

MAN CAN COOK

Snacks and Appetizers - Food for your Heart, Mind, Soul and Strength.
Recipes to get healthy, be healthy and stay healthy.
Recipes for men with a few words to spice up your life!

by Robert Sturm

AUTHOR
Robert Sturm

PHOTOGRAPHY
Robert Sturm

BOOK DESIGN and LAYOUT
Mark Dickinson

FOOD DESIGNER
Robert Sturm

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Easter 2011

Denise. Thanks. For all these years you are always there for me. You're my wife, my best friend and my biggest cheerleader. I Love you. I just want to tell you in the words of our favorite mobster from "My Blue Heaven", Vincent 'Vinnie' Antonelli

"I'm wit chu"



Pastor Rick Warren, Robert, Dr. Memit Oz, Dr. Daniel Amen, Dr. Mark Hyman

These are a few of the men that have inspired me on my way to getting healthy. I would like to say to them thank you. Health is not jsut a destination, a goal nor a journey. It is a way of life. I am still learning and still getting healthy. I'd also like to thank my kids Nick and Rachel, Steve Komanapali and the men of the Saturday Herd and everyone involved in The Daniel Plan.

Two Rules on Recipes

Rule #1

If you like it, it works.
If you don't like it, it doesn't work.

Rule #2

If it doesn't work, fix it.
Change it, add something,
take something out, whatever.

Just in case, healthier options for some recipes will be added in [parenthesis]

Round Is A Shape

Once upon a time I was a competitive swimmer.
A very good swimmer and I was in shape.
Over the years every time my wife was pregnant,
I gained sympathy weight.
Some guys have sympathy pains but I got sympathy weight.
My wife would gain 15 pounds so I would gain 15 pounds.
She would loose 15 pounds after childbirth and
I would keep 15 pounds after childbirth.
I have 4 kids so you do the math.
The other day my wife said that I needed to get in shape.
I told her "I am in shape. Round is a shape".

Men, if you are in shape – Congratulations! Stay in shape.
If you look like Kenny Price, the "Round Mound of Sound",
it's time to loose that spare tire and get in shape.
Take the hound for a walk around the block a couple of times.
Do it every other night. It's time to get moving!!
Walk, swim, play ping pong but get moving.
You'll be grateful and so will your wife. Remember,
"Bigger snacks, bigger slacks. Loose weight, feel great."



About 4 calories, 22 mg sodium, .03g of fat and 1g carbs in one tablespoon

One of our favorite foods is salsa and chips. We like organic corn tortillas lightly salted. Salsas are great for burittos, eggs, nachos and fish. Salsas are high in Vitamin C, A and K. Tomatoes are a great source of lutein which is an important nutrient for your eyesight.

Bossa Salsa

Ingredients:

- 4 each Tomatoes
- 1 each Maui Onion or Sweet Bermuda
- 1 bunch Cilantro, leaves, chopped
- 2 each Serrano Chiles, minced
- 2 TB. Garlic, minced (4 cloves)
- 1 each 5.5 ounce can Spicy V-8 Juice (small 6 pack size)
- 2 TB. Extra Virgin Olive Oil
- TT. All Purpose Seasoning
- 2 each Lime Juice, fresh squeezed

Yields about 3 cups

Directions:

Use a Japanese Mandolin and shred the tomatoes and onions. If you do not have a mandolin, just chop the tomatoes and onions into small pieces. Add the remaining ingredients. Mix together well. Chill 1 hour. Serve with your favorite multi grain or organic tortilla chips.

Japanese Mandolins can be found at your favorite Asian food store. They are pretty inexpensive.

Keeps for 1 week in the refrigerator.

Oh! Guacamole

Directions:

Mash avocados with a fork. Mix all remaining ingredients into the avocado. Adjust seasoning to taste. Chill before serving.

Keeps in the refrigerator for 5 days

Ingredients:

4 Each Avocado, halved, meat only
2 each Lime Juice, fresh, Mexican (small)
2 TB. Cilantro, chopped
1 tsp. Chili Powder (recipe in this book)
1 each Serrano Chiles, seeded, minced
2 TB. Red Onion, ¼" diced
2 TB. Red Bell Pepper, ¼" diced
1 TB. Garlic, minced
TT All Purpose Seasoning (recipe in this book)

Yields about 3 cups



About 132 calories, 2g protein, 9g carbs, 11g fat, and no cholesterol in a 1/4 cup.

Nothing like "FRESH" guacamole. Easy to make and taste so good. Guacamole goes great with chips of course but also great as a sandwich spread. The avocados in guacamole are rich in vitamin E, folate and potassium. Vitamin E protects the health of your heart by counteracting the oxidative damage that leads to hardened arteries.



1/2 cup of edamame has about 110 calories, 3.5g fat, 3g carbs and 9g protein

We love edamame!! Whether we are at a sushi bar or we are just entertaining. We borrowed this recipe from Roy Yamaguchi and jazzed it up a bit. Edamame has anti-inflammatory qualities and can be a good food to eat if you have arthritis or other inflammatory conditions, such as rheumatoid arthritis. Edamame is a great source of fiber with 4g in a half of a cup.

Hawaiian Style Edamame

Ingredients:

1 Lb. (4 Cups) Edamame Beans
(frozen in the shell)
1 oz. Aloha Soy or San-J Tamari Sauce
1 TB. Edamame Seasoning
1 tsp. Sesame Seeds
1 tsp. Black Sesame Seeds
2 TB. Takaokaya Dried Seaweed Sliced
(Kizami Nori), julienne
2 Qt. Water

Yields 4 cups

Directions:

Bring water to a boil. Place edamame beans in the "HOT" water. Let sit 5 minutes. Drain. Place edamame in a bowl. Toss with seasoning, soy sauce, seaweed and sesame seeds. Serve. Try teriyaki flavored seaweed (nori).

Keeps 3 days in the refrigerator.



A 2 TB. serving has about 50 calories and 3g of fat, so snack away.

We always have a tub of hummus in the frig. You can make hummus with garbanzo beans, soy beans, white beans or even black beans. Pick a bean, there all good and delicious. Beans are rich in fiber and high in protein. Beans are well know to reduce cholesterol, reduce the risk of many cancers and and lower your blood pressure. Dip some carrot or celery sticks in the hummus and enjoy a great healthy snack anytime of the day or night.

Hummus

Ingredients:

2 tsp. Chopped Garlic
1 (19 ounce) Can Garbanzo Beans,
drained and rinsed
¼ Cup Water
Juice from 2 lemons
¼ Cup Tahini Paste or Peanut Butter
(smooth)
TT. All Purpose Seasoning
1 oz Pure Olive Oil

Yields 3 cups

Directions:

Place all ingredients in a food processor. Blend till smooth. Add more water if necessary to make a smooth dip. Serve with raw veggies.

Keeps 1 week in the refrigerator.

Never, I repeat, never answer this question!

“Does this outfit make me look fat?” There is no right answer. You say “YES” and your goose is cooked. You say “NO” and your wife says that you are just “Saying that to make me feel better.” No right answer.

Now my wife Denise is a beautiful woman. I mean drop dead gorgeous. A real head turner. One day my wife asked me this dreaded question. I couldn’t believe it, and in front of another couple. My buddy Andy whispers to me “Boy, are you screwed.” The outfit, well, it was a bit tight. I like tight but I know my wife wants to look at her best all the time. My buddy is waiting and watching me to see what I will do and to watch me go down with the ship.

Knowing that my wife takes bargain shopping to a whole new level I asked her

“Where did you buy that outfit?” My Buddy says “Oooo, good save.” Denise shares that she bought the outfit at an outlet mall. I said, “You know that those outlet malls sell seconds and things that are not made well. Why don’t you take that outfit back and get something made really well?” My wife is delighted by that answer, she gets the freedom of a guilt free shopping experience and my buddy says “Smoooooth!” Denise changes clothes and puts on one of my favorite dresses that she looks oh so good in and she knows it and the evening goes on. It was a great romantic night together.

The next time your wife asks the question “Does this outfit make me look fat?” give this method a try. Do it in love and reassure her that she is just beautiful! And give her that look that she is “HOT”.

The “F” Word

This is a horrible, horrible word, one that is used over and over again. We use it almost every day without even knowing what we are saying. The “F” word is FAT. That’s right, FAT. There is good fat, not so good fat and bad fat. And being fat is definitely bad.

Good Fat – Unsaturated Fat. Unsaturated fats are divided into monounsaturated fats and polyunsaturated fats, and both types are thought to have beneficial effects on cholesterol levels. Monounsaturated fats help lower LDL (bad) cholesterol while also boosting HDL (good) cholesterol. Polyunsaturated fats can reduce levels of good cholesterol as well as bad. These are a good source of omega-3 fatty acids, found mostly in cold-water fish, nuts, oils and seeds, and also in dark leafy greens, flaxseed oils and some vegetable oils.

Not so Good Fat – Saturated Fat. These are the artery-clogging fats from meat and dairy products. These fats are solid at room temperature. Saturated fats have been shown to directly raise total and LDL (bad) cholesterol levels. Saturated fats can be consumed but at a moderate level. Some saturated fats may not be so

bad and they are certainly an important source of vitamins and minerals. Coconut oil and palm fruit oil, which are plant-based sources of saturated fats, may actually be beneficial because their particular fatty-acid make-up means they are metabolized differently in the body. Stearic acid, found in animal products and in some foods such as chocolate, gets a pass because the body into oleic acid, a monounsaturated fat, converts much of it. Thus, saturated fats may be more beneficial, or at least more neutral, than we think.

Bad Fat - Trans Fats. Known as hydrogenated fats. Trans fats are created during a hydrogenation process, where liquid vegetable oils are converted into solid fats. Trans fats are thought to be worse for us than saturated fats because they not only raise total and LDL (bad) cholesterol; they also lower HDL (good) cholesterol. Avoid foods like donuts, snack chips, and especially fried foods.

Ugly Fat – We won’t go there. To many bad visions of being at the beach or standing around the pool or in front of a mirror.



Moroccan Spiced Salmon

Ingredients:

- 1 lb. Salmon, cut into 1" wide strips
- 2 TB. Moroccan Spice
- 2 TB. Cajun Spice
- 2 ounces Vegetable Oil
- 1 Pack Bamboo Skewers
- 1 TB. Spinach Oil (optional)

Yields 3 cups

Directions:

Place all ingredients in a food processor. Blend till smooth. Add more water if necessary to make a smooth dip. Serve with raw veggies.

Keeps 1 week in the refrigerator.

1 ounce of salmon has about 58 calories, no carbs, 3.5g fat and 4g protein

Men - one thing we cannot eat enough of is salmon whether it is farmed raised or wild caught. Salmon is loaded with Omega-3 fatty acids which helps your brain work better and improve memory. Salmon can help repair heart damage and strengthen your heart muscle. Grilled, roasted, baked, smoked or whatever is your favorite way of cooking, eat salmon twice a week for great eating and health.



One of my daughter's favorite things to eat.

