

2013

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[COOKBOOK: OMNOMNOM]

A collection of recipes I've created over the years.

Introduction

In 2013 one of my resolutions was to create a cookbook full of recipes I enjoy. Most of these recipes were obtained online. I have made some adjustments to some of the recipes where I thought they could use improvement. I have tested all of these recipes and did not include any that I personally did not enjoy eating (of which there were a few recipes). I would recommend reading the preparation instructions before going out and purchasing the items necessary for the recipe as I've included some ingredients that are optional. I've given little summaries and anecdotes about the recipes in the beginning to give you a taste for what you might be up against. I've also tried to include pictures whenever possible so you can get an idea as to what the final product might look like. I hope you enjoy!

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*Requires Crockpot/Slowcooker

Glossary of Terms

It occurred to me that in reading this you may encounter some terms you might not be familiar with.

- The term “shit” is usually referring to the list of ingredients I’ve mentioned (or sometimes it’s used in other ways, feel free to use context clues to deduce the meaning).
- The tilde symbol “~” means about (ex. ~2 cups).
- The phrase “To taste” means taste it and add more shit (see above) if you feel it necessary.
- In general when I use the phrase “pepper” I am referring to “Ground Black Pepper” unless I state otherwise it should be deduced that this is what I mean.
- Similarly “Salt” refers to common table salt (kosher usually in my house or sea salt). I know the taste differs but not substantially enough for me to care or for it to affect the recipe.
- The word “Optional” means that normally I don’t use it, or I believe the recipe is just as good without it. For example who has time to keep a fresh stock of Cilantro in their homes? Not me, so I rarely use it when the recipe calls for it.
- Anything that has a ~~striethrough~~ is a step I don’t usually take.

Appetizers: Introduction

In general I don't make a lot of appetizers when I'm cooking, I'm more of an entrée desert kind of guy so this section is a bit sparse. Generally these are easy and can be prepared quickly.

Appetizers: Homemade Tortilla Chips



Quite simple to make and there are 3 ways to do this. Normally I just bake them; it's healthier and easier than deep frying.

You'll need:

- Soft Flour Tortilla shells - I usually buy whichever one looks the most authentic (has Spanish written on the packaging). They should feel a bit moist to the touch.
- Salt (optional)
- Lime Juice (optional)
- ~3/4 – 1 cup canola, grapeseed, or corn oil (a high smoke point oil). (optional)

Preparation (baking):

Set the oven to 350° F. Slice the shells into the desired shape (triangle, don't be too creative here). Line a baking tray with tinfoil (aluminum foil?).

Place triangle tortilla shells on aforementioned tray in a single layer, and sprinkle with salt (I use Kosher salt or sea salt usually although this is optional)

After 5-7 minutes remove tortillas and turn them over and re-salt; you can also sprinkle lime juice over the chips at this point for that "hint of lime flavor" we all crave. Cook them for another 6-10 minutes and remove from oven (they should be a golden brown color).

You can test them by placing them delicately in your mouth hole and moving your jaw in an up and down motion (they should be crispy, if they aren't put them back in the oven).

Appetizers: Homemade Tortilla Chips (cont...)

Preparation (Deep frying):

The tortilla chips will fry better if they are a bit dried out first. Either leave the whole tortillas out overnight, exposed to air so they are stale the next day, or dry them out a bit in the oven or microwave. To dry them in the oven, lay them out in a single layer on a baking sheet and put them in a 350°F for 5 minutes or a 200°F oven for 10 minutes. Or lay them out in a single layer (working in batches) on a paper towel in a microwave oven and microwave them for 20 to 60 seconds, depending on how strong your microwave is and how many tortillas you are drying. You don't want them crisp at this point, just as dry as they would be if you left them out overnight.

Pour oil into a medium skillet to a depth of 1/8 to 1/4 of an inch. Heat the oil on medium high heat until a small piece of tortilla placed in the oil sizzles, about 350°F. Do not allow the oil to get so hot that it smokes. (If that happens, move the pan off the heat immediately.)

Place a paper towel onto a large plate and have several other paper towels ready. Place a handful of tortilla triangles into the hot oil, in a single layer. Use metal tongs or a metal slotted spoon to distribute the tortilla triangles so that they aren't overlapping and so that all sides get coated with oil. Fry for approximately 2 minutes until the chips just begin to color and they are firm, no longer pliable. Use tongs or a slotted spoon remove the chips from the oil to the paper-towel-lined plate. Sprinkle with salt. Place another paper towel over the top of the chips to be ready for the next batch.

