

1st Edition



Dirty Food

A Cookbook by Nathan Shmook

Deity Food

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For Katie

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Preamble

(Preamble)

This cookbook was made as a way to demystify all my recipes. I was almost a contestant on Master Chef Jr, but that doesn't mean my food has to be complicated in any way. Anyone can make my delicious meals, no matter their skill level. Cooking is only stressful if you make it stressful, and these recipes were designed to be about as laid-back as it gets.

Please don't take any of the dishes found in this cookbook to be gospel. I urge you to play around with them and make them personal to you. I only wrote out the steps to give you, the reader, a metaphorical skeleton to use when cooking to make your way around the kitchen as intuitive as possible.

Breakfast

(Breakfast)

Two- egg Breakfast (Serves 1)

Ingredients:

- 2 large eggs
- Milk
- ½ cup spinach spring mix
- 2 cups whole grain Cheerios
- 1 slice whole wheat bread
- Natural peanut butter

Substitutions:

- ½ chopped spinach spring mix for an extra egg
- 2 cups whole grain Cheerios for instant grits
- Whole wheat bread for white bread or English muffin

Directions

▪*Step 1:*

Crack 2 large eggs into a bowl—add 2 cap-fulls of milk, ½ cup chopped spinach spring mix, salt, pepper, and chives, and whisk vigorously until large bubbles form.

Notes:

- 1 handful of spinach spring mix is about ½ a cup.
- You don't need to chop the spinach spring mix with a knife, you can cut the greens with scissors or tear them with your hands directly into the bowl.
- A fork works just as good as a whisk.

▪*Step 2:*

Spray a medium non-stick pan with cooking spray, add the whisked egg mixture, turn the heat on to 4, and set aside a rubber spatula.

Notes:

- Keep an eye on your eggs at all times, if they start to sizzle and turn solid, proceed to step five immediately.

▪*Step 3:*

Measure out 2 cups of whole grain Cheerios, add it to a bowl, set aside the bowl, and clean the measuring cup.

Step 4:

Set toaster to 9 o' clock, add one slice of whole wheat bread, and begin toasting. While the bread is toasting, take a jar of natural peanut butter and mix it thoroughly with a butter knife until it becomes solid and the oil is no longer separate.

Notes:

- If your slice of bread is particularly long, you may need to toast it twice and flip it after the first toasting.

▪*Step 5:*

At this point, the egg mixture should have started cooking. With your rubber spatula, begin constantly scraping the still-liquid egg from the sides and bottom of the pan. Do this until there is no liquid egg left in the pan and all the egg has formed into solid clumps. Turn the heat to 2, flip the clumps of egg regularly until you see the slightest bit of brown on them, and turn off heat.

▪*Step 6:*

Remove eggs from pan, remove bread from toaster, add to a plate, and smear bread with natural peanut butter. Take bowl of dry cereal, and add milk as desired.

Grand slam breakfast (Serves 1)

Ingredients:

- 3 large eggs
- Milk
- ⅓ cup shredded cheese
- ⅓ cup broccoli
- 2 cups whole grain Cheerios
- 2 slices white bread
- Natural peanut butter

Substitutions:

- 2 cups whole grain Cheerios for instant grits
- White bread for whole wheat bread or English muffin

Directions

▪*Step 1:*

Crack 3 large eggs into a bowl—add salt, pepper, chives, and 3 cap-fulls of milk, and whisk vigorously until large bubbles form.

Notes:

- A fork works just as good as a whisk.

▪*Step 2:*

Spray a medium non-stick pan with cooking spray, add the whisked egg mixture, turn the heat on to 4, and set aside 2 rubber spatulas.

Notes:

- Keep an eye on your eggs at all times, if they start to sizzle and form bubbles, proceed to step seven immediately or remove eggs from heat.

▪*Step 3:*

Measure out 2 cups of whole grain Cheerios, add it to a bowl, set aside the bowl, and clean the measuring cup.

▪*Step 4:*

Set toaster to 9 o' clock, add two slices of white bread, and begin toasting. While the bread is toasting, take a jar of natural peanut butter and mix it thoroughly with a butter knife until it becomes solid and the oil is no longer separate.

▪*Step 5:*

Chop $\frac{1}{3}$ cup of broccoli crowns into manageable pieces, add to microwave steamer, sprinkle with salt, add water until it just barely covers the bottoms of the broccoli, secure the lid, and microwave for 3:30 minutes.

Notes:

- Don't add too much water. The broccoli won't steam with too much water.

