

DOUG WILLIAMS' COOKBOOK



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BLACK BEANS & CORN SOUP (CHILI)

Ingredients

- 1 - lb. ground beef
- 1 - 16 oz. can black beans
- 1 - 16 oz. can kidney beans
- 1 - 16 oz. can diced tomatoes w/ (basil, garlic, and oregano)
- 1 - 16 oz. can whole corn kernels - drained
- 1 - Can tomato sauce

Spices

- 1-1.25 oz. package taco seasoning
- 1- tsp. garlic powder
- 1- tsp. onion powder
- 1- tsp. chili powder
- 1- tsp. ground cumin
- ¼ - tsp. cayenne pepper

Directions

Drain the liquid of the black beans and kidney beans into a bowl and mix them together. Pour the beans, tomato sauce, diced tomatoes, corn, and spices together into a large mixing bowl.

Add 3/4 of a cup of the bean liquid to the bowl and mix all together.

In a skillet, cook the ground beef then drain the fat.

When finished, add the ground beef to a large pot.

Now pour the rest of the ingredients into the pot, bring to a boil, then simmer for at least 20 minutes. Stir often.

BELGIAN WAFFLES

Ingredients

1- cup Cracker Barrel Pancake Mix
¾ - cup buttermilk
3- egg yolks
3- egg whites
1- Tbsp. sugar
1- Tbsp. butter
½ - Tbsp. vanilla
2 - tsp. baking powder

Directions

Mix everything in a bowl except the egg whites.
Once the mixing is complete fold in the egg whites.
Follow waffle maker's instructions.

FRENCH TOAST

Ingredients

2 large eggs
½ - cup milk
1 Tbsp. pure vanilla
½ - Tbsp. sugar
2 tsp. cinnamon
1 tsp. allspice
1 tsp. pumpkin pie spice
Powdered sugar
Butter

Directions

Pour all ingredients, except the butter and powdered sugar, into a wide mixing bowl and mix together VERY well. Over time the ingredients will tend to separate so mix well before dunking each piece of bread in. Put some butter on a hot griddle and spread it around then add the bread. Do it for both sides. Lightly dust with powdered sugar, add syrup, and pig out.

BOILED BEEF POT ROAST (MA'S COUNTRY RECIPE)

First Ingredients

2 ½ pound Chuck Roast or Top Round roast
3 tsp. instant beef bouillon
2 slices of bacon (pork or turkey)
½ - tsp. onion powder
½ - tsp. garlic powder
2 bay leaves
salt and pepper to taste few pinches of paprika, marjoram, and parsley flakes

Second Ingredients

2 pounds of new or red potatoes cut in quarters
2 bags of small carrots
2 cans of Italian cut green beans

Instructions

Place meat in a large pot and fill with water until the water is level with the top of the meat. Stir in the first ingredients and bring to a boil. Reduce heat in half and cover. Allow to simmer for about 2.5 hours. Baste the meat often. Cook green beans in separate pot with 2 slices of bacon. At 2.5 hours pour the cooked green beans in the pot with the meat. After that, include the second ingredients. Cook for another 30 to 45 minutes, or until the potatoes are good and tender. The water will boil down a bit. When done spoon some juice on your meat or make gravy with it. The meat will be so tender it melts in your mouth.

For better results, combine the first ingredients, except the meat, with 10 cups of water and bring to a boil for a few moments. Then turn off the heat and let stand 2 hours prior to adding the meat. Stir plenty of times. The bacon is in there for its smoke flavor. The taste of the bay leaves will come out. After 2 hours, the broth is good and ready for the meat. At this time, you can continue cooking the meal as mentioned above, just bring to a high boil and continue. Chow.

BOURBON CHICKEN

Sauce

- 1/4 - cup brown sugar
- 1/4 - cup sugar (or less)
- 1/4 - cup chili sauce
- 1/8 - cup soy sauce
- 1/8 - cup maple syrup or molasses or honey
- 2 - Tbsp. dry sherry wine
- 3/4 - cup chicken broth

Preparation

Cut 4 chicken wings into pieces
Sprinkle with pepper and sauté in a skillet on medium heat
When the chicken is done, stir in the sauce and let it reduce
Serve over rice

MAPLE BARBECUED CHICKEN DRUMSTICKS

Ingredients

- ½ - cup chili sauce
- ½ - cup maple syrup
- 3 tablespoons cider vinegar
- 3 tablespoons CRISCO Oil
- 1 tablespoon prepared mustard
- ½ - teaspoon salt
- ¼ - teaspoon hot sauce
- 12 chicken drumsticks (about 3 pounds)

Preparation

Bring first 7 ingredients to a boil in a medium saucepan over medium heat. Reduce heat, and simmer, stirring often, 6 minutes.