Appetizers: Restaurant Style Salsa



Chips and salsa is one of my staples. I LOVE this salsa recipe; the salsa can be quite hot though so beware. You won't need to buy salsa again once you've mastered this recipe; or chips for that matter. Honestly when I'm making this I don't follow the recipe exactly and do it more by feeling and taste. I also don't usually add sugar or Cilantro. Finally habanero can be added instead of Jalapeno and you can add more peppers if you want it hotter. This Salsa should last at least a week (if it lasts that long).

You'll Need:

- 1 can (28 ounce) Whole (or diced) Tomatoes with juice
- 2 cans (10 ounce) Rotel (diced tomatoes and green chilies)
- ¼ cup chopped onion
- 1 clove Garlic (minced)
- 1 whole Jalapeno (Sliced thinly keeping the seeds)
- ¼ teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon ground Cumin
- ½ cup Cilantro (More to taste)
- ½ whole Lime juice

Preparation:

Combine all the shit I listed above in a food blender (or processor). Pulse until you get the consistency you want – 12-15 pulses is what I do. Refrigerate for about an hour and serve.

Appetizers: Josh's Nachos



This is a recipe I created one night when I was bored, it was quite good so I decided to include it here. I didn't bother to include any actual measurements because I do it by sight (when it looks good, I eat it).

You'll Need:

- Chips and Salsa (for best taste use recipes above)
- Mozzarella (or cheddar) cheese
- Pepperoni (optional) – for boss status
- Sour Cream (optional)
- Vanilla Chobani Greek Yogurt (optional)

Preparation:

Place chips on a plate, cover them with cheese until you can no longer see chip. Pour salsa over the cheese and place pepperonis over the salsa. Place in the microwave until the cheese has melted (probably like 60-90 seconds). Pour sour cream sparingly over the whole thing. I feel like I'm forgetting something... oh, the Greek yogurt, just go ahead and throw that shit out; it's disgusting.

Appetizers: Guacamole

Playing on the chip theme Guacamole is pretty solid too (as long as you like green foods).

You'll Need:

- 3 Avocados – peeled, pitted and mashed
- 1 lime, juiced (or just lime juice to taste)
- 1 teaspoon Salt
- ½ cup diced onion
- 3 tablespoons chopped Cilantro
- 2 tomatoes (or one doesn't matter much) diced
- 1 clove of garlic minced
- 1 pinch of cayenne pepper (optional)

Preparation:

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

Appetizers: Spicy Peanuts

This recipe I found on youtube and I really enjoyed it. The lady who made the video is a bit of a nut (mind the pun) but her peanuts were dope. I usually keep these in my car to snack on when I'm driving. Please keep in mind these are spicy also if you are allergic to peanuts you probably shouldn't eat them (but I'm not a doctor so do what you like).

You'll Need:

- 2 teaspoons extra virgin olive oil
- 2 cups unsalted peanuts (other nuts work too if you prefer ie cashews)
- 2 teaspoons chili powder
- ¼ ground red pepper (cayenne)
- ½ teaspoon garlic salt (or ¼ teaspoon salt, ¼ teaspoon garlic powder which is what I do)

Preparation:

Heat the oven to 300° F.

In a large mixing bowl, combine all of the ingredients listed above. Mix until all the peanuts are well-coated. Place into a single layer on a pyrex dish.

Place the dish into the oven for 10 minutes and take out and stir the peanuts. Then place the peanuts back into the oven for another 10 minutes (20 minutes total cook time).

Place a few paper towels onto a plate and pour the peanut mixture over the paper towels and use the paper towels to dry the peanuts. I normally then place them in a jar and take them with me.

Condiments: Introduction

I hope to expand this section in the 2014 edition but thus far I only have one recipe that I'd consider worth mentioning which happens to be my Bleu Cheese Dressing recipe which is bomb.

Condiments: Bleu Cheese Dressing



This recipe goes great on salad, steaks, and burgers. The problem is that I don't usually eat salads, or steaks, or burgers so the dressing tends to go bad because I don't use it (although it does last at least a week).

