



© Copyright 1995, 1996 & 1997 . Mary Going

# Your Recipes At FireGirl

## Condiments

### **tomatillo sauce**

Posted by connie ohm:

#### Ingredients

1 large can tomatillos - drained -reserve liquid  
(can use fresh if you are up for cooking them)  
1 small onion - chopped  
1 cup cilantro - chopped  
3 jalapenos - minced  
1 can chopped green chiles  
salt & pepper to taste  
1 1/2 cups liquid - water or tomatillo liquid

#### Directions

1. Drain tomatillos. Reserve liquid.
2. Place in food processor or blender. Blend.
3. Add onion, cilantro and jalapeno and blend.
4. Add liquid and salt/pepper.
5. Refrigerate.

#### Comments

Holds for up to 1 week. Use with chips, tacos,nachos etc.  
Heat it for a great sauce on enchiladas.  
VERY MILD.

ENJOY!

-----  
----

## **Fresh Salsa**

Posted by Bill:

### Ingredients

2 diced Tomatoes  
1 chopped med. onion  
3 chopped swt. peppers (different colors)  
2 Jalepenos or 1 habanero seeded and chopped  
1/4 c. chopped black olives  
1/4 c. fresh chopped parsley

### Directions

Mix all ingredients let stand 1-2 hrs or refrigerate over night. Eat with tortilla chips.

### Comments

To make it more colorful add different color peppers.  
Adjust heat by using different types of chilles

-----  
----

## **Habanero Jelly**

Posted by Cliff Pendell:

### Ingredients

1 lb. habanero peppers  
1 cup cider vinegar  
1/2 cup aprocot nector  
6 cup sugar  
1 pkg. certo  
6 drops orange food coloring

### Directions

cut off stem ends of peppers blend together with 1/2 of the vinegar and aprocot nector. bring the vinegar and sugar to a boil, add the pepper and coloring and bring to a boil for two minutes. Add the certo and bring to a boil again. Skim , pour into jars and seal.  
makes about 24 oz of jelly.

### Comments

enjoy!

---

## **Zucchini Relish**

Posted by Joe Stubits:

### Ingredients

2 Qts Shredded Zucchini  
3-4 Finely Chopped Jalapenos  
1 Qt Chopped Onions  
1/3 Cup Pickling Salt  
2 1/2 Cups Cider Vinegar  
4 Cups Sugar  
1 TBLS dry Mustard  
1 TBLS Celery Seeds  
1 TSP Cayanne

### Directions

Mix together zucchini,onions,peppers and salt in large bowl.Let stand at room tempture 4 hours,stirring once in awhile.Drain;rinse well in cold water.Put in large saucepan and stir in vinegar,sugar,mustard, celery seed and cayanne.Bring to a boil;boil till thick,30-40 minutes.Pour into sterilized canning jars, leaving 1" head space;wipe rims clean,then seal tightly with lids and rims.Cool jars at room temperature, covered with a towel.Store in cool dry place till ready to use.

### Comments

For more or less heat adjust the amount of cayanne

---

## **Boggs Retirement Hot Sauce**

Posted by Jason Dickmeyer:

### Ingredients

1 lb. jalapeno peppers  
1 lb. onions (peeled & chopped)  
1 lb. fresh tomatoes  
1 tsp. salt  
1/4 cup sugar  
1/2 cup vinigar  
4 cloves garlic (chopped)

### Directions

Cut stems & remove seeds. Combine all ingredients & cook 1 hour or until onions are soft. Puree in blender. Pour into jars while hot & seal at once or adjust lids and process in boiling water bath for 15 minutes.

### Comments

Sauce may be thickened with tomato paste as needed.

ENJOY!

-----  
----

## **Confetti From Hell**

Posted by The Habanero Queen:

### Ingredients

Assorted hot peppers, including:  
Habaneros (orange)  
Hungarian Wax (yellow)  
Jalapenos (green)  
Red chilis  
Garlic  
White vinegar

Note: This is a do-it-yourself kind of recipe. Quantities are what you have on hand.

### Directions

Remove stems from peppers. Peel garlic.  
Put peppers and garlic in food processor and chop fine.  
Put chopped peppers in saucepan. Add white vinegar to about halfway up level of chopped peppers.  
Bring to boil and boil until green peppers become "pickle green".

### Comments

Naturally fat-free and low in sodium and calories.

Keeps very well.

You can make it milder by substituting bell peppers for some of the hot peppers, but then it would be Confetti from Heck.

-----  
----

## **Tropical Mango-Jicama Salsa**

Posted by Andrew MacMillen:

Home Page: Andrew MacMillen's Home Page

### Ingredients

4 firm ripe mangoes, chopped fine

1/2 medium jicama, minced

1/2 large sweet onion, minced

1/4 cup chopped cilantro

8 finely minced red serrano chilies (+/- to taste)

juice 2-3 limes

### Directions

Combine ingredients, and refrigerate 1 hour.

### Comments

An old family recipe I just made up.

No fat, no salt, no problem.

Good over grilled chicken, fish, marinated grilled tofu

or as a condiment to Mexican, Hawaiian, Indian, SE Asian foods,

or by the chip or spoonful!

-----  
----

## **Hellish Relish**

### Comments

Jar it and keep it in the fridge. Experiment with the ingredients to get it right for you, I know someone who throws in a dessert spoon of paprika and misses out the sugar.....do whatever lights your fire!!!

### Ingredients

1/4 pint of corn oil

1/2 pint of malt vinegar  
1/4 pint of white sugar  
1 inch cube of ginger grated  
Dessert spoon of cumin  
Dessert spoon of coriander  
Dessert spoon of turmeric  
tablespoon of black mustard seed  
tablespoon of tomato pureé  
14oz can of chopped tomatoes  
a whole bulb of garlic finely chopped  
teaspoon of salt  
however many green chillis you can handle! Don't go so mad as to mask the flavours of the other ingredients!

### Directions

Heat the oil in a pan (because of the high acidity of this relish, dont use an aluminium one)and fry the ginger,cumin,coriander,turmeric,mustard seed, garlic and chillis for a few minutes, add everthing else and cook on a low heat until the tomatos are pulped.

-----  
----

### **Tomato Peach Chutney**

going@maine.com

### Ingredients

- 10 or so medium sized tomatoes
- big can of peaches with about half the juice
- 1 onion
- 2 cups of raisins, half brown, half golden
- 3 cups of brown sugar, tightly packed
- 1 green pepper
- 1/2 t. cinnamon
- 1 c. cider vinegar
- one carrot
- 1 or 2 habaneros
- 2 T. oil

### Directions

Saute peppers, onions and carrots in oil, for just a minute. Put in a big pot. Add peeled, sliced tomatoes and everything else. Simmer somewhere between two and three hours after bringing it to a slight boil. Can the chutney and eat!

---

---

## **Tart Blueberry Chutney**

### Ingredients

- 4 c. blueberries
- 2 c. brown sugar
- 2 t. ground ginger
- 1 t. cinnamon
- 1 c. cider vinegar
- 3 pretty in purple peppers (small, very hot peppers. Substitute two habaneros)
- 1 lemon
- 1 orange

### Directions

Put lemon and orange in food processor and made into a pulp, peelings and all. Add the pulp and all other ingredients to a med. pot. Cook until thick. It will be quite a while. In fact, I gave up after about three and just strained off most of the juice. I used the juice to make a hot sauce that isn't very good, so I won't give the recipe for it. The chutney, however, is excellent with cream cheese and crackers!

---

---

## **Johnny's Hot Sauce**

Recipe By : John Fraga "Recipes To Kill For"  
Serving Size : ?? Preparation Time :0:45

### Amount Measure Ingredient

---

5 medium dried chiles habenero -- softened in water  
2 each chiles serranos  
1 medium onion -- quartered  
2 medium tomatoes, red ripe -- quartered  
8 ounces salsa, mild  
1 teaspoon cilantro  
4 large garlic cloves  
1/2 teaspoon fresh ground black pepper  
1/2 teaspoon salt  
1/4 teaspoon cumin  
1/8 teaspoon oregano

1 tablespoon chili powder  
4 tablespoons rice wine vinegar  
2 tablespoons balsamic vinegar  
2 tablespoons red wine vinegar

#### Directions

- \* Combine all ingredients in a food processor. Do in 2 batches if needed.
- \* Process on high until finely finely chopped and mixed.
- \* Add a little water from habeneros or plain water to thin to desired consistency.
- \* Pour some into a closed jar and refrigerate. Freeze remaining sauce in tuperware until needed.