Remove ¼ cup chili sauce mixture, and brush evenly on chicken drumsticks. Reserve remaining chili sauce mixture for basting.

Prepare a hot fire by piling charcoal on one side of grill, leaving other side empty. (For gas grills, light only one side, heating to 400° - 500°) Arrange chicken drumsticks on food grate on unlit side.

Grill drumsticks, covered with grill lid, 1 hour or until chicken is done, turning drumsticks once and basting with remaining chili sauce mixture every 15 minutes.

Note: Chili sauce mixture may be stored in the refrigerator in an airtight container up to 3 days. Maple Barbecued Chicken Breasts: Substitute 4 bone-in chicken breasts (about 3 pounds) for drumsticks. Proceed as directed.

Makes 6 servings

STEAK-N-SHAKE 5-WAY CHILI

Notes:

This is a very mild chili that most will enjoy.

Ingredients

2 lb. Lean Ground Chuck (coarsely ground)
1 + ½ cup onion (diced)
1 tsp. celery salt
4 - 8 oz. cans tomato sauce
1 cup Water
2 - 16 oz. cans light kidney beans (with liquid)
2 tsp. garlic powder
1 + ½ tsp. garlic salt
2 Tbsp. + 1 tsp. chili powder
½ - tsp. salt
½ - tsp. pepper
2 - 8 oz. cans tomato paste

Preparation

In a skillet on medium low heat, sauté ground beef and onions. When beef has been cooked, drain all grease and place in a medium large sauce pan. Add celery salt, tomato sauce, kidney beans, garlic powder, garlic salt, chili powder, pepper, water and salt, mix all ingredients.

On low heat place a lid on sauce pan and simmer for one hour, stirring frequently. After chili has been cooking for a hour add tomato paste and stir well. Place lid on pan and simmer an additional half hour.

1 lb. Spaghetti (prepare as directed on package and drain)
12 oz. Package Shredded Monterey/Colby Jack Cheese (we like a lot of cheese)
1 Medium Onion (diced)
Chili Sauce (Heinz)

For individual serving:

In a shallow bowl or plate, place generous helping of spaghetti

¾ cup Chili

2 Tbs. Chili Sauce

Chopped Onions (to taste)

½ cup Shredded Monterey Jack and Colby Cheese Mix

Top with additional onions to your taste. Any leftover chili can be placed on crisp tortilla chips for a light lunch or a great snack.

CHICKEN AND DRESSING CASSEROLE

Ingredients

- 3 chicken thighs or breasts, cubed
- 2 cans cream of chicken condensed soup
- 2 cups chicken broth
- 2 tsp. chicken bouillon
- $\frac{1}{4}$ - cup butter
- 2 tsp. chicken seasoning
- 2 eggs, beaten
- 1 package turkey or chicken stuffing, cooked
- 1 package of chicken or turkey gravy

Preparations

In a pan combine the cans of chicken soup, broth, eggs, stuffing, and seasoning. Transfer to a baking dish and pour the gravy on top. Cover and bake at 350° for 25-30 minutes or until done. Chow.

SESAME CHICKEN

Ingredients

2 Skinless, boneless thighs
3 Tbsp. flour
2 Tbsp. toasted sesame seeds
1 Tbsp. soy sauce
½ - tsp. peanut oil
1 Tbsp. maple syrup
1 Tbsp. dry sherry
1 tsp. fresh ginger, chopped
Pepper to taste
½ - tsp. Szechuan style pepper blend (McCormick)

Instructions

Preheat oven to 350 degrees. Cut chicken into pieces about 1 by 2 inches.
Mix soy sauce, maple syrup, sherry, ginger and Szechuan pepper blend together.
Add chicken and marinate 20 minutes, turning once.

Meanwhile, place sesame seeds on a baking tray and toast in oven for 10 minutes or until slightly brown.

Drain chicken, reserving marinade.

Dredge chicken in flour seasoned with a little salt and pepper. Shake off any excess.

