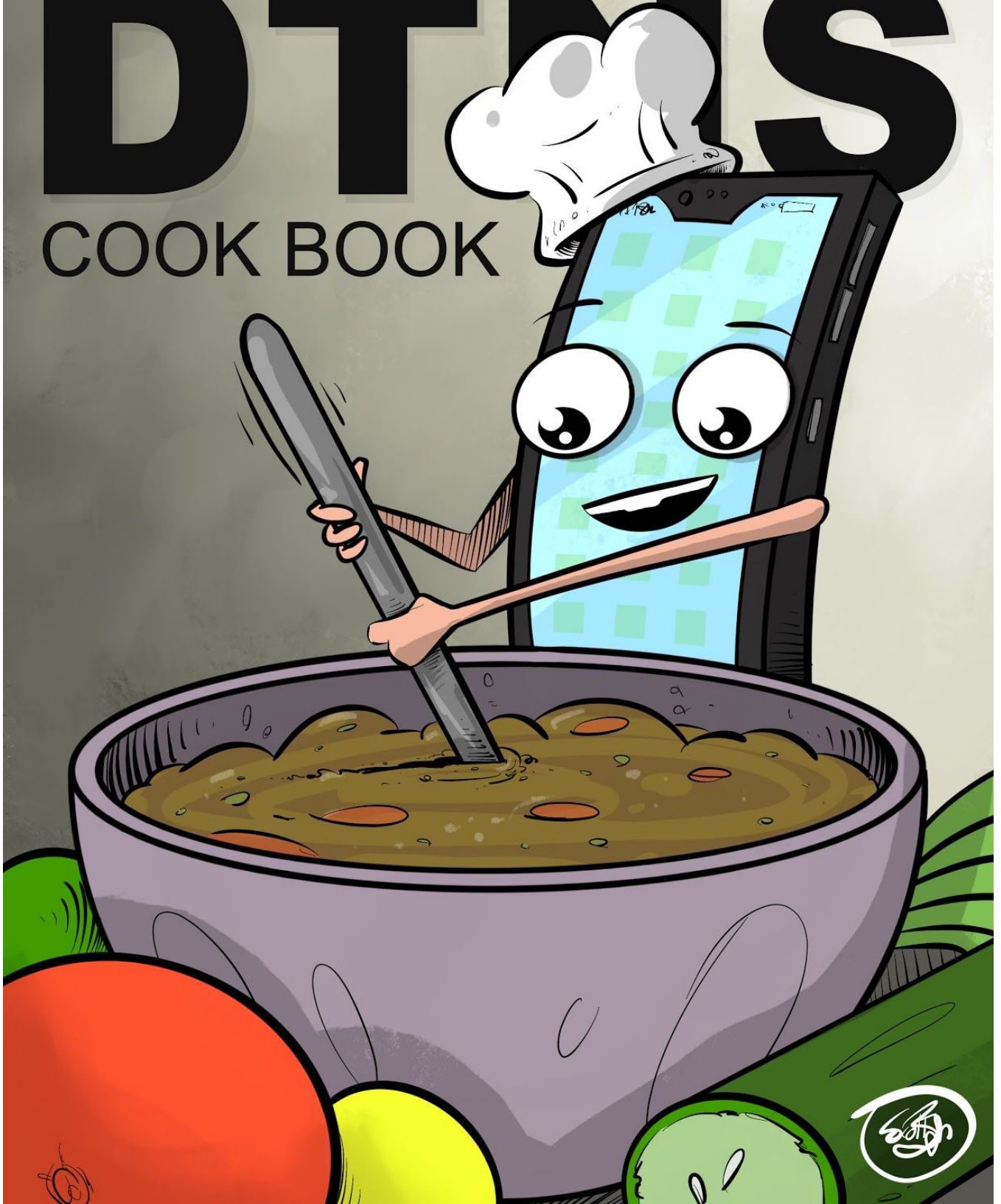


DTMS

COOK BOOK



DTNS/Good Day Internet Cook Book

Good Day Internet is the full hour or more of Tom Merritt, Sarah Lane, Roger Chang and friends, preparing for Daily Tech News Show, doing Daily Tech News Show and then talking afterwards while it's published.

They talk about a lot of things but almost always at some point, they talk about food.

So it seems inevitable that eventually a recipe book would come out of that. Thanks to the listeners of Good Day Internet, we not only have some recipes from the DTNS crew, but the audience as well. Please enjoy the following recipes. Our terms of service do not guarantee culinary results of any kind. Your mileage may vary.

Most recipes below are listed in US measurements. However, Derek S (hoping to get in good with Tom we suspect) provided his recipe in metric units. For help converting from US measurements to metric, we suggest these documents:

- <http://www.jsward.com/cooking/conversion.shtml> (*most ingredients*)
- <https://www.browneyedbaker.com/how-to-convert-pan-sizes/> (*pan sizes*)
- <https://www.goodcooking.com/conversions/oventemp.htm> (*temperatures*)

A huge thank you to Chris Allen for editing and proofreading the cookbook!! Chris is the best boss ever.

Tom Merritt's DTNS Meat-up-loaf

Prerequisites (a.k.a. the Ingredients)

- 1 cup bread crumbs
- ⅓ cup milk
- 2 tablespoons butter
- 1 medium onion, chopped
- 1 medium celery rib, chopped
- 1 carrot, chopped
- 1 clove garlic, peeled and minced
- ¼ teaspoon allspice, ground
- 4 slices bacon
- ½ cup prunes, pitted
- 2 tablespoons Worcestershire sauce
- 1 tablespoon cider vinegar
- 2 teaspoons salt
- 1½ teaspoons black pepper
- 1½ pounds ground beef
- ½ pound ground pork
- 2 eggs
- ⅓ cup fresh parsley, chopped

Order of Operations

Preheat oven to 350°F [180°C]

In a large mixing bowl, soak bread crumbs in milk. Set aside.