▪*Step 6:*

Measure out $\frac{1}{3}$ cup of shredded cheese

▪*Step 7:*

At this point, the broccoli should be done microwaving. If so, drain the broccoli. Check on the eggs, if you don't see bubbles forming, wait until you do. If you do see bubbles forming, add broccoli and shredded cheese to one half of the semi-solid eggs, and leave the other half bare.

▪*Step 8:*

If the egg is still very runny, wait for it to cook a little longer. If the egg seems solid, take your 2 rubber spatulas, work them underneath the bare half of the eggs, and flip the bare half over the other half to make an omelet.

Notes:

- If you mess this part up, and accidentally tear your omelet, you can always just pivot, and shred the omelet into cheesy scrambled eggs.

▪*Step 9:*

With your fully formed omelet, turn the heat down to 2, and flip regularly until both sides have just the slightest bit of brown on them.

▪*Step 10:*

Remove omelet from pan, remove bread from toaster, add to a plate, and smear bread with natural peanut butter. Take bowl of dry cereal, and add milk as desired.

Protein Oatmeal (Serves 2)

Ingredients:

- 1 cup five minute oats
- 2 cups milk
- Protein powder
- Natural peanut butter
- Mixed nuts

Substitutions:

- 5 minute oats for instant oats (follow instant oat directions)
- Natural peanut butter for powdered peanut butter
- Milk for water or 1 cup of water & 1 cup of milk

Directions

▪*Step 1:*

Measure out 2 cups of milk, add to a medium sized pot, turn heat to 10, and sprinkle with salt

▪*Step 2:*

Measure out 1 cups of oats and wait for milk to boil and foam up.

▪*Step 3:*

Measure out 1 cups of oats, add to boiling milk, and reduce heat to 4.

▪*Step 4:*

Let simmer for about 5 minutes or until the oats are soft and the milk is viscous. Make sure to stir occasionally.

▪*Step 5:*

When the oats are finished, remove from heat and mix in 2 scoops of protein powder, 2 heaping spoonfuls of natural peanut butter, and a handful of mixed nuts.

▪*Step 6:*

Split into two portions and refrigerate one. Top the other with mixed more nuts and a pinch of salt, and microwave on high for 1:30 minutes or until the mixture springs back when you poke it.

Breakfast Wrap (Serves 1)

Ingredients:

- 2 large eggs
- milk
- Shredded lettuce
- Flour tortilla

Substitutions:

- Lettuce for an extra egg

Directions

▪*Step 1:*

Crack 2 large eggs into a bowl—add salt, pepper, chives, and 2 cap-fulls of milk, and whisk vigorously until large bubbles form.

Notes:

- A fork works just as good as a whisk.

▪*Step 2:*

Spray a medium non-stick pan with cooking spray, add the whisked eggs, turn the heat on to 4, and set aside a rubber spatula.

Notes:

- Keep an eye on your eggs at all times, if they start to sizzle and turn solid, proceed to step four immediately.

▪*Step 3:*

Tear five holes in a flour tortilla—1 at the center, and 4 around the edges in a cross shape. Put the prepared tortilla on a plate and microwave it, flipping halfway through, for 1 minute or until it goes crispy on the edges.

Notes:

- Tortilla sizes vary. Smaller tortillas may take less time to cook.

▪*Step 4:*

At this point, the egg mixture should have started cooking. With your rubber spatula, begin constantly scraping still-liquid egg from the sides and bottom of the pan. Do this until there is no liquid egg left in the pan, and all the egg has formed into solid clumps. Turn the heat to 2, flip the clumps of scrambled egg regularly until you see the slightest bit of brown on them, and turn off heat.

▪*Step 5:*

Add the scrambled eggs into the heated tortilla, top with lettuce, fold, and garnish with tortilla strips if desired.

Mid-Day Meals

(Mid-Day Meals)

Yogurt Delight (Serves 1)

Ingredients:

- $\frac{3}{4}$ cup Greek yogurt
- $\frac{1}{2}$ cup blueberries
- $\frac{1}{3}$ cup mixed nuts

Substitutions:

- Blueberries for strawberries

Directions

▪*Step 1:*

Stir Greek yogurt vigorously with a long spoon until smooth and creamy.

▪*Step 2:*

Measure out $\frac{3}{4}$ cup of Greek yogurt and add to a large bowl.

▪*Step 3:*

Wash and measure out $\frac{1}{2}$ cup of blueberries, add to yogurt, and mix thoroughly.

▪*Step 4:*

Top with $\frac{1}{3}$ cup of mixed nuts.

