

# The Roughcut Cookbook

Recipe's so simple...  
even your spouse can make them.

*The absolute best gift any woman can give a man  
to benefit herself*



by

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## ❧ PREFACE ❧

This is a cookbook created specifically for bachelors and other men who're so simplistic they should have to apply for some type of permit before being allowed to reproduce, (at least with another human). You'll find a lot of egg and ground beef entrees.

Remember, you can put an *Armani* on a monkey, but that won't make him a male model! These are tasty dishes that can be easily made and won't send you rushing to the bathroom, or the emergency room.

These recipe's will make men look 'devoted' to their spouse, or 'desirable' to their girlfriend, without making them look 'dreamy' to the guy named Leon that hosts all those shows on the '*Home Shopping Network*'. Men, if any of these recipes are overwhelming to you. You probably shouldn't be anywhere near cutlery, or an open flame in the kitchen in the first place.

If you feel this type of thing is below you, go back to scratching your privates with the spatula while eating pork rinds and watching sports every hour till you're completely *ESPN*esthetized! And remember... Will Farrell and Adam Sadler are comic genius's, The boss is always right, and any woman that isn't instantly attracted to you, is no doubt a lesbian, or suffering from her monthly case of P.B.S. It should be noted, everything in this book is fact. Or based on fact, or has some aspect of fact in it, or could be considered fact by the ignorant, and uninformed.

Finally, this work may seem sexist, chauvinistic, or even homophobic. Unfortunately in a few rare instances it might be. By using these things in a comedic vein, I hope to expose them for the stupid, mean spirited attitudes they truly are. If that offends you, throw this book away ...after you pay for it.

## ∞ DEDICATION ∞

I've been trying to figure out why anyone without a major brain injury, or drug habit would want a cook book dedicated to them. Still, it's a small gesture on my greedy, little, closely clenched heart, and it never hurts to kiss a little backside to grease the wheels of promotion. Next I had to find someone who'd appreciate this totally shallow, meaningless, token action.

I considered the bartender, and close friend, who's been sliding me free 'Cuba Libre's' for the past five years, but I've never bothered to ask his name.

I really don't know who else is important in my life. My bookie wouldn't want to be fingered, and the only thing my lawyer can cook, is the books for some multi-national, off shore, money launderer.

I seriously considered dedicating this to my former agent, but I was told the term 'cheap bastard' isn't appropriate in a cook book.

I thought about dedicating this to my parole officer, but if he had any idea I could cook, I'd be stuck doing kitchen duty the next time I'm put in stir.

And so, out of desperation, and a complete lack of any close friends, I dedicate this work to Noorlina Noor. The only person who's ever been able to stand me for more than six hours, that I wasn't handcuffed to, or passed out along side of.



## PECOS SWEET CHILLI

This has a lot of ingredients, but it's simple and tasty. Basically, this has just four steps; cook the meat, chop the veggies, throw everything in a large pot, and cook it over low heat for a full hour. (That's usually at the end of the second quarter).

Serve hot with some crusty whole wheat bread, and a glass of milk, that's right milk, remember chili & beer are a deadly combo! Mix beans & Bud and you might as well eat unidentifiable road-kill.

What you'll need... 1 yellow, green, and red bell peppers for color, 1 can of kidney, red, and refried beans for texture ½ pound of burger and ground Italian sausage. 1 box of chopped mushrooms, 1 can of cola, 1 can of tomato puree, 1 cup of brown sugar, 1 chopped red onion, 2 chopped tomatoes, 1 teaspoon salt and paprika (The teaspoons the small pointy one you use to stir your coffee with, when your fork is dirty. **Important!** Don't substitute beef jerky or *Slim Jims* for the ground beef.

Actually follow the measurements. Don't eyeball anything. This ain't a truck tranny you're repairing. It's a meal, you'll be eating.

# WALDORF SALAD

Before you start whining, I realize its salad, but it taste good, and it has mayo, so it can't be all bad. This recipe is easier than a two piece jig saw puzzle. If you screw this up, burn the book, and claim it was stolen. On second thought, if you can't make this, you shouldn't be around matches. Just tell your spouse you never learned to read. Trust me, she'll believe it.

What you'll need;

3 apples, 5 celery stalks, ½ cup chopped walnuts, ½ cup raisins, ¼ cup cubed sharp cheddar, ¼ teaspoon of salt, allspice, cinnamon

Chop everything, put it in a bowl, and put it in the fridge. Once it's cold, cover it with a light Mayo, and refrigerate. It's ready to serve. If you want to punch it up, add a teaspoon of spicy mustard.

