pat dry. Halve jalapenos. Put a jalapeno half on each side of a breast. Wrap solidly with a bacon strip, skewer in place with toothpicks or skewers. Grill on a not overly hot grill and watch carefully (in other words, put the refreshing beverage down while the breasts are on the grill). Do not overcook, something too easy to do with such small medallions of meat. When done, remove promptly and let rest briefly.

**Option:** If you're a good enough cook or feel adventuresome, stuff the breast with blue cheese.

### **Plating:**

It is Sept. 1. You have hunted in the country. Stop and buy fresh tomatoes and corn at a farm stand, or some from your own garden. Either do the corn on the grill (I don't recommend that because most people screw it up) or boil before grilling the dove breasts. The dove breasts will cook that fast. Slice tomatoes thick. Arrange tomato slices on the right rear of the plate, the dove breasts (two for polite eaters, four or five for normal guys) front and center and the cooked corn rear left. Serve with Pinot Noir if the guests are worth it, Chianti otherwise.



## **DORIS' SPAGHETTI** (She helped my Mom raise me)

3 Ounces Olive Oil 1 Egg

1 1/2 lbs Ground Beef 1/4 Cup Bread Crumbs

1 lbs Pork Neck Bones 1 Large Onion, Chopped

3 Links Italian Sausage 4 Garlic Cloves, Chopped

3 Cans Tomato Paste 9 Cans of Water

1 Can Stewed Tomato 2 Tsp Sugar

1/2 Cup Grated Romano Cheese

## **DORIS' MEATBALLS**

1/2 lb Meat 1 tbs Salt & Pepper

1 tbs Parsley 2 Cloves Garlic Chopped

1/2 Cup Romano Cheese 1/4 Cup Bread Crumbs

1 Egg

Mix 1/2 lb beef, garlic, parsley, salt & pepper, Romano Cheese (mix all ingredients) make meatballs and brown throw in sauce.

Brown neck bones and 3 Italian sausage links in oil. Brown chopped onions, garlic, add 1 lb ground beef in oil until brown, add 3 cans tomato paste, 9 cans of water, strain 1 can tomato and mash tomato, then add to sauce. Add salt, pepper, sugar, cook. Add neck bones, Italian sausage and meatballs. Stir and let cook until thickened. Don't really know what the egg was for. Approx. 3-4 hours. Make pasta and serve.

**Tony Lossano** ([www.NudeHippo.com](http://www.NudeHippo.com)) is one of the most creative producers in Chicago who covers all types of media and was a former maitre d' at the old Pump Room.

Tony's talents cover a wide-range of areas, from the Internet to television & radio. Currently, he is a freelance feature producer for NBC in Chicago and the producer for NUDE HIPPO. With his over a decade of service in Chicago TV & radio, Tony has complete and instant access to some of the most influential individuals and organizations in this town.

Tony has appeared in a few television commercials and several theatrical releases, such as, "My Best Friend's Wedding" and "Miracle on 34th Street." At a very young age he was the third choice for the part of Danny Torrance in "The Shining" starring Jack Nicholson. He is now available to be a spokesperson for any cheese-like products.



## ADAM BARTA'S VODKA PASTA

### Ingredients:

- 1 lb of penne pasta
- 1 jar of pre-made vodka sauce
- 1 cup mushrooms
- 1 half chopped onion
- 1 pint of heavy cream
- 1 pint of light cream
- 1 teaspoon of vanilla extract
- 1 cup of Pinnacle Whipped cream vodka



### Directions:

Take the premade vodka sauce and add in the mushrooms and chopped onion. Let simmer for about 10-15 minutes. Then add in the heavy cream and mix. Take the whipped cream vodka and add in mixing. Simmer for another 5 minutes then add in the cup of light cream. Simmer another 5-10 minutes.

Drop in the teaspoon of vanilla extract. Then add salt to season according to taste.

Mix with the lb of penne pasta by drizzling a coat of leftover heavy cream on the bottom of the tray (or bowl). Pour the sauce and mix in and then add in a shot glass size more of the whipped cream vodka. Enjoy.

**Adam Barta** has been one of the most requested artists on MTV-Logo and has performed a duet with Chicago's very own DJ Russ Harris that became the #1 requested video when it came out.

<http://adambarta.com/>



*Since you've had so much food by now, this seems to be a good time to let our very own Chronek share a wonderful recipe for his, home brewed, pale ale.*

## **RABBIT PUNCH** (a blonde ale with strawberries and bananas)

### **Ingredients:**

- 1 lb. Crystal malt grains, 10 lovibund, ground
- 6 pounds light dried malt extract
- 1 ounce Saaz pellet hops (bittering)
- 1 ounce Cascade pellet hops (finishing)
- 5 pounds combined strawberries and bananas (fresh)
- 11 grams dry Nottingham yeast
- 5 ounces crystal sugar (for bottling)

### **Materials:**

- 1 5-gallon stainless steel pot
- 1 6.5-gallon food grade bucket with lid and airlock
- 1 6.5-gallon priming bucket with spigot
- 1 5-gallon carboy
- 50-60 brown glass 12-ounce bottles
- Capper
- Food processor

1. In a five gallon stainless steel pot, heat 2-3 gallons of water to between 150-170 degrees Fahrenheit. When water has reached at least 150 degrees but no more than 170 degrees, put steeping grains in steeping bags and add to pot. Let grains steep for 20-30 minutes.
2. Remove steeping grains from pot, bring water to boil. When water is at a boil, add dried malt extract and 1 ounce Saaz pellet hops to your wort. Stir regularly and vigorously to minimize extract clumping. Boil this for 55 minutes.
3. Add 1 ounce Cascade pellet hops. Continue boil for 5 minutes.



4. Remove pot from heat. Cool down wort to at least 165 degrees Fahrenheit, but not less than 150.
5. While wort is between 150-165 degrees, add pureed strawberries and bananas. It is important to not add it when the wort is higher, as this releases pectins, which will cloud your beer. This temperature should still be warm enough to kill anything that could adversely affect your beer. You can puree the fruit after you start the boil.
6. Cool wort to about 70 degrees Fahrenheit. Transfer wort from your brew pot to your primary fermenting bucket, preferably using a siphon and passing it through a strainer.
7. Add cold water to bring total wort volume to five gallons. Stir.
8. Add Nottingham yeast. Let it aerate for about 5 minutes, stir, then seal your primary fermenting bucket.
9. After 5-7 days, transfer beer from your primary fermenting bucket to a secondary carboy.
10. After 2 weeks, you're ready to prime your beer. Take 5 ounces of crystal sugar and boil it in 2 cups of water. Remove sugar water solution from heat; cool down to about 70 degrees Fahrenheit.
11. Add priming sugar solution to priming bucket. Transfer beer from secondary carboy to priming bucket using a siphon.
12. Using 12-ounce brown glass bottles, fill each bottle up to about 2 inches from the top. Cap the bottles.
13. Let bottles condition at room temperature for two weeks. After bottle conditioning is complete, chill your beers, crack one open and enjoy. Heck. Crack more if you want.

