RON'S ROCKIN' ™ STUDIO COOKBOOK

ALL THE RECIPES YOU NEED TO KNOW ABOUT IN COOKING FOR THE ROCK, COUNTRY, AND POP STARS IN YOUR LIFE !

BY RON DAY

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Ron's Rockin' Chicken Fried Wingers

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Prep: 30 min, Cook 30 min, eat…Yum

What's under the Hood?:

2 Lbs. chicken breasts sliced into your fav. Size tenders
1 cup crushed and pulverized Ritz crackers
1 cup Panko
1 cup all-purpose flour
½ tsp cayenne pepper
3 tsp **Ron's Rockin' ™ Dirty Blonde Seasoning**
2 eggs
¼ cup buttermilk
Frying Oil, I use canola or peanut

Dipping Sauces: See additional recipes

"How Do "I" F-ing make this?"

Set oven to 200 ◦. Add Oil to your favorite frying pan. I use a cast iron pan with a drip drain strainer (See Pic). Set oil temp pan to **med hi**.
In 3 medium glass bowls make an assembly line, left to right with the fry pan on the right of the farthest right bowl. In the **left** bowl, pour the flour, in the **middle** bowl, crack the eggs, add the buttermilk and blend beat together. In the **right** bowl, add the Panko, Ritz, **RR Dirty Blonde**, and cayenne. Whisk dry together so it is well mixed. Once oil is at approximately 350◦, take a tender chicken slice, cover with flour in first bowl, drench in egg + B-milk in middle bowl, then thoroughly coat with panko, Ritz mix, then place on plate. Repeat, until all tenders are ready to drop in the hot oil. Carefully Place all the coated tenders in the frying pan with hot oil. Cook for 6-8 min or until **golden** brown. Turn chicken regularly so both sides get crispy. Once golden brown remove to a clean, food and oven safe plate with 3-4 layers of paper towels. Place chicken on plate and place plate in oven to keep hot until serving.
Keep hot while you make your dipping sauces.

Pair With: Ron's Rockin' Bettern' Restaurant Blue Cheese Dressing V2, Ron's Rockin' Ranch Dipping sauce Football, Eat and Enjoy with Friends!--Ron
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Ron's Rockin'™ "USA wide" Famous Green Beans

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What's under the Hood?:

1 LB fresh green beans, washed and trimmed…kinda like Christmas tree… only different
2 Slices good bacon…yeah the good stuff
½ sweet onion…Vidalia or Walla Walla sliced how you want, I do 1/8" slices/slivers
1 Shallot Chopped
3 cloves garlic minced
½ cup carrot slivers
½ Portabella mushroom chopped
2 TBS salted butter
2 tsp +- **Ron's Rockin'™ RedHead SeasonALL**
1 TBS good quality olive oil
1 16 Oz can of chicken stock

"How Do "I" F-ing make this?"

In your favorite Chef's pan (big enough to hold 1 ½ lb. of ingredients) brown the bacon…Mmmm. Remove bacon from pan to plate, leave bacon grease and drippings in pan. Add olive oil, onions, shallots and carrots and sauté until onions are translucent, lightly brown. Add beans, garlic, mushrooms, and sauté for about 10 min while stirring continuously. Chop cooked bacon and add along with **Ron's Rockin'™ RedHead SeasonALL**, butter, and finally chicken broth. Cook until beans soften to your desired crunchiness. Serve hot with all ingredients presenting on plate. Chef note: I sometime prepare these to the finally broth stage then turn off and remove from heat. Finish the cooking just prior to meal service

Pair with: Ron's Rocking Standing Rib Roast, RR gold mashed potatoes, and a delicious WA State Cab.

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Ron's Rockin' Slow Down Chelsea Broil

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What's under the Hood?:

2-3 LB London broil
2-3 TBS Olive oil
2 tsp + **Ron's Rockin'™ Dirty Blonde SeasonALL**
3 washed, peel on, Carrots sliced 1/8-1/4" diagonally
5 washed, peel on, red potatoes cut in ¾" pieces
1 sweet onion cut in ½" pieces
2 TBS minced garlic
2 cups Beef Broth
1 can Cream of mushroom soup
½ cup cheap red cabernet or merlot

"How Do "I" F-ing make this?"

Whip out your trusty Slow Cooker or Crock Pot, turn heat on **LOW**. In a stove safe pan, heat the oil on med hi heat then add beef to sear on all sides, about 4 min per side. While doing the aforementioned, In the Slow Cooker, add everything else. Make sure it is mixed up…like me. Place seared London broil over the top of mixture in slow cooker (see my cool photo). Put a lid on it! Slow cook for 9-10 hours…while you are doing something else more fun, like rocking out in the studio!!!

Pair with: Ron's Rockin' Chorizo CornBread stuffing, and Ron'. Eat and Enjoy with Friends!--Ron

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Ron's Rockin' Chorizo CornBread Stuffing

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What's under the Hood?:

2 cups Stale bread crumbs chopped small (those stale baguettes come in handy…no mold though☺)
2 cups corn bread stuffing
½ LB fresh Chorizo sausage
2 carrots chopped in 3/8" pieces
3 celery stalks chopped in 3/8" pieces
1 Granny Smith apple peeled and chopped in 3/8" pieces
1 sweet onion chopped in 3/8" pieces
2 TBS Minced Fresh Garlic
½ Cup salted Butter
2 tsp **Ron's Rockin'™ RedHead SeasonAll**
8 grinds of black pepper in fav pepper grinder
8 shakes Maggi Seasoning
2 cups beef broth

"How Do "I" F-ing make this?"

Pre Heat oven to 325. In an oven/stove safe pan, cook the chorizo on Med/High heat until brown. Add butter, carrots, celery, onion, garlic, and apple to the same pan. **Ron's Rockin' RedHead SeasonAll ™** pepper, and Maggi, cook mixture, stirring occasionally until onions just start to turn translucent. Add all remaining ingredients and stir all together. Once fully mixed, remove from the heat, put a lid on it, and place in the oven. Cook for 59 min while you are doing something else more fun, like rocking out in the studio!!! Serve HOT!

Pair with: Ron's Rockin' Chelsea Broil, or Pot Roast and Ron's Rockin' Mashed Potatoes. Eat and Enjoy with Friends!--Ron

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Ron's Rockin' Fresh Baja Fish Tacos

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What's under the Hood?:

WET PARTS:

1. ½ cup sour cream
2. ½ cup mayonnaise
3. ½ teaspoon – ground cumin
4. ½ teaspoon – dried, crushed dill
5. ½ teaspoon – ground cayenne pepper
6. ½ tsp **Ron's Rockin™ RedHead SeasonALL**
7. 1 tsp chopped capers
8. 2 TBS buttermilk
9. 4 tsp Fresh lime juice

½- ¾ inch of Canola Oil in whatever pan you are frying in
1 egg
1 12oz Cold Beer (Like Mirror Pond Pale Ale) and maybe another to drink
Approx. 2lbs Fish filets (I use Cod, Tilapia, Grouper or any good fresh white fish) cut into taco size pieces

DRY PARTS:
½ cup AND 2 TBS self-rising flour
¼ cup rice flour
½ cup non bleached white flour
4 tsp AND 4 TBS **Ron's Rockin ™RedHead SeasonALL**
Fresh corn tortillas (my Gal prefers flour Tortillas…so I have a few of those around for her…)
Fresh limes washed and cut into 1/8 pieces
Fresh tomatoes washed and chopped
Fresh red or purple onions washed and chopped
Fresh Cilantro washed and chopped
Fresh Jalapeño's washed and chopped

"How Do "I" F-ing make this?"

White sauce: Mix the first 9 WET ingredients in your favorite glass bowl. Whisk good, taste…MMM, cover and put in refer.

Dry rub/dust: Mix ½ cup self-rising flour and 4 teaspoons of **Ron's Rockin ™RedHead SeasonALL** in glass bowl. Place on left of range. I'm right handed and go left to right.

Batter UP: in 3rd glass bowl, mix ¼ cup rice and ½ cup unbleached flour, 4 TBS **Ron's Rockin ™RedHead SeasonALL**, 1 egg, then add the beer…HEY don't drink that one! Batter will be a bit soupy. Whisk in 2 TBS self-rising flour. Place between dry rub and pan you are cooking in.
Heat pan with Canola oil to med/ med high. Once HOT, take washed fish pieces, cover in the rub/dust, then dip and fully cover in the Batter UP, then carefully place in HOT oil. Repeat until all fish is frying. Once fish is golden brown on bottom, flip each piece over with your favorite tongs. Once golden brown, remove fried fish from oil place on 4 sheets of paper towel covered oven safe plate. Once the fish is finished cooking, place plate in oven to keep warm.

