



The **Bret Mon** **Cook Book**

I love cooking and I love inventing new flavors. I usually don't measure, the measurements below are approximations, so feel free to add or subtract to taste. I do my best to cook with light or fat free, and I try to keep the salt low. Feel free to use or substitute any low fat or fat free ingredients, even if it doesn't state it directly. There is nothing wrong with a healthy spice / sauce rack!!! Improvise, invent, have fun!

The following recipes are all Bret Mon's originals, never plagiarized or ripped off. I sometimes look at a picture or try a food, then try to duplicate, without reviewing the recipe. Other times I simply use my imagination just slap a bunch of things together, and they normally taste pretty good. I do occasionally glance at a recipe, then I make it my own.

Hints

- Change is good! Part of my philosophy of cooking is trying many different things, try different flavors, be inventive.
- If you're not keen on straying off the path of recipes, take a deep breath and have a little fun trying it anyway.
- Chef Paul.com and spicebarn.com have a great amount spices, check it out.
- Substitution is the spice of life, substituting saves money and changes base recipes to give different flavors
- If something is too thick, thin it with water or a flavored fluid.
- If something is too thin, thicken it with corn starch or bread crumbs
- Something too bland, imagine what it is missing, then season it with your favorite spices

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cn	= can
lb #	= pound
tb tbl	= table spoon (3 teaspoons)
ts tsp	= tea spoon
c	= cup
sm	= small
med	= medium
lg	= large
hand	= handful
dash	= dash of whatever, a shake or two of a spice
splash	= liquid dash
squish	= 2-3 splashes
2taste	= To Taste (add slowly until tastes good)
Can Splash	= Rinse can with water and add as part of the ingredients. This gets some of the residue off the cans.
?	= Unknown amount, read directions to get an idea of what is needed
chix	= Chicken
jap	= Jalapeno
cuc	= cucumber
mozz	= Mozzarella Cheese

gpepper = green bell pepper. Also I call them just green peppers.

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Work area

Equipment

A list of some items you may or may not be aware of.



Taco bowl Maker

These are inexpensive and turn a burrito shell into a taco salad bowl, just bake.



Gotham Steel Pans

Always hand wash, these pans are the best non-stick



Cheese Tools

My favorite is the cheese spreader that also is a knife, very handy



Alaskan Ule

This baby is the sharpest tool you'd ever have, even better than a cleaver!



Generic Squeeze Bottles

These are great for plating and mixing up various flavored sauces.



Painting Spoon

Dip in your plating sauces and paint your designs



Microwave Sandwich Maker

4 min and you have a toasted sandwich / Panini. Just like a Puggie pie maker camping, except in the microwave. Butter your bread and fill with whatever.



Grease Separator

This baby is awesome, you simply fill up your gravy or meat juice and pour the good (bottom) juice into a container, leaving behind the grease!



Oven Gloves

So much better than oven mits, they have better flexibility and dexterity. You can find knockoff brands for cheap at your local store, sometimes \$1 store.



The Grill Cart

One of the most handy things I've ever made. You have a surface for cutting and slicing, spice rack and equipment rack. Hang scrapers, knives and other tools on clips on the side. Wheel it in and out of the garage with ease.

END EQUIPMENT

Ideas

Salad Tossers

Do you have some favorite dry salad items you love on salad, like croutons, rice noodles, bacon bits, seasoning? Find it a pain to have to go to all the cupboards for all the items and have to do this each time for salad? Not anymore, now you can create Salad Tossers that contain all your fav ingredients, they are grab and go and great for when you have salad at work. Simply grab some used jars/lids (I like old spice containers) and fill em up with your favs. Keep them handy for when it's salad time. Only use dry goods!

Bacon Bits
Croutons

Rice Noodles
Seasonings

Salt
Pepper

Other

Homemade Bread Crumbs

Save all broken or stale crackers, bread ends, stale chips, bread crumbs, stale croutons, etc. into a brown bag, leave this out in open air. The brown bag will actually pull the oils from crackers and chips giving you a more healthy option for cracker/bread crumbs. You can leave this in the open and not worry about mold. After a few months all the items will be dry and reduced oils. When you have enough, grind up using food processor, then place into a shaker container for use. Bread crumbs are a quick way to thicken some dishes that are a little too watery. Bread crumbs are also great for breaded items like chicken nuggets, fish, or chicken wings. Rotate your stock of bread crumbs as over time some cheaper starch products will have a stale flavor.



Homemade Shake n Bake (Chicken Breading)

Utilize your homemade bread crumbs, mix with the following dry ingredients in with Bread Crumbs...

Onion Powder
Italian Seasoning

Garlic powder
Parsley

Paprika
black pepper

Salt Seasoning (go light on salt)
Basil

After dipping chicken in, make sure to freeze the mix, always keeping in the Freezer for next use.

Homemade Croutons

Dice bread into small cubes, put in Ziplock with seasonings (optional and variable) shake. Pour bread cubes onto a plate and let dry till they are stale. Once dry, put into zip lock and keep handy for salads.

Flavored Bagel Spread

Mix Cream cheese with flavored yogurt, or flavors of Jam/Jelly, to create a unique flavored bagel spread Mix and match various flavors. My fav, Strawberry jam and lite cream cheese.

Nuke em TV dinners

When cooking, I usually cook more than I can eat in one sitting, usually 3-4 people. I then take microwavable containers (nuke it container) and placed portions in it. Typically 3 portions, a meat, a starch and a veggie. Freeze and pull from freezer when you need a dinner. Have a good freezer rotation and a good shuffle so you don't get stuck with the same thing 5 times in a row. Savings of hundreds of dollars of lost left overs, there is never a left over in my house.



Hot Veggie Soakers

After you finish a jar of hot peppers, save the juice, add whatever vegetables you wish. Green Beans, Tomatoes, Pickles, etc. My fav is to soak green beans or tomatoes, after about a month, you have some hot tomatoes or hot beans.

Another way to get hot juice is to soak peppers in water a few months, this will help tone down the peppers if you swap water every month, after a while, the peppers will be less hot and you'll have hot water every month to use for soakers.

Save The Juice!

After you finish a jar of hot peppers, pickles, olives, or any other item that has liquid in it, save the juice! Be creative and come up with a sauce or save for your next meal. I love to add pepper juice to Chili or a rice dish to perk it up. Waste not want not!

Food Markers

Non-toxic food markers specifically designed to write on food. I found this a great chance to not only label my tacos, but also have some fun with art.



Grilled Smoked Bacon

You can grill bacon, and you can smoke bacon, it just takes a bit of patience and being careful. Keep a spray water bottle close, you will need it. Don't leave the grill for long or you will return to a fire. Always cook the bacon in an in-direct area and slow cook it to prevent fires and get that slow cooked smoke flavor.



Bret Mon-Golian Griddle

Home version of Huhot or a Mongolian BBQ.



- + Electric Breakfast Griddle
- + Wood or plastic spatulas and tongs
- + Pitcher of water (to wash and keep utensils)
- + Thinly slice meat (Chicken, Pork, Beef, other)
- + Cut up veggies of all types (Mushrooms, onions, Cilantro, peppers, japs, pretty much anything that goes in stir fry)
- + Variety of oils, sauces, broths... from Soy, to BBQ, to garlic water to hot sauces
- + Bowls, plates, chop sticks, etc
- + keep some dry spices handy (salt, pepper, garlic powder, etc)
- + Bottled water with hold in top of bottle (for squirting off the grill)

Do this outside or in a well vented area, do it up just like Huhot, fill up a bowl, sauce it up, grill it. Takes about 10+ min per person, 2 people fit good on a grill. After done, spray the grill with bottle water, then spatula the fodder off the griddle, then next up. Continue until everyone is thru, then one last spray down and unplug griddle.

Green Peppers	Cucs / Zuks	Noodles	Cauliflower	Sauces
Mushrooms	Green beans	Pineapple	Water chestnuts	Spices
Onions	Baby corn	Shrimp	Carrots	
Broccoli	Spicy Sausage	Cilantro	Rice noodles	
Japs	Cheese brats	Sprouts	Green Onions	

Drunk Olives

1 cn olives
1 c Sweet Red Wine

Dump olive juice out. Replace with wine. Refrig. Yum. Eat after 24 hours but don't let them sit too long. Optionally you can try different wines, but I found the sweet wines are the best.

Homemade Bread Balls

Using a classic bread recipe, make balls the size of peas or marbles. Bake and you have some great little dipper snacks or replacement for oyster crackers in chili. They are best fresh, but do get crunchy if you fridge or leave them out, so you could enjoy the crunch, try both ways.



Smoked Cheese

Using various shredded cheeses, on the grill in a pan, put one layer of cheese down, make sure it's in a low heat area in your grill, you're not cooking the cheese, you're smoking it. Smoke ½ hour, add more shredded cheese for another layer, smoke ½ hour, and finally a 3rd layer, smoke for another 1-2 hours. Let cool and slice into edible portions.

Breaded chicken nuggets - using my KFC style breading (bread crumbs and various spices)

Bread Bowls

Use a basic bread recipe, mix ingredients and using a rolling pin create a thick 1/8 inch burrito size circle. Place this in a bowl or better yet a Teflon salad bowl maker. Place wet towel over and let rise in a warm area. I like to put in the oven on a low setting then turn off the oven and let it rise in warm. Keep an eye on and when it feels like the right thickness. Approx ½-3/4 inch, start baking at 375. Bake until lightly brown, do not over cook or you will have a crunchy shell. Bread bowls should be able to stand on their own once you pull them from the oven and cool. Great for chili or Chicken pot pie

Chicken pot pie - homemade replacing the carrots and peas with green beans, to be put into bread bowls Pie crust Mozz sticks - didn't quite work out, the cheese came out during baking, but still fairly good.



Toasted Nuts

I like to use sliced almonds, these go great over green beans or just about anything. 1 package of sliced almonds, a bit of butter and/or oil in a pan, salt well. Frying pan on high, constantly mix and stir nuts as they toast in the butter/oil. Once you start seeing/smelling the nuts brown, turn off heat (electric) and continue to stir and mix nuts on the burner. It takes about 10 min total and you get a nice browned toasted nuts.



Smashed Potatoes Brûlée

1 ea Potato
1 ts butter
1 ea Baked Potato Toppings
1 ea Butane Torch

You will need a butane torch for this, use only chef approved equipment, don't use propane. Bake potato in microwave or oven per classic oven baking instructions. Smash with potato masher, fork or other implement of destruction. Using the torch, lightly scorch until the outside is lightly crunchy and slightly burnt. Butter with brush, I like to use the silicone brushes. Add toppings quickly and serve

Wine Jelly

1 pk Gelatin packet
1 c Wine

Bring wine to a boil adding packet of gelatin. Most of the booze should boil off. Let cool to warm, then place in jar or container. Refridge and server once it forms up.

Options:

- . Add more than 1 cup of wine to get less firmness on the jelly
- . add hot sauce or spice seasoning for a hot jelly
- . add vinegar for a tangy vinegrette jelly

Mashed Potato Dam

If you are creating TV dinners in a container without separate compartments, your items will touch and if soupy will turn the whole item to goulash. To fix this, create a damn of mashed potatoes separating your protein from you veggies. If you have a square TV dinner container, simply create damn of mashed taters diagonal across the container. Make it high enough and then put your protein one side, and veggies other side.

Jar Drinks

Mix you favorite drinks with Jalapenos, Habaneros, other peppers or veggies to give your drinks a flavor like no other. Use an acid like citrus (citric acid) in lime/orange/lemon to help infuse the flavor of the peppers. Optionally add booze and let soak in fridge for a few days or weeks. Realize the acid will slowly break down the peppers, so don't leave them too long, you'll have mush.





Chef's Tools

Here is a list of items I find handy, I can't live without or that you might not have known existed:

Apron or Chef Jacket

Pot/can scrubber

Grease Separator

Wooden Spatulas

Grease/Water Strainer

Meat browning tool

Gotham Steel pans

Sauce bottles

Microwave Toasted Sandwich maker

Insta-pot (pressure cooking +)

Ove Glove

Paper Towels

Frother

Air Fryer

Toaster Oven / Convection oven

Mini Blender (bullet)

Alaskan Knife Ulu

Food markers

Charcoal grill

Grill scraper

Grill Cart

Tongs

Wood chip soaker

Breakfast

Eggs Bret Mon

4 ea Eggs
3 ea Sliced Texas Toast (you may want to try Biscuits also)
1 ea Pork Sausage cooked and crumbled
¾ c butter melted
3 tb lemon juice
2 tb sugar for gravy
3 tb sugar for topping
3 tb milk
1 dash flour (as needed)
1 ea small package of smoked ham

Follow classic hollandaise sauce recipe: Separate egg whites from yolks. Mix in bowl the yolks, with lemon juice, splash of Worcestershire sauce, dash of flower replace water with milk in classic recipe. Pinch of salt, and place mixing bowl over pot of steaming water, whisking in the butter slowly until mixture thick, pull off heat, add cooked pork sausage to mix. If mixture does not thicken, add more pinches of flour before pulling from heat.

Butter Texas toast and pan fry till golden on both sides. Top with slices of thin smoked ham. Pour Hollandaise Gravy over the ham.

Optionally, you can make a whipped egg white topping by mixing the egg whites along with 3 tb sugar, a touch of butter and a pinch of gravy. Whisk vigorously until thick and foamy, top the item with a dollop of whipped topping.

Breakfast Rise ‘n’ “Shiners”

Shiners: Mini Sausage Egg Muffins

3 ea Pork Sausage
3 ea Breadstick
5 lg Eggs
3 ea single cheddar cheese

Cook and brown brats (do not parboil), best on grill or slow pan fry. Cook eggs broke yoke in flat egg mass. Bake breadstick as per instructions close to golden brown. Slice bread sticks into ¼ inch slices. Same with brats. Using a milk jug cover, like a cookie cutter, cut out small egg circles. Cut cheese in equal parts that fit the size of the shiners. Stack Bread, egg, sausage, cheese, then top bread, held by toothpick if needed. Should resemble a sausage egg muffin. (Note: they didn’t taste very good, maybe you should substitute the brats with porkies.)

Omelet Breakfast Wrap

10 ea eggs
1 pk pork sausage
3 ea bacon strips
1/3 ea green bell pepper
1 sm Onion
1 hand cheese (your choice, I use Mozz)
1 ds salt/pepper
1 cn mushrooms
10 lg Burrito shells

Replace or add/subtract any items you don't like or want in the omelet. Make the omelet like you normally would, only don't shape it like a traditional omelet, just cook everything together. After cooked, then put a bit of the mixture on a heated burrito shell (20 seconds in microwave). Wrap properly and put directly on the oven rack. Mini convection ovens work the best. If possible, put a pan underneath to catch drips. Bake till golden brown. Freeze and reheat for a quick breakfast. Quick = microwave 2-3 minutes. Crunchy = microwave 1-2 minutes, then bake in toaster oven or convection/classic oven.

Pancake and Porkie Breakfast Wrap

1 ea Pancake
2 ea porkie
1 ts butter
2 tb Maple syrup
1 lg Burrito shell

Butter and syrup pancakes, place in wrap and roll up with porkies. Fold burrito style and bake till light golden brown. freeze, then nuke and serve for a quick breakfast on the go.

Eggs Mc Smuffin

Eggs
English Muffins
Ground pork or pre-shaped bfast patties
Kraft Cheese squares

I like to do a whole batch of these and nuke them out of the freezer as needed. If not already shaped, shape the patties and pan fry until fully cooked, utilizing a cover to speed up the process. Use round egg cooker if you have it, break egg into pan and cook. Toast Muffins in toaster, butter then assemble muffin items. Bottom, Sausage, egg, cheese, salt/pepper, top. Bend corners of the cheese so it makes an octagon or round shape to better fit the Muffin

Bret Mon's Ultimate Omelet

2 ea Eggs
1 sm potato
1 sm Onion
½ ea Green bell pepper
1 ea Slices of bacon or 1 slice ham
1cn mushrooms
1 hand Mozz Cheese / Parmesan
1 dash garlic powder and salt seasoning

Bret Mon's Open Faced Omelet

Follow any omelet recipe, but instead of blending eggs, simply cook them sunny side up, add all ingredients and cover till cooked. You might want to precook the onions, gpeppers, or other items, your choice. Sometimes the slightly cooked vs caramelized veggies are better.

Bret Mon's Bfast Toast

Follow a recipe for French toast, mixing in pancake batter and butter with the egg milk mixture. Serve with maple syrup, your fav fruit/berries or jam/jelly.

Double French Bailey's Toast with Bourbon Maple Syrup

Baileys toast inspired by a maply syrup vendor at Farmers market. I made it my own
1 ea French bread

2	lg	eggs
2	shots	Irish Cream
1	ea	Maple Syrup
1	splash	Bourbon

Slice French toast into ½ inch slices. Whisk eggs with irish cream. Dunk bread into mixture and cook on high like you would with pancakes, using butter or oil. Mix splash of bourbon in with whiskey. Pour moderate amount of syrup, don't soak it. Serve optionally with melted butter.

Bret Mon's Biscuits and Gravy Morning Nukers

1	pk	Biscuits	(need to bake)
1	pk	Pork Sausage	
2.5	c	milk	
¼	c	flour	
2	tb	Sausage Seasoning	(See Sausage Party Seasoning)

Sausage Party Seasoning

tb or	Parts	
¼	2	Thyme
½	4	Sage
¼	2	Rosemary
1/8	1	Marjorm
1/8	1	Nutmeg
1/4	3	Black pepper
¼	2	Sugar
pinch	1/2	Cayenne

Egg Wash Toasts – Aka Flavored French Toast

This isn't just for breakfast, a very interesting

2	ea	Pieces of white bread
1	ea	egg
1	ts	olive oil - oil the pan before frying, cook just like french toast.

Choose your flavor... (approx measures)

Bruchetta

2	tb	Tomato Sauce
1	ts	basil (fresh diced or dry spice)
1	tb	Mozz cheese shredded fine
1	dash	garlic powder

Caribbean Jerk

1	tb	BWW Jerk Sauce
1	tb	Mozz Cheese shredded fine
1/2	ts	black pepper

Note: when cooking, make sure to sort of burn it to give it that jerk flavor

Buffalo Wings

1	tb	hot sauce
1	dash	hickory powder
1	dash	ground black pepper
1	tb	fine crumbled blue cheese

Pizza

1	tb	pizza sauce
1	ts	fine diced pepperoni

1 dash oregano
1 dash garlic
1 tb mozz cheese fine grated

Cinnabon 1

1 ts cinnamon
1 tb white frosting
1 tb maple syrup

Cinnabon 2

1 ts cinnamon\
1 tb carmel syrup
1 ts melted butter
1 dash powdered sugar (sprinkle on after)

Note: optionally maple syrup

Infusion

You can infuse just about anything, basically slow cooking the juice into the item. I've taken infusion to a new level where I come up with flavors that might not exist yet and giving them a try, nothing is taboo. Rice works the best but you MUST NOT use instant, it must cook for the 20+ minutes, for flavor and burn off any alcohol in some cases. Pasta does not work as it cooks in a shorter time (8 min), the flavor will be disappointing (like wine, tastes terrible). You could try just about anything like...

Cous Cous
Barley
Quinoa
Beans

How to infuse, take a basic item like rice, follow the cooking instructions, but replace the water with the other item

Rice Infusion

Red Wine	Soda (orange, RC, coke)	Jap Juice	Vinegar
Hot Sauce	Whiskey or Bourbon	Cranberry Juice	Juices (apple, grape, other)
Tomato Juice	Bloody Mary Mix	Gin/ Brandy	Stout/IPA Beer
Coffee	Tea		

Jap Rice	Jap juice (once a jar of Japs is empty, use the juice)
Red Wine Rice	Sweet red wine (or add sugar to merlot), nom nom nom
Mexican Rice	Hot sauce and water portions (1/2 or 3/4 or full hot sauce), this is awesome
Earl Grey Rice	Earl grey tea, brew concentrated tea to infuse the most flavor
Orange Rice	Orange soda rice with a lemon Chicken (do not use diet soda), goes well
Root beer Rice	
Hazelnut Coffee Rice	Brew hazelnut coffee with little water, this is a great flavored rice
Cranberry Juice	a Tart yet exciting flavor, very exotic
Coffee Rice	Either use concentrated instant coffee, or brew coffee with little water so it is concentrated



Bread Infusion Classic Bread Recipe, replace water with other, and add additional items

F!REbread	jap juice, add pepper flakes and pepper powders
Coffee Bread	Concentrated instant coffee n water OR concentrated coffee (make espresso) (optional hazelnut butter)
Hazelnut Coffee	Bread Hazelnut coffee (concentrate) using Keurig middle cup or small cup option
Garlic Butter & Herbs	Replace all oil with butter, add extra garlic and your favorite herb spices
Chocolate Bread	Replace sugar and most of the water with Hersey's chocolate syrup and a dash of milk
Garlic Basil	Extra garlic, chopped basil, add a marinara dipping sauce
Garlic Parm	Extra garlic, parm and top with parm

Bean Infusion Typically I use pinto, Red or black beans, wet or dry, but soaking the dry beans really infuses the flavor,

You can use the beans in a hot or cold dish, mix them with other items or eat as they are.