You'll Need:

- 2½ ounces Bleu Cheese
- 3 tablespoons buttermilk
- 3 tablespoons sour cream
- 2 tablespoons mayonnaise
- 2 teaspoons white wine vinegar
- ¼ teaspoon sugar
- 1/8 teaspoon garlic powder
- Salt (to taste)
- Pepper (to taste)

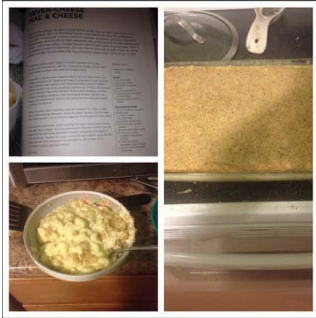
Preparation:

In a small bowl, mash bleu cheese and buttermilk together with a fork until mixture resembles large-curd cottage cheese. Stir in sour cream, mayonnaise, vinegar, sugar, and garlic powder until well blended. Season to taste with salt and pepper.

Entrées: Introduction

So this is really the meat (no pun intended) of this cookbook. I tend to eat a lot of pastas with a fair variety of red meat and poultry. The pasta section should be fairly self-explanatory. The meat section is everything else I eat that doesn't have pasta in it.

Entrées: Pasta: 7 Cheese Mac and Cheese



This is a great recipe that I found from the founding farmers restaurant cookbook. It's really rich and it is a lot more work than many of the other recipes in this book. But the effort is well worth it.

You'll Need:

- 2 tablespoons unsalted butter

For the Sauce:

- 3 cups Whole milk
- 2 cups heavy cream
- 5 tablespoons unsalted butter
- ½ cup all-purpose flour
- ¾ cup (3 ounces) shredded smoked gouda
- ¼ teaspoon ground white pepper (optional)

Macaroni Mixture:

- 1lb dry elbow macaroni
- 4 large eggs
- 1 cup heavy cream
- 1 cup whole milk
- 1 tablespoon kosher salt
- ½ teaspoon pepper
- 1 teaspoon granulated garlic
- 2½ (10 ounces) shredded white cheddar cheese
- 1 cup (4 ounces) shredded mozzarella
- 1 cup (4 ounces) shredded asiago
- 1½ cups (6 ounces) shredded Gruyere
- 2/3 cup (2.5 ounces) shredded Muenster

Topping (optional):

- ¼ cup unsalted butter
- 1½ cups panko bread crumbs (This is too much, I use 1 cup)
- 2½ tablespoons finely sliced fresh chives (optional)

Entrées: Pasta: 7 Cheese Mac and Cheese (cont...)

Preparation:

Heat oven to 325°F (I usually do this step much later). Butter a 3-quart casserole dish with the 2 tablespoons of butter and set aside (I don't ever do this, the recipe has enough butter). Fill a 6-quart saucepan with water and bring to a boil.

Meanwhile make the sauce: Heat the whole milk and heavy cream in a medium saucepan over medium-low heat. In a separate 2-quart saucepan, melt the butter over medium heat. When the butter begins to bubble, whisk in the flour and cook, whisking constantly, until the mixture thickens. Whisk in the Gouda and white pepper. Remove the sauce from the heat and transfer to a large mixing bowl.

When the pasta water is boiling, cook the macaroni (they claim it should be al dente but I hate al dente pasta). Drain the pasta. Transfer it to the large bowl with the warm sauce and mix together until the pasta is well coated.

In a separate, small bowl, whisk together the eggs, heavy cream, whole milk, salt, black pepper, and granulated garlic. Pour this mixture over the pasta, add the remaining shredded cheeses, and gently fold together until combined. Transfer the pasta mixture to the buttered casserole dish. Cover the dish with aluminum foil and bake for 20 minutes.

~~While the macaroni bakes prepare the topping: Melt the butter in a medium sauce pan over medium heat; stir in the panko and salt until the bread crumbs are coated. Remove from the heat. Remove the macaroni from the oven, discard the foil, and sprinkle the buttered bread crumbs evenly over the top. Return the dish to the oven, uncovered, and bake for an additional 5 to 10 minutes, until the bread crumbs are golden brown. Remove the dish from the oven let it rest for 5 minutes, then sprinkle the chives over the top and serve.~~

Entrées: Pasta: Buffalo Chicken Mac and Cheese



This is a wonderful recipe but like the one before this it does require a fair amount of work. Thankfully it's really easy to get rotisserie chicken which makes this whole recipe possible.