Note: This sauce will last 2-4 months in the fridge.

-----  
----

### **Guillermo's Habanero Salsa**

#### Comments

Yield: 1 1/2 cups

Heat: Hot

#### Ingredients

2 Habanero chiles, stems and seeds removed, finely diced  
1 medium to large tomato, finely chopped  
1 small to medium onion, finely chopped  
2 cloves of garlic, finely chopped  
1/4 cup fresh parsley, finely chopped  
2 tablespoons olive oil  
1 1/2 tablespoons red wine vinegar

#### Directions

Mix all ingredients together. Allow to sit at room temperature for one hour before serving.

-----

### **Appetizers**

### **New Mexico Style Chile & Cheese**

Posted by Kim Hand:



### Ingredients

1 cup chopped green chile  
Knorr chicken bullion  
water  
cheddar cheese  
corn starch

### Directions

Put 1 cup of water in sauce pan, add 1 chicken bullion cube, bring to boil & simmer till dissolved.

Combine 2 teaspoons of cornstarch and some of the broth in a small bowl, mix to get rid of the lumps & return to the sauce pan, stir to thicken. Add chopped green chile, simmer about 5 minutes. Pour a portion of it into a serving bowl, top with cheese and serve with chips.

### Comments

For those of you who have access to fresh chile during chile season, try roasted red (pick the red chile fresh & have it roasted like you do the green). The taste is sweeter than dried red & excellent in this recipe in place of the green chile.

---

### **stac`s bean mix**

Posted by stac:

### Ingredients

1 can refried beans (whatever is your fav) 2 heaping tbsp. hot chopped peppers (found in the condiment section) 3 heaping tbsp. hot salsa (use better quality, or strain a cheaper one) 1/2 - 1 1/2 tsp dehydrated habaneros or 1/2 - 1 1/2 fresh or frozen habaneros, minced or put thru the food processor, more or less to your liking

### Directions

blend well, cover and refrigerate at least 2 hrs., for the flavors to mix, stir well before using.

### Comments

Great on nacho`s topped with cheese or wrapped in a tortilla topped with salsa and cheese.  
ENJOY

---

----

## **Peanut Stuffed Jalapeno**

Posted by George Morgan:

### Ingredients

Pickled whole Jalapeno's  
Crunchy Peanut Butter

### Directions

Remove stem, cut pepper in half, lengthwise. Fill with peanut butter.

### Comments

Don't knock it until you've tried it. Find a hot brand of Jalapeno's, the peanut butter takes some of the heat away.

-----

## **chile con queso**

Posted by kevin:

### Ingredients

salsa (one jar)  
velveeta (one block)

### Directions

microwave 3 minutes  
serve with chips

-----

----

## **Xenepek**

Posted by Vickie McCorkendale:

Home Page: Culinary Vixen

### Ingredients

1/4 C Cilantro, minced  
3 each Green Onions, minced  
1 each Garlic clove, minced  
6-8 each Habañero Chiles, chopped fine  
1 each Mexican Lime, juice of

to taste Salt and Pepper

#### Directions

Prepare all the ingredients and combine. Taste for lime and salt.

#### Comments

Uses

- 1.As a garnish for Chili.
- 2.Use as the top layer of a 7 - Layer Mexican Dip.
- 3.Spice up a cheese omelette.
- 4.Add to milder salsa for a kick.
- 5.Use straight with chips.

<http://home.gwp.com/BMcCorkendale/xenepek.html>

-----  
----

### **Ring of Fire Chicken Wings...Youll know which "ring" I'm talking about :)**

Posted by Luc K. Levesque:

#### Ingredients

5 Large habaneros peppers (Dried)  
1/4 Cup Tabasco Sauce  
Large pack of wings  
Seperate Frying Pan

#### Directions

Deep fry the wings as you normally would. Make sure the skin is nice and golden.  
After wings are throroughly cooked, in a seperate large frying pan, heat up 1/3 cup of vegetable oil until nice and hot.  
Throw in half of the cooked wings and add 1/2 the tabasco & habaneros peppers.  
Stir like hell for about 2 minutes then remove from heat.  
Follow same steps for second half of wings.

#### Comments

Guaranteed to burn the "ring" off you!!!! Not only are they HOT, they taste wicked!!!  
Enjoy.  
Not to be consumed if you have any rectal problems or gastro-intestinal disorders. :)

-----  
----

### **Haloumi n' Jelly**

Posted by Pål Broström:

Ingredients

1 piece of Haloumi  
(cheese from Cyprus)  
Jalapeno Jelly

Directions

Fry or BBQ the cheese and serve with plenty of Jalapeno Jelly. Also tasty with other jelly like strawberry chili.

Comments

A bit rubbery but tasty and different.

-----  
----

**Tourciae (Medetrainian pickled peppers)**

Posted by Gordie Terpenkas:

Ingredients

4 cups white vinigar  
2 cups water  
1/2 cup salt  
30 hot banana peppers  
3 chile peppers  
3 habenero peppers  
20 small, green tomatoes

Directions

mix vinigar, water and salt, set aside. carve a slit in each pepper near the stem about half of the circumference of the pepper and cut tomatoes in half. place in large canning jar and pour in vinigar mixture.  
allow to sit for 3-6 weeks before eating

Comments

Comes from the Meditrainian passed down through my family. try variations in the peppers.

-----  
----

**Shit Kikin' Dip**

Posted by Gordie Terpenkas:

Ingredients

10 habenero peppers (dried)  
5 long red cayanne peppers (fresh)  
1 cup sour cream  
2 whole tomatoes  
10 jalepinos  
5 hot peppers of your choice  
1 onion  
3 green onions

Directions

puree all peppers and add the onions (chopped and cleaned)  
add the tomatoes (diced) and blend 30 seconds then add sour cream.  
chill 30 min before serving  
serve with nacho chips

Comments

the dip is very hot when chilled longer than 30 minutes!

-----  
----

**Connie's Veggie Nacho Dip**

Posted by S. Putz:

Ingredients

16 oz. cream cheese  
8 oz. taco sauce  
2-3 drops tabasco sauce  
8 oz. shredded cheddar  
1/2 onion, diced  
1/2 green pepper, diced  
3 1/2 cups shredded lettuce  
1 cup chopped tomatoes  
1 bag nacho chips (Dorito's  
are the best.)

Directions

Blend together cream cheese, taco sauce, and tabasco  
until smooth and evenly blended. Spread into bottom  
of 9x13" glass pan. Evenly spread cheddar over top.  
Then put on layer of shredded lettuce, followed by  
onions, then green peppers, and top with tomatoes.

### Comments

This is my Aunt Connie's recipe that she brings to every family get-together. It has always been a hit and there is never any left-overs. Believe it or not, Dorito's really do taste the best, but regular nacho chips can work, too. Also, low fat cream cheese and low fat cheddar (1/3 less fat) work wonderfully, but the FAT-FREE versions do not taste very good. This is very easy to make at school. (I'm at William and Mary in Virginia.)

-----  
----

### **Carmelized Chile Walnuts**

Posted by Mary:  
Home Page: FireGirl

### Ingredients

1/4 c. water  
2 T. sugar  
1 c. chopped walnuts  
1 T. cayenne or hotter pepper  
1/4 t. salt

### Directions

put sugar and water in a skillet and cook on Medium until sugar dissolves, about two minutes. Add walnuts and stir with a wooden scraper until about half the water evaporates. Add the chile powder and the salt. Stir until the rest of the water has evaporated, then pour the nuts out onto wax paper to cool. Eat.

### Comments

This recipe is adapted from one for Chile/Pecan brownies by Carolyn Dille and Susan Belsinger in their book The Chile Pepper Book.