Hounds of Scoville	Hot Beans Inspired by Brad Squires, infuse your beans with a lot of hot sauces and powders
BBQ Beans	Dry beans slow cooked in BBQ sauce, if needed thin the BBQ with a little water, maybe liquid smoke
Vinegar Beans	Dry beans soaked in Vinegar
Jap Beans	Dry beans soaked in Jalapeno juice
Coffee Beans	Dry beans soaked in Cofffee
Whiskey Beans	Dry beans soaked in Hot Whiskey (slow cook pot on stove)
Soda Beans	Dry beans soaked in your fav soda (coke, 7up, Rootbeer)
BWW Sauce	Dry beans soaked in your fav Buffalo Wild Wing sauce or any other sauce
Tomato Sauce	Dry beans soaked in hot tomato sauce or soup

Butter Infusion Butter Blends

Hazelnut butter	Goes great with a coffee bread, use hazelnut extract and a pinch of sugar
Garlic Butter	Add a pinch of sugar and garlic powder
Coffee Butter	great on morning toast, use instant coffee and mix with tiny bit of water, get a good thick mix with butter
Peanut Butter	mix a little bit of peanut butter along with butter
Vanilla Butter	Vanilla extract and butter, pinch sugar

Mashed Potato Infusion

The classic mashed potato recipe is good, but let's have some fun with variations. I don't have a problem using potato flakes. I sometimes make mashed potatoes using real potatoes, sometimes I make them dirty (with skins on) or do a ½ real and ½ flakes. Infuse = replace some of the liquids with... (Always salt and pepper to taste, and always add butter or canola oil) !

Ranch	:	Classic spud recipe, replace some of the liquids with ranch sauce, add parsley or chives
Garlic & Butter	:	Extra Garlic and extra butter, chives optional, herbs optional
F!respuds	:	Infuse hot sauce and add pepper flakes as needed.
Asian	:	Infuse soy sauce and other oriental sauces
BWW Taters	:	Infuse a favorite Buffalo Wild Wings sauce
Wine	:	Infuse your fav wine (a nice sweet red works best), you may want to simmer off the alcohol first (optional)
Fruity	:	Infuse various fruit juices
Bloody Spuds	:	Infuse with bloody mary mix or Tomato Juice
Tie Dye	:	After making classic recipe, drop food coloring in for a tie die effect
Cracked Pepper	:	For the pepper fans, added plenty of extra fresh ground pepper, optionally change size of grind
Sweet n Classic	:	Combine both Sweet potatoes and regular potatoes for a unique treat
Jap Juice	:	Use left over juice from Jap jar to zing up your spuds
Broc n Cheese	:	Dice and steam broccoli and melt cheese into your mashed potatoes

Mac n Cheese Infusion

For all recipes, follow the Kraft Mac n Cheese recipe directions, infusing the flavors as part substitution of water and/or add items

Sharp Cheddar	And the end of cooking, add a crazy amount of Sharp cheddar cheese melted into mixture
Creamy Cheese	Add a package of cream cheese, optionally hold off on the packet of powdered cheddar
Smokey Cheese	BBQ sauce, Cream cheese, extra cheddar, and garnish with bbq or Asian zing sauce (inspired by Smokey Ridge)
Multi-Cheese	Add various cheeses (swiss, cheddar, jack, Colby, etc)
Buttered	This maybe unhealthy, but add a boat load of butter
Butter/Parm	Butter and lots of grated parm cheese
Garlic parm	some butter, lots of garlic powder and Parm
BBQ	BBQ sauce
BWW	Add any of your favorite BWW sauces
Ooh lala	French cheese (Brie), optionally infuse with French wine. Sliced toasted baguettes, spoon on and crunch away
Limburger	Why would you do this? That is just crazy, if you even think about doing this, I will beat your ass
Hamburger	Ground burger, ketchup, mustard, chopped onions and pickles
Pizza (mush/onions)	Dice pepperoni or buy the mini pepperonis, pizza/tomato sauce, oregano, mozz cheese, or do supreme
Chili	Add you fav chili recipe, or just dump a can of Hormel in.
Taco Burrito	All the fixings you put into a taco, optionally chop up taco shells. Mucho Bueno!!
Spam'n'Cheese	Brown cubed spam and add to classic mac n cheese, so good, I absolutely love this!!!!
Ruben	merge the ingredients of a ruban chopped finely and the cheese used in place of cheddar powder
Gritty	Classic mac, add bread crumbs and parm, I love the gritty!!!
Wino	Sweet red wine and optionally white cheese like mozz
Buff Wings	Wing sauce (infuse), then add sour cream, optional bleu cheese, optional chopped celery, add more wing sauce
Enchilada	All the ingredients that go into an enchilada
Spanish Mac	½ water and ½ hot sauce or as much hot sauce as you can use to cook with, mac comes out orange
F!re Mac	Use various super hot sauces, and finalize with sprinkled pepper flakes and or japs, or ghost peppers
Jap	Use jap juice to cook with, optionally add diced japs
Cracked pepper	Add a crazy amount of freshly ground pepper, make sure to salt to taste

German	Add Kraut and sliced sausage / kielbasa
Loaded potato	Add all the items you'd add to a loaded potato, minus the potato (bacon, sour cream, chives, butter, etc)
Ranch	Add ranch sauce instead of cheese powder , or keep it cheesy
Ranch Garden	Cook with mixture of water and ranch, then add diced fresh or steamed veggies
#1 Asian	Noodle Use soy, and various Asian sauces to infuse, add rice noodles for crunch
Sushi Roll	Infuse soy /water, optionally chop up Nori (paper), blend in cream cheese, Garnish ginger and wasabi
Stir Fry	Classic stir fry, with mac noodles, optionally use cheese powder or not
Pancake Bfast	Classic mac, add butter, maple syrup, and diced porkies (seriously it is good), pair with a glass of 1% milk

Sushi

Sushi doesn't have to just be raw fish. There are veggie rolls, cooked rolls, roll can even contain chicken or meat, there even is special soy wraps if you don't like Nori seaweed wraps. It also doesn't have to be about art, it can be about flavor. The list of possible combinations. Sushi kits are easy to get, you just need a rolling mat, Nori (seaweed wrap), and some online instructions.

Fish and Meat

Tuna	Smoke Salmon	Octopus	Beef	Hamburger
Salmon	Crab / Crab meat	Squid / Calamari	Pork	
Sardine	Lobster	Caviar (fish roe)	Chicken	
Clam	Scallop	Ham	Fish Sticks	
Oyster	Eel	Spam	Chicken Nuggets	

Veggie / Other / Filling

Pickle	Celery	Zucchini	Sweet pickle	Lemon
Cucumber	Tomato	Olive	Kale	Lime
Carrot	Kraft singles	Mushroom	Quinoa	Orange
Avocado	Pea pods	Asparagus	Tomatoes	Kiwi
Squash	Green Beans	Potato	Beans	Radish
Cheese	Garlic scaps	water chestnuts	Olives	Beets
Cream Cheese	Brussel sprout	Bamboo Shoots	Avocado	Any Fruit
Green Onion	Bean sprouts	Sprouts	Pineapple	
Bell pepper	Spinach	Okra	Apple	
Peppers/Japs	sweet peppers	Egg Plant	Shoe Strings	

Spices Garnish

Teriyaki	Eel sauce	Sweet Soy Glaze	Hot Wing Sauce	Horseradish Mayo
Caribbean jerk	Duck sauce	Sriracha	BWW Sauces	Salad Dressing
Sweet Mayo	Dynamite sauce	Chili Sauce	Angry Dragon	BBQ Sauce

Tempura: (deep fried coating) can be made in a few different ways.

- Oil fried cracker crumbs or ½ crushed Rice Crispies
- Baked ½ crushed Rice Crispies
- Crumbs from KFC
-

	Bret Mon's Own Sushi Recipes	
Philly Steak	Cheese, bell pepper, lunchmeat, onion, eel sauce	Meat
Crab Claw	Crab, Cuc, butter	Seafood
Pickle rollup	Pickle, cream cheese, (ham)	Meat
Shrimp Cocktail	Shrimp, Wasabi, Catsup. Top with 1 full shrimp, dot eye with hot red sauce	Seafood
Fish N Chips	Tuna/Salmon, butter, lemon juice, (cracker crumbs or Tempura crumbs)	Seafood
Shrimp on the Bar-B	Shrimp Grilled shrimp, Italian Dressing	Seafood
Fish Sticks	Fish sticks, sweet mayo, pickles, rye bread crumbs	Seafood
Breaded Smelt	Smelt or sardines, mayonnaise, pickles, (crumbs or Tempura)	Seafood
Toasted Cheese	American cheese, tempura, butter	Veg
Crack pepper fish	Tuna/Salmon, butter, black pepper corn, (crumbs)	Seafood
Clam Bake	Clam, Celery, Cuc, Butter, (cheese)	Seafood
Hot Clam	Clam, Cuc, Hot Sause, (celery)	Seafood

Oyster Pearl	Oyster, Cuc, (butter), (Garnish Garbanzo bean on top)	Seafood
Snack Pack	Carrots, Celery, lunch meat, (potato chip crumbs)	Meat
Taco Burrito	Chicken, fire Sause, beans, tomato, lettuce. Cheese, (japs)	Meat
Hamachi and Cheese	Hamachi (Japanize fish) and American cheese	Seafood
Pizza	Tomato Sause, cheese, smoked salmon or Pepperoni, Oregano	Seafood
Baked Potato	Crushed potato chips, Bacon bits, butter, salt pepper, (garnish sour cream cheddar cheese)	Veg
Buffalo sushi	Fish, blue cheese, hot Sause, celery,	Seafood
Tako Burrito	Tako, fire Sause, beans, Cheese, (japs)	Meat
Cheeseburger	ground burger, ketchup, mustard, American cheese	Meat
Cheeseburger	Smoke Salmon or tuna, ketchup, mustard, American cheese	Seafood
Fruit rollup Sushi	Fruit rollup, diced fruit	Fruit
Ham and Cheese	Ham, cheese, butter, sweet mayo	Meat

Bret Mon's Maki-san or Mini-maki Sushi Appetizers

See the appetizer section.

Drinks

Higher Ball Mixer

Instead of soda for a mixed drink/high ball, use wine

Brandy New Fashion

Instead of soda in a brandy old fashion, use WINE

Wine +

Add a touch of Vodka to juice up a wine

BretzNog

1	pk	Vanilla pudding
3	c	milk
3/4	c	Bourbon / Vodka / Whiskey
1	dash	Nutmeg

BretzNog - Choco-Nog

1	pk	Chocolate pudding
3	c	milk
1/2	c	Vodka
1/2	c	Kahlua or Coffee/Chocolate Liquor

Top with Whip Cream... Optionally Oreo Crumbs, additional chocolate syrup

BretzNog - Jose Noggo

1	pk	Vanilla Pudding
3	c	milk
1	dash	Nutmeg
1	squirt	hot sauce
3/4	c	Tequila
1	dash	salt

BretzNog - Nogarita

1	pk	Lime favored Pudding / pie filling
3	c	milk
3/4	c	Tequila
1	dash	salt

Nog Drinks

Add more milk to an instant pudding mix to create a thick egg nog or shake like drink. Top it with a dop of whip cream and straw.

Drinks

Mamba Juice:	Grape Soda, Pineapple Juice, Gin
Mamba Spritz:	Grape Juice, Apple wine, Pineapple Juice, Gin

Shots

Mexican Gingerbread:	Tequila, Cinnamon schnapps
Halls Mentholiptus (lemon):	Doctor, Lemon juice
Halls Mentholiptus (cherry):	Doctor, cherry juice
Key Lime Pie:	Vanillacudies, Lime Vodka, Roses lime, whip cream, sprite
Dr McGillicummies	Doctor Mc, Baileys

Worship Wednesday

One of my favorite bars Palette and Pub had happy hours and opened the start of the week on Wednesday. A group of friends would hang out there, we all happened to be ministers, so we'd call it worship Wednesday. We attempted to make a variety of shots and drinks. All drink combinations created by myself and help with neighbors, friends and bartenders.

Worship Shots

Sweet Baby Jesus	Kahlua, Cream De Coaco, Rumchata
Satan Spawn aka Plan B	Sweet red wine, baileys
The Reckoning	Whiskey, Sriracha Vodka (splash), Tabasco, Black Pepper (opt. Jalapeño juice)
Hell fire	Cinn schnapps, Tabasco, Bacon vodka
Brimstone	Jägermeister, Butter ball, Salt
Damnation	Cinn schnapps, tabasco, bacon flavor, Guinness
El diablo	Tequila, Sriracha vodka, Tabasco, Lime juice
Cross to Bear	Scotch / butterscotch

Worship Drinks

Holy Water	Vodka, Sweet, Limon Vodka, Lemon, Splash Tonic, Water
Virgin Holy Water	Water, Splash lemon, Tonic, Sweet
Water to Wine	Holy water (see above), Red wine
Garden of Eden	All fruit vodkas, Press/Sweet
Mexican Demon Wine	Jag, Tequila

Jar Drinks

Mix your favorite drinks with Jalapenos, Habaneros, other peppers or veggies to give your drinks a flavor like no other. Use an acid like citrus (citric acid) in lime/orange/lemon to help infuse the flavor of the peppers. Dice up peppers and add to jar. Optionally add booze now or you can add later. Let soak in fridge for a few days or weeks. Realize the acid will slowly break down the peppers, so don't leave them too long, you'll have mush. Always use garden fresh peppers, never canned. Leaving peppers in too long might make your drink TOO spicy, take sip each day, then take out the peppers and serve, or drink that day, don't over do your spice, you may be sorry the next day. I don't drink rum, so you won't see any rum recipes, sorry. Serve over ice or if you wanna shake it with ice, then server in martini glass with spicy rim. Choose a mixture of salt/sugar and chili powder or other hot spiced powders.

#1 – Gin GPepper Lime

Lime Juice, Triple Sec, Gin, splash lemon, Green Peppers

#2 – Lime Gin Jalapeno (Brets Favorite)

Lime Juice, Triple sec, Gin (or Vodka), 1 garden fresh Jalapeno (rim with salt and chili powder)

#3 – Summer Shatty

Lemon Juice, Vodka, splash of pineapple and orange juice (rim with lemon pepper/salt)



#4 – Habanero Mango Madness

Mango Juice, Hab pepper, splash of lemon juice, Vodka, Splash of cherry juice, and a few cherries

#5 – Jalapeno-rita

Lime Juice, Triple sec, Tequila, dash of salt, 1 garden fresh Jalapeno (rim with salt)

#6 – Gin-Jar

Gin, Ginger Beer, 1 garden fresh Jalapeno

#7 – Mini WAP

Booze, Fruit, juice

Spices

Jamaican jerk blend

Chili powder (heat), thyme, cinnamon, ginger, allspice and cloves, garlic and onion powders.

Maybe Powdered sugar, paprika,

*add savory for special Caribbean herb flavor

Jamaican Jerk Seasoning (This one's from the net)

- 3 Onion powder
- 2 Thyme
- 1 parsley
- 1 allspice
- ¼ Cinnamon
- 1 black pepper
- ½ Cheyanne or chili pepper
- 1 paprika
- 3 garlic powder
- 2 salt
- ¼ nutmeg
- 2 brown sugar

(optional: powdered ginger, cloves, savory)

Taco seasoning

- 1 tablespoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon paprika
- 1 1/2 teaspoons ground cumin (this is classic chili flavor, go easy)
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Island Grill

- ½ citrus Herb (chef Paul)
- ½ Caribbean seasoning (chef Paul)
- Savory



Southwestern Snake Bite

- 1/8 Cheyanne or Chipotle powder
- ¼ horseradish powder
- ¼ Buffalo wing powder
- ¼ paprika
- 1/8 garlic powder
- ¼ mesquite smoke powder
- 1/8 hickory smoke powder
- 1/8 sugar

Rib Rub

Paprika
Garlic powder
Onion powder
Cheyenne pepper
Brown sugar
Celery salt



Gumbo Gravy Powder

Typically Gumbo file is made from Safarass leaves, but here is a good gumbo/gravy mix

4	tb	Brown Gravy Powder
3	tb	Onion Powder
2	tb	Garlic powder
1	tb	Thyme
1	tb	Paprika
6	tb	Flour
1	tb	Corn Starch
1	ts	seasoning salt
1	tb	powdered smoke (if you have it)

Garlic Duster

The garlic duster is great for italian food, dusting pizza crust, great of bruschetta, an various other things.

1	c	garlic powder
1	c	powdered sugar
1	tb	salt

Sausage Party Seasoning

1/2	Thyme
1	Sage
1/2	Rosemary
1/4	Marjorm
1/2	Crushed Fennel
1/2	Black pepper
1/2	Brown Sugar
1/8	Cayenne
1/8	Salt

Sauces and Glazes

Basic sauce

Any sauce is simply flavored liquid that is thickened over stove. A basic wine sauce would be wine and thickening agent. I found two that work the best, Corn starch or Flour. I usually mix cornstarch directly in over high heat and stir. Flour and/or corn starch can be mixed with some milk and added to a dish to give it a thick creamy sauce.

Bret Mon's Power Sh!t sauce

jap juice
habanero (dash)
red pepper
Cayenne pepper
horseradish
Wasabi
Tabasco
dash vinegar

Mix all ingredients, use as hot sauce.

Western Pepper Smoke BBQ sauce

Western Dressing
Generous amount of ground black pepper
Onion powder
Garlic powder
Smoke powder or liquid smoke
Hot sauce or Cheyenne Pepper

Creole Juice

4 oz Can spicy veggie V8 juice
1 ts Creole salt (OR LESS!!!! EASY ON THE SALT)
2 tb Lemon juice
4 oz Water
1 ts Zarahans Crab Boil
2 oz hot sauce

* Add butter to taste, while cooking

Christmas Venison Sauce

Ok, this was a family recipe, but I wanted to include this in my cookbook, because it's a damn good sauce.

1 ea Butter
1 ea Soy Sauce
1 ea Garlic powder

Jammin' Horsey Q

1 part Apple Jam (or any flavor jam)
1 part Horseradish Sauce
1 part BBQ Sauce

1 part Hot Sauce

Bret Mon's BBQ

- Ketchup
- Mustard
- Worcestershire
- Onion powder
- Sugar
- Smoke flavor
- Light on hot sauce and garlic powder.

Angry Dragon

2/3 Hot Wing sauce

1/3 Red Chicken Oriental sauce

Jamaican BBQ Marinade and sauce

1/4 c Soy sauce

1/4 c Vinegar

1/8 c Worcestershire sauce

1/8 c hot sauce

Water

1/4 Pineapple juice

1 tb Garlic and onion powder

1/4 c Bret Mon's Jamaican spices

1 ea Onion (sliced)

7-10 ea Hot peppers (farm market style)

Crawdad Sauce

---The Sauce---

1 ts Creole seasoning

1 ds Zatorans Crab Boil

1 cn small can V8 Spicy or Tomato Juice

1 tb Sugar

1 tb lemon juice

Mix all ingreds except butter, mix well, store in fridge. When cooking with, use butter.

Gator Sauce

Crawdad sauce

1 ts Creole seasoning

1 ds Zatorans Crab Boil

1 cn small can V8 Spicy or Tomato Juice

1 tb Sugar

1 tb lemon juice

--

1 tb hot sauce or Bret Mon's Southwest Snakebite

1 ea Flour (to thicken) as needed

1/3 c Sour cream (optional)

3 tb Butter

Stir in all ingreds except flour. Simmer and stir over med high heat, slowly adding flour till thick.

Jammin' BBQ Sauce

¼	c	Any flavored Jelly/Jam
¼	c	Chicken Wing sauce
¼	c	BBQ sauce
1	ts	Cheyenne pepper powder

A nice sweet and hot sauce for a variety of applications.

Lime N Berry Sauca

Sauca is a salsa/sauce that can be used for chipping, dipping or smothering your entries with.

- Lime juice
- Strawberry jelly
- Cranberry sauce
- Cheyenne pepper
- Season salt

Jamakin' BBQ Sauce

2	c	BBQ sauce
¼	c	Jamaican Jerk spice

Western Smoke Peppered Cowpoke

- Western dressing
- Powdered or Liquid smoke
- Plenty of fresh ground black pepper
- Optionally add a touch of BBQ sauce

Black Pepper Whiskey BBQ Sauce

¼	c	Ketchup
¼	c	Mustard
¼	c	Brown Sugar
½	c	Whiskey or Bourbon
1/2	ts	salt
1	ts	garlic powder
1-5	ts	Pepper (depending how much you like pepper)

Simmer all ingredients until thick sauce, serve over meat.