Sanitizing is key to home brewing. Local homebrew stores carry a number of options for sanitizing. You should sanitize absolutely everything that will come into contact with the beer, from start to finish. For water, I'd recommend filtering standard tap water through something like a Brita or Pur water filter, then boiling it and then cooling it. Final alcohol by volume should be between 7 and 8%.

**Bill Hronek a/k/a The Chronek** is a regular blogger at Jay the Joke and a lot of fun to get to know. Plus, he's always got beer.



## GINA FERRARO HANS' TATER-TOT CASSEROLE

### Ingredients:

- 1 Bag of tater tots
- 2 small cans cream of mushroom
- 2 or 3 cups of shredded cheese
- 1 lb ground beef (optional)
- 1 can of corn
- Salt & Pepper to Taste



### Preparation:

Pre-Heat oven to 350.

Cook ground beef. Then, in a casserole dish neatly line the bottom with a layer of tater tots. Empty 2 small cans of cream of mushroom soup on top of the tater tots. Add your cooked ground beef (optional). Use a spatula to mix/spread the soup and ground beef so it lays as the 2nd layer. Add 1 can of corn. Add Salt and Pepper to taste. Add 2 or 3 cups of shredded cheese. Place the remaining tater tots as the final layer on top of the cheese.

Bake for 35 minutes. You should see the cream of mushroom bubbling when it's done. Enjoy!!

**Gina Ferraro's** career has taken her from radio to TV and back. She's since hosted over 30 episodes of Tattoo Factory TV which aired on a network station in Chicago: WPWR, Channel 50/Cable 8. After Gina's 2009 stint as Traffic Reporter/On-Air morning show contributor for 93.9 Lite FM's Melissa Forman Morning show she became the late night queen of the airwaves on Dance Factory Radio, on 99.9, 92.5, and 92.7. Gina's also made appearances on WCIU the U's morning show in Chicago, "You and Me This Morning." Now you can see her on the Nude Hippo Show on NBC Chicago, and hear her on US-99's afternoon show with Drew Walker & on WGN-AM 720 in the evening as the Traffic Reporter.

[www.GinaMarieFerraro.net](http://www.GinaMarieFerraro.net)



## MICHAEL FLORES' SOUTHERN SKILLET FRIED APPLES

### Ingredients:

3 large Granny Smith apples, cored, peeled and cut into wedges

1/4 cup (1/2 stick) unsalted butter

1/4 cup brown sugar, well packed

2 cups of apple cider

2 tablespoons of cornstarch with a splash of water

1/4 teaspoon cinnamon

1/4 teaspoon allspice

1/4 teaspoon ground ginger



### Preparation:

In a skillet over medium heat, melt the butter with the brown sugar.

Stir in the apple cider and bring to a boil.

Boil for 5 minutes, add apples, bring back to a boil, reduce heat and simmer for about 10 minutes or until apples are tender.

Use a slotted spoon to scoop out the apples and set aside.

Bring mixture back up to a boil and make a slurry with the cornstarch and water; slowly stir in.

Boil for 3 minutes, stirring.

Add spices, and return the apples to mixture, bring back to a boil, reduce heat and simmer for 5 minutes, stirring occasionally to turn and coat the apples.



## **THICK MCRUNFAST'S GULYAS** (Goulash) (Mother's recipe)

1 lb. Beef Chuck

1 Tbsp. Salt

2 Tbsp. Lard

1 tsp. Paprika

1 qt. Water

4 Medium Potatoes, Cubed Parsley



Cut beef into 1 in. squares and place in large pot. Add half of the salt. Brown in lard with paprika. Let simmer for 1 hour. Add parsley, let simmer ½ hour. Add water, potatoes, and salt, and simmer until potatoes are done.

[Thick McRunFast](#) is a regular blogger at Jay the Joke and our resident open wheel racing expert.

## **HINO'S DUMPLINGS** (Good on a cold night)

### **Ingredients**

1 large can of Campbell's Cream of Chicken Soup

-and - one regular sized can.

8-12 eggs

Flour



### **Preparation:**

In a large soup pan mix the soup. One can of water for each can of soup. Slowly bring to a boil. While soup is coming to a boil, in a separate bowl, mix 8-12 eggs with the same number of heaping tablespoons of flour. Mix by hand not with a mixer. A few additional tablespoons of flour may be required depending on the size of the eggs. You want the mixture to have a slightly firmer texture than pancake batter. When soup comes to a boil spoon in mixture around the pan. Spooning works better than pouring otherwise you will end up with one big mess of a dumpling. Cover and reduce heat to between low and simmer. Cook for approximately 30 minutes. Absolutely do not lift the lid or the dumplings will not rise. Ingredients may be adjusted according to the number of people being served. The leftovers are also good.

[Hino](#) is a regular blogger at Jay the Joke and one of our admins. He currently works for a Big 10 university in one of those jobs that impress the hell out of everyone.



## B3's SPICY MEATBALLS

### Ingredients:

2 med. onions

3/4 cup Dr. Pepper

3/4 cup catsup

2 tbsp. vinegar

2 tbsp. Worcestershire sauce

1/2 tsp. chili powder

1/2 tsp. salt

2 lbs. lean hamburger

4 tbsp. oil

4 drops of Tabasco Habanera Sauce

6 pita breads

Garnish (optional)

1 onion sliced into rings (optional)

1 green pepper sliced into small pieces (optional)

1 head lettuce, shredded (optional)

Shredded cheese (optional)

### Preparation:

Finely chop onions. Combine next 7 ingredients in saucepan and bring to boil. Cover pan, reduce heat and simmer 45 minutes or until sauce is thick. While sauce is cooking, prepare meatballs by making small balls and brown in oil in large skillet over medium heat. During last 5 minutes of cooking time for sauce, add meatballs.

Cut top part from 6 pita breads. Place shredded lettuce in each then meatballs with sauce. Garnish with onions, green peppers and cheese.



## ASHLEY LOBO'S NO KNEAD DILL BREAD

### Ingredients:

1 (1/4 ounce) package active dry yeast & 1/4 cup water

1 cup cottage cheese

1 tablespoon softened butter

2 tablespoons granulated sugar

1 tablespoon instant minced onion

2 teaspoons dill seed

1 teaspoon salt & 1/4 teaspoon baking soda

1 egg

2 1/2 cups all-purpose flour

melted butter



### Preparation:

Dissolve yeast in 1/4 cup water (warm - 110 to 115 degrees). Let stand until bubbly about 5 minutes. Heat cottage cheese and butter just to lukewarm. Do not boil. Pour cheese mixture into large bowl. Add sugar, onion, dill seed, salt, baking soda and egg; mix well. Add yeast mixture. Beat flour gradually to make smooth dough. Cover; let rise until double in bulk, about 1 hour. Punch down. Place into greased 9X5X3 inch loaf pan. Let rise until dough reaches top of pan about 30 minutes. Bake in 350 degree gas over 30 to 35 minutes. Brush with butter and sprinkle salt. Remove from pan; cool on rack.

