

deep web cook book

Galaxy2 Deep Web Cookbook
Recipes from The Onion
First Edition

w363zoq3ylux5rf5.onion

Galaxy2 Deep Web Cook Book Volume 1

Greetings. This is the first edition of the Galaxy2 Deep Web Cook Book. The contents have been compiled from user submissions to the [Galaxy2 Food'n'Drinks](#) group.

Galaxy2 is a social networking site hosted at w363zoq3ylux5rf5.onion. To access this site, a user must first visit www.torproject.org and download the Tor Browser Bundle. This will then enable the user to access Tor Hidden Services on the internet, including Galaxy2. If you are reading this document, it is likely that you have already done this.

No attempt has been made to change the writing style or measurements used in each of the recipes as it is felt that these provide additional life and character in the way they have been written. Nor have the recipes been arranged in any way other than the order in which they were first submitted.

It is hoped that as the site grows, more recipes and food related posts will be made so that additions can be prepared to supplement this first volume.

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Chili dogs

Ingredients

1 lb ground beef	water
1 large onion, chopped finely	1/2 Tbl hot sauce
1 Tbl flour	salt
3 cloves garlic, chopped finely	black pepper
4 Tbl Japonese seco powder, freshly ground	bacon grease
2 Tsp cumin, freshly ground	pack of hot dogs - Nathan's
1 Tsp dried Mexican oregano	hot dog rolls
5 Tbl tomato sauce	cheddar cheese, grated

Method

In a Dutch oven, sear the ground beef in hot, bacon grease. With a slotted spoon, remove the beef then discard most of the grease. Return the beef to the pot.

Stir in the flour, ground chiles, cumin and Mexican oregano. Throw in the onions, garlic and tomato sauce. Add enough water to *barely* cover the mixture. Season to taste with salt and pepper. Stir the pot until the ingredients are well incorporated. Bring the liquids to a boil, cover, cut the heat to a slow simmer and braise for 1 - 1 1/2 hours. Stir the pot - on occasion. The consistency of the chili should be thick, so as not to disintegrate the hot dog rolls.

Cook the hot dogs to your liking. For chili dogs, I poach them (below the simmer) entirely covered with water, *never* allowing the water to boil. Spread heaps of chili over the dogs in their rolls. Top with grated cheese. Serve mustard, hot sauce and chopped onions on the side.

note

Chile d'arbol powder may be substituted for Japonese seco. To yield 4 Tbl of pure, freshly ground chile powder, 1 oz of de-seeded chile pods are required. Adjust the heat-level with hot sauce to your preference. I'd double the amount given in the text above.

New Orleans gumbo

The video in the link below was taken from one of Justin Wilson's PBS programs. In it, he prepares a classic version of gumbo with a very dark roux and few additional ingredients. In the recipe - further below, I've adapted his gumbo for size and technique. Peanut oil has been substituted for olive oil, however.

<https://www.youtube.com/watch?v=eK4umRMJlrs>

Ingredients

1/4 cup flour	water
1/4 cup peanut oil	1/2 cup white wine
1 chicken leg and 1 thigh	1 Tsp Worcestershire sauce
5-6 oz andouille or smoked sausage	1 Tbl Crystal Hot sauce or Tabasco sauce
1/2 medium onion	salt
1 small clove of garlic	

Method

De-skin the chicken. Hack the thigh in half with a cleaver. Slice the sausage into 1/2 inch rounds. Chop the onion and garlic finely.

To make a dark chocolate roux: place the flour to a bowl; Smooth out all the lumps with a knife. In a Dutch oven (over medium-high heat), pour the oil in. Allow the oil to come up to heat. Carefully sprinkle the flour into the oil, while whisking constantly - from this point on - with a long wire whip. For the roux to achieve a dark chocolate brown color, it will take about 6-8 minutes of whisking.

Carefully add the onions. Saute the onions, with a little salt, until they are clear (6-8 minutes). Break the roux down with enough cold water and wine until the desired consistency (relatively thin) is achieved.

Throw the sausage and chicken into the Dutch oven. Add the garlic, Tabasco and Worcestershire. Season to taste with salt. Bring the pan to a boil, cover then cut the heat to a slow simmer. Simmer for 1 hour, or until the meat almost falls off the bones. Serve over rice.

Butternut Squash & Chili Soup

This was given to me by a Canadian friend who now teaches chefs in Europe. It is an amazing recipe.

Ingredients

1 Onion	rice
1 Butternut Squash	brown sugar
Birds eye chilies	1 small tub of single cream (optional)
Ginger	butter
1 tin of coconut milk	Salt, pepper
stock cubes	

Method

- 1 – Take an onion, and fry it in butter (chop it up first, obviously),
- 2 – Add 3 large chunks(or buy a good sized one and chop it up) of butternut squash to a large pot (Put the fried onion in there too),
- 3 – Put in 2 – 3 chopped birds eye chilies in the pot,
- 4 – Add about an inch of chopped fresh ginger,
- 5 – Add 1 tin of coconut milk and enough water to reach about 1 inch over the ingredients,
- 6 – Add 1½ stock cubes and some salt,
- 6 – Add about 2 tablespoons of rice, cook the whole lot until it is all tender (cover and simmer basically),
- 7 – Add 2 -3 tablespoons of brown sugar to the pot, and maybe a small tub of single cream (if you fancy it),
- 8 – Use a hand blender to blitz the soup until it is smooth,
- 9 – Season to taste.

Yiouvetsi

Yiouvetsi (pronounced yoo-VET-see) is a fired clay pot, invented by the Turks. The pot was co-opted by the Greeks to make a staple of Greek cuisine. The dish takes its name from the pot in which it's cooked. I've adapted the recipe for use with a Dutch oven.