Prime Rib Glaze / Brat Sauce

Equal parts of each of the following items:

- Plain Yogurt (unsweetened)
- Horseradish Sauce (horseradish / mayo)
- Yellow Mustard
- Brown Sugar
- Hot Sauce

Wild Stallion BBQ Sauce

Equal parts of each of the following items:

- Horseradish Sauce (horseradish / mayo)
- Miracle Whip
- Hot Sauce
- BBQ

Maco's Burrito Glaze

(an attempt to create a burrito glaze based on Paco from Jimmy Seas)

Water

Paprika

Chili powder (good varieties if possible, chipotle)

Olive/Canola oil

Sugar

Soy sauce

Taco seasoning

Add bloody Mary mix as the top spread after glazed and added cheese.

Bret Mon-ole Sauce (an quick and easy Mole Sauce)

1 cn Tomato Sauce

1 tb Garlic Powder

2 tb Onion Powder

2 tb Hersey's Choc Syrup

2 tb Lime Juice

1 tb Cumin

3 tb Chili Powder – Use 2-3 different flavors (add more to spice it up)

½ tb Salt

1-2 tb Pepper (extra ground pepper)

Combine all ingredients and blend well, pour on direct and cook, also simmer part for a thicker and darker mixture to be used as a plating garnish.

Rancho Mayo (Chicken Sauce)

This sauce goes great over pulled chicken or pork, especially after it's been smoked. It really pulls out the flavor of the chicken.

1 c Ranch

1 c Mayo

1 tb Ground Pepper

1 ts Salt

Quack Sauce

Left over packets of duck sauce and Soy sauce from takeout

+ Sesame seed oil

+ Teriyaki sauce

+ Dash of Sriracha

Optional:

+ Dash rice vinegar

+ Mandarin Orange Juice

+ Hoisin

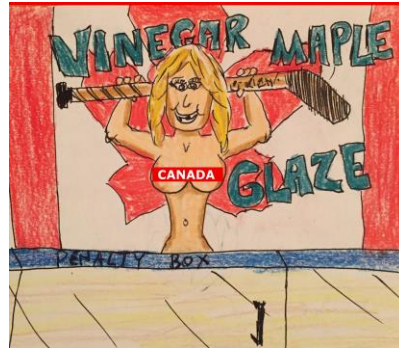
+ More duck sauce



Vinegar Maple Glaze

This is oddly good in chicken, fries, and other things eh ! Go Leafs!

- Maple Syrup
- + Vinegar
- + Brown sugar (to thicken)
- + Dash of salt



BBQ Sauces

- Maple BBQ** Maple Syrup and BBQ
- Gold Rush** Hot, Honey Mustard, BBQ
- Jammin' BBQ** Mix grape, strawberry or other Jam with your BBQ sauce
- Peppered BBQ** Grind a generous amount of pepper corns into your BBQ sauce
- Fl're-B-Q** Mix a crazy amount of hot items into your BBQ sauce

Horsey Steak Drizzle

- 1 c Mayo
- 1/2 c Horseradish sauce
- 1 tb BBQ sauce
- 1 tb fresh ground pepper
- 1 pinch salt

Great for steaks or a red meat component. A good plating drizzle

Creamy Avocado Drizzle

- 2 ea Advacado
- 1 tb Olive oil
- 1 pinch Salt
- 1 pinch Pepper
- 1 ts Garlic
- 1 ea Cilantro (good chunk)
- 1 tb Sugar
- 1 ea Lime squeezed
- 1 squish Ranch dressing or Mayo

A good shrimp or seafood plating drizzle . blend all ingredients till smooth

Bourbon/Whiskey Cheese

Typically used over Broccoli or other green veggie, try it over grilled chick.

- 1 Hand Shredded Cheddar
- 1 tb Butter
- 1 ts olive oil
- 1 shot your fav Whiskey or Bourbon (only use 1 shot)
- 1/4 c milk

Simmer.

Horsey Ranch Cheese Sauce ***

- 1 dash garlic powder

- 1 squish Horsey sauce
- 1 squish mayo
- 1 squish Ranch dressing
- 1 dash sugar
- 1 hand mozz cheese
- 1 dash Parm cheese
- 1 splash oil

* They horsey ranch cheese sauce is awesome, heat up in a pan if you want to make the sauce its own stand alone dip or other.

Relish

You can make your own relish or spice up what you already have.

- 1 part Sweet Relish
- 1 part Dill Relish (or pickles)
- 1 part Pickled garlic scapes
- 1 part Pickled Japs

Optionally Add:

- . pickled diced onions
- . diced olives

Snap Relish

Grab the spiciest items outside of classic hot peppers, use the juice from some of items like Jap, pickles, scapes, etc. Get daring with Ginger beer fill and always a splash of vinegar

- Radish
- Ginger
- Dill Relish (or pickles)
- Pickled garlic scapes
- Pickled Japs (optional)
- Green onion / Onion
- Minced Garlic
- Bell Peppers (Green ++)
- Horseradish
- Ginger Beer
- Vinegar
- Pickle Juice
- Lemon
- Mustard seed
- Pepper Corn

Various Sauces

Classic Sauce Compilation

Hot Sauce	Dill	Ranch	Tomato	Guacamole
Ketchup	Brat	Vignette	Pepper	1000 island
Mustard	Nashville	Blue cheese	Au ju	Ketchup mayo
Pizza Sauce	Chili	Vinegar oil	Fish	Parm ranch
Marinara	Ginger Soy	Balsamic	Ranch pepper	Caesar
Duck	Hoisin	Reduction	Beer dip	Plain yogurt
Gold rush	Soy	Wine	Buffalo	Chipotle Ranch
BBQ	Garlic	Jerk	Buffalo cheese	
Honey BBQ	Western	Mole	Wine	
Garlic parm	French	Enchilada	Alfredo	

Bret's Sauces Mix Compilation

Wings

Angry Dragon Wings

Quick grill/smoke wings over charcoal grill, then shake with sauce, put in greased oven sheet, drizzle additional sauce on top, and slow cook in oven till sauce darkens/thickens.

Angry dragon sauce
2/3 Hot wing sauce
1/3 Sriracha

Knights/Squires Zing

cn v8 spicy or zing zang
squirt Red oriental hot sauce (Rooster)
Squirt BBQ sauce
dash garlic salt
dash butter
Top with light dust of parmesan and parsley flakes

Wing and a Muffin

Smoked hot Wings
Hot sauce
Corn Muffins (or your fav mix)
Ranch and Bleu cheese dressing

Mix 1/2 milk and 1/2 ranch/bleu cheese in for the muffin recipe replacing it's liquids, mix and bake in cupcake pan. Smoke a few chicken wings, sauce them up, insert into muffin, optionally drizzle with more sauce and/or Ranch Blue sauce. I have not tried it, but you could attempt to cook the chicken wing right in the Muffin!!!

Jamaican Jerk Chicken Chili Wings

1 pk Chicken Wings
1 cn Hormel Chili
1/3 c BWW Caribbean Sauce
1 tb Jerk Seasoning
1 cn Jamaican Beans or black beans
1 pk Corn Bread Muffin Mix
2 tb Brown Sugar (add to taste)
1 ts optional Hab pepper sauce (or other hot spices)

Place wings in the bottom of the crock pot. Add the mixture of chili beans, Caribbean sauce and jerk chicken spices on top of wings. Crock for 2-3 hours (longer if desired). Spoon off the chili into containers, then carefully pull wings out of the bottom of crock, they likely will fall off the bone.

Prawn Wingo

4 ea prawns (jumbo shrimp)
8 ea chix wings
1 ea Caribbean jerk sauce
1 ea chix wing sauce (base red sauce, hot sauces, optional dash crushed red peppers)

1 ea ranch sauce
1 shake basil
1 tsp butter or Italian oil

Clean prawns, leaving tail on. Cook raw chick wings over grill to golden. I freeze wings, so thaw pre-cooked wings in nuke for 5 min. Mix Caribbean jerk sauce with prawns and pan fry, stirring constantly, prawns cook up fast, so don't overcook, take off heat and place onto plate. In shake container, mix wing sauce and shake hot chix wings, dump onto plate, spatula sauce out. Decorate wings with zigzags of ranch and dazzle with basil.

Breaded Baked Wings

1 pk Chicken Wings
1 ea Breading (See Chicken Breading)
1 ea BBQ sauce

Dip unfrozen raw wings in BBQ sauce, then shake/bake the breading. I like to put the breading in a zip lock and not shake but hard press the crumbs into the chicken. Bake 350 till golden brown.

Pizza Wings Mon

1 pk Chicken Wings/Drummies
Sauce:
1 c tomato puree, Marinara, or pizza sauce
½ tb Oregano
½ tb Garlic
½ tb Oregano
1 squish bbq sauce
1 squish hot sauce
Garnish
1 hand mozz cheese
1 dash oregano
1 dash Parsley flakes for color

Grill wings to near completed cooking (or bake on a grill pan so juices drip). Never crock or bake wings in their fat, always let them drip. Mix all the sauce items into a large shakable container. Wait for wings to cool to acceptable temperature and shake in sauce in the container. Place wings back on the grill grate close together, using the remains of sauce, baste wings to get a thick coat. Grill another 10-20 min till the topping is dry/crusted, don't burn them. Add Mozz and heat for additional few minutes till cheese melts, then pull and garnish with spices, serve, enjoy.

Optionals:

- Add your favorite toppings if you like, like pureed pepperoni, sausage, fine diced onions, any topping you like on a pizza, put right into the sauce, but needs to be finely mixed.
- Basting wings on first grill with olive oil may get them crispy quicker.
- Wanna make them a pan fav, place all wings after final cooking into an oven pan flat and close together, garnish with a generous amount of mozz cheese and any other toppings you'd like, then let your guests pull the gooey cheesy pizza wings from the pan with a spatula.

Snacks

Cheesy Crispy Treats

- Take a classic rice crispy treats recipe
- Add ½ cup powdered cheese (molly mc butter, or cheese packet from Mac'n'cheese)
- Never add any other liquids

I know it sounds strange, but the cheesy crispy treats are crazy good for a Green Bay tailgate.

Other Crispy Treat Ideas:

- Garlic Butter and Herb – Add garlic powder and some of your fav herbs
- Ranch – Add ranch powder (hidden valley ranch dip mix)
- French Onion – Add a French onion dip packet
- Fire Crispy Treats – Add hot powder (like chili powder, and a variety of spicy powders and pepper flakes)
- Buffalo – Add wing powder and ranch powder (hidden valley ranch dip), careful on the portions.
- Any Dip – Pretty much dry powder or dip mix would work

Burrito Chips

3 ea Soft burrito shell
1 ds spices (salt, season salt, or whatever you like for a chip flavor)
1 ds water

Lightly coat burrito shell with water, then apply seasoning to wet side. Oven at 200 until golden brown. Break and server as chips for a light snack.

OR

Replace spices and water with your favorite flavored sauce. Apply a thin layer evenly all over burrito shell.

Buffalo Chips - spread on hot wing sauce
BBQ chips - spread on BBQ sauces
Vinegar and salt - spread on a little bit of vinegar and salt
Butter Chips - spread on butter and a dash of salt

Hummus

Hummus

Don't be scared off by the term Hummus. It's very good chip dips, healthy for you and gluten free (the base recipe). Follow the basic recipe and then alter it. I typically a dash of sugar, and salt to taste. Sometimes I add food coloring to enhance color.

Basic Recipe

1 Olive Oil
1 cn Garbanzo Beans
1 Salt
1 Juice (garbanzo beans or other)
1 garlic powder
1 Parsley
1 Lemon Juice
1 optional Tahini



Cilantro lime jalapeno (Awesome) My Signature Flavor

Cilantro, Jalapenos, Lime juice 1/2, Jap Juice 1/2

Hot Wings (Awesome)

Hot wing powder, Hot sauce, Ranch, Liquid smoke, (no salt)

Pepperoni Pizza (Great)

Pasta sauce, Pepperoni, Mozz cheese, Parmesan cheese, Oregano

Pepperoni tomato Pizza (Very good)

Pasta sauce (less)
,tomatoes
,Pepperoni
,Mozz cheese
,Parmesan cheese
,Oregano

Spicy Pizza (Awesome)

Pasta sauce
,Pepperoni
,Mozz cheese
,Parmesan cheese
,Oregano
,Red pepper flakes

Cilantro lime (Pretty good)

Cilantro
,Lime Juice 1/2

Cheeseburger (Pretty Good)

Liquid smoke

,Cheddar Cheese powder
,Ketchup, mustard
,Onion powder
,Optional bacon bits
,Dash BBQ sauce
,Pickles

Margarita. **Not Bad**

Tequila / Triple sec 1/2
,Lime juice 1/2
,Extra salt to taste

Garlic parmesan parsley **Meh**

Extra garlic
,Extra Parsley
,Parm cheese

Bowl of Chili **Very Good**

Chili powder
,Cumin Powder
,Hot sauce
,Liquid smoke
,Onion powder

Bruschetta **Awesome**

Tomatoes
,Fresh basil
,Extra garlic
,Extra oil
,Mozz cheese
,Bread crumbs (optional)

Lava ! **Hot hot hot**

Any hot items you have in house (hot sauce, pepper flakes, fresh peppers, hot powder)

Mojito **Too Sweet but good**

Mint
,Lime juice
,Sugar

Spicy bruschetta **Great**

Tomatoes
,Fresh basil
,Extra garlic
,Extra oil
,Mozz cheese
,Bread crumbs (optional)
,Red pepper flakes / hot powder / hot sauce

Caribbean jerk **Good**

Caribbean Jerk spice and sauce
,Onion powder
,garlic powder

,Hot powder to taste

Jalapenos lover **Good n hot**

Jalapenos
,Jap juice from jar

Pepperoncini **Meh**

Pepperoncini peppers
,Pepperoncini juice from jar

Horseradish n baked beans **Good**

Horseradish
,Baked beans
,Liquid Smoke

Rubin

Southwestern cumin

Loaded potato **Good**

Spud flakes
,Bacon bits
,Butter
,Sour cream
,Cheese
,Salt/Pepper

Chili lime

Chili limon

Pickle Olive

Hummus... yet to try to invent
Coffee
Greek olive
Green olive
Fish and chips
Pb n J
Fruit
Jelly
Nuts
Pickle lovers
Lemon lovers
Horseradish something other
Rubin
Mustard onion
Southwestern cumin. @
Pickle ham n cream cheese
Salsa
Taco bean burritto
Lasagna ! Itallian.
Chili lime.
Smokey garlic
Garlic lovers
Tabasco

Bloody mary
Soy wasabi. @
Jap pickle
Tabasco sweet pickle
..... Done.....

Cilantro lime jap. Awesome
Cilantro lime. Very good
Cheeseburger. Yum
Hot wings. Very good
Margarita. Pretty good
Garlic parmesan parsley. Meh
Chili. Yum. Good good
Bruchetta. Awesome
Lava. Hot hot hot
Mojito. Too Sweet but good
Spicy bruchetta. Great
Pepperoni pizza. Awesome
Spicy pizza. Awesome
Caribbean jerk. Good
Jalapenos lover. Good n hot
Pepperocini. Meh
Horseradish n beans. Smoke. Good
Pineapple jap. Horrible.
Chili limon. Good!
Curry onion mustard Not bad
Olive pickle. Not bad. Different
Loaded potato. Goodish

Spreads and Dips

Dip Recipes:

500 mile:	Ketchup, mayo, Red Oriental Rooster sauce
Tart-ter:	Mayo, chopped onions, green peppers, pickle
Cuc Wasabi:	Cuc, mayo, wasabi (possible use of sour cream instead too)
Shrimpsabi:	Ketchup, Wasabi (optionally add oriental rooster sauce for heat)
Honey Mustard:	Honey, yellow mustard
No! Honey Mustard:	Mustard, mayo, sugar, garlic powder, onion salt others...
Hot Sauce:	Vinegar, salt, cayenne, corn starch, jap juice
Gold Fever:	Hot sauce, dash mustard (ranch optional)
Pickle rollup:	Pickles, onions, sour cream, spices
French Onion:	Sour cream, onion soup mix
Dill Weed:	Dill, ranch, sour cream, garlic

Artichoke Dip

1	c	parmesan cheese
1/2 c	Mayo	
1	cn	artichokes (drained)
1	dash	salt and pepper
1	squish	hot pepper
1	squish	Worcestershire sauce
2	tb	butter
1	dash	sugar
1	tb	onion powder
t	tb	garlic powder

Croc-a-mole

2	ea	Ripe Advocados
1	med	Onion
1	med	Green Pepper
1	tb	Chili/Cayenne powder
2	tb	Granulated or powered garlic
1	tb	onion powder
1	hand	Crushed cheddar cheese (optionally use buffalo or jap cheese, some sort of hot cheese)
5-10	ea	canned Jap slices
1	dash	Salt and pepper to taste
1	squish	Lemon juice
1	squish	Lime juice

Freeze cheddar for a few days, when you thaw it, it will crumble easy. Slice and deflesh the advacaos, (easy to scoop out flesh with a spoon, if you cannot, it's not ripe). Finely dice onion and peppers. Mix all the indredients together and using a hard spoon or kitchen utensil, mix and crush ingredients, basically mottling the mix in a large mixing bowl. After you have

Bret Mon's Homemade Salsa

1 cn	diced tomatoes
1 can	tomato sauce
dash	sugar
1	Green Pepper diced

- 1 Onion diced
- 1 tsp Garlic powder
- 1-2 tsp lemon pepper salt (or other salt seasoning)
- 1 tsp lime juice (optional)

Chill, tastes better chilled.

Bret Mon's Classic Salsa

- 1 med onion
- 1 cn Diced tomatoes
- 1 ea Green bell peppers
- 1 tsp (or so) Cayenne pepper
- 1 tsp (or so) Creole seasoning
- 1 dash Red pepper sprinkles or habanero sprinkles
- 1 squirt Lime Juice
- 1 squirt Lemon juice
- 2 tb Sugar
- 6 ea slices of jalapeno

Dice all ingredients, drain excess liquid. Season, and add juice. Shake in container, serve cold and fresh.

Bret Mon's Caribbean Salsa

- 1 Med onion
- 4 Large tomato's
- 2 Green bell peppers
- 10 slices of jalapeno
- 6 stalks of celery
- 1 med cucumber
- 2 tsp (or so) Cayenne pepper
- 2 tsp (or so) Creole seasoning
- dash of red pepper sprinkles or habanero sprinkles
- 3 limes
- 2 lemons

Dice all ingredients. Season, and squeeze fresh lemons/limes over mix. Shake in container, serve cold and fresh.

Bret Mon's Salsa Italiano

- 1 cn Italian style diced Tomato's
- 1 ea Green Pepper
- 1 ea Onion
- 1 tb Garlic powder
- 1 c Mozz Cheese
- 1 dash Lime juice
- 1 tsp Seasoning salt
- ? Crushed Red Pepper sprinkles
- ? Cayenne pepper powder (or hot sauces)

Dice onion and green pepper, mix all ingreds together. Hot sauce and crushed red pepper to your desired heat level

Bret Mon's Flavored Salsa's

- 1 lg onion
- 1 lg green pepper
- 1 dash cooking oil

1 dash chili powder
1 dash seasoning salt
1 dash Sugar
1 ts Garlic powder

Flavors:

- Berry Jam: Add Strawberry and Grape jam
- Buffalo Wings: chopped celery, buff hot wing sauce, blue cheese, ranch.
- Caribbean Jerk: Caribbean Jerk Sauce BBW and Bret Mon's Caribbean jerk powder
- Asian – Sesame seeds, sesame seed oil, soy sauce, BWW Asian zing sauce
- Sushi – ginger, wasabie, soy sayce
- Wine Jelly – add blended wine jelly/jam
-

Bret Mon's Parmesan Artichoke Dip

1 c parmesan cheese
½ c Mayo
1 cn artichokes (drained)
1 dash salt and pepper
1 squish hot pepper
1 squish Worcestershire sauce
2 tb butter
1 tb sugar
1 tb onion powder
t tb garlic powder

Melt butter, mix all ingreds, dice artichokes, mix well, serve hot with crackers or French bread

Liver Paste

Sometimes known as Liver Pate, this is a predominant appetizer served in many old school supper clubs, with my own take on.

1 lb Chicken Livers
2 tb butter
3 ea hard boiled eggs
1 large onion
1 tb whorstishire
1 splash Whiskey or Sherry/wine
1 tb oil
1 pk cream cheese

Cook chicken livers, then food processor blend the shit out of all the ingredients. Add fluids or oil to thin for blending, only as needed.