Six large shrimp and 2 tbs. of cocktail sauce provides about 48 calories, .6 g of fat, no saturated fat, 9g of protein, 3g of carbohydrates, 1.4 g of sugar and .5 g dietary fiber, 80 mg of cholesterol and 900 mg of sodium. Shrimp is high in B-12 which supports the nervous system and helps form red blood cells. Cocktail sauce is high in vitamin C which is an antioxidant and strengthens the immune system.

Shrimp Martini

Ingredients:

- 6 each Spicy Cold Cooked Shrimp
- ½ Cup Romaine Lettuce,
shredded or chopped
- 2 ounce Cocktail Sauce
- 2 Belgian Endive Leaves (Optional)
- 2 Breadsticks (Optional)
- 2 Lemon Wedges (Optional)

Yields 1 serving

Directions:

Arrange endive leaves in a martini glass or dish. Place shredded lettuce in glass. Top with cocktail sauce. Arrange shrimp around glass so that the shrimp hangs on the outside of the rim. Stick breadsticks in glass by endive leaves and lemon wedges if desired.

Make ahead and keep in the refrigerator until you are ready to serve.

Cold Spicy Shrimp

Ingredients:

1 QT. Water
½ Cup Pickling Spice
½ Cup Vinegar
½ Cup Celery, chopped
½ Cup Onion, chopped
2 Garlic Cloves
1 TB. Sea Salt
1 tsp. Crushed Red Chili Flakes
2 Bay Leaves
1 Lb. U-15 Shrimp, raw, in the shell

Yields 15 shirp

Directions:

Place water, pickling spice, vinegar, celery, onion, garlic, salt, chili and bay leaves in a pot. Bring to a boil. Simmer 30 minutes. This is called a court boullion. Bring boullion back to a boil. Drop in shrimp and turn off the heat. Let set for 4 minutes stirring occasionally, until they curl and turn pink, about 3 minutes for medium shrimp. Drain and cool to room temperature. Peel the shrimp and remove the vein along the curve of the shrimp. Rinse well. Refrigerate.

Keeps 5 days in the refrigerator.

If Momma Ain't Happy

You know the answer. Come on say it with me *"If momma ain't happy, ain't nobody happy"*. Happy wife happy life. So what's the problem? You know the answer to everything a wife says is either *"Yes Dear"*, *"You were right and I was wrong"* or *"I'm sorry, it's my fault"*. So do you want to be right or do you want to live in peace? Do you want to share the same bed with the woman you love or do you want to sleep on the couch? I prefer the bed. Saying yes dear is not weakness. It's not going to turn you in to a Phil Donahue clone. All it does is give your wife support. Your wife will think that you care about her. So whose happiness is more important? Wives tell us what makes them happy. The answer is very simple. Just listen and *"Do It"*.

One day I was up on the roof doing some needed repairs when I hear *"Robert..."* My wife is calling me in her *"she needs help"* voice. Across the street is my neighbor Joe laughing. Joe says *"Boy she has got you where she wants"*. I just nod my head, go in the house and change the burnt out light bulb in the ceiling for my wife. I go back outside and there's Joe still laughing. *"Boy are you wooped,"* he says. Now I could have got all upset at my wife over a simple thing and barked like a big dog at my wife in front of Joe but it's not worth it. There's piece in the house. And when there is piece in your house, your wife feels secure. And when you wife feels secure, she feels loved. And when your wife feels loved... well if I have to explain the rest of the equation to you we have got to have a talk. Joe, he slept on the couch that night. Me, well let's just say there was a very happy ending for the day.

Houston Spinach Dip

Directions:

In food processor blend artichokes, Romano cheese, garlic and Parmesan cheese for 1 minute. Minced, but should not be pasty. In a mixing bowl add drained spinach, cream, sour cream and mozzarella. Stir well. Add mixture from food processor. Blend all ingredients. Pour artichoke mixture into baking dish and bake for 20 - 25 minutes at 350 degrees. Remove from oven and serve with your favorite heated tortilla chips.

Keeps 1 week in the refrigerator.

Ingredients:

1 Jar Marinated Artichokes
(6.25 ounce), drained
1 Package Frozen Chopped Spinach
(10 ounce), thawed and drained very well
½ tsp. Garlic, minced
1/3 Cup Romano Cheese, grated
¼ Cup Parmesan Cheese, grated
1 Cup shredded mozzarella cheese
1/3 Cup Heavy Cream
or Half and Half
½ Cup Sour Cream

Yields 4 Servings or enough for a party.



My favorite dip. Sometimes I add extra spinach and omit the artichoke.

Spinach dip offers some nutritional benefits. The primary ingredient, spinach, contains a lot of both calcium and vitamin K. Calcium is a nutrient that supports bone health, and vitamin K is essential for efficient blood clotting. Without the chips this recipe has about 79 calories, 6 grams fat, 2 grams carbohydrates, 4 grams protein per serving. This recipe is low in sodium and low in carbs. Try using low fat cheese and low fat sour cream for.



Garlic Grilled Artichokes

Ingredients:

- 1 QT. Water
- ½ Cup Pickling Spice
- ½ Cup Vinegar
- 1 TB. Sea Salt
- 1 tsp. Crushed Red Chili Flakes
- 2 each Artichokes
- 2 oz. Garlic Pesto Butter
- 2 oz. Lemon Garlic Dip

Yields 2 servings

Directions:

Place water, pickling spice, vinegar, sea salt and chili flakes in a pot. Bring to a boil. Simmer 30 minutes. This is called a court bouillon. Bring bouillon back to a boil. Trim the tops and ends of leaves from the artichokes, cut in half. Place immediately in boiling water. Cook 10 minutes. Turn artichokes every couple of minutes or so to cook thoroughly. Drain and cool to room temperature. Remove the fuzzy choke center. Brush the artichokes with a coating of the garlic pesto butter, and place them on the preheated grill. Grill the artichokes for 5 to 10 minutes, basting with butter and turning frequently, until the tips are a little charred. Serve immediately with lemon garlic dip.

Make ahead and keep in the refrigerator until you are ready to serve.

One artichoke has only 25 calories, 3 g of fiber and meets 10 percent of your daily vitamin C needs.

Brief History of Artichoke: The globe artichoke (*Cynara cardunculus*) is one of the oldest known cultivated vegetables, originating from Ethiopia, with Italy currently being the world's largest producer. It was valued in ancient Greece and Rome as a digestive aid, available only to the wealthy due to its scarcity. It was the French and Spanish explorers who first brought artichokes to the shores of the United States, and today virtually all of the globe artichokes grown in the US are produced in Castroville, California.



These little gems are called Button Bones or Feather Bones by most butchers.

O.K.! These bones are not the healthiest thing on the planet. But they sure are good AND they are very economical and easy on the budget. You only need to eat a few bones. Try them BBQ style, with teriyaki sauce or eat them how the Canadians do, dry and just by themselves.

Dem Rib Bones

Ingredients:

2 lbs. Pork Button Bones, cut into 1 bone pieces
2 TB. Montreal Steak Seasoning
3/4 tsp. Cayenne Pepper
3/4 tsp. Granulated Garlic

Yield's 2 servings

Directions:

Mix spices together. Rub pork bones with spices. Place pork bones in vacuum seal bag. Seal bag. Let marinate in refrigerator 25 hours. Bring 2 quarts of water to a boil. Place bag of bones in water. Bring to a boil. Simmer 1 hour submerged. Place a weight to keep bag underwater. Remove from water. Or place pork bones on a rack on a sheet pan and bake in a 250F oven for 1 hour. Let cool. Refrigerate overnight.

To serve – fry at 350F for 3 - 4 minutes till crisp and golden brown. Serve with Sweet Thai Chili Sauce

Keeps 1 week in the refrigerator or 3 months in the freezer.



“Grab and Go” Frig

Think of your refrigerator like a hotel. The first floor has the lobby where you check in and the top floor is the penthouse where you want to be. After you shop, the bulky items go in the crisper drawers. As you prepare meals you move the food items **“UP”** in the refrigerator. The idea is that the more you prepare your foods for meals the more valuable they become nutritionally and for your budget. Try to keep healthy foods and the foods you want to eat at eye level. It’s the reverse principle of “Out of Sight – Out of Mind”. Some folks call it the “SEE-FOOD Diet.” I see it so I eat it!

Remember – setting up your week for success only takes a short time one afternoon a weekend. Cook some chicken or shrimp. Cut vegetables and fruit. Make a dip. Thaw some edamame. Most importantly eat foods that are fresh, healthy and good for you. **Foods that taste great!!**

Here’s a suggestion on how to arrange your refrigerator.

Topa Shelf – **Individual Meals**. Small containers of Salad, Brown Rice, Fruit, Vegetables, Proteins, Soup, Leftover meals, Individual yogurts, dips, etc.

2nd Shelf – **Family Meals**. Bid Salad, Grilled Chicken, Cut Up Vegetables, Cooke Pasta, Soup, Sauces, Cut Fruit as Cantaloupe, Items to cook during the week.

3rd Shelf. **Easy to Get Food**. Juice, Low Fat Milk, Green Tea Ice Tea, individual fruit such as Apple, Oranges, Tangerines, Grapes. Items that can be grabbed and put in a lunch Box or back pack.

The meat drawers. **Proteins for the Week**. Hard cheeses, Goat Cheese, Sliced Turkey Breast, Turkey Bacon or Sausage.

Bottom Shelf. **Vegetables to be Cut or Prepared**. Delicate Items such as lettuce, herbs, cucumbers, etc.

Vegetable and Fruit Drawers. **Bulk Food**. Bags of Carrots, Celery, Onions, Zucchini, Garlic, Eggplant, Melons, etc.

One artichoke has only 25 calories, 3 g of fiber and meets 10 percent of your daily vitamin C needs.

Brief History of Artichoke: The globe artichoke (*Cynara cardunculus*) is one of the oldest known cultivated vegetables, originating from Ethiopia, with Italy currently being the world’s largest producer. It was valued in ancient Greece and Rome as a digestive aid, available only to the wealthy due to its scarcity. It was the French and Spanish explorers who fist brought artichokes to the shores of the United States, and today virtually all of the globe artichokes grown in the US are produced in Castroville, California.

Oysters Casino Las Vegas Style

Directions:

Preheat oven to 425F. Place the oil, garlic, shallots, Worcestershire sauce, Tabasco sauce, Dijon mustard, lemon zest and juice in a food processor; pulse until well combined. Season with salt and pepper. Mix red bell peppers, yellow bell peppers and bacon together. Lay oysters in their half shells out on a large roasting pan in a single layer (you can use rock salt or a sheet of crumpled foil to steady them). Place a tablespoon of bacon bell pepper mix on top of oysters and a teaspoon of the casino mixture on top of each oyster. Bake oysters in the hot oven until bubbly, approximately 10 to 12 minutes. Finish with finely chopped parsley and serve.

Make oysters ahead of time and keep in the refrigerator until ready to bake.

