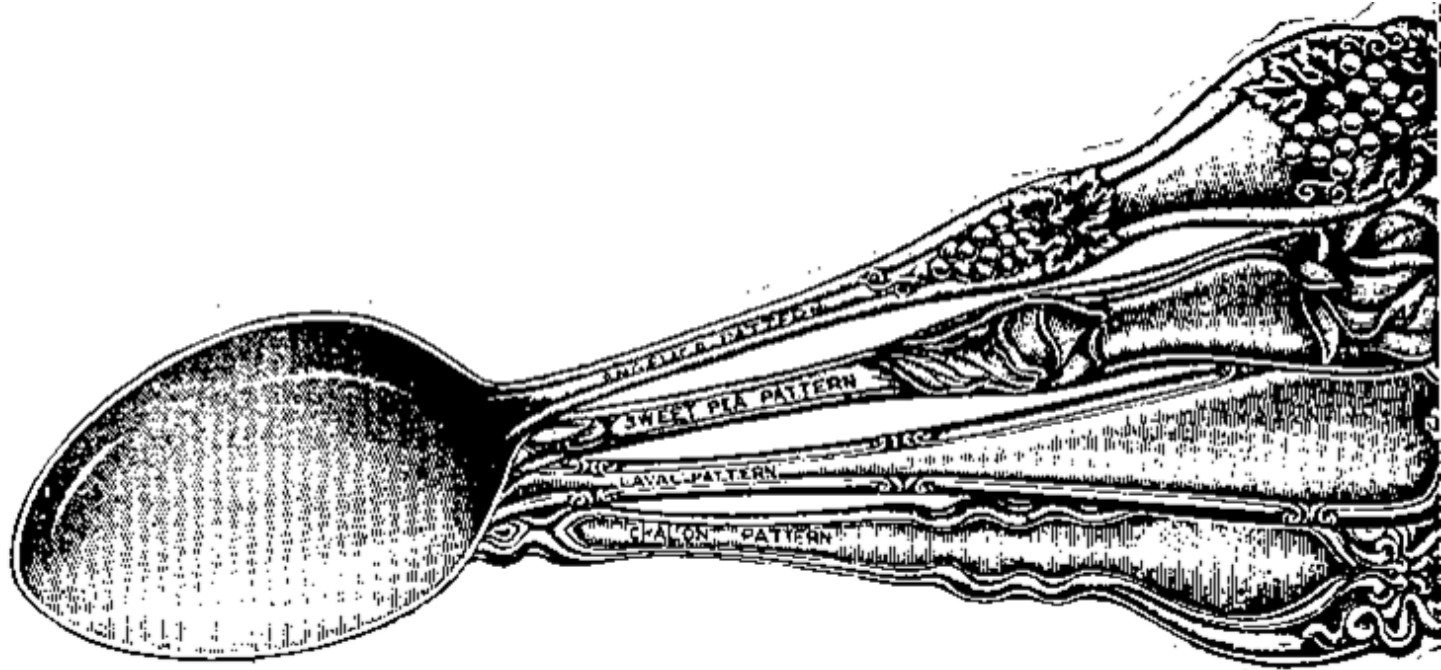


CATHYS
COOK
BOOK

By Jack



Hello friend! In this short zine are a few recipes that I've had a lot of success with in the past, so I'm stealing them to give to you! Hopefully you give a few of these a shot. Make something for yourself or someone you love! Illustrations were found on Archive.org from various old books and sources. Dedicated to Graham.



Potato Wedges

2 Large Russet potatoes
2 Tablespoons olive oil
 $\frac{1}{2}$ Teaspoon Garlic Powder
Salt

Preheat oven to 400 degrees (Fahrenheit)

Cut potatoes in half lengthwise 3 times to make little wedges and place them in a bowl

Toss the wedges with the 2 Tablespoons of Olive oil

Toss again with the $\frac{1}{2}$ teaspoon of garlic powder and as much salt as you like (personally I lean on the side of too much is enough)

Put a drop of olive oil on a baking sheet and spread it out.