Bretschweiger Paste (Pate)

1 lb braunschweiger
1 med onion (1/2 – ¾) cup chopped
2 ea hard boiled eggs
½ stick butter
1 dash Lemon juice
1 dash garlic powder
½ ts salt
½ ts ground/cracked pepper
1 splash juice (cranberry, some sort of berry, sherry or wine)

1 ts olive oil

Blend the shit out of it, serve with chips.

Bret Mon's Pesto

30 ea basil leaves
5 ea sweet pickle slices (optional), sub 2 tb sugar/dash vinegar.
1 tb sugar
10 ea Parsley
1/8 c Olive Oil
1/4 c pine nuts
1/4 c Parm cheese
1 ds hot pepper flakes
? ds Salt/pepper to taste
? ea Water or other sauces as needed for mixing solvent.

Throw is all in a food processor and blend the shit out of it.

Horse Ranch Cheese Sauce:

1 dash garlic powder
1 squish Horsey sauce
1 squish mayo
1 squish Ranch dressing
1 dash sugar
1 hand mozz cheese
1 dash Parm cheese
1 splash oil

* They horsey ranch cheese sauce is awesome, heat up in a pan if you want to make the sauce its own stand alone dip or other.

Mango Pineapple Salsa

2 ea Mango
1 cn pineapple chunks
1 cn diced tomatoes
dash sugar
1 Green Pepper diced
1 Onion diced
1 tb Garlic powder or granuals
1 ea salt or season salt to taste
1 tb hot sauce, or add to liking
1 tb chili powder

Cook the onions and peppers for 5 min, then let cool. Slice up mango (deskin) and pineapples Add all ingredients.

Appetizers

Crawdaddy bread

---Crawdaddy sauce---

1 ts Creole seasoning
1 ds Zatorans Crab Boil
1 cn small can V8 Spicy or Tomato Juice
1 tb Sugar
1 tb lemon juice
3 ea Butter

1 ea Homemade bread (or substitute traditional store bought)
15 ea Shrimp

Steam shrimp(save ½ c juice) ,peel, then shred fine (food processor) with some juice. Mix all seasonings, juices together. Reduce, pour in shallow pan, dip bread in, so you get juice and some shrimp pieces on bread. Optionally toast in oven, optionally adding cheese.

Prawn Wingo

4 ea prawns (jumbo shrimp)
8 ea chix wings
1 ea Caribbean jerk sauce
1 ea chix wing sauce (base red sauce, hot sauces, optional dash crushed red peppers)
1 ea ranch sauce
1 shake basil
1 tsp butter or Italian oil

Clean prawns, leaving tail on. Cook raw chick wings over grill to golden. I freeze wings, so thaw pre-cooked wings in nuke for 5 min. Mix Caribbean jerk sauce with prawns and pan fry, stirring constantly, prawns cook up fast, so don't over cook, take off heat and place onto plate. In shake container, mix wing sauce and shake hot chix wings, dump onto plate, spatula sauce out. Decorate wings with zigzags of ranch and dazzle with basil.

Mini Chili Bowls Appetizer

Basic Bread recipe

Basic Chili recipe

Corn starch

Flour

(cheese)

Prepare your favorite chili recipe. You will need it thick, use cornstarch and flour to make it thick. Follow your basic bread recipe, feel free to use a bread maker to knead the dough, take it out just before baking process.

Lightly flour baking sheet. Take about a table spoon of dough, it should roughly make a sphere about 1 inch in diameter. Roll the dough in your hand making a ball. Fill the baking sheet, spacing them about 2 inches apart. Bake per break instructions until golden brown. Take out of oven and let cool.

While warm, cut each "bread ball" in 1/2. Using your thumb, press inside the 1/2 bread ball, so it makes a bowl shape. Do all bread balls the same. To get some bread balls to stand up correct, you might have to cut a small slice of the rounded bottom. You have the option of freezing some bread balls if you wish, they freeze good for later use (another day).

When ready fill each "mini bowl" with enough chili to fill it heaping, but not falling off bowls. Serve in warmer or toaster warmer.

Option: Cover each bread bowl with a sprinkle of cheese and broil until cheese is melted. You can get them crunch if you do it right.

Mini Chili Dogs Appetizer

Basic Bread recipe
Basic Chili recipe
Corn starch
Flour
Mini Hot dogs
(shredded cheese)

Prepare your favorite chili recipe. You will need it thick, use cornstarch and flour to make it thick. Follow your basic bread recipe (buns), feel free to use a bread maker to knead the dough, take it out just before baking process.

Lightly flour baking sheet. Take about a table spoon of dough, it should roughly make a shape like the size of the little hot dogs about 1 inch long. Roll the dough in your hand making a weenie shape. Fill the baking sheet, spacing them about 2 inches apart. Bake per break instructions until golden brown. Take out of oven and let cool.

Slice mini buns in the center and place dog inside. 1 Tsp of chili on top, optionally top with your favorite shredded cheese

Bret Mon's Maki-san or Mini-maki Sushi Appetizers

Basic Roll

2 sheet Nori (Seaweed paper)
1/2 c rice
dash salt
dash vinegar
1 Bamboo Mat
sets Chop sticks

* The Mini-Maki is a basic Maki roll that is packed VERY TIGHT, and sliced thin, finger food, no sticks needed.

Top with

1 ea Various ingredients

Garnish

Soy sauce
Wasabi
Gari (pickled ginger)

You don't need raw fish for this fun appetizer. Cook rice as per directions, until all water boils off. Let cool. Roll Sushi rolls using only rice. Should make 2 rolls. Cut into 1/2 inch sushi maki pieces. Top with any ingred you wish. You only need about 1/2 cup of ingreds for 1 roll. Garnish with traditional Sushi garnishes and chopsticks

Examples:

- Chix salad chix, celery, onion, bread crumbs, spices, mayo
- Sack Lunch Sandwich meat, cheese, dressing
- Tuna Salad Tuna / Mayo and spices
- Toasted cheese fry sushi pieces in butter, top with cheese, or have cheese inside roll
- Shrimp dip Mix shrimp/ketchup/wasabi, top with 1 shrimp, dot eye with red sauce
- Crabzilla Crab Salad (crab, celery, mayo, onion), optional batter fry
- Smoke fish Mix tuna with liquid smoke

- Pickle-san Pickle and cream cheese
- Pepper-san Various peppers and hot sauces
- Sushi Italiano Smoke salmon, tomatoes, garlic scapes, parm cheese, basil, sesame seeds

Be inventive!

Bret's Bruschetta

- 1 pk Pita Crackers (or toasted French bread slices)
- 1 pk Cherry Tomatoes
- 1 pk Fresh Basil leaves
- 1 ea olive oil
- dash garlic powder
- pinch salt
- slices mozz cheese
- pinch parmesan cheese

Brush crackers with olive oil, lightly sprinkle garlic and salt. Cut Mozz cheese into triangles, placing one on each cracker. Add a basil leaf, then ½ cherry tomato, sprinkle with parm cheese.



Mini Taco Salad Bowls

- 6 ea Med Soft taco shells (8in?)
- 1 ea Lettuce
- 1 lg Chicken Breast grilled
- Taco fixings options (sour cream, tomatoes, japs, onions, g peppers, cheese, refried beans)

Spray shells with water and nuke for a minute until they are soft and hot. Quickly before they harden, shape shells into a cupcake pan. Folding it correct, you can get it to fit. The shell should mimic a taco salad bowl. Bake at 400 until golden brown, take out before they cool.

Cook chix till it's done, brown outside grill or pan fry. Dice finely. Fill bowls with lettuce, chix and taco fixings.

Buffalo Chix Pizza Foldups

- Shredded chicken
- mozz cheese
- hot wing sauce
- ranch or blue cheese
- small flour tortillas

Cook chicken, mix with hot sauce and ranch / blue cheese. Add chicken and mozz cheese to a tortilla then fold in 1/2. Cook on low broil till brown, flip and continue till other size is brown. freeze and microwave 2 minutes when you need a snack. Cut into smaller bite size for appetizers.

Meat Disc Appetizers

- 1 tb Butter
- 1 pk Onion soup mix
- 2 lbs Burger
- 1 ts Garlic powder.

½ c Bread crumbs
 3 ea Eggs
 1/8 ts Salt & pepper each
 5 ts Parsley
 1/3 c BBQ sauce
 ¼ c Ketchup

Sauce:

2 tb Butter
 1/3 c BBQ sauce
 ¼ c Ketchup
 ¼ c Tomato Sauce
 1 ea Add seasonings to taste

Instead of meatballs, you press smaller meatballs flat, yes basically flat disc like meatballs. You can pan fry to brown then crock.
 Optional: Add hot sauce in place of ketchup, replace BBQ sauce with your fav Italian sauce over noodles

Meatloaf Balls

1 lb Cheef (ground beef and chicken)
 1 ea BBQ sauce
 1 c Bread crumbs
 1 ea Seasoning
 1 squish Ketchup
 1 squish mustard
 1 ea salt / pepper



Mix meat, breadcrumbs, ketchup/mustard and seasonings including a squish of BBQ in a bowl. I like to use my favorite breading recipe (mock KFC), see inside this cookbook. Roll 1.5 inch balls with your hand till they are perfectly round, put on greased baking sheet. Place balls very close to each other, then carefully squish BBQ sauce generously over. Bake at 350 till they are done, the BBQ sauce on the pan will start to harden, turn black. Another option to soak your balls in BBQ is in a bowl full of sauce, and then place on pan.

Crunchy Sage n Oregano Meatballs

1 lb ground meat (I like to make my own steak/chix, very lean I call it cheef)
 1 c bread crumbs
 1 squish bbq sauce
 2 ea eggs
 2 tb sage
 1 tb oregano

Mix all ingredients, roll into balls. Lightly oil pan and bake until the outside is dark brown. Serve with pasta and sauce.

Bret Mon's Bruschetta Bread

1 ea French style bread
 1 ea Tomato
 1 tb Basil / Oregano (or Italian seasoning)
 dash sugar
 dash lime or lemon juice
 1 tb Italian dressing
 1 tb garlic powder
 dash salt
 dash vinegar
 1 fist mozz cheese

Cut and toast bread like making garlic bread. Dice tomato and add ingreds, mix and top on toasted bread. add shredded mozz cheese.

Baked Cheese Plate

1 ea Cheese (variety like cheddar, swiss, mozz, etc)
1 dash salt to taste or your own fav spices

Slice cheese thin and spread all over plate evenly. You and mix and match slices all over the plate. Go thin for a crusty golden cheese or go thick for a gooey cheese experience. Don't microwave, place in oven at 300, bake until cheese is completely melted. Optionally broil till cheese is golden brown, without burning. Plate is hot, be careful! One cooled, it turns back into hardened cheese.

Enjoy Hot Dip chips or pretzels in gooey cheese
Enjoy Cold: Cool in fridge, once cool, slice it up, toothpicks and enjoy...

Nuked Cheese Plate Crispies

1 ea Cheese (variety like cheddar, swiss, mozz, etc) shredded

Sprinkle shreaded cheese over a plate as shown. Nuke it until it looks done, should start turning brown. You don't want black charred cheese stuck to plate, so keep a watch depending on your microwave. Cheese should be a light brown and reduced. Pull from microwave and scrap quickly with a spatula as one solid piece. Hurry, it won't be long before it will be permanently stuck to plate. Pat dry with towel if oily, cool on a new plate in fridge for 5 min if needed or at room temp. Cut into bite size pieces and serve.

Note: you can do a grill smoke version of this.

Baked Cheese Bruschetta

1 ea large block of Mozz cheese (or bag of shredded)
1 med tomato
10 ea basil leaves
½ ts garlic salt

Chop tomatoes and basil leaves fine. Place all over a large ceramic dinner plate evenly. Slice cheese thin and spread all over plate evenly. Add garlic salt evenly over plate. Place in oven at 300, bake until cheese is completely melted. Broil till cheese is golden brown, without burning. Plate is hot, be careful, cool in fridge, once cool, slice it up, toothpicks and enjoy...

Pulled Pork Pesto Piggies

2 lb pork loin
1 c BBQ sauce
2 c Pesto (spicy basil pine nut)
1 ea Italian bread
1 c Mozz Cheese
1 lg Tomato (optional)

Crock the pork overnight so it's pull apart. Take of pork out of crock, pull and mix in BBQ sauce. Slice bread into ½ inch slices. For tomato version,



slice tomato thin and place on bread. Then spread 1 spoon of BBQ pork on each slice of bread, spread on top of that a spoon of pesto, top mix mozz cheese. Bake till cheese lightly golden brown. Optionally add Fresh basil or other Italian seasonings.

Smoke Salmon and Goat Cheese Rollup

2 ea green onion stalks
1 ea smoke salmon
1 ea goat cheese (preferably spreadable)
1 ea Flour soft shell burrito (large)

Spread a fair amount of cheese around the burrito shell. Place onion stalks and salmon chunks in front and roll up the shell. If you have a sushi roller, this helps. Get the burrito as tight as possible, squeeze that sucker a bit till it's really tight...then cut into ½ inch rolls, keeping the sides on surface of platter. Serve as is, optionally with lite soy and ginger garnish.

* optionally coat outside of burrito top with red caviar

* you could attempt to use sushi nori paper instead of burrito to make Maki rolls, but I failed miserably on that, the rollup works best and good for cocktail parties.

Goat Cheese Curds with Caviar

1 pk goat cheese curds
1 ea small container caviar

Goat Cheese with Caviar

1 pk goat cheese (soft)
1 ea small container caviar
1 bunch small little spoons

Place heap of goat cheese in a spoon then top with caviar

Fish and Chip Hummus / Pressed Rye Bread Chips

1 ea salmon filet
1 ea Hummus recipe
2 hand potato chips
2 tb lemon juice
2 tb butter / butter seasoning

Cook salmon in oven in tinfoil till done. Along with the salmon, mix all the ingredients together and food process till creamy. As needed add extra olive oil, lemon juice, or water to thin if it's not

6 ea Dark Rye Bread slices
1 dash salt

Season each slice very lightly with salt..Press the Rye bread with rolling pin till flat, make 2 diagonal knife impressions, and one vertical impression on each slice, trying not to cut all the way thru the slices. Bake 10-15 min until crispy. Break each slice on knife impressions to make chips. Yields 6 chips per slice.

You can optionally mix in rye chips with classic Ruffles chips. Optionally offer ½ onion slices garnish.

Chicken Rolls

3 lg chicken breasts
1 hunk cheese *any flavor
1 ea Italian spice



- 1 ea ranch *or other sauce
- 1 pinch salt
- 1 roll cotton cooking string

Place chix breast in a gallon zip lock and pound it flat with a hammer (side of the hammer). Slice and layer 2 rows of cheese, add sauce and spice well, pinch of salt or other seasonings. Using a sushi bamboo roll (or soft plastic cutting mat), slowly roll the chicken into a roll. This is a challenge but it works well with flexible plastic mat. Once rolled, place in freezer for approx. 1 hour to not completely freeze it but to freeze the outside so you can string it. After partial freeze, using the string, you want to make it so it won't fall apart, see online suggestions for wrapping methods. Tie it off and grill it. Grilling times vary, but I like to use the upper shelf on a charcoal grill, turning every 10 min or so, looking for a nice golden dark brown. Once done, take off grill and cut off string, place tooth picks every inch, then slice each creating appetizers. Plate and serve with or without sauce.

Other Ideas:

- Buffalo sauce, hot cheese and ranch

Meatatoes Meatloaf filled potato skins

- 1 ea meatloaf
- 8 med potatoes
- 1 ea BBQ sauce
- 1 hand shreaded cheese

Make a meatloaf recipe but don't cook it, adding a little bit of BBQ sauce to mixture. Bake potatoes then cut off top, dig out potato like you would if making twiced-bake, putting 1/2 of the spud guts into the meatloaf bowl, mix well. Make something else with the other 1/2 of potatoes. Fill potato shells with meat/potato mixture. Glaze with bbq sauce and slow grill until done.



Chicken on a stick - BBQ chicken meat on a stick with seasoned breading

- 1 lg Chicken Breast
- 1 ea BBQ sauce
- 1 ea Shake and Bake mix
- 1 dash salt and pepper
- 8 ea wooden skir sticks (or small dowels)

Cut breasts into slice, should get a good 6-8 out of a large breast. Thread each chicken slice on to stick. Paint on BBQ sauce and dip into shake/bake. Grill and serve, everyone loves chicken on a stick!!!



Smoked Chicken Legs — Healthy fall off the bone smoked chicken

- 1 pk Chicken Legs (without thigh), usually about a dozen to a package
- 1 ea seasoning

Take all skin off the legs, then grill smoke your seasoned chicken legs until just about done, should have a nice smoke look to them. Insta-pot all legs with your choice of water, or other seasoned fluids. I would stay away from beer, maybe whiskey or wine, might want to experiement first. I suggest a nice chicken stock for the water needed for the pressure process. Pressure cook legs for 1 hour. The legs will now shrink on the bone a bit, releasing the knuckle and other unwanted parts, a great eat off the bone experience. Carefully take the legs out of the insta-pot and plate. Add your fav wing sauce or eat them as is, they should have a great smoke flavor, and be very easy to eat , if not falling off the bone.

Chili Wings & Weenies

1	pk	Chicken Wings
1	pk	Little hotdogs (lil' smokies)
2	cn	Hormel Chili
1	cn	Chili beans
2	tb	Brown Sugar (add to taste)
1	cn	Chili sauce
3	tb	Chili powder
1/2	c	jap juice
1	c	water

Place wings and dogs in the bottom of the crock pot. Add the rest of the ingredients on top. Crock for 2-3 hours (longer if desired). You may want to grill the wings first to give smoky flavor and to avoid all the chicken grease.

Pineapple Cheese Popper

1	cn	Pineapple Chunks
1	pk	Cheese (swiss, cheddar, parmesan, other)
1	jar	Tamed Jalapenos

Cube cheese, using a toothpick, start with cheese, then pineapple, then finally top with jap. Take it one level farther...

Toothpick Hors Devours

Choose various items to be put on a tooth pick. Always have the bottom be a cube of cheese, then add 1-3 items, and change the order and items, for tons of variety.

Cheeses: Any block cheese, I like to get the simple blocks, Swiss, Cheddar and Pepper Jack, or any others of your favs

Items:

Grapes	cantaloupe	Chicken Chunk
cocktail onions	beef stick	Turkey Chunk
mushrooms	Ham	
tomato	Olives	
pinapple	Black Olives	
mango	Jalapenos	

You optionally could offer some sort of dipping sauces like Ranch, French onion, Fruit dipping or other

Bret Mon's Open Faced Sloppy Joe Sliders

1	pk	ground meat (I like 1/2 chicken and 1/2 steak)
2	cn	Sloppy Joe (yeah yeah, not scratch, but so good for a base)
1/2	c	BBQ sauce
1	dash	hot sauce
1	med	onion (or onion granuals)
1	dash	mustard
1	dash	ketchup
1	pk	shredded cheddar cheese
1	pk	med size dinner rolls
1	dash	Ground Pepper

Brown ground meat. Make sloppy joes in a crock pot, adding all ingredients but cheese. Heat until simmers, then take off heat. Cut rolls in 1/2 and top with sloppy joe and cheese, then toast in oven till cheese is melted and bun is toasted.

Sides / Side Dishes

Sweet Potatoes

I wanted to come up with other versions of sweet potatoes past the classic butter/brown sugar.

Loaded Potato	:	Butter, bacon bits, sour cream, cheddar cheese, salt/pepper
Cheesy Cheese	:	any cheese, and lots of it, optionally use Molly Mc Cheese or any type of powdered
Barbeque	:	BBQ sauce, onions, pepper, optionally bacon bits
Jamaican Jerk	:	Jerk seasoning
Asian Zing	:	Asian zing sauce, or oriental sauce
Buffalo Wing	:	Chix wing sauce, blue cheese,
Italian	:	Italian seasoning, Mozz cheese, parm cheese, optional red sauce

Mashed Potatoes

See Infusion section

Mandarin Lime Cilantro Corn

1 cn	Can or Cob Corn
1 cn	Mandarin oranges
1 squish	Lime Juice
½ hand	Cilantro
1 slab	Butter

Option: Pineapple chunks, Hot Sauce, Green Peppers

Loaded Potato Salad

4-5	med	Potatoes
2	tb	Bacon bits
¼	c	Chives
2	tb	butter
1	c	sour cream / Greek yogurt
½	c	Shred cheddar cheese
1	tb	Vinegar
1	c	Mayo / Miracle whip
3	tb	Mustard
2	ea	boiled Egg
1		Salt/pepper to taste

Slice potatoes in quarters, smoke grill till done. Dice potatoes, and eggs. Add all the items and mix.

