

## Ferneyhough's Chicken Wing Recipe

### Ingredients

Box of Split chicken wings from Superstore, Costco, Thriftys. Different sauces and spices.

Directions:

1. Mix up your sauces first. I use a combination BBQ, Lime, Louisiana, mustard, Sriracha and Honey combined with different steak spices and chilli peppers. Try different combinations and try it beforehand to make sure it's what you want.
2. Bake wings at 350 for an hour - hour and a half if doing a big batch. Toss once or twice. I think this is the main thing. Gotta get the fat off.
3. Sometimes I add a coat of 'Fajita Spice' and cook/toss another half hour. I might have some around I can give you. OR I'll take a pic of the recipe and send it to you.
4. Add jar of Franks hot sauce of your choice. Tough to say how much - Liberally coated? I use four jars for that box of wings that I buy.
5. Cook another hour at 350 tossing them every 20 min or until the sauce has thickened. This depends on the type of sauce. It gets to the point that the sauce is burned on the pan. You've seen the pans after - bit of a mess.

## Mr. Tremblay's Pineapple salsa recipe

### Supplies

1. 1 onion.
2. 1 bunch of fresh cilantro.
3. 4-5 tomatoes (depending on size should be in 1-4 ratio with the onion).
4. 1 can of diced pineapple.
5.  $\frac{1}{2}$  a fresh lime.
6. Salt and Pepper.
7.  $\frac{1}{2}$  a bulb of garlic

### Process

1. Mince onion and garlic into very small pieces and put into a strainer inside a bowl. Soak for at least 30 minutes to reduce harshness of onion taste when raw.
2. Mince the 4-5 tomatoes and put them into a big bowl.
3. Open pineapple can and drain juice. Put the pineapple in the bowl with the tomatoes. Discard or drink juice )or add for flavor if you want really sweet, but watery salsa).
4. Chop up the stem portion of the cilantro bunch and put it into the bowl. Add more later if it is needed for taste.
5. Cut the  $\frac{1}{2}$  lime into 4 sections and squeeze the juice into the bowl.
6. After the onions have soaked for the pre-determined amount of time, put them into the bowl and mix.
7. Add salt and pepper to taste.

## **Onigiri (simplified) recipe**

### Ingredients

1. 2 cans of tuna fish
2. 3 stalks of celery
3. 5 dill pickles
4. 1 lime
5. 1 bunch of cilantro
6. 2 cups of mayonnaise
7. 1 bunch of green onions
8. 1 cup of rice
9. 1 package of seaweed strips
10. 1 bottle of Louisiana hot sauce (for spice)
11. 1 bunch of Thai chillis

### **Instructions**

1. Chop the celery, green onions, pickles and cilantro up and put into a bowl.
2. Put the tuna, lime and mayonnaise in with the other ingredients and mix together. Add some Louisiana hot sauce if you want it to be a little more spicy/vinegary.
3. Cook the rice.
4. Take the seaweed strip and put some cooked rice on it. Put some tuna mixture on top and some spicy peppers/sauce if interested.
5. Eat

## **Mr. Tremblay's Nuts and Bolts recipe**

### Ingredients

- 1) 4 cups of Cheerios
- 2) 4 cups of Shreddies
- 3) 4 cups of Pretzels
- 4) 4 cups of unsalted peanuts
- 5) 1 lb of butter
- 6) Garlic salt

### Prep

- 1) Preheat the oven to 315-325 degrees.
- 2) Put the 4 cups of Cheerios, Shreddies and Pretzels together in a roasting pan
- 3) Cube the pound of butter and disperse it over the top of the mixture in the roasting pan. Do not add the peanuts yet.

### Cooking

- 1) Place the butter, Cheerios, Shreddies and Pretzel mixture into the preheated oven for 15 minutes.
- 2) At the fifteen minute mark, remove the pan and mix them. Make sure to dredge from the bottom as that is where the butter will have settled. Repeat this four times until 60 minutes of cooking has passed.
- 3) After 60 minutes of cooking add 4 cups of peanuts and a little bit of garlic salt and dredge and cook again for 15 minutes.
- 4) After 75 minutes of cooking remove from the oven and sprinkle garlic salt to taste. It will often taste more salty when they have cooled so be conservative with your salt.

## **Mr. Tremblay's Mushroom Soup Recipe**

### **Ingredients:**

1. 2 cans mushroom soup concentrate.
2. 2 cans Skimmed milk (add different types of milk for extra creaminess).
3. 1 Full bag of fresh mushrooms.
4. 1 Bundle of fresh cilantro.
5. 1 bulb of garlic.
6. Salt and pepper.
7. Louisiana hot sauce.

### **Prep:**

1. Open the cans of Mushroom soup concentrate and put them into the pot.
2. Fill the cans with an equal amount of milk to the soup and put it in the pot with the concentrate.
3. Mince the garlic. Pieces should not be bigger than the size of a kernel of rice.
4. Have cilantro ready to be chopped and added.
5. Have a large fork or whisk ready to break up the concentrate and blend it with the milk.
6. Chop the Mushrooms into slices.