Beans on Toast (Serves 1)

Ingredients:

- 1 can navy beans
- 2 slices whole wheat bread
- Butter
- Shredded cheese

Substitutions:

- Navy beans for great northern beans
- Whole wheat bread for white bread

Directions

▪*Step 1:*

Add 1 can of navy beans to a pot and heat on 8.

▪*Step 2:*

Set toaster to 9 o' clock, add 2 slices of whole wheat bread, and begin toasting.

Notes:

- If your slice of bread is particularly long, you may need to toast it twice and flip it after the first toasting.

▪*Step 3:*

When the beans come to a boil, wait 1 minute, turn off the heat, and drain them through a collider.

▪*Step 4:*

Put drained beans back in pot—add salt, pepper, chives, and 1 pad of butter.

▪*Step 5:*

Place toast on a plate and top with beans. Garnish with shredded cheese as desired and eat with knife and fork.

Lunch Wrap (Serves 1)

Ingredients:

- Hawaiian ham
- Shredded lettuce
- Flour tortilla

Substitutions:

- Hawaiian ham for any other lunch meat

Directions

▪*Step 1:*

Take 3 slices of Hawaiian ham, arrange them on a plate, and microwave for 1 minute or until the edges turn crispy.

Notes:

- Ham thickness varies. Thinner ham may take less time to cook.

▪*Step 2:*

Tear five small holes in a flour tortilla—1 at the center, and 4 around the edges in a cross shape. After that, place prepared tortilla on a plate

▪*Step 3:*

Remove ham from microwave and microwave prepared tortilla, flipping halfway through, 1 minute or until it starts to form bubbles.

Notes:

- Tortilla sizes vary. Smaller tortillas may take less time to cook.

▪*Step 4:*

When the tortilla is finished cooking, remove it from microwave, add cooked ham, top with lettuce, and fold.

The Ham & Swiss (Serves 1)

Ingredients:

- Large white roll
- Hawaiian ham
- Swiss cheese
- Lettuce
- Cucumber

Substitutions:

- White roll for white bread slices
- Hawaiian ham for any other lunch meat
- Lettuce for shredded lettuce

Directions

▪*Step 1:*

Take 2 slices of Hawaiian ham, arrange them on a plate, and microwave for 1 minute or until the edges turn crispy.

Notes:

- Ham thickness varies. Thinner ham may take less time to cook.

▪*Step 2:*

Cut white roll in half with a bread knife and arrange cut-side up.

▪*Step 3:*

Slice 8 thin slices of cucumber with skin on

▪*Step 4:*

On one half of the roll, layer cheese, ham, cheese, ham going bottom to top. Take both halves of the roll, and put them in the microwave for 30 seconds.

Notes:

- If you're using white bread, be sure to flip the bare slice half way through microwaving to avoid sogginess.

▪*Step 5:*

When the two halves finish cooking, lay 2 leaves of washed lettuce and all 8 cucumber slices on the bare half of bread.

▪*Step 6:*

Combine both halves into a sandwich while making sure to keep the lettuce and cucumbers on the bottom.

Notes:

- If you put the lettuce-side on top, the lettuce will overheat and go soggy.

Classic Grilled Cheese (Serves 1)

Ingredients:

- White bread
- Colby jack cheese
- Butter

Substitutions:

- Colby jack cheese for shredded cheese

Directions

▪*Step 1:*

Take two slices of white bread, butter them, and lay them butter side down on a cold panini press.

▪*Step 2:*

Place 2 slices of cheese on one of the slices and sprinkle with salt.

▪*Step 3:*

Plug in the panini press, put the two halves together, press down, and check occasionally until golden brown.

Suppers

(Suppers)

Two-Course Broccoli Plate (Serves 3)

Ingredients:

- Instant brown rice
- Broccoli
- Tortilla

Substitutions:

- Instant brown rice for instant white rice
- Broccoli for cauliflower

Directions

▪*Step 1:*

Measure out 2 cups of water, add to a large pot, sprinkle in salt, set stove to 10, and cover with lid.

Notes:

- Salt makes water boil faster.

▪*Step 2:*

Take entire crown of broccoli, chop into manageable pieces, add to microwave steamer, sprinkle with salt, add water until you start to see it rise, add lid, and microwave for 4:30 minutes.

▪*Step 3:*

When water begins to boil, add 2 cups dry rice, and turn heat down to 6.