Ingredients:

4 strips Natural or Turkey Bacon, par cooked, diced
4 oz. Olive Oil
1 TB. Dijon Mustard, Grey Poupon
½ tsp. Tabasco Sauce
½ tsp. Worcestershire Sauce, L&P
2 cloves Garlic, minced
¼ Cup Shallots, minced
¼ Cup Red Bell Pepper, diced
¼ Cup Yellow Bell Pepper, diced
2 Lemons Zest and Juice, diced
TT. Kosher Salt
TT. freshly ground black pepper
1 dozen large West Coast oysters on the half shell
¼ bunch parsley, finely chopped for garnish

Yields 3 servings



3 oz. of East Coast oysters contains 87 calories, Pacific oysters contains 137 calories.

Okay we all know that oysters are great for our libido and for our sex drive, not that any of us need any help. It's because oysters are bursting with zinc which helps produce testosterone. But did you know that oysters are low in fat and high in protein. A 3-oz. serving of moist-cooked oysters has about 10 to 16 g of protein and about 3 to 4 g of total fat, consisting of 0.81 to 0.87 g of saturated fat, 0.43 to 0.66 g of monounsaturated fat and 0.90 to 1.52 g of polyunsaturated fat.



Each shrimp has about 18 calories, 1.6g protein, .86 carbs and .92g fat.

Shrimp are incredibly high in Vitamin D and Selenium which will help prevent heart disease as well as prostate cancer. Even though shrimp are a bit high in cholesterol however based on research involving shrimp and blood cholesterol levels, avoidance of shrimp for this reason does not seem justified. Shrimp are also great to lower your blood pressures and can aide in protection against Alzheimer's.

Scampi Kabobs

Ingredients:

- 1 Lb. U-15 Shrimp, peeled, de-veined
- ½ Cup Olive Oil
- ½ Lemon, sliced very thin, half moons
- ½ Cup sliced green olives
- ¼ Cup Capers
- ¼ Cup Shallots, chopped
- 1 TB. Garlic, chopped
- 1 tsp. All Purpose Seasoning
- 1 Pack Bamboo Skewers

Yields about 8 skewers

Directions:

Place all food ingredients in a gallon Zip Loc Bag or a Vacuum Pack bag. Squeeze all the air out. Marinade in refrigerator 48 - 72 hours. Be sure to turn the bag over twice a day. To make kabobs, soak skewers submerged in water for 30 minutes. Arrange shrimp on skewers. Fire up the grill. Place scampi kabobs on grill, cook for 3 minutes or so on each side. Enjoy!! For tips on grilling go to www.RobertFood.com.

Make shrimp skewers ahead and keep them in the refrigerator until you are ready to grill.

“C’s and C’s”

Complaints! Nobody wants to hear them. Not your wife, not your kids and definitely not the guys. “Man up!!” So what do you do when you need someone to vent to from time to time? Do what my dad did and get a dog. My dad had this dog named “Mooch”, not the brightest beagle on the planet if you know what I mean. My dad used to take “Mooch” hunting. That dog couldn’t smell its way to the kitchen. Lousy hunting dog! And retrieve anything? Forget it. No tricks at all. Just a dumb old dog but one thing “Mooch” was and that is he was loyal. My dad loved that dog and when things went wrong my dad would just pet Mooch and tell him all the things that weren’t right in the world. The secret is that dad just used a happy voice while complaining to the dog and petted old Mooch at the same time. Dad would complain to that dog just about anything. He’d tell the dog about work, us kids, politics, the weather or even the Bengals losing again. Didn’t matter what it was. Worked really well for my dad. Today when I want to complain I just tell my dog “Ed.” Remember, a dog loves you no matter what. They’re always faithful and trustworthy. You can vent all you want. Just

keep petting them while you are venting and keep a happy voice. The dog doesn’t know what your saying, He just loves being petted.

Want to really change your relationship with your wife? Try this. No **Criticizing**, No **Complaining** and No **Condemning**. Whew! Now that’s tough. Try it just for a day or two. It’s hard. It’s so easy to blame someone for mistakes, point out their weaknesses or just blow our stack because we’re under pressure and the day’s just not going our way. Did you know that most marriages that fail have a ratio of 5 bad comments to every 1 good comment? Studies show that when you reverse that ratio to 5 good comments to every 1 bad comment the divorce rate goes down by 70%. Instead of a 50/50 chance of survival you can increase your marriage success to a healthy rate of 85/15. Now that’s something worthwhile. All your relationships can be better by using these **“C’s”**: Give **Compliments**, be **Cheery**, **Calm** and **Considerate**, **Care** for your spouse, be **Compassionate**, **Considerate** and **Comfort** her.



Billy Blanks, Robert and Tony Lattimore.

These two guys are great at getting you going and keeping you motivated. Believe me I don’t exercise enough but I am working on it. A brisk walk will do you good! Gentlemen - Know your numbers. Your height, weight, waist size (measured around your belly button and should be half your height), blood pressure, heart rate and cholesterol. Knowing your blood type and blood make-up like sugar count is a huge plus. Remember: “Knowledge is Power!”

Seared Ahi Tuna

Directions:

Rub Cajun seasoning on both flat sides of tuna. (On all sides of the tuna for really spicy). Place tuna in refrigerator and make sure that the tuna is really cold. Pre-heat cast iron or non-stick pan till "HOT". Place oil in "HOT" pan. Be careful not to burn yourself. Sear tuna on each side for 1 minute. Let cool 5 minutes. Slice tuna into 1/4" slices and serve with pickled ginger, wasabi, soy sauce or MojoMoto Sauce.

Keeps in the refrigerator 5 days.

Ingredients:

1 TB. Cajun Seasoning
1 x 3 ounce piece Ahi Tuna,
sushi grade
1 tsp. Rice Oil
1 oz. Mojo Moto Sauce (Optional)

Yields 1 serving



3 oz. of tuna is about 93 calories, 20.7 g protein, 5.3 g fat, 43 g sodium.

Probably my wife's favorite appetizer. You just can't go wrong on this one. Tuna is a super food. "HUGE" benefits. Tuna is good for your heart, triglycerides, stroke prevention, skin and liver. High in Omega 3, vitamin D, selenium, phosphorus and potassium. The cajun spice is loaded with capsicums (chillies), high in vitamins A and C which are great for your blood and big in anti-oxidant properties.



For the brave at heart, this is the ultimate in raw food.

I guess I should issue a warning before getting to this recipe. Steak tartare is not undercooked meat, it is completely raw, same goes for the egg. If you are concerned about food borne illnesses from undercooked meat, steak tartare is not a good dish for you. But for us "Older Guy" this dish is filled with vitamin B6 which strengthens the immune system, helps convert amino acids into an important vitamin called niacin, assists in the regulation of blood sugar and is great for improving the memory.

Steak Tartar

Ingredients:

8 oz. Beef Tenderloin, USDA Prime or Choice.
Lean Buffalo or Lamb is also great
1 ea. Egg Yolk
2 Anchovy Filets, minced
1 TB. Dijon Mustard, Grey Poupon
1 TB. Garlic, fresh, minced
2 TB. Shallots, minced
1 TB. Capers, minced
2 TB. Parsley, fresh chopped
4 dashes Tobasco
4 dashes Worstershire Sauce
½ tsp. Sea Salt, Hawaiian
¼ tsp. Black Pepper, fresh ground
1 TB. Olive Oil

Yields 2 servings

Directions:

Combine all ingredients together and just mash the crud out of it. Serve immediately with Melba toast.

Doesn't keep very well at all. Maybe a day.

First Class

When I was a boy we never used the “Good China” unless there was company. My grandmother wouldn’t let us sit on the furniture. She even had those plastic slip covers over the couches and chairs. You know the ones, the thick plastic ones that stuck to your skin. She even had the plastic runners on the carpet and if you stepped off the runners you were going to hear it!! Never made sense to me so I learned a long time ago to always go first class.

Use the good china every day. And use the good stemware also. Treat yourself well. Treat your wife and family well. Treat others well too. And be a good tipper when it is deserved. Buy the best ingredients you can. Use fresh ingredients, fresh fish and fresh meats. Don’t be cheap on yourself. Be wise and a good steward of your finances and have a budget but don’t be a tightwad either. Go to a nice restaurant. It’s the evening you’ll remember. When you go to a concert or the theatre buy the best tickets you can afford. It’s not the cost you’ll remember but the performance that will be a memory. Buy the best clothing you can afford. It will fit you better, you’ll feel better and you’ll look better. Take care of your

things and they will last longer. Cost you less in the long run.

At the end of the road it won’t matter what you did for a living but how you lived. Did you live? Did you love? Did you make a difference? I can tell you that my wife and I as well as our family have wonderful memories of the times and the places that we have gone, the foods we eat and how we live. It’s part of the glue that helps keep the family together.



Road to Hana Maui August 2008

This picture was our family Christmas Card. We have pictures of the kids, the family and all sorts of memories all over the house. We try to keep our traditions alive.



Melba Toast

Ingredients:

French Baguette Bread, 1/4" thin sliced

Yields 24 - 30+ slices

Directions:

Preheat oven to 400F. Slice bread 1/4" thick. Lay on cookie sheet lined with parchment paper. Place in oven 10 minutes. Remove from oven. Turn bread over. Return to oven. Bake 3 minutes. Let cool. Keeps 1 month in an airtight container on the counter.

Try spreading slices with garlic pesto butter for a traditional Italian Crismini. Keeps 3 months in an airtight container.

1 piece of Melba Toast has about 20 calories, 0.16g fat, 3.8g carbs, 0.6g protein.

Melba Toast is named after Dame Nellie Melba, the stage name of Australian opera singer Helen Porter Mitchell. She was the well known soprano and a major "Diva". Its name is thought to date from 1897, when the singer was very ill and it became a staple of her diet. The toast was created for her by chef and fan Auguste Escoffier, who also created the Peach Melba dessert for her. The hotel proprietor César Ritz supposedly named it in a conversation with Escoffier. Melba toast is very, very easy to make and goes well with spreads and cheese.

Warm Goat Cheese

Directions:

Gently unwrap phyllo dough from packaging and unfold. Cover stack of phyllo sheets with plastic wrap followed by a damp kitchen towel. Remove one sheet of phyllo and re-cover the stack. Lay the phyllo on a work surface with the short side in front of you. Brush with melted butter. Sprinkle panko crumbs on top. Fold sheet of phyllo on top of itself making a 9" x 7" sheet. Place 1 piece of cheese in the center of the phyllo sheet. Lift corners of phyllo sheets and crimp together in the center. Lay pastry on a parchment paper lined baking sheet. Place in the refrigerator for 1 hour before baking. Bake in a pre-heated oven at 400F for 20 minutes or until golden brown. Cool slightly before serving. Place on a plate and drizzle with chile oil, herb oil and balsamic glaze.

Recipe may be prepared up to three days in advance at this point – simply wrap in plastic and store in the freezer).