In a large, heavy skillet, melt the butter. Add onion, celery, carrots, garlic, and allspice. Cook over medium heat for 5 minutes, until the onions are tender.

Reduce to low heat and cover. Cook approximately 5 minutes, until the carrots are tender. Remove from heat.

In a food processor, mix the bacon and the prunes together.

To the breadcrumbs, add the bacon and prune mixture. Also add the Worcestershire sauce, cider vinegar, salt, and pepper.

Add beef, pork, eggs, and parsley to the same bowl. Mix by hand until the meat-up-loaf comes together. Do not overmix.

Pack mixture into a 9x5 inch oval loaf pan. Put the 9x5 inch pan into a 13x9 inch shallow baking dish or pan. This helps to make sure the sides don't cook faster than the rest of the loaf. Bake until the internal temperature reaches 155°F [70°C], approximately 60-90 minutes.

Let stand 10 minutes before serving.

Serves 6-8 people.

Here's a few things you should know:

While you should use your hands to mix your meet-up-loaf, you don't have to use your bare hands. You can use food grade gloves to keep your hands clean.

Thanks to Tom Merritt for submitting this recipe.

Tom Merritt's Flying Spaghetti Monster and Meat Sauce

Prerequisites (a.k.a. the Ingredients)

- 1 pound sweet Italian sausage, sliced
- $\frac{3}{4}$ pound lean ground beef
- Olive oil
- 1 large onion, diced
- 4 cloves garlic, peeled and crushed
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 12 ounces mushrooms, sliced
- 1 (10-ounce) package frozen chopped spinach, thawed and drained
- 4 ounces fresh basil, julienned
- 1 (28-ounce) can crushed tomatoes
- 1 (12-ounce) can tomato paste
- 1 (13-ounce) can tomato sauce
- $\frac{1}{2}$ cup water
- 2 tablespoons white sugar
- $\frac{1}{2}$ teaspoon fennel seed
- 1 teaspoon Italian seasoning
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 (16-ounce) box dried spaghetti

Order of Operations

In dutch oven over medium heat, add enough oil to cook Italian sausage, ground beef, onion and garlic. Cook until onions are translucent.

Add green pepper, red pepper and mushrooms. Cook until tender.

Stir in spinach, basil, crushed tomatoes, tomato paste, tomato sauce and water.

Add sugar, fennel seed, Italian seasoning, salt, and pepper. Mix until combined.

Reduce heat to low, cover, and simmer for 90 minutes, stirring occasionally.

Delay cooking the pasta until the pasta and sauce can finish at the same time. Follow the instructions on the pasta package for cooking times.

Combine pasta and sauce and serve immediately.

Serves 6-8 people.

Here's a few things you should know:

The sauce can be prepared ahead of time and kept for several days in the refrigerator.

Add a bit of salt to your pasta water to enhance the flavor, but *never* add oil to the water.

Thanks to Tom Merritt for submitting this recipe.

Tom Merritt's Open Source Braised Chicken with Asparagus and Mushrooms

Prerequisites (a.k.a. the Ingredients)

6 chicken thighs (about 2¼ pounds), bone-in with skin on
1 teaspoon salt, divided
½ teaspoon pepper, divided
2 tablespoons extra virgin olive oil
1 medium onion, diced
3 cloves of garlic, peeled and minced
½ cup dry white wine
½ pound cremini mushrooms, sliced
1 cup low-sodium chicken broth (or regular broth if low-sodium not available)
2 teaspoons herbs de Provence
12 ounces asparagus (about one bunch), trimmed

Alternatives

You can use regular broth if low sodium broth is not available. If you do, use only half the salt listed above.

You can substitute 1 teaspoon dried thyme and 1 teaspoon dried oregano in place of herbs de Provence.

Order of Operations

Sprinkle half the salt and half the pepper over the both sides of the chicken thighs.

Let chicken rest for at least 15 minutes.

Heat dutch oven over medium-high heat.

Add extra virgin olive oil.

Place thighs skin-side down for 5 minutes (when edges lightly brown).

Flip with metal spatula, heat for 3 minutes.

Remove chicken. Set aside.

Pour off some excess fat to taste.

In the same dutch oven, saute the onion and garlic for 3 minutes.

Deglaze with the wine.

Simmer for 1 minute.

Add mushrooms, broth, herbs de Provence (or alternative), and remaining salt and pepper.

Place chicken back in pot skin-side up.

Bring to boil then reduce to simmer for 20 minutes, uncovered.

Place 1 bunch asparagus between chicken.

Simmer for an additional 10 minutes or until the asparagus is tender.

Serves 6 people.

Thanks to Tom Merritt for submitting this recipe.

Justin Robert Young's Grandma Anzalone's Shrimp Pasta

Prerequisites (a.k.a. the Ingredients)

20 fresh or thawed cooked shrimp
8 ounces dried angel hair pasta (½ box)
2 (8-ounce) tomato sauce, Del Monte preferred
2 cups water, Justin recommends using the empty cans
Salt
Pepper
Basil
4 cloves of garlic, peeled and minced
2 tablespoons [30 ml] of olive oil
Crushed red pepper

Order of Operations

In a large pan, coat bottom with olive oil and heat to medium.

Saute garlic until it starts to brown.

Add sauce and water and bring to a boil.

Add salt, pepper, red pepper and basil to taste. Reduce to simmer.

In another pot, bring water to boil for the pasta, then add the pasta.

While the pasta cooks, return to the sauce.

Add shrimp to the sauce.

Raise heat on pan to 25%.

Once the pasta is cooked, strain and mix with the sauce and shrimp.

Serve immediately.

Serves 4 people.

Thanks to Justin Robert Young for submitting this recipe.

