

NEUMANN'S BASIC COOKING:

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FRUIT SHAKES:

TAKE A FRUIT OR ONE CUP OF SMALL FRUITS.
SLICE AND DE-PIT IF NECESSARY.
DISPOSE OF WASTE PROPERLY.
PUT IN BLENDER.
ADD ONE CUP OF WATER, JUST ENOUGH TO GET THE MIX SPINNING.
ADD ONE SCOOP LEMONADE POWER OR ANY FRUIT POWDER OF YOUR CHOICE.
MIX A LITTLE.
ORANGE JUICE OR OTHER JUICE MAY BE SUBSTITUTED FOR
WATER AND POWDER. TRY TO SELECT FOR BEST TASTE MIXTURE.
ADD ONE TEASPOON VITAMIN C POWDER - BRONSON'S BRAND #49B
ADD 2 TO 3 HAND FULLS OF ICE CUBES:
LESS ICE MAKES A SHAKE.
MORE ICE MAKES AN ICEE.
DO NOT ADD MORE ICE IF BLENDER STOPS SPINNING THE LIQUID.
IF BLENDER GETS CAUGHT ON AN ICE CUBE, STOP, PICK UP GLASS
CONTAINER OFF OF PEDISTAL AND SWISH AROUND TO MOVE
THE BLOCKED ICE CUBE, THEN RETURN TO PEDISTAL AND
CONTINUE MIXING.
MIX UNTIL ICE CUBE CRUNCHING SOUND STOPS.
SERVE IN GLASS IMMEDIATELY.

MICROWAVE DINNERS RESTAURANT STYLE:

DO NOT MICROWAVE THE DINNER!
OPEN CONTAINER COMPLETELY.
DISPOSE OF CONTAINER PROPERLY.
REMOVE FROZEN CONTENTS OF MAIN COURSE AND PLACE IN NON-STICK SKILLET.
ADD TERYAKI SAUCE, BARBIQUE SAUCE, BUTTER, OR OLIVE OIL TO KEEP FOOD
FROM GET BURNED, USE YOUR BEST JUDGEMENT BASED ON THE
TYPE OF TV DINNER, SO YOU GET A GOOD TASTE.
I.E. CHINESE STYLE DINNERS GO WELL WITH TERYAKI, WESTERN STYLE
WITH BARBIQUE, ITALIAN WITH OLIVE OIL, ETC.
COOK ON MEDIUM-HIGH FIRE UNTIL CONTENTS MELT COMPLETELY.
COVERING SKILLET WILL SPEED UP THE PROCESS.
AFTER MELTED WATCH MORE CAREFULLY AS TO NOT BURN CONTENTS.
MIX CONTENTS FOR EVEN HEATING.
IF STEAMY AND A LOT OF BLUB-BLUB, TEST THAT CONTENTS ARE SUFFICIENTLY HOT
BUT DON'T BURN YOUR FINGERS.
SERVE.
IF TV DINNER COMES WITH BREAD, CAKE OR EGG ROLL, SEPARATE THEM
AND HEAT SEPARATELY IN TOASTER OVEN - NOT MICROWAVE!

FROZEN EGG/SAUSAGE/CHEESE MUFFIN REVISITED:

DO NOT MICROWAVE THE MUFFIN PACKAGE!
OPEN PACKAGE AND EMPTY CONTENTS ON TO A PLATE.
DISPOSE OF PLASTIC WRAPPER PROPERLY.
SEPARATE BREAD TOP AND BOTTOM AND PUT IN TOASTER.
IF YOUR DIET SHOULD NOT HAVE BREAD, THROW, GIVE IT AWAY,
OR SAVE FOR LATER.
SEPARATE SAUSAGE AND EGG AND CHEESE PRODUCTS.
PLACE IN NON-STICK SKILLET SAUSAGE ON ONE SIDE,
EGG ON THE OTHER WITH CHEESE ON TOP OF THE EGG.
(YOU MIGHT WISH TO USE NON-STICK SPRAY OR BUTTER BEFORE PUTTING ABOVE
CONTENTS IN SKILLET.)

COOK ON MEDIUM-HIGH FIRE ON STOVE TOP.
WATCH AS PRODUCTS DE-FROST.
FLIP SAUSAGE SO IT DOES NOT BURN.
TO FLIP EGG, MOVE CHEESE TO ON TOP OF SAUSAGE,
THEN FLIP EGG. MOVE CHEESE BACK.
IF CHEESE STARTS TO MELT, DECIDE WHETHER YOU ULTIMATELY
WANT IT TO MELT ON THE EGG OR THE SAUSAGE, THEN LEAVE IT THERE.
WHEN EGG AND SAUSAGE ARE SLIGHTLY BROWNEED,
REMOVE AND SERVE.
DO NOT FORGET YOU ARE TOASTING THE BREAD.
RE-ASSEMBLE CONTENTS OR EAT ITEMS SEPARATELY.