2 small loaf pans for 25 minutes

Excellent, moist, tasty.

**By day, Ashley Lobo** is a real life cupid as the Director of Client Relations for the nation's leading matchmaking firm, Selective Search. By night, she is reporting on the Chicago's hottest events. In 2004, Ashley reigned as the Fiesta Bowl Queen and Spokesperson. Ashley has been a reporter, producer and editor for NUDE HIPPO since 2005. She has also been a freelance reporter for NBC Chicago Street Team, The USA network, 24/7 Chicago, and Prepwire.tv. As a SAG actress and model you can see her in print ads for Nike, Miller Lite, Four Seasons Hotel, Chicago Bride and various TV commercials. She's also the Office Max Elf for the second year in a row. For two years, Ashley was part of the Chicago Blackhawks' Ice Crew and was a part of the Stanley Cup Championship season.



## JAM JAM'S PERFECT RIBS

*Okay this is a serious recipe here. Takes time, takes dedication, no pussies here. 3 step process. Rib spice, rib marinate, and rib grilling sauce at end.*

**Rib Marinate** First, take 2 beers (no Budweiser) out of the fridge, open one, slam it, then have others that you drink while preparing marinate. Combine all ingredients. Place in plastic container in fridge for 2 days. After 2 days take out.

1 cup Jack Daniel's whiskey

½ cup brown sugar

1 cup catsup- best if cat blood is fresh

1 teaspoon Worcestershire sauce

¼ cup Vinegar

1 tablespoon Lemon juice

3 Cloves garlic- roast it first in oven for better results

½ teaspoon Dry mustard

¼ teaspoon Black pepper

¼ teaspoon Salt



### **Rib Spice**

1/4 c. salt

1/4 c. sugar

Paprika

Preheat oven to 250 degrees. Mix equal amount of salt and sugar. Add in paprika to taste. Roll each portion of meat in sugar-salt-paprika mixture. Place meat in large baking dish in about one inch of water (or halfway each rib). Put in oven for one hour. Remove. Turn meat. Add 3/4 of marinate. Put back in oven. Cook one hour. Take out again. Flip ribs. Add other 1/4 of marinate. Increase oven to 400 degrees. Cook for half hour. Take out of oven.

Final preparations. **GRILL THOSE FUCKERS NOW**

### **Grilling Sauce**

1/2 cup pineapple juice



3 tablespoons soy sauce

1 1/2 teaspoons garlic powder

1/4 cup Jack Daniel's Tennessee Whiskey

Combine all ingredients, mix, and have with you for grilling. Take 6 beers with you to the grill. Fire up that grill. Take oven cooked ribs and grilling sauce. Drink one beer. Place on grill, smoother in grilling sauce all over. Drink one beer. Get those grill marks on them and get that BBQ flavor all over them. Drink one beer. Use as much as the grilling sauce as possible. Enjoy with 3 more beers.

**Jam Jam** is the imaginary friend of Toko, or visa versa. Either way, both are most assuredly the delusional creations of Dr. Frank, or so we may have been lead to possibly believe. No matter which personality is to the fore, Jam Jam is a regular blogger and moderator at Jay the Joke.

## **ELLIOTT HARRIS' SHRIMP DIP** (or what I eat New Year's Day when I watch football on television)

*These recipes generally will not have exact measurements, because for me cooking is a matter of creativity rather than mathematics. At least that's my excuse.*

### **Ingredients:**

1 can of Campbell's cream of shrimp soup (can be tough to find)

1 8-ounce block of cream cheese

garlic powder

handful of cooked shrimp (optional)

### **Preparation:**

Let the cream cheese soften, either by leaving out on the counter or zapping it for about 15 seconds in the microwave. Blend soup, cream cheese and garlic powder (for those who like hot sauce, feel free to add some). If you want, add some small shrimp or cut up larger shrimp into smaller pieces and add to the dip. Refrigerate for an hour or so before serving. Goes well with fresh veggies, crackers, chips, etc. When no one is looking and you're the only one left, it also goes well with index fingers (limit two per customer).



**Elliott Harris** ([www.ElliottHarris.com](http://www.ElliottHarris.com)) wrote the Quick Hits column in the Chicago Sun-Times and put together the highly popular Quick Hits photo gallery. He's also the co-author of **Hoodoo: Unraveling the 100-Year Mystery of the Chicago Cubs** and can be heard on Sports and Torts with attorney David Spada.

<http://www.talkzone.com/shows/199/1660.html>



## ANN SHEEHAN'S BUFFALO DIP

### Ingredients

- 2 (10 ounce) cans chunk chicken, drained
- 2 (8 ounce) packages cream cheese, softened
- 1 cup Ranch dressing
- 3/4 cup pepper sauce (such as Frank's Red Hot®)
- 1 1/2 cups shredded Cheddar cheese
- 1 bunch celery, cleaned and cut into 4 inch pieces
- 1 (8 ounce) box chicken-flavored crackers



### Directions

Heat chicken and hot sauce in a skillet over medium heat, until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over the top, cover, and cook on Low setting until hot and bubbly. Serve with celery sticks and crackers.

**There is nothing too hot for Ann Sheehan** whether it be the latest porn flick or her amazing Buffalo Dip! Ann is one of those girls who had absolutely no direction in life until she grew enough balls to audition for the Chicago XFL Enforcer Cheerleaders. After spending one season with the XFL, Ann auditioned for the Chicago Rush Arena Football Team Dancers where she spent 7 wonderful seasons.

As an uneducated individual, Ann has really done well for herself - she was Mancow's phone girl for 2 years, a character in the Awesome 80's Prom and now works for an upscale matchmaking firm where she gathered some fabulous life skills! Oh, and she is also a Segment Producer on the infamous Nude Hippo Show on NBC's new digital channel! Her next step is to attend culinary school and continue to spice up people's lives.

[**ED NOTE:** Ann watches porn, she doesn't star in it.]



## PANANG CURRY SHRIMP – HB HALEY

*I know...I know...what's a McWapper doing passing along a Thai dish recipe...? Well...somehow I pulled off replicating an old favorite, order-in, entrée. It was a Friday night ritual in the mid 90's to have this delivered, watch the X-Files, and enjoy several Lowenbrau's. It was a phase, but so wha?. I figured out how to make this dish work recently, and it's a gem and a half. And so you should try it, too....it sounds more difficult than it actually is....*

### Here are the ingredients that feed about 3 hungry people:

1 lb. raw shrimp – peeled fully of shell and de-veined

package of fresh basil leaves

1/2 small onion sliced along its natural lines

4 – small dice Roma tomatoes

1 - 14 or 16 oz. can of coconut milk

1 – 4 oz. can of water chestnuts

2 tsp. Sea salt

dash (or 2) of cayenne pepper

2 T. yellow curry powder

1 small box of instant rice



Prepare instant rice for 3 people and time it to be ready in about 10 minutes. Keep it covered.

