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## **MEALS FOR BACKPACKING AND TAIL-GATE TRIPS**

While meals for camping trips could fill volumes, and this book is not intended to be a treatise on culinary excellence for the out-of-doors, we will share just a few of our favorite recipes with you. The meal plans presented here cover the range of what could be done from a 4-by-4's tailgate to a hiker's backpack.

### **FREEZE-DRIED FOODS**

On a backpacking expedition or camping trip spanning more than a few days, it is definitely desirable from the standpoint of weight, to use freeze-dried foods as much as possible. Secondary to the weight consideration, there is the problem of garbage disposal.

With freeze dried foods, there is little (if anything) of the packaging that cannot be carried out easily, or disposed of in a campfire. There are many specially designed prepackaged trail meals available in sporting goods stores, but you can save a considerable amount of money by purchasing the same items in your grocery store, and packaging the meals yourself.

There are many fine freeze-dried foods on the market. On a 1993 trip to the Pine Barrens, my nephew Billy and I brought in some Mountain House brand freeze-dried Lasagna for our hike down the Batona Trail. We followed the instructions to the letter, except the part that said to wait 10 minutes. We were both hungry, and I like to eat my food steaming hot, so I stirred a little more vigorously than required, and when it tasted "just right", we ate it.

I must say, that THEIR Lasagna came pretty close to my mother's own, and that ain't no mean feat! However, the METHANE attacks 3 hours afterwards, were absolutely BRUTAL. We had to EVACUATE our two-man pup tent SIX times during the night, three of those times in the pouring rain. We were laughing so hard, (we both have a SICK sense of humor) I had to use Ben-Gay the following morning, my sides were aching so bad. The Lasagna was one of the "highlights" of the trip, although next time, we'll wait the full 10 minutes.

## **BREAKFAST**

They say that breakfast is the most important meal of the day. When I'm home, I rarely have the desire to eat breakfast. However, when I'm in my true element, the trail beckons, and I need the energy that a good breakfast provides. Breakfast, in the form of cereals, is the easiest meal to plan, and the lightest of the loads to carry. Many cereals provide 100% of USDA RDA of vitamins, and you should choose those types of cereals over the other sugar-coated, artificially flavored and/or colored stuff in the form of "smiley faces" and "huggie bears", that provide little or no real nutritional value.

Before I have that first cup of Joe in the morning to get the neurons in the brain kick-started, I have all to do to handle the pyrotechnics of getting the stove lit without blowing myself up, much less tackle the complicated task of preparing a hot breakfast.

So rule #1 is to have the stove all primed, pumped, and ready to go, and the pot preloaded with water and coffee before you hit the sack, so that you can have that first cup as soon as you get up. Being awake helps you to do the rest of the job of preparing breakfast without a great deal of fumbling around.

## **HOT APPLE SAUCE and RAISINS - SNACK**

This little snack is super simple, but it satisfies the taste buds, quenches an appetite, and replenishes energy reserves with honey – which is the most natural form of "sugar boost" available.

**INGREDIENTS:** One prepackaged cup applesauce and 1-oz. raisins for each serving. Use the apple cup desserts that are designed as school lunches, which come in plastic containers.

**PREPARATION:** Mix raisins and applesauce in a small pot, add a bit of unrefined sugar or a touch of honey. Heat and serve hot.

## **BOLOGNA and POTATO CHIP SANDWICH**

When I first “discovered” that bologna sandwiches are made “special” by a handful of potato chips added just before a sandwich is eaten, I thought I had discovered something unique. When I Scoutmastered a Boy Scout troop in Brooklyn in the mid 70’s, many of the boys already knew about BPCs. Bologna and potato chips on a sesame seed hero bread is a special treat that I sometimes get cravings for. The “trick” to a truly “slammin” BPC hero is timing and proper placement of the chips. The chips should be placed between slices of meat, and crushed just before the sandwich is eaten. Ideally, the sandwich meat should be as cold and as dry as possible.

It is not possible to prepare this sandwich even an hour in advance. The chips quickly absorb moisture from the bread and the meat, and soggy chips will make you want to chuck the sandwich into the woods for the bears to eat. This sandwich goes well with spicy condiments such as Jalapeño peppers. If you use Mayonnaise, keep it off the chips, or they will get soggy before you can finish the sandwich.