### **Cooking Instructions:**

1. Turn the stove element on to low/medium heat. If the bottom starts to burn or stick reduce heat.
2. Put the pot on the stove and blend the soup concentrate and milk mixture together.
3. Add the Mushrooms and garlic to the mix.
4. Cook until pre-boil. Do not let it boil as the milk will separate and ruin the soup.
5. Add the salt and pepper, cilantro and Louisiana hot sauce to taste once the soup has started simmering.
6. You will know the soup is ready and cooked when the soup concentrate and milk have melted together, the mushrooms reduce in size by a third to a half and the garlic is soft.

### **Serving instructions:**

1. Serve in a bowl and with fresh bread and butter for dipping.

## Heavy Chocolate Cake recipe

350 degrees for 25-30 minutes

### Ingredients

1. 1 cup unsweetened cocoa } Put both into a bowl and whisk until smooth.
2. 2 cups boiling water } Cool completely
3. 2 ¾ cups of flour
4. 2 teaspoons of baking soda
5. ½ teaspoon salt
6. ½ teaspoon baking powder
7. 1 cup of butter
8. 2 ½ cups of sugar
9. 4 eggs
10. ½ teaspoon of vanilla

### Instructions

1. Cream butter, sugar, eggs and vanilla together.
2. Put flour, baking soda, baking powder and salt in another bowl.
3. Beat in flour, splitting the mixture in 4ths, the cocoa mixture in 3rds, starting and sifting with the flour in three 8 inch pans or two 9 inch pans, (the 9 inch pans get quite full and require more time to bake).

## Optional Chocolate icing and filling

### Ingredients

1. One 6 ounce package of mint chocolate chips.
2. ½ cup of light cream (or creamo).
3. 1 cup of butter.
4. 2 ½ cups of icing sugar

### Instructions

1. In a medium saucepan combine cream, butter and chocolate chips.
2. Stir over medium heat until smooth.
3. Beat in icing sugar.
4. Set in bowl over ice and beat until it holds it's shape.

### Whipped cream filling

### Ingredients

1. Once cup of whipping cream.
2. ¼ icing sugar.
3. 1 tsp of vanilla.

### Instructions

1. Whip cream and add sugar and vanilla.

## Cilantro Rice

### Ingredients:

- 1) Rice
- 2) 1-2 onions
- 3) 3-4 cloves Garlic

### Cooking:

- 1) Cut up onions and garlic but keep them separate. Sautee the onions and when they are almost done put in the garlic.
- 2) Cook the rice but a couple minutes before it's done put some cilantro in with it and mix it up. Let it infuse the rice with its smell/flavor.
- 3) As soon as the rice is done combine the two in a wok or mixing bowl.

# Spicy Roasted Chicken (and Turkey)

## Ingredients

1. 1 Whole roasted chicken
2. 5-7 onions depending on size of bird
3. 3-5 bulbs of Garlic
4. 3-5 hot peppers of your choice
5. 10-20 sprigs of fresh cilantro
6. BBQ sauce
7. Louisiana Hot Sauce
8. Habanero hot sauce (optional)
9. Honey
10. Yellow mustard
11. Olive oil or oil based Salad Dressing (dependant on marinade)
12. Spicy dry rub of your choice.

## Prep

1. Slice up a couple of the onions up for marinade and chop the rest for stuffing. Do the same with the garlic and hot peppers. (Any left over onion can be used for the marinade later if you cut up too much for stuffing) Make sure the bigger pieces go in the marinade pile for later.
2. Mix the stuffing onions, garlic, cilantro and hot peppers together and place in a bowl.
3. Mix the marinade onions, garlic, cilantro and hot peppers together and place in a bowl.
4. Mix 3 cups of Louisiana hot sauce, 3 cups of salted water, 1 cup of Olive oil or Salad Dressing, ½ a cup of mustard, ½ a cup of BBQ sauce, 2 tablespoons of habanero hot sauce and 2 tablespoons of honey. Combine with the marinade vegetables and mix. (The measurements of the ingredients in the marinade may vary depending on taste and size of bird. Turkey obviously requires much larger measurements)

## Practice

1. Mix the marinade thoroughly and put aside for later.
2. Skin the chicken or turkey. (This will allow the marinade to sink in easier but also means you must baste it more during cooking).
3. Cut the trusses on the legs and stuff the chicken or turkey with the onions, hot peppers, garlic and cilantro.
4. Place the Bird in the Roasting pot and pour the marinade.
5. Apply the dry rub over the bird let it marinade for one or two days in the fridge.
6. Reapply the dry rub and marinade every few hours over the duration of the marinade timing.

## Cooking

1. Preheat oven to 450 degrees.
2. Reapply the marinade and dry rub and place the chicken in the roaster.
3. Lower the oven to 400 degrees and place the roaster in the oven for 40 minutes (or until the deepest part of the breast registers at 165 degrees Celsius. Baste every 20 minutes Sometimes, due to the dense nature of the stuffing it will take longer.) Let the chicken sit for 15 minutes and then carve.