- In a large sauté pan, drizzle some vegetable oil and heat to medium/high. Add onions and tomatoes and season with salt. Cook until onions are translucent and tomatoes have cooked down some. Add the water chestnuts to warm them through.
- In another large sauté pan, drizzle some vegetable oil and heat to medium/high. Add raw shrimp and sauté until almost all pink.
- In a large sauce pot, add contents of (shaken) coconut milk. Simmer until the milk starts to bubble and slightly thicken. Add the curry powder, cayenne pepper and bring it to the curriest and spiciest that you desire, and salt to taste.
- Finally, add contents of both sauté pans to the coconut milk, and drop in 15-20 medium sized basil leaves.
- Stir gently to incorporate all the flavors, and bring to desired temperature level.
- Ladle mixture over hot white rice, and serve with cold, thirst quenching beverage of choice. Slainte, Saluti and ส่งเสียงโห่ร้อง !!!



## B3's BANGIN' BOTTOM DWELLERS

*(Recipe is per serving)*

8 oz Whitefish fillet (orange roughy may be subbed)

2 center slices of fresh orange

2 center slices of fresh lemon

1 pinch garlic powder

Preheat your oven to 250 degrees.

Slice the fish horizontally about 3/4 of the way through. It should open like a flap. Cut the orange slices in half and insert them with rinds facing out into the fillet. Close the fillet and then slice the lemon slices in half and place them on top of the fillet. Sprinkle garlic powder lightly all over the top half of the fish. Fresh ground black pepper can be added to taste as well as a small amount of sea salt (go easy on the salt since it will kill the citrus flavor).

Wrap in aluminum foil. Place on middle rack in oven for 35 minutes.

Remove, unwrap and put it on a plate.

Ideal with un-sauced pasta, mixed veggies or any combination thereof.



## THICK MCRUNFAST'S COFFEE GROUND CAKE (Great-grandmother's)

5 egg yolks

4 oz. powdered sugar

1/2 c. lemon juice

4 oz. ground walnuts

2 Tbsp. ground coffee

8 oz. bar sweet chocolate, grated

5 egg whites, stiffly beaten

Beat yolks and sugar for 15 minutes. Gradually add nuts. Add remaining ingredients. Pour into round cake pan. Bake at 350° F until cake is done all the way through.



## EGGS A LA BIG STAR

### Ingredients:

4 extra large size eggs (don't be a pussy and separate out the yolks)

one half chopped Spanish onion

one chopped green onion

one good shake of Tabasco sauce

half pack of shredded mozzarella

one chopped sweet yellow pepper

3 strips of chopped fried bacon

two chopped jalapeno peppers

3 chopped fresh mushrooms

salt to season

plenty of pepper

### Preparation:

Mix all of the above in a bowl.

Cook in a frying pan on med setting stove top. DO NOT BURN! Flip when edges start to raise.

Add remaining shredded mozzarella cheese on top when nearly cooked. Turn off stove and put lid over frying pan for a few minutes.

Serve with ketchup.

Yum.

**Big Star** is a full-time admin at Jay the Joke but practices medicine in his spare time.



*This recipe is still the most discussed and shared after 3 years.*

## **CHRIS DE LUCA'S ZITI**

Start with the simple tomato sauce. Pour about a quarter cup extra-virgin olive oil into a 3-quart or so sauce pan. Take two or three cloves of garlic and thinly slice them Goodfellas-style. If you don't know what this means, stop and pick another recipe.

OK, now dice a small yellow onion. Add it to the simmering garlic and pour in a quarter cup of Chianti. Grate half of a medium-sized carrot. Use two 28-ounce cans of crushed tomatoes. After this simmers for a bit, take about eight fresh basil leaves, slice them into thin strips and slowly mix them into the sauce.

Add a quarter cup grated Parmesan.

Once the sauce is made (simmer for about 20 minutes), let it cool some and prepare the ziti.

### **Ziti ingredients:**

16-ounce box of ziti noodles

Our simple tomato sauce

16-ounce ricotta cheese

1 cup mozzarella cheese

1/4-cup parmesan cheese

fresh parsley

### **Preparation:**

Add ziti to boiling water and boil for 8 minutes.

Mix in ricotta cheese, mozzarella and parmesan cheeses in bowl. In large bowl, mix sauce, cheeses and ziti. Pour entire mix in a large rectangular dish. Bake at 350° oven for 35 minutes. Sprinkle with fresh parsley. Enjoy with a large glass of Chianti.

**PS:** It's much better the next day.

**Suggested option:** add one pound crumbled Italian sausage

**National Baseball Columnist Chris De Luca** is a sports editor at the Chicago Sun Times and began covering major-league baseball in 1986 and was a beat writer covering the San Diego Padres from 1988 to 1994. He has also served as sports editor of the Monterey County Herald and executive sports editor of the Contra Costa Times. He has been a contributor to the National Sports Daily, Sporting News and Newsweek magazine. During a newspaper career that began in 1982, De Luca worked for the



Sacramento Bee, San Diego Union, Los Angeles Times, Escondido Times-Advocate, Monterey County Herald and Contra Costa Times before joining the Sun-Times in 1996.

## **MICHAEL FLORES' SOUTHERN DEEP FRIED CHICKEN**

### **Recipe Ingredients:**

2-1/2 To 3 – Pounds Fryer Chicken, cut into 8-10 pieces

2 – Cups Butter Milk

6 – Egg Yolks

2 – Cups All Purpose Flour

1/2 – sugar less cornflakes (plain)

2 – Tablespoons of Seasoning salt

2 – Tablespoons Garlic

2 – Tablespoons Onion Powder

1 – Tablespoon Cayenne Pepper

1 – Teaspoon Poultry Season

Cooking Oil for Deep Fryer



### **Cookware and Utensils**

1 – Deep Fryer

2 – Large Bowls

1 – Small Bowl

1 – Tong

### **Recipe Instructions:**

As always the key to great cooking is preparation and quality ingredients. Wash chicken and pat dry with paper towels. Pour buttermilk into a large bowl. Place chicken into bowl and soak in your refrigerator for about 4 hours. Now it's time to form your mixture. In another large bowl, crush cornflakes well. After crushing cornflakes add flour, seasoning salt, garlic, onion powder, cayenne pepper and poultry seasoning. After about 4 hours remove chicken from the refrigerator.

Place egg yolks into a small bowl and beat until smooth. Find yourself a paper or plastic bag that will be used to shake the chicken. Now place enough mixture to coat a piece of chicken into the bag.



Dip a single piece of chicken into the egg yolks and then shake the chicken in the mixture. Do this twice for each piece of chicken. Allow your chicken to sit at room temperature for about 10 minutes before frying.

Follow the instructions on your deep fryer for preparing and heating your oil. When the oil is ready place your chicken into fryer and cook until done. The chicken should be golden brown...using tongs turn the chicken if necessary. Don't overcrowd the fryer.