## **CEREAL AND FRUIT - BREAKFAST**

Who says you can’t have breakfast cereal with fresh fruit just like at home?. Cereal is easy to pack in, and creates no mess to clean up. However, if you like to embellish your cereal at home, there is no reason why you can’t do it on the trail. You have several options for your fruit, depending on how lengthy your trip is. For the first day, you can probably get away with bringing in fresh fruit, frozen just before you left, and kept in a cooler in your car just before you hit the trail. For subsequent days, there is a variety of freeze dried fruit, which can be re-hydrated in milk for a few minutes before you mix it in with the cereal.

### **INGREDIENTS:**

- 1 serving of your favorite breakfast cereal.
- 1 to 2 ounces of freeze dried fruit (your choice).
- 1 or 2 Tablespoons sugar (or brown sugar) to taste.
- 4 oz. container of Parmalat™ milk.

### **PREPARATION:**

- Rehydrate the fruit in a bowl of milk for 20 minutes or so. (It is good to do this while the coffee is perking).
- When the coffee’s ready, add the cereal to the bowl with the dried fruit and milk.
- Add sugar to taste.



## “CAPITAL PUNISHMENT” CHILI

This recipe for Chili has been introduced into the State Legislature, as an alternative means to lethal injection – the prisoner’s last meal is the means by which he is executed. In this manner, there is no need for complicated hookups, and the condemned gets to enjoy the means of his demise. Makes 1 (large) pot. Obviously, this is NOT a backpacker’s meal, unless you want to prepare it at home, and pack it in frozen.

### INGREDIENTS (for 15 hungry people):

- 1 Tbs. Oregano.
- 2 Tbs. Paprika.
- 2 Tbs. MSG (monosodium glutamate).
- 9 Tbs. Chili powder, light.
- 4 Tbs. Cumin.
- 4 Tbs. Beef bouillon (instant, crushed).
- 24 oz. Lowenbrau™ (or your favorite) beer.
- 2 Cups Water.
- 4 lb. Extra lean chuck, chili grind.
- 2 lb. Extra lean pork, chili grind.
- 1 lb. Extra lean chuck, cut into 1/4” cubes.
- 2 Large onions, finely chopped.
- 10 Cloves garlic, finely chopped.
- 1/2 Cup Wesson™ oil or kidney suet.
- 1 Tsp. Mole (powdered), (also called Mole Poblano).
- 1 Tbs. Sugar.
- 1 Tsp. Coriander seed (from Chinese parsley, cilantro).
- 1 Tsp. Louisiana Red Hot Sauce (Durkee’s™) or Tabasco™ (Dave’s Insanity™ sauce – if you can find it).
- 8 oz. Tomato sauce.
- 1 Tbs. Masa Harina flour (salt to taste).

**PREPARATION:**

- ☐ In a large pot, add paprika, oregano, MSG, chili powder, cumin, beef bouillon, beer and 2 cups water. Let simmer.
- ☐ In a separate skillet, brown meat in 1 lb. or 1 1/2 lb. Batches with Wesson oil or suet. Drain and add to simmering spices. Continue until all meat is done.
- ☐ Sauté chopped onion and garlic in 1 Tbs. of oil or suet.
- ☐ Add spices and meat mixture. Add water as needed.
- ☐ Simmer for 2 hours.
- ☐ Add mole, sugar, coriander seed, hot sauce and tomato sauce.
- ☐ Simmer slowly for 45 minutes.
- ☐ Dissolve Masa Harina flour in warm water to form a paste. Add to chili
- ☐ Simmer for 30 minutes.
- ☐ Add additional Louisiana Hot Sauce (or Tabasco™) for hotter taste.

**NOTE:** You will note that I use BEER in this recipe, despite my admonitions about the use of alcoholic beverages. In this case, dispensation is given, because the alcohol will evaporate off during the cooking. You may substitute a non-alcoholic beer such as O'Doul's™ with no deleterious effect.

Note: (If you substitute ZIMA™, have a stomach pump handy).

## **COWBOY COFFEE - ITALIAN ALPS STYLE**

No book on camping would be complete without the author's favorite coffee recipe. There are literally THOUSANDS of coffee recipes out there, but NONE of them beat THIS recipe (trust me). This is a REAL MAN's (sorry ladies) coffee. If you prepare coffee as described here, be prepared for the best-sustained caffeine "rush" you ever had in your life. Reserve this recipe for special occasions only. You will like it so much, that you'll be tempted to do this at home. My advice to you is DON'T. Keep it for special trips only, or before you know it, you'll get so caffeine-addicted that you'll be grinding up the beans, and pushing them raw, into an open vein. This recipe makes EXCELLENT iced coffee.