-----  
----

### **Pepper pesto**

Posted by Reid Black:

#### Ingredients

roasted peppers, poblano, new mex. salsa, however hot you want it.  
cilantro and arugula  
pine nuts or walnuts  
garlic  
olive oil  
grated romano cheese  
salt to taste

#### Directions

Put peppers, cilantro arugula, crushed garlic,  
into processor. Blend together until well mixed,  
then drizzle olive oil into top of processor until  
it reaches a buttery consistency.  
If you want to save for later you can freeze now.  
Then add cheese and salt till you like the  
consistency.

#### Comments

I saw a similar recipe in an issue of Chili Pepper Mag a few years back.  
This one has been refined over the years and you should try your own combinations.  
Good as a dip, on a sandwich or on pasta. I like it on triscuts.

---

### **Hott Doggies**

Posted by Jeff Crane:  
Home Page: Lisco

#### Ingredients

3 lbs. little smokies  
2 bottles "Cookies" western style BBQ sauce  
1 tsp. Habanero flakes or sauce

#### Directions

Mix it all together in a crock pot and cook for several hours to allow the flavors to meld.

#### Comments

I know this is a simplistic recipe but it is a favorite at our house. Easy to make and enjoy. It also  
helps the foamers go down easy!!!

---

## **Batten Island Cheese Dip**

Posted by Brett Rhoden:

Home Page: Batten Island Spice Company

### Ingredients

1 lb. Velveta Cheese

1 small diced onion

1/2 diced bell pepper

3 oz Batten Island Gourmet Sauce - X-Hot

### Directions

Mix melted velveta cheese, cooked onion and bell pepper, and Batten Island Sauce

-----

----

## **apache grass hoppers**

### Ingredients

two cups of fresh jalapenos

### Directions

1. remove stems, cut chilis (jalapenos) in half, remove seeds. 2. place chilis in pile on paper plate. 3. microwave chilis until they are crisp (slightly blackened) 4. eat like popcorn (or sun dried grasshoppers).

-----

----

## **Desert Rose Ceviche - Baja Style**

### Comments

The sauce was about medium in heat, but had an interesting, fruity flavor that I felt would do well as a marinade in Ceviche. Herewith the Desert Rose Ceviche Recipe - Baja Style.

### Directions

“Cook” the fish:

2 pounds of ocean white fish (Huachinago if you must know), cut into bite sized pieces.

3 cloves of Garlic, finely chopped

1 cup of lime juice

1/2 bottle of Desert Rose



Combine the above contents in a bowl & let marinate over night.

Prepare the other ingredients:

1/2 cup of chopped onion  
3 cups of fresh chopped tomatos  
1/4 cup of finely chopped celery  
1/4 cup of finely chopped habaneros  
1/4 cup of finely chopped olives  
3 tablespoons of coarsely chopped cilantro  
1 teaspoon of finely chopped ginger root  
1 tablespoon of salt  
1 tablespoon of celery salt  
2 Cans of Spicy V8 Juice (5.5 oz.)

Next day,

Drain the fish thoroughly.

Combine the fish with the other ingredients and mix well.

Add 1/8 cup of virgin olive oil and mix again.

Put mayonnaise on a tostada shell (flat, cooked tortilla), use a slotted spoon to put the ceviche on top.

Try it with slices of avocado and a squeeze of lime juice.

-----  
----

## **Habanero hot wings**

### Comments

I know the recipe sounds very sweet but it isn't The sweetness lasts long enough to take your mind off the fact that your going through one wild endorphin rush Also Make your own jelly S.W. specialties in AZ makes a Hab jelly but they changed the recipe (which they deny) now it has the consistancy of mashed jello

### Ingredients

2 doz chicken wings cut up 12 oz habanero jelly or habanero/peach jelly 1/2-3/4 bottle pickapeppa hot sauce brown sugar (amt varies) 2-4 dries habs (optional)

### Directions

Pre heat oven 350 place wings in oven proof platter (I use a pyrex quiche plate, since I don't eat quiche) mix jelly and hot sauce and liberally cover wings randomly stick dried habs in platter sprinkle brown sugar over wings (I use about 1/2 cup) bake about 35-45 min

-----  
----

## **Juanito's Jalapenos con Queso**

### Comments

The fun part about eating these is that jalapenos often vary in heat from chile to chile. This makes eating them even more fun: you never know if you'll get a tasty teaser, or a fiery mouth-burner. (That's why the beer is oh-so-important!)

### Ingredients

12 or more Jalapenos  
1-8 oz. block of Colby-Monterey Jack heese  
Salt

### Directions

Turn oven to broil (or fire up the grill).  
--Remove stems from jalapenos; slice in halves, lengthwise; remove seeds.  
--Slice cheese into 1 1/2 inch strips--just big enough to fill the chile halves.  
--Place chiles, open side down, on a cookie sheet (cover cookie sheet with aluminum foil for easy clean-up).  
--Broil 2-3 minutes (chiles should still appear green--not blackened).  
--Remove from oven; flip chiles over, open side up.  
--Sprinkle with salt; fill chiles with cheese; return to oven until cheese has melted, about 2 minutes.  
--Serve with plenty of cold beer.

-----  
----

## **Stuffed Mushrooms**

### Ingredients

- 1 lb regular sausage
- 1 block of cream cheese (8 oz.)
- 5 or 6 tobasco peppers, chopped finely
- 2 big cartons of whole stuffing mushrooms

### Directions

Brown sausage and drain as completely as possible. Mix sausage and peppers with cream cheese. Stuff mixture into mushroom caps. Bake at 350 degrees F for about 9 or 10 minutes or until warm. Serve immed. You can make in advance and freeze by doing everything except the baking. Bake when they are ready to be served.

---

## **Soups**

### **Hurricane Soup**

#### Ingredients

2 litres of water  
3 tbsp black peppercorns  
3 tbsp Seafood soup base  
1 habanero pepper (+ to taste)  
thinly sliced (I mean thin!)  
Lemon grass shoots or Cilantro  
300 gr. large prawns

#### Directions

Add the peppercorns and the soup base to the water, boil for 1 hour; Add the habanero peppers in the last 10 mins, then the prawns and the lemon grass just before serving, so they won't overcook.

---

### **Thai Tom Yum Goong**

#### Comments

This is the definitive Bangkok style Tom Yum.

#### Ingredients

1/2 kg Uncooked king prawns  
1 lemon or lime's worth of juice  
1 stalk fresh lemongrass  
2 cm piece of fresh galangal (siamese ginger / laos) don't use powder  
1 can Chinese straw mushrooms  
1 sprig fresh coriander leaves  
1 roma tomato chopped  
4 cloves garlic chopped  
1/2 onion sliced  
15 fresh red chillies  
3 tbsp Vietnamese or Thai fish sauce

#### Directions

Shell and devein prawns. In a big pot of water boil up the prawn heads with lemongrass, galangal, tomato, garlic, onion and chillies for one hour.

Just before serving, add straw mushrooms, prawns, lemon juice and fish sauce. Garnish with coriander leaves, serve immediately.

-----  
----

## **Salads**

### **Karen's 24 Hr. Layered Salad**

Posted by Karen Coe:

#### Ingredients

Salad Ingredients:

16 oz.pkg ready to eat salad fixings, or small head of lettuce, torn or cut into bite size pieces  
5 to 6 green onions, sliced thin  
4 or 5 large carrots, shredded  
broccoli and/or cauliflower, sliced or chopped  
celery, sliced or diced  
cucumbers, sliced or diced  
7 to 8 large fresh mushrooms, sliced thin  
tomatoes, however and how many you like  
(any other salad ingred. you may like or prefer can be added or substituted)

Top Layer Ingredients:

16 oz. pkg. frozen peas, thawed  
4 large hard-boiled eggs, chopped  
1 lb. bacon, crispy and crumbled (I use Real Bacon pieces in a can. Easier, just as good and not as messy. Do not use imitation bacon bits however.)  
Salad Dressing, recipe below  
4 cups shredded cheddar cheese, mild or sharp

Salad Dressing Ingredients:

3 or 4 cups salad dressing or mayonaise (I prefer salad dressing for the sweet taste that it has)  
5 to 6 tbs. sugar, heaping  
salt and pepper to taste

Mix these ingredients well. Let mixture sit in refrigerator until salad is ready for it. Stir again before spreading onto salad. Spread evenly to sides of container. Spread shredded cheese on top of salad dressing.