## **SOUTH SIDE SLIM'S CHINESE CHICKEN WINGS**

**Serves 12**

### **Ingredients**

2 cups soy sauce

2 cups brown sugar

2 tablespoons garlic powder

5 pounds chicken wings, split and tips discarded



### **Directions**

1. Stir the soy sauce, brown sugar, and garlic powder together in a saucepan over medium heat; cook and stir until the sugar melts completely. Remove from heat and allow to cool.
2. Place the chicken wings in a large bowl. Pour the soy sauce mixture over the wings and toss to coat evenly. Cover the bowl with plastic wrap. Allow chicken to marinate in refrigerator overnight or 8 hours.
3. Preheat an oven to 350 degrees F (175 degrees C).
4. Pour the chicken wings and marinade into a 9x13-inch baking dish. Cover the baking dish with aluminum foil.
5. Bake in the preheated oven until thoroughly hot, about 45 minutes. Remove the aluminum foil from the baking dish and continue baking uncovered another 15 minutes. Serve hot.

**George Tasker a/k/a South Side Slim**, son of legendary Chicago music mogul of the same name, was born and raised on the south side of Chicago in the Hyde Park neighborhood. Moved to Cartersville, GA to pursue a business opportunity. Currently Senior Programmer/Analyst for a Berkshire-Hathaway company.



## ELLIOTT HARRIS' GRILLED CHEESE

### Ingredients:

bread

cheese

margarine

tomato

avocado

salsa (optional)



It's your basic grilled cheese with sliced tomato and avocado (and some salsa, if you like). Take two pieces of bread. Place cheese, tomato, cheese, avocado (and salsa), cheese on one piece. Put the other piece of bread on top of that. Spread margarine on bread. Brown in skillet until done. Serve with grapes or sliced fruit or simply by itself.

## ELLIOTT HARRIS' FRIED BANANAS

### Ingredients:

bananas

margarine and/or liqueur of your choice.

Slice bananas and place in a skillet with margarine and/or liqueur of your choice. Brown, flipping over the bananas once or twice. Serve either as a side dish or over ice cream with liqueur of your choosing. Or you can forget the bananas and just hit the liqueur, but adding the bananas makes it healthier.



## THICK MCRUNFAST'S POUND CAKE

1 lb. Butter

1 lb. Powdered sugar

6 eggs

3 C. sifted flour

1 Tbsp. Vanilla

Cream butter. Add sugar, eggs (one at a time), flour, and vanilla. Bake in a greased, floured pan at 350 degrees for 1 hr. 15 min.



## TOKO MAKE HOT AND SPICEY BEER FARTIN' CHILI

### Crock Pot

1. 1 large can of tomatoes- I like the chopped ones- not the whole ones and definitely not the crushed ones

2. 16 oz tomato sauce

3. 12 oz tomato paste

4. 1 can black beans

5. 1 can refried beans

6. 1 can chili beans (get the ones that are already labeled hot if you can)

7. 1 can kidney beans

8. 1 medium onion chopped

9. 4 gloves chopped garlic

10. 2 large Mexican chiles- chopped- remove seeds

11. 3 whole habaneras- red- chopped- remove seeds

12. 6-8 jalapeños- chopped- remove seeds

13. 3 BEERS- consume 2 while making, take last beer and place in crock pot

(please no Budweiser)



14. Hot sauce (as much as you want!)

### **SPICES**

Your choice- you can get some really good chili mixes already done or if you dare ...

- 6 Tablespoons garlic powder
- 3 Tablespoons onion powder
- 2 Tablespoons ground cumin
- 2 Tablespoons parsley
- 2 Teaspoons oregano
- 1/2 Teaspoon salt
- 1/2 Teaspoon ground black pepper
- 1 Tablespoon chipotle powder
- 1 Teaspoon habanera chile powder

### **Meat**

1. Real men would fry up some nice steak and use that
2. Cooked ground beef can be used
3. Sausage- cooked
4. Chicken- cooked
5. Pork- cooked

Or all the above- steak, ground beef, sausage, and chicken, and pork

Let cook for as long as possible- eat with clean underwear- if looking too thin you can take the lid off to allow the water to evaporate I've noticed it tastes better the next day after reheated- so I actually cook it, let it cool, place in refrigerator, and reheat it up the next day.

**Toko** is now insisting that Dr. Frank is a figment of his own indigestion but doesn't care since Jam Jam brought a gallon of Chronek's beer.



## ELLIOTT HARRIS' PEANUT BUTTER, BANANA & DURKEE SANDWICH

*What I eat when I don't want to cook.*

### Ingredients:

peanut butter

banana

Durkee dressing (or you can use mustard and mayonnaise; it's the stuff that tastes like deviled eggs)

bread

Take a piece of bread (or as many pieces of bread as you like) and spread on peanut butter, then the Durkee dressing and finally sliced banana. Serve open-faced. That's it. Breakfast, lunch or dinner; it's a winner. If you're adventurous, take two slices and follow directions but leave bananas off of one slice. Put the sandwich together and grill it in a pan by putting margarine or butter on the outside of the bread. I've never actually done this, but I just might now that I've thought of it.



## B3's HOLIDAY TURKEY

### Ingredients:

1 10lb turkey

1 c dry white wine

1/2 c orange juice

2 cloves garlic

1 tbsp sea salt

1 tbsp coarse black pepper (ground)



The night before you are going to serve, make sure the turkey is completely thawed and rid of any innards or packaging. Rinse the turkey thoroughly in cold water, set in broasting pan. Dice garlic and add it with all remaining ingredients in a blender. Do not puree, just make sure that everything is nicely blended. Fork the turkey in 10 or 15 spots and then pour the mixture slowly over the bird. Cover, and let sit for the night in your refrigerator.

In the morning, cook the turkey according to the directions making sure to baste it every hour or so. When done, feel free to pour out the drippings into a bowl (make sure to scrape out every last drop), add corn starch for thickener and use that as your gravy. Make sure to whisk the gravy well so that there are no lumps. It will tie the flavors together nicely.



## **THICK MCRUNFAST'S TÚRÓS POGÁCSA** (Cottage Cheese Biscuits)

4 C. Flour

4 tsp. Baking Powder

3/4 lb. Lard

1 lb. Dry Cottage Cheese

1 1/2 tsp. Salt

1 C. Grated Cheddar

1 pt. Sour Cream

1 egg, well beaten



Press cottage cheese through sieve. Sift flour, salt, and baking powder together. Mix the egg with the sour cream. Mix the dry ingredients, cottage cheese, and butter as for pie dough. Add sour cream mixture and mix until smooth, forming a ball. Roll out to 1 inch thickness. Cut with a miniature wine glass or a donut hole cutter dipped in flour. Place in a well greased pan and brush tops with beaten egg yolk. Sprinkle with grated cheese. Bake at 375° F for 35-40 minutes.