### **INGREDIENTS:**

- El Pico™ or Medaglia D'Oro™ brand espresso coffee.
- Your favorite (brown) coffee - I like Folger's™ for this recipe.
- Un-refined "Sugar-In-The-Raw" (powdered Dextrose optional).
- Pinch of salt (fresh egg shells - if you have 'em).
- White cotton or denim cloth, spool of white sewing thread.
- A handful (or two, or three, depending on size of your pot) of clean stones, 1/4" to 1/2" in diameter, preferably freshly taken from a cold, running river. The key to this is that the stones should be as COLD as possible.

### **PREPARATION:**

- Mix 3 parts of brown coffee to 2 parts espresso, and a pinch of salt. Add 1/2 fresh eggshell - do NOT crush it (if you have it) and wrap the mixture up in a tightly woven, white cotton or denim cloth. Use white sewing thread to tie the cloth shut.
- Bring your pot of water to a rolling boil, and put the sack of coffee into it, and let the grounds sit in the fiercely boiling water for at least 3 minutes (the longer you boil the sack of coffee, the stronger the brew will be).
- After the grounds are soaked, use a knife to cut open the bag and spill the grounds into the water. Turn the stove off and cover the pot. Wait 5 minutes, remove the cover and throw in a handful or two of clean (cold) stones. Re-cover the pot. The stones will make the grounds settle to the bottom of the pot.
- After a few minutes, carefully remove the lid, and WITHOUT MOVING THE POT, take the coffee out with a small LADLE.
- Use copious amounts of UN-REFINED sugar, (I use "Sugar-In-The-Raw"), or if you want to induce a REAL sugar "high" to go along with the caffeine "kick", drop in some powdered DEXTROSE as well. Now go out into the woods and haul in a few extra logs, 'cause it's gonna be a LONG night around the campfire.

## DUTCH OVEN BAKED ZITI

This is a favorite for when we go on canoe trips to the Jersey Pine Barrens. This meal is NOT for backpackers, because for one thing, a #10 Dutch Oven is quite an albatross to hump in on a trail, and the ingredients are also quite a load, and require refrigeration until just before preparation. If you cook this meal on one of your drive-in trips, you might end up with a volunteer to carry in the Dutch oven on the next backpacking expedition.

### INGREDIENTS (for 8 people with hearty appetites):

- 1 Medium sized box of Ziti Noodles.
- 1/2 qt. Tomato sauce (preferably made at home, from scratch).
- 1/8 cup Dried parsley.
- 10 Tablespoons Oregano.
- Salt, and a bit (a Teaspoon) of cooking oil.
- 1/2 stick of butter or margarine.
- Several loaves of Italian bread (from an Italian bakery).

These cheeses should be grated coarsely or very thinly sliced:

- 1/4 Pound Romano cheese.
- 1/4 Pound Ricotta cheese.
- 1/4 Pound Parmesan cheese.
- 1/4 Pound Asiago cheese (you may substitute a very sharp Monterey Jack, or any very sharp cheese).

### PREPARATION:

- Bring a 2 or 3 quart pot of water to a violent boil.
- Add Ziti noodles a bit of salt, and a Teaspoon of oil. (The oil keeps the noodles from sticking together)
- Stir occasionally, cover and let boil until noodles are just about cooked (*al dente*).
- Start a campfire with a lot of small (1 to 2 inch diameter) sticks.
- Butter the inside of a #10 Dutch oven.
- Add a layer of noodles, and follow with sauce and about half of one of the cheeses, top with tomato sauce, sprinkle some parsley and oregano to taste.
- Repeat previous step, using a different cheese.
- At the end of the preparation, you should have about 8 layers of noodles with cheese and tomato sauce interspersed. Cover the last layer with the remaining ingredients and a few pats of butter. Ideally, the Dutch oven lid should be resting on top of the last layer of noodles.
- Wait until the campfire burns to embers. Place the Dutch oven into the coals that remain from the campfire. (You can put the Dutch oven in the oven if you're cooking this at home, but it won't be the same). Pile the hot coals all around, especially on top of the lid.