Tom Merritt's Dark Web of Malwiches

Platform: Non-optional

```
bread = :daves_killer_bread_21_whole_grains
```

```
interior.add :vegemite
```

```
interior.add :dijon_mustard
```

```
assert.present? [:vegemite && :dijon_mustard]
```

```
  else message: "if either is omitted, may threaten stability"
```

```
interior.add Random.at_least_one_of(
```

```
  :kimchee,
```

```
  :kipper_snacks,
```

```
  :sardines,
```

```
  :cheese,
```

```
  :salami,
```

```
  :prosciutto)
```

```
eat(:in_secretcy)
```

Thanks to :name_not_found for submitting this recipe.

Sarah Lane's (Wheat) Thin Clients

An object-oriented approach to snacks

Prerequisites (a.k.a. the Ingredients)

1 (1-pound) box original Wheat Thins -- *do not use low-salt or flavored versions*

1 (16-ounce) container full-fat cottage cheese

Mediterranean/roisserie seasoning to taste

Brewer's yeast to taste

Pepper to taste

Order of Operations

In the cottage cheese container, add the yeast, pepper, and seasoning. Mix to combine.

Dip Wheat Thins into bowl.

Go to bed early.

Serves 1 very happy person.

Thanks to Sarah Lane for submitting this recipe.

Sarah Lane's Noodles and Cheese

Prerequisites (a.k.a. the Ingredients)

- 1 (16-ounce) package wide egg noodles
- 1 cup sour cream
- 1 cup grated cheddar cheese
- 1 cup grated jack cheese
- 1 bunch scallions, thinly chopped
- (optional) ½ (10-ounce) package of baby spinach
- (optional) chopped greek (kalamata or similar) olives to taste
- pepper to taste

Order of Operations

Precook pasta slightly (under al dente), drain.

Preheat oven to 350°F [180°C]

(optional) Wilt spinach slightly.

Combine pasta and sour cream.

In casserole dish, thinly layer pasta and sour cream mixture, spinach, scallions, olives, pepper, then cheese. Repeat until dish is full.

Bake until top layer of cheese is melted and browned.

Enjoy!

Thanks to Sarah Lane for submitting this recipe.

Roger Chang's Stuffed Mushroom Appetizers

This is a holiday favorite courtesy of Roger's wife's aunt.

Prerequisites (a.k.a. the Ingredients)

- 1 pound mushrooms
- 4 tablespoons butter, divided
- ½ cup onion, chopped
- ½ cup macadamia nuts, chopped
- ½ cup breadcrumbs
- 1 tablespoon white wine
- ½ teaspoon salt
- ⅛ teaspoon pepper

Order of Operations

Preheat oven to 400°F [200°C]

Remove and chop mushroom stems to make 1 cup.

In skillet, melt half the butter, add stems and onion. Saute until tender, about 3 mins.

Add nuts, breadcrumbs, wine, salt, and pepper.

Cook until hot about 1 min.

On a backing sheet, place caps, hollow side down, brush with remaining butter and bake about 8 mins.

Turn caps, fill with mixture, broil until lightly browned, about 5 mins.

Thanks to Roger Chang for submitting this recipe.

Roger Chang's Spectre/Meltdown Attack Chip Dip

Variation on an old co-workers super bowl spread. Super rich and hearty. Also you shouldn't really eat this more than twice a year.

Prerequisites (a.k.a. the Ingredients)

- 2 (15-ounce) cans chili without beans
- 1 (8-ounce) package cream cheese
- ½ cup jalapeños, diced (or spicy chili alternative)
- 1 cup tomatoes, diced
- ¼ cup cilantro, chopped
- ½ cup olives, chopped
- 1 bag plain corn tortilla chips (Mission brand tortilla strips preferred)

Order of Operations

In a sauce pot, heat chili until hot. Reduce temperature to low.

Slowly add cream cheese while slowly stirring mixture. Continue to cook until cheese is melted.

Mix in diced jalapeños or spicy chili alternative.

Final product should be even in consistency.

Pour mixture into bowl and garnish with tomatoes, cilantro, and olives. Serve with chips on the side.

Alternative

Eat like nachos: pour the mixture over a bowl of chips and garnish with tomatoes, cilantro, and olives.

Thanks to Roger Chang for submitting this recipe.

Roger Chang's SysAdmin's Dinner-for-One Casserole Loaf

This is what I ate in my SF bachelor pad when I was too lazy to cook anything else. Worked well with a pot of rice.

Prerequisites (a.k.a. the Ingredients)

- 1 pound ground turkey or ground beef, your preference
- ½ pound mushrooms, sliced (any mushroom you prefer)
- ¾ pound spinach, fresh or thawed
- 1 pound baby carrots
- 3 cups Marsala wine
- 1 to 2 tablespoons of ground, black pepper (Roger likes pepper)

Order of Operations

Wash mushrooms, carrots and spinach thoroughly.

Preheat oven to 350°F [180°C]

In a 1.5 quart casserole dish, layer carrots, spinach, mushrooms, then ground meat. Pepper to taste.

Pour the wine over everything.

Cover top of casserole dish with foil but leave openings at both ends to vent.

Bake approximately 35 minutes until the meat is cooked.

Serves 1 bachelor -- but for several days.

Suggested Consumption Method

Eat with vegetables and mushrooms on rice or preferred starch. This doesn't look pretty but will keep you fed.

Thanks to Roger Chang for submitting this recipe.

Shannon Morse's Internet Beef Stew

Cook Time: Overnight plus 6 hours

Prerequisites (a.k.a. the Ingredients)

NIGHT BEFORE

- 1 pound beef tips
- 1 medium white or yellow onion, sliced
- Salt and pepper to taste
- Water for cooking

DAY-OF

- 3 to 4 potatoes
- 5 sticks of celery
- 1 can (14.5-ounce) whole tomatoes
- 1 can (10.5-ounce) beef consommé
- 1 pound baby carrots
- Saltine crackers

Order of Operations

NIGHT BEFORE

In a crock pot add beef tips, onion, salt, and pepper.

Add enough water to cover the meat and onion slices.

Cook on low overnight or for at least 8 hours.

