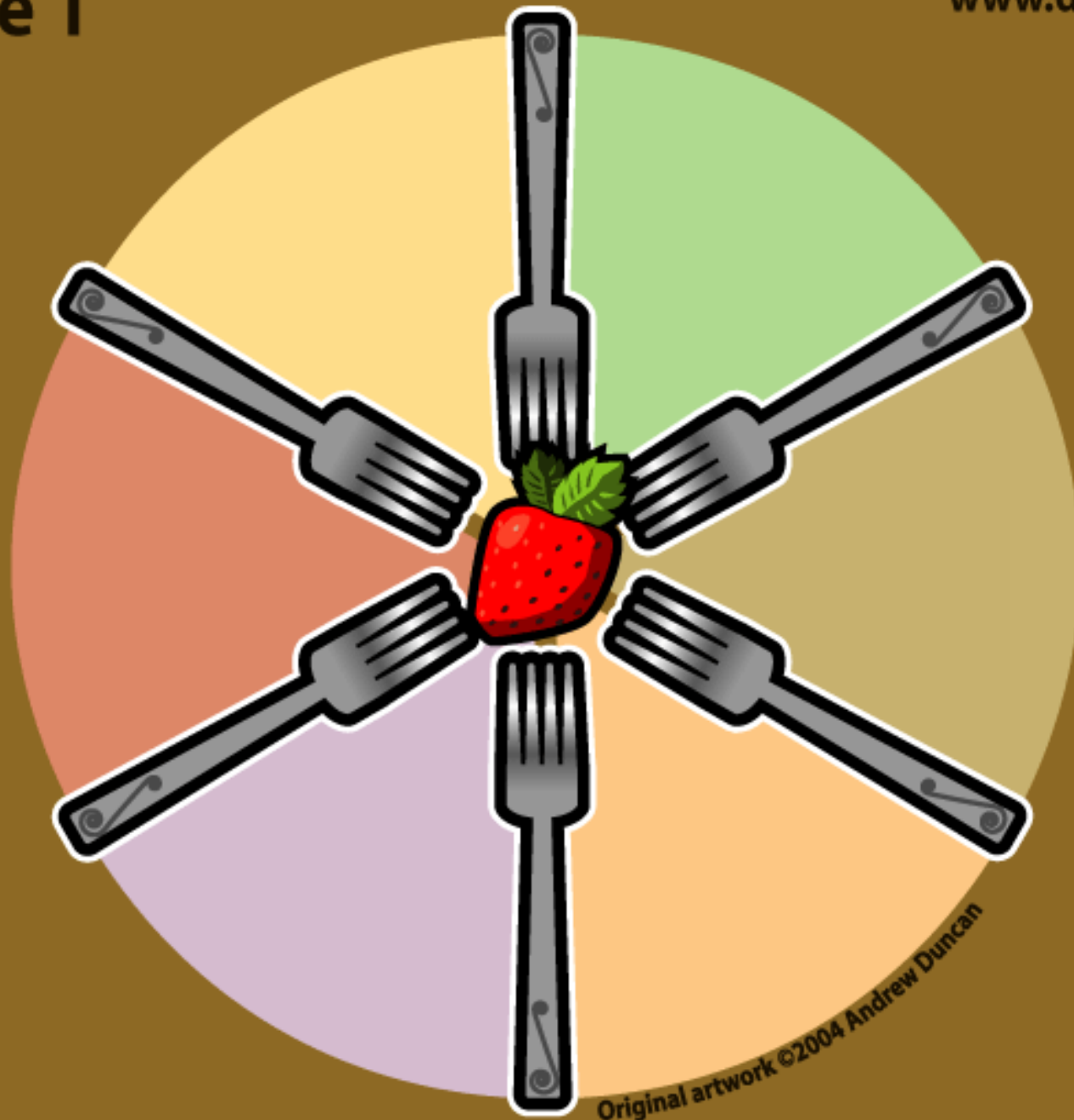


Six Degrees of Cooking

Volume 1

www.drewprops.com



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NEXT PAGE 

26 Recipes By People You Didn't Even Know You Knew!

INTRODUCTION

“Six degrees of separation between us and everyone else on this planet”

• John Guare, 1990

I had this great idea to make a book of recipes with all my friends who work in the film industry. But then I realized that I have a lot of friends and acquaintances who work outside of the business...it wouldn't be fair to leave those folks out. Then I got to thinking about what a pain in the neck it would be to print out copies of the recipe book and distribute them.....the whole recipe book thing was headed out the window fast when I realized that I could make it into a PDF file that could be sent to anyone in the world via email!

It's a very small world if we're truly only six people connections away from knowing each other. Imagine how far this fantastic recipe book could travel!

But I can't just let you have this recipe book for free - there's a price.

The next time you're shopping at the market I want you to buy at least a couple of extra cans of food and take them to your local food-bank, church or homeless shelter. A lot of grocery stores make it easy for you by keeping a drop-off near the front doors. In the United States alone it is estimated that 750,000 people are currently without fixed night time shelter. The typical homeless family is a 27 year old mother of two children under the age of six.

It's exciting to imagine all of the rich and famous people we're six degrees from knowing, but we have to remember that we're also only six degrees from knowing the people who really need our help.

He that hath a bountiful eye shall be blessed; for he giveth of his bread to the poor.