Assembly: Heat your favorite tortilla either in a steamer or in a fry pan or on griddle. Once hot put on your plate, Add hot fish, cabbage, tomatoes, onions, cilantro, jalapeño's and chilled white sauce, squeeze fresh lime over top…EAT…and lick your fingers.

Pair with: Beer and Tequila shots☺, and of course friends while playing **"RonDonJuan and the Wingmen's"** 2015 Release: **"There…I Said It…"**

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Ron's Rockin' Drunk Crab Bisque

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Prep 45min, Cook 30, EAT…YUM

Serves 10-12 takes about 45 minutes to prep and cook… perfect for a school night, freezes well for another day

What's under the Hood?

¾ jar of your favorite prepared marinara sauce (I use Classico. Or in Seattle Remo Borrachinni brand)
1 LB Dungeness crab (or whatever your local crab may be) save some for garnish on servings
2 16 OZ cans fish base (in a pinch I have used chicken stock…but don't tell anyone…)
Roux (1/2 LB salted Butter, 1 ½+- white flour… see below for how to make)
1 tsp +- Ron's Rockin' ™ RedHead SeasonALL
1 TBS Ron's Rockin' ™ By the Bay Seasoning
1 tsp White pepper
1 TBS Worcestershire sauce (Lea and Perrins my choice)
¼ cup fresh lemon juice (OK sometimes I cheat with reconstituted)
½-1 tsp cayenne pepper (to taste…less is more)
2 cups +- heavy cream (sorry…say no to half n half…2%…no Lo-Cal here except in portioning)
2 ½ TBS cooking sherry
1 ½ shots of Jack Daniels Old no. 7, plus 1 or 2 to sip on while cooking

"How Do "I" F-ing make this?"

In a 12" sauté pan, make the roux. Heat the butter until melted. Slowly stir in the flour. Continue stirring on lower heat until the mixture starts turning golden brown. STOP. Put the spoon down, after turning the stove off…STOP…step away from the pan…Roux done!

Next: Bring fish base to a boil in your fav 8qt stock pot. Once boiling, turn to medium. Add the marinara and seasonings; white pepper, **Ron's Rockin' ™ "By the Bay" and "RedHead"**, Lea and Perrins, cayenne, Whisk it well (I like the word whisk because it's part of the drink **Whiskey)**. Add the lemon juice…whisk. Next…add the main attraction…**CRAB** (Save a bit for garnish on top of each bowl). Whisk in. Once fully mixed, slowly add the cream. Whisking while you do. Turn heat down so as not to boil the soup…**Boil Bad** at this stage. Once Bisque is well mixed add the remaining Sherry and JD (Jack Daniels for you novices☺) stir well. Bisque is almost ready. Now you need to thicken to your **personal favorite** thickness by adding more or less Roux and whisking/stirring in (add Roux, whisk/mix, and wait 2-3 min… check consistency…repeat if necessary). If you add too much roux and Bisque is too thick, add tablespoons of water and whisk/mix in slowly until desired consistency.

Pair with: **Ron's Rockin' Steamer Shipyard, Ron's Rockin' Tacoma Toast, Vodka Martini…**

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Ron's Rockin' NW Clam Chowder; Confetti Style

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Prep Time 45 min, Cook 30 min. Serves 6-8, uses 3 pans

What's under the Hood?

4 qty 6 ½ oz. cans of minced clams
8 oz jar of clam juice or seafood stock
5 slices hickory smoked bacon
1 diced Walla Walla Sweet, or Vidalia onions
3 stalks diced celery (confetti)
2 large carrot diced (more confetti YAY)
3 medium sized white potatoes, skin on, chopped in ½"-5/8" cubes…or so
6 large cloves garlic chopped fine
1 ½ cup salted butter (can't be margarine or substitute)
1 cup all purpose flour
3 tsp Fish sauce (found in Asian market or Asian section of your market)
1 quart half and half (not fat free, though you can use 2% milk to cut fat content, adding flour to thicken)
1 tsp **Ron's Rockin ™ RedHead SeasonALL** ☺ +- to taste
6 turns fresh ground pepper +- to taste
1 tsp +- of **Ron's Rockin' ™ Baywatch seasoning**
Round of Artisan Sourdough bread heated, served with warm butter

"How Do "I" F-ing make this?"

Brown the bacon in a fry pan. Once browned, do not dry. Chop finely and set aside keep the grease, you may want to add to chowder for flavor, or discard to cut fat content. While Browning bacon, Melt ½ cup (4TBS) butter in 8 QT Dutch oven. Add the celery, carrot, potatoes and garlic to the liquid mixture and cook on medium about 20-25 min. I like my potatoes tender but a bit crunchy, or with texture. 20-25 min is about right. Add clam juice and Clams, Bacon, fish sauce, salt, pepper, and **Ron's Rockin Baywatch seasoning™** to chowder and mix well. Taste…yummy!

Make your Roux by melting butter in a large sauce pan on Medium heat. Once melted, whisk (one of my kitchen tools) in the flour and brown mixture lightly. Once golden, add to Dutch oven then slowly whisk in Half and Half. Whisk until thickened to your favorite consistency. I like thicker chowders. If it gets too thick, whisk in water, seafood stock, or chicken stock to thin.

Add salt and pepper or **Ron's Rockin RedHead SeasonALL™** to adjust flavor to taste.
Serve very warm, not hot. I add my favorite hot sauce to taste. Serve with warm sourdough and warm butter.
Pair with: **Ron's Rockin' Steamer Shipyard Clams, Ron's Rockin' Tacoma Toast, Vodka Martini…**
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Ron's Rockin' Drunk Lobster Bisque

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Serves 10-12 takes about 45 minutes to prep and cook… perfect for a school night, freezes well for another day

What's under the Hood?

¾ jar of your favorite prepared marinara sauce (I use Classico. Or in Seattle Remo Borrachinni brand)
1 ½ LB frozen Langoustines (or whatever your local Lobster may be) Save some for garnish on servings
32 OZ box or cans fish base (in a pinch I have used chicken stock…but don't tell anyone…)
Roux (1/2 LB salted Butter, 1 Cup white flour… see below for how to make)
1 tsp +- **Ron's Rockin' ™ RedHead SeasonALL**
1 heaping TBS **Ron's Rockin' ™ By the Bay Seasoning**
1 tsp White pepper
1 TBS Worcestershire sauce (Lea and Perrins my choice)
¼ cup fresh lemon juice (OK sometimes I cheat with reconstituted)
½-1 tsp cayenne pepper (to taste…less is more)
2 cups half n half and 8 OZ heavy cream…no Lo-Cal here except in portioning)
4 TBS cooking sherry

"How Do "I" F-ing make this?"

In a 12" sauté pan, make the roux. Heat the butter until melted. Slowly stir in the flour. Continue stirring on lower heat until the mixture starts turning golden brown. STOP. Put the spoon down, after turning the stove off…STOP…step away from the pan…Roux done!

Next: Bring fish base to a boil in your fav 8qt stock pot. Once boiling, turn to medium. Add the marinara and seasonings; white pepper, **Ron's Rockin' ™ RedHead SeasonALL and By the Bay Seasoning** , Lea and Perrins, cayenne, Whisk it well (I like the word whisk because it's part of the drink **Whiskey)**. Add the lemon juice…whisk. Next…add the main attraction…**Langoustines** (Save a bit for garnish on top of each bowl). Whisk in. Once fully mixed, slowly add the cream. Whisking while you do. Turn heat down so as not to boil the soup…**Boil Bad** at this stage. Once Bisque is well mixed add the remaining Sherry and stir well. Bisque is almost ready. Now you need to thicken to your **personal favorite** thickness by adding more or less Roux and whisking/stirring in (add 2 TBS Roux, whisk/mix, wait 2-3 min… check consistency…repeat if necessary). If you add too much roux and Bisque is too thick, add tablespoons of water and whisk/mix in slowly until desired consistency. Serve steaming hot, not boiling though. Add a few drops of sherry to top of bisque in bowl.

Pair with: **Ron's Rockin' Steamer Shipyard, Ron's Rockin' Tacoma Toast, Vodka Martini…**
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Ron's Rockin' Roasted Tomato Basil Bisque

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Prep 20 min, cook 1hr 30, serve Hot…YUM

What's Under the Hood?