Ingredients:

8 oz. Goat Cheese (Chevre), sliced in 4
2 oz. Light Butter, unsalted, melted
½ Cup Panko Bread Crumbs
4 - 9" x 14" Phyllo sheets, thawed if frozen
1 sheet parchment
TT Spinach Oil
TT Chile Oil
TT Balsamic Glaze

Yields 4 servings



2 oz. of goat cheese has about 140 calories, 10g fat, 130mg sodium and 8g protein.

Goat's milk and cheese, is high in calcium and good for your heart. "Plus, researchers believe it could protect against Alzheimer's and heart disease," Dr. Oz says. Goat's milk and cheese are part of Dr. Oz's "Blue Zone" Diets, Sardinia, a Mediterranean island 120 miles off the coast of Italy, is a blue zone, an area with a high rate of healthy citizens.



Bacon Wrapped Dates

Ingredients:

12 each Medjool Dates, pitted
6 each Bacon Strips, Turkey Bacon
or Nitrate Free Bacon
12 each Toothpicks
1 sheet Parchment Paper
TT. Cracked Mixed Peppercorns
(Optional)
TT. Balsamic Syrup Glaze (Optional)
TT. Spinach Oil (Optional)

Yields 2 portions

Directions:

Preheat oven to 400F. Cut bacon strips in half making 2 equal size pieces, about 4 inches each. Wrap a half-strip of bacon around each date; pierce it with a toothpick and place on a baking sheet with parchment. Bake until bacon is crisp, about 15 – 20 minutes. Let cool 10 minutes before serving. Garnish plate with cracked peppercorns, balsamic glaze and spinach oil if desired.

You make dates ahead of time and store them for up to 3 months in the freezer. Just thaw before using.

1 bacon wrapped date has about 38 calories, 2.5g fat, 5.7 carb, less if you use turkey bacon.

Dates are a great source of dietary fiber, tannins, vitamin A, beta-carotene, iron, potassium, copper and pyridoxine (vitamin B-6) which helps the body metabolize carbohydrates, protein, and fats. Dry dates can be kept at room temperature for several months. They can be stuffed with fillings such as almonds, walnuts, candied orange and cream cheese. They can also be chopped and used in salads.

Champagne Clams

Directions:

One hour before serving, scrub clams with vegetable brush in cold water; rinse with water until free of sand (adding a little coarse salt to the water will help to remove the sand from the clams). In a 4 quart pot sauté onions, celery and garlic in oil till tender. About 3 minutes. Add Wine, water, clam juice, seasoning and bay leaves. Bring to a boil. Simmer 15 minutes. Add calms. Place cover on pot. Bring to a boil. Simmer clams covered for 5 – 7 minutes. Discard any clams that do not open. Place clams in bowl and cover with some broth and vegetables.

Serve with French bread or oyster crackers.

Ingredients:

2 lbs. Manila Clams (about 20 small clams)
1 Cup Celery, small diced
1 Cup Sweet Onion, small diced
1 Cup Clam Juice
½ Cup Champagne or White Wine
1/2 Cup Water
1 TB. Garlic, fresh, minced
1 oz. Grape Seed Oil
2 each Bay Leaves
½ tsp. All Purpose Seasoning
1 tsp. Dill, fresh, chopped
1 lemon, cut into wedges

Yields 2 servings



10 clams have about 126 calories, 21.7g protein, 1.66g fat, 57mg cholesterol and 23.8mg iron.

You would never guess but clams have more iron than beef. Clams are surprisingly high in iron. So high, in fact, that t-bone steaks and beef liver don't compare. A three-ounce serving of cooked clams, or about 10 small clams, has about 24 milligrams of iron. a 3 ounce serving of clams contain about 140 milligrams of omega-3 fatty acids. If you are getting tired of eating oily fish each week to meet recommendations, add clams to your recipe rotation a few times a month.

Relationships

A wife tends to find her husband irresistible when he

1. Learns to create an environment of affection that clearly and repeatedly expresses his love for her;
2. Sets aside time every day just to talk to her with undivided attention and interest;
3. 3 is completely honest and open with her;
4. Provides financial support for her and;
5. Is committed to the moral and educational development of their children

A husband tends to find his wife irresistible when she

1. Learns to join him in a sexual relationship they both find satisfying and enjoyable;
2. Becomes his favorite recreational companion;
3. Maintains overall appearance in a way that he finds physically attractive;
4. Manages household responsibilities and;
5. Understands and appreciates him more than anyone else.

My Dad told me that:

1. It's important to have a woman who helps at home, who cooks from time to time, cleans up and has a job.
2. It's important to have a woman who can make you laugh.
3. It's important to have a woman who you can trust and who doesn't lie to you.
4. It's important to have a woman who is good in bed and who likes to be with you.
5. It's very, very important that these four women do not know each other.

Grab Your Nuts

No, not like Michael Jackson. Nuts.

Brazil Nuts
Macadamia Nuts
Hazel Nuts
Peanuts
Pine Nuts
Walnuts
Almonds
Cashews
Pecans
Pistachios
Donuts don't count.

Whether it's an actual tree nut or a peanut, nuts are one of the best plant sources of

protein and have great health benefits. The type of protein in nuts is rich in arginine, a precursor to the substance nitric oxide, which helps relax blood vessels in the body and lower blood pressure. Nuts are high in monounsaturated fat and polyunsaturated fats (omega 3 - the good fats, fiber, phytonutrients and antioxidants such as Vitamin E and selenium. Nuts help to lower blood cholesterol and prevent heart disease. Simply, nuts help keep your body running like a well, oiled machine.

Bahama Breezin' Jerk Wings

Directions:

MARINATING PROCEDURE

Combine jerk marinade, garlic, thyme, allspice, water, and scallions. Add chicken wings. Mix and coat well. Cover with plastic wrap. Refrigerate on the bottom shelf for 18 to 24 hours. The longer the marinating time, the more flavorful the wings will become.

COOKING PROCEDURE

Remove the wings from the marinade. Drain well. Place in a clean bowl. Lightly season the wings with the dry jerk seasoning. Lay on a sheet pan with the wing tips face down. Bake the wings at 350°F for 20 - 25 minutes or until fully cooked. Remove from the oven and place in the refrigerator to chill to 40°F.

GRILLING PROCEDURE

Place wings on a hot grill. Grill for 2 ½ - 3 minutes on each side. The skin of the wings should develop a crisp texture and a mahogany like color. Make sure the wings are fully heated to 165°F.

Keeps 5 days refrigerated

Ingredients:

- 1 Cup Jerk Marinade, Walkerswood
- 1 TB. Garlic, chopped
- 1 Tsp. Thyme, fresh chopped
- ½ tsp. Allspice, ground
- 1/2 Cup Water
- 2 TB. Scallions, sliced 1/8"
- 24 Wings, jumbo, raw, 1st and 2nd joints
about 2&1/2 pounds
- 4 TB. Jerk Seasoning Dry

Yields 2 servings



So good that Bob Marley wrote a song about them.

This recipe's got enough spice and heat in it to get your blood movin'!! Jamaican Jerk is the most popular method of Jamaican cooking. "Jerking" is a traditional method of rubbing meats with a spicy seasoning paste and/or seasoning and cooking over a slow wood fire. Jamaicans cook the meats spread across pimento and all spice sticks which add the smokey intrigue of the traditional Jerk Pit. Ya mon!! We be jammin!



Flatbread pizza has about 451 calories, 18g fat, 60g carbs and 26g protien.

Tomatoes are Low-calorie, Low-fat, Very low in sodium, High in vitamin A, High in vitamin C and Cholesterol-free. In 1893, the Supreme Court ruled that the tomato must be considered a vegetable, even though, botanically, it is a fruit. Because vegetables and fruits were subject to different import duties, it was necessary to define it as one or the other. So, tomatoes were declared to be a vegetable given that it was commonly eaten as one. (Source: The Packer, 6/9/90)

Grilled Pizza

Ingredients:

- 1 Flat Bread or 1 Raw Pizza Dough, small (about 6" – 9")
- 2 oz. Abriata Tomato Sauce
- 2 oz. Roma Tomatoe, small diced
- 2 oz. Buffalo Mozzarella, cut into small cubes
- 6 Each Basil Leaves, shredded or chopped
- 1 TB. Extra Virgin Olive Oil
- 1 TB. Balsamic Glaze (optional)

Yields 1 serving.

Directions:

Preheat Grill to high. Brush the dough with olive oil. Place the dough oil side down on a grill. Brush other side of dough with olive oil. Grill for about 2 minutes. Then, using tongs, turn crust over. Top dough with marinara, tomatoes, fresh mozzarella, and basil. Grill until the bottom gets golden and the cheese melts. Use a set of tongs to remove pizza or use one set of tongs and slide onto a baking sheet. If the cheese is not melted enough bake in oven at 400F or take a blowtorch and melt it some more. Drizzle Balsamic Glaze on top if desired.

Keeps in the refrigerator for 3 days unless you have teenagers. Then as they say in NYC - Fuhgeddaboutit.

Caviar Cake

Directions:

Use a ring mold that is 3" in diameter by 2" high. PVC pipe works just as well. Use 1 piece of toast and "CUT" a circle out of the center using the ring mold. Set aside. Mix red onion and chives together. Set aside. Separate hard-boiled egg yolks from egg whites. Chop egg yolks. Set aside. Chop egg whites. Set aside. In the ring mold place toast circle. Add cream cheese and spread evenly on toast. Add onion mix. Press down firmly. Add capers. Press down firmly. Add smoked salmon. Press down firmly. Add egg whites. "GENTLY" press down firmly. Add egg yolks. "GENTLY" press down. Add crème fraiche. "GENTLY" spread over egg yolks. Wrap in plastic. Refrigerate for 1 hour. Before serving gently spread caviar on top of crème fraiche. To unmold the cake, place the cake in the mold on a plate. Insert a paring knife between the cake and the ring mold. Gently circle around the edge to release the cake. Lift the ring mold up. Trim toast. Cut in half diagonally. Serve cake with toast points.

Ingredients:

4 pieces Multi- Grain Bread, sliced, toasted
1 oz. Cream Cheese, whipped
2 TB. Red Onion, minced
½ tsp. Chives, fresh, chopped finely
1 TB. Capers, small or chopped finely
1 oz. Smoked Salmon, chopped finely
2 each Eggs, hard boiled, peeled
1 oz. Crème Fraiche or Sour Cream
½ oz. Caviar



Okay. You got me on this one. But it is really, really good!! This is my wife's birthday cake.

Caviar is a wonderful appetizer, which is prepared after sieving and salting a fish known as roe. A grainy textured fish, caviar is extremely perishable and should be stored as soon as the fish lays eggs. Caviar has a luscious taste and has a consistency that is similar to that of a butter which melts in the mouth. The fish roe for the caviar is obtained from the Caspian Sea which is surrounded by Iran and Russia. Caviar is available worldwide in three varieties namely- beluga, osetra and sevruga. Caviar is a storehouse of many nutrients in the body like selenium, iron, magnesium, calcium and phosphorus.