Proverbs 22:9

TABLE OF CONTENTS

BREAKFAST	TOAST WATER	1
	BUBBIE ETHYL'S FRIED MATZOH	2
SALADS	(SOMEWHAT FAMOUS) CHICKEN SALAD	3
	LT'S SUMMER ISLAND SALAD	4
SOUPS, STEWS & CHOWDERS	TURTLE BEANS	5
	BRUNSWICK STEW MOMMA-STYLE	6
	BLACK BEAN SOUP	7
	CREAMY CHEESE CURRY POTATO TOMATO SOUP	8
	LINDA FISHALICIOUS CHOWDER	9
	BOB'S FIVE CAN SOUP	10
ENTREES	DATE CLUB SANDWICH	11
	SALT BLOCK FISH FILETS	12
	CHICKEN PICATTA	13
	NOT YOUR MOM'S MEATLOAF!	14
	MATTIE'S CHICKEN DRESSING	15
	TOM'S CHICKEN	16
VEGETABLE DISHES	VENETIAN CAULIFLOWER	17
	VEGAN PURPLE GARLICKY DIRTY SMASHED POTATOES	18
	BROCCOLI CASSEROLE (THAT YOU CAN'T STOP EATING!)	19
BEVERAGES	COWBOY COFFEE (BROWN GARGLE)	20
	KISEL (RASPBERRY SODA)	21
DESSERTS	EINSTEIN'S CHOCOLATE COOKIES	22
	CUBAN FLAN (CUSTARD)	23
	STRAWBERRY PIZZA	24
	STRAWBERRY YOGURT PIE	25
	GERMAN SWEET ANGEL PIE	26
CREDITS	CONTRIBUTORS	27-32
	ABOUT THIS BOOK	33

INGREDIENTS

toast
water

Contributed By

Matthew P. Greer

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PREPARATION

Toast a slice of bread a nice brown, but be careful not to burn it.

Cut in quarters.

Put it into a bowl and pour over enough boiling water to cover it.

Cover bowl and let stand.

Serve when cool.

This is a Scottish recipe held dear by Mary Bright, curtain designer.

Bubbie Ethyl's Fried Matzoh

INGREDIENTS

4 Eggs
10 One-Foot Square Matzos
Maybe a little Onion
Okay, a dash of salt

Contributed By

Harvey Laidman

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PREPARATION

(My Grandmother had a "inn" in the "Old Country." She cooked and made wine, beer, root beer, etc. Ahhh, but her "Matzo Brei" probably paid for her boat ride to the new world.)

Farmix the eggs in a small bowl as if you are going to make scrambled eggs. Crunch up the matzos into about one-inch square pieces in a bowl and wet them with a little bit water.

Don't wet so much that the crunchy goes away!
Chop up the onion if you want. Heat up the frying pan and toss the prepared matzo inside. Add the egg and scramble it all together.

Okay, okay, you can sprinkle on the onion now!

Bubbie Ethyl made fritters - divided the matzos into burger-sized servings. Sprinkle salt. Add enough egg to scramble the matzo, but remember, it's not called "Fried Eggs With a Little Matzo!"

(Somewhat famous) Chicken Salad

INGREDIENTS

2 lb. boneless, skinless chicken breasts
1 cup chopped celery
1/4 cup chopped dill pickles (or dill relish)
3/4 cup Hellmann's Mayonnaise
salt & pepper to taste.

Contributed By

Susan Van Apeldoorn

[Click Here For More About This Person](#)

PREPARATION

Cook the chicken breasts in stock. (hint: chicken floats when it is fully cooked.)

Cool.

Chop coarsely in food processor.

Chop celery and pickles in processor as well. (If using dill relish, drain well.)

Mix all together with the Mayo, salt and pepper.

TIPS AND VARIATIONS:

Chicken stock becomes richer and more flavorful over time. I freeze stock then use it for the next batch, giving the chicken a lot of flavor.

For the "In the Heat of the Night" version, use leftover Popeye's chicken. Pull off the skin, bone and chop the chicken. The particles of coating/spices left give a great flavor. When making this, I was surrounded by grips and electricians holding a piece of bread in one hand and a spoon in the other.

This can be made with the packaged, cooked chicken but it comes out looking like tuna salad and doesn't have as much flavor.

INGREDIENTS

2 large cucumbers (*English hothouse work well*)
1/3 cup red wine vinegar (*I've been known to use white wine vin. just as well*)
1 TBLSP sugar
1 tsp salt
3 Large ripe tomatoes, seeded and coarsely chopped
2/3 cup chopped red onion
1/2 cup chopped fresh mint
3 TBLSPs olive oil

PREPARATION

Cut cukes in half lengthwise and scrape out seeds.
Cut halves diagonally into 1/2 inch slices.
Place cucumber pieces into bowl with vinegar, sugar, and salt.
Let stand at room temp. 1 hour, stirring occasionally.
Drain excess liquid after 1 hour, if necessary.
Add onions, tomatoes, mint, and oil to cucumbers and toss to blend.
Season with salt and pepper.

You may want to adjust levels of vinegar or sugar to your desired taste at this point. Serve at room temp., or chilled, as a cold relief to hot and spicy grilled food.

I call it "Island Salad", although it doesn't really have anything to do with Caribbean styles or ingredients. I suspect the name came about due to my frequent pairing of it with ultra-hot grilled meats like Jerk chicken and smoked West Indian spice-rubbed pork loin. In any event, this salad, as with most things, is best prepared with homegrown, or at least seasonal, vegetables and herbs.

Great for summertime parties!

Contributed By

Lance Totten[Click Here For More About This Person](#)

INGREDIENTS

1 lb bag dried black beans
1 t salt
5 bay leaves

Contributed By

B.B. Cherry

[Click Here For More About This Person](#)

PREPARATION

Thoroughly rinse black beans and remove any pebbles.
Place beans in pot and add enough water so that level is about two inches above the beans.

Add salt and bay leaves.

Let crock pot run on HIGH for 2-4 hours, then turn setting to LOW until beans are soft (4-8 hours).

Check moisture level periodically. Add more water or beans as required.

Beans should be moist, but not soupy.

If you somehow end up with too much pot liquor, you can pour it off, cook it down in a separate pot, and add it back to the beans before serving.

Serve as a side dish or with rice as a main course.

You can add onions, bell peppers, or jalapenos to the cooked beans before serving.

Serves 3-6

Brunswick Stew Momma-style

INGREDIENTS

2 cups of chopped cooked chicken
1 1/2 lb. cooked ground beef
1/2 lb. cooked ground pork
2 cans of chopped tomatoes
2 cans of creamed corn
1 (16 oz) bottle of catsup (really sounds wierd but it works)
1 large onion chopped
2 cups of chicken broth
Lots of Tobasco Sauce to taste

PREPARATION

Mix beef, chicken, pork, and onions in 2 cups of water and cook covered for one hour

Add tomatoes and catsup (or regular tomato sauce if you'd rather or if you need more, you'll know when it is almost finished if you need more sauce to make it a little less thick) Cook covered another hour.