DAY-OF

In the morning, add potatoes, celery, tomatoes, and beef consommé. Stir.

Cook on low for six hours.

Serve with Saltine crackers. Enjoy!

Thanks to Shannon Morse for submitting this recipe.

Shannon Morse's Grandpa's Fudge

Prerequisites (a.k.a. the Ingredients)

- 2 cups sugar
- A pinch of salt
- 3 tablespoons powdered cocoa
- 1 cup whole milk
- ¼ stick butter
- 1 teaspoon vanilla extract

Order of Operations

In a saucepan, mix sugar, salt, cocoa, and milk. Bring to a boil.

Continue to boil until mixture forms a soft ball when dropped in cold water. Then immediately remove from heat.

Add butter, and cool for 3 minutes.

Add vanilla extract and beat heavily until the fudge begins to thicken.

Pour fudge into a buttered pan and let sit until hardened.

Thanks to Shannon Morse for submitting this recipe.

***Patrick's 'Exception in thread "main"
guac.lang.ArrayIndexOutOfBoundsException:
"Spices"', Guacamole***

IMPORTANT: Before executing guacamole insure you are not adding unnecessary ingredients or spices. Guacamole requires mashed avocado, salt, pepper, and a small amount of lemon or lime juice. That is it. Anything else is outside recommended parameters.

Sarah Lane addendum: Leave pit in guacamole for extended non-brown guacamole life.

(Hat tip to Brian Fraher for the title of this recipe)

Jenn Cutter's Macaroni avec Bechamel a.k.a. Macaroni in the Oven

This is 1000% pure Grandma's comfort food. Also excellent for meal prep because there's so much here: any bonus meat sauce freezes beautifully and the Macaroni avec Bechamel reheats like a champ so I'm always happy to eat it for a full week. Maybe sprinkle some salad on the side so you can pretend to be healthy. This is how I justify making it as often as I do.

Dish recommendations: for the meat sauce you'll want a high sided pot with a lid just to keep splatter down while it simmers. For the baking dish, a deep pyrex can't be beat. You could use a mere two inch cake tin in a pinch, you'll just have to cut down on layers to make it fit.

When it comes to quantities for the spices, I'd love to give you some but Grandma didn't measure and I've not been checking my own, either. Uhhh, more than a teaspoon, less than a container...

Prerequisites (a.k.a. the Ingredients)

MEAT SAUCE

500 grams ground beef
1 large yellow onion, finely chopped or grated
2 (6-ounce) cans of tomato paste
6 ounces water
Thyme
Rosemary (crush it in your palm first unless you like picking them out of your teeth later)
Garlic (or garlic powder. I won't judge. Grandma might.)
Oregano
Basil
Chili pepper
Salt and pepper
1 to 2 bay leaves (hint: two)

Suggestion

I'm lazy and use a food processor to almost puree the onion

PASTA

1 (1-pound) package of rigatoni

BECHAMEL

4 tablespoons butter
4 tablespoons all-purpose flour
2 cups of milk
½ cup shredded parmesan cheese

Order of Operations

MEAT SAUCE

Start with the meat sauce since you'll want that to simmer longer for extra goodness.

On medium-high heat, sweat the onions.

Once there's some liquid in the pan, add the meat. Cook until meat has been broken up and mostly browned.

Add tomato paste and water and stir to incorporate.

Add the thyme, rosemary, garlic, oregano, basil, chili pepper, salt, and pepper. Mix together.

Add the bay leaf, remembering where, and leave the sauce for a while.

PASTA

Make rigatoni according to package directions. Check on the meat sauce once or twice and try not to eat all of it before everything else is ready.

Rigatoni can sit and cool a bit in the strainer. You'll need to handle it when it's time to assemble.

BECHAMEL

Preheat oven to 350°F [160°C]

In a medium saucepan on medium heat, melt the butter.

Add the flour and stir vigorously to get rid of all the lumps. It will look like paste.

Add milk in small amounts while stirring constantly. Repeat until all the milk is integrated.

Add the cheese while stirring to make it extra delicious.

Here's a few things you should know:

While making bechamel, it should be able to coat your spoon even before adding the cheese. If it's too thin you can add a dash of flour or let it simmer a bit to even out. Either way be sure to stir continuously.

FINAL STEPS

Grease a baking dish.

(Check your bechamel, it needs to be stirred regularly)

Remove bay leaf from the meat sauce.

Layer rigatoni in one direction, then in the other direction, add a third of the meat sauce and a third of the bechamel.

Repeat two more times.

Bake for 60-90 minutes.

Thanks to Jenn Cutter for submitting this recipe.

Allison Sheridan's OOP (Object Oriented Popcorn)

Popcorn made with olive oil on the stove is light and you can make as much as you want. It even stores well in an air-tight container for several days. This means the cleanup is minimized if you make extra.

Reasons to Make This Recipe

Microwave popcorn is easy to make with no clean up. But, it's not that tasty and not that good for you.

Olive oil is monounsaturated so it's not bad for your cholesterol

While regular corn is a vegetable, popcorn is a whole grain

Prerequisites (a.k.a. the Ingredients)

Fresh white popcorn - fresh matters more than the brand

Extra light olive oil (regular olive oil can be too heavy)

Salt, optional

Order of Operations

Put a large pot on the stove over high heat

Pour a layer of oil to cover the bottom of the pot.

Pour a layer of popcorn just to cover the bottom of the pot.

Stand around anxiously waiting for the first kernel to pop.

When you hear the first pop, leap into action by grabbing the pot handles with hotpads.

Keeping the pot as low as you can without scraping the pot on the stove (because it makes an annoying noise), shake vigorously back and forth. Be sure to wiggle your hips in the opposite direction.

Keep shaking until the popping slows way down. The longer you go, the more popcorn you'll have!

Salt to taste.

Here's a few things you should know:

Olive oil has a low flash point, meaning it can burn at lower temperatures than other oils. You can still use high heat but you must keep the pot moving and above the burner.