Greens and Beans Medley

This was inspired from mixing Green Beans with other beans (beans and beans), but it mutated into something better. There is really no measuring of ingredients or specific ones in mind, be creative.

Base Recipe: Green Beans, Sugar snaps, Kidney beans, Field peas in sauce with a Southwest spice or Cumin.

Greens: Green beans, Sugar Snaps, Snow Pea, Broccoli, peas, Zucchini, Cucs, Asparagus, (corn for Jamaican recipes)

Beans: Field Peas, Kidney, Baked, White, Northern, Black, Garbanzo, Red, etc

Sauces/spices: Jamaican Spices, Caribbean sauce, BBQ sauce, Southwest, Cumin, Mango Hab, Hot Sauce, etc.

Dirty Apple Sauce

Cored Apples (washed well)

Cinnamon

Brown Sugar

Carmel ice cream topping

This recipe is pretty much open to flavor. Core your apples, throw them into a food processor skin on with how ever much Cinnamon , carmel and brown sugar you want. Process as long as you like. Try a light version, with little sugar and cinnamon. Try a dark version, heavy on sugar and cinnamon. How about Green Apple and Carmel. Enjoy a quick and easy apple sauce recipe. Don't like them dirty, then skin them after coring.

Salads

Bruschetta Salad

1	ea	Lettuce head
1	ea	package of basil
1	ea	carton small cherry tomatoes
1	ea	package of mozz cheese whips
3	ea	slices bread
1	ea	Garlic powder shaker
1	ea	olive oil

Toast bread in toaster/convention oven (not toaster) golden brown. Dust with garlic powder. Rip up lettuce into large bowl. Dice up string/whip cheese and toss into bowl. Put cherry tomatoes into bowl, any large ones slice in half. Sprinkle garlic powder onto bowl. Add garlic croutons to bowl, then drizzle olive oil into bowl, then Toss The Salad. Enjoy Salt or season to taste with salt or Dash type seasonings.

Bret Mon's Salad Tossers

Premade containers with various ingredients (croutons, bacon bits, etc) for the grab and go salad.

Save empty plastic spice containers (save these after you are done with spices)

Various ingredients to fill into Tossers: (choose your favs, make different flavors)

- Bacon bits
- Croutons
- sesame seeds
- sunflower seeds
- dried fruit
- Mrs./Mr. Dash
- Rice noodles
- Almonds
- Raisins
- soy nuts
- Dried Onions
- Fried noodles
- Parm cheese
- pepper flakes
- Pine Nuts

Make a salad, and open the container and dump contents onto your salad!

Burger Salads

Hold the croutons, and use healthy or low fat/calorie ingredients if you want healthier selections, salt/pepper meat to taste. Toss all the ingredients into a big ass bowl and toss the salad around mixing it generously and enjoy. Obviously each selection is your fav lettuce, add the other ingreds.

Cheese Burger ground browned burger shredded cheddar, diced pickles, diced onions, ketchup, mustard, Croutons.

Bacon Burger ground browned burger, shredded cheddar, diced pickles, diced onions, slices of diced bacon, ketchup, mustard, Croutons.

Big mac ground browned burger, shredded cheddar, diced pickles, diced onions, 1000 island, Croutons, sesame seeds

BBQ ground browned burger, shredded cheddar, diced pickles, carmalized onions, BBQ, Croutons.

Sloppy ground browned burger and sloppy joes mix, shredded cheddar

Taco taco meat, japs, taco sauce, Mexican cheese, sour cream, refried beans, etc, crushed tortilla chips or baked salad bowl

Pizza mini pepperoni and/or ground brown sausage, mozz cheese, oregano, croutons

Supreme Pizza mini pepperoni and/or ground brown sausage, mozz cheese, oregano, croutons, green pepper, onion, etc...

KFC	Popcorn chicken, with or without your fav sauce, optionally brown hashbrowns, and fav cheese
Buffalo Chix	diced smoked chicken, hot wing sauce, ranch/bleu cheese,
Italiano	Diced chicken with Italian sausage, marinara sauce, Italian spices, rice noodles
Ruben	Make your own croutons out of dark rye bread, sliced pastrami and swiss cheese with 1000 island
Mac n Cheese	Yep, throw a thing of mac and cheese in a bowl of lettuce, add sprinkles of cheese
Spam	Diced browned spam with your fav shredded cheese, and with or without your fav dressing
Little Piggy	Pulled pork and optional cole slaw, BBQ sauce, choice of shredded smoked cheese, optional onion
Ohh Hot	Yep,pick your fav stir fry ingreds and dump right over lettuce, raw or cooked veggies
Black n Bleu	Ground steak, A1 sauce, bleu cheese and or bleu cheese dressing , Worcestershire sauce, bacon, green onion, garlic

Chili • Soup • Stew • Chowder

Bret Mon's 1st Chili

1 lb Ground Meat (Turkey, Beef or Chix)
1 cn Sliced Tomatoes
1 cn Tomato Sauce (small)
1 cn Chili Beans (spicy optional)
1 med Onion
2 tb Chili powder (heaping)
2 tsp Sugar
2/3 c Macaroni Noodles
¼ c Jap juice

optional:

ea crushed red pepper
ea hot sauces
½ c mozz cheese
tsp cumin

Brown meat in large pot. Add all other ingredients, except noodles. Can splash all cans to 1/3 and bring to a boil. Add noodles and simmer for 20 min. If you desire some spicy, a good bet is to add pepper seeds with ingredients and simmer. Otherwise add spices after to taste. Remember some don't like spicy, you might want to add just to your bowl.

Clam Chowder/Soup

1 cn Baby calms (can splash full can)
1 cn Cream of mush (can splash full can)
1 cn Cream of celery (can splash full can)
2 med Potatoes
1 lg Onion
1 tb Creole seasoning (some type of New Orleans Blend)
Optional few slices of Japs with seeds for spicy

It's more like a soup.... Put clams and can splash water into pan, bring to boil. Add diced onions and potatoes (skin optional). Add cream of mush/celery and can splashes and remainder of ingredients. Simmer for 20 min. Season to taste.

Tan Turkey Chili (White Chili)

2 lb turkey ground
2 ea onions (diced med)
1 ea potato (diced fine)
3 cn white cream of (mushroom or celery) or other
1 c water (or so)
2 cn mushrooms
1-2 ea stalks diced celery
1/2 c chili powder
2 cn hot chili beans
1/2 c diced jap or 2x diced canned japs

Southwestern Lime Jalapeno chili

2	lb	Ground meat
2-3	med	Onions
1	c	Jalapenos (and jap juice)
3	cn	diced tomatoes
2	cn	tomato sauce
1/8	c	Chili powder
1/4	c	Cheyenne chili powder
1	tb	Fresh ground pepper
1/8	c	Sugar
2	cn	Chili beans (which I forgot)
2taste		Seasoning Salt (I use a new Orleans salt blend)
2	tsp	garlic powder
2	cn	Water
3	hand	Elbow Mac
1/3	stick	butter
1	c	shredded mozz cheese
1	ea	fresh squeezed lime, just juice, NEVER use Rhine (bad experience)

Bret Mon's Chicken soup

2-3 chix breasts (boneless)
 x of water
 1-2 stalks of celery
 1 sm onion
 2 tsp oregano
 x tsp chix bouillon
 x noodles

Game Hen Booyah

1 ea game hen
 4 ea carrots
 2 large potatoes
 4 ea stalks celery
 1 cn corn
 1 cn green beans
 1 lg onion
 1 lg Bell Pepper
 10 ea slices jap peppers
 1/8 c oregano
 1 cn tomato sauce
 2taste Season salt (creole or other)

Boil game hen in water at high heat for 1-2 hours. Dice and all add in all ingredients And simmer for a few hours. Season to taste southwestern spices.

Bret Mon's Booyah

2 Chicken Thigh/wing
 Beef
 Chick flavor broth/crystals
 Carrots
 Potatoes
 Corn
 Onion

Celery
Butter
green beans (optional)
Fine Diced tomatoes
Tomato Sauce (optional)
Herbs / Spices
Season Salt (I use Chef Paul's New Orleans Blend)

Optional ingredients

Green peppers	shrimp	bacon
Ham	wine	garlic

Guinness Stew

1 bottle	Guinness
2 hands	celery
2 cn	mushrooms
1 lg	onion
2 hands	green peppers
1 large	steak
dashes	flour
dashes	Garlic salt
10 shakes	Soy Sauce
dashes	sugar
2 med	potatoes
dashes	Corn starch
1/2 c	water

Marinate cubed steak in Guinness, 10 shakes of soy and a couple dashes of sugar, for a few days. slice onions, peppers, and sauté with mushrooms.

Drain off Guinness and mushrooms water into bowl. and brown meat, butter and dashes garlic.

Merge meat and veggies. In bowl, mix flour, and Guinness juice, corn starch, and water. Make gravy baby. Add juice to meat/vegs, simmer till gravy.

Slice Potatoes long ways, about 1/4 inch thick each. broil/bake or grill till golden brown, Irish Thick Chips, a garnish with dinner. Buttered toast as additional garnish.

Guinness Stew Too

2	bottle	Guinness
1	ea	beef
1	lg	onion
1	lg	potato
1	tb	garlic powder
5	squish	soy sauce
1	ea	salt and pepper to taste

Dice, cook and crock for a few hours. Optionally thicken with flour if desired

Coffee Stew

2	Cups	Dark Roast Decaf
1	ea	beef, pork or chicken
1	lg	onion
1	lg	potato
1	tb	garlic powder
5	squish	soy sauce
1	ea	salt and pepper to taste

Dice, cook and crock for a few hours. Optionally thicken with flour if desired (take out all juice, put in pan, simmer and add flour till thick, put back into crock). I choose decaf so the stew isn't caffeinated. You can make your coffee stronger if you wish, adds more flavor.

Cold Jerk Chili (cold, non-cook)

3 c Shredded Beef Jerky (with scissors)
1 lg Onions
3 med Tomato's
1 ea small hand of Japs (diced)
? Chili powder
? Hot sauces/powder
1 Tsp Crushed chilies
1 cn Black Beans
1 dash spices/salt to taste
1 dash sugar

Dice all ingreds, place in Tupperware container. Drain water off beans, add spices to taste. Shake well, refrig overnight.

Enchilada Soup

3 corn tortillas
1 lg onion (chopped)
1 med Green Pepper
1/8c chopped garlic
1 cn cream of chicken soup
1 cn small can corn
3c Shredded Chicken
water
1 tsp Lime powder
1 tb ground cumin
1 tb chili powder / Cheyenne powder
1 tsp Seasoning Salt
1/8 tb pepper
1c Shredded Cheddar cheese
1 tsp Paprika

Bret Mon's Southwestern

1 lg onion (chopped)
1 med Green Pepper
1/8c chopped garlic (or powder)
1 cn Black Bean Fiesta
1 cn small can corn
3c Shredded Chicken
3 tb ground cumin
1 tb chili powder / Cheyenne powder
1 tsp Seasoning Salt
1/8 tb pepper
1c Shredded cheese (of your choice), but Mexican works best

Mushroom/Onion Broth Italiano

2 pk Fresh sliced mushrooms
2 ea Chix breasts or any package of meat of same size

3	ea	onions
1/3	stick	butter
2	tb	brown gravy / bullion mix
1	tb	sugar
2	tb	Italian seasoning
1	ts	garlic powder
1	tb	garlic flakes / minced
1/3	c	soy sauce
2	tb	Steak sauce

Ring of Fire

This is a great recipe with many compliments, simply tone down the hot ingredients to go for flavor instead of heat.

1lb	Meat : Chix, beef, steak or pork (preferred Chix)
4tb	Chili powder
3 tb	Hot Hot sauce
3 tb	Chipotle powder
2 tb	Pepper flakes
3 tb	Cumin
1 tb	Season Salt and pepper
3 tb	Butter
1 cn	Diced tomatoes
1 cn	Tomato sauce (small)
1 cn	Chili beans
1 lg	Diced onion
1/2 tb	Garlic powder

Bretzkrieg Bologna

1 cn	Kraut
1 ea	Ring bologna
3 ea	Cheese Brats
½ c	Japs
1 Med	Onions
1 tb	Rosemary
1/3 c	Brown Sugar
1 tb	Sage

Mix and crock for a few hours!

Bretzkrieg Kielbasa

1 cn	Kraut
1 ea	Polish Kielbasa
½ c	Japs (optional)
1 Med	Onions
1/3 c	Brown Sugar

Slice and steam/brown the sausage in a pan, also caramelize the onions and japs. Throw everything in a crock pot and crock for a few hours, serve and enjoy.

Salmon Chower

2-3 sm	Cans Pink Salmon or 1 large salmon filet (precooked)
1 ea	White/pink wine

1 ea Milk
 1 cont heavy cream
 1 ea flour / corn starch
 1 lg onion
 1 ea seasoning/ salt / pepper
 2 tb butter
 1 squish Lemon Juice

The ingreds are very vague, but the key is getting a flour/corn starch mixture as to thicken. Start with milk and wine, then mix tb of flour and corn starch with some of the milk/wine, and shake, then add as you simmer. Continue to add flour/corn starch until very thin, add pre-carmalized onions (fry em in butter/oil) and salmon and slow simmer till thick.

Philly Steak Chowder/Stew (Stowder)

1 pk sliced roast beef
 1 lg onion
 1 lg green pepper
 1 cn beef consommé
 1 cn beef broth
 1 tb beef broth seasoning
 1 ea salt and pepper to taste, I like extra ground pepper
 1 ts olive oil
 1 tb butter
 1 tb soy sauce
 ½ c milk
 1 tb flour
 1 tb corn starch

Carmalize the diced onions and peppers in a pan with butter and oil. Mix beef broth, seasoning, and consommé with milk, cornstarch and flour. Dice roast beef and put everything into a crock. If it becomes too thick, you can thin with water. If you like thicker, add more cornstarch/flour.

Options: Add stout/dark beer, smoke roasted beef, make it a soup by not adding flour/corn starch

Tomato Basil Bisque

1 cn tomato sauce
 1 carton heavy cream (optional)
 1 pk cream cheese
 1 cp greek plain yogurt
 1 cp milk
 1 ea may need to add water to thin
 1 ea stalk of basil (maybe 10-15 leaves) depending how much you like basil
 1 tb garlic powder or granulated
 1 tb olive oil (optional)
 1 tb butter (optionally add more if you desire)
 1 ea salt and pepper to taste
 1 ea grated parm cheese
 1 hand mozz shredded

In a deep pan, mix everything but basil into pan and simmer until thick. Serve in a bowl with chopped basil leaves, optionally adding a dash of garlic powder.



Carmelized Onion and Garlic Bisque

1	carton	heavy cream
2	ts	flour
½	c	Milk
1	lg	Onion
2	ea	garlic cloves (or 1/8 c granulated garlic)
1	tb	sugar
1	tb	Butter
1	ea	salt/pepper

You can replace the heavy cream and flour with corn starch and flour (less fat), as heavy cream is very fattening. Carmalize onions and garlic in a pan with butter and salt till golden brown ish. Mix the rest of ingredients into a blender and mix well, then pour into pan and Simmer until thick.

Optionally garnish with chopped Arugula or chives.

Maple Pancake and Porkie Breakfast Chowder

2	tb	heavy cream
1	tb	corn starch
3	tb	pancake mix
1	pk	pork sausages (browned and fully cooked), thinly sliced
2	tb	butter
1	ea	salt/pepper
2	Squirt	Maple Syrup

Blend the cream, milk, pancake mix and corn starch in a blender, then mix all ingredients minus the porkies. Simmer and stir in maple syrup to taste, stirring until thick, take off heat, serve adding sliced porkies as garnish on top. Serve as a bisque along or use as a gravy over biscuits, toast, English Muffins, pancakes or whatever.

White Jambulia

2	pk	Wild Rice
2	cn	Cream Celery
1	ea	Turkey Sausage (or your fav spicy sausage)
1	pk	peel and eat shrimp (approx. 15-20) already cooked
1	lg	Grilled chicken breast (cooked)
1	ea	Low Acid Tomato
3	ea	Stalk Celery
1	tb	Shrimp and Clam Boil (Zathrans)
1	tb	Hot Sauce (to taste, add more if needed)
1	tb	Creole seasoning (or to taste, some are very salty)

This is a fairly healthy recipe and also better for those that don't handle acid well like red sauce. Cook Rice separate following recipe. Do not cook shrimp, that will be added last. Mix all ingredients minus rice/shrimp into crock and cook for a few hours. Throw in rice and shrimp and serve.

Bisque / Chowder Infusions

Chowder/Bisque, what's the diff! The way I see it, Chowder is a thick, soup like item with chunks, as a bisque is creamy and doesn't contain chunks. I suggest using a mix of Milk, Corn Starch/flour and a little heavy cream as your thickening agent. The easiest way to convert a chowder to a bisque is a blender or food processor! ☺

Tomato
Bruschetta
Pizza
Mushroom
Onion/Garlic

Seafood Mix
Lobster
Shrimp
Crab
Clam

Mac N Cheese
Pulled Pork
Chicken
Beef
Chili

Southwestern
Loaded Potato
Stir Fry
Cheese

Cheeseburger
Cheese / Broccoli
Brat n Kraut
Hot dog

Chocolate
Smores
Maple Pancake n Porkie
Apple n Cinnamon

Pasta

White Clam sauce with Herbs over Pasta

1 cn Baby clams can splash 1/4
1 cn Mushrooms
1 cn Cream of Celery or Mushrooms can splash 1/4
1 sm Onion
1 stalk Celery
tsp Garlic
2 tb Italian Seasoning
4 hand Egg Noodles

Drain off mushroom and baby clam water, set aside. Cook noodles, and brown clams and mushrooms. Blend onions and celery with drained off liquid, cream of celery and can splashes. Dump blended mix and remaining ingredients into pan, bring to simmer. Drain and rinse noodles with hot water and serve sauce over noodles. Italian seasoning can be substituted with oregano and some other spices.

Bret Mon's Spaghetti

Turkey meat
Tomato Paste
Tomato Sauce
Diced Tomatoes
Green Pepper
Onion
Garlic powder
Lemon pepper
Oregano / Italian spices to taste
Noodles

Italian Chicken bake

5 ea chix breasts
1 cn diced tomatoes
1 cn 8oz tomato sauce
1 med onion
1 med Green pepper
2 tb Italian seasoning
3 tb sugar
1 cn mushrooms
1/3 c parm cheese

put all ingredients into crock and slow cook for 6 hours. serve over pasta optionally.

Mushroom Lasagna

1 lg can mushroom red pasta sauce
1 pk fresh mushrooms
1 pk Lasagna noodles
1 pk Mozz cheese

- 1 pk Parm Cheese
- 1 ea Seasonings: Basil, Italians seasonings, oregano, parsley flakes
- 1 ea Garlic Powder

Start with noodles uncooked, place layer at bottom of pan, cover in sauce, mushrooms, then 1 seasoning and one cheese, next layer, different seasoning, different cheese, garlic powder every other. Final layer, everything and extra Mozz cheese. Cover with foil, Bake 300 for 1.5 hours, then take off foil and bake until cheese is golden.

Garnish with : Garlic bread (sub sandwich bread, butter, add garlic powder and parsley flakes, toast lightly).

Butter Grit Parmesan Garlic Noodles

- 1 pk Noodles
- 1/2 c Grated Parmesan cheese
- 1/3 tb Garlic powder
- 1/3 tb Molly Mc Butter
- 1 ea Dollop of butter (you choose your size and type of butter)
- 1 ts parsley (fresh if possible)
- 1 ds salt and pepper
- 1/4 c Bread crumbs or crushed crackers (even crushed chips works)

Cook noodles as per recipe, then rinse with warm water, and put into bowl. Sprinkle all ingredients except crumbs and parsley. Mix well. Top with crumbs and parsley, add salt to taste if needed.

Optionally choose flavored chips or crackers for that extra flavor (like Doritos for nacho flavor).

Wicked Clamz

- 1 pk Penne Noodles
- 1 cn New England Clam Chowder (large)
- 1 ea Hot Wing Sauce / Powder (season to your fav heat)
- 1 ea White/blush wine (add as needed to simmer)
- 1 hand sliced Italian (or your fav) sausage

Optional Add On:

- Diced Parmesan Crusted Chicken breast
- Jumbo Shrimp
- Diced Tomatoes, Onions, Green Peppers, Jalapenos

Meat, Seafood, Poultry

Bret Mon's Country Fried Steak / Chix

4 ea steaks or chix breasts
1 ea Packet of shake and bake
1 lb ground pork
1 cn cream of Chix
1 cn Cream of Mushroom

At room temp, put shake and bake meat, cook as per instructions. Feel free to add any spices you would like (Caribbean jerk, steak rubs, etc) to the meat.