Ingredients

1 lb lamb, cut from the leg	1/2 Tsp dried oregano
1 stick cinnamon	1/8 - 1/4 Tsp ground allspice (optional)
1 medium onion, sliced	1/2 lb kritharaki, manestra or orzo pasta
3 cloves garlic, smashed	olive oil
1/2 cup dry, white wine	salt
5-6 canned tomatoes, smashed	pepper
18 oz water	Mizithra or Kefalotiri cheese, grated.

Method

Preheat oven to 350 degrees F. Slice the lamb into 1 inch cubes.

Dry off the lamb with paper towels. Heat up a Dutch oven over a medium flame. Pour 3 Tbl of olive oil into the pan. Throw the lamb in and brown - severely. Remove the lamb and de-grease the pan. Add 3 Tbl olive oil to the pan and drop in the cinnamon stick. When the cinnamon becomes aromatic, throw in the onions, salt them down and fry them until they become soft. Introduce the garlic and stir-fry for 30 seconds. Return the lamb to the pan and de-glaze it with white wine. Throw in the tomatoes, water, oregano, allspice, salt and copious amounts of pepper. (Mark the level of the liquid with a wooden spoon and a rubber band wrapped around it, moving the band to the liquid level.) Bring the contents of the pan to a rolling boil, cover the pan with a heavy lid or aluminum foil, and place it into the oven until the lamb is tender, about 1 1/2 hours. Rearrange the meat and stir the liquid every 30 minutes.

Some of the water in the pan will have evaporated. (Check the liquid-level with the wooden spoon, adjusting as needed.) Stir the kritharaki in. Season with salt, but be *careful*. Cover and return the pan to the oven until the pasta swells up, about 10-15 minutes. (Stir once or twice during the pasta's cooking time.) Remove the pan from the oven, stir, cover, and allow it to rest for 10 minutes. Turn the contents of the pot out onto a large serving platter. Remove the cinnamon stick. Grate Mizithra cheese overtop the pasta and meat. Serve with the driest of dry, white wine.

note

After the pasta is added, keep an eye on the moisture level. It will take longer than 10 minutes but less than 15 for the pasta to swell. Starchy kritharaki will absorb all the moisture - if allowed to.

Char Sui style chicken

Char Sui is Chinese Barbequed Pork. It's traditionally produced in a special closet - with slices of pork hung over a slow, open fire. I've modded the Char Sui cooking technique for use in a modern oven, and - in this recipe, I've substituted a whole chicken for pork strips.

Ingredients

1 whole chicken, 3 1/2 lbs	4 Tbl honey
4 Tbl dark soy sauce	salt
4 Tbl dark sesame seed oil	black pepper

Method

Throw the chicken, soy sauce, sesame seed oil and honey into a gallon-sized zip-lock bag. Massage in the marinade well. Store the bag in the refrigerator for at least 2 hours. Preheat the oven to 235-245 degrees F. Place an oven rack on the top-most rung. Put a metal pan, half-full of hot water on the floor of the oven.

Shake off the excess marinade from the chicken. Drive a metal (shish kebob) skewer through the upper-most part of the breast (through the front, flesh-side). Bend 2 trussing needles into "S" hooks. Hook each side of the skewer with the lower side of each "S" hook. Hang the bird on the grate of the oven with the top-sides of the hooks, directly over the water pan.

(Keep an eye on the water in the pan. It will evaporate. Fill it with **hot water**, when needed.)

Slowly roast until finished (3-4 hours). Carefully brush with excess marinade every hour. After removing the chicken from the oven, season it - aggressively - with salt and black pepper. Drizzle with a little cayenne pepper oil (recipe follows). Allow the bird to rest for 10 minutes. Hack it into 2 inch pieces with a cleaver.

Cayenne pepper oil

3 cups peanut oil	3/4 cup ground cayenne pepper
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Pour the peanut oil into a heavy, non-aluminum pan. Over low heat, bring the oil to 200 degrees F. Check the temperature with a deep-fat thermometer. Remove the pan from the heat, stir in the cayenne powder and cool to room temperature. Pour the dissolved powder/oil into a container with a tightly fitting lid. Allow the oil to mature for a week. Warm the oil - again - and strain it through a funnel containing 2, paper coffee filters into a clean glass jar.

note

Store bought hot pepper oil may be substituted for the cayenne pepper oil.

Chicken Curry

Ingredients

Curry spice blend:

1 Tsp turmeric powder	clarified butter
1/2 Tsp cumin seeds	2 bay leaves
1/2 Tsp coriander seeds	2 medium onions
12 dry, Japones seco chile pods	3 Tbl tomato puree
10 black peppercorns	4 cloves garlic
1/8 Tsp ground cinnamon	water
	salt
1 1/2 lbs chicken pieces	1 cup of raw, Basmati rice. prepared to package directions

Method

Clarify the butter: place 1 stick of butter into a microwave safe cup. (A Pyrex 16 oz measuring cup is ideal.) Nuke the butter at 20% power. Watch closely until the fat layer separates. This will be obvious.

Allow the butter to cool - slightly. Skim the congealed scum from off the surface. Pour the clear, yellow oil carefully from the cup into a small bowl - allowing the residue (butter solids) to remain at the bottom of the cup.

De-seed and de-stem the chiles. Warm the chiles, cumin seeds, coriander seeds and black peppercorns in a heavy skillet over medium-low heat. Do not allow the spices to burn!