4 lbs. fresh vine ripened (from garden if possible) tomatoes cut in thirds
¼ chopped fine bell pepper
1/3 cup good quality Olive Oil + a bit more
2 TBS **Ron's Rockin ™ RedHead SeasonALL** (**RRRS)** (I add more to taste at the end)
8 grinds of your favorite crushed black pepper mill (to taste)
1 large Walla Walla sweet or Vidalia onion chopped
6-7 large cloves fresh minced Garlic
2 stalks celery chopped
2 large carrots chopped
2 + cups fresh basil chopped and basil leaves for garnish
8 tablespoons all-purpose flour add more to thicken Roux
6 tablespoons salted butter
6 slices hickory smoked bacon cooked to light brown then chopped finely
1 teaspoon fresh chopped thyme
1 quart organic chicken stock
1 pint heavy cream
Crushed red pepper flakes to taste
Fresh grated parmesan cheese

"How Do "I" F-ing make this?"

Preheat oven to 400, use convection if available. Toss tomatoes, bell pepper, **RRRS**, pepper, and olive oil in large bowl so all are covered with oil and SeasonALL and pepper. Place tomatoes in baking pans and bake for 45 minutes, set a timer on your phone for 22 minutes, to turn tomatoes mixture. Reset timer to 23 min after turning

In 8qt Dutch oven, melt butter on med hi heat, add bacon and cook until bacon is lightly brown. Remove bacon to plate and paper towel dry. Add flour to grease and butter and make your Roux. Stir flour/butter/bacon grease mixture on med high heat until it turns golden brown. Transfer Roux from pan to an oven safe bowl (HOT). In the same pan, with Roux drippings in it, add carrots, celery, garlic and onions and a little olive oil and cook until onions are slightly translucent and carrots have softened a bit. Add roasted tomatoes and bell pepper, including oil and liquid, basil, thyme, chicken stock, cream, and chopped bacon. Slowly add Roux until mixture thickens to your desired consistency. (About Half the Roux usually, save the rest) Bring to a boil while stirring. Once boiling, bring heat down to a simmer and cover for 35 min. After simmering, take hand held blender and blend until the consistency of a blended margarita being careful not to wear the soup by bringing blender to surface while running as I did. Add **RRRS** ™ to taste and serve hot with fresh parmesan cheese over top garnished with a basil leaf.

Serves 10, stores well in freezer bags for School night Dinners

Pair with: Italian or French bread.

Beverage: Cabernet Sauvignon from WA State ☺ Eat and Enjoy with Friends!—Ron ©2016 www.ronsrockin.com all rights reserved and protected by the 2nd amendment!

Ron's Rockin' Redhead Chili

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Prep: 15min, Cook 61, EAT Hot…YUM

What's under the Hood?:

3 lbs. good quality ground beef
4 ½ TBS **Ron's Rockin' ™ RedHead SeasonALL +- to taste**
32 oz. tomato sauce
2 15 oz. cans pinto beans
2 15 oz. cans red kidney beans
2 15 oz. cans fire roasted tomatoes
1 7 oz. can mild diced Ortega chilies
1 tsp crushed red pepper
2 tsp cumin powder
3 TBS chili powder
2 cups water +- depending on how thick you prefer

"How Do "I" F-ing make this?"

Brown the ground beef in your favorite 8-12 quart Dutch oven. Rinse all the beans from the cans in colander. Once beef is browned, add everything else on what's under the hood to the pan EXCEPT Water. Stir it up and bring to a slow boil. Once mixture is at a slow boil add water to your thickness liking. Mix it UP! Turn down to a simmer for 32-61 min. Serve hot with grated cheddar cheese, sour cream and chopped onions, hot sauce of your liking. YUM

Pair With: Ron's Rockin' Sweet, Kickin' Corn Bread Muffins, Football, beer, you name it!!
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Ron's Rockin' Ranch Dipping sauce

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What's under the Hood?:

¼ cup low-fat buttermilk
¼ cup Best Foods Mayonnaise
¼ tsp (slightly heaping) **Ron's Rockin' ™ RedHead SeasonALL**
¼ tsp dried parsley
¼ tsp dried chives
Pinch of dried thyme

Detect the theme of Quarters? You can play this game while making the dipping sauce.

"How Do "I" F-ing make this?"

Whisk all ingredients together in a glass mixing bowl. Set in refer for a little while. Chop, fry, prepare what you are going to dip in sauce or pour sauce over…do that!

Pair with: Ron's Rockin' Hot Chicken wings, carrot sticks, fresh green salad etc… water, beer, and bourbon shots☺, and of course friends while playing **"RonDonJuan and the Wingmen's"** latest release: **"There…I Said It…"**

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Ron's Rockin' Bettern' Restaurant Blue Cheese dressing/dipping sauce V2

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Serves: 6-10 depending on what it's on and who's doing the serving and eating
Prep Time: 23 min

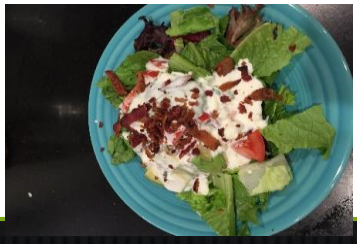
What's under the Hood?:

½ cup low fat Buttermilk
½ cup + 1 tablespoon, low fat sour cream (I use 2%)
¼ cup of your favorite blue cheese crumbles (usually these come in a 4 oz. container, I get 2; some to sprinkle on top of salad
6 tablespoons mayonnaise (Best foods)
¼ tsp. Coleman's dry mustard
½ tsp. (heaping) powdered garlic
½ tsp. (heaping) powdered onion
7/8 tsp. Sea Salt or Kosher Salt (+- to taste)
¾ tsp. lemon juice

"How Do "I" F-ing make this?"

Mix and whisk everything together in your favorite medium glass bowl, whisk until well mixed to be intentionally redundant. Place back in refrigerator until ready to serve.

Pair with:
A salad of Wedge of Romaine lettuce, Grape Tomato, and crumbled bacon; Buffalo Chicken Wings; carrot, cucumber, and celery spears



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Ron's Rockin' Italian Dressing

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What's under the Hood?:

1 TBS Ron's Rockin' ™ RedHead SeasonAll
1 TBS Raw Sugar
1TBS Dried Parsley
2 TBS Oregano
¼ tsp Thyme
¼ tsp Celery Salt
1 tsp dry garlic granulated
1 tsp dry onion granulated
1 tsp Basil
1 tsp black pepper
1 tsp dry chives

"How Do "I" F-ing make this?"

Mix all dry ingredients (above) in a container with a good seal on top. Shake well. Store for a long time

To make dressing: add 2 TBS of seasoning above, 2 TBS of water to 2/3 cup of olive oil and ¼ cup red wine vinegar, and shake shake shake…pour lightly over your favorite salad or use as an incredible marinade.

Pair with: Italian food
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Ron's Rockin' Cinque Terra Salad Dressing

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What's under the Hood?:

DRY:
2 TBS+1 tsp fine sea salt
1 tsp dry garlic powder
1 TBS raw sugar
1 TBS onion powder
2 TBS dry oregano
1 tsp dry basil
1 TBS dry parsley
¼ tsp dry thyme
¼ tsp celery salt
WET:
2/3 cup canola oil
¼ cup white vinegar
2 TBS water

"How Do "I" F-ing make this?"

Mix all **DRY** in a sealable container until totally mixed. Add 2 tablespoons of **DRY** to the **WET** ingredients in a different sealable/pourable container. Shake WELL! Serve over your favorite salad greens.

Pair with: Ron's Rockin' Roma Chicken Parmesan
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Ron's Rockin' Chopper Salad

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Dressing; what's under the Hood?:

3 large cloves garlic (roasted and chopped fine)
3 large cloves garlic (fresh minced)
2 tsp fresh lemon (cheater…100%Lemon juice from concentrate)
½ cup really good quality olive oil
2 tsp anchovy paste (found near tuna fish)
1 TBS "good" Mayonnaise (Best Foods Real)
3 +- tsp "good" Dijon Mustard (Grey Poupon Country style)
Pinch Kosher Salt
Pinch Fresh ground pepper

"How Do "I" F-ing make this?"

Add all ingredients to your favorite round bottom mixing bowl (mine is glass). Whisk until mixed well. Cover and place in refrigerator.

Salad; what's under the Hood?:

Romaine lettuce for 6-8 chopped
6 thin slices of Hard Salami chopped
10 thin slices of Turkey Pepperoni chopped
1 carrot julienned
1qty 15oz garbanzo (ceci) beans drained
1 avocado chopped in ½" cubes
1 cup shredded parmesan cheese
1 cup garlic croutons
Crushed ground pepper

Directions:
Place all cleaned and chopped salad ingredients in large salad bowl. Add 4 +- table spoons of prepared dressing. Add crushed ground pepper to taste.