**IMPORTANT!** If the mayo is dark yellow or brown, give it to an in-law you hate, and buy a new jar for yourself. If this confuses you, don't test it by tasting it. Follow this rule. If it smells like your underpants, toss it! Come to think of it. If your underpants are giving off a smell, toss them too.



## SALAD DAYS

In 1893 Chef Caesar Tshirky invented the Waldorf salad at the Waldorf Hotel in New York.

Contrary to popular belief, it wasn't Julius, or Augustus Caesar who invented the Caesar Salad. It was their cousin Sidney. However, every time he asked if anyone wanted a Sid Caesar? People laughed.

## *EGGS FLORENTINE*

This is nothing more than Eggs Benedict sans the Canadian bacon. It sounds elaborate however, and it's vegetarian. Women, (for whatever screwball reason) love this kind of pretentious crap. So just go with it, and use it to your advantage.

What you'll need; 2 eggs, 2 English muffins, 1 teaspoon lemon juice, ½ cup chopped spinach leaves, a sprinkle of paprika, and some flour for thickening.

Drop two eggs in boiling water without breaking the yolks. Once they look like eggs over-easy, pull 'em, and place them on the muffins.

Break 3 yolks in a sauce pan, (That's the tall one) with a teaspoon of lemon juice and a tiny sprinkle of flour. Stir this constantly over low heat. Watch this close or you'll turn it into fried, sour eggs that your beagle won't even touch. (And remember he licks his own privates without hesitation).

It's also important to note. Hollandaise sauce isn't peanut butter. It doesn't come in two styles, regular, and chunky.

Once the sauce is hot, dump it over the eggs, place the spinach on top, and sprinkle a little paprika (the red stuff) on it for color. Don't overdo the paprika or it'll taste like something left on the dashboard of a New York cab in July.

This has to be served right away. If you try to micro this, it'll magically assume the texture of food left under the truck stop heat lamp while the second coat of wax was applied to the 18 wheeler!



# HANGOVER HASH

There are few things in life I can claim to be an expert on. Unfortunately, hangovers and E.D. medications are my unique specialties. (Hey look if I was Rambo would I be writing a frickin' cook book?)

Every person's digestive system is unique. Because of this, physical effects and remedy effectiveness differ for each hangover.

Hangovers are most often caused by the ingestion of too much sugar. Alcohol is fermented mainly in 2 forms; barleys and starches that turn into sugars, (remember the old litmus paper test in high school), and via fructose from grape, and fruit sources like wine, champagne, and brandy.

Acids appear to counter-act sugars. That's why so many people have a Bloody Mary to ease their self inflicted mental wounds.

Grease also seems to dilute or absorb alcohol. Years ago, the *White Castle* hamburger chain was wise enough to puncture their buns with 7 to 10 pin holes. They'd fry them on the grill alongside the meat just to take advantage of this. It gave the entire burger a moist taste and led to the term 'slider'.

The idea of the slider is nothing new. Usually the best sliders are from local, independent burger joints. Not because they're any better, but because they've learned through experience how the locals like them best.

The best way to get rid of a hangover is water. Drink water after you're loaded, but before you go to sleep, and down as much as you can stomach the following morning. Cleansing the body by flushing the carcinogens out of it is a good way to stay thin as well.

The following is a breakfast with acid, grease, fluids, and just enough heat to help you sweat it out, and be back on your feet to go over all your excuses for the numerous embarrassing things you said and did last night.

Get some store bought frozen hash browns. (Don't get all 'Foodie-arrogant' on me. Remember you did this to yourself, now man up and deal!) Mix the spuds with an equal amount of Italian sausage and cook in a pan over medium heat with the lid on so you don't lose the grease.

Slice up a tomato. Half goes on the plate as a side dish, and half goes in the pan. Fry 2 eggs over medium. This is very important because if you try 'over-easy' or 'soft-fried' and end up with 'snot eggs', you'll take one look, and throw your lunch.

Belly up to a 32 oz. glass of 'Clamato' or 'V-8' juice. This will help to flush the system. And trust me, your system could really use some flushing!

Finally...take all this crap and feed it to your dog. Then take three Ibuprophen and go back to bed. Eight hours from now, you'll feel wonderful, or horrible, depending on what you remember from last night. Sure this recipe didn't help, but maybe doing all this taught you a lesson.

## **THE LIQUID DIET**

Basic metabolism rages from 2,300 to 3,000 calories per day. Certain light beers have as few as 40 calories per twelve ounces. Theoretically, if you drink a six pack for all 3 meals a day, you'll take in 720 calories and lose drastic weight...and your liver. I know how this works. The same year I hit 30, my pancreas turned 60.