About 355.7 calories, 27.3 g fat, 7.2g carb, 21.4g protein.

This is definitely our family's favorite appetizer. There are so many health benefits in this dish from tomatoes to the balsamic drizzle. Balsamic vinegar contains polyphenols, antioxidants that can protect the body from heart disease and cancer. Balsamic vinegar is a source of calcium, iron, manganese and potassium, which improve the body's functioning and weight loss abilities.

Caprese

Ingredients:

- 1 Tomato, sliced
- 1 Ball Fresh Mozzarella Cheese, sliced
- 1 bunch Basil, fresh leaves
- 1 TB. Extra Virgin Olive Oil
- 1 TB. Balsamic Glaze
- ¼ tsp. Cracked Pepper (Optional)
- ¼ tsp. Sea Salt (I like Hawaiian Sea Salt)

Yields 1 serving

Directions:

Very simply arrange the slices of tomato, cheese and basil just like in the photo. Drizzle olive oil and balsamic glaze over salad. Top with cracked pepper if you wish or a touch of sea salt.

This is a great plate to share. Try using a variety of heirloom tomatoes or grow some in your yard. Nothing like a home grown fresh tomato.

Hottie Wings

Directions:

Combine flour, cayenne, paprika and salt. In a large "HEAVY" plastic bag place wings and flour mix. Shake vigorously and coat wings well. Remove wings from bag and place on a sheet pan. Save the flour mix in the bag along with the bag. Let rest 1 hour on the counter. This is so the wings will absorb the flour mix. Combine butter, garlic powder, black pepper and hot sauce in a saucepan. Heat but DO NOT boil. Stir well. When ready to fry place wings back in bag with flour mix. Shake vigorously and coat wings well again. Remove wings from bag. Fry a dozen wings at a time in each basket at 350F for 1 minute. Bake at 350F for 20 - 25 minutes or until wings are 165F. You can also continue frying wings for 8 - 10 minutes. Drain well. Place wings in a bowl with sauce and toss to coat wings well. Serve with celery and carrot sticks along with blue cheese dressing.

Keeps 5 days refrigerated

Ingredients:

24 Wings, jumbo, raw, 1st and 2nd joints
about 2&1/2 pounds
2 Cups A.P. Flour
1 TB. Cayenne Pepper
1 TB. Paprika
1 TB. Salt
1/2 Cup Frank's Original Hot Sauce
1/2 Cup Butter, melted
1/4 tsp. Black Pepper, ground
1/4 tsp. Garlic Powder
Oil for Frying

Yields 2 servings



Waht food book for men wouldn't be complete without this recipe.

The first plate of wings was served in 1964 at a family-owned establishment in Buffalo called the Anchor Bar. The wings were the brainchild of Teresa Bellissimo, who covered them in her own special sauce and served them with a side of blue cheese and celery because that's what she had available. She did this for her son and friend's who were home from college and celebrating quite liberally at the family's bar. Except for the occasional naysayer who claims to be the true inventor, these facts are reasonably undisputed. I've been to the restaurant. Great place, great wings.



Use any size shrimp you want with this New Orleans classic.

Oil component in Seafood help in preventing many diseases like asthma, bipolar disorder, Alzheimer's disease, arteriosclerosis, bronchitis, heart diseases, cancer and many more. The also reduce the risk of heart diseases, rheumatoid arthritis and high blood pressure. The oils in Seafood are also beneficial for infant's brain and eye development. Eat seafood at least twice a week for a very healthy you.

Skillet BBQ Shrimp

Ingredients:

- 1 lb. 41-50 Shrimp, deveined
but not peeled
- 3 TB. BBQ Spice
- 1 oz. Vegetable Oil
- 1 oz. Butter
- 2 TB. Garlic, minced
- 2 TB. Shallots, minced
- 2 oz. BBQ sauce
- 4 ea. Scallions, 2" julienne strips
- 2 ea. Lemon Wedges
- 1 ea. Parsley, sprig

Yields 2 servings

Directions:

In a bowl combine shrimp, BBQ spice, oil, garlic and shallots. Mix together well. In a "HOT" cast iron skillet carefully add shrimp and cook for 8 minutes. Stir occasionally and cook till shrimp is "ALMOST" done. Add butter and scallions. Sauté 2 minutes. Serve hot with lemon and parsley or chill and serve cold. Be sure to have plenty of napkins!

Keeps 3 days refrigerated.



Veggie Cocktail Garlic Avocado Dip

Ingredients:

Green Beans, blanched
Wax Beans, blanched
Asparagus, blanched
Carrot Sticks
Cucumber Sticks
Jicama Sticks
Celery Sticks
2 oz. Avocado Ranch Dressing

Yields 1 serving

Directions:

Place avocado ranch dressing in a brandy snifter or a high ball glass. Add vegetables sticks. Done.

Great for cocktail parties or jsut an evening snack

Mom always said "Eat You Vegetables". Here's to Mom, Cheers!

Vegetables are low in fat but contain good amounts of vitamins and minerals. All the Green-Yellow-orange vegetables are rich sources of calcium, magnesium, potassium, iron, beta-carotene, vitamin B-complex, vitamin-C, vitamin A, and vitamin K. Vegetables are also packed with many antioxidants that help body protect from oxidant stress, diseases and cancers, as well as helps the body by boosting immunity. Eat 5-A-Day!



For the most part Carpaccio has 240 calories, 17.5 g fat, 4.6 g carbs and 16.7 g protein.

Carpaccio was invented at Harry's Bar in Venice, where it was first served to the countess Amalia Nani Mocenigo in 1950 when she informed the bar's owner that her vegetarian doctor had recommended she eat only raw meat. It consisted of thin slices of raw beef dressed with a mustard sauce made of French Dijon mustard. The dish was named Carpaccio by the owner of the bar, Giuseppe Cipriani, in reference to the Venetian painter Vittore Carpaccio, because the colors of the dish reminded him of paintings by Carpaccio.

Beef Carpaccio

Ingredients:

5 oz. Prime Rib of Beef, USDA Prime or Choice
extremely thin sliced, 10 – 12 slices
1 oz. Dijon Horseradish Sauce
¼ Cup Vegetable, julienne zucchini,
carrot, celery, daikon, yellow
squash
½ oz. Enoki Mushrooms
1 oz. Honey Herb Vinaigrette
12 Capers, drained
1 cucumber cup, hollowed
1 oz. Parmesan Cheese, shredded
TT. Black Pepper, fresh ground

Yields 1 serving

Directions:

Toss julienne vegetables with vinaigrette. Reserve. Ladle Dijon Horseradish sauce in center of plate. Place cucumber cup in center of sauce. Arrange marinated vegetables along with enoki mushrooms in the cavity of the cucumber cup. Roll slices of beef and arrange around plate to resemble spokes of a wagon wheel. Garnish with parmesan and black pepper.

You can make the beef slices ahead of time. Lay slices between sheets of parchment paper and wrap tightly with plastic wrap. Keeps in the freezer for 3 months.

Peruvian Style Ceviche

Directions:

Mix all ingredients together. Refrigerate 3 hours before serving. You can also use any white fish or surimi. This is a fun recipe to make your own!

Keeps 3 days in the refrigerator.

Ingredients:

3 Medium tomatoes, small diced (red, orange and yellow varieties)
½ C Red Onion, small diced
¼ Cup Shrimp, cocktail cooked
¼ Cup Lobster, cooked, small diced
¼ Cup Crab, shredded
¼ Cup Bay Scallops, blanched
2 tsp. Garlic, minced
1 tsp. Ginger, minced
2 each Serrano Chili, small diced (1 chili)
4 each Limes, juiced
1 lemon, juiced
1 each 5.5 ounce can Spicy V-8 Juice
¼ Cup Mint, chopped
¼ Cup Cilantro, chopped
¼ Cup Basil, chopped

Yields 4 cups or 8 servings



Limes help reduce cholesterol, fight cancer and kills cholera. Great mosquito repellent too.

Ceviche is so easy to make — you can use most any kind of fish — cod, sole, halibut, even salmon. Fresh works best. Wild-caught if you can find it. You can also incorporate shellfish which is more nutrient dense than fin fish — try adding conch mussels or clams.

Ahi Tuna Tartar

Directions:

Gently, mix all ingredients (except the caviar) together by hand. Place in a ring mold or simply make a ball. Top with Caviar if desired. Serve with multi grain crackers. Enjoy.

You can make this recipe about 3 - 4 hours ahead of time before serving.

Ingredients:

- 1 Cup Ahi Tuna, sushi grade
- 2 TB Avocado, small diced
(about ¼ avocado)
- 1 TB. Capers, minced
- 1 TB. Red or Sweet Onion, minced
- 1 TB. Cilantro, fresh, minced
- ¼ tsp. Ginger, fresh, minced
- ¼ tsp. Garlic, fresh, minced
- ½ tsp. Organic Sesame Oil,
toasted preferred
- ½ tsp. Organic Soy or Tamari Sauce
- ½ tsp. Lime Juice, fresh (about ½ lime)
- ½ tsp. All Purpose Seasoning
or Salt & Pepper
- 1 tsp. Caviar for the garnish (optional)

Yields 2 servings



About 128 calories and very high in Omega-3's.

Any tuna tartar recipe begins with sushi grade tuna very carefully cut into small dices. Fresh, Fresh, Fresh is the key. Fresh tuna should have minimal fish smell, a deep red color, firm flesh, some translucence but no "rainbow sheen," and no dry spots. If ever in Hawaii, go early to the Honolulu Fish Auction on Pier 38 for some spectacular Ahi. Bidding begins at 5:30 AM with the ring of the bell. And bring cash and a cooler. Remember, you can tune a piano but you can't tuna fish.



A serving of BBQ pork ribs is 2 ribs or 137g. Each serving has 320 calories and 18g of fat.

Okay! Ribs are a once in a while special occasion meal, not an everyday choice. Ribs bring a smile to everyone's face. Remember - the USDA's MyPlate recommends that most of your meat choices be lean or low in fat. A low-fat meat choice contains less than 3g of fat per serving. Barbecue pork ribs are a high-fat meat choice and as such, you should limit your intake if you are following a heart-healthy diet. Including too many servings of high-fat meats in your diet increases your risk of heart disease. Eat well and eat wisely.

KC BBQ Ribs

Ingredients:

- 2 Slabs Pork Baby Back Ribs
- ½ Cup KC Dry Rub
- 1 Cup White Wine
- 2 TB. Apple Cider Vinegar
- 2 TB. Worcestershire Sauce, L&P
- 1 TB. Honey
- 2 TB. garlic, minced
- 1 Cup BBQ Sauce

Yields 2 - 4 servings depending on how hungry you are.