Serve chilled

Pair with: Ron's Rockin' NW Clam Chowder; Confetti Style. **Beverage:** Beverage pairing: Dark amber beer, or XX Wine
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Ron's Rockin' School Night Beef Stew

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Prep: 30 min, cook 1 1/2hr, Serve F ing HOT…YUM

What's under the Hood?:

2 strips thick smoked raw bacon
1 ½ LB stew beef chopped in ¾" pieces
4 TBS butter
32 OZ beef broth (I use better than bouillon recipe)
½ - 1 tsp plus shakes of **Ron's Rockin'™ RedHead SeasonAll** (RRRS)
1 tsp sugar
Shakes of fresh ground pepper
½ cup flour
1TBS Dried minced onion
1 TBS Worchester sauce (L&P)
1 11.5 OZ can of V8
3 diced carrots
4 small gold potatoes cubed in ½" pieces
1 cup frozen corn
1 ½ cup green beans or frozen peas
Light Sour cream for garnish

"How Do "I" F-ing make this?"

In your favorite glass bowl, place the flour and ½ tsp **Ron's Rockin' ™ RedHead SeasonAll,** Mix well. Place the washed and dried beef in bowl and toss it in flour with a spoon. Make sure well coated. In an 8qt stock pot, melt the butter on med high heat. Once melted, dump entire contents of glass bowl in heated butter. Stir floured/seasoned beef over heat with a wooden spoon until lightly browned. Once you feel beef sufficiently browned, add **ALL** the wet ingredients; L&P, broth, V8, and **ONLY** these seasonings, sugar, minced onion and throw the 2 pieces of raw bacon in (secret ingredient…but I just told you how is this a secret). Turn the heat up (Dang, it's getting Hot in here), bring to a boil. Stir well, put a lid on it and turn heat down to simmer. Make a drink and head out to the deck for 1 ½ hours (set a timer on your phone). Come back in and stir every 15 min or so when you need to refresh yours or your Gal's drink. After timer goes off, go inside and add all veggies and taters. Stir nicely or meanly if you wish. Put a lid on it and let it simmer for 30 more mins (set phone timer) put on RonDonJuan and the Wingmen music and chill. After timer goes off, tong the bacon out of stew, put in a fry pan on high, cook until crispy. Tong from pan, chop up in small pieces, and add it back to the stew. Taste, season with some more RRRS if needed, grind a few shakes to your liking of fresh pepper, Stir and serve hot right away with a dollop of sour cream on top.

Pair with: Good sourdough bread, maybe a Ronicus Maximus Salad, Nice glass of red wine
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Ron's Rockin' Beef Bacon Stew

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Prep: 15 min, Cook 1 ½ hr, Serve F-ing HOT, YUM

What's under the Hood?:

1 lb. good quality stew beef cubed
2 slices delicious smoked bacon
2 heaping tsp **Ron's Rockin' ™ RedHead SeasonALL**
½ cup self-rising flour
¼ cup good quality olive oil
1 large whole sweet onion, chopped in ½" pieces
2 stalks celery chopped in 1/2" pieces
1 heaping TBS minced garlic
¼ tsp thyme
1 TBS dry parsley
1 tsp Worcester
24 OZ beef broth (I make using better for bouillon…YUM)
2 med size potatoes chopped in ½" pieces (theme?…yup you got it)
3 carrots chopped in ½" pieces
½ cup sliced shitake mushrooms
1 cup fresh French cut green beans, leave long
1 Roma tomato chopped in ½" pieces (or hand full of grape tomatoes as I did in picture)

"How Do "I" F-ing make this?"

Add Olive oil to your favorite Chefs pan that has a lid for later. Heat it up. In a zipable bag, add self-rising flour and **Ron's Rockin' ™ RedHead SeasonALL**. Shake thoroughly. Add beef and 2 strips of bacon to flour bag, shake thoroughly. Once they coated, put meat in hot oil pan. Brown meat on med High heat, making sure bacon gets a bit crispy. Once meat begins to brown, add onions and remaining flour to pan. Lightly brown the onions with meat. When onions begin to brown, add garlic, parsley and thyme. Stir it up. Add carrots. Stir it up. Turn heat to high. Bring to boil then turn down to simmer. Cook for 30 min stirring once or twice. Remove crisp bacon strips and chop, return chopped bacon to mix. After 30 min or so add everything else in recipe and stir it up. Cook for at least another hour, stirring every 10 or 15 min. after 1 ½ hours of cooking, check meat. If it is tender you are done. If it needs a little more slow cooking, allow for it. YMMM. Serve with sour cream and your favorite hot sauce. If needed add a bit of **Ron's Rockin'™ RedHead SeasonALL**.

Pair with: Ron's Rockin' Bettern' blue cheese salad, or Maximus Ronicus Salad.

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Ron's Rockin' Killer Cuban Marinade

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Prep: 15 min, rest 30, apply marinade…

What's under the Hood?:

1 ½ bulbs of garlic (yes bulb NOT cloves ☺) peeled
½ sweet onion peeled
½ cup good quality Olive Oil
The juice from 4 ½-5 limes squeezed
2 cups fresh squeezed Orange Juice (I cheat and buy already squozen …hmm is that a word)
1 heaping TBS **Ron's Rockin' ™ RedHead SeasonALL**
4 heaping teaspoons Kosher salt
2 heaping tsp cumin
1 heaping TBS black pepper
2 heaping tsp dried oregano
1 ½ TBS dried cilantro (2 TBS chopped fresh)

"How Do "I" F-ing make this?"

Put onions and garlic in your full sized food processor. Pulse processor until chopped fine. Add remaining ingredients to food processor. Crank machine to high/fast until well mixed. Pulse a few more times. Let marinade set/rest on counter for about 30 min. Pour marinade generously over your chicken that has been scored a few times (carefully run serrated knife over skin and into the meat a few times), or pork or even beef. Cover meat completely with marinade (sometimes I do this in a zipable, leak-proof bag and leave in refer marinating all day), save the rest of marinade in tight covered container in fridge for up to 1 week. Let marinate for at least 30 min. the longer you can tolerate and wait for dinner the better the marinated meat will taste when cooked. Cook meat slowly on grill generously basting meat every 5 min. Turn meat over, baste again…repeat in 5. Cook meat until safe temperature to eat. I like the skin to be a bit crispy

Pair with: Cuban black beans, white rice, and caramelized parsnips. Serve HOT.

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Ron's Rockin' Asian Marinade

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What's under the Hood?:

1/2 cup soy sauce
1/4 cup packed dark brown sugar
3 tablespoons peeled and finely chopped fresh ginger
1 tablespoon finely chopped garlic
2 teaspoons toasted sesame oil
1 teaspoon freshly ground black pepper
6 shakes Maggi seasoning

"How Do "I" F-ing make this?"

Add all ingredients to favorite glass bowl and whisk. Pour into a sauté pan and heat till a low boil. Turn off heat and pour over top of meat you are marinating. Let meat "rest" in the marinade for at least 30 min in fridge (you can leave marinating overnight if not in a hurry). Cook meat until safe temp. baste with remaining marinade.

Pair with: Chicken or pork chops
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Ron's Rockin' "Jamaican Jerk Chicky Babe"

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What's under the Hood?:

DRY:
2 tsp. ground thyme
¼ tsp. cumin
3 tsp. **Ron's Rockin'™ RedHead SeasonALL**
1 1/2 TBS mince onion flakes
1 tsp. dry parsley
1 tsp. ground allspice
¼ tsp. ground cinnamon
1 tsp. ground black pepper
½ tsp. cayenne pepper ground
1 tsp. paprika (not smoked)
2 tsp. raw sugar
2 tsp. dry chives
1 1/2 TBS dry garlic
1 tsp. crushed red pepper
WET: 3.3.3
3 TBS Olive Oil
3 TBS Soy Sauce
3 TBS wine vinegar

8-10 **bone in** Chicken Thighs (you can also do this marinade with jumbo shrimp as I have)

"How Do "I" F-ing make this?"

Mr. Music PLEASE: Put on some RonDonJuan and the Wingmen songs to get in the mood, or maybe a Ron Day Mix Tape (CD) to get in the mood! Mix all dry ingredients into a container with a screw lid (something you can shake). Shake it up Baby! Shake well until mixed.

In a large (gallon) zipable bag, add 3 TBS of above seasoning, and the rest of the WET items above. Mix well (with bag zipped or souz chef/ cleanup crew will be pissed about cleanup). Carefully (No ER Trips please) score the chicken thighs with a serrated blade. I do this by holding the thigh at the bone ends and cutting the knife across the bone almost to the bone, 2 or 3 cuts. This allows the marinade to really soak into the chicken. Allow bag of marinating chicken to marinade no less than 30 min. I have marinated overnight and it is yummy. Obviously this requires more planning and less drinking the night before.