Add corn and cook another hour or so until you think it is hot and has cooked long enough.

Properly prepared Brunswick Stew should be thick, but not too thick and definitely not soupy. if you can handle it, add TONS of Tobasco Sauce so that it warms you up as you are eating it. This is only served in the winter time around our house because it is just too darn hot to eat stew of any kind in Georgia during the summer. If you don't have the time to add additional ingredients every hour, you can do what I sometimes do and just throw it all into a crock-pot and cook it all day. Don't forget the cornbread, pickles and cheese....for some reason in my house those *had* to be eaten at the same time.

[Editors Note: Shay's Mom, Linda Barrett, would skin her if she didn't mention her name!]

Contributed By

Shay Barrett Roedemeier

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Black Bean Soup

INGREDIENTS

16 oz. Package of Black Beans	1 Tsp. Salt
6 Cups of Chicken Broth	1 cup chopped celery
1 cup diced onion	1 cup shredded potato
1 cup of shredded carrot	3 diced garlic cloves
1 Bay Leaf	1/4 Tsp. Pepper
1 Tsp. Oregano	3 Tbsp. Lemon Juice

Contributed By

Frank Galline

[Click Here For More About This Person](#)

PREPARATION

Soak Beans overnight covered by 2 inches of water.

In large deep pan bring beans and chicken broth to a boil.

Reduce heat - simmer for 1.5 to 2 hours.

In large skillet saute onions, carrots, garlic and celery for 3 to 5 minutes.

Add sauteed vegetables and remaining ingredients except the lemon juice, to beans and broth.

Stir Well.

Simmer covered 1 hour

Stir in Lemon juice just before serving.

Garnish with sliced lemon

Makes 6 servings.

Creamy Cheese Curry Potato Tomato Soup

INGREDIENTS

1 can Campbell's Tomato soup
1 cup of milk (you can substitute water for milk)
3/4 tablespoon red curry powder
2 slices cheddar cheese (or Kraft American cheese food)
1/2 teaspoon ground black pepper
2 cups Ruffle's ridged potato chips

Contributed By

Andrew S. Duncan

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PREPARATION

Open can of tomatoe soup, plop contents of can into soup pot.

Add milk to pot. Cook over medium heat.

While stirring, add 1 cup of potato chips, curry powder and black pepper.

Lay one cheese slice and allow first cup of cheese to cook down.

Add remaining cup of chips and second piece of cheese.

Stir until second cup of chips have started to soften.

Remove from fire and serve.

Makes 1 really big serving.

Linda Fishalicious Chowder

INGREDIENTS

2 tins smoked baby clams	6 large cloves of garlic
2 cans tuna fish	1 large red onion
1 can shredded crab	1 cup baby portobella mushrooms
1 can baby shrimp	1/2 shot soy sauce
2 tablespoons olive oil	2 shots of red or white vinegar.
2 large cans of tomatoes	1/2 tablespoon of sugar
1 cup of canned mushrooms	Assorted herbs (see below)

Contributed By

Linda Burns

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PREPARATION

This recipe is an adaptation of one my mother used to make. She's still alive and making chowder, but her recipe has changed over the years. Unlike mine, hers hasn't changed for the better. Sorry Mom. The great thing about this recipe is that you get as much out of it as you put into it. It's good when you dump in cans and don't do anything more than wait for it to bubble, but it's great if you have the time to put in fresh ingredients and prepare them lovingly. The other great thing about this recipe is that you can adapt it to your taste. Use different fish based on what's in season, add your favorite veggies, change the amount of an ingredient per your liking, or try something more exotic...you just can't screw this one up.

Start with a crock pot turned on high. (Or use a large pot on medium heat.)

Cover the bottom of the pot lightly with olive oil.

Add two large cans of tomatoes, squish them into small chunks with your hands.

Chop the garlic, dice the onion and cut the baby mushrooms into thin slices. Saute these three then add them to the crockpot.

Add the soy sauce, the vinegar and the sugar. (These additions help round out the flavor, keeping the tomatoes from taking over. Don't go heavy on the soy. Canned fish is very salty. **Do not add any salt.**)

THE SEAFOOD

This is where you can really experiment and make this recipe your own. I find that adding smoked fish really helps the flavor, but when I'm not in the mood to smoke a trout, canned smoked baby clams work great. For the people who are lazy or can't get fresh seafood, try this method.

Add the canned seafood listed above, add chopped herbs - preferably fresh; lots of oregano, some parsley, then marjoram and a touch of basil, but to your taste.

Bring to a boil and serve.

Enjoy!

Alternatives

For the fresh fish people, you can freeze left over cooked seafood just for this. Add the two tins of smoked baby clams or smoked fish or both. I prefer both. Add whatever fresh or frozen pre-cooked seafood you have into the pot. Make sure the seafood is cooked before you add it and free of shells and bones. Exotic types, add baby octopus, squid, lobster, eel, or other delicacies.

Bob's Five Can Soup

INGREDIENTS

- | | |
|--|---------------------------------------|
| 1 14.5oz. can Del Monte Mexican Style Stewed Tomatoes (or Italian Style) | 5 or 6 Wyler's Chicken Bouillon Cubes |
| 1 10.75oz. can Campbell's Tomato Soup | 1/2 cup of Rice |
| 1 qt. of Water | Pre-cooked beef or chicken |
| 1 can of Pinto Beans (or Chick Peas) | Dash of Garlic Salt |
| 1 10.75oz. can of Campbells Old Fashioned Vegetable Soup | Dah of Celery Salt |
| 1 10.75oz. can of Cambell's Beef Soup | Dash of Basil |
| | Salt & Pepper to taste |
| | 3 cans of Water |

Contributed By

Bob Duncan

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PREPARATION

In large boiler (like a Dutch oven) add a quart of water and the bouillon cubes.