▪*Step 4:*

Wait for rice to finish. Make sure to check on the rice regularly. If there is any water on the bottom of the pot, keep it cooking. As soon as it's dry at the bottom of the pot, remove the rice from the heat, and scrape the rice with a fork to fluff it up.

▪*Step 5:*

Tear five small holes in a flour tortilla—1 at the center, and 4 around the edges in a cross shape. After that, place prepared tortilla on a plate

▪*Step 6:*

When the broccoli finishes in the microwave, drain it, add into the pot of rice, and mix in thoroughly with salt and pepper.

▪*Step 7:*

Microwave prepared tortilla, flipping halfway through, for 1 minute or until it starts to form bubbles.

▪*Step 8:*

Remove tortilla from microwave and portion rice into 3 even portions. Add one portion onto the tortilla, and refrigerate the other 2.

▪*Step 9:*

Garnish with tortilla strips or wontons. Eat with fork or spoon until only $\frac{1}{3}$ of the tortilla is covered by rice. At this point, fold the tortilla over, and eat it like a wrap.

Two-Course Cauliflower Plate (Serves 2)

Ingredients:

- Dry noodles
- Cauliflower
- Carrots
- Tortilla
- Olive oil

Substitutions:

- Noodles for instant rice
- Cauliflower for broccoli
- Olive oil for butter

Directions

▪*Step 1:*

Measure out 2 cups of water, add to a large pot, sprinkle in salt, set stove to 10, and cover with lid.

Notes:

- Salt makes water boil faster.

▪*Step 2:*

Take ½ crown of cauliflower and 2 washed medium carrots, chop into manageable pieces, add to microwave steamer, sprinkle with salt, add water until you start to see it rise, add lid, and microwave for 6 minutes.

▪*Step 3:*

When water begins to boil, add 1 cup dry noodles and 1 cap-full of olive oil, cover again—turn heat down to 6.

▪*Step 4:*

Wait for noodles to finish. When the noodles are soft, but still have bite to them, drain through a collider and return to pot.

Notes:

- Most noodles take 8 minutes to finish.

▪*Step 5:*

Tear five small holes in a flour tortilla—1 at the center, and 4 around the edges in a cross shape. After that, place prepared tortilla on a plate

▪*Step 6:*

When the cauliflower and carrots finish in the microwave, drain them, add into the pot of noodles, and mix in thoroughly with salt, pepper, Italian seasoning, and 1 cap-full of olive oil.

▪*Step 7:*

Microwave prepared tortilla, flipping halfway through, for 1 minute or until it starts to form bubbles.

▪*Step 8:*

Remove tortilla from microwave and portion noodles into 2 even portions. Add one portion onto the tortilla, and refrigerate the other.

▪*Step 9:*

Garnish with tortilla strips or wontons. Eat with fork until only $\frac{1}{3}$ of the tortilla is covered by noodles. At this point, fold the tortilla over, and eat it like a wrap.

Easy Fried Rice (Serves 1)

Ingredients:

- Instant white rice
- 2 large eggs
- Soy sauce

Substitutions:

- Soy sauce for butter

Directions

▪*Step 1:*

Measure out 1 cup of water, add to a large pot, sprinkle in salt, set stove to 10, and cover with lid.

Notes:

- Salt makes water boil faster.

▪*Step 2:*

When water begins to boil, add 1 cup dry rice, and turn heat down to 6.

▪*Step 3:*

Wait for rice to finish. Make sure to check on the rice regularly. If there is any water on the bottom of the pot, keep it cooking. As soon as it's dry at the bottom of the pot, remove the rice from the heat, and scrape the rice with a fork to fluff it up.

▪*Step 4:*

Spray a medium non-stick pan with cooking spray, add cooked rice, turn the heat on to 4, and set aside a rubber spatula.

▪*Step 5:*

When you start to hear the rice sizzling, scoot it all over to one side of the pan and crack 2 large eggs into the empty space.

▪*Step 6:*

Start incorporating the rice and egg into each other while keeping everything constantly moving. Begin adding salt, pepper, chives, and a splash of soy sauce as desired.

▪*Step 7:*

You'll know it's done when the rice turns a blonde brown color, and you stop seeing egg streaks across the pan. At this point, remove from pan, add to a large plate, and top with wontons.

Deluxe Baked Beans on Toast (Serves 1)

Ingredients:

- 1 can navy beans
- Honey
- Soy sauce
- Salami
- Butter
- Baking soda
- White bread

Substitutions:

- *Navy beans for great northern beans or lentils*
- *Salami for Hawaiian ham*
- *White bread for whole wheat bread*

Directions

▪*Step 1:*

Take baking dish, add ¼ tablespoon baking soda, and set aside.