- [] Cooking time varies depending on how many coals you have, and how fast the wind is blowing (really!). Other variables may be the phase of the moon, and the altitude (above sea level). Above 1,500 ft., add a tad more salt.
- [] If a Democrat is presently in the White House, make sure you fan the fire from the RIGHT side, and verse-visa.
- [] When cheese starts boiling the lid off the Dutch oven, (about 30 to 45 minutes) it's done. Remove the Dutch oven from the hot coals, and immediately crack the lid a bit to let steam escape.
- [] Put a small stick under the lid's edge to keep it open. If you don't do this, even slight cooling will suck the lid down, and you won't be able to remove it without a crowbar (no kidding).
- [] Warm up the bread (wrapped tightly in aluminum foil) over the coals for about four minutes.
- [] Remove the bread carefully from the fire, serve the ziti, and enjoy. Your guests will think you sent out to Mama Leone's.

#### **TRAIL "GORP" - VARIATION ON A FAVORITE**

"GORP" or "trail mix" as it is otherwise known, is a favorite for the munchies you get when humping a 40 pound pack up a 30 degree slope. This is my own recipe for a very tasty and nutritious snack.

#### **INGREDIENTS:** (use equal volumes of each)

- [] Raisins
- [] Walnuts (shelled of course)
- [] Almonds and/or Pecans
- [] Macadamia Nuts (love 'em!)
- [] Frosted (corn) flakes
- [] Dried Pineapple (finely diced)

For morning cereal back at camp, or at home, try one of the KASHI™ cereals with Parmalat™ milk, and sprinkle in a handful of the trail mix.

## **SPICY HOT JIMMY DEAN'S - BREAKFAST**

There's nothing like sausage and eggs for breakfast, especially if you "spice it up" a bit. If you're healthy enough to enjoy backpacking, and you're worried about the calories or cholesterol, take my advice; Lighten up! Enjoy! You'll burn it off.

If you have no means of keeping the food cool, you should pack the sausage in frozen, and the eggs cold. Use this as your FIRST DAY'S breakfast to avoid spoilage.

### **DO NOT UNDERCOOK EGGS OR PORK.**

#### **INGREDIENTS** (two servings):

- 1 pound (or so) Jimmy Dean® HOT sausage.
- 2 large grade A eggs.
- 2 Tsp of Oregano.
- 1/2 Tsp. powdered chili pepper.
- 1 pint Parmalat™ (whole) milk.

**NOTE:** The purpose of the milk is to make the eggs fluffy. As the milk boils when the eggs are frying, the eggs will fluff up nicely. If you use the 2% or 1% (or "lowfat") milk you will NOT achieve the desired results.

#### **PREPARATION:**

- Break eggs into a pot and stir in enough milk so that the mixed volume is 25% more than the eggs alone.
- Whip vigorously for at least 2 minutes.
- Cut sausage into 1/2 to 3/4" thick patties.
- Sprinkle on Oregano and chili pepper.
- Preheat frying pan and brown the sausages until outside is crisp.
- When sausages are cooked, drain the grease into a paper cup, leaving enough in the pan to fry the eggs with.

**NOTE:** Place the sausages between two paper plates to keep them warm.

- Reheat the pan until the remaining grease smokes, then drop the eggs in, stirring vigorously. Fry the eggs to taste. Salt and pepper to taste. Serve hot.

## **OATMEAL SHREDDED WHEAT - BREAKFAST**

If you like hot oatmeal and shredded wheat, why not combine the two for a good, hearty, stick-to-the-ribs breakfast cereal. It is easier if you prepare this meal in advance of your trip, by just repackaging it into single serving Ziplock bags.

Put all ingredients, (except the milk) into a Ziplock bag.

### **INGREDIENTS - (one serving):**

- 1 Package Quaker instant Oatmeal (any flavor).
- 1/2 Cup spoon size Shredded Wheat (Frosted Mini Wheats).
- 1 or 2 Tablespoons of sugar (or brown sugar) to taste.
- 4 oz. container of Parmalat™ milk.

### **PREPARATION:**

- Bring 1/2 cup of water for each serving to a rolling boil in your cooking pot.
- Dump each ziplock bag into a serving bowl or coffee cup. Add the boiling water and wait 5 minutes, stirring occasionally.
- Add the milk to cool it off a bit, and it's ready to eat.