Heat oil in a non-stick skillet.

Add chicken and brown, about 1 minute per side.

Spoon marinade over chicken.

Reduce heat and sauté another minute, or until chicken is cooked through.

Remove from heat and roll chicken in sesame seeds.

Serves 2

CHICKEN FRIED RICE

Ingredients

2 chicken thighs
2 cups cooked instant white rice
1 egg, beaten
4 cups chicken broth
1 ½ - Tbsp. soy sauce
½ - tsp. sesame oil
Olive oil
Peas, carrots, onions, and bean sprouts as desired

Spice pack

¼ - tsp. garlic powder
¼ - tsp. onion powder
¼ - tsp. curry powder
½ - tsp. Chinese powder *

Chicken Broth

3 cups water
1 chicken thigh, optional
1 Tbsp. chicken bouillon powder
1 tsp. garlic powder
1 tsp. onion powder
½ - tsp. rubbed sage
¼ - tsp. black pepper

Instructions

Cut chicken into bite size pieces. Cook the instant rice in chicken broth. Fry the egg in a wok with olive oil and chop it vigorously then set aside. Cook the chicken in the wok with a little olive oil. Set chicken aside when finished. Fry a chopped onion if desired at this time and set aside. Finally, add the rice to the wok and add a little of the broth as needed. Pour in the spice pack, soy sauce, and sesame oil. Stir until thoroughly mixed then add eggs, chicken, onions, peas, carrots, or bean sprouts and stir-fry for one minute. Add broth as needed. Finished and ready to eat.

* Chinese powder is Sun-Bird brand General Taos Chicken spice.

Yields 2 Servings

CLAM & SHRIMP CHOWDER

Ingredients

2 cups Red potatoes w/ skins (cubed 1/2" pieces) for color
1 - 6.5 oz. Cans Minced Clams - (hang on to juice)
1 - 6.5 oz. Cans Shrimp (found at Wal-Mart)
¼ - cups (Pancake Mix), Bisquick or Flower
1 or 2 slices of bacon cut small (low sodium kind)
8 Tbsp. of butter = 1 stick
1 Tbsp. chopped green onion (bulbs only)
16 oz. Half and Half
Whole Milk (if needed for thinning)
1/3 - cups Clam Juice
Garlic and Onion powder
Fresh Parsley and paprika for garnish on top

Preparation

Place potatoes in saucepan and cover with water. Add some bacon along with some sprinkles of garlic and onion powder. Cook on medium heat until potatoes are tender. Remove potatoes from heat chill in cold water, drain, and set aside. In a 2-quart saucepan on medium heat melt butter then add onions, and cook until they are slightly clear in color. Add pancake mix to butter and stir briskly. Mixture will start to thicken. Add half and half a little at a time while stirring. Mixture will become creamy and will look like thick cream. Place more bacon, the potatoes, and the clams and juice, to the mixture. Cook for 15-20 minutes on medium heat stirring frequently. Add milk to thin and salt to taste.

2 times as much

4 cups Red potatoes w/ skins (cubed 1/2" pieces) for color
2 - 6.5 oz. Cans Minced Clams - (hang on to juice)
2 - 6.5 oz. Cans Shrimp (found at Wal-Mart)
½ - cup Pancake Mix, Bisquick or Flower
3 slices of bacon cut small (low sodium kind)
16 - Tbsp. of butter (2 sticks of butter)
2 - Tbsp. chopped green onion (bulbs only)
2 - 16 oz. cartons of half and half
Whole Milk (if needed for thinning)
2/3 cups clam juice
Fresh Parsley and paprika for garnish on top

Serves 3-4

CREAM OF POTATO AND BROCCOLI

Ingredients

3 cups potatoes (cubed 1/2" pieces)
3 cups cut broccoli
1 cup shredded sharp cheddar cheese
¼ - cup pancake mix
8 Tbsp. of butter = 1 stick
1 Tbsp. chopped green onion (bulbs only)
16 oz. Half and Half
6 slices of bacon cut small
1 tsp. garlic powder
1 tsp. onion powder
¼ - tsp. black pepper
parsley, paprika, & shredded cheddar cheese for garnish on top

Instructions

Place potatoes in saucepan and cover with water. Add 3 slices of bacon along with garlic and onion powder and black pepper. Cook on medium heat until potatoes are tender. Remove potatoes from heat and drain liquid (broth) in a bowl for later. Place potatoes in cold water to stop them from cooking then set aside. Steam or boil broccoli separately for about 15 minutes and set aside.