Heat water to boil, mashing bouillon cubes with a spoon to dissolve them.

Add the tomato soup, vegetable soup and the beef soup and 3 cans of water.

Add stewed tomatoes (cut into bite-sized chunks) and beans/peas.

Boil several minutes to blend the ingredients.

Add rice.

When mixture returns to a boil then lower the heat and cook one (1) hour until rice is done.

Taste the soup and, if necessary, salt and pepper to taste.

Tastes best three days after making it!

Date Club Sandwich

INGREDIENTS

PER SERVING:

- 2 slices whole-wheat bread - toasted
- Peanut butter (smooth, preferably unsweetened)
- 3 slices cooked (crispy) bacon.
- 2-3 thin slices of green apple (unpeeled, cored)
- 4 dates (pitted, thinly sliced or chopped)

PREPARATION

Spread peanut butter on one side of each slice of toast.

Place dates over on peanut butter on one slice of toast.

Place green apple slices on top of dates.

On the other slice of toast, lay the bacon on the top of the peanut butter.

Put both halves of sandwich together.

Contributed By

Bob Del Valle

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Salt Block Fish Filets

INGREDIENTS

2 fish filets (your choice of fish)

2 cups kosher salt

3/4 cup of water

The amount of salt/water depends on the size of the fish.

Contributed By

Daniel Macedo

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PREPARATION

Clean the fish, leaving the skin, so that the filets can be closed back together.

Line a backing pan with aluminum foil.

Make a thick paste of the salt and water.

Make a bed of the salt mixture on the foil, laying the fish filets on top in a closed position (so that the skin faces to the outside).

Paint the remaining salt/water mixture onto the filets to cover the fish entirely.

Bake in oven at 325° for 35 minutes or until the fish is done.

Crack open the hard salt shell and serve the fish.

You may try putting butter and various herbs inside the fish for added flavor but it is not necessary.

INGREDIENTS

4 boneless chicken breasts
1/4 c. of flour
2 T butter
2 T olive oil
salt
pepper

3 T capers
Big shot of white wine
juice of one lemon - *or peel and segment one lemon and add lemon segments if you want to spend the time.*

Contributed By

Ellen Kerr

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PREPARATION

Salt and pepper the chicken breasts and then cover with flour, knocking off the excess.

Place oil in skillet and heat on medium high heat until oil is hot.

Place chicken breasts in pan and brown them.

Turn heat down to med when you turn them over.

Take chicken out of pan, drain oil, add half of the butter, capers, wine, lemon, more salt and pepper.

Simmer this mixture for a few minutes then add the other half of the butter and pour this sauce over chicken.

Not Your Mom's Meatloaf!

INGREDIENTS

- | | |
|--|--|
| 1 cup boiling water | 1/2 cup (2 ounces) shredded sharp provolone cheese |
| 1/2 cup sun-dried tomatoes, packed without oil | 2 large egg whites |
| 1/2 cup, plus 1/3 cup ketchup | 2 garlic cloves, minced |
| 1 cup seasoned bread crumbs | 1 pound ground sirloin |
| 3/4 cup finely chopped onions | |
| 3/4 cup chopped fresh basil | |

Contributed By

Anne Dieterle

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PREPARATION

Preliminaries: Coat 9x5 broiler pan with cooking spray

1. Combine boiling water and tomatoes in bowl; let stand 30 minutes or until soft. Drain tomatoes; finely chop
2. Preheat oven to 350 degrees
3. In large bowl, combine 1/2 cup ketchup, bread crumbs, onion, basil, cheese, egg whites, garlic and beef. Add tomatoes to meat mixture. Shape meat mixture into 9-by-5-inch loaf on prepared broiler pan. Spread 1/3 cup ketchup over meat loaf. Bake in preheated oven roughly 1 hour.
4. Let stand 10 minutes before slicing.
5. Enjoy!!!

Mattie's Chicken Dressing

INGREDIENTS

1 chicken (hen or fryer)	1 can of Campbell's celery soup
1/2 tsp. McCormick's herb chicken seasoning	1/2 can of water
1 cup Pepperidge Farm seasoned herb stuffing	3 eggs
4 slices of white bread	1 dash of sage
4 cubes of chicken bouillon	
1 cup of finely chopped onions	
1 grated onion	
1 cup of finely chopped celery	

Cornbread Recipe

2 eggs
4 cups of cornmeal
1 cup of self-rising white flour
1 teaspoon salt
1 Tablespoon of sugar
1 Tablespoon of vegetable oil
2-3 cups of milk

PREPARATION

Make Cornbread

Beat two eggs until smooth. Mix cornmeal, flour, 1 teaspoon of salt, 1 tablespoon of sugar, vegetable oil. Fold in milk, stirring until batter is smooth and creamy. You may not need to use all of your milk - be careful, you don't want this to be too thick or too soupy. If necessary, use water to thin mixture. Bake it in a baking dish at 375° for 1 hour or until done. Test with a toothpick to make sure cornbread isn't still battery inside. Set aside.

Prepare the Chicken

Season chicken with salt, pepper, McCormick's herb chicken seasoning and garlic. Cover it with water and boil until tender. When chicken has cooled pick the meat off the bones and save the chicken stock.

Prepare the Dressing

Dissolve the seasoned herb stuffing and chicken bouillon in a bowl with hot water. Into a mixing bowl crumble the cornbread, the slices of white bread and stir in the dissolved stuffing. Add onions (the chopped onions are for texture, the grated are for flavor). Add chopped celery. Thin out the celery soup with 1/2 can of water before adding it to the mixing bowl. Beat 3 eggs with sage until frothy, add to to the mixing bowl. Pour in chicken stock, if you don't have enough stock add canned chicken broth.