Transfer the chiles, cumin seeds, coriander seeds and peppercorns to a coffee grinder. Process into a fine powder. Add the turmeric and cinnamon to the mix. Process again.

Slice the onions. Chop the garlic. De-skin the chicken.

In a Dutch oven, fry the onions in clarified butter along with bay leaves and a little salt - until they just begin to brown. Throw in 3/4 of the curry blend, the chicken pieces and tomato puree. Season to taste with salt. Turn the heat down to a simmer and stir. Cover the pot. When the chicken pieces begin to exude moisture (about 10 minutes), throw in the garlic and stir. Simmer for 10 more minutes. Add enough water to bring the water-level up to about 3/4 of the chicken's top surface. Throw in the remainder of the curry blend. Cover and simmer for 30 minutes. Check for salt. Cut off the heat. Allow the dish to rest for 10 minutes. Serve along with steaming, Basmati rice.

note

If you can find green cardamom seeds, substitute 1/4 Tsp of them for the ground cinnamon, and add 1 whole, cinnamon stick to the pan before frying the onions.

Basic ice cream

There are plenty of ways to make ice cream. Here's a recipe for a basic one I'm very fond of using. I'm unsure about the US measurements, but they were the best I could find amongst the many conversion tables).

Ingredients

yolk from 6 eggs	30%+ fat - I tend to go for 38%)
egg whites from 6 eggs	50g (1/3 US cup) of 44% chocolate
150g (1,5 US cups) of icing/confectioner sugar	1 vanilla pod
2dl (0.8 US cups) of whipping cream (milk with	

Method

Chop the chocolate to sizes you'd like in the ice cream

Whip the egg yolks and icing sugar together to an airy cream

Whip the egg whites till it's stiff

Whip the whipping cream till it's just getting stiff

Remove the seeds from the vanilla pod, and...

Carefully and slowly add it all together in a mixing bowl

If you want additional flavor, like pistachio, other nuts, coffee, licorice, etc. this is where to add this

Pour it into a container or directly into glass used for serving and freeze until ready (I usually leave them overnight)

Simple and delicious. I usually don't stir it while freezing, as many ice cream recipes wants you to do, nor am I using an ice cream machine. Simply using bowls and old cleaned ice cream boxes.

Using fruit with a lot of water/liquid (like strawberries or blackberries) may make the ice cream crystallize and be less smooth and creamy. Still tastes good, but the texture is a bit off, in my opinion.

I might take some pictures of this the next time I'm feeling like making those.

King's chili

A long time ago, I read an article about chili and the "history" of chili written by Larry King (the late writer, not the talk show host). I copied his "Better 'n Sex Chili" recipe down, but the paper got misplaced. For years, I doggedly searched online and offline for a copy. A few years ago, I found it. Do yourself a favor and make his excellent chili.

Ingredients

2 lbs beef bottom round	3 Tbl flour
1/4 cup bacon grease	2-3 cups of water - 22 oz
beef broth to cover steak - 12 oz	1 lime, juiced
12 chile d'Arbol pods	Tabasco sauce
1 Tsp cumin seed	Worcestershire sauce
1 Tsp Mexican oregano	4 oz Longhorn cheese
2 large onions	salt
6 cloves garlic	black pepper
6 oz tomato paste	

Method

Cut the steak into small chunks. De-seed and de-stem the Chile d'Arbol pods. Process them and the cumin seed in a coffee grinder. Chop the onions and garlic finely. Chop the cheese coarsely.

Heat up a 12 inch, cast iron skillet over a high flame - until roaringly hot. Remove moisture from the round steak with paper towels. Add bacon grease - carefully - to the blazing skillet. Place 1/2 of the round steak into the pan. Sear on both sides until healthily brown. Remove steak from the pan and repeat with the remaining steak.

Move the browned steak to a large sauce pan (preferably a non-stick). Cover the steak with beef broth. Add water, onions, chili powder, garlic, Mexican oregano, tomato paste and lime juice. Stir. Sprinkle flour over the surface of the liquid. Stir. Season with salt and pepper. Bring to a full boil. Add 6 drops of Worcestershire sauce and generous dashes of Tabasco. Lower flame to a slow simmer.

In 1/2 hour, chop 1 oz of the Longhorn cheese. Throw cheese, a few sprinkles of Worcestershire and more generous dashes of Tabasco sauce into the pot. Stir. Repeat this procedure every 1/2 hour until the cheese is gone. Simmer the chili slowly for a total of 2 to 2 1/2 hours.

Spicy Stuffed Mushrooms Appetizer

Version: 1.0

Servings: 2-4

Prep time: 15 minutes

Cook time: 20 minutes

Ingredients

(Amounts are estimated as i don't always use exact measurements)	1 tsp garlic powder
8 large white mushrooms	1 tsbp cayenne pepper
3-4oz cream cheese	handful of panko bread crumbs
1/2 cup shredded cheddar cheese	

Method

1. Use a spoon to remove the stems from the mushrooms and to hollow them out for stuffing.
2. Mix the cream cheese and cheddar cheese in a bowl. Microwave the cream cheese for 15-30 seconds or so to make it easier to mix.
3. Add a dash of garlic powder and about 1 tsbp of cayenne pepper to the mix and stir.
4. Fill the mushrooms with the filling. Be careful not to overfill as it will spill out and burn.
5. Top the mushrooms with the panko bread crumbs (easy if you turn them upside down and roll them in panko)
6. Bake at 375 for about 15-20 minutes or until mushrooms have softened and the filling is well cooked and you've got a nice golden brown top.