This popcorn is so good you may become distracted. Remember to turn off the stove.

Extremely professional video demonstration: <https://www.youtube.com/watch?v=w-mla78DSVo>

Thanks to Allison Sheridan for submitting this recipe.

Allison Sheridan's Atari VCS (Vegetarian Couscous Salad)

This recipe was given to me by my daughter Lindsay but she found it online somewhere and suspects it's actually from Trader Joe's, as the recipe calls for Trader Joe's specific items. In any case it's positively amazing.

Prerequisites (a.k.a. the Ingredients)

COUSCOUS

1 (8-ounce [240 g]) box Israeli couscous

1 tablespoon (15 ml) olive oil

1¾ cups [415 ml] boiling water

SALSA MIXTURE

Green onions, sliced (limit by who you want to breath on)

1 (13.75-ounce [390 g]) jar Trader Joe's corn & chili salsa

1 red bell pepper, chopped fine

1 avocado, chopped fine

2 Persian cucumbers, chopped fine

Order of Operations

COUSCOUS

In a medium saucepan over medium heat, sauté couscous in olive oil until lightly browned, about 5 minutes.

Slowly add 1 ¾ C boiling water. Return to boil after all the water has been added.

Reduce heat to medium low and cover.

Simmer for 12 minutes or until liquid is absorbed.

Remove from heat and chill. (we spread the couscous on a cookie sheet place in refrigerator)

SALSA MIXTURE

In a large bowl, add salsa, red pepper, avocado and cucumbers. Mix the ingredients. Done!

FINAL STEPS

Serve salsa mixture over couscous for lunch.

Serves 3-4 people for lunch.

Thanks to Allison Sheridan for submitting this recipe.

Rich Stroppolino's Aunt Shirley's Chicken One More Thing

This dish sounds like a weird parody from the *Fallout* game series meant to poke fun at culinary norms of the 1950s. But somehow, this recipe is so much yummier than the sum of its parts, and makes for a delicious casserole that can largely be prepared the night before, then thrown in the oven when you come home from work. It comes from my late Aunt Shirley.

Cook Time: Overnight plus 1 hour

Prerequisites (a.k.a. the Ingredients)

NIGHT BEFORE

- 2 large boneless skinless chicken breasts
- 4 hard boiled eggs
- 2 cups cooked white rice (don't use minute rice, make ahead if needed)
- 1½ cups [225 g] celery, chopped (¼ inch [6 mm] or so)
- 1 red onion, chopped
- 1 cup mayonnaise (Aunt Shirley recommends Hellmann's)
- 2 (10½-ounce [298 g]) cans of Cream of Mushroom Soup
- 2 tablespoons [30 ml] fresh lemon juice
- 1 teaspoon [5 ml] salt

DAY-OF

- 1 ½ stick butter (12 Tablespoons)
- 1 cup crushed corn flake cereal

Order of Operations

NIGHT BEFORE

Pan fry chicken on medium high heat, 10 minutes per side, until cooked through. Let cool and cut into small cubes.

Slice the hard boiled eggs horizontally to make little circles.

Combine chopped chicken breast, hard boiled egg slices, cooked rice, celery and onion in a large bowl. Egg slices will partially crumble on stirring, this is a good thing.

Once combined, add mayo, cream of mushroom soup, lemon juice, and salt.

Put mixture (which will look kind of gross) in a 13 x 9 inch glass baking dish. Let stand uncovered overnight in refrigerator (my aunt underlined this in her recipe so I'm passing it along).

DAY-OF

When you're ready to cook, preheat oven to 300°F [150°C]. Melt butter and combine with corn flakes. Then spoon over chicken and rice mixture.

Cook uncovered for 1 hour. Remove and let sit for 10 minutes before eating.

From the Audience

These recipes are untested and submitted by members of the Good Day Internet listening audience. Enjoy with their compliments!

Hank Kim's Tasty Marinade

Prerequisites (a.k.a. the Ingredients)

½ cup soy sauce

¼ cup apple or pear juice

1 tablespoon garlic, minced

1 tablespoon Asian sesame oil

1 tablespoon fresh grated ginger

Fresh ground black pepper to taste

½ cup chopped scallions

Order of Operations

In a medium bowl combine all ingredients and pour over your favorite meat product. Works great with beef, chicken, and pork. Usually I pour over thinly sliced meat, cover and put into the refrigerator overnight before I BBQ.

Substitutions and additions

If I want to spice it up I put in 1 to 2 tablespoons of Korean red chili pepper. This adds a really nice bite to the dish. If you don't have this particular spice in the cabinet you can use almost any red pepper flakes.

If I don't have apple or pear juice, you can substitute 2 to 3 tablespoons of sugar instead.

Here's a few things you should know:

Do not reuse marinade after adding the meat. Discard marinade after it's done it's job.

Thanks to Hank Kim for submitting this recipe.

Alice and Joe's Noodle Scadoodle

Prerequisites (a.k.a. the Ingredients)

- 1 (8-ounce) package penne pasta (I use a small casserole dish so I typically cook just 1/2 the box)
- 1 large tomato, cut into small chunks
- Splash of balsamic vinegar
- ¼ cup bacon bits
- ¾ cup ranch dressing
- 1 cup shredded cheddar or Mexican blend of 3 cheeses
- 6 to 8 ounces grilled cut chicken

Alternatives

You can use frozen grilled chicken strips such as those sold by Foster Farms. Just microwave for 1 to 2 minutes and cut into 1 to 1½ inch pieces.

Order of Operations

Boil the pasta according to the directions, drain and set aside.

In a large casserole dish, add pasta, tomatoes, and vinegar. Stir to coat.

Add bacon bits and chicken. Mix.

Add dressing and mix.

Fold in half the cheese.

Microwave for 2 minutes. Mix.

Add remaining cheese and microwave for 2 more minutes. Let sit for about a minute or two covered. Give it one final stir and microwave for one minute more.