Finally: **thoroughly mix all ingredients in the mixing bowl (don't be afraid to use your hands)!!!**

Grease two 2-inch deep 9x12 baking pans with butter then begin laying bite-sized pieces of chicken meat onto the bottom of the pans. This is your chance to taste-test your chicken, if it needs seasoning do it now. Begin pouring your dressing mixture over the bed of chicken allowing it to thoroughly settle around the chicken meat.

Unless you have a big oven it's best to cook one pan at a time at 375° until done, checking every so oftento make sure you don't dry out the dressing.

Serve hot, eat a lot, take a nap and gain ten pounds. (If you want giblet gravy you're on your own!!)

Contributed By

Fran Duncan

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INGREDIENTS

chicken breast
medium sized onion
dijon mustard
heavy whipping cream

Contributed By

Thomas H. Hall, III

[Click Here For More About This Person](#)

PREPARATION

This recipe can be scaled up in relation to how much chicken you have!

Brown both sides of the chicken breast, about five minutes per side.

Set aside.

Dice and brown the onion.

Put the chicken and onions in a baking vessel, baste with dijon mustard and cover with heavy cream.

Bake for 30 minutes at 350 degrees.

Venetian Cauliflower

INGREDIENTS

cauliflower
red wine vinegar
olive oil
oregeno
salt
peopper

Contributed By

George T. Heery

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PREPARATION

This recipe can be scaled up or down depending on how much cauliflower you have!

Boil/steam cauliflower until reasonably soft.

Marinate the cauliflower in an oil/vinegar mixture using a ratio of 1/3 measure of vinegar to 2/3 measure of olive oil.

Don't forget the oregeno, salt and pepper.

This dish may also be prepared substituting broccoli for the cauliflower.

Vegan Purple Garlicky Dirty Smashed Potatoes

INGREDIENTS

Purple Potatoes
Flax Oil
Rice or Soy Milk
Garlic Cloves, or minced garlic
Salt
Pepper
Paprika

PREPARATION

This recipe can be scaled up or down depending on how many potatoes you have!

Scrub, cube and boil the potatoes in salted water until tender.

Meanwhile, chop the garlic and saute in a bit of olive oil.

Drain the water from potatoes and mash the potatoes with the oil (in place of butter), the not-from-cows milk (in place of milk from cows) and the garlic.

Continue to add oil or milk until desired consistency and taste are achieved.

Add salt and pepper to taste.

Sprinkle paprika on individual servings.

Contributed By

Evy Berman Wright

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Broccoli Casserole (that you can't stop eating!)

INGREDIENTS

3 pkgs chopped FROZEN broccoli
1 can cream of mushroom soup
1/2 soup can of mayonnaise
2 tbsp. lemon juice
1 pkg. of Waverly wafers (Keebler) crumbled
1/2 cup crushed pecans
5-6 small pats (slices) of butter

PREPARATION

Preheat the oven to 350 degrees
Cook broccoli and drain completely.
Mix soup, mayo, and lemon juice together in a bowl.
Layer broccoli and soup mix in a casserole dish.
Mix crumbled wafers and crushed pecans together, and then sprinkle on top.
Put the butter pats randomly on top so that the crust will become a golden brown.
Cook until bubbly, approximately 20 minutes.

Perfect for Thanksgiving, since calories don't count that day!

Contributed By

Amber Rampley

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Cowboy Coffee (Brown Gargle)

INGREDIENTS

water
ground coffee
1 egg

Contributed By

Matthew P. Greer

[Click Here For More About This Person](#)

PREPARATION

Place a big enamel kettle of cold clear water over your campfire. Throw two handfulls of ground coffee in the pot and bring to a boil. Take it off the fire, crack one egg into the pot and throw the crushed shell in there as well. Not only does this settle the grounds, but you'll also get your daily calcium requirement. Enjoy.

This is an old favorite for camping.

Kisel (Raspberry Soda)

INGREDIENTS

raspberry preserves
soda water

Contributed By

Matthew P. Greer

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PREPARATION

Best experienced sold from a vendor in a Russian city square.
You need a single sturdy medium-sized glass.
Add a spoonful of raspberry preserves to the glass.
Fill the glass vigorously with cool soda water.
Drink quickly.
Hand the glass to the next person in line.

This was my favorite refresher while traveling through Russia.

Einstein's Chocolate Cookies

INGREDIENTS

2 1/4 c. all-purpose flour

1 tsp. baking soda

1 tsp. salt

2 sticks butter

3/4 c. granulated sugar

3/4 c. packed brown sugar

1 tsp. vanilla extract

2 eggs

2 c. extra large chocolate chips
or chunks

Contributed By

Jocelyn Seagrave

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PREPARATION

This recipe is said to come from the "Theory of Everything"...

$E=MC^3$, that is, "**M**aking **C**hocolate **C**hip **C**ookies".

PREHEAT oven to 350 degrees

MELT butter in saucepan and then LET COOL

COMBINE flour, baking soda and salt in a bowl, set aside

MIX sugar, brown sugar, vanilla and butter in a large bowl

BEAT in eggs

ADD flour mixture

STIR in chocolate chips

LET SIT 15 minutes

PLACE silver dollar-sized mounds of dough onto cookie sheet

BAKE at 350 degrees for 8-12 minutes

TAKE cookies out of the oven a little earlier than you think, because they continue to bake while they are cooling!

Cuban Flan (Custard)

Contributed By

Steve Cainas[Click Here For More About This Person](#)

INGREDIENTS

1 can evaporated milk
1 can condensed milk
1 cup sugar
4 eggs
1 tsp vanilla extract
3 tbsp sugar
1 tbsp water for caramel

PREPARATION

Since 2003 saw the loss of salsa legend Celia Cruz, perhaps a nice Cuban dessert recipe will be essential for the cookbook.

First create the caramel in the bottom of the pan.

Place 3 tablespoon of sugar and 1 tablespoon of water in a pot and melt over low-medium heat until mixture is melted and light golden brown. Pour into a round aluminum pan. Swirl it in a circular motion until the sides are covered with a thin layer of caramel. The darker it is, the stronger the hint of bitterness or 'burnt' flavor you will create. In any case, let the caramel harden while you proceed to the next step.