Thaw pork and cook well over stove. Dump off oil. Add 2 cans of cream of mush/chix. Simmer. Pour over cooked meat and serve.

Crusty Chicken Chunks

5 ea boneless chix breasts
? cracker crumbs
? seasoning (poultry seasoning, and salts)
? jap juice or hot sauce
1 pkg wild rice

cook rice as per instructions... brown cubed chix in pad on high. once cooked, add a bit of water so there is some juice, then add cracker crumb and seasoning. Keep in high, and continue to stir, the key is get breading on chix, and continue to cook until breading cooks on as is browning (skillet on very hot). Serve over wild rice.

Vinegar Mushroom Garlic Beef

1 lg Beef steak
5 cn Mushrooms
1/8 c Vinegar
2 dash Sugar
2 tb Garlic Powder
2 tb Beef bullion
1/8 c soy sauce
1 sm onion
1 tsp Cornstarch
3 tb Flour
1 c milk
1 dash spices to taste (some type of salt spice)
? slices Bread

Cook beef and mushrooms till brown. Mix cornstarch, flour, milk, vinegar together, stir well in separate container. Pour contents into pan. Add all remaining spices and ingredients. Add water if needed (if too thick). Serve over slices of bread

Bret Mon's Chicken Pot Pie 1

5 ea Boneless chix breasts
1 c diced carrots
1cn Peas
1 lg Potato
1 cn cream of mush

1 cn cream of celery
1 tsp Ground Pepper large grinds
1 pkg Roll out pie crusts
optional hot sauce

My chix pot pies are different, I put the inside into a container, then place the pie crust into the container. Cut bake pie crust into eight slices. Bake on rack as is per directions. Brown chix, then add diced ingredients. Add milk/flour/cornstarch if more sauce is desired. Serve on plate with pie crust as garnish (like toast).

Chicken Pot Pie 2 (Did I mention I hate peas and dislike carrots)

5 ea Boneless chix breasts
1cn Peas Sliced Green Beans
1 med diced onion
1 lg Mashed Potatoes
1 hand shreaded cheddar cheese
1 cn cream of mush
1 cn cream of celery
1 tsp Ground Pepper large grinds
1 pkg Bread bowl or taco shell saladbowl
1 squish optional hot sauce

Grill smoke Chicken. Then dice and add all the ingredients. Add milk/flour/cornstarch if more sauce is desired, saute all in a pot. Line the bottom of the bread/salad bowl with mashed potatoes, add light salt and heavy pepper. Add mixture, top with cheddar cheese, optionally a dop of sour cream.

* Inspired by The Bar

Garlic Wine Pot Roast

1 ea Roast
? Wine
? Water
1 pk Onion Soup Mix
? Soy Sauce
1 tb Garlic
3 ea Onions
1 tsp Sugar

Slice onions into circles. Line bottom of crock pot with onions, put roast on top of onions, line top roast with onions. Fill pan 1/2 height of roast with 1/2 water 1/2 wine mixture. Sprinkle soy sauce all over crock. Dump onion soup on top of roast mostly, some in water/wine mix. Sprinkle garlic and sugar all over crock. Cover and cook for 3-6 hours or leave overnight.

Hot Roast

1 ea beef/pork Roast
1 pk Onion Soup Mix
1 cn medium to hot peppers or gardolians
1/4 c soy sauce
Water
Optional hot sauce and pepper flakes

Fill crock 1/2 height of the roast with water. Dump onion soup on top of roast. Dump can of peppers on top. Optionally add pepper flakes and hot sauces. Cook for 3-9 hours.

Atomic Hot Roast

1 ea Beef/pork Roast
1 pk Onion Soup Mix
1 cn medium to hot peppers or gardolians
1 ea Atomic Juice (every hot sauce, hot spice, you have in your house)

Fill crock 1/2 height of the roast with atomic juice. Dump onion soup on top of roast. Dump can of peppers on top. Cook for 3-9 hours. You MAY eat (be careful, very very spicy) when done!

* Best if you cool and leave in fridge overnight. The next reheating it will taste incredible.

The Hounds of Scoville will be barking!!!

Salisbury Bake

6 ea burgers
2 ea chix breasts
? Soy sauce
1 cn Cream of mush
2 cn Mushrooms
1 splash vinegar
1 dash Garlic powder
1/4 pan water
1/4 pan wine
1 pk onion soup mix
1 lg onion (sliced)
? corn starch

place diced onions on bottom of cake pan. Burgers and chix on top. Cover with mush, cream mush, onion soup mix. Place wine/water to fill 1/2 pan. Add soy sauce and other spices. Cover with Alum foil. Cook for a few hours on 350. Take out of oven, take out all meat and place on stove, using cornstarch to thicken gravy.
(optionally cook the burgers on grill for a lower fat version)

Bretchiladas

1 pk soft shell tacos
2 cn tomato diced
1 med onion
1/2 bell pepper
1 block cheese (pepper jack)
1 cn cream of chick
4 ea Chick breasts (boneless)
1 cn tomato sauce
1 ? hot sauce
2 tb sugar

Dice up onion and bell pepper to fine grain, set aside, drain off excess water. Liquefy tomato's add tomato sauce and cream of chix. Add 1/2 the onion/pepper mix to sauce, include hot red sauce. Nuke chix until cooked, grind or chop to fine mix. In shell, place down thin layer of cheese, chix, onion pepper mix. Roll and place in cake pan. Once all are complete, place 1 layer of shells down, cover in red sauce. Place next layer on top and cover with sauce. Bake 400 until it starts bubbling and looks yummy.

Mexican Roll Dippers

1 pk small soft shell tacos
1 med onion (diced small)
1/2 bell pepper (diced small)
1 pk cheese

1 pk Crushed red pepper sprinkles
1 cn refried beans

chop finely the onions and bell peppers, keep separate. Apply small amount of refried beans, add small amount of each ingredient. Wrap like an egg roll, bake until golden brown. Make dipping sauces and serve.

Overnight BBQ

3 ea chicken breasts or pork chops (no bone)
1 c BBQ sauce
handful mozz cheese

throw the meat in the crock over night with BBQ sauce. In morning, top with handful of mozz and eat.

Porkchoppa - BBQ Pig in a Crockpot

3 ea Pork Chops or loin steaks
1 cn tomatoes
1/3 c Soy sauce
1 c BBQ sauce
tb smoke powder or liquid (or more)
ts Garlic powder
handful mozz cheese

Optionally add red pepper flakes or hot sauce to zest it up. Cook overnight, top with handful of mozz cheese, eat.

Chicketta - BBQ Chix in a Crockpot

3 ea Chicken leg/thigh BBQ'd
1 cn tomatoes (diced)
1/3 c Soy sauce
1 c BBQ sauce
1 tb smoke powder or liquid (or more)
1 ts Garlic powder
1 ts onion powder
3 tb sugar
Handful mozz cheese

Optionally add onions and mushrooms. BBQ chicken, debone, put into crock with all ingreds, leave overnight. Top with handful of mozz cheese. Optionally add hot powders or sauces to give is some zest.

Italian hot dog

- Italian Sausage
- hot dog bun
- spaghetti sauce
- Italian seasoning
- Mozz cheese
- Parm cheese
- optionally mushroom/onions

Chicken/Salmon Bretaliano

2 ea Chix Breasts or Salmon Filets
3 sm cherry tomatoes
12 ea fresh basil leaves
1 hand mozz cheese
1 hand parm cheese

1 dash Italian seasoning

Cook meat as directed, then garnish with basil leaves over entire piece of meat. Then slice tomatoes and cover the entire piece of meat. ½ a hand of parm, then mozz, then season with Italian seasoning. Bake until cheese melts, enjoy.

Phoenix Chicken and Peppers Infuego

2 ea Grilled Chix Breasts
6 ea Sweet peppers (red, orange, yellow)
1 ea green pepper
1 cn Green Beans (optional), you can use anything as a bed (bread/pasta/etc)
1/3 c Buffalo Wing Powder
1 hand mozz cheese

Grill chix breasts, preferably with wood chip smoke. Slice peppers up. Place bed of beans or whatever you choose, then green peppers, top with cubed chix breasts. Top this with cheese, then all the sweet pepper slices, then sprinkle wing powder over top. The colors or red and orange merge with the hot wing powder and make a very colorful dish!

Chicken Salad Luau Pig

- Make traditional chix salad recipe make extra thick, leaving out some of the mayo
- Shape into pig
- Make Mayo with food coloring pig colored (tan/pink)
- Glaze pig with tan colored mayo/food coloring till fully glazed
- Put strawberry in pig mouth
- Have spread knife handy
- Bed of Lettuce
- Bread triangles surrounding pig platter
- Guests make sandwiches with pig, lettuce and bread.

Mushroom, Onion, Green Pepper Smothered Steak

1 ea Steak
1 lg onion
1 lg green pepper
1 pk mushrooms
1 tb minced garlic
1 tb soy sauce
2 tb olive oil

Pan fry all but the steak till veggies are cooked fairly good, then turn off heat, and smother the steak under all the veggies/mushrooms. Let stand for 10 min and serve, time may vary based on how you like your steak done.

Sage and Rosemary Pork Chop Slop

6 ea pork chops (maybe easier to use port loins to avoid bones)
2 tb Rosemary
2 tb Sage
¼ c BBQ sauce
2 tb soy sauce
1 sm can pineapple sauce
1 sm can orange juice
1 tb brown sugar

Crock the pork, juice, along with all seasonings for 3+ hours. Pork should fall off bone, let cool, store in fridge till grease solidifies at top. Take out hardened grease, store in fridge till ready to reheat. Reheat and server over buns/rolls.

Garlic Parmesan Encrusted Chicken Bites Over a Bed of Pinot Grigio Infused Wild Rice

3 ea Chicken Breasts
1 c grated parm
1-2 tb minced garlic
? oz Pinot Grigio (see rice instructions for amount of water)
2 tb extra virgin Olive Oil
1 ea salt to taste

Smoke/BBQ chicken till brown on outside, lightly season and take off grill, dice med size chunks. Start wild rice with wine replacing water, add touch of olive oil, simmer low until flakey as per recipe. Heat pan with olive oil and minced garlic, when frying, dump in chicken, add seasoning (whatever you like, salt) and dump in parm. Fry until golden brown, then serve over bed of rice.

Cracked Pepper Parmesan Encrusted Chicken Bites Over a Bed of Merlot / Balsamic Vinegar Infused Wild Rice

3 ea Chicken Breasts
2 c Grated parm
1-2 tb Cracked Pepper (or more if you wish)
? oz Merlot (see rice instructions for amount of water)
3 Squish
2 tb extra virgin Olive Oil
1 ea salt to taste

Smoke/BBQ chicken till brown on outside, lightly season and take off grill, dice med size chunks. Start wild rice with wine and balsamic vinegar replacing water, add touch of olive oil, simmer low until flakey as per recipe. Heat pan with olive oil and cracked pepper and salt, dump in chicken, dump in parm. Fry until golden brown, then serve over bed of rice.

Cracker Crumb Grilled Fish / Chicken

2 Fish, any variety or Chix breasts
2c Bread/Cracker crumbs
1 Egg
2taste Spices / salt

Beat egg into bowl, place cracker crumbs on plate. You might want to lightly season and salt the bread crumbs. Dunk fish into bowl of egg and bread outside. Then dunk breaded fish again (may need more cracker crumbs) and bread a 2nd time, make sure to press VERY HARD, get a lot of crumbs. Place fish over open flame on med, watch not to burn. When fish outside is crunchy golden brown, you're done.

Blackened Grilled Fish / Chicken

2 Fish, any variety or Chix breasts
? Powder spices (Garlic powder, red pepper, cumin, etc) anything you got
2taste Salt

Raid your spice rack for all the powder spices you have, anything that is NOT too salty. Mix about 1/4 cup worth for each large fish/chix. Bread the powder over the fish/chix until all breaded. Place fish over open flame on med, watch not to burn. When fish/chix is caramelized and somewhat brown/black, you're done.

Shrimp and Onions with Gator Sauce (Gator Bait)

1 pk shrimp (cooked and peeled)
4 ea med onions
2 c gator sauce (see sauces)

Season with seafood spices to taste.

Salmon Mash Spuds

1 ea Cooked Salmon Fillet
1 ea Powdered or regular spuds
1 ea Seasoning
2 tb Butter

Blend/Mix well together.

Coffee Stout Beer Steak and Soda Gravy

1 bottle Beer Stout or IPA, depends on your liking.
1 ea Steak
1 c Strong coffee (optionally you can use instant)

--- Gravy

2 tb corn starch
1 tb baking soda
1 tb sugar
1 ea salt and pepper to your liking
¼ c milk

This is a multi-day process. Smoke grill your steak over charcoal and smoke chips, once, take off and cube steak. Pour beer into large cup for marinating, add coffee. You can change the beer flavors if you wish, I used an IPA. Marinade steak for 1-3 days depending on how flavorful you want it.

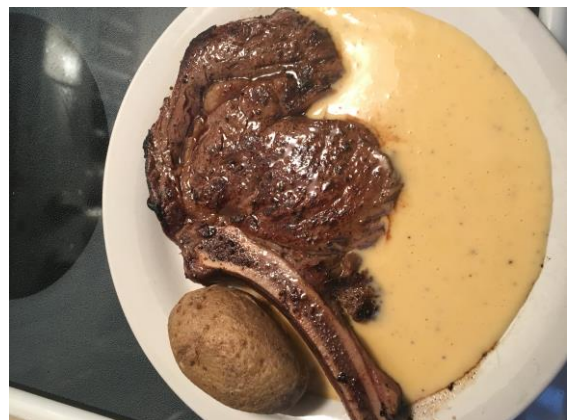
After day(s), pour your juice into another cup. Mix milk, corn starch and baking soda in a container and blend well to take out lumps. Mix marinade juice and milk cup together in a pan, on high, simmer till it thickens up. You will notice the pot really foam up from the baking soda. Turn down heat and continue to simmer till thick and dark. Turn off heat.

Reheat your meat in the oven or over stove top, however you want. Serve gravy over meat, with a side of mashed potatoes. Gravy has a bit of a bite from the baking soda mixture. Experiment with different settings to your liking, so may not like the baking soda in the gravy.

Ribeye Drown in Cheese Bisque

1 ea Ribeye steak
1 c shredded cheddar cheese
1 c milk
1 tb corn starch
3 tb heavy cream
1 ts garlic powder
1 ea salt pepper
2 tb butter
1 ea baked potato

Grill or pan fry steak, while it's cooking, make your bisque. Blend cornstarch with milk and garlic powder, Add cheese and butter in pan with milk blend, stir until melted and thick, may need to add more cornstarch with a bit of milk. Never add corn starch directly, always blend it with milk. Place steak on plate and drown it in the cheese sauce, rest 5 min .



Porkchops Drown in Apple/Onion Bisque

Sided with petite green beans encrusted with onion and garlic flakes plated with a BBQ Drizzle .



Bret Mon's Meatloaf

- 1 lb Cheef (ground steak and chicken breasts)
- 2 tb mustard
- 3 tb ketchup
- 2 tb BBQ sauce
- 1 c bread crumbs
- 5 tb Onion Powder
- 1 tb garlic powder
- 1 tb Seasoning salt
- 1 ts pepper
- 1 tb soy sauce



Optional

- 1 tb mustard powder
- 1 ts sage
- 1 tb hot sauce or hot peppered bbq sauce like a ghost pepper sauce

Topping

- 2 TB ketchup
- 2 tb BBQ

Mix meat and all the ingredients minus the toppings. Spray a pan with cooking spray, then mush the meet into the pan to 1 inch high. Top with topping sauce and bake 400 for 30+ minutes.

Bret Mon's Meatloaf Creations

Chili-Cheese loaf = Add cumin, southwest spices and chili powder, then top with cheddar cheese and extra chili powder

Pizza

Mini Pizza

- 1 ea Basic Bread recipe (or use browned taco shells)
- 1 cn pizza sauce (scratch: tomato sauce, ketchup, seasoning, tomato paste)
- 1 pk pepperoni
- 1 pk mozz cheese
- 1 ea oregano or Italian spices
- ? Other ingreds (mushrooms, onions, green peppers, anchovies, etc)

Make bread recipe as per instructions, let rise, and bring over to floured board. Grab about mix for a large golf ball, and hand flatten. Bake all bread crusts till just before golden brown 400-450 degrees (probably 8 min or so). Pull out oven, turn off oven. Top with ingreds. Do NOT rebake. Freeze separately in zip lock bags

Mini Buffalo Chix Pizza

- 1 ea Burrito shell
- 1 ea Hot Chix Wing sauce
- 1 ea mozz cheese
- 1 ea Chix Breast, cooked and diced
- 1 ea (optionally add blue cheese or ranch to sauce)

Spread hot sauce over burrito shell. Shake chicken with sauce also. Spread chicken over shell, cover with cheese. Freeze. Bake as you would any other pizza.

Cook all ingreds except eggs, once cooked, add eggs, and cook till eggs are done. Place in burrito shell and wrap. Bake in over until golden brown, turning as needed. Freeze and reheat for a quick snack.

Buffalo Chix Pizza Foldups

- Shredded chicken
- mozz cheese
- hot wing sauce
- ranch or blue cheese
- small flour tortillas

Cook chicken, mix with hot sauce and ranch / blue cheese. Add chicken and mozz cheese to a tortilla then fold in 1/2. Cook on low broil till brown, flip and continue till other size is brown. freeze and microwave 2 minutes when you need a snack. Cut into smaller bite size for appetizers.

Salmon dill Pizza

- Smoked salmon
- Dill
- Mozz
- Onions
- peppers
- Ranch dressing
- Pizza crust, or taco shell

Pearl Harbor Hawaiian Pizza

1 ea Pizza crust
 1 can Spam diced
 1 ea Pizza sauce
 1 med diced red onions
 1 hand Bacon bits
 1 c Mozz Pearls
 1 can Pineapple slices round
 1 bottle Teriyaki
 1/3 c brown sugar
 1 dash garlic powder

Spread pizza sauce, add all the ingredients to pizza, bake at 300-350 until pizza is cooked.
 Reduced teriyaki and brown sugar, drizzle over pizza after cooked

Instead of tomato paste, use ranch dressing to coat pizza crust. Dice fish into small pieces, and arrange pizza with ingredients. Add dill spice, then top with mozz cheese. Bake.

Various Pizzas

Pizza is simple, crust, sauce, toppings, cheese. Many of the unique pizzas use a mix of pizza sauce and other sauces or just straight up other sauces. Buy or make your own pizza crusts, play around with different flours or what not, even burrito shells can make a crust. Lazy? Just buy a cheese pizza and add the fun toppings, that works also. Some places I might not have specified garlic, oregano or other spices, these are core ideas, add your own flair as needed. Have fun !

Some abbreviations... Mozz = Mozzarella, Parm, = Parmesan, Japs = Jalapenos, White cheese = swiss, mozz, non-chedder.