### Directions

In a large bowl, preferably one that has a sealable lid, layer or toss the salad ingredients as you prefer. Any combination can be used to suit your preferences.

On top of this salad mixture, layer the top layer ingredients in the order listed. (These ingredients should not be altered)

Cover salad with plastic wrap or lid and let sit in the refrigerator 24 hours or overnight to develop the flavors better.

### Comments

I am not allowed to go home for holidays and family reunions without bringing this salad with me. I have never been able to make just a little bit of this salad. It never lasts long anyway and rarely have any leftovers.

-----  
----

## **Joleen's Pasta Salad**

Posted by Joleen Watson:

### Ingredients

1 box colored Rotini pasta  
1 family sized bottle Fat Free  
Italian Salad dressing  
1 "log" summer sausage, cubed  
1 1/2 c. cubed mild cheddar  
Cheese  
1 c. cubed swiss cheese  
1 red bell pepper, chopped  
1 green bell pepper, chopped  
1 small can sliced black olives,  
drained  
1/2 c. sliced green olives

-----  
----

## **Garlic chicken salad with pasta**

Posted by Judy Nevius:

### Ingredients

Amount Measure Ingredient -- Preparation Method

-----

8 Ounces pasta -- cooked and drained  
4 Tablespoons oriental sesame oil  
1 chicken breast -- boned and skinned  
1/4 Cup rice wine vinegar or cider vinegar  
3 Tablespoons vegetable oil  
2 Tablespoons soy sauce  
2 Tablespoons chili oil  
2 Tablespoons garlic -- minced  
1/4 teaspoon crushed red pepper -- or to taste  
1 large red or green pepper -- cut into strips  
1/4 cup scallion -- chopped  
2 tablespoons parsley -- chopped

#### Directions

Toss pasta with 1 tablespoon sesame oil in a large bowl; cool to room temperature. Cook chicken in boiling salted water to cover 10 minutes or until center is opaque. Drain, cool and tear into long shreds. Whisk remaining 3 tablespoons sesame oil, the vinegar, vegetable oil and soy sauce in a small bowl. Add chicken and marinate 10 minutes at room temperature. Add chicken and marinade to pasta; toss to mix. Heat chili oil in a small skillet over medium -high heat. Add garlic and crushed red pepper; cook, stirring constantly, 30 seconds. Stir in bell pepper and green onions; cook 1 minute longer. Pour over pasta; add parsley and toss. Cover and chill for several hours or can be served immediately.

-----  
----

#### **Salad With A Bite**

#### Comments

I prefer a creamy type salad dressing (ranch, blue cheese, 1000 island) because the cool creamyness of the dressing balances well with the heat of the peppers.

#### Ingredients

Assorted lettuce's  
Red onion (Thinly sliced)  
Vine rippened tomatoe(s)(Sliced)  
12-15 Stuffed green olives (Sliced)  
1 Small can kidney beans (Drained)  
1 Small can garbonzo beans (Drained)  
2 fresh jalapenos or serronos(Thinly sliced)  
Dressing of choice \*\* \*\* see comments

### Directions

Add all ingredients to a salad bowl and toss well.

-----  
----

## **Bread**

### **Real Italian Bread**

Posted by Karen Monahan:  
Home Page: The Bird House On-Line Catalog

### Ingredients

12 ounces warm water  
2 tsp. salt  
4 1/4 c. flour  
2 tsp yeast

### Directions

This starts in a large capacity bread machine and finishes in your oven (for authentic look and taste).

1. Put all ingredients into bread machine in the order your machine specifies.
2. Select Dough or Manual Setting.
3. When entire cycle is finished, remove dough to a floured surface.
4. Punch down and let rest for 10-15 minutes.
5. Roll dough into a 12x15 oval.
6. Roll like a Jelly Roll from the long side.
7. Poke pointed ends in with tip of finger and pinch seam closed.
8. Place seam side down on a cornmeal dusted pan or Pizza Peel.
9. Make 3 Diagonal slits with sharp knife across top of loaf.
10. Cover with dish towel and let rise for 1 hour or until doubled.
11. Bake in preheated 450 degree oven for 25-30 minutes.

(Place a shallow pan of hot water on the rack under the bread to allow for authentic crust.

(If using a pizza peel and stone, heat stone for 45 min. before baking and slide bread from peel to stone.)

### Comments

This bread is great with Chili, Beef Stew and of course, Italian Dishes!

If you have a 1 lb. Capacity bread machine, just half the recipe, and bake for 15-20 minutes

---

## **Pepper Suprize Rolls**

Posted by Gordie Terpenkas:

### Ingredients

Filling:

10 Habenero peppers

10 long red cayanne peppers

10 chile peppers

1/4 cup vegetable oil

2 cloves garlic

Bread:

3 cups flour

1 cup warm water

1 packgage of yeast

1/2 teaspoon of salt

1/4 teaspoon sugar

### Directions

chop peppers and garlic and puree with oil. set aside. Mix flour,water,salt,sugar and yeast

(activate yeast first) and mix untill sticky.

roll out until 1/2" thick. cut away rectangular strips about 8" long. on one edge, add 1 teaspoon of pepper mix and roll tightly. bake on greased sheet

at 400 degrees farenhight untill brown on top then turn down to 350 degrees farenhight and bake untill the rolls feel light.

### Comments

Delicious with pork chops and steak.

---

**Vegetarian**

## **Wicked Chick Peas and Rice**



Posted by jeff kozak:

#### Ingredients

1 cup Brown Rice (white O.K.)  
1 can Chick Peas  
1/2 16 oz. jar Spaghetti Sauce (any type is fine)  
1-3 Fresh Habanero Peppers Chopped  
1 small can corn (optional)

#### Directions

Cook the rice. In a casserole dish mix the cooked rice with all the ingredients (mix well). Bake for about 20 minutes at 350F, or until hot. Serve as a side dish of main course.

-----  
----

### **far too simple nachos**

Posted by suzanne johnson:

#### Ingredients

1 jar tostitos salsa (has jalapenos) HOT  
1 300g can kidney beans, rinsed and drained  
corn chips  
1 avocado  
100g natural yogurt  
tabasco  
cheddar cheese

#### Directions

Into a saucepan, empty jar of salsa and kidney beans. Let simmer for about 10 minutes. Meanwhile, mash the avocado, yogurt and as much tabasco as you dare. Arrange corn chips tastefully, slop a generous dollop of the bean mix on top, sprinkle with grated cheese. Nuke in the microwave for 1-2 minutes, then add avocado "guacomole" and pig out. Too simple.

#### Comments

For variety, make less hot but add sweet chilli sauce at the same time as the guacomole. And forget the fat counts.

-----  
----

### **Spinach and Tomato Stromboli**

## Comments

This recipe does not include the recipe for the pizza dough. I've made the dough from scratch and used a mix (like Martha White). In my opinion, the choice of dough is not as important as it is with pizza. Just my opinion. So, in terms of the dough, it's your choice. I prefer to make my own, as I get a much fresher taste than with the mix. But the mix will save about an hour prep time.

## Ingredients

Favorite pizza dough (enough for a 12" round pizza)

4 cloves garlic

2 slices red onion

1 cup fresh spinach (whole leaf)

4 slices (thick) vine ripened tomato

1 1/3 cup shredded mozzarella cheese

1 tsp oregano

1 tsp basil

Spaghetti sauce (for dipping)

## Directions

### Filling

Peel and slice the garlic into medium slices. If you don't like biting into garlic, you may want to slice it even finer. Slice the red onion (1/8") into one or two slices. More if you really like onion, less if you don't. Quarter the slices. Slice the tomato in the same way. I usually use about four tomato slices. Tear the spinach leaves by hand into smaller pieces.

### Dough

Prepare the dough and stretch onto a pizza pan (non-stick, mesh, pizza stone, etc. Whatever you prefer) as if you're making a pizza. Except make it a bit more oval shaped than round. Preheat oven to 450 degrees.