## **HOME MADE POTATO CHIPS**

### **INGREDIENTS:**

- As many potatoes as you want.
- Quart of Extra-Virgin Olive Oil.
- Adobo seasoning (available in mild to very spicy – select to taste).
- Salt and coarsely ground black pepper.
- Onions (as many as you want)
- Chopped garlic.

### **PREPARATION:**

- Clean potatoes and leave the skins on.
- Slice the potatoes lengthwise and very thin with a sharp serrated knife.
- Make very thin onion rings with the onions.
- Season the potato slices with Adobo (to taste).
- In a deep fry pan, heat the oil until slight wisps of smoke are seen.
- Drop in the potatoes, onions, and chopped garlic, stirring with a perforated spatula, turning the potatoes over occasionally.
- Remove potatoes and onions when they are golden brown, and stack the potatoes ON EDGE in a baking pan lined with paper towels.
- Serve the treat hot.
- Wait until the oil cools and save it for next time (store the oil in the refrigerator). The darker the oil gets, the better the chips will taste.

## SHRIMP SCAMPI



Nobody expects a meal like this on a camping trip, but if you have a cooler to keep the shrimp fresh, it is very simple to make this very special treat. Of course, cooking this meal at home is also a special treat. Timing is required to have the rice and shrimp cooked at the same time. This comes only with practice.

### INGREDIENTS (for 4 people):

- 1 to 1-1/2 Pounds Medium or Large Shrimp.
- Garlic cloves (as many as required for your taste).
- 2 Teaspoons dried parsley.
- 1 Teaspoon. Oregano.
- 1 Teaspoon Onion Powder.
- ½ pound Butter or Margarine.
- 1 small box of REAL Basmati rice (not the TEXAS stuff) – see note.
- Loaf of French or Italian bread.

### PREPARATION:

- Wrap the bread in aluminum foil and place it next to the fire to warm it up. You may cut it in half lengthwise, and toast it after it has warmed a bit.
- Clean and de-vein the shrimp, washing carefully in COLD water.
- Heat a pot of water to a rolling boil, THEN add the rice, stirring gently every minute.
- Saute diced garlic cloves, oregano, parsley and onion in a frying pan over medium heat, until onion powder just begins to turn brown.
- Turn up the heat, add the shrimp, more butter or margarine.

You want to make enough garlic sauce for the bread.

- Fry the shrimp, stirring constantly.
- Drain the rice pot when rice is cooked.
- Serve over the rice, with warm Italian bread covered with the hot garlic butter.

**NOTE :** Basmati rice is a type of brown rice grown only in a small region of India. It has an intriguing almond-nut flavor that is for lack of a better term “woody” and unique. The feeble attempts to duplicate it in this country (Texas Basmati), does not hold a candle to the real McCoy.

## POLENTA RECIPES

<http://www.Net4TruthUSA.com/Polenta.htm>



**From Wikipedia, the free encyclopedia:**

**Polenta** is a cornmeal mush popular in Italian, Savoy, Swiss, Austrian, Croatian, Slovenian, Serbian, Romanian, Corsican, Argentinean, Brazilian, and Mexican cuisine, and it is a traditional staple food throughout much of northern Italy.

### Description

Polenta is made with either coarsely, medium or finely ground dried yellow or white cornmeal (ground maize), depending on the region and the texture desired.[1] As it is known today, polenta derives from earlier forms of grain mush (known as *puls* or *pulmentum* in Latin, or more commonly as gruel or porridge) commonly eaten in Roman times and after. Early forms of polenta were made with such starches as the grain farro and chestnut flour, both of which are still used in small quantity today. When boiled, polenta has smooth creamy textures, caused by the presence of starch molecules dissolved into the water.

### Similarity with grits

Polenta is very similar to corn grits, a common dish in the cuisine of the Southern United States, with the difference that grits are usually made from coarsely ground hominy (see nixtamalization, which is the process of removing the hull from the kernel of the corn before grinding). When properly cooked, grits and polenta have similarly smooth textures, “grit” referring to the texture of the dried corn before cooking. Polenta’s similarity to boiled maize dishes of Mexico, where both maize and hominy originate, may be a coincidence, as polenta is not a part of Spanish cuisine.