Once marinated, Preheat gas grill (I gave up briquettes long ago) with some soaked seasoning chips (Hickory, Apple, etc.) on the lower grill. Place chicken from bag (not the ex-wife but the zipable one) on upper grill, medium heat. Cook for a while, turn at 20 min, baste with a lot of marinade, cook a while, turn at 20 min, baste with a lot of marinade, cook a while…You get the idea. Chicken is done when there is no pink when you cut into the largest piece. Remove chicken from grill, Plate up!

Pair with: Ron's Rockin' Southern Green Beans, Jasmine rice, Ron's Rockin' Southern Greens, PBR, Jack Daniels Eat and Enjoy with Friends!—Ron

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Ron's Rockin' Cajun Jambalaya

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Makes 8 servings
Prep Time 32 ½ minutes
Cook Time 88 Min or so

What's under the Hood?:

6 thawed chicken thighs, bone in with skin on
8 Large Shrimpies Whole, deveined, and peeled
½ large sweet onion (YAY Walla Walla) chopped into ½" pieces
½ medium size bell pepper, chopped into ½" pieces
4 celery stalks chopped into ½" pieces (a theme working)
6-8 cloves garlic chopped fine or minced (Change up)
2 slices bacon cooked and chopped
4 5" Andouille sausages chopped into 1/4" pieces at an angle
1 cup white rice (I have never used brown yet…might be good…supposed to be healthy…bacon?)
1-2 +- tablespoons **Ron's Rockin' ™Cajun Rub** and season
4 Bay Leaves
4 Roma Tomatoes chopped into ½" pieces (brought back that theme)
¾ of a Quart of good chicken stock (I use TJ's in a box)
6-7 shakes Worchester (Lea and Perrins) sauce
6 Shakes Maggi Seasoning
3 Tablespoons good quality olive oil
2 Tablespoons butter
Sea Salt and Fresh Ground Pepper to taste
2-6 shakes of Your Favorite Hot sauce (Texas Pete's goes in mine sometimes) **less sauce = less spicy** is the rule**. You can always add, but you can never subtract**

"How Do "I" F-ing make this?"

Make yourself a drink (Cajun Martini??). Then in a big (8QT) Dutch oven (what makes it Dutch if it was made in America?) **place** the thighs, **pour** 2 TBS oil and **shake** the **Ron's Rockin'™ Cajun Rub** and Season. Turn the gas on medium high and watch the magic happen. Turn the chicken regularly (every 15-17 mins). While the chicken is cooking, in a large sauce pan add all the veggies (not tomatoes and garlic just yet) on the cutting boards with 1 TBS olive oil sauté on medium heat. When the onions start to look clear or translucent, add the tomatoes, garlic and bay leaves, cook for 3 min. stirring it up. Add chicken stock, butter, rice, Worchester, Maggi, and Texas Pete. Stir. Bring to a boil. Once mix is boiling turn down to simmer, put top on pan. Cook until the rice is soft to your liking. You'll know the chicken is done when the chicken starts to fall off the bone. At this point I remove the skin and let it cool and give it to the dogs that have been circling the wagons. They LOVE ME. Shred the chicken off the bone using a wooden spoon, fork, tongs, or fingers (clean please) until the bone is clean, discard bone. Move the chicken to one side of the pan, add the shrimpies. Cook until they are pretty in pink. Pull the shrimp out and chop into ½" pieces☺. Return them to the pan. Add the Andouille, and chopped bacon. Stir it up. Once Dutch pot is cooked and Vegie rice pot is cooked, add vegie rice to Dutch and mix in all up. Taste. MMM Add salt pepper, Ron's Rockin' Cajun Rub and season, or Pete's to taste. Serve Piping Hot

Pair with: Ron's Rockin Side of Greens, Ron's Rockin' Sweet kickin' Corn Bread, PBR, Cabernet, etc**.**

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Ron's Rockin' ™(kinda like cheese grits) Creamy Polenta

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What's Under the Hood?:

4 TBS Butter (I always use salted)
2 TBS Great quality olive oil (Me, I use Trader Joes)
1 quart chicken stock (Traders, Swanson's)
1 Small red onion chopped fine
3 garlic cloves chopped fine or minced
1 heaping cup of dried Polenta (I use Golden Pheasant Brand)
¾ cup of grated parmesan cheese + a little extra to sprinkle over the top later
1 ¼ teaspoons of Kosher or sea salt
8 grinds of your favorite pepper grinder

"How Do "I" F-ing make this?"

Crank the oven to 350° turn on convection if you have it…if you don't…you don't ☺
In your favorite oven safe frying pan (so you or your favorite dishwasher don't have as many dishes to wash later) add olive oil and sauté chopped red onion, (sometimes I forget and throw garlic in with this step too. Depends on how much wine is being consumed). **Sauté** on medium heat for about 5 minutes or until the white part of the onion turns clear or translucent (Such big words for this Simple Mind, great 80's band). Add garlic and continue sautéing for another 2-3 minutes.
Next, add everything else in "What's under the hood" EXCEPT the **Butter** and **Parmesan Cheese**, AND **Polenta**. Crank it up to 11 and bring to boil.
Once boiling, whisk in the polenta mix so it doesn't clump too much and boil again, Once boiling again, turn off heat on stove.
With your oven mitts on, move pan to oven, set timer for 40 min. stir mixture a few times during this 40 min to reduce clumping
After the 40 (and I don't mean ouncer), remove mixture from oven; mitts on. Mix 2 ½ TBS butter in until melted and stirred in, this add parmesan cheese. Stir well. If you need to add a bit of heat, it's OK.
NEXT place on a big flat cookie sheet (I use like a 12"x 20" or so, couldn't find my tape measure at time of writing) covered with wax paper or olive oil rubbed in, let cool on counter for 10 min then place in refer until cooled thoroughly (mine go in the beer drawer).
Once cooled, cut or stamp polenta into your favorite shapes (mine it pie shaped or fat square), heat big nonstick skillet to med high. Add ½ of the remaining butter in a big skillet once hot, place shaped polenta in pan, fry until light brown, turn shaped polenta over and lightly brown flip side. Once all shapes are brown, remove them from pan and dry on plate with paper towel. Add dust of parm. over top and serve hot.

Pair with: . Cuban marinated Roast Pork, with cranberry apple, pear compote
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Ron's Rockin' Pasta Langoustines

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Serves 4 takes about 45 minutes to prep and cook… perfect for a school night

What's under the Hood?:

½ lb. Pasta-(I like Angel Hair)
Salt for boiling pasta
6 slices good bacon chopped 1/4" pieces
¼ cup and 2 Tablespoons Good quality Olive Oil
1 medium sized sweet onion sliced thin
6-8 cloves peeled garlic minced
1 tsp **Ron's Rockin' ™ Dirty Blonde SeasonAll**
½ tsp CRP crushed red pepper… more or less for heat
1 ½ TBS Lemon Juice (from the fresh lemon you just zested)
¼ cup dry white wine
¼ cup chopped Fresh parsley (less if using dried… in a pinch)
2 TBS capers…crisped (see below)
Zest from 1 medium lemon (get a zester)
1 LB Langoustines thawed, cooked

"How Do "I" F-ing make this?"

In a chef's pan on medium high, add ¼ cup oil and bacon…MMM. Fry up bacon until crispy brown. Add onions and sauté for about 3 minutes. Add garlic and sauté for another minute. Add Dirty Blonde, and crushed red pepper stir well. Add Lemon Juice and wine stirring well. Once it slightly thickens add thawed Langoustines, parsley and stir. When well heated, turn pan heat off.

Heat pasta water to boiling add salt to your liking (3-4 TBS in my kitchen) then add pasta. Cook until al dente or just a bit chewy still. Check often. While this is cooking, in a small sauté pan, add 2 TBS olive oil heat on med high and add capers. Sauté capers until slightly crispy. Once done, dry on a paper towel.

After pasta is cooked, drain water and add pasta to langoustine pan. Turn on heat to med high, stir pasta into langoustine mixture. Once heated, serve HOT in your favorite HOT pasta bowl or plate.

Pair with: Ron's Rockin' "USA wide" Famous Green Beans

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Ron's Rockin' Sweet, Kickin' Corn Bread Muffins

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What's under the Hood?:

1 cup Albers corn meal
1 cup Unbleached All Purpose flour
1 tsp. **Ron's Rockin RedHead SeasonALL™ +- for taste**
¼ cup raw sugar
1/3 cup vegetable oil (Canola is what I use)
1 big egg
1 12 oz. can cream corn (or regular corn in a pinch)
1 cup buttermilk
4TBS melted butter
1 TBS Baking powder (fresh stuff, not the one that's been in the pantry for 2 years)
OPTIONAL Jalapeños (hand full or so "tame" {not wild} deli slices plus one for each muffin top)
1 cup grated cheese (I use ½ Mexican blend ½ grated parmesan, plus extra parm to sprinkle on the muffin top before baking)
Spray olive oil

"How Do "I" F-ing make this?"