You'll Need:

- 7 tablespoons unsalted butter
- Kosher salt
- 1 pound elbow (I used shell) macaroni
- 1 small onion, finely chopped
- 2 stalks celery, finely chopped
- 3 cups shredded rotisserie chicken
- 2 cloves garlic, minced
- $\frac{3}{4}$ cups hot sauce (franks red hot)
- 2 tablespoons all-purpose flour
- 2 teaspoons dry mustard
- $2\frac{1}{2}$ cups half and half
- 1 pound yellow sharp cheddar cheese, cut into 1 inch cups (~ $3\frac{1}{2}$ cups)
- 8 ounces pepper jack cheese, shredded (~2 cups)
- $\frac{2}{3}$ cup sour cream
- 1 cup panko breadcrumbs (optional)
- $\frac{1}{2}$ cup crumbled blue cheese
- 2 tablespoons chopped fresh parsley

Entrées: Pasta: Buffalo Chicken Mac and Cheese (cont...)

Preparation:

Heat oven to 350 F and ~~butter a baking dish~~. Bring a large pot of salted water to boil; add the pasta and cook ~~until al dente~~, about 7 minutes; drain.

Meanwhile, melt 3 tablespoons butter in a large skillet over medium heat. Add the onion, celery and cook until soft, about 5 minutes (usually longer). Stir in the chicken and garlic and cook 2 minutes, then add ½ cup hot sauce and simmer until slightly thickened, about 1 more minute.

Melt 2 tablespoons butter in a saucepan over medium heat. Stir in the flour and mustard with a WOODEN spoon until smooth. Whisk in the half-and-half, then add the remaining ¼ cup hot sauce and stir until thick, about 2 minutes. Whisk in the cheddar cheese and pepper jack cheeses, then whisk in the sour cream until smooth.

Spread half of the macaroni in the prepared baking dish, then top with the chicken mixture and the remaining macaroni. Pour the cheese sauce evenly on top.

Put the remaining 2 tablespoons butter in a medium microwave-safe bowl and microwave until melted. Stir in the panko, bleu cheese and parsley. Sprinkle over the macaroni and bake until bubbly, 30 to 40 minutes. Let rest 10 minutes before serving.

Entrées: Pasta: Baked Ziti



This recipe is a bit of an amalgamation between a few recipes I found online.

You'll Need:

- 1lb Ziti
- Olive oil
- 1lb bulk ~~Italian Sausage~~, ground beef or pork.
- 3-4 garlic cloves, chopped
- 1 onion, chopped
- 1 Tbsp fresh ~~rosemary~~ (or basil), minced.
- 1 Tbsp Italian seasoning (1 tsp dried Oregano, 1 tsp Dried Basil, ½ Dried Thyme)
- ½ tsp Red Pepper flakes
- 1 jar (~32 oz) marinara sauce (I prefer San Marzano)
- 6 oz Mozzarella cheese (I usually just cover the pasta)
- 1½ cup Sour Cream
- ~6 slices of Provolone cheese.
- 1 cup grated Parmesan or pecorino cheese. (optional)
- A bunch of Pepperoni (optional)

Preparation:

Bring a large pot of water to boil. Add salt or oil to keep the ziti from sticking. Once the pasta is ~~Al dente~~ cooked drain the pasta through a colander.

While you're waiting for the water to boil pour a tablespoon of Olive oil into a large sauté pan on medium-high heat. When the Oil is hot, add ground meat. Brown well. If you're using ground beef, add some salt.

Entrées : Pasta: Baked Ziti (cont...)

When the meat is mostly browned, add the onions and stir well to combine. Sauté everything until the onions are translucent and beginning to brown, about 4-5 minutes. Add the garlic, rosemary or basil, Italian seasoning and red pepper flakes and stir to combine.

Cook 1 minute, then add the tomato sauce and stir well. Bring to a simmer.

Preheat the oven to 350° F. ~~Spread a thin layer of sauce in the bottom of a baking pan.~~ In a large bowl combine Sour cream, ziti, and sauce mixture until you no longer can differentiate between the sour cream and sauce. Pour half of this mixture into your baking pan and place pepperoni's covering the pasta, then lay provolone cheese on top of the pepperoni's until the pasta is covered. Pour the rest of your ziti sauce mixture on top of this and top with pepperoni and Mozzarella cheese (until you can no longer see pasta). Then take your Parmesan cheese and sprinkle over top of the whole thing.