Variations

Reduced heat version: Use a dash or up to 1/2 tsp of cayenne pepper instead of 1 tsbp. You still need just a little bit of the pepper to active the flavors so it can't be eliminated entirely.

Homemade pastrami

Ingredients

1 corned beef brisket (flat cut)
dark molasses
garlic powder
4 Tbl whole black peppercorns

4 Tbl whole coriander seeds
sweet Hungarian paprika
deli mustard
rye bread

Method

Place the brisket into a gallon ziplock bag. Almost completely fill the bag with cold tap water. Every 12 hours, drain and add fresh water. After 48 hours of soaking and draining, the brisket will be de-salinized sufficiently for consumption.

Lightly crack the black pepper and coriander seed in a coffee grinder - separately. If processed simultaneously, the coriander will become too fine.

Drain off the water from the brisket. Pat dry with paper towels. Smear it with dark molasses - coating thoroughly. Sprinkle on a small quantity of garlic powder. Sprinkle on roughly equal amounts of cracked black pepper and coriander to completely envelop the brisket. Firmly press these two spices into the flesh. Finish off with a good dusting of high-quality paprika.

Prepare a **smoker**. Use hickory chunks or chips as the flavoring medium. Adjust heat to 225 degrees F. Place the meat into the smoker. Smoke for 5-6 hours or until the internal temperature registers 165 F.

Find or purchase a pressure cooker and a rack that will fit into it. Insert the rack into the body of the device. Fill the pressure cooker with cold water up to the bottom level of the rack. Place the pastrami on the rack, lock the lid, turn the flame to high and allow the device to come up to pressure (15psi is the standard). When the cooker starts to spit steamy water, turn the flame down to about medium - where the vapor stream is slow and constant. **Pressure steam** the pastrami for 30 minutes. Cut off the heat.

Allow the cooker to depressurize naturally. This will take approximately 10 minutes. Unlock the lid and remove the pastrami. With a razor-sharp butchering knife, carve the pastrami into thin (but not too thin) slices. Serve on rye bread - slathered with **deli mustard** on both sides.

note

Deli mustard can be made with [Gulden's](#) (or other) spicy brown mustard, honey and hot sauce. I do not use exact proportions. Throw 1 cup of mustard into a dish, add small amounts of honey and hot sauce until it tastes slightly sweet and hot. (About 2 Tbl honey and 1/2 Tbl hot sauce per cup of mustard.)

Garlic potato gratin

The following is my adaptation of the finest side-dish created by the mind of a mortal. The chef was Gerard Crozier, the late owner of successful restaurants in New Orleans. (I've cut the recipe in half, but did not alter any ingredient.) Below is the video from the Great Chefs PBS series.

<https://www.youtube.com/watch?v=loYQ-Ikth3c>

Ingredients

2 potatoes, 14-16 oz in total	whole milk or half-and-half
butter	salt
3-4 cloves garlic	black pepper
heavy cream	

Method

Pre-heat the oven to 450 degrees F.

Chop the garlic. Peel the potatoes. Cut the potatoes into thin slices. Smear butter on the bottom and sides of shallow round pan. Throw in some garlic. Layer the slices of one potato on the bottom of the pan. Add salt, pepper, garlic and butter to taste. Layer the slices of the other potato as above. Add salt, pepper, garlic and butter to taste. Pour in the heavy cream, filling about half-way up the sides. Add milk to barely cover. Stir potatoes thoroughly. Over the top, sprinkle a bit more salt and pepper. Roast for 40-45 minutes, until the potatoes feel tender when poked with a knife.

Apricot Wine

What follows is a recipe for apricot wine: the best dry, white, non-grape table wine that home winemakers can produce. Also included are instructions and links to winemaking manuals for a fuller understanding of the techniques and equipment of the winemaker's art.

Ingredients

15 lbs fresh ripe apricots	2 Tsp pectic enzyme powder
1 quart white wine grape concentrate (or 26 oz chopped raisins)	3/4 Tsp potassium metabisulfite made into a slurry with water
9 lbs white table sugar	8 quarts cold water
6 quarts hot water	acid blend (malic, tartaric and citric acid prepared for white wines)
2 Tsp yeast nutrient	
4 Tsp liquid tannin (or 8 Tsp dry tannin made into a thin paste with water)	1 package Champagne yeast (Lalvin EC-1118) bentonite finings

Method

Remove the pits from the apricots. Squish the apricots manually into a [nylon straining bag](#). Put the raisins into the bag if using, and tie it off with sterile string. Place the bag, sugar and hot water into a [food grade 6-8 gallon primary fermenter](#). Stir.

Add the next 5 ingredients. Stir.

Adjust the specific gravity with an [hydrometer](#) to 1.100 by adding sugar. With an [acid testing kit](#), shoot for about 5.5 g/L by adding acid blend (see the manual of your kit for specifics).

Raise or lower the temperature of the must to keep it a constant 75F.

Prepare the yeast to package directions. Add yeast. Cover the fermenter with a lid or a sheet of food-grade plastic. Stir the must twice daily. When fermentation kicks in, move the primary to a cooler location 65F, if possible. Check the specific gravity every day. (A 10 point or more drop per day should be expected.)

When the specific gravity hits 1.020, squeeze the bag to release most of the juice, then siphon the new wine into a [clean, 5 gallon glass carboy](#). Attach an air-lock to a [6 1/2 size](#) white, rubber bung, fit the bung into the neck of the carboy then fill the [air-lock](#) half-full of water.

When fermentation entirely ceases, rack (siphon) the wine into a clean carboy. Top off the carboy with cold, tap water, leaving no more than two inches of head-space between the wine level and the bung of the air-lock. Attach air-lock. Allow the wine to rest for 4 weeks.