EGGS FOR THE EGGHEAD:

TAKE TWO TO THREE EGGS. YOU MAY SUBSTITUTE ANY NUMBER OF EGGS
FOR EGG WHITE LIQUID.
BREAK EGGS AND PLACE CONTENTS IN CEREAL BOWL (NO CEREAL)
MIX WITH FORK IN CIRCULAR MOTION LIKE YOU ARE WINDING UP A TOY
UNTIL EGG YOLK AND WHITE ARE THE SAME COLOR.
ADD SALT AND PEPPER TO TASTE.
IF YOU HAVE ONIONS, DICE SOME AND ADD TO CEREAL BOWL.
IF YOU HAVE GARLIC, CRUSH ONE CLOVE AND ADD.
IF YOU HAVE GREEN PEPPERS, DICE SOME AND ADD.
IF YOU HAVE PARSLEY, SLICE SOME AND ADD.
ADD ONE GENEROUS HANDFUL OF SHREDDED CHEDDER OR OTHER CHEESE.
MIX A LITTLE, THE SAME WAY, WITH FORK.
PREPARE A NON-STICK SKILLET WITH NON-STICK SPRAY OR BUTTER AND
PRE-HEAT IT A LITTLE, BUT DON'T BURN THE PAN.
WHEN PAN IS WARM. ADD EGG MIXTURE.
WHEN EGG STARTS TO SOLIDIFY, BEGIN MIXING CONTENTS SLOWLY
UNTIL ALL PARTS ARE SOLID. REMOVE PAN FROM FIRE JUST BEFORE
ALL CONTENTS SOLIDIFY SO AS NOT TO BURN EGGS.
WHEN ALL CONTENTS ARE SOLIDIFIED (BUT NOT TOO DRY),
REMOVE AND SERVE.

FOR OMELETTE, DO NOT MIX EGGS WHEN IN PAN. LET ALMOST ALL SOLIDIFY
IN PAN, THEN FLIP ONE SIDE OVER TO THE OTHER SIDE TO
MAKE A SEMI-CIRCLE. WAIT FOR CONTENTS TO SOLIDIFY,
THEN FLIP SEMI-CIRCLE TO OTHER SIDE. DO NOT OVER-BROWN,
REMOVE PROMPTLY WHEN SOLIDIFIED.

SAUSAGES - DE-NITRATED:

PUT SAUSAGES IN NON-STICK PAN, AND ADD WATER TO COVER SAUSAGES.
BOIL SAUSAGES UNTIL DEFROSTED AND THEN DRAIN WATER.
ADD WATER ONE MORE TIME, BOIL, AND DRAIN.
BROWN UP SAUSAGES, THEN SERVE.

CANCAN MUSHROOM SOUP

1 CREAM OF MUSHROOM CAMPBELLS SOUP
1 CAN WATER
5 TO 10 DROPS TABASCO
A DASH OF SOY SAUCE
A HANDFUL OF GRATED CHEESE
ONIONS AND VEGGIES OPTIONAL
ADD ABOVE INGREDIENTS
AND COOK IN SAUCEPAN ON MED HI UNTIL BOILING.
STIR SLOWLY WHILE SIMMERING FOR 5 TO 10 MINUTES THEN REMOVE
AND SERVE PROMPTLY.

"CHICKEN AND THE EGG" NOODLE SOUP

1 CHICKEN NOODLE CAMPBELLS SOUP
1 CAN WATER
5 TO 10 DROPS TABASCO

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A DASH OF SOY SAUCE
A HANDFUL OF GRATED CHEESE
SOME PARSLEY OR OTHER VEGGIE
ADD ABOVE INGREDIENTS
AND COOK IN SAUCEPAN ON MED HI UNTIL BOILING
BREAK ONE OR TWO EGG - CAN USE WHITE SUBSITUTE.
MIX IN BOWL AND ADD PEPPER.
ADD TO BOILING MIXTURE AND STIR SLOWLY.
SIMMER FOR 5 TO 10 MINUTES THEN REMOVE
AND SERVE PROMPTLY.

COW-LESS CHOCOLATE MILK SHAKE
NO MILK REQUIRED.
ADD A SCOOP OF CARNATION MILK POWDER TO BLENDER.
ADD A SCOOP SWISS MISS CHOLOCALE POWDER TO MIX.
ADD A DASH OF COFFEE CREAMER POWDER TO MAKE CREAMY TASTING.
SUGAR NOT NECESSARY.
ADD 8 OZ CUP OF WATER - DOES NOT HAVE TO BE COLD.
MIX ON LOW FOR A SHORT WHILE TO MIX CONTENTS.
ADD TWO HANDFULS OF ICE CUBES.
MIX ON LOW UNTIL SHAKE-LIKE TEXTURE AND ALL ICE CUBES
ARE BROKEN DOWN - LISTEN FOR THE SOUNDS.
SERVE IMMEDIATELY.

"FULL OF BOLOGNA" "BACON"
BUY BOLOGNA - CAN BE UNSLICED.
SLICE BOLOGNA INTO STRIPS LIKE BACON.
HEAT NON-STICK SKILLET ON HIGH - NO BUTTER OR OIL REQUIRED,
GREASE FROM BOLOGNA WILL BE ENOUGH.
ADD STRIPS OF BOLOGNA TO SKILLET.
BROWN BOTH SIDES SUFFICIENTLY SO THEY ARE MOSTLY BROWN/BLACK
ON BOTH SIDES. DO NOT BURN THEM UP COMPLETELY.
AS BOTH SIDES BECOME DONE, REMOVE THE STRIP OF BOLOGNA.
CONTINUE UNTIL ALL PIECES DONE.
TURN OFF FIRE AND REMOVE SKILLET - JUST REMINDING YOU!
SERVE HOT, BUT BE CAREFUL NOT TO BURN
YOUR MOUTH AND TEETH.

FOOD FOR THOUGHT:
SO, DO YOU HAVE TO EAT A "LOT" OF "PIE" TO BECOME A PI-LOT?