Place the wedges on the sheet and then into the oven for 15 minutes

Flip the wedges (I use a spatula to get them off the pan and tongs to flip them) and let them bake for another 15 minutes

Depending on how crispy you like your wedges continue to flip them and bake for 5 minutes at a time until you reach the desired texture

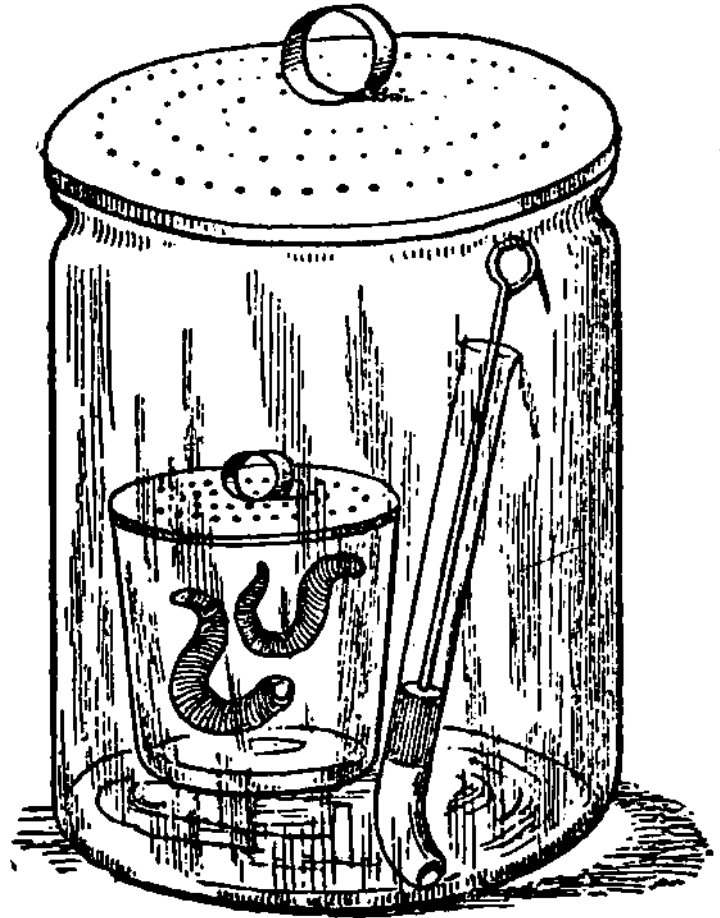
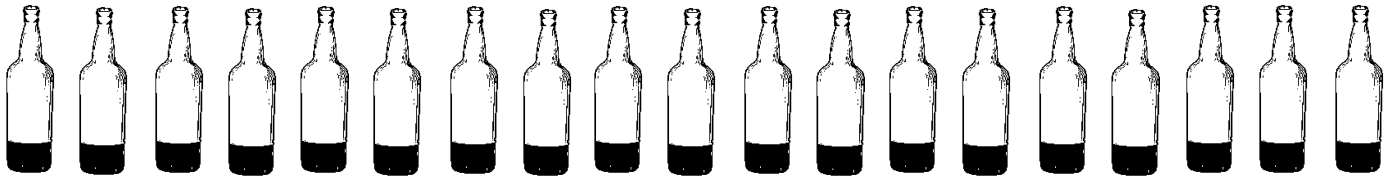


FIG. 16

Leeches, with Leeching Paraphernalia



Hot Toddy

Cider

A little Lemon juice (maybe a teaspoon per drink)

Honey (2 teaspoons per drink)

Cinnamon stick

Simmer ingredients together and distribute to mugs. Add shot of bourbon or whiskey of choice. Add the liquor when its served. This drink will pronounce the flavor of the bourbon/whiskey in an interesting way! Honestly don't worry too much about measurements, this isn't too demanding of a drink. Very fun to make on a cold day. (Another fun winter drink is peppermint Schnapps in hot chocolate)