Rack the wine into a clean carboy. Add the bentonite finings (prepare as the directions on the package indicate). Top off the carboy with water. When the wine becomes sparklingly clear (about 2 weeks), rack it into a clean carboy. Sulphite the wine with 1/4 Tsp potassium metabisulfite made into a slurry with water. Top off the carboy with water. Attach the air-lock. Bulk age 3 months.

Bottle the wine. Bottle age 3 months. Drink.

notes

Some recommend using sanitizers to clean fermenters, carboys and hoses. Most of these sanitizers contain peroxides and other poisonous compounds. They must be rinsed completely off whatever they touch, or the wine will be ruined. A better option is [automatic dishwasher detergent](#) in crystal form. Dissolve 1 Tbl into a cup of warm water. Crystal detergent rinses away more readily than sanitizers, and it is dirt cheap.

For the general "sterilizing" of fermenters, hoses, carboys and bottles (after cleaning), a sulphite solution should be made and used. Dissolve 2 ounces of potassium meta-bisulfite crystals in 1 gallon of warm water. Do not inhale the resulting fumes, as some are allergic to sulfites, and their potency could take your breath away.

In this recipe, the acid and sugar levels have been deliberately calculated high and the water levels low, so that the carboy can be topped off with tap water to yield a wine with ~12% alcohol and an acidity of 6.5 g/L. Older recipes call for keeping excess wine in smaller jugs, then topping off the carboy with it. However, small quantities of wine are susceptible to spoilage; Cold tap-water is risk free, and it will not dilute the finished wine.

The importance of not racking the wine until it ceases fermenting in the carboy cannot be over-emphasized. If wine is racked that has not fermented to dryness, the fermentation process could get stuck. It is very difficult to get stuck wine started again.

To make a siphon, get a length of 6 foot by a 3/8 inch Inner Diameter [food grade plastic hose](#) and a [racking cane](#).

Though it may sound silly - if you never siphoned before, practice on a carboy of water. Sucking up lees, through bad racking spoils the taste of wine.

links

Here is a comprehensive, online winemaking manual by Lum Eisenman - a must for beginners: [The Home Winemakers Manual](#).

Here is another fine, though somewhat more technical guide by the apostle of home winemaking Stanley F. Anderson: [Winemaking](#).

From Purdue, fining with bentonite. Bentonite is clay, i.e. dirt. It is not prepared in some lab; It's mined. <http://www.extension.purdue.edu/extmedia/FS/FS-53-W.pdf>

Cocoafiene

This isn't really a serious recipe. I just thought I'd post one of my most recent discoveries lol. Also we don't have any drink recipes yet so this will be it. If you're ever in the mode of wanting to switch it up or try something different, here it is. You do this at your own risk! :)

Ingredients

The used coffee grounds from the previously made pot of coffee.

Two packets of your favorite powdered cocoa mix

No more than two 8oz cups of water

Background

This makes for two cups obviously because if you're like me and drink just about any liquid in excess, one 8oz cup just isn't enough. Also the goal of this recipe is have hot cocoa with a hint of caffeine if you're looking for a small pick me up. Cocoa does have a small trace amount of about 5mg as compared to a cup of coffee which has 95-200mg depending on how you make it. Now you can also use a fresh filter and scoop of coffee to make this but you may get more of a coffee flavor, so the used filter and grounds give you the light caffeine without the coffee taste. I made this by mistake on a very cold winter night when I forgot to remove the old filter and grounds from the coffee pot. The cocoa turned out to be just as good and yes I did feel a small pick-me-up afterwards.

Method

First, pour the two cups of water into the pot and start the brewing. The coffee pot will begin to run the water thru the previously used coffee grounds and you'll start to see a very light coffee colored water appear in the pot. While the coffee pot is doing its job, pour the powdered cocoa packet into the mug, one or two packs, it's up to you. Do not use more than 8oz of water per packet of cocoa. After the caffeine infused water (yes I just said caffeine infused water) is ready, pour it into the mug and stir. Stir until the cocoa is completely mixed into the water. Voila, you have a Cocoafeine! Sip and enjoy!

Bacon Pudding

Prep:20min

Cook:2hr30min

Serves: 6

Ingredients

225g (8 oz) plain flour	1 onion, chopped
100g (4 oz) shredded beef suet	1 beef stock cube, crushed (I think this is optional, personally)
water to mix	Mixed Herbs
500g (18 oz) Cooking bacon (You won't use all this, but a packet that size is good to use. Smoked is better too, but you may wish to choose unsmoked.)	A cloth (muslin) Some pegs, or string

Method

Make a suet pastry by mixing the flour and shredded suet with enough water to form a dough. Set aside. Chop the onion, chop the bacon. Bacon scissors can be used to.... cut the bacon.

Take the suet pastry dough and roll out quite thinly (half inch/few centimeters) in a rectangle. Do this and then center it on the muslin cloth.

Place the bacon all over the center of the pastry and sprinkle the onion over the bacon. Use your eye as the measure, because when you roll you want to cover the contents with the outside pastry and have a nicely sealed edge. Too much bacon will cause problems, whilst too little bacon will mean there is not enough meat in the middle!

Sprinkle with the crumbled stock cube (this is optional of course). Sprinkle the mixed herbs over the bacon and onion, not too much, but enough. Use your judgement with this one.

You will want an edge of pastry as if the bacon/onion is framed. Use your thumb as a measure, about one of those. If you have an edge all the way round, it'll stop the food escaping once you roll it up.