You can add things you like and experiment... sour cream, mushrooms, or a favorite veggie... Simple, happy comfort food that is a hearty meal accompanied with maybe asparagus or a salad... and typically leftovers that taste even better the next day!

Thanks to Alice and Joe for submitting this recipe.

Norm's Tweak of Janet Fazekas' Chicken Paprikash

Prerequisites (a.k.a. the Ingredients)

- 1½ to 2 pounds [680 to 900 g] bone-in chicken with skin (boneless/skinless can be used)
- 1 tablespoon [15 ml] paprika
- 2 cups [230 g] flour
- 2 teaspoon [10 ml] salt
- 1 teaspoon [5 ml] pepper
- ¼ cup [60 ml] butter or olive oil (or a 50/50 combination of both)
- 1 medium onion, finely chopped
- ½ red pepper, finely chopped
- ½ cup [120 ml] of chicken broth
- 1 cup [240 ml] sour cream
- Egg noodles or rice (cook separately)
- Green onions or chives (for garnish)

Order of Operations

In a baking dish or wide mouthed bowl, combine flour, paprika, salt and pepper.

Warm the fat (oil or butter) in a large pan over medium heat.

One piece at a time, lightly cover the chicken with the flour mixture then brown on both sides. After each piece is lightly browned, remove from the pan at set aside.

Repeat until each piece of chicken is browned.

When complete, add onions and peppers to the pan (add additional fat, if needed). Cook until the onions and peppers are softened, about 5 minutes.

Add chicken broth to deglaze the bottom of the pan then add chicken to the cooking liquid. Continue cooking chicken until it is complete, approximately 10 minutes.

When chicken is complete, remove from the pan.

Temper the sour cream by putting a couple tablespoons [about 30 ml] of the cooking liquid into the sour cream and mix together. Return the sour cream mixture into the remaining liquid while stirring.

Put chicken over egg noodles or rice, cover with the sour cream sauce and garnish with green onions or chives.

Serves 4-6 people.

Here's a few things you should know:

Tempering is a method to add cold or uncooked ingredients into hot liquids without having the ingredients cook or curdle immediately. By adding a little of the hot liquid to the ingredient, the

temperature difference is reduced in the combined mixture. Then the combined mixture can be returned to the hot liquid slowly while mixing the hot liquid vigorously. This method isn't foolproof, but it can really give you a culinary edge.

Cooking time can vary based on the size of your chicken pieces. Use an instant read thermometer to test your chicken before serving. [The US FDA recommends a temperature of 165° F \(74° C\)](#). Be sure to take the temperature in the middle of the largest piece of meat and not against the bone.

Thanks to Norm for submitting this recipe.

Alan C's Oatmeal Chocolate Chip Cookies

These have been in my family for decades. I don't know where the recipe comes from. Possibly from the back of a bag of chocolate chips. These tend more towards crispy than chewy.

Prerequisites (a.k.a. the Ingredients)

- 1 cup butter (2 sticks), softened
- 2 eggs
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup brown sugar
- 1 teaspoon vanilla
- $\frac{1}{2}$ teaspoon water
- $1\frac{1}{2}$ cup flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups oatmeal
- 12 ounces chocolate chips
- $\frac{1}{2}$ to 1 cup of nuts (optional)

Order of Operations

In a large bowl, cream together (with a whisk or mixer) the wet ingredients: butter, eggs, sugar, brown sugar, vanilla, and water.

In a separate bowl combine the dry ingredients: flour, baking soda, salt.

Add the dry ingredients into the wet ingredients.

Add remaining ingredients: oatmeal, chocolate chips, nuts.

Drop spoonfuls onto cookie sheets. You may notice there doesn't seem to be much "batter" in the dough, especially if you added nuts. It expands as it bakes and flattens into the cookie.

Bake at 325°F [170°C] for 12-13 minutes.

Suggestion

My favorite is roasted unsalted macadamia nuts, but pretty much any nut works.

Here's a few things you should know:

For baking purposes, sugar is considered a wet ingredient.

Thanks to Alan C for submitting this recipe.

A Buddy's Chicken Buffalo Dip

Prerequisites (a.k.a. the Ingredients)

- 2 (4.5-ounce) cans of chunked chicken breast
- 1 (8-ounce) block of cream cheese
- 6 to 7 squirts hot sauce (Sweet Baby Rays Buffalo recommended)
- 2 to 3 squirts ranch dressing

Order of Operations

Mix all ingredients and serve.

Thanks to TJ Asher for submitting his buddy's recipe.

TimmyD's Marinade

I created a marinade that people seem to really love, so I figured I'd submit it for possible inclusion in your recipe book. I use it on pork and beef, usually for grilling. The amounts really aren't specific because it's best to adjust to your taste and the amount of meat you're marinating.

Prerequisites (a.k.a. the Ingredients)

- Garlic powder
- Onion powder
- Olive oil
- Ponzu sauce

Order of Operations

Put your meat in a resealable zip-top bag or other container. Add garlic powder and lots of onion powder. Add the olive oil and ponzu (approximately 50/50 ratio) to sufficiently cover the meat. Seal the bag then massage the bag and meat to mix the ingredients. Place in fridge until ready to grill (best results if at least overnight).

Here's a few things you should know:

Do not reuse marinade after adding the meat. Discard marinade after it's done it's job.

Thanks to TimmyD for submitting this recipe.

Doctor's Chili Mac Madness

Prerequisites (a.k.a. the Ingredients)

- 1 (7.25-ounce) box Kraft Macaroni and Cheese
- 1 (7.5-ounce) can Hormel Chili with Beans
- 1 stick of butter or margarine
- 1¾ cups of water
- ¼ cup 4% milk (or whole milk or heavy cream)

Order of Operations

1 large, microwavable, glass bowl add dry macaroni

Pour water over noodles, mix.

Microwave for 9 minutes, stirring every 3 minutes.

Add cheese powder and mix

Add milk and mix.