In a 2-quart saucepan on medium heat melt butter then add green onions. Cook until they are slightly clear in color. Add pancake mix to butter and stir briskly. Mixture will start to thicken. Add half and half a little at a time while stirring. Mixture will become creamy. Add 1 cup of shredded cheddar cheese and stir until it melts. Place 3 more slices bacon, the potatoes, the broccoli, and 1/3 cup of the left over broth to the mixture and cook on medium for 15-20 minutes on medium heat stirring frequently.

When done, fill a bowl and place some shredded cheddar cheese on top along with some parsley and paprika for garnish.

GENERAL TAO'S CHICKEN

Ingredients

3 chicken thighs, cubed

Sauce ingredients

¼ - cup brown sugar

¼ - cup sugar

¼ - cup chili sauce

1/8 - cup soy sauce (La Choy)

1/8 - cup dry sherry Wine

¾ - cup chicken broth

2 tsp. cornstarch

1 Tbsp. Szechuan style spice from below

¼ - tsp. cayenne pepper for more heat (optional)

SZECHUAN STYLE SPICE

Ingredients

2 tsp. crushed Red Pepper
2 tsp. crushed black pepper
2 tsp. onion powder
2 tsp. garlic powder
2 tsp. Chinese powder
2 tsp. sugar
1 tsp. paprika
¼ - tsp. salt
¼ - tsp. cayenne Pepper
¼ - tsp. curry

Preparation

Combine spice ingredients and set aside. Spice makes enough for several meals and should be placed in a spice container. Combine sauce ingredients in a sauce container with hot chicken broth to thoroughly mix. In a wok with olive oil, brown the chicken and set aside. Place some more olive oil in the wok until hot and add the chicken. Add in the sauce until it bubbles and thickens up. Chow.

ICE CREAM

Fruit Pulp

3 quarts of strawberries or raspberries = 1 quart of pulp
Use $\frac{1}{4}$ cup of sugar per 1 cup of fruit pulp

Heat 1 pint of milk and 20 large marshmallows together until the marshmallows dissolve.
DO NOT BOIL.

Stir to mix and let cool in refrigerator

Add 3 half pints of whipping cream (unwhipped)

Stir in 1 quart of the sweetened fruit pulp

Freeze in an ice cream freezer using crushed ice and salt according to freezer directions

Alec's Great-Great-Grandmother Morris' berry recipe (rev. 21-Jul-2004; Doug)

4-6 pounds strawberries
1 quart of strawberry pulp
30 marshmallows
2 $\frac{1}{2}$ cups of milk
1 $\frac{1}{2}$ pints heavy whipping cream
2 cups whipped topping (like Cool Whip)
1 cup sugar

Directions:

Cut the tops and rinse the strawberries. For better flavor cut away and discard the white part of the strawberry (the core). Use only the red juicy part for the pulp. It will be necessary to buy more strawberries if so. Combine strawberries and sugar in a blender and liquefy until you have 1 quart (4 cups) of pulp.

In a large pot add the milk and dissolve the marshmallows using low heat. Stir often and do not burn. Once fully dissolved add the whipped topping and turn off the heat. Stir the mix until fully dissolved then let cool in refrigerator.

Use some of the red parts cut in smaller pieces to add to the final mix.

HOMEMADE BBQ SAUCE

Ingredients

(1.) Creole BBQ Dry Rub Spice

2 tsp. Paprika
2 tsp. Garlic Powder
2 tsp. Onion Powder
2 tsp. Taco Seasoning
1 tsp. Black Pepper
1 tsp. Salt
1 tsp. Oregano
1 tsp. Thyme
1 tsp. Chili Powder
1 tsp. Meat Tenderizer (opt.)
½ - tsp. Cayenne Pepper
½ - tsp. Curry

(2.) The Sauce

¼ - cup Tomato Puree
¼ - cup Dark Brown Sugar
¼ - cup Manwich Sloppy Joe Sauce
1/8 - cup Chicken Stock
½ - Tbsp. Steak Sauce
½ - Tbsp. Worcestershire Sauce
½ - Tbsp. Soy Sauce (La Choy)
½ - Tbsp. Mustard (French's)
½ - Tbsp. Dry Rub Spice from above *
1 Tbsp. Sugar
3 tsp. Liquid Smoke
pinch ground cloves

Instructions

Combine dry rub spice ingredients and mix with the sauce ingredients. Strain sauce and warm on stove to dissolve sugar granules. Apply dry rub to meat hours prior to grilling or overnight. Baste meat during the cooking.