Place this pan of glory into the oven for about 20 minutes (or until the top is nicely browned and the pasta is a bit crunchy).

Entrées : Meats/Poultry: Easy Slow Cooker Pulled Pork



I don't eat a lot of pork but this recipe is fantastic. The pork will be falling off the bone if you do this correctly. It's super easy to make and can feed a lot of people.

You'll Need:

- 2 Medium yellow onions, thinly sliced
- 4 medium garlic cloves, thinly sliced
- 1 cup chicken stock or low-sodium chicken broth
- 1 tbsp packed dark brown sugar
- 1 tbsp chili powder
- 1 tbsp Kosher salt, plus more as needed
- ½ tsp ground cumin
- ¼ tsp ground cinnamon
- 1 (4.5-5lb) boneless or bone-in pork shoulder (aka pork butt), twine or netting removed.
- 2 Cups BBQ sauce (optional) (maybe more)

Preparation:

Place the onions and garlic in an even layer in the slow cooker and pour in the stock or broth. Combine the sugar, chili powder, salt, cumin, and cinnamon in a small bowl. Pat the pork with dry paper towels. Rub the spice mixture all over the pork and place the meat on top of the onions and garlic. Cover and cook until the pork is fork tender, about 6 to 8 hours on low.

Turn off the slow cooker and remove the pork to a cutting board. Set a fine-mesh strainer over a medium heatproof bowl. ~~Pour the onion mixture from the slow cooker through the strainer and return the solids to the slow cooker. Set the strained liquid aside.~~

If the pork has a bone, remove it and discard it. Using 2 forks, shred the meat into bit-sized pieces, discarding any large pieces of fat. Return the shredded meat to the slow cooker, add the BBQ sauce (I prefer Dinosaur BBQ sauce, or Uncle Ralphs), if using and mix to combine. ~~If you're not using BBQ sauce, use a spoon to skim and discard the fat from the surface of the strained cooked liquid, and then add ¼ cup of the liquid at a time to the slow cooker until the pork is just moistened.~~ Taste and season with salt as needed.

Entrées: Meats/Poultry: Chicken Fried Rice



Basic chicken fried rice that you'd get at a Chinese restaurant. This recipe is good as is but I'd like to refine it a bit more in the coming year, I don't think it has enough flavor.

You'll Need:

- 4 cups cold cooked rice
- 8 ounces cooked chicken, chopped
- 2 eggs (more if desired)
- ½ cup green peas
- 1 medium onion, diced
- 1 green onion, diced (optional)
- Light Soy Sauce (add to taste)
- Salt (to taste)
- Pepper (to taste)
- Oil (Canola or vegetable) for stir frying, as needed.
- Oyster sauce (to taste)(optional)

Preparation:

Beat the eggs lightly with chopsticks (a fork also works), add a dash of salt.

Heat wok and add oil. When oil is ready, pour ½ the egg mixture into the wok and cook over medium heat, turning over once. Cook the other half the same way. Cut the egg into thin strips, and save for later.

Stir fry the onion on high heat for a few moments, remove and set aside. Do the same for the green peas.

Add oil, turn down the heat to medium and stir-fry the rice. Add the soy sauce, salt, pepper and oyster sauce. Add the chicken, onion and green peas and combine thoroughly. Serve chicken fried rice with the strips of egg on top and the green onion as a garnish.

Entrées: Meat/Poultry: Chicken Biryani



An absolutely fantastic recipe I found online. Like the seven cheese mac and cheese this recipe can be a bit expensive but you'll be able to re-use the spices later on as well. Also, do yourself a favor and buy the spices from the international aisle at your grocery store. You'll get more spices and it'll be cheaper than buying that McCormick stuff they sell. This recipe does require some forethought because you will need to marinate the chicken for 2-24 hours.