## **VILLANO'S CIRRHOSIS OF THE LIVER AND ONIONS**

*Delicate baby calves liver, marinated in wine, and sauteed in butter with Portabella mushrooms and sweet Vadalia onions. The best of both worlds, cholesterol AND alcohol! Make sure to get a top quality liver, culled from "free range veal", which probably means that the little baby veals are allowed to roam freely within the confines of their three by six foot stalls, until someone slits their throats.*

### **Ingredients:**

1 pound of thinly sliced baby calves liver.

1 cup dark red wine (merlot, burgandy, shiraz, port, or cabernet will do)

2 tbs. balsamic vinegar

2 tbs. Lee & Perrins Worcestershire Sauce

2 tbs. olive oil



1 clove garlic (finely minced)

1 large Vidalia onion

6 tbs. salted butter

1/2 cup all purpose flour

3 medium Portabella mushrooms

2 5-3/4 oz. cans of North American brand steak and mushroom sauce (they sell it at the Jewel)

First make the marinade. In a bowl, mix the wine, Lee & Perrins, 1 tsp. olive oil, and balsamic vinegar. Place veal slices in a zip lock bag, and add marinade. Refrigerate overnight. When ready to cook, remove veal from marinade, and discard the liquid. Pat the sliced meat dry with paper towels. Halve the onion, and thinly slice both pieces. Slice the mushrooms. Heat 4 tbs. butter in a sauté pan, and begin to caramelize the onions. When the onions are almost done, add the garlic, and sliced mushrooms. Sauté on medium heat until onions are a golden brown. Remove from heat and set aside.

In a small sauce pan, heat the two cans of North American steak and mushroom sauce until simmering. You might want to add an ounce or two of wine to this sauce. Dredge the dry veal slices in the flour. (you don't want to soak them in any liquid, because that ruins the texture of the meat when it's cooked quickly). In a large, heated frying pan (preferably an iron one), add 1 tbs of olive oil, and melt the remaining 2 tbs. of butter until it begins to smoke. Get the pan good and hot before tossing in the oil and butter. Quickly fry the liver slices, no more than a minute or so on each side.

Plate the liver, pile on the mushrooms and onions, and cover with the North American steak and mushroom sauce.

### **THICK MCRUNFAST'S SZÁRAZ BAB LEVES** (Dry Bean Soup)

1 lb. dried beans

1 C. sour cream

4 Tbsp. Lard

1 large onion, diced

2 C. Milk

1-2 qt. Water (depends on how thick you want the soup to be. I usually use around 1 qt, maybe less)

1 1/2 - 2 lb. smoked kolbasz

5 Tbsp. Flour

4 tsp. Paprika



Wash and soak beans for at least 1 hour in warm water. Drain. Cook with kolbasz in water for 2 hours. Melt lard in pan, add flour and brown. Add paprika and onion, cook until onions start to get tender. Stir in milk to make a gravy. Add to the meat and beans and bring to a boil. Stir in sour cream.

Add more sour cream and paprika to taste.

## **MICHAEL FLORES' FRIED CATFISH WITH SWAMP GRAVY**

Catfish, cleaned and dressed

Salt

Black pepper

Cornmeal

Grease



Wash the fish. Cover in cold water. In a brown paper bag or a gallon size zip lock freezer bag, mix cornmeal, salt and pepper. Heat grease until it sizzles when water is sprinkled in it. Then add one or two fish to the bag of meal at one time. Shake until covered completely. Remove fish from bag and drop slowly into hot grease. Fry until golden brown on both sides.

### **Swamp Gravy**

2 large potatoes,

chopped1 large onion,

chopped1 14 oz can whole kernel Corn

1 28 oz can of crushed red tomatoes

1 14 oz can cut okra

1 28 oz can water (use the tomato can to measure)

Pour grease in which you used to fry Catfish up into old coffee can and set aside for the next time you fry fish. Put frying pan back on the burner. Heat on high. Add all the ingredients to the drippings in the bottom of the frying pan. Add water. Stirring constantly until vegetables are done and liquid is thickened.



## **THICK MCRUNFAST's KOLBASZ** (Hungarian Sausage)

*(adapted from Jerry Predika's "The Sausage-Making Cookbook")*

15 lbs. Coarse ground pork

4 Tbsp. Non-Iodized Salt

2 1/2 Tbsp. Black Pepper

3 3/4 Tbsp. Paprika

1 1/2 tsp. Hot Paprika (For paprika, a good Hungarian one is best. I use Pride of Szeged)

7 1/2 cloves Garlic

1 1/2 C. Water

Mix together well, until all spices are equally and thoroughly blended. Stuff into hog casing. Cook, hang, or freeze sausage.



*This recipe has been asked for so many times that I've lost track of who's made it. I'm pretty sure the entire staff at ABC's 190 North has made it, at least, twice.*

## **B3'S TUNA FISH SALAD WITH SAUTÉED VEGGIES**

### **Ingredients:**

20 oz tuna packed in water

1 stalk of celery (sans leaves)

1/3 medium Bermuda onion

1 clove garlic

1/2 medium tomato

1/2 oz Worcestershire sauce

1/2 oz lemon juice

1/4 cup White salad dressing (i.e., Miracle whip)



**Prep:**

Drain and rinse the tuna in cold water and place in a bowl. Make sure there's no liquid in bowl. Dice celery, onion and garlic. Heat a small pan with extra virgin olive oil (go easy) and add the diced veggies. Cook until light brown and remove from stove. Drain off all liquid.

Dice tomato and season lightly with coarse black pepper and sea salt. Set aside.

Mix all ingredients in with tuna, add Worcestershire sauce, lemon and lime juice. Stir in salad dressing until mixture is smooth.

Refrigerate overnight and enjoy. Ideal for stuffed tomatoes, sandwiches or as a highlight for cooked greens.

**JAM-JAM'S SPAGHETTI WITH TOKO BALLS**

1. Need one Crock Pot
2. Need one case of beer

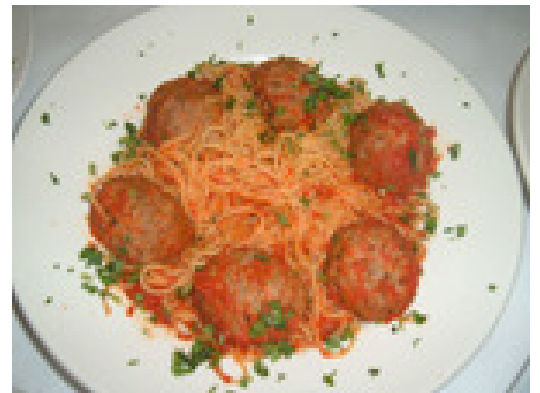
**Sauce**

Throw all ingredients into the crock pot, cook on high for 2 hours, turn to low for at least 3-4 more hours (if sauce after a few hours looks too thin you can take the lid off and continue cooking to desired thickness).