### Combine

Now, sprinkle about 1/2 the cheese onto the dough along the longer axis of the crust. Leave about 1/2" on each end with no cheese. Next, spread the garlic, onion, tomato, and spinach onto the cheese. Last, sprinkle the rest of the cheese on top of that, and add the oregano and basil to taste.

Now to create the stromboli. The idea is to wrap the two shorter sides of the dough around the filling 'till they meet, then press them together. Pinch together the ends to seal it. Try to get the shape to be more or less cylindrical in cross section. I like to form a slight arc, so that everything fits better on the pan. Place in the oven and bake for about 10-15 minutes. You may want to check at about ten minutes just to make sure that everything's OK. Bake until the crust is a golden brown.

Serve with heated spaghetti sauce for dipping.

#### Hints

For a browner crust, brush with olive oil and sprinkle with garlic powder and parsley flakes.

For easier handling, keep your hands flour-coated while shaping stromboli.

To retain shape, form the stromboli into a cylinder that is taller than it is wide, so that when the cheese melts, it doesn't flatten out.

### **Grill**

#### **Caribbean Sea Horses**

Posted by Greg Papineau:

#### Ingredients

1 pound chicken tenders  
Trinidad Habanero Hot Sauce

#### Directions

Place the chicken in a large plastic bag  
Pour in enough sauce to cover the chicken.  
Place the bag in the refrigerator for 3 to 4 hours  
Get your grill hot.  
Put the chicken tenders on the grill in a "S" shape  
Brown on both sides.  
They cook quick so watch'em.

#### Comments

Great as an appetizer, on sandwiches, and as a main course.  
Marinate the chicken longer if you want it really hot.

-----  
----

#### **Sweet Jerk Chicken**

Posted by Andy R.:

#### Ingredients

Chicken Parts @3 lbs.(whole legs & thighs best)  
Jamaican Jerk Sauce 1/2 cup - I used Vernon's Hot and Spicy for this recipe.  
Dark molasses - 1/4 cup  
Rum - light or dark (not flavored) - 1/4 cup  
Salt or tenderizer

#### Directions

Combine jerk sauce, molasses and rum.  
Rinse chicken. Lightly sprinkle salt or tenderizer under and on skin.  
Spoon and spread jerk mixture under skin and all over outside of chicken. Cover and let sit in refrigerator for at least 4 hours, preferably overnight.  
Set up charcoal grill so that coals are stacked along sides of grill, leaving area in center for chicken.  
When coals are ready, place chicken on grill and cover. Baste with more mixture or just the jerk sauce if you're brave.  
Should be done in an hour.

#### Comments

With the molasses and the grilling, the chicken almost has a sugar cured bacon-type of flavor - but HOT.  
I haven't tried this with pork yet, but I suspect the same recipe will be as good or better with it.

-----  
----

### **Ancho Garlic Chicken**

Posted by Carl A. Blundi:

#### Ingredients

2 ancho chilies (ground)  
2 cloves roasted garlic  
1 teaspoon black pepper  
1/4 teaspoon of cumin  
1/2 cup olive oil  
2 chicken breast

#### Directions

Blend spices with olive oil. Marinate chicken over night in the fridge. Preheat grill. Grill 3 min. each side or 'till done.

---

## **Gurkha Barbecue Chicken**

Posted by Gaden Robinson:

### Ingredients

2 red and 2 green chillies  
4 cloves of garlic  
1 knuckle-size chunk of ginger  
1 cup white wine or dry sherry  
1 cup light soya sauce  
4 chicken breasts or 8 boned thighs  
1 teaspoon salt or half tsp MSG

### Directions

- \* Liquidise chillies, garlic and ginger (adding more to suit your taste) with the wine and soya.
- \* Score the chicken with a sharp knife and place in a bowl.
- \* Pour the liquidised mix over the chicken and cover for six hours, turning two or three times during the marinading process. Marinading overnight in the refrigerator is OK.
- \* Take the chicken pieces out of the marinade, brush with oil, and place on a hot barbecue to cook quickly; turn and brush with oil as necessary to prevent charring.

### Comments

\*Green\* chillies seem to impart a special something.  
This recipe can be varied infinitely - the trick is to cook the chicken quickly and keep it sealed and moist without charring.

---

## **grilled habanero chicken**

### Ingredients

chicken

dried habanero powder

### Directions

pat the powder into the chicken by hand all sides of chicken put in a plastic container and then put it in the refrigerator for 24 hrs . grill on as bbq and serve hot or cold and real flavor

---

## **Smoked Jalapeno Jelly Chops**

### Comments

These are great for breakfast with a couple of eggs and tortillas.

Yummm...

Serving Size : 4 Preparation Time :0:30

### Ingredients

Amount Measure Ingredient -- Preparation Method

---

1/4 cup Jalapeno Jelly  
1 tablespoon dijon mustard  
1 tablespoon balsamic vinegar  
4 each smoked pork chops 1" thick

### Directions

- \* In a small bowl combine first 3 ingredients. Mix well.
- \* Grill pork chops on an uncovered grill over medium-hot coals for 12-15 min. turning once till medium rare (do not overcook).
- \* Brush with sauce during last 5 min. of grilling.

Enjoy!

---

## **Ancho Garlic Chicken**

Posted by Carl A. Blundi:

### Ingredients

2 ancho chilies (ground)  
2 cloves roasted garlic  
1 teaspoon black pepper  
1/4 teaspoon of cumin  
1/2 cup olive oil  
2 chicken breast

### Directions

Blend spices with olive oil. Marinate chicken over night in the fridge. Preheat grill. Grill 3 min. each side or 'till done.

### Comments

---

## Main Dishes

### **Jalapeno Ranchero Omlette**

Posted by Jason Bell:

Home Page: WebNRG Design Systems

### Ingredients

Habanero Oil  
Jalapeno Peppers (Fresh)  
Cooking Onions  
Eggs  
Explosion Salsa (Very Hot)  
Cheddar Cheese (old)  
Cilantro

### Directions

Sautee the chopped jalapenos, onions, and cilantro in the habanero oil, add mixed eggs, cook on low in a skillet until firm enough to fold, then add the salsa to half and fold so salsa is in the middle. Add cheese on top, decorate with some cilantro cover until firm

### Comments

Enjoy! If you love hot food like I do, you'll love this! Wipe the sweat off your brow and smile with satiation.

---

----

## **beans & things**

Posted by Randall Dean:

### Ingredients

your favorite beans  
your favorite pan sausage  
rotel tomatoes  
onion  
chicken stock  
bell peppers optional  
brown sugar

### Directions

soak the beans, brown 1/3 (or more) of the sausage with as much onion as you like. Cook the beans, when they are about done pour off the water, add the sausage, chicken stock ( NOT BULLION!) rotel tomatoes, Tbl spoon or two BROWN sugar, sliced bell pepper. Simmer 15 min or till beans are tender. That's it !

### Comments

I stumbled on this one. Like beans & ground meat. Didn't have any ground, beans already cooking so I thought why not? The sausage adds a whole new taste to an old recipe.

RD

---

## **Microwave Enchiladas**

Posted by Julie McGowan:

### Ingredients

1 lb. ground beef  
5 c. water  
1 pkg. taco mix  
1 pkg. burrito mix  
2 c. grated cheddar cheese  
2 6-oz. cans tomato paste  
12-in flour tortillas, warmed



### Directions

Stir tomato paste and both mixes into the water in microwave-safe dish. Microwave on high for five minutes; stir. Microwave four more minutes. Brown ground beef. Drain fat. Add 1 1/2 cup sauce and 1 c. cheese to warm beef. Lay tortillas flat; roll several tablespoons of beef mixture in tortilla. Place seam-side down in greased 13x9x2" pan. Fill pan. Cover enchiladas with sauce and remaining cheese. Cover dish. Microwave on high, 4 minutes. Turn, cook an additional 4 minutes.

### Comments

I like to use more cheese on top, and I reserve some sauce to serve with refried beans or chips. When covering the dish to cook it, I stick toothpicks in the enchiladas then cover with microwave-safe plastic wrap. This alleviates the problem of the wrap lifting the melted cheese off the dish.