You'll Need:

Meat Marinade:

- ~1lb boneless chicken breast.
- ~3.5oz plain yogurt
- 4 cloves of garlic, minced
- 1 chili chopped (optional – fresh is best, dry is also okay).
- Juice of 1 lemon
- 2 tsp coriander powder
- ½ tsp cumin powder
- ½ tsp ground Cayenne pepper
- ½ tsp Turmeric
- 1 tsp salt (to taste)
- 1 tsp pepper (to taste)

Rice Mixture:

- 1 cup of milk (whole milk)
- 1 large onion, thinly sliced
- 1½ cups basmati rice, washed
- 2 bay leaves
- A handful of mint leaves (dried okay, fresh is best)
- 1 tsp cumin seeds
- 2 green cardamoms
- 3 cms of cinnamon sticks
- 12 peppercorns
- 6 cloves
- A pinch of Saffron strands (optional)
- Pinch of mace
- 2 tsp salt (to taste)
- Oil/ghee (I used veggie oil)

Preparation:

Dice the chicken and place it in a bowl. Add Yogurt and the other dry ingredients and place in the fridge for at least 2 hours (more is better).

Wash the rice and add all of your spices to a large pot. Add 4 cups of water and 2 tablespoons of oil. Bring the water to a boil, then simmer for 5-8 minutes (with lid on). You only want to cook the rice to ~50% done. If it's fully cooked you'll get mushy biryani.

While the rice is cooking infuse your milk with saffron. Warm milk in the microwave for about 1 minute, then add the saffron and stir, it'll start to turn a golden color that's typical of saffron. The more saffron, the richer the color (and the poorer you become!).

Slice the onions and fry them in plenty of oil (veggie oil is what I used) until they are crispy.

This dish requires the use of what is known as "Dum cooking" where you layer your ingredients for cooking purposes. Place the marinated meat on the bottom of a large pot and place the rice on top of that. Pour over 3-4 tablespoons of oil and then pour over your saffron infused milk. Finally lay the onion on top. Add the lid and turn the stove up to high for 10 minutes, then reduce to a very low heat for a further 20 minutes. Don't rush things otherwise the rice may not be cooked.

Soups, Stews and Chilies: Introduction

Not such a huge soup, stew guy but I do love me some chili. A few of the recipes given require a crockpot to be done correctly.

Soups, Stews, and Chilies: Beer Cheese Soup

This recipe needs some improvement; I believe adding more cornstarch to make this recipe thicker would help it a lot. Also perhaps potato would be a good addition in this soup. Depending on the type of cheddar cheese you use depends on the beer you choose. If you buy English cheddar go with Pale Ale (Saranac is a good choice), if you buy buttery, well-aged cheddar use Sweet or Oatmeal Stout (If you can get a hand on the Harpoon 100 Barrel series they make an oatmeal stout), if you used long-aged cheddar Imperial Stout (Harpoon Imperial Pumpkin), if you buy mild white Vermont cheddar use a Classic Pilsener (Sierra Summerfest), if you buy white cheddar use an Amber Lager (Harpoon Oktoberfest, Hofbrau Oktoberfest, JW Dundee Honey Brown, Negra Modela, Paulaner Oktoberfest).

You'll Need:

- 1½ cups carrots, diced
- 1½ cups onions, diced
- 1½ cups celery, diced
- 2 cloves garlic, minced
- 1 tsp hot pepper sauce
- 1/8 tsp cayenne pepper
- ½ tsp salt
- ¼ tsp pepper
- 3 cups chicken broth
- 2 cups beer
- 1/3 cup butter
- 1/3 cup flour
- 4 cups milk (or half and half)
- 6 cups shredded cheddar cheese
- 1 tbsp Dijon mustard
- 2 tsp Worcestershire sauce
- 1 tsp dry mustard
- Popped popcorn for garnish (optional)

Soups, Stews, and Chilies: Beer Cheese Soup (cont...)

Preparation:

In a large saucepan over medium heat, stir together carrots, onion, celery and garlic. Stir in hot pepper sauce, cayenne pepper, salt, and pepper. Pour in chicken broth and beer; simmer until vegetables are tender, about 12 minutes. Remove from heat.

Meanwhile, heat butter in a large soup pot over medium-high heat. Stir in flour with a wire whisk; cook, stirring until the flour is light brown, about 3 or 4 minutes. Gradually stir in milk, whisking to prevent scorching, until thickened. Remove from heat, and gradually stir in cheese. Keep warm.

Stir beer mixture into cheese mixture. Stir in Dijon mustard, Worcestershire sauce, and dry mustard. Adjust for hot pepper sauce. Bring to a simmer, and cook 10 minutes. Serve topped with popcorn.

Soups, Stews, and Chilies: Beef Stew

This is a good recipe that you can make to create a nice hearty stew. This one is going to require a crockpot and some patience as well.