1. Large can of tomatoes
2. Can of tomato soup
3. 6 oz can of tomato paste
4. Small can of tomato sauce

**Spices**

1. 1 teaspoon garlic salt
2. 1 teaspoon celery seed
3. 1 teaspoon basil
4. 1 1/2 teaspoon oregano
5. 3 teaspoons salt
6. 3 tablespoons sugar



7. 1/2 teaspoon pepper
8. 1 teaspoon Tabasco sauce
9. 2 tablespoons Worcester sauce
10. 2 gloves garlic- chopped
11. medium onion- chopped

Place all ingredients into the crock pot, stir, turn on high for 2 hours.

### **Toko's tasty balls**

Medium package of ground beef. In a bowl add;

1. Pinch of salt
2. Pinch of pepper
3. 1 egg
4. 1/2 cup of bread crumbs
5. 1/2 teaspoon oregano

Mix well. Make meatballs the size of Toko's left nut (if not sure look at your own or husband's or boyfriend's and double in size). Lightly fry outside of meatballs. Do NOT cook all the way through. Once they have been lightly fried add to crock pot, stir, and close lid.

Enjoy!

PS- best made while enjoying numerous beers

**Dr. Frank** is now claiming that he's a figment of Jam Jam's fevered imagination and that he's fine with that as long as Toko shares his porn collection.



## VILLANO'S CHICKEN IN A CASKET

*If you're not real careful, chicken can be pretty good for you, especially if you remove the tasty skin and steam it. Fear not; there's absolutely no chance of that happening with this recipe. Breaded and fried southern style, I try and retain as much of the cholesterol as I can, but regretfully, some is lost in the cooking process. I have a nutritionist hard at work seeking a solution to this problem.*

### Ingredients:

1 good size chicken (about 3 pounds), cut up.

1 cup buttermilk

1 cup plain yogurt

1/2 cup Valentines Hot Sauce (salsa picante)

2 cups peanut oil

1 tsp. white pepper

1 tbs. parsley flakes

1 tbs. ground thyme

1 tbs. tarragon flakes

1 tsp. paprika

1 tsp. cayenne pepper

1 tsp. garlic salt

2 cups all purpose flour

In a bowl, mix the buttermilk, yougrt, and hot sauce together. Add the paprika, thyme, tarragon, parsley, and white pepper. Place cut up chicken in a large zip lock bag, and add the liquid. Refrigerate at least overnight, but a day or even two would be better. When ready to cook, mix the flour, garlic salt cayenne pepper in a large, strong plastic bag. Remove the chicken from the bag and let it drain in a colander. Take the chicken, and shake the pieces in the bag, one at a time until well coated. In a heavy, deep skillet, preferably iron, heat up the peanut oil. Get it good and hot, but not so hot that it smokes. Place the chicken pieces in the skillet, and cook on one side for about 15 minutes. Turn them over with tongs, and cook the other side for about 10 more minutes. Keep an eye on the flame, adjusting it as needed so that the chicken browns evenly, but doesn't burn. Remove the pieces from the pan, and let them drain on a rack. Never use paper towels!!!

Serve dinner in fantastic plastic caskets. [www.amazon.com/Coffin-Casket-Pantastic-Plastic-Baking/dp/B0016FZF0S](http://www.amazon.com/Coffin-Casket-Pantastic-Plastic-Baking/dp/B0016FZF0S)



## THICK MCRUNFAST'S ESTERHAZY STEAK

*(originally from "Treasured Hungarian Recipes", put together by the William Penn Association)*

2 lbs. round steak, 1 in. thick

1/3 c. flour

Pound 1/2 of the flour into the meat on one side with a meat hammer. Turn over and repeat with remaining flour. Cut meat into 1/4 to 1/2 lb pieces

1/4 c. flour

2 tsp salt

1/2 tsp black pepper

1/3 c. lard

Mix first three ingredients together and coat meat. Heat fat in a skillet, lightly brown meat on both sides. Place in greased baking dish.

2 thin sliced carrots

2 thin sliced small onions

1 thin sliced parsnip

1 stalk chopped celery

Cook in skillet for 10 minutes. Spoon on top of the meat.

### Sauce

1 tbsp. lard

1 tbsp. flour

1/4 tsp. salt

dash of pepper

1 C. beef broth

1/2 c. dry white wine

1 c. sour cream

1 tsp. paprika



Heat in a skillet until mixture bubbles and is lightly browned. Add broth and bring to a boil. Remove from heat and add wine. Pour this over the vegetables. Cover dish with aluminum foil, bake at 350 degrees for 1 hour and 15 minutes. Mix the sour cream and paprika together. Remove the steak from the oven, uncover, and spoon the cream mixture over the vegetables. Return uncovered to the oven and bake for another 15 minutes.

## **THE JOHN Mc'SHERRY MEMORIAL MEATBALL SANDWICH (Villano)**

*Poor old John grabbed his chest and was called out at the plate, but you've only got two strikes against you. Make like a Chicago Cub and go for number three. Take a wild swing at this meatball sammich, with roasted red peppers and Provolone cheese, and get yourself ejected from the game of life.*

### **Ingredients:**

1 pound of ground chuck

1/2 cup all purpose flour

1 egg yolk

4 tbs. salted butter

1 tbs. olive oil

3 slices of semi-stale (kinda dried up) Italian bread with the crusts removed

1 clove of garlic, (crushed)

1/2 red onion (sliced)

1/2 tsp. salt.

1/4 tsp. black pepper

2 tbs. milk

2 tsp. dried oregano

1 tsp. dried basil

1 tsp parsley flakes

1/8 tsp cayenne pepper

1 small jar of Mancini roasted red peppers, or whatever brand is available

1/4 pound sliced provolone cheese



1/4 pound shredded Mozzarella cheese

1 small jar of your favorite red pasta sauce (doing it from scratch is too way much work to put into making a sandwich)

4 submarine style Italian bread rolls

In a small sauce pan, heat up the pasta sauce, and put it aside. In a large metal mixing bowl, combine the ground beef, garlic, salt, pepper, cayenne, oregano, basil, parsley, egg yolk, milk, and crumbled up bread. Mash it up real good with your hands, and form into roughly 2 inch diameter meatballs. Dredge the meatballs in the flour. In a large metal skillet, melt 2 tbs. of butter and saute the sliced red onion. When the onion is translucent, add the drained red peppers and continue cooking until the onions start to brown. Remove from pan and set aside.

Using the same pan, add the remaining 2 tbs. of butter and the olive oil, and brown the meatballs. Set aside. Take the Italian bread rolls, and slice them in half. On tin foil, or in a baking pan, put them in the oven at 350 degrees with a slice of Provolone cheese on each side of the bread. Leave them in the oven just until the cheese begins to melt. Take the rolls out of the oven, add the meatballs, toss on some of the red pepper and onion mix, and cover it all with the warm pasta sauce.