---

## **Venison Chili Steak**

Posted by Ed Hirsch:

### Ingredients

Venison steaks (1/2 inch thick)  
Chili pequin powder  
Red chili pepper flakes (1/4-1/2 t. per steak)  
Rosemary (1/4 t. per steak)  
Flour  
Salt  
Pepper  
Olive oil

### Directions

Heat thin coating of oil in a heavy-bottomed pan. Dredge steaks in flour and pequin mixture. When oil is hot, add rosemary and pepper flakes and allow to cook until aromatic. Add steaks and brown on both sides to seal juices. Cook covered at medium-high for about two minutes on each side. Venison has little fat and dries out easily, so be careful not to cook too long. One can even add a little water to allow the steaks to steam slightly. They retain moisture better that way. This recipe can successfully be adapted for beef.

---

## **LEBANESE RICE and Chicken (Serves 10-12)**

Posted by Jeffrey A. Sahadi:

### Ingredients

Lebanese rice:

2/3 cup white rice

1/3 cup orzo

1 can chickpeas drained

1/2 bunch parsley, minced

1/8 tsp cinnamon

2 cubes bouillon

4 cups water

Chicken:

1 whole chicken

1 medium Spanish onion

2 tsp. olive oil

3 tbsp. Bovril chicken base

1/4 lb. pinenuts

pinch cinnamon

pinch allspice

### Directions

Lebanese rice:

Preparation: Heat the water in a pan with a tight fitting lid. Dissolve the bouillon cubes in the water and add the cinnamon. Brown the orzo in a pan until nice and golden; allow to cool. Mix the orzo with the white rice into the boiling water, add the chickpeas, and simmer. Cook for 15 minutes. Remove from the heat and put in a large baking dish, add parsley. Then toss lightly.

Chicken:

Preparation: Boil and de-bone the chicken, and set aside. Finely mince 1 medium Spanish onion and saute it in 2 tsp. of olive oil. Add the pinenuts and

slightly brown them. Add a pinch of cinnamon and a pinch of allspice. Now add the chicken. Heat thoroughly. Then add 3 tbsp. of Bovril chicken base and blend. Make a hole in the middle of the rice in the baking dish and put the chicken in it. Then drizzle the remaining chicken broth over the rice.  
Bake in a 350oF oven for 10-15 minutes.

#### Comments

Serve with fresh yogurt, olives and pita bread.

---

### **The Best Turkey Chili Ever**

Posted by Karen Monahan:  
Home Page: The Bird House

#### Ingredients

2 lb. Ground Turkey  
1 Onion, chopped  
1 Clove Garlic, chopped  
3 Tbl. Chili Powder  
1 small can Crushed Tomatoes (or Equiv. Fresh)  
1 can Beef Broth  
1 - 2 cans Cannelini Beans (or Kidney, etc.)  
Salt to taste  
Cayenne Pepper or Crushed Red Pepper to taste

#### Directions

Brown Meat. Add Onion & Garlic. When transparent, add Chili Powder. Cook about 5 minutes over medium heat. Add remaining ingredients. Simmer, uncovered approx 2 hours, stirring occasionally. Top with Cheddar or Jack Cheese and serve with fresh bread & butter.

#### Comments

You can substitute Ground beef for the turkey, but drain off grease.

This is supposed to serve 4-6 but in our house it serves 2-3!

---

## **Lemon Garlic Chicken**

Posted by Sunshine Williams:

### Ingredients

8 Chicken boneless, skinless chicken breasts cut into strips  
1/2 c. butter  
2 cloves garlic minced  
1 c. seasoned bread crumbs  
1/2 c. freshly squeezed lemon juice

### Directions

Melt butter in a 12-13 in. baking dish. Add garlic. Roll chicken strips in bread crumbs. Place chicken in dish and bake at 350 degrees for 30 minutes, basting occasionally. Add lemon juice and bake an additional 15 minutes.

### Comments

This dish is very tasty especially if you like garlic!  
I usually do not put as much lemon juice as the recipe calls for because it takes away from the garlic flavor.  
It is also very easy to make.

---

## **Authentic New Mexico Green Chile Stew**

Posted by Jim Hilley:

Home Page: Fat Boys Great Chile Page

### Ingredients

1 2-1/2 to 3 bl. pork roast  
1 cup flour  
3 cups roasted, peeled, chopped green chile  
1 onion  
3 cloves garlic, finely minced  
salt  
pepper

chicken broth or chicken base  
1 tsp. cumin  
2-4 cubed potatoes (optional)

#### Directions

Cube pork roast, dredge in flour and brown until well caramelized.  
Sauté onions until translucent  
Put ingredients in large pot, add water to cover  
Simmer until meat and potatoes are tender, add salt to taste

#### Comments

Onion and garlic may be added just before simmering is finished in order to keep separate flavor.  
Excellent served with flour tortillas or hard rolls.  
And remember, no self-respecting New Mexican ever spells chile with an I.

---

## **Indonesian Spiced Beef**

Posted by Syamsul Bachri:  
Home Page: Bachri's Chili & Spice Gourmet

#### Ingredients

8 shallots, sliced  
3 garlic cloves, sliced  
1-inch piece of fresh ginger, sliced  
1/4 cup sliced hot red chilies  
6 cups Coconut Milk(santan)  
2 pounds boneless lean beef roast, cut into 2-inch cubes  
6 slices laos  
turmeric to taste  
bay leaves(optional)  
4 stalks of lemongrass  
Salt to taste  
1 tsp. cumin  
2 tsp. coriander

### Directions

- In a food processor, blend the shallots, , cumin, coriander, garlic, ginger, and chilies with 1/2 cup of the Coconut Milk to form a smooth paste(paste). Mix 1/2 cup of the mixture with the meat and let stand 30 minutes.
  - In a saucepan, bring the remaining 5.5 cups coconut milk to a boil over moderate heat with the laos, turmeric, lemongrass, and salt and simmer over low heat, stirring frequently, for 15 minutes.
  - Add the beef mixture and the remaining spice mixture to the pan and cook, stirring often, for at least an hour, or until all the liquid evaporates. (Do not cover the pan at any time).
- Serve warm or at room temperature.

Serving size: 8-10 people

### Comments

Variation: Rendang may be prepared with 2 pounds of chicken instead of beef.  
Serve with white rice, Sambal Tumis, and cucumbers, sliced.

---

## **New Mexico Chili Rellenos**

Posted by Bryan L Bennett:

### Ingredients

8 Whole Green Chili, Roasted and Skinned  
(Fresh are best but frozen will work)  
1/2# Sharp Cheddar Cheese, cut into narrow  
strips (1/4" x 1/4" x 3-4" long")  
Oil or Shortening for frying

Batter:

1c Flour  
1 1/2 tsp Baking Powder  
1/4 tsp salt  
1c Milk  
2 eggs - seperated

### Directions

The chilis should be firm fleshed and meaty for this recipe.  
If the green chilis are fresh they will need to be roasted and peeled before use.  
To roast, cook the chilis on a very hot gas or charcoal grille (or in a 400F oven)  
until they skins blacken and blister. Turn chilis until all of the skins have lifted.  
Carefully peel off all of the skins from the roasted chilis. Allowing the chilis to  
set in a loosely sealed plastic bag for an hour or more makes removing the skins  
much easier. Wearing rubber/plastic gloves during peeling is a good idea, especially

if the chilis are a hot variety.

Cut a 1 to 1 1/2" slit down the side of the chili at the stem end. You can carefully remove many of the seeds from the chili using your small finger and cool tap water. If you try to remove the seed, be careful not to tear the chili more.  
Stuff a few cheese strips into each chili, again trying not to tear the chilis. Don't stuff them until they're bursting!

Heat 2-3" of oil or shortening until a drop of the batter bubbles when dropped into it.

Dip the chilis in batter and fry in oil until golden brown, turning once.

Batter:

Whip the egg whites until fluffy.

Mix dry ingredients. Add egg yolks. Stir in milk until the consistency of pancake batter.

Cut in whipped egg whites, stirring just until blended.