*Or try this:

1 tsp. Old Bay seasoning
½ - tsp. curry
¼ - tsp. Creole spice

My Jamaican Jerk Marinade

Twice as much marinade

½ - cup dark brown sugar	1 cup dark brown sugar
¼ - cup chicken broth	½ - cup chicken broth
1 Tbsp. Jamaican Jerk Seasoning *	2 Tbsp. Jamaican Jerk
2 Tbsp. soy sauce (La Choy)	4 Tbsp. soy sauce (La Choy)
1 Tbsp. dry cooking sherry (Pompeian)	2 Tbsp. dry cooking sherry
1 Tbsp. steak sauce	2 Tbsp. steak sauce
1 Tbsp. chili sauce	2 Tbsp. chili sauce

- Combine and mix well. Refrigerate. Marinate meat for at least 4 hours; 12 hours is best.
- Replace sherry with grape juice if desired.
- Add more cayenne pepper to increase heat level.
- Strain contents before serving as extra marinade.

Jamaican Jerk Seasoning

Twice as much seasoning

1 Tbsp. garlic powder	2 Tbsp. garlic powder
1 Tbsp. onion powder	2 Tbsp. onion powder
1 Tbsp. crushed rosemary leaves	2 Tbsp. crushed rosemary leaves
1 Tbsp. crushed red pepper	2 Tbsp. crushed red pepper
2 tsp. ground thyme	4 tsp. ground thyme
2 tsp. salt (opt.)	4 tsp. salt (opt.)
1 tsp. allspice	2 tsp. allspice
¼ - tsp. cinnamon	½ - tsp. cinnamon
2 tsp. sugar	4 tsp. sugar
1 tsp. black pepper	2 tsp. black pepper
1 tsp. cayenne pepper	2 tsp. cayenne pepper

KILLER CASSEROLE

Ingredients

- 2 boneless, skinless breasts or thighs
- 2 cans string green beans
- 2 cans Campbell's cream of chicken soup
- 2 cans Campbell's cream of potato soup
- 1 can frozen biscuits; Pillsbury Golden Home Style
- 1 box of Stove Top Stuffing; for chicken or turkey
- 1 big can French-fried onions
- ½ - cup chicken broth
- 3 slices of bacon

CHICKEN BROTH

Ingredients

4 cups of water
6 tsp. chicken bouillon; or 6 cubes
1 tsp. garlic powder
1 tsp. onion powder
½ - tsp. rubbed sage
¼ - tsp. black pepper
2 boneless, skinless breasts or thighs

Directions

First, cook contents of the cans of beans in a medium pot with the 3 slices of bacon. Salt and pepper to taste.

Empty the 4 cans of soup into a large mixing bowl and mix the contents.

Meanwhile, make the chicken broth and stuffing. Cut the chicken into bite size pieces and place into the broth mixture. Cook on a slow boil for 25-30 minutes. Cook chicken very thoroughly. Then place only the chicken pieces in the soup mix and stir. Be sure not to discard any of the broth. Cook the stuffing according to directions and set aside.

The Dumplings: Open the can of biscuits, use 5-6, and cut each biscuit into 8 pie-shaped pieces; like a pizza. Roll each one into a ball between your hands.

Cook the dumplings (about 15 at a time) in the chicken broth over medium boil for about 10-15 minutes. Stir frequently; dumplings will expand. Check each batch of dumplings to ensure they aren't too doughy. Place the cooked dumplings and 1/2 cup of broth in the soup mix and stir.

Pour and spread the soup mixture in a deep casserole dish. Next, spread some of the stuffing on top of the soup mixture. Strain the water from the beans and spread them on top of the stuffing. Place the dish in the oven on 350° for 25 minutes; do not cover.

After 25 minutes remove the dish from the oven and cover the top of the beans with those French-fried onions. Place back into the oven for a final 5 minutes. CHOW.