Preheat oven to 400 degrees. Crack the egg in a mixing bowl big enough to mix all ingredients, Open the can and pour corn in, melted butter, oil, and buttermilk. Stir well! Then add all the other ingredients and mix well. Lightly spray your muffin tin with olive oil spray (this will likely add a smile to your dishwasher's face). Scoop even amounts of the mixture into the muffin tin. (Mine makes 12 muffins.) Sprinkle remaining parm. over the top of each muffin. Place jalapeño top center of muffin top, place in middle of oven and bake for about 15 minutes. When the top gets lightly browned you will know success!

Remove from oven, let cool for 2 seconds…or so, then serve and eat. MMM

Pair with: Anything BBQ, Chili, Stew, Bisques! Cut in half and grill with butter and serve with eggs and bacon breakfast instead of grits

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Ron's Rockin' Austin BBQ Sauce

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What's under the Hood?:

16 oz. can Tomato sauce
Water to thin, less to keep sauce thick
1 ½ TBS Molasses
¼ cup raw sugar
¼ cup cider vinegar
1 tsp **Ron's Rockin'™ RedHead SeasonAll** (Add a shake more or less to taste)
½ tsp chili powder
2 tsp liquid smoke
4 shakes Maggi Seasoning
Pinch of celery seed
Pinch more or less of cayenne pepper
Corn Starch

"How Do "I" F-ing make this?"

Add all ingredients to your fav. Quart sauce pan. Heat to a boil, whisk good. Add water to desired thickness. Add Corn starch to thicken if needed. Turn heat to simmer. Cook covered on simmer for 46 min. Ready to serve or chill it you like your BBQ sauce cold.

Pair with: Anything needing BBQ Sauce ☺

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Ron's Rockin' Lip Smackin' BBQ Sauce Recipe

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Makes 4 servings
Prep Time 22 ½ minutes
Cook Time 51 Min or so

What's under the Hood?:

- 1/4 cup molasses (Grandma's)
- 1 cup ketchup (Heinz)
- 8 tablespoons apple cider vinegar (any store brand)
- 8 shakes of "Maggi" Sauce
- 3/4 cup brown sugar (any store brand)
- 4 teaspoons liquid smoke (Wrights)
- 1/4 teaspoon onion powder (any store brand)
- 1 tablespoon minced onion(any store brand (any store brand)
- 1 1/4 teaspoons chili powder (McCormick Dark Chili powder bulk)
- 1/2 teaspoon dry mustard (Coleman's)
- 1teaspoon garlic powder (not garlic salt) or 2 cloves fresh garlic (any store brand)
- 1 tablespoon cornstarch (any store brand)
- 1 tablespoon water
- Strong pour of Makers Mark or Jack Daniels(½-3/4 cup)
- Pinch of cayenne pepper (to taste) I get mine in bulk from "The Souk", a middle eastern specialty store)

""How Do "I" F-ing make this?"

Mix all ingredients in a 4 quart pan. Bring to a boil. Once boiling bring heat down to a simmer and whisk sauce with a whisker…duh until all clumps of cornstarch, powders are well mixed. Cook on simmer for 45 min. keep tasting to make sure you still like it. I guarantee you will.

Baste ribs, smoked meats, chicken, ostrich (or whatever your current fancy is…maybe not tofu) generously with sauce while on the grill on low heat so you do not burn the sauce. A little browning on the edges of the meat is perfect.

Serve sauce hot or cold on the side with the grilled meat you just cooked. Serve it with slow roasted corn, **Ron's Rockin' JackedUP BBQ Baked Beans**, **Ron's Rockin' Southern Slaw**. **Or … Ron's Rockin, Sweet, Kickin Corn Bread Muffins**

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Ron's Rockin'™ Rib Joint! /Smokin' Dry Rib Rub

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What's Under the Hood?:

Dry Rub the Right Way…

- 3 Tablespoons paprika
- 1 Tablespoon garlic powder
- 1 Tablespoon onion powder
- 2 Tablespoon brown sugar
- 1 Tablespoon dry mustard (Coleman's)
- 2 ½ Tablespoons coarse Sea Salt (Sometimes I use Traders Smoked Sea Salt)

"How Do "I" F-ing make this?"

Mix all ingredients well in a small bowl. Wash and pat dry grillin' meat. Rub (by hand rubbing or fondling…yeah you know what I'm saying) your meat completely with rib rub. Let ribs rest for a while 30-60 min. They are tired after all that rubbing...

Oven Style cooking: Pre heat oven to 225 degrees, Crack a PBR or 2 and pour in the pan under the ribs after you take a sip. Place well rubbed ribs in pan and cover with tin foil. Cook for 3 hours in oven. Take a nap. After 3 hours, remove from Oven. Place on top shelf of grill (**indirect heat**) glaze meat generously with Ron's Rockin'™ Lip Smackin' BBQ Sauce. Cook on gas or charcoal grill very low heat for 1 ½ -2 hours with your favorite wood chips (Mine is Hickory and Alder). I try to put the chips on lower grill. Baste with sauce generously through this grill cooking; add more wood chips if necessary. Remove from Grill!

Alternate Smoking Section style: Rub ribs with rib rub (say that fast). Turn smoker on smoke (yup mine is electric, self-loading type). Make sure you have hopper loaded with pellets. Smoke for 2 hours. Turn heat up to 225 cook for 2 hours. After 2 hours, Coat ribs generously with **Austin** or **Lip Smackin' BBQ sauce**. Cook for 1 more hour basting with more sauce during this hour as needed. Serve HOT off the smoker grill!

For cooking Pork butt (another favorite in the Studio) generously rub butt (pork, that is… not him or her) with the above rib rub. Smoke for 3 hours, then turn heat up to 225◦. Cook for 3-5 hours depending on Ass…I mean Butt Size. Check with meat thermometer when at 145-150◦, remove from cooker and let rest on cutting board for 10 min or so. Chop, slice, or pull the pork off with a fork. Serve on slider buns with tons of **Austin** or **Lip Smackin' BBQ sauce!**

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Ron's Rockin' ™ Jacked Up BBQ Beans

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What's Under the Hood?:

2 large Van Camp's pork n beans, drained. Recycle can. Or
Use **Ron's Rockin' Red Beans for ALL recipes**
½ cup raisins
10 shakes Maggi Sauce
¼ cup brown sugar
1 cup and 2 Tablespoons+ Ron's Rockin Lip Smackin' BBQ Sauce (to taste, me, I'd add more☺)
4 Tablespoons Molasses (Grandma's)
2 teaspoons Dry Mustard (Coleman's)
½ cup Jack Daniels old #7 (to taste, me, I'd add more☺)
Pinch or 2 of salt (to taste)
10 or so grinds of the pepper mill (to taste)
5 pieces of bacon or bacon ends and pieces chopped
1 large sweet onion (Walla Walla or Vidalia or…) chopped
1 large any color Bell Pepper chopped
8- 10 Deli Sliced (tamed; who the F*@k tamed them) Jalapeno slices, chopped.

"How Do "I" F-ing make this?"

Turn on Oven to 250 degrees. While oven is getting so F-ing hot…Lightly brown the bacon over medium flame. As it browns add onions, peppers, and Jalapeños to the pan. Cook a bit longer until the onions are a bit translucent not mushy…please!. Add everything else on the list. Bring to a low boil. Remove from stove and place in oven. Set timer for 61 Minutes. Go do something else like listen to RonDonJuan and the Wingmen. Come back in 59 min and check your oven stash. Should be ready to enjoy with friends! Serve with Ron's Rockin' Kick Ass Baby Backs, Ron's Rockin' Southern Slaw. **Or …** Ron's Rockin, Irish Corn Bread Muffins, Roasted Corn, and a shot of Jack!

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Ron's Rockin' Summer BBQ "Slaw"

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Slaw Dressing; what's under the Hood?:

1/3 cup white cane sugar
5-6 pinches **Ron's Rockin' ™ RedHead SeasonALL** (add more or less to taste…Salt kicks A**)
8-10 turns of your favorite pepper grinder (add more or less to taste…Pepper kicks A** too)
1/4 cup buttermilk
1/4 cup 2% milk
12 shakes of the celery seed shaker
2 ¾ TBS white wine vinegar
3 TBS Best Foods Mayonnaise
Juice from ¾ of a large lemon fresh (the other ¼ you may want to add later)
Pinch of corn starch (this stuff pinches really weird…but works as a thickener)

"How Do "I" F-ing make this?"