### Comments

A favorite in New Mexico, especially during the chili harvest in August and September. The melted cheese compliments the flavorful chilis perfectly.

Serve 2 rellenos per person as an entree with black beans, pinto beans, posole, or rice. They may also be served with a green chili sauce.

May also be served individually as appetizers. During the harvest season my wife and I will cook them as sides several times a week.

Variations:

Use different cheese; mild cheddar, colby, or longhorn.

Stuff chilis with a combination of cheeses and meats.

Finely diced chicken or shrimp work very well.

---

### **Graeme's 'Last Resort' Chili**

Posted by Graeme Caselton BSc.:

Home Page: Home Page

### Ingredients

500gms of frozen minced meat (Beef, Lamb, Chicken or Turkey)

1 tb oil

12 frozen Habanero or Scotch Bonnet Chile Peppers

1 handfull dried chopped green bell/sweet Peppers  
2 handfulls dried chopped Onions  
1 pinch dried chopped Garlic  
2 teaspoons ground Cumin  
1 teaspoon ground Coriander  
1 pinch Salt  
2 teaspoons freshly ground Black Pepper  
2 14 oz cans Tomatoes  
2 handfulls dried Black Beans \*\*

\*\* use a can of Baked Beans if dried black beans unavailable.

### Directions

24 hours before starting to cook the chili, place the dried black beans in a bowl and cover with cold water.

12 hours before starting to cook the chili, take the meat and chile peppers out of the freezer and let them defrost. Drain the water from the black beans and recover with fresh cold water.

When ready to cook, drain the black beans. Place into a saucepan, cover with fresh cold water, bring to the boil and cook vigorously for 20 minutes. Drain and put to one side.

Cover the dried onions in boiling water and let stand for 10 minutes.

In a casserole, crockpot or suitable stove top cooking container, brown the meat in the oil. Add the sweet peppers.

De-stem the chile peppers and place in a food processor. Chop up finely. DO NOT remove seeds or veins from the chile peppers. Add to the cooking pot.

Add the onions, garlic, cumin, coriander, salt and pepper to the cooking pot. Add the tomatoes, breaking them up into small chunks in the pot. Add the beans.

Stir well and reduce to a simmer once bubbling. Cook for 1-2hours.

Serve with rice or crusty bread. Add Hot-Pepper Sauce as required.

### Comments

Yield: 5 servings



Designed to use the dried items of 'last resort' stored in the back of the kitchen cupboard  
or frozen and forgotten in the freezer.

## **Brown Rice, Black Bean and Green Chili casserole**

Posted by Karla Tonella:

Home Page: <http://www.arcade.uiowa.edu/gw/wstudies/>

### Ingredients

2 cups cooked brown rice  
(dark brown varieties are nice)  
1 cup black beans (cook day before)  
or 2 cans black beans  
28 oz can whole green chilies  
chopped into 1 inch chunks  
or 6-7 4 oz cans.  
1 can chopped or stewed tomato  
(chili flavored works well)  
lots of chopped onion to taste  
one large, 2-3 medium  
8-16 ounces of shredded co-jack  
cheese or mix of cheddar & jack  
8 oz of kefir cheese or drain  
8 oz plain yogurt in coffee filter  
overnight.  
Spices and flavors of your choice  
like cumin, oregano, chili powder ...

### Directions

Mix together in large (really large) casserole and  
bake in medium oven about 30 minutes or until  
cheese is well melted and mixture is bubbling and  
maybe sides just barely begun to crust.

### Comments

Keeps well in refrigerator and gets better over  
next few days. Great for people with limited time  
who don't want to cook everyday. Complete protein.

---

## **Spinach and Tomato Stromboli**

### Comments

This recipe does not include the recipe for the pizza dough. I've made the dough from scratch and used a mix (like Martha White). In my opinion, the choice of dough is not as important as it is with pizza. Just my opinion. So, in terms of the dough, it's your choice. I prefer to make my own, as I get a much fresher taste than with the mix. But the mix will save about an hour prep time.

### Ingredients

Favorite pizza dough (enough for a 12" round pizza)  
4 cloves garlic  
2 slices red onion  
1 cup fresh spinach (whole leaf)  
4 slices (thick) vine ripened tomato  
1 1/3 cup shredded mozzarella cheese  
1 tsp oregano  
1 tsp basil  
Spaghetti sauce (for dipping)

### Directions

#### Filling

Peel and slice the garlic into medium slices. If you don't like biting into garlic, you may want to slice it even finer. Slice the red onion (1/8") into one or two slices. More if you really like onion, less if you don't. Quarter the slices. Slice the tomato in the same way. I usually use about four tomato slices. Tear the spinach leaves by hand into smaller pieces.

#### Dough

Prepare the dough and stretch onto a pizza pan (non-stick, mesh, pizza stone, etc. Whatever you prefer) as if you're making a pizza. Except make it a bit more oval shaped than round. Preheat oven to 450 degrees.

#### Combine

Now, sprinkle about 1/2 the cheese onto the dough along the longer axis of the crust. Leave about 1/2" on each end with no cheese. Next, spread the garlic, onion, tomato, and spinach onto the cheese. Last, sprinkle the rest of the cheese on top of that, and add the oregano and basil to taste.

Now to create the stromboli. The idea is to wrap the two shorter sides of the dough around the filling 'till they meet, then press them together. Pinch together the ends to seal it. Try to get the shape to be more or less cylindrical in cross section. I like to form a slight arc, so that everything fits better on the pan. Place in the oven and bake for about 10-15 minutes. You may want to check at about ten minutes just to make sure that everything's OK. Bake until the crust is a golden brown.

Serve with heated spaghetti sauce for dipping.

#### Hints

For a browner crust, brush with olive oil and sprinkle with garlic powder and parsley flakes.

For easier handling, keep your hands flour-coated while shaping stromboli.

To retain shape, form the stromboli into a cylinder that is taller than it is wide, so that when the cheese melts, it doesn't flatten out.

-----

### **chilie soy flank steak**

#### Comments

The longer it soaks the more pepper flavor transfers to the meat. Fix it at noon, cook it for dinner. this is how I finally got my sons to try hot food.

#### Ingredients

2 2 lb. flank steaks  
1 c. dark soy sauce  
1/2 c. dry sherry  
1 habanero chilie (stemmed)  
2-4 serrano chilies (stemmed)  
4 jallepeno chilies (stemmed)  
3 cloves garlic

#### Directions

- 1) purree the soy, sherry, garlic and chillies in a blender.
- 2) place the flank steaks in a glass bowl and cover with the purree.
- 3) let soak for at least 1 hr. turning at least once.

- 4) grill over HOT coals to the desired doneness.
- 5) set the steak aside for 3-5 min. to rest, slice and serve.

serves 4-6 people

---

## **chipotle chicken and beans**

### Comments

Very yummy, very easy, depending on your chiles, very hot. Serves 2, unless you don't like eating, in which case it probably serves more.

### Ingredients

one chicken breast, deboned  
one can black beans  
one large onion  
2 cloves garlic  
2 dried chipotles, soaked  
1 dried NM red chile, soaked  
some tabasco  
oregano, cumin, pepper, salt  
tortillas or rice

### Directions

chop up onions-n-garlic, throw in pan with some oil. Cook a few minutes, add chicken. Add chopped chipotles, NM red chile. When chicken is almost cooked, throw in beans (rinse first). Cook a while longer, til chicken's done. Add spices to taste (I recommend lots of cumin) include several healthy Tabasco shakes. Serve wrapped in tortillas or over rice with whatever condiments seem appropriate.

---

<http://www.feline.org/feline/>

**Cat's Heavily Modified Buffalo Wing Recipe -- With Credits to Ender Too**

### Comments

This recipe is loosely based on a couple of various recipes I have seen. Credit also goes to Ender Walsh, another brave experimenter. Feel free to add any spice or hot-ness you wish, it only makes 'em better! Have lots of cold beer on hand.

### Ingredients

2 tbsp Louisiana Hot Sauce  
1 tbsp Worstershire Sauce  
1 tsp chili powder  
1 tsp red pepper  
1 tsp black pepper  
1 clove garlic, minced  
1 dozen buffalo wings

### Directions

Combine the first six ingredients in a saucepan. Start simmering the mixture only when wings are almost done. The amount of sauce should seem VERY small compared to the wings, so as to not make the wings "soupy".