HOT WINGS

Ingredients

12 chicken wings or drumettes
½ - cup of Frank's Red Hot Buffalo Wing Sauce
1/3 - cup melted butter or margarine
¼ - tsp. cayenne pepper
¼ - tsp. paprika
1 tsp. garlic powder
1 Tbsp. sugar
1 Tbsp. apple cider vinegar

Preparation

Lightly flour wings and deep fry at 400° for 11 minutes.
Mix the rest of the ingredients in a Tupperware container that has a top.
When chicken is done, place in the container, put the top on and shake it until the chicken is coated. It's ready to eat.

The Frank's brand sauce can be found at Wal-Mart.
This recipe is good for 12-18 wings. Enjoy.

PEAS & RICE

Ingredients

½ - cup hot sausage (Jimmy Dean Hot)
1 can black-eyed peas (Bush's Best Brand); mostly drained
4 Tbsp. tomato paste (Hunt's Basil, Garlic and Oregano 6oz can)
1 cup of Sazon Yellow Rice (Vigo Brand)
2 cups chicken broth (see below)
Salt and pepper to taste

First, prepare the chicken broth. When the broth is done, start cooking the yellow rice and use the broth instead of water.

Next, take the hot sausage and make a flat patty with it.

Cook the sausage like a hamburger and drain the oil a few times.

When done, chop the sausage into very small pieces and set aside.

When the yellow rice is done combine the sausage, the black-eyed peas, and the tomato paste. Good with Blackened fish.

Chicken Broth

4 cups of water
2 slices of bacon *
2 bay leaves
1-2 chicken thighs *
1 tsp. onion powder
1 tsp. garlic powder
2 tsp. sazón seasoning
2 tsp. chicken bouillon
½ - tsp. marjoram
½ - tsp. salt *
¼ - tsp. black pepper
pinches of sage and parsley

* Optional

Mix everything together and cook on a medium boil for 30 minutes if cooking with the meat. If not then just bring to a quick boil and get ready to use it above. This is my chicken broth recipe. I don't always use the meat unless I want good broth.

RED LOBSTER'S CHEDDAR BISCUITS

Ingredients

2 Cups Bisquick
2/3 Cups buttermilk
½ - Cup shredded Sharp Cheddar Cheese
½ - Cup butter or margarine, melted
¼ - tsp. garlic powder

Preparation

Heat oven to 450 degrees.

Mix Bisquick, milk and cheese until a soft dough forms.

Drop by spoonfuls onto an ungreased cooking sheet.

Bake 8-10 min until golden brown.

Mix butter and garlic powder and brush mixture over warm biscuits before removing from cookie sheet.

CHURCHES HONEY BISCUITS

Ease of Cooking: Medium Difficulty

Notes:

These are some delightful biscuits. The honey adds a perfect touch to your everyday biscuit.

Ingredients

2 cups Flour
4 tsp. Baking Powder
½ - tsp. Salt
2 tsp. Sugar
½ - cup Vegetable Shortening
1 tsp. Cream of Tarter
2/3 cup Whole Milk
½ - Stick of Butter (melt in small pan and set aside)
1/3 cup Honey

Preparation

Place flour, baking powder, sugar, salt, cream of tartar in a mixing bowl. Work in the shortening until the mixture feels like cornmeal.

Pour milk into flour and mix well. Knead about 12 - 15 times. Break dough into about 1/4 - 1/3 cup size balls. Roll dough into balls and pat to 1/2" thickness. Brush with melted butter and place on a baking sheet.

Place biscuits into a 450 degrees preheated oven and bake 10 - 12 minutes.

While biscuits are in the oven, pour the honey into the remainder of the butter and bring to a boil. Remove honey butter from heat and set aside. When biscuits are done remove from the oven and immediately brush with honey butter.

Serve with your favorite fried chicken dinner or they are really wonderful for breakfast.

Servings 12

SALMON PATTIES

Ingredients

- 1 large can of salmon
- 1 box Stove Top Stuffing

Directions

Open and drain all the juice from the canned salmon into a bowl for use later.
Place the salmon into a mixing bowl.
Chop the stuffing in a blender into a fine powder.
Place at least 2 cups of stuffing in the mixing bowl.
Mix the ingredients thoroughly and make patties about the size of hamburgers. (For a good source of calcium, don't discard the bones they disintegrate.)
Use the salmon juice to thin the mixture as needed.
Fry in a pan with canola or olive oil until golden brown.
Serve as a patty or between two slices of bread.
These patties love plenty of ketchup or cocktail sauce.