## Cooking and recipes

Formerly a peasant food, polenta has recently become quite upscale, with polenta dishes in restaurants and prepared polenta found in supermarkets commanding high prices. Many new recipes have given new life to an item, which is, in essence, a fairly bland and common food, invigorating it with various cheeses or tomato sauces. Polenta is often cooked in a huge copper pot known in Italian as *paiolo*. In northern Italy there are many different ways to cook polenta.

The most famous Lombard polenta dishes are *polenta uncia*, *polenta concia*, *polenta e gorgonzola*, and *missultin e polenta*; all are cooked with various cheeses and butter, except the last one, which is cooked with fish from Lake Como. It can also be cooked with porcini mushrooms, rapini, or other vegetables or meats, as in the Venetian *poenta e osei*, with little birds. Polenta is traditionally a slowly cooked dish, sometimes taking an hour or longer to cook. This has led to a profusion of shortcuts in cooking technique, and at least one authority (Christopher Kimball of *Cook's Illustrated* magazine) has asserted that cooking polenta using modern ingredients should take only seven minutes. Nevertheless, instant and precooked polenta have become popular in Italy and elsewhere.

Cooked polenta can also be shaped into balls, patties, or sticks and fried in oil until it is golden brown and crispy; this variety of polenta is called *crostini di polenta* or *polenta fritta*.

## Regional variations

- in Croatia, polenta is common on the Adriatic coast, where it is known as *palenta* or *pura*; in the northwestern part of Croatia, in and around Zagreb, it is known as *žganci*.
- the Corsican variety is called *pulenta*, and it is made with sweet chestnut flour rather than cornmeal.
- the Serbian variety is called *palenta*.
- the Romanian variety is called *mămăligă*.

## Interesting facts

- “Polentone” (or “pulentun” in dialect) meaning “polenta eater” (literally “big polenta”) is a derogatory term sometimes used by Southern Italians to refer to Northern Italians.
- The overreliance on polenta as a staple food caused outbreaks of pellagra throughout much of Europe until the 20th century (maize lacks readily-accessible niacin.)
- In South Africa, cornmeal mush is a staple food called mealie pap; in Zimbabwe it is called sadza and in Zambia it is nshima; elsewhere in

Africa it may also be called fufu. In the Caribbean, similar dishes are cou-cou Barbados and funjie Virgin Islands.

- Cornmeal mush is called ugali in Swahili, and is a much appreciated food in East Africa.

## Dave's Polenta Recipe

### Ingredients

- 3 cups water
- 1 ½ tsp salt. (used to lower the boiling temperature of water)
- 1 ½ cups polenta, medium or coarse grain
- 1 tsp thyme.
- 1 tsp dried parsley.
- 1/8 tsp freshly ground black pepper or Adobo seasoning.
- ½ cup grated Parmesan cheese .
- 2 tbs olive oil.
- Oil for bread loaf pan and cookie sheet

**NOTE:** Do not use anything but olive oil, and do not substitute margarine or what I call “plastic butter” for real butter. Margarine, especially – is unhealthy because of poly-unsaturates and trans-fatty acids... besides, REAL food tastes better!

### Directions

1. In a copper kettle heat the water and salt over medium-high heat.
2. Bring to a simmer, but don't let the water boil.
3. Use a whisk to stir the polenta into the hot water. Whisk constantly until it begins to thicken – which will take about 3 to 5 minutes.
4. Add thyme, cheese, and olive oil.
5. Reduce the heat and simmer, stirring regularly with a wooden paddle, until it is very thick – this takes as long as it takes.
6. When the polenta has the consistency of bread dough, it is ready to serve – toppings can include beef or mushroom gravy, butter, or tomato sauce.
7. While the polenta is still hot, you can prepare for FRIED polenta by following the remaining steps here.
8. Oil a suitable size bread pan (big enough to hold what isn't served).
9. Fill the pan with the polenta. Smooth the polenta out evenly.
10. Cover the pan and refrigerate overnight.
11. Remove from the refrigerator and flip over onto a cutting board. The polenta should slide out of the pan.
12. Slice the polenta about ½-inch thick.
13. Place on an oiled cookie sheet and sprinkle with water. Fry in butter or broil until hot and lightly browned, flip and fry or broil on the other side. You may also grill the polenta on aluminum foil or a barbecue grill.