Blend the rest of the ingredients with a fork or hand-beater, not an electric mixer. Pour them into the mold. Cover the mold with foil.

Place the covered aluminum pan in a large pot (or a bigger oven safe pan) containing water to reach half-way up the sides of the round pan. In Cuba this is called the baño de maria method (Bath of Maria). Cook for 25 minutes and test with a toothpick or thin knife. If the toothpick or knife come out clean, the flan is ready. If not done, cook another 5 to 10 minutes until it is ready. If necessary, add water to keep the level to the desired height.

Allow the flan to cool at room temperature. Remove the aluminum foil, place a nice serving platter upside down, as a cover, and flip flan carefully onto it. Make this movement quick and firm to ensure that the flan does not break and the caramel does not spill. Chill and serve.

Strawberry Pizza

INGREDIENTS

1 1/2 cup self rising flour
1 1/2 cup chopped pecans
1 1/2 stick butter (softened)
16oz. cream cheese
16oz. confectioners sugar
16.oz Cool Whip

32oz. strawberry glaze
2 pints trawberries

Contributed By

John & Carol Poucher

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PREPARATION

Mix above ingredients together and press down in a large baking pan (use at least a 10 x 12" deep dish pan).

Bake for 15 minutes.

Cool cake completely.

Mix softened cream cheese, confectioners sugar and cool whip together until completely blended. Cover cake completely with this topping mixture.

Cover with strawberry glaze then with sliced strawberries.

Chill completely before serving.

Strawberry Yogurt Pie

INGREDIENTS

5 containers Danon Strawberry Yogurt
1 container of Cool Whip
1 pack graham cracker pie crusts
1-2 containers fresh strawberries

Contributed By

Jonathon Short

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PREPARATION

One recipe that I used repeatedly in my college days when I was living in Athens on Barber St. (in the artsy REM district) for last minute rescues! These rather hip vegetarians, including my new roommates Scooter and Tad, would have Sunday Vegetarian Pot Luck Dinners at which there would be incredibly Good Vegetarian Food and incredibly cute No Nukes New Wave Cute Athens Hippie Art Girls. Being an Art Major myself, but raised to be a Good Boy in Atlanta, and a child of the Perimeter, (I - 285), I was a little slow on the uptake but knew I wanted to attend these soiree's. (sic).

But One must bring a dish for Admission! Woe is the 20 year old non-cooking Oscar Mayer Hot Dog aficionado. Scooter and Tad educated me thusly in the art of the Strawberry Yogurt Pie:

Spoon and Artfully Dole strawberry yogurt into the Pie Crusts, filling 1/2 to 2/3 of the way up.

Spoon and Artfully Dole the Cool Whip to create a sumptuous, faux merengue top layer with beautiful spoon marks in symmetrical rhythms.

Cleverly (and Artfully) arrange slices of fresh strawberries on top of the pie in pleasing patterns portending pleasurable palate possibilities.

Refrigerate prior to serving for a minimum of TWO HOURS !

This takes masterful and disciplined pre-planning and commitment from the typical 20 year old college student, much less the harried professional. While I have rushed this step through various methodologies such as sticking said pie(s) in freezer or just taking gooey pink and white slush to party and retreating-to/assaulting the Beer Keg as soon as possible, there is no substitute for a loving and nurturing refrigerated gestation. In fact, three of four hours would be fine. Whatever.

TRANSPORT QUICKLY OR IN A COOLER, AND SERVE!

German Sweet Angel Pie

INGREDIENTS

2 egg whites
1/2 tsp. salt
1/8 tsp cream of tartar
1/2 cup sugar
1/2 tsp vanilla ext
1/2 cup pecans chopped

PREPARATION

This is a Colvin (mother's maiden name) specialty. I would come home from school and find momma making this for a "Bridge Party" that night and would NEVER be allowed to have any of it. It was sooooo good and forbidden. ONLY the guest got to have it. We were given popcorn and told to go get in our pjs and watch the Dukes of Hazards while they smoked the night away in the basement eating my forbidden pie. But VERY occasionally momma would make it for the family and I savored every bite. It is very easy and light and fluffy.

Beat egg whites with a mixer on high with tartar and salt until foamy and begin adding sugar a tablespoon at a time. Beat until mixture is glossy and stands at firm peaks. Fold in 1/2 cup of pecans and vanilla. Spoon lightly into a glass pie pan, sprayed with a non-stick release spray (like Pam). Make a shell or nest and try to build up the sides of the pan. This will enlarge while it is cooking. Bake in a 300 degree oven for 55 minutes.

Cool to room temp on wire racks.

Contributed By

Shay Barrett Roedemeier

[Click Here For More About This Person](#)

CONTRIBUTORS

Susan Van Apeldoorn

Susan has been doing craft Service for two decades. Craft Service is a self-selecting sort of career. Either you have it or you don't. It takes a memory for individual's preferences and an ability to smile while providing everything under the sun. People are attracted to Craft Service the same way ex-Marines are attracted to Grip work. (and there are a lot of ex-Marine grips.) There is a challenge to be able to perform under any conditions and to come up with instant solutions.

Steve Cainas

2003 was a slow year for production and Steve notes that he never appreciated his Kroger Plus card as much as he did last year. He coordinated "21 Grams" in Memphis and was pleased to note that it had received an acting nomination for the upcoming Academy Awards. He also spent a month in Richmond working on an episode of the new ABC FBI series "Line of Fire". The slow year allowed many household projects to be completed, as well as a chance to explore a new fun venture slinging drinks as a bartender in-between shows at various urban hot spots. "Red Chair" last Summer in Midtown, as well as "Luxe" at the former Mumbo Jumbo space and various socialite parties throughout the city. Steve writes to say it has been fun to get out and do something different for a change. That is until he becomes a producer!