Add butter and mix.

Add chili and mix.

Microwave for 30 seconds.

Mix and enjoy directly from bowl.

Thanks to Doctor for submitting this recipe.

Ryan Officer's Mama's Great Veggie Chili

Veggie Style, No Meat & Very low in Sodium. 75% less sodium than the original.

Prerequisites (a.k.a. the Ingredients)

- 1 tablespoon extra virgin olive oil
- 1 large green pepper
- 1 large white onion
- 1 tablespoon dark brown sugar
- 1/4 cup and 1 tablespoon salt free chili powder
- 1 tablespoon ground black pepper
- 1 teaspoon smoked paprika
- 1/4 teaspoon ground mustard
- 1/4 teaspoon garlic powder
- 3 tablespoons liquid smoke: hickory
- 3/4 cup ketchup
- 3/4 cup no-salt ketchup*
- 1/4 cup vegan Worcestershire sauce
- 1 (15-ounce) can no-salt-added kidney beans
- 1 (15-ounce) can no-salt-added black beans
- 1 (15-ounce) can no-salt-added great northern beans
- 1 cup sweet corn, frozen
- 1 cup water

Notes

* Regular ketchup can be used, but will greatly increase the sodium levels. If regular ketchup is used, decrease Worcestershire sauce from 1/4 cup to 1 tbsp.

Order of Operations

In a large pot, add oil and heat.

Cook onions and green peppers until translucent.

Add remaining ingredients, stir and bring to a boil.

Reduce heat, simmer for 30 minutes stirring occasionally.

Remove pot from heat. Let it stand for 5 minutes.

Thanks to Ryan Officer for submitting this recipe.

Steve I's Crockpot Chili

Prerequisites (a.k.a. the Ingredients)

- 1 pound ground beef
- 1 pound ground sausage
- 1 onion, chopped
- 2 red bell peppers
- 4 cloves of garlic, minced
- ½+ cup chili powder (adjust to taste)
- 1 tablespoon cumin
- 1 teaspoon ground pepper
- 1 (6-ounce) can tomato paste
- 1 (14.5-ounce) can stewed tomatoes
- 1 (4.5-ounce) can green chilies
- 1 tablespoon paprika
- 1 tablespoon white vinegar

Order of Operations

Cook the meat in a skillet then combine all the ingredients into a large crockpot.

Cook in crockpot for 2-4 hours. Stir occasionally.

Thanks to Steve I for submitting this recipe.

Derek S's Grilled Cheese

This is my favourite grilled cheese recipe.

Prerequisites (a.k.a. the Ingredients)

150g [$\frac{1}{3}$ pound] Montreal smoked meat
2 slices jalapeño Havarti cheese
2 tablespoons [30 ml] Blueberry, strawberry, or apricot jam
Bread
Butter

Order of Operations

Pre-heat a medium-sized frying pan on low-medium setting (e.g. 2 out of 10).

Take two slices of your favourite bread, generously butter the outsides.

Inside place at least three slices of Montreal smoked meat, jalapeño Havarti cheese, and jam.

Complete sandwich, place in frying pan.

Fry each side for under 90 seconds, browning to your preferred tint.

After frying, let sit on a plate for two minutes.

Cut the sandwich however you like, and enjoy!

Serves 1 very happy person.

Thanks to Derek S for submitting this recipe.

Cymor's InterTubes and Cheese

This is a favorite at any potluck or event we attend. We like to experiment with different cheeses and spices. We usually leave out the egg without negative results, and sometimes skip the baking step, too.

From <https://www.foodnetwork.com/recipes/alton-brown/baked-macaroni-and-cheese-recipe-1939524>

Prerequisites (a.k.a. the Ingredients)

- ½ pound macaroni
- 3 tablespoons butter
- 3 tablespoons flour
- 1 tablespoon powdered mustard
- 3 cups milk
- ½ cup yellow onion, finely diced
- 1 bay leaf
- ½ teaspoon paprika
- 1 large egg
- 12 ounces sharp cheddar, shredded
- 1 teaspoon kosher salt
- Fresh black pepper to taste
- 3 tablespoons butter
- 1 cup panko bread crumbs

Order of Operations

Preheat oven to 350°F [180°C]

In a large pot of boiling, salted water cook the pasta to al dente

While the pasta is cooking, in a separate pot, melt the butter.

Whisk in flour and mustard and keep it moving for about five minutes. Make sure it's free of lumps.

Stir in the milk, onion, bay leaf, and paprika.

Simmer for ten minutes then remove bay leaf.

Temper the egg and add to the mixture.

Stir in ¾ of the cheese.

Season with salt and pepper.

Fold the macaroni into the mix and pour into a 2-quart casserole dish.

Top with remaining cheese.

In a separate saute pan, melt butter and toss bread crumbs to coat.

Top macaroni with bread crumb mixture and bake for 30 minutes.

Remove from oven and rest for five minutes before serving.

Thanks to Cymor for submitting this recipe.

Barbara's Chocolate Peanut Butter Balls

The recipe below is for Chocolate Covered Peanut Butter Balls...my go to for any potluck or gathering.

Prerequisites (a.k.a. the Ingredients)

INSIDES

- ¾ cup peanut butter
- ¾ cup powdered sugar
- ¾ cup quick oats
- 3 tablespoons butter or margarine, softened

OUTSIDES

- 3 squares chocolate almond bark
- 8 ounces semi-sweet chocolate chips (I use Nestle)
- 1 tablespoon shortening

Order of Operations

INSIDES

In a large mixing bowl, combine peanut butter, powdered sugar, oats, and butter.

If mixture is too sticky to roll, place in refrigerator for about 20 minutes.

Roll into desired shapes. I put mine on waxed paper on top of cookie sheets to make for easy transport.

OUTSIDES

In a microwave safe bowl melt almond bark, chocolate chips and shortening in the microwave in 30-second intervals, stirring each time, until completely melted.

FINAL STEPS

Dip insides in chocolate using two forks.

