

## **Dog Treats**

Note: these directions are for treats about 2 by ½ inches tall. Larger treats will take longer to cook.

1 pound beef liver  
2 large eggs, shells washed  
1 cup low-fat cottage cheese  
1 ½ cups wheat germ  
about 3 ½ cups wheat flour

Rinse liver and cut into 1" chunks. Put in saucepan with 1 cup water. Boil then cover, reduce heat and simmer about 5 minutes. Drain liquid into 1 cup measurer; if needed add more water to make 1 cup.

Puree liver in food processor along with eggs and shells, adding reserved liquid as needed to keep mixture moving. Add remaining cooking liquid, cottage cheese, wheat germ and ¾ cups flour

Scrape dough onto a well-floured surface; knead until dough is no longer sticky, adding more flour as required. Roll out until ½-inch thick. Cut with a floured bone-shaped cookie cutter. Put on greased baking sheets covered with parchment paper.

Bake in a 300-degree oven until firm turning once, about 30 minutes per side. (For convection ovens: 300-degrees, use three shelves, cook 45 minutes without turning.) Transfer to racks to cool. If bones are not hard, return to oven. To store, package airtight in refrigerator or freezer.

Per bone: 41 cal; 3.2 g protein, 0.7 g fat (0.2 g sat.); 5.5 g carbohydrates, 19 mg sodium; 28 mg chol.

## **Barbecue Directions**

### General:

adjust height of grates

add wet chips to cast iron container; put on side not being used for cooking

light both burners

preheat for 15 minutes to reach 350-degrees

### Hamburgers (¾-inch thick):

low grill setting, high temperature

cook covered 2/1 for medium rare

### Steak (1 ½-inch thick):

pat dry; rub in salt and pepper

low grill setting, high temperature

cook covered 4/2 to 3 for medium rare

rest 5 minutes

Flank Steak marinated in soy sauce:  
low grill setting, high temperature  
cover 4/3 for medium rare

Chicken Parts:  
medium-high grill  
cook highest temperature, covered for 5 minutes; then turn and cook for 2 minutes  
put out flames with water bottle. Turn temperature setting to lowest or that setting  
needed to maintain 350-degrees.  
Total cooking time 30 minutes

## **Crunchy Fried Wheat Nuts**

whole wheat berries  
oil for deep frying  
salt

In saucepan, cover wheat berries with 2 inches of water. Bring to a boil, remove from heat; cover and let sit overnight. Drain and pour into cookie sheet with sides. Bake 200-degrees for 20 minutes, stirring once.

In large saucepan, pour  $\frac{1}{4}$  full of cooking oil. Heat to 375-degrees. Add  $\frac{1}{2}$  cup wheat berries and fry for 2 minutes. Drain on paper towels and sprinkle with salt.

## **Direction for Remote Thermometer**

**Parts:** Receiver (large display window and buttons)  
Transmitter (small display window)  
Probe and Wire

### **Directions:**

- 1) Plug Wire into Transmitter.
- 2) Turn on Receiver
- 3) Turn on Transmitter (Receiver beeps)
- 4) Press Meat button to select type of meat
- 5) Set doneness temperature by pressing up/down arrows

### Internal Done Temperatures

Tenderloin Roast	120-degrees for medium-rare/rare)
Lamb and Steak	120-125-degrees
Turkey Breast	165-degrees
Turkey Hindquarter	175-degrees
Prime Rib Roast	120-degrees
Fish	140-degrees
Scallops	130-degrees

**Beckett and Connor's Favorites:**

Connor:

Cheese Quesadillas: flour tortilla, Jack cheese, lightly toasted, chocolate-Grasshopper Pie,

Beckett:

Burritos: brown beans (mashed), Jack cheese, rice, mild guacamole, Strawberry Cake

Both Boys: Beef Sticks, Chicken Tenders, Mac and Cheese, Beach Sticks, cheeseburgers (meat mixed with bread soaked in milk), Chicken Schnitzel, Pumpkin Cupcakes



## Roasted Garlic

Wolfgang Puck

4 heads garlic  
¼ cup olive oil

Preheat the oven to 375°F. Put the garlic in a roasting pan and drizzle on the olive oil. Toss to coat thoroughly. Bake for 50 to 60 minutes, or until the garlic bulbs are very tender but not overly brown. Test by carefully giving a bulb a gentle squeeze while protecting your hand with a folded kitchen towel or an oven glove. Remove from the oven and allow to cool.