Fry or bake the wings according to package directions. When they are done, and the sauce has been simmered, pour the sauce into a sealable container. Add the wings. Seal the container and shake it vigorously until all wings are coated. Serve immediately with celery sticks and bleu cheese.

-----

## **Hot Peanut Chicken**

### Comments

This dish isn't my "BlastO" (I have those also) dish or anything - it's more of a hot chicken dish. It goes well with roasted green peppers and rice. It's a nice meal for Mondays. Hope you like it.

### Ingredients

4 Chicken halves with skin  
2 dried Chile peppers chopped

1 tbls. Garlic chopped  
1/2 Cup Peanut oil  
1 tps. Peanut Butter

#### Directions

This is a skinless chicken dish, but I've found that skinning the chicken at home makes for a better taste; in other words leave a little bit of the fat on for taste. Use a non-stick pan or pot. Make sure the pan is sizziling hot before cooking the chicken. The trick is to sear the chicken to keep the juices inside. After searing the chicken for 1 to 5 minutes turn heat down to medium. When the chicken is about 2/3 cooked, lightly spread Peanut butter over tops of chicken and add garlic and pepper. That's it:)

---

### **Chicken de Kristin**

#### Comments

This dish can be spiced up to anyone's personal pleasure and is certainly one of my favorites. I am a student and it is easy, fast, and hot, and delicious

#### Ingredients

cut up chicken  
salsa  
peppers  
mozzarella cheese

#### Directions

This is really easy! All you have to do is place cut up chicken in a baking dish and top with salsa and peppers and whatever spice you choose. Stir vigorously to ensure equal taste. Then top with desired amount of mozzarella cheese (it's best with a lot of cheese) and bake at 375 degrees F for about 45 minutes or until chicken is tender.

---

----

## **Johnny's Chile Verde**

### Ingredients

Recipe By : John Fraga "Recipes To Kill For"

Serving Size : 4 Preparation Time :2:00

Amount Measure Ingredient -- Preparation Method

-----  
6 tablespoons chili powder  
1 can tomatillos or 8-10 fresh -- thinly sliced  
1 medium onion -- chopped  
1 medium tomato -- chopped  
3 each chiles serranos or other hot peppers -- chopped  
1/2 teaspoon cumin  
1/2 teaspoon oregano  
1/2 teaspoon salt  
1/2 teaspoon fresh ground black pepper  
1/4 cup chicken broth  
4 cloves garlic -- split  
2 pounds pork shoulder (lean) -- cubed  
1 tablespoon cooking oil  
1 teaspoon cornstarch (optional)  
2 teaspoons water (optional)

### Directions

- \* Place ingredients 1 thru 11 (using only 3 cloves of garlic) in a food processor and process untill well mixed.
  - \* Add oil to a large hot fry pan and brown pork a few minutes.
  - \* Sprinkle chili powder over pork in pan and continue to cook for 5 more minutes.
  - \* Place pork in a medium size pot.
  - \* Add tomatillo mixture to pot. Stir to combine with pork.
  - \* Simmer for 1-2 hours untill pork is very tender.
  - \* Crush and mince last clove of garlic, and add to pot during last 5 min. of cooking.
  - \* If mixture needs thickening, combine cornstarch and water, mix well and slowly stir into pot a little at a time untill desired consistency.
- 

## **Smoked Jalapeno Jelly Chops**

### Comments

These are great for breakfast with a couple of eggs and tortillas.

Yummm...

Serving Size : 4 Preparation Time :0:30

### Ingredients

Amount Measure Ingredient -- Preparation Method

-----  
1/4 cup Jalapeno Jelly  
1 tablespoon dijon mustard  
1 tablespoon balsamic vinegar  
4 each smoked pork chops 1" thick

### Directions

- \* In a small bowl combine first 3 ingredients. Mix well.
  - \* Grill pork chops on an uncovered grill over medium-hot coals for 12-15 min. turning once till medium rare (do not overcook).
  - \* Brush with sauce during last 5 min. of grilling.
- Enjoy!
- 

## **Desert Rose Rice**

### Comments

I can't vouch that this recipe is entirely mine. My recipe collection consists of scribbled sheets of loose leaf, most written in haste, as I either wrote down what I did, or copied it from a friend. My mother, a professional Home Economist, has also contributed a lot of recipes in her time. However, here it is.

### Ingredients

1/4 cup minced onion 2 tablespoons butter/margarine 1 cup small shrimp 1 cup raw rice 1 1/2 cups chicken broth 1/2 cup coconut milk 1/4 cup Desert Rose Papaya Hot Sauce 1/2 cup golden raisins 1/4 cup chopped bananas 1/4 cup toasted coconut 2 tablespoons chopped cilantro

### Directions



In a skillet, melt the butter. Saute the onion until it is soft. Add the shrimp, and saute for 1 minute. Stir in the rice, and continue to saute until the rice turns opaque. Remove the pan from the heat. In a suacepan, bring the broth, coconut milk, and Desert Rose Papaya Hot Sauce to a boil. Add the rice, and bring the mixture to a boil. Stir in the raisins, reduce the heat, cover the pot, and simmer for 20 to 30 minutes, or until the rice is done. Remove the pan from the heat, add the bananas, coconut, and cilantro, and serve Serves 4

---

## **Johnny's Chili**

### Comments

This chili is a bit "warm". Ymmmmmm. The only way to eat chili!

### Ingredients

Recipe By : John Fraga "Recipes To Kill For"

Serving Size : 6 Preparation Time :4:00 Amount Measure Ingredient -- Preparation Method

---

2 tablespoons olive oil  
2 pounds lean beef -- cubed  
2 cans pinto beans -- drained  
6 ounces water  
1 large onion -- chopped  
1/2 large red bell pepper -- roasted & chopped  
3 cloves garlic -- diced  
7 tablespoons chili powder  
1 tablespoon cumin -- crushed  
1 tablespoon oregano -- crushed  
2 cans tomatoes, stewed  
2 each chili peppers (Pasilla) -- roasted & chopped  
2 each chili pepper (Calif) -- roasted & chopped  
3 each chili peppers (Habenero) -- seeded & minced  
3 each chiles serranos -- diced  
1 tablespoon balsamic vinegar  
1 teaspoon fresh ground black pepper  
salt to taste

### Directions

\* Roast pasilla, Calif. and bell pepper under broiler till blackened all over. Place chiles in a paper bag and close tightly to steam (15-20 min.) Remove blackened skin, stem, and most of the seeds.

- \* Add olive oil to a "hot" large frypan. Add meat and sear quickly for a few minutes. Distribute chili powder over meat and continue to cook over medium heat.
  - \* Add cumin and oregano.
  - \* Add onion and garlic and cook 4-5 Min.
  - \* Add meat mixture to a large pot. Add tomatoes, water, roasted chiles, serranos, and ground pepper. Add habeneros (See Note)
- (Note) "WARNING" Habenero peppers are the hottest pepper on the face of the earth. Use extreme caution when handling these little buggers.
- \* Simmer chili mixture 2-4 hours, stirring occasionally till meat is very tender and flavors are well blended.
  - \* 15-20 minutes before chili is done add beans untill they are heated through.
  - \* Add salt to taste.
  - \* Just before serving, add balsamic vinegar (Don't overdo it or the whole pot will have a vinegar taste. Add a little at a time then taste. "ENJOY"

## **Desserts**

### **Wake the Dead Brownies**

Posted by renee:

#### **Ingredients**

1 box brownie mix, plain chocolate, any brand  
(enough for one 8x8x2 pan)

1 Tablespoon crushed hot peppers, your favorite heat  
(adjust to taste)

#### **Directions**

Follow the directions on the box of brownie mix. Mix crushed hot peppers in at the end, just before you put the batter in the pan.

#### **Comments**

I took a pan of these to work as a joke when we had our office chili cookoff. To my surprise, the masochists finished them off. I tried a bite. The sweet, then hot combination is ...ahem..unique.

-----  
----