## **ELLIOTT HARRIS' CHICKEN MARSALA** (or veal if you're feeling fancy)

### **Ingredients:**

chicken breasts (or veal cutlets)

Marsala wine (inexpensive drinking variety suffices)

bread crumbs

mushrooms

onions (optional)



In a large skillet, place sliced mushrooms and onions and sauté in wine. Set aside after cooking. Deglaze the skillet (which means put some more wine in and scrape off the schnitzels). Put bread crumbs in a bowl (this version is less complicated than the dredging in egg and then in flour, but you can do that if you want to clean up more dishes). Take washed and patted-dry breasts (of chicken - well, unless there's a better offer of someone else's, in which case let's forget about cooking for a while) and roll them around in the bread crumbs. Place breasts (chicken) in skillet and brown over fairly high heat. Add some more wine. Place mushrooms and onions back in skillet. Cook until done.

Remove from skillet. Slice chicken breasts and serve.



## COUCH POTATO RAGOUT (CPR) (Villano)

*Ask your dinner guests if any of them know CPR before serving this dish (they might need it). This is made from delicious slab of corn fed, Black Angus pot roast is marbled with fat throughout. The potatoes and other veggies have had all of the nutrients cooked out of them and are only there to prevent the juicy meat drippings from escaping into the atmosphere.*

### Ingredients:

1 seven bone arm roast, or a Boston cut roast (try to get one about two inches thick, at least 3 pounds, and well marbled)

3 tbs. salted butter

1 tbs. olive oil

2 cloves of garlic (crushed)

1 14 oz. can of beef broth

1 14 oz can of fire roasted, diced or petite cut stewed tomatoes

1 5 3/4 oz. can of North American steak and mushroom sauce.

1 2 oz. bottle of Gravy Master

4 oz. dark red wine

1 tbs. Lee & Perrins Worcestershire Sauce

4 bay leaves

salt and pepper

1 green bell pepper, halved and seeded

4 Portabella mushrooms

2 carrots, cut in half

2 medium size red potatoes, cut in half

2 small onions, peeled



Take the meat out of the fridge, and let it rest at room temperature for about half an hour. In a heavy skillet or frying pan, (iron is preferred) heat up the butter and the oil until it's smoking. Season the meat with salt and pepper, and sear it really good on both sides. Crank the flame all the way up, and let it get a good char on it. Set off the smoke detectors, and you'll know you're doing it right. Place the meat in a



large, deep baking dish. (it should be at least 12 x 12, and at least 6 inches) Put the carrots, onions, green pepper, mushrooms, and potatoes around the meat.

In a bowl combine the beef broth, stewed tomatoes, red wine, North American steak and mushroom sauce, Lee & Perrins, Gravy Master, bay leaves, and garlic. Mix it all together, and pour it over the meat. This should be enough liquid to cover the meat, but if you need more liquid, you can add a little more broth, or more wine, or even a few shots of V-8.

Place uncovered in a 275 degree (not any higher than that!) and leave it the Hell alone for 3 1/2 to 4 hours. You want to braise the meat, not boil it. At 275 degrees, it should be gently simmering. But if you'd like to cook it a bit longer, you can't go wrong turning it down to 250. When the dish is done, take it out of the oven, remove all the vegetables, and throw them in the garbage (they really aren't worth saving after that long in the oven).

The meat and remaining gravy is excellent served with mashed potatoes.

**Don't stir it, don't cover it. Don't touch it until it's completely done!**

## **ELLIOTT HARRIS' CHICKEN LIVER OMELET**

*What I used to eat before I found out how bad liver is for you.*

### **Ingredients:**

A few chicken livers

2-3 eggs

garlic powder

onion (optional)

cheese (your choice of flavors, but I'd favor Blue)

margarine



In a skillet with a medium-to-high flame on the stove top deposit some margarine (if you really want to clog your arteries, try chicken schmaltz instead). When the margarine has melted, deposit the chicken liver (which you will have washed off in the sink) and some chopped onion. If you want to add some wine, be my guest. Crack the eggs and put in a small bowl. If you want to be really healthy (or at least try to offset the effects of the liver, use only the whites). Beat the eggs with a whisk or fork. Put the eggs in an omelet pan (OK, a small skillet suffices) that has been greased with margarine. Let the eggs cook. When the eggs begin to look like they are close to being done, place the liver, onions and cheese on one-half of the omelet. Fold the bare half on top of the other half. Allow time for the cheese to melt. Garnish with an orange slice and/or avocado slice and serve.



## PINCH-HITTING HOT DOG BUN BRUSCHETTA – HB HALEY

*Many years ago, I had a major craving for bruschetta. I had all of the fixin's that I like on hand, with the exception of a baguette for the crostini element. Then I remembered that I had some frozen hot dog buns, and thus the creation of this delicious ad hoc appetizer had begun. And I made it in a toaster oven...*

### Here are the ingredients for 2 hot dog buns-worth:

4 - Diced Roma tomatoes, seeded

¼ cup - Finely chopped black olives

1 T. - Even more finely chopped shallot and garlic

1 - Julienned fresh medium sized basil leaf

drizzle of extra virgin olive oil

splash of aged balsamic vinegar

sea salt & freshly cracked black pepper to taste



Gorgonzola cheese, sliced thinly to top off (keep cold until ready to slice)

In a small mixing bowl – gently combine the above tomato mixture with a soft spatula. Set aside for a couple of minutes for the flavors get to know each other.

- Defrost and *lightly* toast open- faced hot dog buns in a toaster oven on the sheet pan it came with.
- Remove and add mixture neatly to the top surface.
- Toast for about 40 seconds. Remove and add the slices of cheese evenly on top of the tomato mixture.
- Toast again until cheese melts (another 30-40 seconds).
- Remove carefully and serve hot with a Moretti beer or a nice Chianti.

Note: If you dislike blue cheese, replace it in this recipe with fontina cheese or buffalo mozzarella, if you must.

Impress your friends and pronounce it correctly – **broo-SKET-ahhhh**



## ELLIOTT HARRIS' CHILLED SALMON WITH DILL SAUCE

salmon filet

dill weed

orange juice or wine

soy sauce

mayonnaise



Put salmon filet in microwavable dish with skin side down. Add a dash or two or three of orange juice (or other juice) or wine. Sprinkle on some dill weed. You can drizzle some soy sauce on top of salmon if you're so inclined.

Cover the dish. Cook for about a minute-and-a-half. Rotate the dish and cook for another 1:30, possibly longer, or until done. If you prefer to cook on the stove top, heat pan and add juice or wine. Place salmon skin side up in skillet and sear. After a minute or so, flip fish so skin side is facing down. Cover skillet. Cook until done (a few minutes). In a bowl, combine mayonnaise and dill weed. Keep adding dill weed until it overwhelms the mayonnaise. Place dill sauce and fish in refrigerator, preferably overnight. Serve cold. Garnish with avocado or slice of orange or whatever strikes your fancy.

Dill sauce can be made in advance or shortly before serving. For something different, you can add soy sauce or hot sauce to mayonnaise and dill weed.