You'll Need:

Stew Ingredients:

- 2 tbsp Olive oil
- 2lb beef stew meat, cut into 1-inch pieces
- 1½ tsp kosher salt
- 1 tsp essence, recipe follows
- ¾ tsp pepper
- 2 tbsp unsalted butter
- ~~½lb button mushrooms, thinly sliced~~ (ew)
- 3 tbsp all-purpose flour
- 3 cups veal or beef stock
- 2 tbsp tomato paste
- ¼ tsp dried thyme
- ¼ tsp dried oregano
- ¼ tsp dried basil
- 1/8 tsp ground allspice
- 1lb small new potatoes, quartered
- 1 cup carrots, diced
- 1 cup frozen pearl onions, thawed
- ½ cup frozen green peas, thawed
- 1 tbsp chopped fresh parsley leaves

Emeril's ESSENCE Creole Seasoning (aka Bayou Blast):

- 2½ tbsp paprika
- 2 tbsp salt
- 2 tbsp garlic powder
- 1 tbsp black pepper
- 1 tbsp onion powder
- 1 tbsp cayenne pepper
- 1 tbsp dried oregano
- 1 tbsp dried thyme

Yields: ~2/3 cup

Soups, Stews, and Chilies: Beef Stew (cont...)

Preparation:

Set a 12-inch sauté pan over medium-high heat. Add 1 tbsp of the olive oil to the pan and season the beef with 1 tsp of the salt, 1 tsp Essence and ½ tsp of the black pepper. Sear the beef (in 2 batches) in the sauté pan for about 2 or 3 minutes per side.

Add the butter, mushrooms, flour, veal stock, tomato paste, herbs, spices, and browned meat to a slow cooker. Cover the slow cooker and set the temperature to high. Cook for 1 hour. Add the potatoes and carrots and continue to cook the stew for another 7 hours. During the last hour of cooking, add the pearl onions and replace the lid. Once the stew is cooked, stir in the peas and parsley and serve immediately.

Soups, Stews, and Chilies: Boilermaker Tailgate Chili

This recipe is a fan favorite, great for home-made garbage plates. The recipe has a bit of a kick to it; to decrease the heat don't add a can of Rotel. This can be done in a crock pot or by using a regular pot, I prefer the crock pot method myself.

You'll Need:

- 2lb ground beef chuck
- 1lb bulk Italian Sausage (Hot)
- 3 (15oz) cans chili beans, drained
- 1 (15oz) can chili beans in spicy sauce
- 2 (28oz) cans diced tomatoes with juice
- 1 (6oz) can tomato paste
- 1 can Rotel (optional – this makes it hotter)
- 1 large yellow onion, chopped
- 3 stalks celery, chopped
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 2 green chili peppers, seeded and chopped
- 1 tbsp bacon bits (optional)
- 4 cubes beef bouillon
- ½ cup beer
- ¼ cup chili powder
- 1 tbsp Worcestershire sauce
- 1 tbsp minced garlic
- 1 tbsp dried oregano
- 2 tsp ground cumin
- 2 tsp hot pepper sauce
- 1 tsp dried basil
- 1 tsp salt
- 1 tsp pepper
- 1 tsp cayenne pepper
- 1 tsp paprika
- 1 tsp white sugar
- 1 (10.5oz) bag of corn chips such as fritos (optional)
- 1 (8oz) package of shredded cheddar cheese (optional)

Soups, Stews, and Chilies: Boilermaker Tailgate Chili

Preparation:

Heat a large stock pot over medium-high heat. Crumble the ground chuck and sausage into the hot pan, and cook until evenly browned. Drain off excess grease.

Pour in the chili beans, spicy chili beans, diced tomatoes and tomato paste. Add the onion, celery, green and red peppers, chili peppers, bacon bits, bouillon, and beer. Season with chilli powder, Worcestershire sauce, garlic, oregano, cumin, hot pepper sauce, basil, salt, pepper, cayenne, paprika and sugar. Stir to blend, then cover and simmer over low heat for at least 2 hours, stirring occasionally. (This is where I would transfer the ingredients to a crock pot).

After 2 hours, taste and adjust salt, pepper and chili powder if necessary. The longer the chili simmers (4 hours is okay I think, just keep an eye on it so you don't burn it), the better it will taste. Remove from heat and serve, or refrigerate and serve the next day.