Buffalo Chicken	hot sauce and ranch base on crust, pulled chicken in buffalo sauce, crumble blue cheese, mozz
Parmesan Garlic Cheese	Cloves of garlic and/or plenty of garlic powder, parm cheese, plenty of variety of white cheese shred
Bacon lovers	Basically normal pizza, add a bunch of bacon, mozz
Bacon Lovers too	Normal pizza, add bacon, Canadian bacon, side pork, bacon flavored cheese
Black n blue	blue cheese dressing and pizza sauce, blackened beef shred, blue cheese crumble
Veggie lover	Basic pizza crust and sauce, variety of veggies, white cheese
Onion Mushroom	Crust, tons of mushrooms and carmalized onions, white cheese
BBQ chix	basic pizza sauce n BBQ, pulled chicken, mozz
Bloody Mary	basic pizza sauce, bloody mix and tabasco, diced celery, olives, pickles, diced hot sticks, string cheese
Fl're-zzza	homemade spicy crust with various hot sauce base, hot spices/sprinkles, hot meats, pepper jack cheese
Meat lover	Plenty of meats, Canadian bacon, pepperoni, sausage, mozz
BBQ'd Piggy	crust and pizza/bbq sauce, bacon, Canadian bacon/ham, pulled pork, mozz
Philly Steak	Basic crust, gravy (thick au ju) sliced beef, onions, green peppers, mozz or swiss
Thanksgiving	hand tossed crust, Gravy + cranberry sauce, sliced turkey, sliced potatoes thin, sprinkle stuffing, mozz
Mandarin Orange Chix	Basic crust, soy/sweet sour sauce, orange pulled chicken, place mandarin orange slices top of pizza, mozz
Green Eggs n Spam	hard boiled eggs, green food color, brown spam, put on top of pizza, mozz
Mac n Cheese	Basic crust, cream cheese base, Mac and cheese dinner, extra cheddar shred on top
Dive Bar	Basic crust, pizza sauce, pigs feet, pickled eggs, string cheese, beef jerky
Ribs n wings	basic crust, pizza sauce n lightly bbq sauced, grill and debone ribs and wings, mozz
Hot Wings	homemade crust, hot /buff and ranch sauce, debone flavored hot wings, crumble lightly blue cheese, mozz
Cheeseburger	Basic crust, ketchup and mustard sauce, browned burger sprinkled on, pickles, tomatoes, onions, cheddar
Pulled Pork	Basic crust, bbq sauce, pulled pork, cole slaw, mozz
Cuban	basic crust, mustard sauce, small diced spam or ham, shredded pork in a light BBQ drizzle, swiss
Artichoke dip	basic crust, sour cream mayo sauce, powdered garlic, diced artichokes, shake parm, mozz
Greek Gyro	crust, Tzatziki sauce, brown ground lamb, onions, cucs, splash lemon, tomatoes, oregano, feta/goat cheese
Seafood Platter	crust, ketchup/ horseradish/tartar sauce, Sliced fish/salmon, scallops, clam, calamari, oyster, lemon squish
Fish n Chips	crust, tartar sauce, slice up breaded fish, dry rye bread and crumble, sliced potatoes, slaw, lemon squeeze
Sushi	crust, soy, ginger and wasibi sauce, fish row n rice bed, diced seafood, veggies, choice of cheese

Shrimp Cocktail	crust, cream cheese with ketchup/horseradish, deveined cooked shrimp no tails, fav white cheese
Pork n beans	crust, blend up pork n beans, spread out, lightly bbq pork and shred over, mozz shred
Fruit Cup	crust, sugar and cream cheese, various fruits sliced, light white cheese shred
Hibachi	crust, soy n white sauce, chicken/beef diced, shrimp, onion/mushroom/Zucchini, bean sprouts, mozz
Mediterranean	homemade crust, pizza and hummus sauce, diced lamb, olives, cucs, oregano, feta or goat cheese, Arugula
Breakfast	homemade crust, butter n sausage gravy sauce, diced bfast sausage, bacon, scrambled eggs, cheddar
PBnJ	crust, peanut butter and jam mix sauce, various berries and crushed nuts, topped white shredded
Hot Dog	homemade soft crust, ketchup/mustard sauce, sliced good hotdogs, onions, relish, cheddar, (kraut?)
Chicago Dog	homemade soft crust, mustard sauce, cheapest hot dogs you can get, onions, relish, tomatoes, peppers
Corn dog	homemade flour & corn meal crust, Ketchup/mustard/mayo/pizza sauce, hot dog slices, mozz/cheddar
Pearl Harbor	homemade crust, Pizza sauce, diced spam, red onion, bacon bits, Mozz Pearls, pineapple, Teriyaki
Smoked Salmon Dill	crust, ranch dressing / mayo, smoked salmon, onions, peppers, dill spice, mozz, salt, lemon
Meat and potatoes	homemade crust, gravy, smoked pulled brisket, sliced potatoes, salt and heavy pepper, favorite cheese
Cowboy Camp	burrito shell, gravy, shredded beef jerky, sliced potatoes with skin, cheddar, salt and heavy pepper
Horse Jack Cowpoke	crust, BBQ Horse sauce, bacon/Jerky, white onions, Pepper Jack
Sage Mushroom Major	cheese pizza, add plenty of fresh mushrooms, onions, sage, marjoram, Mozz or Swiss
Holy Guacamole	crust, guacamole base, Avocado slices, red onion, jalapenos, chopped cilantro, garlic powder, lime, mozz
Dairy Farmer	homemade crust, 1 egg and butter wash, farmer cheese, optional goat cheese
Double decker	2 cheese pizzas, add a few your fav toppings on 1st, add mozz, put 2 nd pizza on top upside down
Olive loaf	crust, mayo pizza sauce, olives, sandwich meat (ham or your fav), white cheese
Olive n pickles	crust, tartar and pizza sauce, olive slices, pickle slices, white cheese
Olive n Pickle n Nuts	crust, hummus, olive and pickle slices, chopped nuts, white cheese
Garlic Parmesan	flatbread, lots of minced garlic, plenty of freshly shaven parm cheese. (no sauce or choose your fav)
A Spare I Guess	Hand tossed crust buttered and garlicked, horse and ranch sauce, asparagus, ham, Swiss cheese
Campfire smoke	Hand tossed darkly cooked crust, hickory smoke powder, smoked meat, smoked veggies, smoked cheese.
Wellington	pastry+pizza dough, butter/egg./mustard wash, mushrooms, sliced ham, beef cubed, thyme, shallot, swiss
Buzzing	Hand tossed, honey maple mustard, chicken or turkey, caramelized onion, white cheese
Canada	hand tossed, maple vinegar sauce, Canadian bacon, cheddar cheese
Cheeze n Treez	Olive oil brushed crust, diced Broccoli, bacon, cheddar cheese
Sau-Sage	flatbread crust, white wine butter sauce finely ground pork sausage, ground sage, swiss
Carne Amore	Crust, pizza sauce, Pepperoni, prosciutto, Italian sausage, oregano, Mozz
Gold Rush	hand tossed, honey mustard hot sauce, carmalized onions, Turkey/chicken diced, cheddar
Meatball	crust, marinara, oregano, meatballs in sauce cut in 1/2, your fav cheese
Bret-chetta	Olive oil flat bread, light pizza sauce, garlic, Italian seasoning, tomato halves chopped basil, mozz/parm
Jamaican	Crust, Jamaican BBQ sauce, shredded spicy BBQ'd chicken, pepper jack cheese
Mango-Habbening	Crust, Mango Habanero sauce, mango and pineapple slices, smoked BBQ chicken, white cheese
Frisky Brisky	Grilled crust, BBQ sauce, smoked brisket, caramelized onions, cracked pepper, mozz
Almanzo	Hand tossed, BBQ steak sauce, browned burger, mushrooms, onions, green peppers, pepper, cheddar
Saulsberry	hand tossed, brown gravy, caramelized onions, mushrooms, brisket, garlic, pepper, swiss
Onion Sweet Meat	Crust, brown sugar gravy BBQ sauce, brisket, plenty of onions, mozz/swiss, seasoning
Peppers Oh My	Crust, pizza sauce, Japs, green peppers, pepperoncini peppers, cracked pepper, white cheese

Meditalian Pizza

An Italian and Mediterranean fusion, inspired by the Medi-Za at Café 1212 in Green Bay. This is a lot of work and a crazy amount of ingredients, but you will freak at the flavors. There are so many options, you can mix and match as many as you want to suit your tastes.

Ingreds: (mix and match)

Cheese Goat Cheese, Mozz, Feta, Parm (shredded)

Meat Lamb, Italian sausage, pepperoni, sausage, cheef (mix of ground beef/chicken)

Olives Olives, drunk olives, black olives
Greens/Vegs Arugula, basil, oregano, spinach, artichokes, red onions, cucumber
Spices salt/pepper, garlic duster (garlic powder, powdered sugar, salt), oregano
Sauces Greek Yogurt, Reduced Wine, Pizza sauce
Pizza Crust Various pizza crusts, but you will need a thick crust to handle all ingreds.
You ready for this? I am going to give you my first attempt at this and what I used.

Freezing your cheese is the best way to get it to crumble. Put cheese in freezer 24 hours ahead. 24 hours later, take your cheese out of the freezer to thaw 1+ hours ahead of cooking time. Brown your meat with salt and pepper and a little lemon juice, set aside.

Wine Sauce: Mix 1 cup of sweet red wine with 1 ts sugar, and 1 ts of corn starch (may vary). Simmer till somewhat thick. Set aside to cool, eventually put into a ketchup type dispenser for dispensing.

Crust time: Olive oil the entire pizza crust, then garlic dust the inside, in your oven cook upside down to lightly harden the inside, take out. Fill with tomato sauce, garlic dust lightly, along with light amount of dried oregano. Top with all your meat, in this case, I sprinkled the browned meat all over, you'll want to place all meat now.

Veggie time: Slice olives in 1/2 and sprinkle all over equally. Dice red onions, sprinkle. Artichokes same (I did not do artichokes)

Cheese time: Crumble your unfrozen cheese. Apply crumbled Feta AND goat cheese equally

Sauce time: In old school ketchup dispensers, zig zag your wine sauce over pizza. Zig zag greek yogurt the opposite way

Cooking time: oven you pizza 425 till it looks done, approx. 15 min or so

While it's cooking, take all your arugula, oregano, spinach, and basil, and chop it up and mix it together. Once the pizza is done, take out of oven and you need to move fast now. Zig zag greek yogurt over pizza. Optionally zigzag wine sauce (I did not do this)

Greens time: Take all the mixed greens and sprinkle over pizza. Add additional dried oregano or other Italian spices. Dice cucumbers and sprinkle.

Lightly sprinkle shredded parm over the greens, add salt and pepper. Slice and serve. That's a lot of flavors. Yum.

Wraps, Burritos, Toasters, Gyros

Toaster = a burrito item toasted to golden brown

The Kraut Gobbler

1 cn Kraut
1 lb Turkey ground (one tube)
1 med onion
1 cn petite diced tomatoes
1 c Mozz Cheese
¼ c Sweet BBQ
ea burrito shells

Brown turkey in pan add onions and tomatoes. Add kraut, BBQ and mozz, wrap in burrito shells and bake gold brown.

The Kimmigrant

- Corned Beef (or shaved beef)
- Kraut
- potatoes
- onions
- green peppers
- Thousand Island dressing
- Swiss or Mozz Cheese
- Burrito Shells

Stove cook optional ingreds. Add kraut, 1000 island, and mozz. Wrap in burrito shells and bake gold brown.

Lasagna Toaster

- ground turkey
- onion, chopped
- mushrooms, drained
- spaghetti sauce
- Ricotta/cottage cheese
- Parmesan cheese
- egg
- mozzarella cheese
- Bread or burger buns
- Italian seasoning
- garlic

Brown turkey meat, egg, and cook onion/mushrooms. Mix in spaghetti sauce and ricotta cheese, with a touch of parmesan. Cover bread with sauce, don't overdo sauce. Sprinkle parm and mozz cheese and seasonings over and bake on rack till toast is golden. If you don't want to do the rack thing, you can toast the bread first and smother with sauce. Another method is to pan fry toast on 1 side golden, then put sauce on uncooked side and broil.

Cowboyitos (Cowboy Burritos)

Grilled Steak
Grilled potatoes

Grilled Onions

Baked beans (thicken with powdered spuds)

BBQ sauce (strong smoky flavor)

Burrito soft shell

Dice steak, potatoes and onions. Mix with beans and BBQ sauce. Add powdered spuds so it's thick enough to put into a burrito shell. Scoop a large spoon of the slop and put into burrito, fold. Freeze and enjoy when you want a cowboy snack. All the flavor of the open trail, without all the mess.

* Optionally can add hot sauce

* Next time I'm going to add strong coffee flavoring to beans to give it that "on the open range" flavor.

Omelet Breakfast Wrap

10 ea eggs

1 pk pork sausage

3 ea bacon strips

1/3 ea green bell pepper

1 sm Onion

1 hand cheese (your choice, I use Mozz)

1 ds salt/pepper

1 cn mushrooms

10 lg Burrito shells

Replace or add/subtract any items you don't like or want in the omelet. Make the omelet like you normally would, only don't shape it like a traditional omelet, just cook everything together. After cooked, then put a bit of the mixture

On a heated burrito shell (20 seconds in microwave). Wrap properly and put directly on the oven rack. Mini convection ovens work the best. If possible, put a pan underneath to catch drips. Bake till golden brown. Freeze and reheat for a quick breakfast.

Quick = microwave 2-3 minutes. Crunchy = microwave 1-2 minutes, then bake in toaster oven or convection/classic oven.

Pancake and Porkie Breakfast Wrap

1 ea Pancake

2 ea porkie

1 ts butter

2 tb Maple syrup

1 lg Burrito shell

Butter and syrup pancakes, place in wrap and roll up with porkies. Fold burrito style and bake till light golden brown. freeze, then nuke and serve for a quick breakfast on the go.

Piggo De Gallo

Smoked BBQ pulled Pork with Pico De Gallo

1 ea Pork Roast - smoked (or use liquid smoke or Old Hickory smoked salt), crock till it's pull apart

8 lg Burrito wrap

1 bottle tangy BBQ sauce, preferably hot.

Pico de Gallo

4 lg Roma tomatoes

1 lg onion

1/3 bunch Fresh Cilantro

2 tb lemon juice

1 dash Salt to taste

1 tb Chipotle powder (or heat to taste)

Make Pico de Gallo while pork roast is crocking, put in refrigerator in a container with lid and occasionally stir. If you don't have a smoker, you can add smoke flavor with smoked salt or liquid smoke. Once pork is done, pull it and place a good portion in the burrito wrap. Drizzle with BBQ sauce. Add a heaping tablespoon of Pico to wrap and fold it. Optionally bake till golden brown.

Byro (Bret Gyro)

Byro Basic Recipe

1 pk flat bread or pita bread
1 lg tomato
1 lg onion
1 med cucumber
X ea Meat
1 c wine (or beer) Red= red meat, white=fish/chicken
2 tb olive oil
1 tb oregano
1 ts bay leaves
1 tb sugar
2 tb soy sauce
1 ts garlic powder

Slice meat thin, heat pan, throw in meat with olive oil, once skillet is hot and browning meat, toss in wine and sugar, spices, soy sauce. Simmer making a nice gravy and put all contents once cooked into crock. Crock on high while you dice your veggies, which will be served raw or if you want, quick pan fry with olive oil, do not overcook veggies, it's best if they are mostly raw. Serve by putting meat, veggies, and a spurt of Tzatziki sauce over bread.

Quick Tzatziki Greek sauce (Bret style) Bret Mon's TZ sauce

1 cn Greek Yogurt
2 tb dill spice
1 tb lemon juice
½ cup light mayo

Philly Byro

Steak, onion, tomato, cuc, mushrooms, green onion, TZ sauce
Red wine or beer
Cream Cheese and black pepper

Buffalo Byro

Chicken, onion, tomato, cuc, spices, celery, wing sauce/powder, TZ sauce, flat/pita bread
Beer or white wine
Bleu cheese crumbles
Hot Sauce instead of soy sauce

BBQ Byro

Steak, onion, tomato, cuc, spices, TZ sauce, flat/pita bread
Beer (heavy, not light)
Sharp cheddar cheese
BBQ Sauce instead of Soy sauce

Jerk Byro

Jerk Chicken, onion, tomato, cuc, spices, TZ sauce, flat/pita bread
Red Stripe Beer or Rum
Jamaican jerk spice / sauce

Pepper Steak Byro

Steak, onion, tomato, cuc, green pepper, spices, TZ sauce, flat/pita bread
Beer or red wine, or beef base stock
Swiss cheese
Add plenty of course ground black pepper

Half Moon Toaster

The half moon toaster is a very thin and crunchy burrito, the filling is light and flat, and the burrito is folded in ½ and pressed so it's flat and toasted golden brown. There is any number of flavor combinations, sort of like a hybrid pizza/taco/pastie. You sauce up ½ the burrito as shown, add your ingredients very sparse and flat. Season with fav spices or salt and pepper to taste. Fold burrito in ½ and using a weight, press the half moon toaster so it's very flat. The idea is to cook these so they are like a pop tart meets a panini.



Bake directly on the oven rack till golden brown. You can cook in a grill, oven, toaster oven, convection oven, or George Foreman / Panini grill. Do not put in toaster. You can make a bunch of these and freeze them until you're ready, then thaw and good. Serve with any number of dipping sauces if you desire. You could lightly oil the burrito on the outside to get a more crispy crunch (have not tried it).

A toaster consists of 6 core ingredients:

- Burrito Shell
- Protein
- Cheese
- Sauce
- Veggies
- Seasoning

Bretchetta: Tomato sauce, Parm and mozz cheese, bbq chicken, garlic

Pizza: Tomato sauce, oregano, mozz cheese, pepperoni, optionally various other toppings/veggies

Philly: Thickened Aushu, sliced thick steak or lunch meat, sautéed Green Peppers, Onions and mushroom, provolone/swiss cheese

BBQ: BBQ chicken/port/steak, BBQ sauce, onions, cheddar

Buffalo: Hot wing sauce and possibly powdered wing mix, touch of Ranch, Chicken, blue cheese or your fav cheese.

Tuna: Mayo/ranch mixture, canned tuna, seafood spice

Egg: Egg salad sandwich, I personally like a lot of pepper on mine, choose your own cheese or without

Ham: Ham and cheese, sauce is with mayo or a cheese sauce, and cheddar cheese

Tofu: Are you kidding me, screw off, I don't cook with Tofu

Ruben: Pretty much a Ruben sandwich (kraut, corned beef, 1000 island, swiss or other cheese)

Burger: ground burger, ketchup, mustard, onions, pickles, fav cheese (Cheddar/American) (optional bacon)

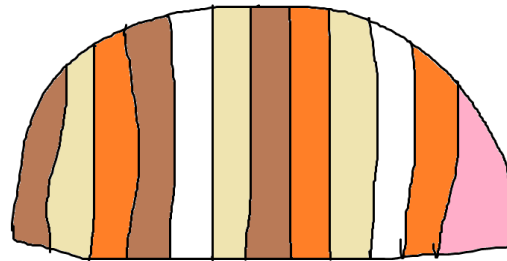
Cuban: Ham, pulled BBQ pork, Mustard, swiss, pickle

Thanksgiving: see below

Thanksgiving Toaster

After thanksgiving, you have a lot of left overs. Make burritos and freeze them, pull one out and toast golden brown and enjoy thanksgiving again and again.

- | | | |
|---|----|-----------------|
| 1 | ea | Burrito Shell |
| 1 | ea | White meat |
| 1 | ea | White meat |
| 1 | ea | Dark meat |
| 1 | ea | stuffing |
| 1 | ea | Mashed Potatoes |
| 1 | ea | Gravy |



Option 1: Gravy down first then throw all the ingredients in and wrap burrito

Option 2: Alternate meat, and fixings, from left to right, add gravy on items you want gravy'd. Wrap and toast burrito golden brown. Each bite is like you're eating a turkey dinner.

Option 3: Cranberries? You could sauce the entire thing, or put it in increments, I especially like a Cranberry BBQ sauce

Option 4: Apple pie last!

Southwestern Burrito

This is a great flavored recipe you can eat cold or warm.

1	cn	Black Beans
2	c	Smoked/shredded chicken
1	cn	Corn
2	ea	Avocado chopped
1	c	chopped cilantro
1	c	shredded cheddar cheese
1	lg	tomato
1	lg	onion
1	c	Spicy Mayo (mayo mixed with taco and southwestern snakebite spices)

Dice and carmalize onion, other items and throw it all into a bowl. Yum. Eat as it is cold, or warm it up, put it into a burrito and bake, whatever you like.

Mediterranean Gyrrito

Burrito with a Mediterranean flavor

1	lb	ground lamb
1	lg	onion
1	c	plain Greek yogurt
1	tb	Oregano
1	tb	Dill weed
1	tb	butter
1	tb	oil
1	pinch	Red/Cheyenne pepper (optionally add more to taste)
1	dash	salt and pepper to taste
1	ts	granulated garlic
1	dash	lemon pepper
?	ea	Burrito shells
5	tb	plain goat cheese
1	hand	shredded parmesan or Swiss cheese

Brown lamb, and drain off as much grease as you can, at the same time carmalize onions in salt/pepper, garlic, oil and butter. Mix all ingredients together and stir until all ingredients are mixed well. Fold a good portion into a burrito. Optionally toast in oven crispy brown. Serve as is or with **Tzatziki** sauce

A Spare Gus Horsey Ranch Cheesy Panini

Horsey Ranch Cheese Sauce:

1	dash	garlic powder
1	squish	Horsey sauce
1	squish	mayo
1	squish	Ranch dressing
1	dash	sugar
1	hand	mozz cheese
1	dash	Parm cheese
1	splash	oil

* They horsey ranch cheese sauce is awesome, heat up in a pan if you want to make the sauce its own stand alone dip or other.

Panini

4	ea	sandwich meat ham
4	spears	asparagus (cut to fit)
1	lg	Burrito

Mix all indredients into a burrito, fold and cook in George Forman grill

Chili Mac Burritos

- 1 pk Mac N Cheese
- 1 c Cheddar cheese
- 1 pk burrito shells

Chili

- 2 c shredded smoked pulled pork, chicken or beef
- 1 cn Hormel chili
- 1 dash hickory smoked salt (or salt)
- 1/4 c dried onions (you can use a fresh onion if you want)
- 1/4 c BBQ sauce
- 1 tb chili powder
- 1 dash pepper (to taste)

If you have a chili recipe, follow that, but make sure the chili is extra thick, you do not want soupy chili. Once the chili is made, turn off heat. Make the mac n cheese like you would normal recipe. Don't add the extra milk, just a touch, you want the mac thick and not soup. Warm burrito shell in microwave for 30 seconds. Place mac down, then chili, then top with some shredded cheddar, then folder the burrito. You can optionally toast the burrito or you can eat it as is, I like mine toasted.