Directions:

Preheat oven to 250 degrees. Sprinkle each side generously with the dry rub. Pat the dry rub into the meat. Refrigerate the ribs for a minimum of 1 hour. In a micro-wavable container, combine wine, vinegar Worcestershire, honey and garlic, microwave on high for 1 minute. Place the ribs on a wire rack. Place rack on a baking sheet. Place sheet in oven. Pour ¼ of braising liquid on sheet. Braise the ribs in the oven for 2 & 1/2 hours. Transfer the remaining braising liquid into a medium sauce pot. Bring the liquid to a simmer and reduce by half or until of a thick syrup consistency. Brush the glaze onto the ribs while baking. Remove ribs from oven. Let cool. Fire up the grill. Place ribs on grill and baste with BBQ Sauce. Continue to cook ribs to "HOT". Slice each slab into 2 rib bone portions. Serve.

*Ribs can be made a day or two ahead of time. Ribs will keep 1 week in the refrigerator.

Robert's Rules For a Happy Marriage

1. "Yes Dear" Just agree. It's just not that important to be right.
2. She works and I work. She's working especially if you have kids. Do the laundry and the dishes and make the bed, etc, etc, etc. Make dinner also. Be a partner.
3. When she needs something (help, talk or whatever is on her mind) stop what you are doing and attend to what she needs. "Cause if Momma ain't happy – ain't no body happy". Get it.
4. Never stop dating you wife. Never.
5. Give her money every so often, cash. A twenty, a fifty or a hundred dollar bill. The same with flowers. No reason, just because.
6. Flirt with your wife. No Sex. Just flirt. Check her out once in a while just like you used to do when you dated her especially when she walks up the stairs in front of you.
7. Give her a hug once in a while. No sex. Just a hug. Same with kissing. Just a kiss. A good one. Old school Hollywood style. No sex.
8. Tell her how beautiful she is especially when she takes 2 hours to get ready and your late for the event. She's worth it not the dinner reservation.
9. Tell her you love her. Say her name. Stop and listen for her to say yes. Say "I Love You". End of conversation. Go on with your day.
10. Give her FREE TIME. No kids. Go play with the kids. Take them out for lunch or whatever. She needs free time from the kids.
11. Keep the house in good working order. Mechanically. Touch up paint, the lawn, the garage, etc.
12. Make sure she knows that God is first in your life and she is second above all else. No matter what!

Flirting and Hooters

Flirting can be a lot of fun with your wife. It builds up your ego and hers especially when you do it in front of her girl friends. Try it. It was my wife's birthday and her girl friends were asking her the secret to our marriage being so happy. My wife Denise shared that "We are equally yoked. Just like the Bible says. We both have a love of The Lord, we both wanted kids, we both like food and wine and we both like to travel". I abruptly told the ladies and my wife "Those aren't the reasons why I married you". A puzzled look was over everyone's face. I said "I married you for the left one and the right one"! Denise has a great pair of earrings, so to speak. If I need to explain this, ask your father. Now Denise has a smile on her face, puzzled, but smiling. She knows me all to well.

Soon, my wife opens a gift box and holds up a Hooter's T-Shirt that I gave her. All the ladies laughed, thought it was cute. Denise asked, "Why did you give me a Hooter's T-Shirt"? to which I said with a grin, "So when you are on the treadmill". Now my wife is beaming. We are talking smiling from ear to ear. Do you think my wife felt like a sex goddess worshipped by her husband in front of all her girl friends? You betcha!!! Her girl friends all agreed that "Your husband is all guy" which my wife did not dispute. Make your wife feel sexy and she will be. I rest my case.

Spinach Oil



Spinach Oil is made with EVOO (Extra Virgin Olive Oil) and fresh spinach. You just can't go wrong here. Olive Oil is great for fighting cancer and you can trust ole "Popeye" on eating your spinach. Spinach is filled with iron. Use this oil as a plate decoration or add some lemon juice for a simple vinaigrette for salads.

Ingredients:

1 Cup Spinach, packed
8 oz. Extra Virgin Olive Oil
1/8 tsp. All Purpose Seasoning

Yields 1 cup

Directions:

Bring 1 Quart of water to a boil. Quickly dunk spinach in hot water. About 5 seconds. Remove spinach from water and rinse with cold water immediately (this is called blanching). Squeeze water from spinach. Place spinach and olive oil in blender. Blend till smooth. Season with all purpose seasoning mix.

Keeps 1 week in the refrigerator or 3 months in the freezer.

Mojo Moto Sauce



MojoMoto Sauce is excellent for anything "Sushi". This sauce was inspired by Iron Chef Morimoto on one of our visits with him. MojoMoto Sauce is also great for dipping steak or pork in it. Tamari is wheat free (gluten free) and filled with antioxidants.

Ingredients:

1 Cup Organic Tamari Sauce, low sodium
2 TB. Mirin or Sake
2 TB. Awasezu, (Seasoned Rice Vinegar)
2 TB. Dashi, (Optional) (Japanese Stock)
2 TB Wasabi

Yields 1&1/2 Cups

Directions:

Combine all ingredients together.

Keeps 1 week in the refrigerator.

Abriata “Spicy” Tomato Sauce



Abriata is an all-purpose tomato sauce. Use it for pasta, pizza, dips and spreads. Tomatoes are full of anti-oxidants, build strong bones and help fight cancer. Filled with vitamins C, A and K. The added benefits of vegetables and red chile flakes really gets your blood flowing well.

Ingredients:

1 ounce Olive Oil
1/4 Cup Celery, diced
1/4 Cup Green Bell Pepper, diced
1/4 Cup Red Bell Pepper, diced
1/4 Cup Sweet Onions, diced
1/2 pound Tomatoes, fresh, ripe, diced
1 TB. Garlic, minced
1 28-ounce can Tomato, crushed San Marzano
1 ounce Balsamic Vinegar
1/4 tsp. Fennel Seeds, cracked
1/4 tsp. Thyme
1/4 tsp. Oregano
1 each Bay Leaves
1 tsp. Parmesan Cheese, grated
1/4 tsp. Black Pepper, ground
1/4 tsp. Red Pepper Flakes, crushed

Yields 5 cups

Directions:

Sauté all celery, peppers, tomatoes, onion and garlic till tender. About 3 minutes. Add all other ingredients, bring to a boil and simmer 2 hours. Place all ingredients in food processor. Puree all ingredients together.

Keeps 1 week in the refrigerator.

Chipotle Oil



Chipotle Oil is made with peanut oil. Contrary to what their name implies, peanuts are not true nuts but a member of a family of legumes related to peas, lentils, chickpeas and other beans. Peanut oil is high in manganese and tryptophan giving your heart some extra benefits. Chipotle's are smoked and dried jalapeno peppers. You can also use this oil for stir frying.

Ingredients:

2 Dried Chipotle Peppers
1 Cup Peanut or Vegetable Oil
1/2 tsp. All Purpose Seasoning

Yields 1 cup

Directions:

Toast chipotle peppers over open flame on stove or grill. About 2 minutes. Combine chipotle peppers, olive oil, and salt, Heat over low flame till hot. Let cool to room temperature. Blend till smooth in a blender or food processor until smooth. Small pieces can be strained from the oil. I prefer the pieces in the oil.

Oil keeps, covered loosely and refrigerated at all times, 1 month.



La Tour De Eiffel Paris 1999

The best time I ever had in my life was with my wife Denise in Paris. We were there at the World Soccer tournament, The Fet De Musique Festival and we even got to stay at the Veuve Qlicquot Mansion in Vercy! Ooo-la-la! We toured the Louvre, saw the Cathedral Notre Dame and shopped at Fauchon's.

Dijon Horseradish Sauce



Horseradish is a SUPER FOOD. Great for fighting the flu, respiratory disorders or combating tonsillites and urinary tract infections. Horseradish can help keep you healthy and contains significant amounts of cancer-fighting glucosinolates, which increase the liver's ability to detoxify carcinogens.

Ingredients:

- ½ Cup Half and Half
- ½ Cup Yogurt, plain
- 1 oz. Dijon Mustard, Grey Poupon
- 1 TB. Horseradish
- 1 tsp. Sea Salt, Hawaiiin
- 2 dashes Worstershire Sauce, L&P
- 2 dashes Tobasco

Yields 1 cup

Directions:

Combine all ingredients together. Chill 1 hour before serving.

Keeps 1 week in the refrigerator

Cocktail Sauce



Lots of horseradish in this recipe cocktail sauce does have other redeeming values. Since it's made with ketchup, it contains lycopenes - a carotenoid that's heart healthy. Go light when dipping though, most cocktail sauces are made with a heavy dose of sugar.

Ingredients:

1 Cup Heinz Ketchup
1 Cup Heinz Chili Sauce
¼ Cup Horseradish
2 Lemons, juice
¼ tsp. Tabasco Sauce
2 oz. Water

Yields 2 Cups

Directions:

Combine all ingredients together. Chill 1 hour before serving.

Keeps 1 month refrigerated. Cocktail sauce has a tendency to tighten up after a few days. It's the pectin in the tomato. You may need to add a bit of water to make the sauce loose again. Just give it a good stir.

Sweet Thai Chili Sauce



A classic recipe in Thai Cuisine, Thai food of the healthiest cuisines that you can enjoy. The recipe has a good dose of chili peppers that will help you sleep better at night, give you a healthier heart and help your body fight inflammation. Use this sauce sparingly, it's a bit high in sugar. Remember a little bit goes a long way.

Ingredients:

1 Cup Water
1 Cup Rice Vinegar
1 Cup Sugar
2 tsp. Ginger, fresh, minced
1 tsp. Garlic, minced
2 tsp. hot chile pepper, flakes
2 tsp. Ketchup, Heinz
2 tsp. Water
2 tsp. Cornstarch

Yields 3 Cups

Directions:

Pour 1 cup water and vinegar into a saucepan, and bring to a boil over high heat. Stir in sugar, garlic, chile pepper, and ketchup; simmer for 5 minutes. Mix 2 tsp. water and cornstarch. Stir mixture into sauce. Let simmer 5 minutes. Remove saucepan from stove to cool. Then transfer to a bowl, cover, and refrigerate until needed.

Keeps 1 month in the refrigerator.

Jerk Marinade



A recent study finds the sauces you use when firing up the barbecue may provide unforeseen health benefits. The research, led by Western University of Ontario shows common marinades may be more than just tasty sauces - they can also provide a major source of natural antioxidants. Foods rich in antioxidants play an essential role in preventing cardiovascular diseases, cancers, neurodegenerative diseases like Alzheimer's and parknson's, inflammation and problems associated with cutaneous aging.

Ingredients:

- ½ Cup Jerk Seasoning
- 2 TB. Cup Olive Oil
- 2 TB. Soy Sauce
- ¼ Cup Apple Cider Vinegar
- ¼ Cup Orange Juice, fresh (1 large orange)
- 2 TB. Lime Juice, fresh (1 small lime)
- 1 TB. Brown Sugar
- 1 ea. Scotch Bonnet or "HOT" Pepper, minced
- 1 TB. Ginger, minced
- 4 Cloves Garlic, minced
- 4 green Onion, chopped

Yield's 1 cup

Directions:

Combine all ingredients together.

Keeps in the refrigerator for 1 month.