Cream of Mushroom Pork Chops

4 Pork Chops

3 Red potatoes cut into wedges

2 Cups of baby carrots

Medium onion, quartered

$\frac{1}{4}$ Cup of water

1 Can Cream of Mushroom Soup

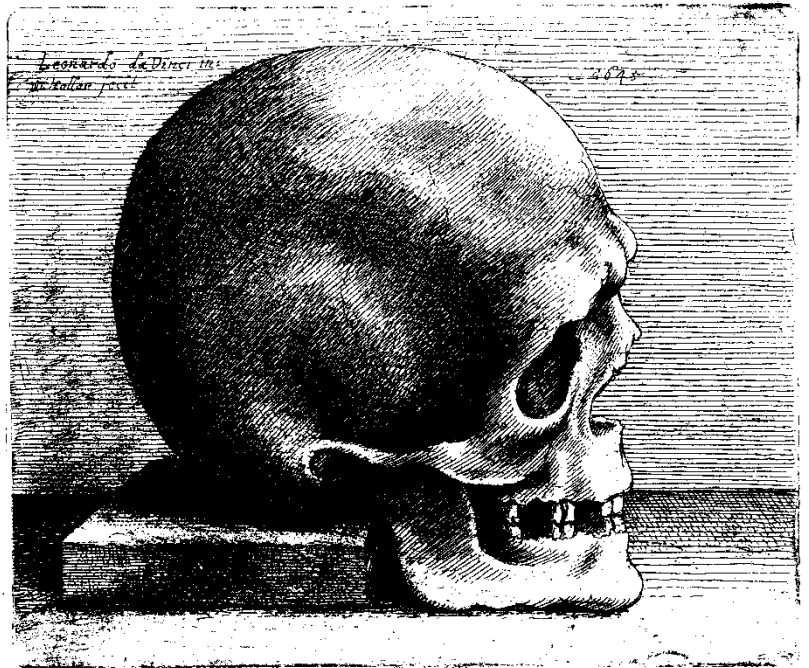
Brown the porkchops in butter

Add vegetables

Pour water and soup over everything

Cover and simmer for 20-30 minutes

Tip: Pork nowadays is leaner, so it can cook much faster than you expect! Remember that the safe-to-eat temperature for pork is 145 degrees Fahrenheit, so keep an instant read thermometer close by. Overcooking pork can result in tough, rubbery, sawdust-like meat.



English Pots



Vegetarian Lasagna

Lasagna

8oz fresh sliced mushrooms

3/4cup chopped green bell pepper

1/2cup chopped onion

2 chopped cloves garlic

2 Tbsps Olive Oil

24oz Pasta Sauce (no added sugar)

1tsp dried basil leaves

1tsp dried oregano leaves

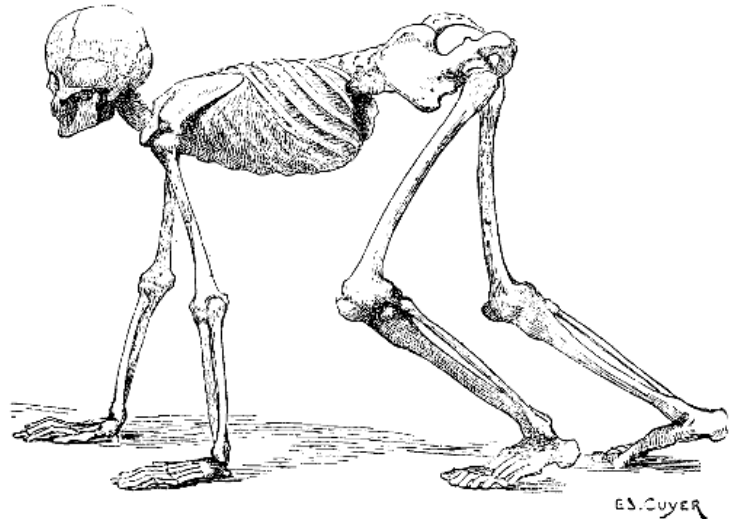
1container(15oz.) ricotta cheese

3cups Shredded mozzarella cheese

2 eggs

1/2cup Parmesan cheese

"One Rule in life: If you can smell garlic, everything is alright" J.G. Ballard, High Rise



Preheat oven to 350 degrees and cook pasta according to package

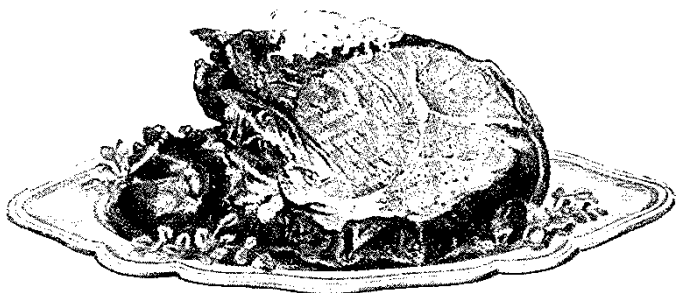
Cook mushrooms, bell pepper, onion, and garlic in olive oil until tender