## **Herbed Soft Polenta with Sun-Dried Tomatoes**

### **Ingredients:**

- 4 ½ cups water.
- 1 ½ cups yellow cornmeal (coarse is better, but regular works).
- 1 teaspoon kosher salt.
- 2 tablespoons butter.
- ¼ cup grated Parmesan cheese.
- ¼ cup grated Romano cheese.
- ¼ cup crumbled goat, feta or blue (Gorgonzola) cheese.
- ¼ cup chopped, sun-dried tomatoes.
- 2 tablespoons chopped herbs (any combination of basil, oregano, parsley, sage and rosemary).
- ½ teaspoon freshly ground black pepper, or Adobo seasoning.

### **Directions:**

1. Bring water to a rolling boil.
2. Gradually and slowly whisk in the cornmeal and salt, constantly whisking to avoid lumps.
3. Reduce heat to low and cook until thick, stirring frequently, about 15 to 20 minutes.
4. Remove from heat and stir in butter, three cheeses, tomatoes, herbs and pepper.
5. Serve warm.

# WARNING!

**Polenta is addictive!**

**Cooking polenta has to be done with a bit of caution – as the corn meal is heated, it has a tendency to bubble and splatter – like a good tomato sauce does. The bubbles release bursts of steam that can burn you quite badly; and so the author recommends you use a wooden stick (to prevent conduction of heat), and the wearing of cooking mittens or gloves when stirring the mixture.**

**We are not responsible for food addictions (or skin burns) which may result from the information contained herein.**

You can search the Internet for “POLENTA”, and you will find THOUSANDS of recipes and articles. I use the MAXTHON BROWSER to do all my web searches. In “NEWS” mode, it will open windows to dozens of search engines while you are reading the current article. Maxthon is similar to Internet Explorer, but it saves you the trouble of logging on to each search engine in turn, if the one you last used doesn't come up with what you're searching for. Best thing is – Maxthon is FREE for the download... just go to [www.Maxthon.com](http://www.Maxthon.com) and get yourself the best browser in the business.

## **Texas Grits**

Here's the grits, egg and cheese casserole recipe. Ironically enough, its formal name is “Sausage Casserole - Texan Style”.

I definitely recommend you make this the night before and then bake it in the morning.

1 lb bulk pork sausage.  
3 cups hot cooked grits.  
2 1/2 cups (10 oz.) shredded cheddar cheese.  
1 Tbsp butter.  
3 eggs, beaten.  
1 1/2 cups milk.  
1 small can chopped green chilies.

Cook sausage till brown, drain well. Spoon sausage into a lightly greased 13"x9" inch baking dish. Combine grits, cheese and butter. Stir till cheese and butter melt. Combine eggs and milk; stir into grits; pour over sausage. Bake 1 hour at 350 degrees. Garnish as desired. Can be made and refrigerated overnight and baked the next morning.

## Ziplock™ Omelets

- Have guests write their name on a quart-size Ziploc freezer bag with permanent marker.
- Crack 2 eggs (large or extra-large) into the quart size Ziploc bag (not more than 2) shake to combine them.
- Put out a variety of ingredients: cheeses, ham, onion, green pepper, tomato, hash browns, salsa, etc.
- Each guest adds prepared ingredients of choice to their bag and shake.
- Make sure to get the air out of the bag and zip it up.
- Place the bags into rolling, boiling water for exactly 13 minutes. You can usually cook 6-8 omelets in a large pot. For more, make another pot of boiling water.
- Open the bags and the omelet will roll out easily. Be prepared for everyone to be amazed.
- Nice to serve with fresh fruit and coffee cake. Everyone gets involved in the process and a great conversation piece.

WebPastor      David Todeschini

Ministry site: [www.Net4TruthUSA.com](http://www.Net4TruthUSA.com)

Mirrored on [www.NetForTruth.com](http://www.NetForTruth.com)

Goofs & Laughs [www.AssholesAmongUs.com](http://www.AssholesAmongUs.com)

Company Store: [www.TelsonUSA.com](http://www.TelsonUSA.com)

Mirror #1 <http://companystore.Net4TruthUSA.com>

Mirror #2 <http://companystore.NetForTruth.com>

Mirror #3 <http://companystore.AssholesAmongUs.com>

Bookstore: [www.LuLu.com/Net4TruthUSA](http://www.LuLu.com/Net4TruthUSA)

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