Kamakura Japan 1997

Green tea and sweet potato was our treat that day. While in Japan visit to the Tsukji Fish market and dine on some really fresh sushi. World famous Kobe Beef was on our menu done tapanaski style. We also tried potato and Kewpie Mayonnaise pizza.

Garlic Pesto Butter



Garlic is a member of the onion family. Dating back over 6,000 years, garlic is native to central Asia, and has long been a staple in foods from the Mediterranean area, Asia, Africa, and Europe. It was known to Ancient Egyptians, and has been used throughout its history for both culinary and medicinal purposes.

Ingredients:

8 Cloves Garlic
2 Cups Basil Leaves, packed
½ Cup Parmesan cheese, grated
2/3 Cup Olive Oil
¼ tsp. Kosher salt
1/8 tsp. Black Pepper
½ Cup Butter, room temperature

Yield's 3 cups

Directions:

Combinee garlic and basil in food processor. Blend till chunky. While the machine is running slowly pour in olive oil. Add cheese. Season with salt and pepper. Puree till smooth. Remove from processor. Combine pesto and butter in mixing bowl. Mix till smooth.

Keeps 1 month in the refrigerator.

Balsamic Glaze



The original traditional Balsamic Vinegar is made from a reduction of cooked white Trebbiano grape juice and not a vinegar in the usual sense. It has been made in Modena and Reggio Emilia since the Middle Ages. The production of the balsamic vinegar is mentioned in a document dated 1046.

Ingredients:

1 Cup Balsamic Vinegar

Yield's 1/4 cup

Directions:

Very simply place balsamic vinegar in a pan. Bring to a boil. Reduce by 75%. Let cool. You will have ¼ Cup of balsamic syrup. Place in an airtight container.

The syrup will keep on the shelf for 6 months.

Maytag Blue Cheese Dressing



Maytag Blue Cheese has been made since 1941 by E.H. Maytag, the same man who also brought us great washers and dryers. Making Maytag Blue Cheese in small batches, using fresh sweet milk from Iowa dairy farms. One ounce of blue cheese provides 15 percent of the recommended daily allowance for calcium. Blue cheese contains no trans fats..

Ingredients:

1 & ½ tsp. Garlic, minced
½ tsp. Coleman's Dry Mustard
¼ tsp. Black Pepper, ground
¼ tsp. Granulated Onion
1/8 tsp. Salt
1/8 tsp. White Pepper, ground
¼ Cup Red Wine Vinegar
1 tsp. L&P Worcestershire Sauce
¼ tsp. Tobasco Sauce
1 Cup Sour Cream
3 Cups Mayonnaise
½ Cup Buttermilk
½ lb. Maytag Blue Cheese, crumbled

Yield's 1 quart

Directions:

Mix the garlic, mustard, black pepper, onion salt and white pepper. Whisk in the vinegar, Worcestershire and Tabasco. Add sour cream, mayonnaise and buttermilk and whisk until smooth. Fold in blue cheese. Cover dressing and chill overnight.

Keeps 1 week refrigerated.

Avocado Ranch Dressing



Avocados are a SUPER FOOD and God's natural butter. 10 reasons to eat avocados are prostate cancer prevention, oral cancer defense, breast cancer protection, eye health, lowers cholesterol, heart health, stroke prevention, better nutrient absorption, glutathione source and a vitamin E powerhouse.

Ingredients:

1 Cup Mayonnaise
1 Cup Buttermilk
1 package Hidden Valley Ranch Dressing Mix
2 Avocados, 1" cubed

Yield's 3 cups

Directions:

Place all ingredients in a food process. Blend till smooth. Let rest in the refrigerator 15 minutes.

Keeps 2 weeks refrigerated.



Now that's "FRESH" Pineapple Oahu August 2010

Hawaii is just an amazing place to be. We have been blessed with many trips and have made great friends there. Here's Nick with Dan Nellis on the Dole pineapple fields.

All Purpose Seasoning



This seasoning mix contains red, white and black pepper. It's a great seasoning for giving you full taste. Red Pepper you taste in the front of your palate. While Pepper you taste in the high part of your palate and Black Pepper you taste in the back of your palate. Use this seasoning as you would plain salt and pepper.

Ingredients:

- ½ Cup Salt, non-iodized
- 2 TB. Black pepper, ground
- 1TB. White Pepper, ground
- ½ tsp. Red Pepper, ground
- 1 TB. Granulated Garlic
- 2 TB. Granulated Onion
- 1 TB. Hungarian Paprika

Yields 1 cup

Directions:

Place all ingredients in a baggie, Shake the heck out of the bag until mixed well. Put in airtight container. Use as desired.

Keeps 6 months

Cajun Seasoning



Cajun Spice is filled with peppers and chilies great for blood flow and of course your heart. Use Cajun spice in all your favorite recipes. It will certainly add a little “kick” to your diet. This seasoning has a lot of vitamin-C, vitamin B-6, niacin, riboflavin, vitamin A, iron, copper, potassium but no cholesterol.

Ingredients:

3 TB. Salt
3 TB. Black Pepper
2 tsp. White pepper
2 tsp. Cayenne
2 tsp. Granulated Garlic
2 tsp. Granulated Onion
2 tsp. Thyme, cracked
2 tsp. Oregano, whole or crushed

Yields 1/2 cup

Directions:

Place all ingredients in a baggie, Shake the heck out of the bag until mixed well. Put in airtight container. Use as desired.

Keeps 6 months

Moroccan Spice



Moroccan cooking superbly blends sweet and savory spices to make excellent stews, curries, salads, and vegetable or meat pies. Health tip: Spices are concentrated plant extracts and offer exceptional antioxidant and anti-inflammatory properties. We also know that blending spices intensifies these health benefits. Moroccan spice is rich in health benefits; ginger is known for its anti-inflammatory properties, cinnamon helps control blood sugar, and cumin is thought to aid in digestion.

Ingredients:

2 TB & 2 tsp. Hungarian Paprika
1 TB. & 1 ½ tsp. Coriander, ground
2 tsp. Salt, Kosher, fine
1 & ½ tsp. Cinnamon, ground
1 & ¼ tsp. Cayenne
1 & ¼ tsp. Onion Powder
¾ tsp. Allspice, ground
¾ tsp. Cilantro, ground
¾ tsp. Ginger, ground
¾ tsp. Cloves, ground
¾ tsp. Cardamom, ground
½ tsp. Garlic Powder
½ tsp. White Pepper, ground

Yields about 1/2 cup

Directions:

Place all ingredients in a baggie, Shake the heck out of the bag until mixed well. Put in airtight container. Use as desired.

Keeps 6 months

Jamaican Jerk Seasoning



The main ingredient in Jamaican Jerk Seasoning is Allspice. Allspice is a good anti-inflammatory and calming herb that also is great for getting rid of gas. Also Allspice is full of vitamins A, C, and B vitamins, and also contains lots of minerals that are good for your cardiovascular health and also for your immune system.

Ingredients:

1 TB. & 1 tsp. Salt
1 TB. & 1 tsp. Granulated Garlic
1 TB. & ½ tsp. Allspice, ground
1 TB. Granulated Onion
1 TB. Cinnamon, ground
1 TB. & ½ tsp. Thyme Leaves
2 & ½ tsp. Madras Curry Power
2 & ½ tsp. Nutmeg, ground
2 tsp. Cayenne Pepper
2 tsp. Fennel Seed, cracked or crushed
1 & ½ tsp. Red Chilies, crushed
1 & ½ tsp. Sugar
1 & ¼ tsp. Ginger, ground
¾ tsp. Celery salt
¾ tsp. Hungarian Paprika
¾ tsp. Black Pepper, ground
¾ tsp. Coriander, ground
½ tsp. Cloves, ground

Yields 1 cup

Directions:

Place all ingredients in a baggie, Shake the heck out of the bag until mixed well. Put in airtight container. Use as desired.

Keeps 6 months



"Ten on the Nose" almost! Wakiki December 2006

Have fun! Here's Rachel on a surf board on Wakiki Beach. She took a lesson from the local "Beach Boys" and now rides the surf like Duke Kahanamoku.

Chili Seasoning



This recipe has 8 different chile peppers. Peppers can act as a heart stimulant which regulates blood flow and strengthens the arteries, possibly reducing heart attacks. Nutritionally, fresh chile peppers are an excellent source of calcium and vitamin C.

Ingredients:

3 TB. Hungarian Paprika
1 TB. & 1 tsp Red Bell Pepper Granules, dehydrated or powder
1 TB. Coriander, ground
1 TB. Cumin, ground
2 & ½ tsp. Chipotle Powder
2 & ½ tsp. Salt, Kosher, fine
2 tsp. New Mexican Chili, ground
2 tsp. Onion, granulated
2 tsp. Red Chilies, crushed
1 & ½ tsp. Garlic, granulated
1 & ½ tsp. Oregano, ground
1 tsp. Pasilla Powder
¾ tsp. California Chili Powder
¾ tsp. Ancho Chili Powder

Yield's about 1/2 cup

Directions:

Place all ingredients in a baggie, Shake the heck out of the bag until mixed well. Put in airtight container. Use as desired.

Keeps 6 months

Pickling Spice



Mustard seeds are rich in Selenium and Magnesium. Selenium help reduce the severity of asthma, decrease some of the symptoms of rheumatoid arthritis, and help prevent cancer. They are a good source of Omega-3 fatty acids, Phosphorus, Manganese, dietary fiber, Iron, Calcium, protein, Niacin and Zinc.

Ingredients:

2 TB. Whole Mustard Seed
1 TB. Whole Allspice
1 TB. Black Peppercorns
2 tsp. Coriander Seeds
2 ea. Whole Cloves
1 tsp. Ground Ginger
1 tsp. Dried Red Pepper Flakes
1 Bay Leaf, crumbled
1 Cinnamon Stick (2 inches)

Yields about 1/3 Cup

Directions:

Mix all ingredients together. Place in an airtight container. Use as needed.

Keeps 6 months

Edamame Seasoning



Red Hawaiian sea salt is made from minimally processed Pacific sea water blended with a touch of Hawaiian red clay. Hawaiian sea salt contains about 19 percent trace minerals and electrolytes, which are naturally occurring in the ocean. These trace minerals are needed by the human body and are enhanced by the addition of Alaea, which provides iron oxide to sea salt. The iron oxide found in the red Hawaiian clay increases the healthful mineral content of red sea salt by adding a source of digestible dietary iron.

Ingredients:

4 oz. Red Hawaiian Sea Salt
1 jar (.53 oz.) Shichimi Tougarahi (Japanese mixed pepper seasoning)
1 jar (.53 oz.) Ichimi Tougarahi (Japanese red pepper seasoning)
2 oz. Granulated Sugar

Yield's 3/4 cup

Directions:

Mix together well. Keep in a dry container.

Keeps 6 months

Montreal Steak Seasoning



The Montreal deli Schwartz's is credited with the creation of Montreal steak seasoning. The story of its creation is that a Schwartz's broilerman by the name of Morris "The Shadow" Sherman, during the 1940's and 1950's began adding the deli's smoked meat pickling spices to his own rib and liver steaks. Soon the customers began asking for the same. Due to its popularity, it eventually became a norm in Montreal delis and steak houses to spice their steaks similarly..