Add all ingredients above to your favorite round bottom mixing bowl (mine is glass). Whisk (remember our fav kitchen tool) until mixed well. Pour mixture into a pan, bring to a boil while whisking. If you want thicker, add corn starch and whisk in. Remove from heat. Cover (or poor in your favorite "old school" glass dairy container, shake well) and place in refrigerator.

Summer BBQ Slaw; what's under the Hood?:

16 oz bag of ready shredded cabbage/slaw. Of course you can do the work on this line item yourself…but WHY
2-3 carrots Julienned great color and good for the eyes… (Is this a freakin' olde wives tale???)
¼ cup sweet onion minced (I use Walla Walla sweets because of the strange name)

"How Do "I" finish F-ing make this?"

Remember that funky wooden salad bowl…yep, that's the one. Empty bag of cabbage slaw in it, add carrots and onions. Add 1/3 of dressing and toss. Taste, add more dressing if it needs it (mine always does but there is nothing worse than too much dressing on a salad

Serve chilled

Pair with: Anything BBQ **.** Beverage: PBR or Bud Light
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Ron's Rockin' Church Social Sweet Potatoes

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What's under the Hood?:

6 large sweet potatoes or yams warshed, peeled, and chopped in ¾" pieces
8 TBS Brown sugar
¼ cup real maple syrup (say NO to Mrs. Butterworth's)
12 TBS salted butter
1 TBS **Ron's Rockin™ RedHead SeasonALL**
2 cups chicken broth
Enough marshmallows to cover top of baking dish

Prep and cook time?:

Prep: 19 min
Cook: 1.5 hours

"How Do "I" F-ing make this?"

Turn oven on bake at 350°. Wash (Warsh in the South and some parts of Warshington) Yams well and peel. Chop into ¾" pieces and place in big, oven safe glass baking dish (9X11 or so). Chop butter and place over top. Add remaining ingredients and mix pretty well. Cover with Aluminum foil and bake for 1 hour, taking out and stirring yams every 15 min or so. At 1 hour, check and see if the Sweet potatoes and soft enough for you. I cook mine about 1 ½ hours. When the yams are soft enough, take dish out of oven, place marshmallows over top of yams to cover. Bake uncovered until marshmallows lightly brown (be careful not to torch them like I have done a few times.) Once browned, pull from oven and serve. Remember; they are HOT!

Pair with: BBQ or anything at the Picnic!

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Ron's Rockin' Cuban Frijoles Negros

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What's under the Hood?:

2 15oz cans black beans rinsed and drained (check back for recipe from dried beans)
½ sweet onion chopped
½ bell pepper chopped
5 big garlic cloves chopped fine
3 TBS olive oil
1 TBS dried oregano
3 cups chicken broth
1 TBS apple cider vinegar
2 pinches sugar
Generous shake of **Ron's Rockin' ™ RedHead SeasonALL** (to taste)

"How Do "I" F-ing make this?"

Add Olive oil to your favorite Chefs pan that has a lid for later. Heat it up and add onions, bell pepper, and garlic. Sauté mix of vegies on medium until onions are starting to turn translucent…love that word. Add, beans. 1 can at a time. Gently mash 1st can of beans with a fork or wooden spoon add 2nd can and stir. Add oregano, broth, vinegar, and sugar. Crank heat to 11, once you have mix to a rapid boil, cover with lid and turn down to low. Cook for about 36 min. covered. Liquid should evaporate a bit. Taste and add **Ron's Rockin'™ RedHead SeasonALL** (to taste). Mix and serve hot. Sometimes I will make these first then keep hot in oven on low until the rest of meal is ready. Also, if I am making Cuban pork or Chicken, I will add some of the drippings of that meat to add additional seasoning. YMMM

Pair with: Ron's Rockin' Bay of Pig (coming soon) , Ron's Rockin' Jamaican Jerky Babe

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Ron's Rockin' Kimmie Style Deviled Eggs

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What's under the Hood?:

WET:
8 hard-boiled eggs
¼ cup Best Foods Mayonnaise
1 tsp white vinegar
1 tsp prepared yellow mustard
1 tsp dill relish
DRY:
1/8 heaping tsp **Ron's Rockin' ™ RedHead SeasonAll**
Sweet Paprika

"How Do "I" F-ing make this?"

Place eight eggs in sauce pan with cold water covering the eggs completely by an inch or 2. Turn on high heat. When pan comes to rapid boil, set timer for 10-12 min. after 10-12 min, eggs are hard boiled. Remove from heat, pour off hot water, fill pan with cold water and ice cubes to cool. Once eggs are cooled enough, peel shells and put discarded shells in compost bin. Our worms LOVE them. Once eggs are peeled, slice eggs in half on the long side. Remove hard yolks and place in in glass mixing bowl and set hard egg whites aside. Add all WET ingredients and mash mix with yolks in bowl, add **Ron's Rockin' ™ RedHead SeasonAll** and mix thoroughly. Once fully mixed, place mixture in a cake decorator, or zipable bag. Squeeze yolk mixture back into egg halves, and lightly dust with Paprika…DELICIOUS!

Pair with: Other food on the church social table, or as appetizers

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Ron's Rockin' Southern Biscuits

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What's under the Hood?:

6 TBS cold chillin' salted Butter…very cold
1 cup and 2 TBS low-fat Buttermilk…balances the butter
Dusting of cheddar or parmesan cheese for the top if you want…it's delicious
2 cups+ flour unbleached
¼ tsp Baking Soda
1 ¼ tsp Fine sea salt
1 TBS baking powder

"How Do "I" F-ing make this?"

Preheat oven to 450° I don't use convection because they cook too fast for me
Mix all the dry ingredients in a bowl. Add the cup of buttermilk and more if needed. Dough…not money…should be a pasty consistency. Add more buttermilk if needed. Chop cold butter into 1/4" squares and blend in to mix. Lightly dust a big cutting board or flat surface, as well as your hands with flour. Grab the big ball of dough and place on your floured surface. Pat dough down to about ½" thick. Fold into itself about 6 times each time flattening into about ½". Don't fondle the dough too much…it's not good for the biscuits. Then get your cookie sheet pan out and cut or press your biscuits out and place them on the cookie sheet. I use a square cutter for mine. Allow the biscuits touch on the cookie sheet as it keeps them moister. Place cookie sheet in oven and set timer for 10 minutes. At 10 min., look in the oven to see if they look done enough for you and the gang. Pull out of oven, and let rest for a few mins.

Pair with: Serve hot with eggs and sausage gravy over the top and of course a few slices of crispy ham or bacon

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Ron's Rockin' "American Diner" Dinner Comfort Food

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Makes 6 servings…'cause they kick A as leftovers
Prep time: 42 ½ minutes
Cook time: 62 Minutes

What's under the Hood?:

MeatLoaf:

- 2 ½ -3 pounds good quality low fat ground beef
- 2 links Italian sausage, no skin, squeeze em out…
- ¼ cup "Mama Lil's" peppers (I use mild)
- 1 1/2 med-large Sweet onion chopped fairly fine
- ½ large bell pepper chopped fairly fine (green looks cool with the red orange mama lils)
- ½ cup bread crumbs
- ½ cup Panko
- 2/3 cup bacon cooked and crumbled
- 1 cup 2% milk
- 2 eggs
- 2+- teaspoons **Ron's Rockin' ™RedHead SeasonALL**
- 8 healthy grinds on my favorite pepper mill (Vic Firth…Yay drummers)
- _____
- 2/3 cup of **Ron's Rockin' ™Austin BBQ Sauce** …see recipe, to coat over the top of loaf… see photo
- 3 pieces of bacon uncooked to go over the top… see photo

Potatoes:

- 6-8 Yukon Gold potatoes…or similar
- 1/3 cup light sour cream
- 4 TBS salted butter
- Shake of **Ron's Rockin'™ RedHead SeasonALL**…to taste
- Fresh ground black pepper to taste

"How Do "I" F-ing make this?"

Crank the oven up to 350°, turn on convection if available. Partially Peel and place pretty **Potatoes** (alliteration) in pan of water on high with water covering potatoes. Cook until soft (move to meatloaf while cooking) to mash. Mash, add butter and sour cream, mash. Add seasonings to taste remember less is more to start. Taste…add more. Stop. Keep warm covered.