Now roll the pastry up in the cloth, TIGHT. Do it as if you are making a rolling cigarette, or like you would a sushi roll in a rolling mat. Seal the rolled pudding at the ends with string or pegs, make sure it is tightly rolled and well secured. Boil in a large pan of water for 2 1/2 hours. Keep it topped up and covered. You will have to carefully curl the pudding to fit the pan. There should be no problem with this if you have a wide enough cloth and a tight enough roll.

Once cooked, unroll and cut into chunks/slices. The pastry will probably stick to the cloth, so go gently liberating it when you start to serve.

Bacon Pudding goes well with mushy peas (google them if you are unfamiliar) and a good gravy.

Boeuf a la Bourguignonne

Ingredients

1 lb chuck roast	9 oz dry, red wine
3 Tbl butter	9 oz beef stock
2 Tbl flour	1/2 Tsp dried thyme
1 medium sized carrot, sliced into round	1/4 Tsp cayenne pepper (optional)
1 small onion, chopped coarsely	peanut oil
2-3 cloves garlic, halved	salt
10 whole black peppercorns	

garnish

5 oz sweet onions, sliced into large wedges	salt
6-8 oz white mushrooms, halved or quartered	pepper
2 Tbl butter	

Method

Carve the roast into 2 inch chunks. Blot away excess moisture from the beef with paper towels. Heat up a Dutch oven over medium flame, add peanut oil, and brown the beef. Remove the beef from the pan, and degrease the pan. Melt the butter, sprinkle in the flour and stir with a whisk to create a golden-brown roux. Introduce the carrot, onion, garlic, and peppercorns into pan. Turn the heat down and saute the vegetables until soft. De-glaze pan with wine. Scrape the bottom surface of the pan in order to pull up the brown bits (fond). Add the beef, beef broth and dried thyme. Bring the contents of the pan to boil. Seal the Dutch oven tightly with foil and a lid, reduce heat to slow simmer, and braise for 1 1/2 - 2 hours.

Remove the beef from pan with a pair of tongs or a slotted spoon. Strain the contents of the Dutch oven through a China cap or fine mesh colander into the large dish. Return the velvety sauce and the beef to the Dutch oven. Bring the Bourguignonne up to a simmer. Adjust the seasonings.

To make the garnish, heat a 12 inch iron or aluminum skillet over a medium flame. Melt the butter, add the mushrooms, and saute until there is sufficient color on them. Add onions to the pan, and heat through. Do not attempt to brown the onions. The onions must retain a firmness in order to contribute to the texture of the dish. Stir the mushrooms and onions in to the re-simmering contents of the Dutch oven. De-glaze the skillet with wine; Add the de-glazed wine to the Dutch oven. Allow the ingredients to come up to a simmer, then cut off heat. Serve with crusty, French bread.

note

5 oz of pearl onions may be substituted for the sweet onions.

Southern fried chicken

Southern fried chicken is the object of this recipe. It's my homage to the Colonel and the South. With a bit of patience and practice, you can produce perfect, world-class shallow-fried chicken.

Ingredients

1 frying chicken cut into 8 pieces
2 cups buttermilk
16-20 oz Crisco shortening or peanut oil
flour
salt
12 inch cast-iron skillet

herbs and spices

garlic powder
onion powder
black pepper
ground thyme
rubbed sage
ground nutmeg
ground cayenne pepper

Method

Freeze the wings for later use. Place the chicken and buttermilk in a gallon zip-lock bag. Refrigerate for 24 hours. Turn the bag periodically.

Drain the chicken in a colander for a few minutes. Lay the pieces out on a flat surface. Dust one side with salt and the above herbs and spices, to your preference. Turn them over then dust the remaining side.

Find a 12 inch cast-iron skillet. Heat the oil or Crisco in the skillet to 340-350 degrees F. In the meantime, dredge the chicken pieces in flour. Shake off some of the excess flour. Allow them to rest until the shortening comes up to heat.

Carefully, position the chicken in the pan. Put the half breasts, skin side down, near the sides of the pan. The dark meat goes towards the center. Monitor the heat. Keep the temperature at 330-350 F. Watch the progress. Peer under the chicken, especially the breasts. Do not allow the chicken to over-brown. Turn once. Fry for a total of 19-23 minutes.

Remove the chicken from the pan, and place it on paper towels. Salt it down. Additional herbs and spices may be sprinkled on the chicken at this point.

notes

A large electric skillet can substituted for the frying pan. It's trivial to keep the heat constant with the thermostat control.

In contrast to deep-fried, shallow fried chicken is an art. The heat and the chicken need to be monitored carefully, lest the chicken soak up too much oil or burn. Deep-frying is trivial; Drop the chicken, turn over once or so and wait for ~10 minutes until the pieces float to the surface. Shallow fried takes care, concern and practice to make perfectly. In an important sense, the Colonel was a god, turning the world on to Southern fried chicken.

Texas Red

The finest bowls of red *imaginable*. Freshly ground chile d'arbol powder imparts a nuclear detonation of heat. (BOOM!)

Ingredients

1 lb round steak, carved into small hunks	1/2 Tsp dried Mexican oregano, crumbled
water to cover	a shot of tequila (optional)
1 large onion, minced finely	salt
1 Tbl flour	black pepper
2 cloves garlic, chopped finely	bacon grease
1 oz (or so) dried, chile d'arbol pods	Longhorn cheese, grated
1/2 Tsp cumin seeds	tomato sauce

Method

De-stem and de-seed the chile d'arbol pods. Warm the pods and cumin seeds in a small skillet, but do NOT burn them. Process the chile pods and cumin in a coffee grinder until a fine powder appears.