Cool in refrigerator for chocolate to set, about 20 minutes.

Thanks to Barbara for submitting this recipe.

Prof Metcalf's Japanese Curry

Prerequisites (a.k.a. the Ingredients)

- 2 pounds meat/tofu or other protein of choice
- 6 to 8 celery stalks, chopped
- 6 carrots, chopped
- 6 large red potatoes, chopped
- 2 medium yellow onions, chopped
- 1 (8.4 ounce; 240 g) package curry mix* (S&B Golden Hot sauce mix, recommended)
- 5 cups water
- Cooked rice (white or brown, as you like)

Optional

- 2 to 3 tablespoons teriyaki sauce mixed in the water
- 5 cloves garlic, chopped
- Fukujinzuke (pickled radish or other veggie)

Notes

Curry mix should be the "bar" kind - not the powder kind.

Order of Operations

In a crock pot layer meat, celery, carrots, potato, onion, and garlic.

Cook on low for 8 hours.

Stir and serve over rice.

Notes

Can be prepared the night before and stored in the refrigerator. If prepared this way, cook for 1 extra hour (9 hours) instead.

If using tofu, add the tofu according to directions, after the dish is cooked, or when there's 1-hour left (it depends on the firmness of the tofu).

If you can get them, serve with fukujinzuke. These are Japanese style pickled daikon radish; they and are wonderful with this dish.

Thanks to Bill for submitting this recipe.

Ice Blue Cake

Prerequisites (a.k.a. the Ingredients)

- 3 egg yolks
- ¼ pound butter
- 1 cup powdered sugar, sifted
- 1 pint Light whipping cream
- 10 ounce package vanilla wafers, crushed
- 1 small can crushed pineapple, drained
- 1 cup chopped walnuts

Order of Operations

In a small mixing bowl, beat yolks, butter and powdered sugar until smooth.

In a separate, medium mixing bowl whip the cream to soft peaks

Combine yolk mixture and whipped cream mixture, but avoid overmixing.

In a serving bowl layer vanilla wafers, enriched whipped cream mixture, pineapple and walnuts.

Chill at least 24 hours.

Thanks to Bill Burlingame for submitting this recipe.

Ice Box Cake

A { 3 Egg Yolks
1/4 lb. Butter } Beat until smooth
1 cup powd. sugar } sifted

B { 1 Qt. whipping cream - whip
mix together A & B on low speed - ^{not too long or} may turn to butter

1 10 oz pkg Vanilla Wafers - crushed

1 small can ^(can size) crushed pineapple - drained

1 cup chopped walnuts (one)

- 1 Vanilla Wafers
- 2 Whip Cream mixture
- 3 Crushed pineapple
- 4 Walnuts

Chill at least 24 hr.

Matthew's Marvellous Meat Pastries

Prerequisites (a.k.a. the Ingredients)

600 g minced steak
30 g butter
1 clove of garlic
1 large onion, chopped
¼ teaspoon chili powder
½ teaspoon ground ginger
2 teaspoons curry powder
½ teaspoon paprika
¼ cup tomato sauce
½ cup water
1 tablespoon fruit chutney
Salt and pepper to taste
1 egg yolk
1 tablespoon water extra
Puff pastry sheets

Order of Operations

In a medium pot, cook meat, onion and garlic in hot butter until meat is brown.

Pour off surplus fat.

Add chili powder, ginger, paprika, curry powder, tomato sauce, water, fruit chutney, salt and pepper. Mix well and simmer uncovered for 15 minutes or until mixture is thick.

Remove from heat and cool completely.

In a small bowl mix yolk and extra water. Set aside.

Cut puff pastry sheets into quarters and place a descent spoon of meat mixture into the corner of each quarter.

Fold pastry to form a triangle, then press edges together firmly.

Brush pastry with egg yolk mixture.

Place filled pastries on lightly greased tray and bake in a hot oven until pastry is puffed and golden brown.

Appetizers, Salads, Soups

Matthew's Marvellous Meat Pastries



Australia



Ingredients

Serves 8

500 g minced steak
30 g butter
1 clove of garlic
1 large onion
1/4 tsp chili powder
1/2 tsp ground ginger
2 tps curry powder
1/2 tsp paprika
1/4 cup tomato sauce
1/2 cup water
1 tblsp fruit chutney
salt, pepper
1 egg yolk
1 tblsp water, extra
puff pastry sheets



Method

Cook meat, finely chopped onion and garlic in hot butter until meat is brown. Pour off surplus fat.

Add chilli powder, ginger, paprika, curry powder, tomato sauce, water and fruit chutney. Season with salt and pepper. Mix well and simmer gently, uncovered for 15 minutes until mixture is very thick. Cool completely.

Cut puff pastry sheets into quarters and place a dessert spoon of meat mixture into the center of each quarter. Fold pastry to form a triangle, press edges together firmly.

Brush tops of triangles with combined egg yolk and extra water. Place on a lightly greased oven tray. Bake in a very hot oven for 5 minutes or until pastry is puffed and golden brown.

Thanks to Michael for submitting this recipe.

PB&H Chicken from Tom

Prerequisites (a.k.a. the Ingredients)

- 1 chicken breast per person
- 1 spoonful peanut butter per person
- 1 spoonful honey per person
- 1 extra spoonful peanut butter
- 1 extra spoonful honey
- Big, thick egg noodles and/or vegetables, cooked

Order of Operations

In a crockpot, add all the “per person” ingredients, but not the “extra” ingredients and cook on low for 4 hours.

Add the extra spoonful of peanut butter and the extra spoonful of honey.

Cook until peanut butter and honey are well incorporated.

Serve over noodles and/or vegetables.

Thanks to Tom for submitting this recipe.

THANK YOU

We know our food talk on Good Day Internet can make people hungry. So hopefully some recipes in here can help allay that hunger. Thanks for supporting us on Patreon. Bon appetit! 頂きます and eat up!