Stir in pasta sauce, basil and oregano. Bring to boil, reduce heat and simmer for 15 minutes

Mix ricotta, 2 cups mozzarella and eggs

Grease a 13x9 inch baking dish. Spread a half cup of the sauce, top with halved lasagnas, overlapping. Spread ricotta cheese mixture, 1 cup sauce, and ¼ cup of parmesan cheese. Add another layer of lasagna. Top with rest of sauce and 1 cup mozzarella

Cover with foil and bake 45 to 50 minutes. Uncover and let stand for 15 minutes. Refrigerate any leftovers, this recipe (like pizza) is almost just as good reheated!



Chili Cheese dip

8oz Cream Cheese

1 Can of Chili

1 Bag Shredded Cheddar Cheese
(or shred your own!)

Layer Cake pan with cream
cheese

Layer Chili

Bake at 350 for 10-15 minutes
or until bubbles appear

Dip with tortilla chips! Watch
a football game!



Hardboiled Eggs (You knew it
would be here)

I like to buy two
cartons of eggs, one for
general use and one to hard-
boil. Hardboiled eggs, in
addition to being the funniest
way to eat an egg, are very
convenient! Hard Boiled (1992)
is also a fantastic Action
movie directed by the
legendary John Woo.

Place Hardboiled eggs in
saucepan or pot

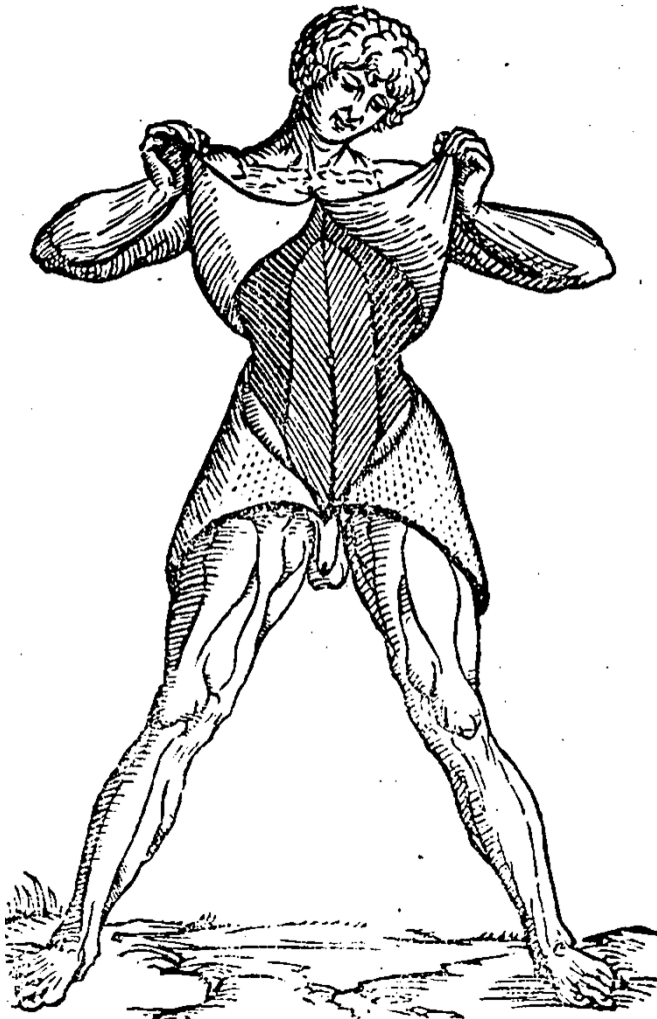
Cover with enough water that
there's two inches of water
from the top of the eggs

Put uncovered on stove until
rolling boil is produced

Turn off heat and cover for
10-12 minutes

Drain hot water and replace
with cold water to stop eggs
from cooking

Refrigerate!



Thanks for reading! If I find some more neat recipes, I'll put together another issue or something. Special thanks to all my friends. I love you all very, very, much :) Cheers!