Ingredients:

3 & 1/2 TB. Salt. Kosher, granulated
3 & 1/4 tsp. Black Pepper, restaurant grind
2 & 1/4 tsp. Garlic, granulated
2 & 1/4 tsp. Onion, granulated
1/2 tsp. Fennel Seed, cracked or crushed
1 & 1/2 tsp. Thyme Leaves
1 & 1/2 tsp. Rosemary Leaves, dry, crushed or chopped
5 tsp. Red Pepper Flakes

Yield's 1/2 cup

Directions:

Mix spices together. Place in an airtight container.

Keeps 6 months



The Honolulu Fish Market August 2011

Have an adventure. We visited here at 5 in the morning. What a great day! We were ready for some sushi that day! Where's the wasabi and soy sauce when you need it?

BBQ Spice



This blend combines flavors such as paprika, Cajun and chili seasonings. Its versatility makes it ideal for a range of uses with both meat, chicken or fish. Sprinkle over grilled or fresh tomatoes, cottage cheese, fried potatoes, corn on the cob, dips, spreads or raw vegetables.

Ingredients:

- 1 & ½ TB. Hungarian Paprika
- 2 TB. Brown Sugar, light
- 1 TB. Cajun Seasoning
- 1 tsp. Chili Powder
- 1 tsp. Madras Curry Powder
- 1 tsp. Ancho Chili Powder
- 1 tsp. Chipotle Chili Powder
- 1 tsp. Sea Salt, Hawaiian
- ½ tsp. Black Pepper, ground

Yield's 1/4 cup

Directions:

Place all ingredients in a baggie. Shake the heck out of the bag until mixed well. Put in airtight container. Use as desired.

Keeps 6 months

Honey Herb Vinaigrette



This is a great salad dressing for everyday use. Honey is a natural energy booster, great for many ailments and help builds immunity in your system. Try this recipe with different types of honey like lavender or clover honey.

Ingredients:

½ Cup Grape Seed Oil
½ Cup Meyer's Lemon Juice, fresh
2 TB. Honey
½ tsp. Sea Salt
¼ tsp. Black Pepper
1 tsp. Italian Seasoning
2 TB. Parmesan Cheese, grated
1 TB. Garlic, minced

Yield's about 1 cup

Directions:

Place all ingredients in a jar, close the lid and shake it well or simply put in a blender and blend till smooth. Alternatively, whisk it with a whisk or fork in a bowl until combined.

Keeps 1 week in the refrigerator

BBQ Sauce



The precise origin of barbecue sauce is unclear. Some trace it to the end of the 15th century, when Christopher Columbus brought a sauce back from Hispaniola, others place it at the formation of the first American colonies in the 17th century. South Carolina mustard suace, a type of bbq sauce, can be traced to German settlers in the 18th century. The first commercially-produced barbecue Sauce Company in Atlanta, Georgia in January, 1909. Heinz released its barbecue sauce in 1940.

Ingredients:

1 Cup Ketchup, Heinz
1 Cup Sweet Onion, small diced
½ Cup Brown Sugar, light
¼ Cup Apple Cider Vinegar
2 TB. Molasses, dark
2 TB. Water
1 TB Garlic, minced
1 & ½ tsp. Chili Powder
1 tsp. Worcestershire Sauce, L & P
1 tsp. Wrights' Liquid Smoke
½ tsp. Red Chili Flakes

Yield's 3 cups

Directions:

Combine in saucepan, bring to a boil. Simmer for 1 hour-Strain.

Keeps 1 month refrigerated.

KC Dry Rub



BBQ Spice Rub is for flavoring meat with herbs, spices and seasonings creating a crust, thereby sealing in the delicious juices. The Carolinas specialize in pork, Kansas has sweet rubs perfect for beef. The deep South you'll find Memphis style rubs and in the southwest you'll also find chili based ones, Tex-Mex style. Make your own and you'll stand out from the crowd!

Ingredients:

½ Cup Brown Sugar
4 TB. Hungarian Paprika, smoked
2 TB. All Purpose Seasoning
2 TB. Chili Powder
2 TB. Granulated Garlic
2 TB. Granulated Onion
1 TB. Black Pepper, ground
2 tsp. Meat Tenderizer, Adolph's
1 tsp. Cayenne Pepper

Yield's about 1 cup

Directions:

Place all ingredients in a baggie. Shake the heck out of the bag until mixed well. Put in airtight container. Use as desired.

Keeps 6 months



At home, December 13, 2008

Together! We do things together. Whether it's out to dinner or grocery shopping. Raising kids or gardening. We even clean the garbage together. We try to spend as much time together as possible. We walk together, we spoil each other together and we pray together. We even diet together. Of course Denise does a much better job at it than I do but she still supports me and she still loves me. Do things together.



Live, Love and Enjoy! Wakiki August 2011

Having someone to love is "Family". Having somewhere to go is "Home". Having both is a "Blessing".

"DAD" Stages

For me they are the different stages in being a "DAD".
You will be . . .

The Pre-Dad - You and your wife are discussing kids. Lots of practicing conception if you know what I mean.

The Pregnancy Dad - There is excitement of someone is going to join the family starts to hit you as your wife blossoms. Pick out names. Decorate the room. Baby showers and buy lots of Pampers.

The Infant Dad - a miracle has occurred. Congratulations! You have a new born. The life of family together begins.

The Toddler Dad - really joyful. You're amazed and intrigued about this little person and what they start to do.

The Pre-School Dad - You are teacher and playmate. Have a great time! Play games and color the drive with sidewalk chalk.

The Tween Dad - a learning stage for you, your child and what you need to know to get your kid ready for teenage years.

The Teen Dad - You have now become

completely stupid and the only worth that you have is your wallet. You start your battle with the world for keeping your kids.

The High School Dad - Battle Stations! This is an "All Hands on Deck" stage. Good luck. They know everything and you know nothing.

The College Dad - Reality starts to set in for your kids. This stage is filled with the \$400.00 phone calls. Every time they call they need more money.

The Smart Dad - The kids are late 20's early 30's and you suddenly become brilliant. They realize that you were right all along.

The Adult Dad - You either have a great relationship with your kids or it really needs work. Work on it if you need to. They still need you to be a dad.

The Legacy Dad - You have gone off to be with the Lord. How do your kids remember you?



Nick at Dodger Stadium, June 2011

Just can't get enough time for being outdoors. Go to the ballpark or the beach but get out in the fresh air. Great for a healthy you and a healthy family.



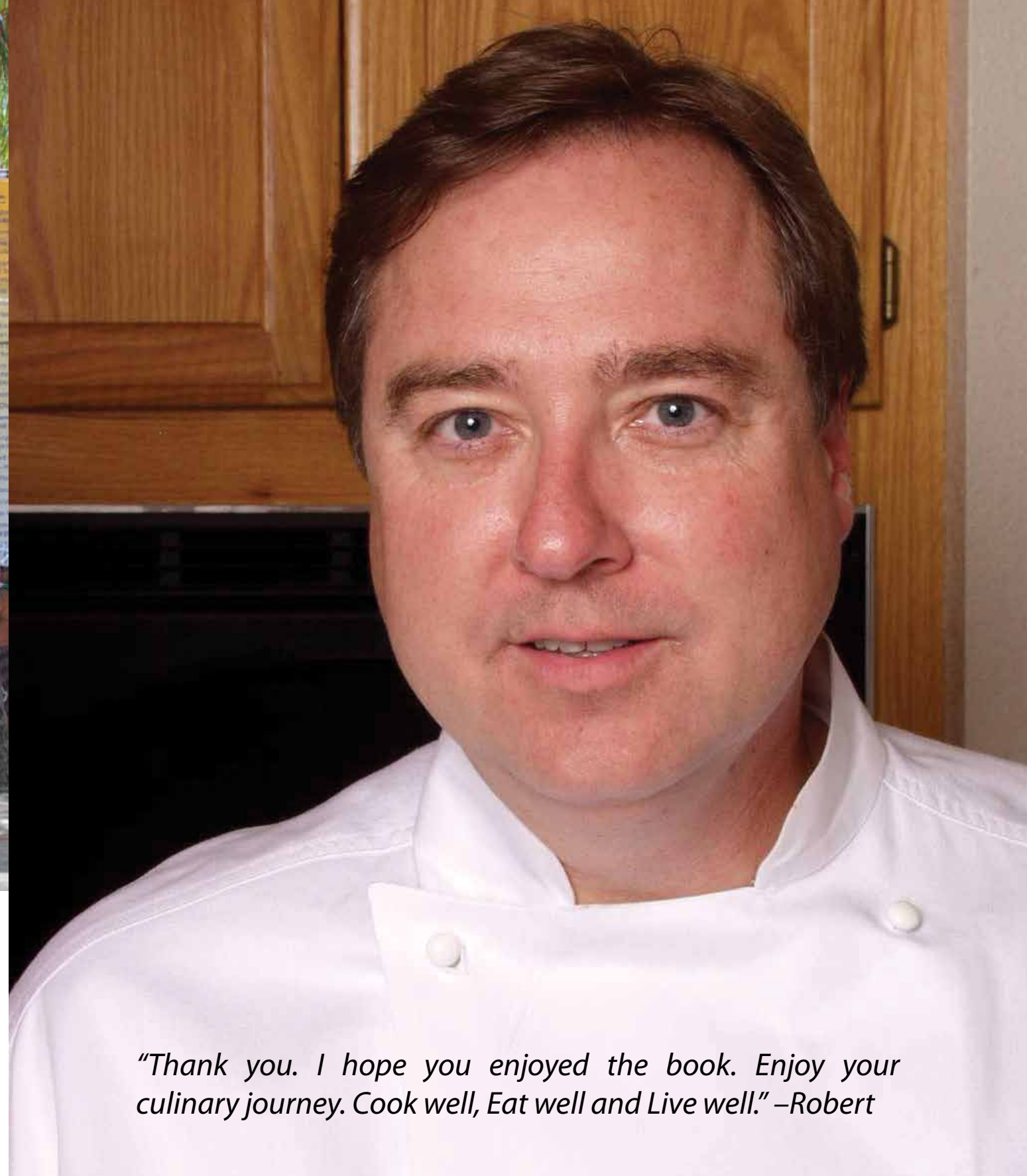
Rachel in Las Vegas, July 2008

Smile! It takes less muscles to smile than it does to frown. And besides a smile is just a frown turned upside down. "Don't worry, be happy!" Bobby McFerrin.



Hangin' out with Duke Wakiki, August 2011

Whether we're hanging out on vacation or just at home, there's nothing like being together with the one you love. Thanks for reading this book and allowing me to share some recipes, a little bit of information, some wisdom and some memories. –Robert



"Thank you. I hope you enjoyed the book. Enjoy your culinary journey. Cook well, Eat well and Live well." –Robert