Brunza – Pasties with a twist

from the german Runza, I added my own flair

BASE BREAD

- 1 pk yeast
 - 1 c warm water
 - 3 tb sugar
 - 2 ea eggs
 - 1/2 X flour
 - 1/2 X potato buds (instant potatos)
- (Start yeast in water/sugar mixture 10-20 min before bread, when it's foaming, it's ready)

MEAT MIX

- 1 med onion (or cup of dried onion flakes)
- 1 lb shreaded browned chicken or beef, or like me mix them (Cheef)
- 1 dash Garlic, salt and pepper
- 1 pk shredded cheese

Brown the meat on stove, include onions and any other optional ingredients

I don't have the exact measurements, so split the flour and potatos in 1/2 and keep adding until the dough is thick enough to roll. Roll out the ball of dough flat. Place meat mix and folder over like making a pasty. Continue till you have them all done, placing them on a floured pan 2+ inches apart. Place in oven on lowest setting to let rise, you may need to add a boiling pot of water to keep the oven moist. Also, 170 is my lowest oven setting, try to keep it around 100 while it rises. Once you are satisfied with how large they are (probably 1 hour), the bake 350 till golden brown (20-40 min)

Options:

- Meat mix...
 - Tatortots/hashbrowns
 - Soy Sauce
 - Tomatos
 - Green Peppers
 - favorite spices



Taken

making

- BBQ sauce or some other sauce
 - Japs or other hot peppers
 - ...be inventive
- Bread:
 - replace ½ the water with a BBQ sauce or other sauce
 - Try different seasonings or flavorings, see bread recipes
- Top bread with:
 - egg wash for a bright glossy finish
 - shredded cheese
 - baste BBQ Sauce
 - Bacon Bits

Casserole & Soufflé

Bret Mon's L-Bay Soufflé (Classic Veggie)

The idea of the Lbay Soufflé is to throw a bunch of veggies into a pan and cover with bisquick. You do not have to follow these directions exactly, put your favorite veggies into a pan and cover

Suggested Veggies:

Corn, Green beans, Green Pepper, Onion, Mushrooms, Tomato's, Cucs, potatoes, carrots, etc...

Since you may add various veggies, I can't guarantee you'll make the correct amount of batter, so follow these directions

3 c Shredded Mozz Cheese
2 c Bisquick
2 ea Eggs
1 c Milk



Put veggies into a cake pan, spread them evenly. Mix batter until thick, pour over veggies and bake 400 for 30 min, top with shredded cheese then cook until golden brown.

L-Bay Soufflé (Lasagna)

2 cn Diced Tomatoes (drain juice into cup)
1 # ground pork meat
1 # ground Turkey or beef
16 oz cottage cheese
1 c grated Parmesan cheese
2 1/2 c Shredded Mozz cheese
3 tb oregano, thyme, and basil mixture

2 c Bisquick
1/2 c Milk
2 ea eggs

Brown meat. Drain tomato juice into bowl, mix with milk and eggs. Dump tomatoes into cake pan, spread out evenly. Pour cottage cheese over and spread. Sprinkle spices evenly. Top pan with meat, then parmesan cheese. Add bizquick to bowl and beat until consistency of Pancake mix (a little thicker). Pour over entire pan evenly, if you run short, mix up a little more. Bake for 30 min at 400. Take out of oven and top with Mozz cheese. Bake for 15 min or until golden brown. Let stand for 5 min out of oven and serve.

Lasagna Bake

L-Bay Soufflé (Spaghetti)

2 cn Diced Tomatoes (drain juice into cup)
1 lg Onion diced
1 lg Green Pepper diced
2 c Sliced fresh mushrooms
1 # ground pork
1 c grated Parmesan cheese
1/4 c Italian Seasoning
3 tb Garlic powder
1 dash Sugar
2 taste Season Salt
2 1/2 c Shredded Mozz cheese

Spaghetti Bake

2 c Bisquick
1/2 c Milk
2 ea eggs

Brown meat. Drain tomato juice into bowl, mix with milk and eggs. Dump tomatoes into cake pan, spread out evenly. Mix in onions, peppers and mushrooms evenly. Sprinkle sugar and garlic evenly. Sprinkle Italian seasoning evenly over, then top pan with meat, then parmesan cheese. Add bizquick to bowl and beat until consistency of Pancake mix (a little thicker). Pour over entire pan evenly, if you run short, mix up a little more. Bake for 30 min at 400. Take out of oven and top with Mozz cheese. Bake for 15 min or until golden brown. Let stand for 5 min out of oven, and serve with garlic toast.

Bret Mon's Lbay Soufflé (Philly Steak)

Bret Mon's Lbay Soufflé (Pizza)

Bret Mon's Lbay Soufflé (Mexican)

Bret Mon's Lbay Soufflé (Hot Pepper)

Bret Mon's Stuffing (Thanksgiving)

1ea Pork sausage
1 med onion
4 c croutons
6 ea strips bacon
1 tb sage
1 tb onion powder
1/2 tb minced garlic (dried) or garlic powder
1 1/2 c water

Optional: apples, celery, crushed almonds, green pepper, stove top,

Sandwich

The FIREwich - AKA The Bung Hole Burner Sandwich!

2 slices FIREbread Habanero
Pepper Jack Cheese
Japs or Habs slices (fresh if possible)
Red Pepper Crushed Sprinkles
Lunch meat, peppered or Cajun (some type of hot meat)
Chipotle Mayo
(Green Krunchers or Pringles Fire chips on the side)

The Super NOVAwich - AKA The Colon Super Nova Sandwich!

2 slices FIREbread Habanero - lightly glazed with inferno sauce
Habanero Jack Cheese
Habanero slices (fresh if possible)
Habanero Sprinkles
Chipotle dusted Lunch meat
Angry Dragon Mayo
(Green Krunchers on the side)

The Pizz-ahhhh

Pizza crust. Firebread
Angry Dragon sauce base (optional pizza paste with hot sauce)
Red pepper flakes n habanero flakes
slicked Japs
Pepper jack grated
Hot pepperoni

Bret Mon-T-Cristo

1 pk Sandwich meat (Turkey)
1 block Cheese (Swiss)
1 ea horse radish
1 pk pita or soft taco
2 eggs
? bizquick/milk

Mix eggs and milk with Bizquick to make pancake like thickness. Place ingredients in bread and roll up like soft taco. Press between 2 plates so it stays flat. On a plate, pour batter. Dunk bread in and pan fry to golden brown. Nuke to help melt cheese. Serve with mustard or pancake syrup, or by itself.

Open Face Bread Lasagna

1 cn Marinara or similar red sauce
1 lg roll
2 sm tomatoes
10 ea fresh basil leaves
1 hand mozz cheese

1 hang parm cheese
1 dash Italian seasoning
1 dash garlic powder
Optionally add meat (chicken diced works good)

Slice tomatoes, slice bun in ½. Open face of bun, dress with tomatoes, then chop basil leaves. Cover in sauce, then top with parm, then mozz cheese. Season and bake.

Poor Man's Lasagna

2 ea Big squirts of red sauce (pizza or spaghetti sauce)
2 ea slices bread
2 hand mozz cheese
1 hand parm cheese
2 dash Italian seasoning
2 dash garlic

Toast bread, spread 1 squirt of sauce on open face of each toast. Place first piece down on plate or cooking container. Sprinkled garlic lightly and heavy dusting parm cheese, then 1 hand of mozz cheese, add Italian seasoning, then add 2nd slice of toast, do the same, extra mozz on top. Nuke till cheese golden brown. Optionally toaster oven.

Buffalo Chicken Popper Panini

Borrowed from Famers in Niagara, it was a sandwich, I turned it into a panini and tweaked

3 ea chicken strips
10 ea slices Jalapeno
1 squish ranch
1 squish Blue cheese dressing (or crumbles) optional if you don't like blue cheese
2 squish Wing Sauce
3 ea Bread slices
1 ea green onion diced
2 tb cream cheese
1 hand cheddar cheese shredded

Paint your chix strips with hot sauce. Glaze bread 1 with ranch. A 3 chix strips. Cover in ½ the green onions. Next layer glaze bread 2 with blue cheese dressing, top with Japs and more green onions. Bread 3, glaze with hot sauce and ranch mix, then add cream cheese. Put all the layers together so bread only on outside. George Foreman grill until golden brown. Enjoy. Offer ranch or blue cheese dressing for a dipper.

Pulled Chicken Says Me by Bret Mon

6 each Chicken Breast
1 ea garlic powder
1 ea Sesame seeds
3 tb Ginger powder
1 ea Aged Parm Cheese (not shreaded)
½ bottle White Wine (Pinot Grigio)
6 ea Hard Rolls (sesame if you can get them)
1 ea Arugula
1 ea Horsey sauce (horseradish and mayo)
1 ea Soy Sauce

Slice chicken breast into ½ inch slices, pan fry in sesame oil and garlic powder, with splash of soy sauce. Place chicken in the crock bath of ½ bottle white wine, couple splashes of soy sauce, dashes of garlic, and sesame oil, and ginger powder. Crock for hours till chicken pulls apart. Place pulled chicken on a hard roll with a slice of aged parm, spread top bun with horsey sauced, add arugula, and sesame seeds



Grilled PB&J

- 2 slices Bread
- 1 squish peanut butter
- 1 squish Jam or Jelly
- 1 squish butter

Make a PB&J sandwich, then butter each side, grill it or pan fry it. Boom!

Egg Salad Hammy

- 1 ea hard roll / bread
- 1 ea large egg
- 1 ea ham slice (optionally replace with pulled pork)
- 1 tb Mayo
- 1 swish mustard
- 1 ea celery (finely chopped)
- 1 dash salt
- 1 dash Onion powder
- 1 dash sage
- 5 dash pepper
- 1 ea cheese (optional)

Hard boil egg, peel and slice, mix in mayo, mustard and all spices. Toast bread golden, apply egg salad and ham. I like a lot of pepper on my Egg salad, pepper to your taste

Yeah Toast!

A toast to the toast collection of ideas for making toast. Yeah toast! Open faced or fried into a Sammy, toast in the quintessential use of bread known to human kind. Invent... make some toast ya'll...

Cinnamon	Butter, Cinnamon and sugar	Toaster	open face
French	Egg, milk, maple syrup	pan fry	single slice
Toasted cheese	Cheese, butter	pan fry	sammy
Italian	Garlic, parm, Italian spices, oil	pan fry	single slice
Wings	buffalo sauce, ranch seasoning, oil	pan fry	single slice
Chicken bread	chicken drippings, flour/milk	pan fry	single slice, bread soak
Pizza	pizza sauce, toppings, cheese, oregano	Toaster oven	open face
Mediterranean	Olive loaf, Arugula, hummus, Feta	Toaster oven	open face
Bruschetta	oil, tomato, garlic, salt, Basil	Toaster	open face
Sushi	smoked salmon, ginger, soy, wasabi, sesame seeds	Toaster	open face
Cuban	pulled pork, pickles, mustard, swiss	Any	sammy
Dessert	chocolate, caramel, powder sugar, whipped cream	Toaster	open face
PBJ	peanut butter, jelly, butter	pan fry	sammy
Egg'in	Egg, salt, pepper, butter *cut hole in bread	pan fry	single slice
Spam n cheese	spam, cheese, butter	pan fry	sammy
Bfast	butter, egg, bacon / porkie, cheese	pan fry	sammy
Winery	Balsalmic reduction, arrugla, cheese, oil	Toaster	open face
Wine	Wine Jelly	Toaster	open face
PBnJ Wine	Peanut butter, wine jelly, butter	Pan fry	sammy
Turkey	Turkey, gravy	toaster/oven	open face
Thanksgiving	Turkey, taters, gravy, stuffing, cranberry jam	pan fry	sammy
Asian	dog, soy, sesame oil, seasoning, ginger	pan fry	sammy
Curry	Toss it in the garbage	Trash	closed face
Indian	Curry, salt, chickpea mash, garlic, oil	Toaster/Oven	open face
Toaster Cheese	shredded cheese toasted till golden brown	Toaster oven	open face

BWWings
KFC
Beer

Bww chicken nuggets, sauce
KFC chicken meat deboned
Beerdip

Toaster/oven
Toaster/oven
Toaster

Sammy
Sammy
open face

Bread, Biscuits, Muffins

Basic Bread Recipe

1	pk	Yeast
3	tb	Sugar
1	ea	egg
½	ts	salt
2	tb	oil
3	c	flour
1	c	Water

Bread Infusions

See the infusions section to get a flavor for all the different infusions I have made.

Bret Sticks

Bread sticks are fun and yummy. Follow the base recipe of bread, and let it rise once about 40 min. Then shape bread in a ball and start rolling with palm on a flour powdered sheet. Roll into a bread stick shape. Sometimes the batter won't stretch, so you can fling it up in the air adding some major spin. Flipping this 10 times will really stretch it out. And a few options twists and put on greased and floured pan and cool till light brown for classic, or a darker brown for crunchy!!!

F!REbread

Use basic white bread recipe for bread maker. Replace water with the following. Add flour or water as needed while it mixes, it should have a medium consistency, not too mushy, not too thick.

Habanero	- 1 cup hab sauce, hab sprinkles, hab Tabasco (optional)
Jalapeno	- 1 cup jap juice, 1/2 cup japs, optional 1/2 cup grated cheese
Red Hot	- 3/4 c jap juice, 1/4 cup of various red hot sauces, dashes red pepper sprinkles, couple diced japs.
Cheyenne	- 1/2c jap juice, 1/2 cup Cheyenne pepper,
Chipotle Smoke	- 1 cup jap juice, 1/2 cup japs, 1 tsp liquid smoke, 1/2 cup grated cheese
Red Pepper Sprinkle	- 1/2 cup jap juice, 1/2 cup water, dashes of red sauce, 1/3 cup crushed red pepper
Curry	- 1/4c jap juice, 3/4 water, 1/4c curry
Calypso/Caribbean	- 1/2 c water, 1/2 cup Caribbean jerk sauce.
Crack Pepper	- 1/2 c jap juice, 1/2 cup water, 1/8c cracked pepper

Corn Burn Muffins (Corn Hole Muffins)

- Corn bread mix
- Hot sauce (replace all water or liquids with hot sauce in mix directions)
- add Cheyenne pepper
- TOP with red pepper flakes
- Butter

Bake, enjoy with butter.

Cheesy Freckled Biscuits

1	ea	Egg
1/8	c	Sugar
2	c	flour

1 ea stick butter
1 ts pepper
2 c shredded mozz or other cheese (frozen)
1 tb baking powder

Mix all ingreds, if soupy, add flour, it should become a dough consistency. Knead a bit, adding occasional flour if needed between sticky kneads. Make 1.5 inch balls, then flatten, should come out to be ¼ - ½ inch high and about 3-4 inch diameter. Bake till golden brown and cheese causes dark brown freckles.

Meatuffins / Meatrolls / Meatbread ?

This is an odd one, but here we go, basically meat is infused into bread. It's odd, but strangely good.

1 lb Shredded chicken, pork or beef (or mix and match)
1 lb bread dough (basic bread receipe)
1 c Shredded cheese (your fav)

Mix and knead your bread, mix in the meat well, and let rise. Shape out rolls and bake as you normally would. It needs sauce, I found that hot sauce, BBQ sauce or au ju (French dip) is good with it. You can choose to dip or cover meatroll with sauce. You can freeze for future use. I've also put 4 of them in a small cake pan, and covered with enchilada sauce and baked for 30 min, the result was awesome. Play around with different ways to play with your meat rolls.

Desserts

Mookies (Muffin cookie cream sandwiches)

Sugar
Vanilla extract
Chocolate extract
Eggs
Flour
Corn muffin mix (and all its needed ingreds)
Milk
White Frosting

Basic sugar cookie recipe. Add corn bread mix as per its instructions. Make a double batch of cookie recipe. Make it a consistency of a thick pancake mix. Not too watery. Flour baking sheet. Cookies should flatten out upon baking. Bake 370 until they look muffinish. Take out and immediately remove from cookie sheet. Let cool, then add cream frosting and make a sandwich out of them. Mookies will never fully harden, they'll have a harder consistency than muffins but not as hard as cookies. Tastes similar to Suzy Q.

Yogurtsicles

Yogurt (lite)
Cool Whip Cream (lite)

Mix yogurt and whip cream. Freeze in Popsicle maker. Serve on a stick. 😊

Flavored Rice Crispies

Snickers

1 ea Classic rice crispy treats ingredients
2 ea Snickers candy bars (Or substitute your own)

Chop snickers into very small bits, add to marshmallow over stove. (snickers has nuts, watch allergies)

Puppy Chow

1 ea Classic rice crispy treats ingredients
1/3 c solid Carmel (not liquid topping)
1/3 c solid chocolate (sweet) (not liquid topping)
1/4 c powdered sugar

Melt ingreds over stove, add rice crispies, dust with powdered sugar after cooled

Coffee Cake

1 ea White cake mix (including all ingredients needed for cake... water, eggs)
1 ea White frosting
4 tb instant coffee
1/4 c hazelnut syrup

Mix cake ingredients as per recipe, add 2 tb coffee to mix. Bake cake as per recipe. When cooled, frost with mixture of hazelnut, coffee and frosting.

Puddin' Cakes

1	ea	White cake mix (including all ingredients needed for cake... water, eggs)
1	ea	Instant Pudding (2 cups milk recipe – do not use 2 cups)
1.5	c	milk
1	ea	Can of pie filling (strawberry, apple, berry, etc)
1	ea	can whip cream optional

Mix cake mix with its ingredients and per box. Then add pudding mix and 1.5 cups milk instead of 2, mix quickly then pour into greased/floured cupcake pan or use cupcake liners. Bake till golden brown. Deliner cupcakes, stop with a spoonful of pie filling (or enough to cover cake), then squirt of whip cream.

Bret's Soda Spilled nutty brownies

1	bowl	Trail mix nuts with M&M's
1	splash	Soda
3	TB	Powdered Sugar
1	handful	ivory chips
1	handful	semi-sweet chocolate chips
1	each	dark chocolate candy bar
1/2	c	Brown Sugar
1	TB	Toffee sugar
1/2	c	flour
1	each	egg
1	spray	non-stick spray

This is more of a joke that actually happened to me, I attempted to reuse some trail mix that was splashed by soda.

Splash soda in trail mix, mix in powdered sugar and leave sit overnight. Add brown sugar, and mix. Spray cooking pan with non-stick spray. Place trail mixture into pan, add in crushed chocolate bar, ivory. Bake at 4:25 till it starts to just about burn, then pull it out onto wax paper, knead into a ball, then throw into a mixing bowl, add egg and flour, then put back into a clean and sprayed pan, add toffee sugar. Bake till it looks like brownies. Take out and let cool.

Cheese Cake Pudding

filling

1	pk	cheese cake flavored instant pudding (or use a specific flavored pudding like banana or fruit flavored)
1	pk	cream cheese low fat
1	c	plain greek yogurt

crust

1	hand	gram cracker crumbs
2	tb	brown sugar
1	tb	butter

Mix crust items, bake till crusted. Let cool and then crumble. Mix filling and put in serving bowl. I might be drinking right now... sprinkle the crust crumble over top. Server and enjoy with a drink.

Options: flavored berries or jam could be added before the crust top.

Rocky Dirt Road

- 1 lg scoop Rocky Road ice cream
- 1 tb chopped ivory chips
- 1 tb chopped chocolate chips
- 1 drizzle caramel icecream topping
- 1 drizzle dark chocolate ice cream topping
- 1 tb toasted hazel nuts

Options: chopped nuts, toasted sliced almonds, whip cream.

So Good!!! Serve in a martini glass. So Good!!!



Bourbon Pineapple Cake

- 1 pk Yellow Cake mix (include all ingreds)
- 1 c brown sugar
- 1 shot bourbon
- 1 cn crushed pineapple
- 1 ea other fruit (Mangrin oranges)

Coffee Chocolate Dessert Bread

- 1 ea Bread Recipe
- 1 ea chocolate syrup
- 1/2 c Concentrated coffee (maybe more as needed)
- 1 ea white frosting (make your own if you like)
- 1 ea ivory and chocolate chips (baking chips like morsels for cookies)

Follow Bread recipe, but use your liquids, use concentrated coffee (like espresso, put your kureg on small cup setting) and chocolate syrup. Bake bread like you normally would. Once bread is baked, take out and Slice. Toast the bread till crunchy. Frost with white frosting and sprinkle on crushed baking chips.