SHRIMP SCAMPI

Ingredients

12 medium shrimp
½ - cup butter
¼ - heaping teaspoon garlic powder
5 - tsp. white wine, add more or less to your taste
½ - tsp. parsley
1/8 - tsp. paprika

Directions

Melt the butter and combine with all of the ingredients except shrimp into a shallow oval bowl. Mix well.

Place shrimp into the bowl.

Bake at 350° for about 10 minutes. Be careful not to overcook the shrimp. The shrimp is done when they have turned pink.

This is as close to the Red Lobster shrimp scampi as I can get it. It is absolutely delicious. Enjoy!

SOUTHERN STYLE PORK AND BEANS

Ingredients

1 lb. dry pinto beans
1 medium ham hock
1 small pork tenderloin
5 cups cut red potatoes
8 cups water
2 tsp. garlic powder
2 tsp. onion powder
1 tsp. black pepper
2 bay leaves
2 tsp. basil

Directions

Place beans in a pot and cover with water.

Place a teaspoon each of garlic powder, onion powder, and black pepper in the water.

Bring to a boil and set aside overnight.

The next day drain the water and replace with fresh water and add a teaspoon each of garlic powder, onion powder, and black pepper.

Cut the pork tenderloin into 1" squares and place them and the ham hock in the pot and bring to a boil.

Lower the heat to a simmer and cover.

Cook for about an hour or until the beans are tender.

Cut the potatoes in 1" squares and cook until tender.

Drain water and chill them in cold water to stop cooking.

When the beans are done add the potatoes to the beans and serve.

<p style="text-align: center;">CREOLE BBQ DRY RUB</p> <p>2 tsp. Paprika 2 tsp. Garlic Powder 2 tsp. Onion Powder 2 tsp. Taco Seasoning 1 tsp. Black Pepper 1 tsp. Salt 1 tsp. Oregano 1 tsp. Thyme 1 tsp. Chili Powder 1 tsp. Meat Tenderizer (opt.) 1/2 tsp. Cayenne Pepper 1/2 tsp. Curry</p> <p>Add 1 Tbsp. brown sugar when applying to the meat of your choice</p>	<p style="text-align: center;">MY CREOLE SPICE SEASONING</p> <hr/> <p>2 Tbsp. + 1/2 tsp. Paprika 2 Tbsp. Garlic Powder 2 Tbsp. Onion Powder 2 Tbsp. Taco Seasoning, mild or hot 1 Tbsp. Black Pepper 1 Tbsp. Salt (opt.) 1 Tbsp. Oregano 1 Tbsp. Thyme 1/2 Tbsp. Cayenne Pepper 1/2 tsp. Curry</p> <p>Great for blackening fish, chicken, beef, or pork</p>
<p style="text-align: center;">SZECHWAN STYLE SPICE</p> <hr/> <p>2 tsp. Crushed Red Pepper 2 tsp. Crushed black pepper 2 tsp. Onion Powder 2 tsp. Garlic Powder 2 tsp. Szechwan Powder * 2 tsp. Sugar 1 tsp. Paprika 1/4 tsp. Salt 1/4 tsp. Cayenne Pepper 1/4 tsp. Curry</p>	<p style="text-align: center;">JAMAICAN JERK SEASONING</p> <hr/> <p>1 Tbsp. Garlic Powder 1 Tbsp. Onion Powder 1 Tbsp. Crushed Rosemary Leaves 1 Tbsp. Crushed Red Pepper 2 tsp. Ground Thyme 2 tsp. Salt (opt.) 1 tsp. Allspice 2 tsp. Sugar 1 tsp. Black Pepper 1 tsp. Cayenne Pepper 1 tsp. Meat Tenderizer (opt.) 1/4 tsp. Cinnamon 1/4 tsp. Curry</p>
<p style="text-align: center;">GENERAL TAOS SAUCE</p> <hr/> <p>1/4 cup Brown Sugar 1/4 cup Sugar 1/4 cup Chili Sauce 1/8 cup Soy Sauce (La Choy) 1/8 cup Dry Sherry Wine 3/4 cup Chicken Broth 2 tsp. cornstarch 2 Tbsp. Szechuan Style spice from above 1/4 tsp. cayenne pepper for more heat (opt.)</p> <p>* Use Sun-Bird brand General Taos or Hot & Spicy seasoning mixes; found in the Asian section of most grocery stores.</p>	<p style="text-align: center;">JAMAICAN JERK SAUCE</p> <hr/> <p>1 cup Dark Brown Sugar 1/2 cup Chicken, Beef, or Pork Broth 2 Tbsp. Jamaican Jerk Seasoning 4 Tbsp. Soy Sauce (La Choy) 2 Tbsp. Dry Cooking Sherry (Pompeian) 2 Tbsp. Steak Sauce 2 Tbsp. Chili Sauce 2 tsp. corn starch</p> <p>Serve meal with Black or Red Beans and Rice cooked with coconut milk rather than water.</p>