Linda Burns

An Award-Winning Indie Film Producer and Consultant to Independent Filmmakers, Linda currently has a short film "Petunia" winning awards on the festival circuit and another film "Last Goodbye" ready for distribution. To pay the mortgage, Linda works as a full-time Producer and Production Manager for commercials, industrials, TV promos, pilots, series television, and music videos. To de-stress, she loves to cook, lives to eat, and grows herbs and veggies in the front yard of her Grant Park Victorian home. Linda's oatmeal cookies, fruit pies, and banana bread are well known on independent sets, but those are secrets she's keeping to herself for now.

B.B. Cherry

B.B. Cherry is a novelist. She lives in Atlanta with her husband, three dogs and two cats. She often has extended telephone chats with Mr. Duncan and they even get together for coffee on occasion. However, he has had the pleasure of her Astonishingly Simple and Delicious Black Beans.

You can order Cherry's screwball mystery audiobook *Ivy Appleton: Prop Widow* at www.tapeescapes.com

CONTRIBUTORS

Anne Dieterle

Anne lives in Orange County (yes, The O.C.!), California. She was a former television production coordinator who went the opposite direction to become a teacher of elementary children who she feels will probably walk all over her!

Andrew S. Duncan

Andrew began his film career at a dead sprint, running down the streets of Gotham City away from the Joker's poison gas. The trip to Batman's hometown (aka Pinewood Studios) was courtesy of his winning entry in a writing competition in the Fall of 1988. A few short years later he began to work on feature films and television programs as a prop-guy and did so for the next decade, amassing a treasure trove of stories and friends. Mr. Duncan has dropped Kevin Costner, had his nipple pinched by Mare Wingham, bounced a grenade off Danny Baldwin's forehead and caught a cottage made of cheese. He has designed posters and package art for horror movies, built scale models of downtown Atlanta and has been turned into a character in a book-on-tape. In between film work Mr. Duncan has worked as a designer and planner for architects and developers, managing the creation of design guidelines for prominent Georgia retail and corporate campuses. In 2002 he began working as a set designer and most recently registered his first screenplay with the Writers Guild of America and is planning a second (and third) screenplay even now. He is always planning something and is very pleased that a few of his busy friends had the time to contribute to this cookbook. He's proud of each and every one of them.

Bob Del Valle

Born and raised in San Francisco, Robert Del Valle relocated to Los Angeles where he attended UCLA, graduating in 1973 with a degree in film production. After bouncing around for a few years, getting great experience (amazing the jobs you can get when you're willing to work for free), he was able to join the Directors Guild of America in 1979. Since then, he has worked as an assistant director, moving to production manager and now also producing. He is currently working as Producer/Production Manager on the HBO television series "Six Feet Under", on which he has had the privilege of working since its inception. Prior to that, Mr. Del Valle has primarily been involved with various types of television productions. These have included such series as "Northern Exposure", "The Wonder Years", "Hunter", "Melrose Place" and "Ally McBeal". He has also worked on the PBS miniseries "Tales of the City" and the ABC 6-hour miniseries "Stephen King's The Shining". In addition, he has worked on various music videos and commercials. Mr. Del Valle has been nominated for an Emmy Award and is a six-time nominee for the Directors Guild of America award, receiving one for the pilot of "Six Feet Under". Mr. Del Valle is also a member of the Producers Guild of America and the Academy of Television Arts and Sciences.

CONTRIBUTORS

Bob Duncan

Born in 1930's Atlanta, Bob grew up between Atlanta and South Carolina. At the age of 17 he joined the Navy too late for World War II but just in time for the Korean War. His Naval misadventures are certainly worthy of a film, as are many of his other life experiences. He is Andrew Duncan's most-valued debate opponent and was once said to be able to "argue with a telephone pole" by his Mother-in-law.

Frank Galline

Mr. Galline, originally from Buffalo, New York, was a resident of Atlanta for almost twenty years before moving to Los Angeles. His credits include more than twenty films as a Set Decorator. More recently he has worked as a Production Designer and is considering trying his hand at producing.

Thomas H. Hall, III

Mr. Hall is a Georgia Tech Industrial Engineering graduate. Following his 1958 graduation he returned to the Institute in 1959 where he worked in alumni and development work for thirteen years. He has held positions in the investment banking industry, and as Vice President and Director of Technology Park/Atlanta before accepting his present position as the Director and Vice President/Treasurer of The University Finance Foundation. Mr. Hall is a founding Director of TUFF, and has served as its President. Tom and his wife, Margaret, divide their time between their home in Atlanta and a mountain retreat in Highlands, NC. They have two grown children.

Frances Duncan

Raised in rural South Georgia, Frances moved to Atlanta in the 1950's to work as an operator for AT&T...which she did for 41 years. As a young adult she lived in some of the areas of Atlanta that have only just started to recapture their "trendy" titles. Her childhood was closer to "Little House on the Prairie" than anything else. Most of her family lives in South Georgia and she returns as often as she can to visit them. Her greatest desire is for her son to give her a grandchild. No pressure....

Matthew P. Greer

Matt belongs to a rare cadre of Georgia Tech Architecture School graduates known as the "Hot Rats On A Stick". He currently resides in New York and considers himself to be enslaved to the glamorous profession of Architecture. Matt won the "strangest entries" trophy to this first volume of this cookbook.

CONTRIBUTORS

George T. Heery, FAIA RIBA

There is a joke in the Atlanta architecture community that everyone works for George Heery at some point in their careers (the successful ones anyway). Mr. Heery and his father, architect C. Wilmer Heery, founded Heery & Heery, Architects in 1952. George Heery became its CEO in 1961 and led the firm, later known as Heery International, to become a 500-person, multi-disciplinary professional corporation with offices throughout the United States and Europe. In 1986 Mr. Heery and his colleagues sold Heery International to British interests and he went on to found, develop and sell two more architecture/development companies. His career has always been one of innovation and leadership. In the mid 1960s he was among a handful of American design and construction professionals who led the development of a new profession known as Construction Management and Construction Program Management. He is the author of the book *Time, Cost and Architecture* touted as “the first definitive work on construction management” by its publisher, McGraw-Hill & Co. In the early 1980’s he developed an important new way to streamline the organization of the construction process, a process he called “Bridging”. In recent years this process has been embraced by a growing number of owners, project managers and architects. More than anything, George enjoys people and good food. The recipe he lends to this book was taught to him by the house cook of an Italian Baron.