Suggestions: The roasted garlic will keep for up to 3 days, covered, in the refrigerator. •In addition to using the garlic for the crostini below, try mixing it into stir-fried vegetables and spooning it onto pizzas; stir it into risottos or your mashed potatoes; add it to sauces for meat, poultry, seafood, or pasta; or purée it with butter to make the best garlic bread you can imagine.

## Cooking with Lemon Grass

When purchasing lemongrass, **look for firm stalks (not soft or rubbery, which means it's too old)**. Lower stalk should be pale yellow (almost white) in color, while upper stalks are green (do not purchase if outer leaves are crusty or brown). Usually fresh lemongrass is sold in groupings of 3-4 stalks, secured with an elastic band. Stalks are approximately 1 foot long (or more). Look for fresh lemongrass at your local grocery store or Asian market. If you can't find it with the fresh produce, check the freezer section - lemongrass stalks are also sold in frozen packets.

**Note that prepared, ready-to-use lemongrass can also be purchased** - look for it in tubs in the freezer section of your local Asian/Chinese grocery store.

To use fresh lemongrass, always cut off the lower bulb and remove tough, outer leaves. The main stalk (the yellow section) is mainly what is used in Thai

cooking, although I always reserve the upper, green "stem" and add this to my soups and curries for extra flavor.

From here, you have 2 options. The first is the easier of the two. **Choose this option if you are in a hurry, or if you do not own a food processor or pestle & mortar.** Simply cut the yellow stalk into 2-3 inch lengths. Then "bruise" these sections by bending them several times. Add them to your soup or curry. You can also create superficial cuts along these sections with your knife, which will help release the lemon flavor. When serving, remove the lemongrass pieces, or ask your guests to set them aside as they eat.

The second option is to slice the lemongrass. In this case, **we are preparing the lemongrass to be consumed, adding fiber, nutrients, and more flavor to the dish.** You will need a very sharp knife, as the stalk is quite firm. Cut the yellow section of stalk into thin slices and place these in a food processor. Process well. Or, pound the slices with a pestle & mortar until softened and fragrant. Now add this prepared lemongrass to your Thai recipe.

Note that lemongrass is extremely fibrous and a little “stringy” (more like threads, actually). For this reason, be sure to cook your Thai dish thoroughly. If you are making a soup, for example, boil the lemongrass for at least 5-10 minutes in the broth in order for it to soften adequately.

## **Adding Wood Chips to Your Grill**

Cooks Illustrated

Adding wood chips to your grill imparts a deep, smoky flavor to your food as it cooks. In the test kitchen, we use wood in two different forms: chips and chunks. In either case, the wood needs to soak in water before being added to the grill in order to maintain a slow smolder rather than a quick burn, which can impart an acrid taste to your meat.

Wood chunks need to soak for at least one hour before using. Place them directly on the coals for long, slow-smoking Southern-style recipes such as brisket or ribs. Just nestle the soaked chunks into the pile of charcoal, set the cooking grate in place, and cover the grill for five minutes. Once the grill is hot, clean it and start cooking.

If you have a gas grill, you'll want to use grill chips. Soak the chips for at least 30 minutes. Then place them inside a foil pouch with holes cut into it for ventilation. You can also use a disposable aluminum tray. Place the aluminum

pouch or tray directly over the primary burner, light the grill, cover it, and wait until the chips start smoking heavily, around 15 minutes or so.

If you're a smoking fanatic, you may want to keep a supply of presoaked wood chips on hand. We found that after the initial soaking, wood chips or chunks can be placed in a zipper-lock bag and stored in the freezer indefinitely. Pull them out of the bag and use as is—there is no need to thaw.