Dry off the hunks of round steak with paper towels. In a Dutch oven, sear the steak in hot, bacon grease.

Throw in the onions, water to barely cover the meat, flour, chile/cumin powder, Mexican oregano, garlic and tequila. Season to taste with salt and pepper. Stir the pot until well-incorporated. Bring the liquids to a fast boil, cover, cut the heat to a slow simmer and braise for 1 1/2 - 2 hours. Stir the pot - on occasion.

Serve in small bowls with tons of cheese grated over-top and tortilla chips on the side.

note

If the chile d'arbol powder does not convey a desirable level of redness to the chili, increase it with a small amount of tomato sauce (2 Tbl - 1/4 cup). Beef stock may be substituted for the water.

Mexican Chorizo

This homemade chorizo will be the filling for excellent, authentic tacos.

Ingredients

1 lb pork butt	3-4 Tbl white vinegar
1/2 oz Guajillo chile pods	3/4 Tsp Mexican oregano
1/2 oz chile d'Arbol pods	salt
1 Tsp cumin seeds	1 large onion, sliced thinly
1/2 Tsp coriander seeds	small diameter corn tortillas
3-4 cloves garlic	

Method

Remove the stems and seeds from the chiles. In a heavy skillet - over a medium flame, warm the chiles, cumin and coriander. Do NOT allow the chiles to char! Burned chiles are bitter tasting.

Transfer the chiles and cumin/coriander seeds to a coffee grinder. To fit them into the grinder's compartment, it may be necessary to rip the chiles into pieces. Process into a fine powder.

Slice the pork butt into 1/2 inch cubes. Place them into a zip-lock bag - along with the chile/cumin/coriander powder, Mexican oregano, garlic and salt to taste. Pour in the vinegar and massage the bag until well combined. Cover and marinate the pork mixture in the refrigerator overnight.

Grind the pork mixture in a food processor until it reaches a consistency - somewhat coarser than store-bought hamburger.

Over a medium-high flame, heat up a large iron or aluminum skillet, throw in the chorizo and sliced onions. With a large, metal spatula, chop and turn the chorizo/onion mixture until it is cooked - thoroughly. Serve in pre-warmed tortillas. Top with your choices of cilantro, pineapple chunks, green salsa, hot sauce, etc.

Chicken in a wine/cream reduction

Ingredients

1 chicken, 3 1/2 lbs, cut into 8 pieces	black pepper
1 cup heavy cream	salt
white wine, 1/4 cup	peanut oil

rice pilaf

2/3 cup medium grain rice	butter
1 1/3 cup chicken stock	salt
2 bay leaves	black pepper
1/2 of a small onion, minced	

Method

Freeze the wings for later use. Preheat the oven to 400 degrees. Prepare the rice pilaf first, then move to the chicken. If all goes according to plan, both should be finished at the same time.

Melt 2 Tbl of butter in a medium-sized skillet or a small Dutch oven. Saute the bay leaves and onion in a little salt. Add the rice, sauteing it until the rice becomes opaque. Pitch in the chicken stock, salt and pepper. Cover tightly and simmer over very low heat for 18-20 minutes. Allow 10 minutes for rice to rest.

Eliminate all moisture from the chicken pieces with paper towels. Heat up a large aluminum or iron skillet over a medium flame, add oil and the sear chicken pieces on all sides until golden brown. After browning each side, season with salt and pepper. Degrease the pan. Roast the chicken until done (18-20 minutes), turning a few times during the cooking process.

Fluff the rice with a fork and transfer it to a large serving platter. Remove the chicken pieces from pan. Arrange them over the rice. Degrease the pan. De-glaze it with white wine. Scrape the brown bits (fond) from the bottom of pan with a spatula. Reduce the wine until it achieves a reddish hue and syrupy texture. Add the heavy cream and reduce it until the sauce is taut, but not so taut that a ribbon consistency forms or the sauce may break. Adjust seasonings. Ladle the sauce over the chicken and rice.

note

A pinch of ground cayenne pepper or nutmeg into the heavy cream sauce may be added for complexity.

Pond Pudding

This is a classic British pudding which is easy to make and a tasty and tangy way to end a rich meal, such a Sunday lunch. I've made this, and its a right good one! Needs double cream when served.

Servings 6-8 Yields 1 Sussex Pond Pudding

Ingredients

2 unwaxed lemons	100g(0.22lb) vegetable suet
100g(0.22lb) butter, plus extra for greasing	150ml(2/3cup) whole milk
250g(0.55lb) self-raising flour, plus extra for dusting	100g(0.22lb) golden caster sugar or light brown sugar

Method

1. Prick the lemons all over with a skewer. Cut the butter into fine dice and chill.
2. Combine the flour and suet in a bowl and add the milk. Knead to form a dough. Divide it into 2 rough balls, comprising of a third and two-thirds of the mix respectively. Flour a worktop and roll out the larger ball. Use it to line the base and sides of a buttered, 1.5-litre(1.58 Quart) pudding basin.
3. Fill the pudding with half the cold butter cubes and half the sugar. Pop the whole lemons on top, then top with the rest of the sugar and butter. Roll out the smaller ball of dough to make a lid for the pudding (this will become the base so make it nice and thick). Brush the edges of the lid with water, put on top of the pudding and press to seal.
4. Cover with a circle of baking paper and tie under the rim of the basin with kitchen string to secure. Before cutting the string, take it up over the top to create a loose handle, then tie securely. Trim off any excess baking paper. Place the basin in a large pan and pour hot water into the pan until it reaches two-thirds of the way up its sides of the basin. Cover and simmer for 3 to 3½ hours. Keep an eye on the water level, and top up as necessary. Allow the pudding to rest for 10 minutes before carefully turning out onto a serving dish. When serving, ensure everyone gets a little of the lemon. Serve with cream or ice cream.