Meatloaf : Add all Meatloaf ingredients above Except BBQ sauce, to your favorite large round bottom mixing bowl (mine is stainless for this). Mix all until mixed well, no chunks of ground beef, sausage, or bread crumbs etc. Scoop into glass or ceramic oven-safe baking dishes I prefer the ones as shown. Coat the top of meatloaf generously with **Ron's Rockin' ™Austin BBQ Sauce**. Lay remaining raw bacon slices over the top. Place oven safe dishes in a foil lined deep baking pan (cleanup crew will be happy with this step) in middle of oven, set timer for 62 min. move back to potatoes. Finish potatoes.

Pair with: Vegetable? Ron's Rockin' Beef Gravy **.** Beverage: Glass of Malbec
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Ron's Rockin' Beef Gravy

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What's under the Hood?:

"How Do "I" F-ing make this?"

Pair with: Eat and Enjoy with Friends!--Ron

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Ron's Rockin' Sausage Mill Gravy

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What's under the Hood?:

"How Do "I" F-ing make this?"

Pair with: Eat and Enjoy with Friends!--Ron

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COMING SOON

Ron's Rockin' Menestra (Ecuador Bean soup)

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What's under the Hood?:

BEANS:
2 LB. dry Red Beans (soak overnight in salted water, rinse thoroughly before cooking…check for pebbles)
2 slices raw bacon MMM Good
Water in a pan big enough to cover beans 2" (8 quart Dutch oven is what I use)
15 turns of your fave pepper mill (Mine is my trusty Vic Firth…yay for the drum stick maker!!!)
1 TBS Kosher salt to start, after bacon is safe add more to taste
MENESTRA:
2 TBS Achiote oil (recipe below)
½ bell pepper chopped
½ red onion chopped
2 garlic cloves diced
1 cup tomatoes peeled and chopped
4 cups beans from above
4 cups bean water
½ tsp cumin
½ tsp chili powder
Salt to taste
More pepper to taste
Ron's Rockin' ™ RedHead SeasonALL to taste
ACHIOTE OIL:
1 cup canola oil
2 TBS Achiote seeds

"How Do "I" F-ing make this?"

COOK BEANS: place soaked washed beans in 8 QT. pan, cover with 2" water add remaining ingredients in BEANS. Bring to a boil. Cover, then reduce heat to simmer/low. Beans are done when you taste bean and it has the right consistency in the mouth, not crunchy, not too soft. Usually about 1 ½ hours +-.

COOK ACHIOTE OIL: In a small fry pan, add oil and seeds. Turn heat to med high. When seeds start to pop, stir for a bit then remove from heat. Strain off seeds and Viola: **Achiote Oil.** Use what you need for this recipe. Store the rest for later

COOK MENESTRA: Add 2-3 TBS Achiote oil to your fave chef's pan. Add onions, green peppers and garlic. Sauté mixture until onions go a bit translucent. Add remaining ingredients EXCEPT salt and pepper. Bring to a boil for 5 mins. Bring temp down to a simmer. Taste (don't burn your tongue though) add salt and pepper or add **Ron's Rockin' ™ RedHead SeasonALL** to taste. Serve hot.

Pair with: Ron's Rockin Baja fish tacos, Eat and Enjoy with Friends!--Ron

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Ron's Rockin' Sweet n' Sassy Pecans

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Cook and prep time: 30 min. Serve in 40 min

What's under the Hood?:

DRY:
2 LB pecan halves already shelled…WHEW
2 tsp **Ron's Rockin' ™ Dirty Blonde SeasonAll**
1 tsp cumin powder
1 tsp cayenne powder
1 tsp fresh dried orange peel see below
1 tsp cinnamon powder
½ cup light brown sugar
4 TBS Dark brown sugar
WET:
1 cup butter
4TBS fresh cold water

"How Do "I" F-ing make this?"

Turn on oven to 400 with convection if you have it. Peel the orange (I use Satsuma…mmm). Eat the orange. Chop the peel into fine minced pieces. Place on an oven safe pan lined with foil and put in oven. Set timer for 5 min. Line a cookie sheet with parchment or wax paper and place aside.

In a bowl add **Ron's Rockin' ™ Dirty Blonde SeasonAll,** cumin, cayenne, and cinnamon and mix well. Check orange peel. Once it starts to shrivel, remove from the oven. Place 1 tsp dried orange peel into spice bowl.
In a large (mine is almost paella size ☺ 15") non-stick pan place the pecans, put on stove burner and turn heat to med to med high. As the pecans start to roast, usually about 3-5 min, stir the pecans constantly. Try not to let them burn or get more than a light browning. Once pecans are light brown, add the butter and stir all the pecans in the butter. Once coated, and the spice mix and stir. Once all the nuts have been evenly coated with spice mix, add the 2 sugars and water. Keep stirring mixture over heat. Once sugared mixture starts to thicken, remove from heat and spread evenly over the parchment coated pan. Let cool a bit and sample. You and your guests will Love these!

Pair With: Christmas, Thanksgiving, salads, all kinds of toppings…ice cream…etc. Eat and Enjoy with Friends!--Ron
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Ron's Rockin' Standing Rib Roast

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What's under the Hood?:

8lb standing rib roast with bones and all
2 Bulbs roasted garlic
2 ½ teaspoons **Rockin RedHead SeasonALL™**
1 tsp kosher salt
1 ½ tsp black pepper
1 ½ TBS fresh thyme, chopped fine, plus a 6-8 sprigs
1 ½ TBS fresh rosemary, chopped fine
2 cups cheap but drinkable red wine (E&J Gallo was my choice once…yes someone was drinking it at the party…)
2-3 cups beef stock (I make mine with "better than bouillon" Beef)
2 TBS Olive Oil
8 TBS Salted butter give or take

"How Do "I" F-ing make this?"

ROAST: Roast garlic in an oven safe covered dish (Pyrex or comparable). Cut garlic bulb in half, across, coat with 2 TBS olive oil, place in dish cook on 350° for about 45 min until garlic is soft. Once garlic is roasted, squeeze garlic out of husks into a mosh pit; glass bowl or mortar. Add black pepper and kosher salt. Mash/mosh all together with mortar/pestle, or glass bowl and wooden spoon until well mixed. Add chopped thyme and rosemary, mix and mash well. Heat Oven or whatever cooking device you are using to spec (My last roast took 4 hours in an outside burning infrared cooker) of 450° Rub mash mix (garlic, thyme, salt pepper and rosemary) generously over entire roast by hand. Rub under bones. Then sprinkle, shake **Rockin RedHead SeasonALL™** generously over all sides of roast. Place a few sprigs of thyme on top or roast. Place roast with fat side up in cooker or oven in roasting pan so you can collect ALL cooked juices. Cook on 450 for 20 min or so then lower temp to 350. Cook until center of roast is at 140° on your meat thermometer (about 18 min per lb. med rare). Remove roast from cooker and let rest for 20 min.

AU JUS: While meat rests, grab all drippings from pan, if it is a bone-in roast, add bones to au jus, Add red wine, beef stock, butter, 3-6 sprigs of Thyme, and all of the drippings from the roast pan to a 2 QT sauce pan and bring to a boil. Once boiling, reduce heat to a simmer. Taste, add more **Rockin RedHead SeasonALL™** if needed. Strain Au Jus before serving to remove bones and sprigs.

Slice roast to desired thickness. Serve with ramekin of au jus on side spill some au jus over meat.

Pair With: RR Horsey sauce, Ron's Rockin' Garlic mashed potatoes and Ron's Rockin' "USA wide" Famous Green Beans, red wine
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Ron's Rockin' Hick Smoked Bacon

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Cure: 24hrs, Smoke: 5 hrs. Eat once sliced and fried

What's under the Hood?:

11 Lbs or so pork belly with skin removed
1 TBS per LB "tender quick" (I found at restaurant supply store)
1 TBS per LB **Ron's Rockin ™ Rib Rub** (order at RonsRockin.com soon)
Hickory chips or pellets in your smoker

"How Do "I" F-ing make this?"

I cut my 11 LBS Pork belly in 3rds so I could fit into gallon zippable plastic bags. Coat each 3rd with the appropriate amounts of tender quick and **Ron's Rockin ™ Rib Rub,** about 3 ½ TBS of each per 3rd of pork belly. Seal each bag and place in refrigerator for 24 hours.

After the 24, wash rub and tender quick off. Place in smoker on smoke or 145◦. Make sure hopper is full of hickory pellets. Smoke for 5 solid hours.

Remove from smoker, slice, fry in a pan, and eat with your favorite bacon accompanied dish

Pair With: Eggs and Grits, any recipe that uses bacon like **Ron's Rockin' ™ Jacked Up BBQ Beans**, **Ron's Rockin'™ "USA wide" Famous Green Beans , etc…**

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