Step 2:

Open can of beans and drain out all liquid through a collider. Do not rinse with water.

Step 3:

Once beans are drained, add them to the dish, and mix together with baking soda.

Step 4:

Mix in honey in small, intermittent batches until all beans are coated and there is a shallow layer of honey at the bottom of the dish

Step 4:

Add soy sauce until all beans are coated and your desired color is achieved.

Step 5:

Dice 4 medallions of salami into very fine pieces and mix into dish.

Step 6:

Season with salt, pepper, chives, turmeric, and onion powder, and top with 3 thin pads of butter in a triangular formation.

Step 7:

Broil at 425 F for 16 minutes.

Step 8:

After 12 minutes of broiling, toast 3 slices of bread until they are just about to burn, and lay them sprawled out on a plate.

Step 9:

Once beans are finished cooking, pour them over the laid-out toast, finish with pepper, and eat with a fork and knife.

Garden Jacket Potatoes (Serves 1)

Ingredients:

- 2 Yukon gold potatoes
- Cauliflower
- Olive oil

Substitutions:

- 2 Yukon gold potatoes for 1 russet potato

Directions

▪*Step 1:*

Take potatoes and poke a generous amount of holes into both flat sides with a fork.

▪*Step 2:*

Place poked potatoes on a plate, drizzle each potato with one cap-full of olive oil, sprinkle with salt, and rub the olive oil into the skin of the potatoes until they shine.

▪*Step 3:*

Place both oiled potatoes into the microwave and cook for 8:30 minutes, flipping potatoes half way though.

▪*Step 4:*

Take 1/3 crown of cauliflower, chop into manageable pieces, add to microwave steamer, sprinkle with salt, add water until you start to see it rise, add lid, and set aside.

▪*Step 5:*

Once finished, take potatoes out of microwave. With a fork, poke through the skins of the potatoes in a cross shape. Once the potatoes are scored, and while wearing oven mitts, press the sides of each potato into each other until the cross splits open—revealing the inside of the potato.

▪*Step 6:*

Put microwave steamer into microwave for 6 minutes.

▪*Step 7:*

Once cauliflower is finished, drain, and cover potatoes with cauliflower.

▪*Step 8:*

Add salt, pepper, and chives to taste, and mash potatoes and cauliflower together.

Hearty Seafood Bowl (Serves 2)

Ingredients:

- 1 can Alaskan salmon
- Instant brown rice
- Whole wheat bread
- Butter

Substitutions:

- Whole wheat bread for saltine crackers

Directions

▪*Step 1:*

Open can of Alaskan salmon, add to pot, cover, and heat on high.

▪*Step 2:*

In another pot, add 2 cups of water, sprinkle with salt, cover, and bring to a boil.

▪*Step 3:*

When water begins to boil, add 2 cups dry rice, and turn heat down to 4.

▪*Step 4:*

Once the salmon begins to boil, turn the heat to 6, and let it be for 2 minutes. After 2 minutes, drain through collider and return to pot.

▪*Step 5:*

Wait for rice to finish. Make sure to check on the rice regularly. If there is any water on the bottom of the pot, keep it cooking. As soon as it's dry at the bottom of the pot, remove the rice from the heat, and scrape the rice with a fork to fluff it up.

Step 6:

Set toaster to 11 o' clock, add 2 slices of whole wheat bread, and begin toasting.

▪*Step 7:*

Combine heated salmon with rice—stir in pepper, chives, and 1 pad of butter.

Step 8:

When bread is finished, cut into narrow sippets and line the sides of a bowl with them.

Step 9:

Split rice and salmon into 2 portions, refrigerate 1, and pour the other into the bowl—on top of the sippets.

Bonus Material

(Bonus Material)

The Deity Burger (Serves 1)

Ingredients:

- Brioche buns
- Ground beef
- Camembert cheese
- Shredded sharp cheddar
- Bacon
- Romaine lettuce

Substitutions:

- Brioche buns for potato or kaiser rolls
- Camembert cheese for brie

Directions

▪*Step 1:*

At least 1 hour before cooking, take ¼ pound of ground beef and shape into 2 patties that are 20% larger than the size of the bottom bun. Generously season all sides, including the edges, of both patties with salt and pepper, and let sit in fridge uncovered for one hour.

▪*Step 2:*

After at least 1 hour, remove burgers from fridge and begin cooking on medium-high heat in a cast iron pan until cooked to desired temperature.