Ellen Kerr

Ellen is a native Atlantan who has been working in the film industry as a prop stylist, decorator, and buyer for 12 years. Before film, she helped restore the Fox Theater’s Egyptian Ballroom and Grand Salon. She has also done faux finishing for interior decorators and has a BFA in Painting and Drawing from UGA with a minor in printmaking.

Harvey Laidman

Harvey Laidman was born in Cleveland, Ohio. He attended the University of Southern California and entered the Directors Guild’s - Producer Training Plan in 1968. He worked as an assistant director and unit production manager on several features, *MOW*’s and series. Harvey began directing with an episode of “The Waltons” in 1975. 250 hours of television later he is still directing, his most recent projects include “JAG” and “Seventh Heaven.”

Daniel Macedo

Daniel grew up in Old Tenochtitlan - City of the Gods, known to the rest of us as Mexico City. A resident of Atlanta for 13 years, Daniel is an office assistant by day and the proud father of three children by night. At one point in his life he worked in the restaurant business and loves to discuss food almost as much as he loves to eat it.

CONTRIBUTORS

John & Carol Poucher

John and Carol are a married couple who share a love of NASCAR, salt-water fishing, good food and good friends. John owned and managed a popular nightclub before he was swept into the world of filmmaking, specializing as a Transportation Driver for the Prop Department. He is a member of Teamsters Local 728. Carol, a CPA, is in high demand these days and is the Office Manager for two electrical contracting companies.

Shay Barrett Roedemeier

Growing up, Shay Barrett was the perfect “Girl Next Door” : a tan, blonde swimmer with plenty of attitude. Naturally she was mercilessly ridiculed by a certain older red-headed neighbor when she used words like “spasghetti” and “daycation”. Despite his taunts she grew up to become a world-traveler, a college graduate and (yikes!) an especially hot elementary school teacher. She now resides with her husband Chad, who is the Regional Editor of the Tennessee branch of the Associated Press. Together they travel the world and plan many great adventures.

Jocelyn Seagrave

Jocelyn is an actress and writer living in Los Angeles. She got this recipe from Jamie Silber, her personal trainer, who is obviously conspiring to create business for himself.

Amber Rampley

Amber was a bit shy about turning in a bio so I’ve written one for her. I first met Amber on an indie shot as “False River”, one of her very first film jobs. I began getting her to do my haircuts and soon began recommending her to my friends. They all became enormous fans of her work and started recommending her to their friends. Most of Atlanta was dismayed when she announced that she was moving to Los Angeles to go big-time. Two years later Amber surprised us all and announced that she was moving back to Atlanta, that LA hadn’t been the perfect fit and she missed her family and seeing trees. Naturally, her clientele rushed back to her chair and Atlanta is once again light years ahead of LA in hair styles. At the time of this publication Amber is currently working at a salon named Cobalt.

Jonathon Short

Jonathan Short is an Art Director and Set Designer who has worked on such movies as Big Fish, O’ Brother Where Art Thou, and Fire In The Chicken Heart starring Rick (Don’t call me Ricky) Schroeder. A noted epicurian, Jonathan enjoys rack of clams and petite glazed squirrels. He lives in Atlanta and when not working on films can be found pacing in his backyard worrying, watching Sesame Street with his kids, and contemplating moving to LA for the 9,000th time.

CONTRIBUTORS

Lance Totten

Lance Totten, Set Dresser and 10 year veteran of the film business, lives in Decatur, GA with his wife Noelle and their dog Lucy. When not working on a movie or video, Lance, a former restaurant cook, “enjoys” cooking, vegetable gardening, working on his house, and trying to think of ways to get out of the film business so he doesn’t have so much free time to do those things he “enjoys”. Lance notes that his “Island Salad” really has nothing to do with Caribbean styles or ingredients and that he suspects the name came about due to his frequent pairing of it with ultra-spicy grilled meats like Jerk chicken and smoked West Indian spice-rubbed pork loin. He says that *“This salad, as with most things, is best prepared with homegrown, or at least seasonal, vegetables and herbs. Please note that David Dreyer loves this salad, but always screws it up whenever he tries to prepare it. Maybe now he can get it right!”*

Evy Berman Wright

Evy Wright (formerly Evy Berman) is a puppeteer who received much of her training at the famed Storybook Theatre in Oakland, California. Evy also performed as a resident puppeteer at Atlanta’s Center For Puppetry Arts, and her work can be seen on the CD-Rom version of “Dinotopia,” as well as the feature film “Muppets From Space.” In addition, Evy is a member of the prestigious Big Apple Circus Clown Care Unit in Atlanta, GA.

ABOUT THIS BOOK

This recipe book was inspired by one of my recent articles in which I told the story of the time that I completely ruined a piece of steak when I mis-read the directions of a recipe. Call it “culinary penance” if you will. As with most things I do, I’ve turned a molehill into a 1929 Hupmobile with leather seats and dining car; fancier than originally planned.

Technical Info

This document was created in Adobe InDesign 2.0, the primary typeface is Adobe Myriad. The cover illustration was done in Adobe Illustrator 10. The navigation elements were added in Adobe Acrobat 5.

Micetype

The recipes contained in this freely emailable document were submitted by the individuals listed. Any similarity to other recipes existing elsewhere in the world are entirely likely as recipes have been traded like MP3s for millenia. If you are a big, fancy recipe kingpin who feels that your recipe(s) have been plundered please calm down and remember that in 100 years we’ll all be eating Soylent Green anyway and that nobody will remember our innocent infraction of the Geneva Recipe Code of 1924. We do not guarantee that bad things will never happen to you - cook at your own risk.

My thanks to everyone who participated in this project. I may try to do this again next year, but no promises! I’m hoping that I have more exciting things to do this time next year than sit around in my pajamas and work on a stupid recipe book. And I’m hoping she’s pretty!

Andrew S. Duncan