SPICY BEEF OR CHICKEN WITH BROCCOLI AND ASPARAGUS

Ingredients

1 beef ribeye steak or
2 chicken thighs
1 – 2 cups broccoli
20 spear tips of asparagus
1 can pinto beans
1 can baby corn
¼ - tsp. white pepper

Sauce

3 Tbsp. brown bean sauce *
1 tsp. garlic powder
1 tsp. Chinese powder **
1 tsp. soy sauce
1 tsp. chili sauce
1 tsp. sugar
1 tsp. cornstarch
¼ - tsp. curry
dashes of cayenne pepper

* Brown bean sauce - Cook can of pinto beans with 2 strips of bacon. When done separate the juice from the beans. Try with black-eyed peas.

** Sun-Bird brand General Taos Chicken mix

Preparation

Cook the ribeye to medium rare, cube into 1" pieces and set aside.

If cooking with chicken, cube into 1" pieces then cook thoroughly in wok; after that set aside.

Cut broccoli into small pieces.

Cut the asparagus 1/4 way from the tip and discard the rest.

Boil the broccoli, asparagus, and baby corns for 1 minute set aside in cold water; or steam for 20 minutes.

Add oil to wok, heat and coat all side.

Add in the meat and stir-fry for 1 minute.

Next, add the vegetables and stir fry for another minute.

Finally, pour in the sauce and mix thoroughly. Chow.

ORIENTAL STYLE STIR FRIED GREEN BEANS WITH SZECHWAN SAUCE

Ingredients

- ½ - lb. fresh green beans
- 1 tsp. soy sauce
- 1 tsp. garlic powder
- 1 tsp. sesame oil
- 1 tsp. chili sauce
- ½ - tsp. sugar
- ½ - tsp. General Taos seasoning *
- 1 Tbsp. cooking oil
- 1 cup chicken broth **

Wash, dry, cut, and weigh the beans in 2" lengths.

Mix soy sauce, garlic, sugar, sesame oil, and chili paste; which will make a thick, brownish paste.

Heat wok until very hot and add the cooking oil.

Tilt the wok around to coat the sides.

Add the green beans and stir-fry for 3 minutes.

Next, add 1/2 chicken broth, cover and cook for 9 minutes. Stir often.

When done, add the paste made earlier into the wok and stir until the beans are evenly coated; you may want to add a small amount of the broth during this process. Beans should snap when eaten.

Makes enough for 3 people.

* Sun-Bird Brand; found in the Chinese section of most grocery stores; or just use ground ginger

** Mix 1 cup of hot water with 1 tsp. chicken bouillon

- ¼ - tsp. garlic powder
- ¼ - tsp. onion powder
- ¼ - tsp. pepper

TACO LASAGNA

Ingredients

1 pound ground beef
2/3 cups water
1 package taco seasoning
1 can black beans, drained
1 can diced tomatoes
1 can refried beans
9 flour tortillas
3 cups shredded Mexican cheese blend

Preparations

In a large skillet, brown the ground beef until done and drain the fat.
Add water and the taco seasoning and bring to a boil.
Reduce heat and simmer for 2 minutes.
Mix in the black beans, refried beans, and diced tomatoes and simmer 10 minutes.
Cover the bottom of a greased baking dish with some tortillas.
Fill the dish with half of the beef, bean, and tomato mixture and 1 cup of cheese.
Repeat the layers and top with tortillas and cheese on top.
Cover and bake at 350° for 25-30 minutes or until the cheese is melted.
Add ½ cup each of onion and green pepper. I don't like them so I omitted them. Chow.