▪*Step 3:*

Remove burgers from pan, pat dry, place a thick slice of Camembert cheese between the hot patties to melt, and finish with roughly ground salt.

▪*Step 4:*

Take 2 slices of bacon and cut them into halves to make 4 total slices. Take the 4 slices and weave them together, one over the other, in a square shape. Once done, place woven bacon on a wax paper-coated baking tray.

▪*Step 5:*

On the same tray, build up a large mound of shredded cheese right next to the bacon weave.

▪*Step 6:*

In a toaster oven, bake the bacon and cheese at 400F for 15 minutes. Keep a close eye on the toaster oven because the cheese will finish cooking before the bacon. When the cheese becomes flat and starts to bubble, remove it from the toaster oven—making sure to leave the bacon cooking.

▪*Step 7:*

Set toaster to 9 o' clock, add both brioche buns, and begin toasting. Once they've finished toasting, smear generously with salted butter.

▪*Step 8:*

Once the bacon finishes cooking, you can begin assembly. Take 2 buttered and toasted brioche bun, lay them out, and in this order—stack atop the bottom bun washed and cracked romaine lettuce, the bacon weave, both patties with Camembert in between, the cheese crisp, the top bun, and a toothpick to secure it all. Garnish burger with roughly ground salt

Home Fries Deity Style (Serves 3)

Ingredients:

- 4 Yukon gold potatoes
- Peanut oil
- Corn Starch
- Vanilla extract

Substitutions:

- Corn starch for flour
- Peanut oil for canola oil

Directions

▪*Step 1:*

Take potatoes, cut roughly into 2-inch cubes, and add to a large bowl.

Notes:

- You can peel the potatoes if desired.

▪*Step 2:*

Season potatoes with salt, pepper, and 2 cap-fulls of vanilla extract.

▪*Step 3:*

Toss and dredge seasoned potatoes liberally with a generous amount of corn starch until all potato cubes are dry to the touch.

▪*Step 4:*

Refrigerate coated potatoes uncovered for at least 1 hour.

▪*Step 5:*

After at least 1 hour, toss potatoes in bowl until they all separate, and dredge in more corn starch until dry once more.

▪*Step 6:*

Heat a large pot of peanut oil up to 325 F, and deep fry potatoes in small batches until they are a rich golden brown color.

Notes:

- You can shallow fry or use an air fryer instead of deep frying.

▪*Step 7:*

Dry oil off fries with paper towels and finish with roughly ground salt.

Macaroni and Cheese of The Heavens (Serves 6)

Ingredients:

- Cavatappi noodles
- Evaporated milk
- Olive oil
- Butter
- Shredded Colby-Jack cheese
- Shredded Sharp Cheddar
- American cheese

Substitutions:

- Cavatappi for any other type of noodle
- Evaporated milk for whole milk

Directions

▪*Step 1:*

Take 2 cups of water, 2 cups evaporated milk, and 2 cap-fulls of olive oil, add to large pot, sprinkle with a generous amount of salt, cover, and set stove to 10 until it boils while stirring every once in a while.

Notes:

- You add olive oil when boiling pasta to stop the pasta from sticking together.

▪*Step 2:*

Once boiling, set heat to 6, add 4 cups dry pasta to the pot, and leave uncovered to boil while stirring occasionally for about 8 minutes or until pasta reaches desired texture.

▪*Step 3:*

Once noodles are finished, turn heat to 2, and in small intermittent batches—add 2 cups Colby-Jack cheese, 2 cups cheddar cheese, 4 slices American cheese, and ½ stick of butter. Be sure constantly stir the contents of the pot vigorously to mix cheese in evenly.

▪*Step 4:*

After all cheeses are incorporated and the mixture is rich and smooth, remove from heat and season to taste with salt, pepper, chives, turmeric, and nutmeg.

Notes:

- At this point, if desired, you may add the macaroni and cheese to a casserole, top with breadcrumbs, and bake until golden brown on top.

Postscript

(Postscript)

I hope you enjoyed cookbook, and I hope the recipes were easy enough to follow. I had a lot of fun making this whole book, and I'm glad I was encouraged to do so. These meals basically encompass just about everything I eat on a day-to-day basis. Everything in here is pretty healthy. And with how quick and cheap most of these recipes are, you have no excuse to eat gross processed food when you're in a pinch.

The bonus material recipes are a bit less cost-effective and definitely not very healthy, but they're beloved by many. It would have been a crime not to include them.



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Written and Illustrated by Nathan Shmook

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