(Be careful, it is called “pond pudding” because the melted butter and sugar run out and fill the plate when the pudding is cut open.)

Game hen Bordelaise

Ingredients

2 Cornish game hens	salt
ground cayenne pepper	oil for deep-frying

Sauce Bordelaise

3 Tbl butter	shot of white or red wine
2 Tbl flour	1 Tsp of tomato paste
1/2 medium onion	1/4 Tsp dried thyme
1 carrot	salt
2 cloves garlic	pepper
1 bay leaf	6 oz Merlot or other dry red wine
5 black peppercorns	6 oz white button mushrooms
14 oz beef stock (canned acceptable)	2 Tbl butter

Method

In advance, prepare most of the stages for the Sauce Bordelaise. Chop the onion and carrot coarsely. Halve the garlic.

Over a medium flame, melt the butter in a saucepan. Sprinkle the flour in - gradually. Stir constantly with a whisk, until the roux turns golden-brown in color and emits a nutty aroma. Lower the flame and introduce the bay leaf, carrots, onions, garlic and peppercorns into pan. Saute the vegetables until soft - about 8 minutes. Pour in the stock and wine. Whisk until the roux is perfectly incorporated into the liquids. Stir in the tomato paste. Throw in the thyme. Lower the flame. Slowly simmer until the sauce is reduced to 1 cup, approximately 45 minutes.

Periodically, skim whatever scum and debris rise to the surface. Strain the sauce through a China Cap or a fine mesh colander into a bowl. (Do not press hard on the residue in the colander while straining the sauce. A light pressing is what is needed.) Cover the bowl with plastic wrap. Reserve. About 10 minutes prior to frying the game hens, clean and slice the mushrooms. In a 10 inch skillet over a medium flame, saute the mushrooms in 1 Tbl of butter until golden brown. Place one cup of the reserved sauce/gravy into the skillet. Pour in the wine. Slowly reduce the sauce over a low flame. Prepare for deep-fat frying. Use only peanut or safflower oil as the frying medium. Raise the heat to 365 degrees F. If you have a small deep-fryer, do one hen at a time. Dry off the hens and fry them until they float, are crispy and golden brown - about 12-15 minutes. While the hens fry, verify that the sauce has reduced sufficiently, i.e. when it coats the back of a spoon. Check the sauce for seasoning. Cut off heat. Whisk 2 Tbl of cold butter into the sauce. Remove the hens from the oil. Drain them on paper towels. Season to taste with salt and cayenne pepper. Dress a platter with some of the Sauce Bordelaise. Serve the hens on top of the sauce. Pass the remaining sauce in a gravy dish.

Note

If you do not wish to expend the effort required to prepare Sauce Bordelaise, serve the hens with hot sauce and french fries.

Liquid Measures

1 gal = 4 qt = 8 pt = 16 cups = 128 fl oz
1/2 gal = 2 qt = 4 pt = 8 cups = 64 fl oz
1/4 gal = 1 qt = 2 pt = 4 cups = 32 fl oz
1/2 qt = 1 pt = 2 cups = 16 fl oz
1/4 qt = 1/2 pt = 1 cup = 8 fl oz

Dry Measures

1 cup = 16 Tbsp = 48 tsp = 250ml
3/4 cup = 12 Tbsp = 36 tsp = 175ml
2/3 cup = 10 2/3 Tbsp = 32 tsp = 150ml
1/2 cup = 8 Tbsp = 24 tsp = 125ml
1/3 cup = 5 1/3 Tbsp = 16 tsp = 75ml
1/4 cup = 4 Tbsp = 12 tsp = 50ml
1/8 cup = 2 Tbsp = 6 tsp = 30ml
1 Tbsp = 3 tsp = 15ml

Dash or Pinch or Speck = less than 1/8 tsp

Quickies

1 fl oz = 30 ml
1 oz = 28.35 g
1 lb = 16 oz (454 g)
1 kg = 2.2 lb
1 quart = 2 pints

U.S.

Canadian

1/4 tsp	1.25 ml
1/2 tsp	2.5 ml
1 tsp	5 ml
1 Tbl	15 ml
1/4 cup	50 ml
1/3 cup	75 ml
1/2 cup	125 ml
2/3 cup	150 ml
3/4 cup	175 ml
1 cup	250 ml
1 quart	1 liter

Recipe Abbreviations

Cup = c or C
Fluid = fl
Gallon = gal
Ounce = oz
Package = pkg
Pint = pt
Pound = lb or #
Quart = qt
Square = sq
Tablespoon = T or Tbl
or TBSP or TBS
Teaspoon = t or tsp

Fahrenheit (°F) to Celcius (°C)

°C = (°F - 32) x 5/9

32°F	0°C
40°F	4°C
140°F	60°C
150°F	65°C
160°F	70°C
225°F	107°C
250°F	121°C
275°F	135°C
300°F	150°C
325°F	165°C
350°F	177°C
375°F	190°C
400°F	205°C
425°F	220°C
450°F	230°C
475°F	245°C
500°F	260°C

OVEN TEMPERATURES

WARMING: 200°F
VERY SLOW: 250°F - 275°F
SLOW: 300°F - 325°F
MODERATE: 350°F - 375°F
HOT: 400°F - 425°F
VERY HOT: 450°F - 475°F

*Some measurements were rounded