

# **DEEP COOKING**



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**Deep Cooking**  
By Robert Stetson  
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## **Using the DEEP**

Referred here as, “THE DEEP” or “DEEP Seasoning”, is a proprietary blend of special spices that complement just about any foods you enjoy. DEEP Seasoning consists of spices, brought together with a precision mix to create the special flavors you will experience here.

The ingredients can be found at <http://DEEPseasoning.com>.

Cooking techniques are included in the recipes that will further enhance the flavor of the foods to bring you a more enjoyable dining experience. If the food is not at its best during preparation, the result will suffer.

The difference between a chef and a cook is in the scientific method of preparation. These “tricks of the trade” are revealed here in many of the recipes, such as how to roast crispy chicken wings in a 425 degree oven for 20 minutes without smoking up the kitchen and setting off the fire alarm.

Direct heat with regard to spices must be moderate, at most. Spices tend to burn and taste bitter. The flavors of most powdered spices are delicate. There are some possible exceptions, such as garlic, salt and pepper, for example.

Wet heat, such as boiling or crocking, or a fresh sprinkle is best when adding the flavor of the DEEP Seasoning.

Beneficial ingredients will best nurture your health when the active ingredients are undisturbed.

## Difference Chef vs. Cook

There are some subtle differences between a Chef and a Cook. Let's look at only a couple of them.

### Ingredient Measurements

Duplicating recipes from a cookbook or from notes can sometimes be daunting, if the difference is not understood, between 1 cup and 8 ounces.

There are two ways to measure an item for inclusion in a recipe.

1 cup is a measure of volume.

8 ounces is a measure of weight.

For example, while 8 ounces of flour equals 1 cup, 8 ounces of flour can fill up to 1½ cups, by volume.

Depending on humidity, aeration, type of flour and the settling of the flour in the container, the difference between volume and weight can vary dramatically.

When cooking, therefore, 1 cup does not necessarily equal 8 ounces.

### Ingredient types

Whether or not to use weight or volume with regard to an ingredient will depend on the nature of the item.

Critical core components, again using flour as an example, will dramatically affect the results.

Additional components will be far less important. These would normally be measured by volume, such as raisins, or nuts.

## **Studies and Benefits**

The DEEP is a seasoning product that combines Sea Salt, Black Pepper, Cayenne Pepper, Turmeric

and Garlic to create an all-natural, kosher, gluten-free, organic spice that acts as “Immunity Support”

There are many uses for the “DEEP”, and I use it regularly at home in my kitchen. It goes very well on eggs and ham, hamburgers, steak, chicken, fish, salads...

to help your body get healthy and stay healthy.

### **CAYENNE PEPPER VS CANCER**

<http://DEEPseasoning.com/Cayenne%20Pepper%20vs%20cancer.pdf>

Cayenne Pepper will rebuild the gut wall to improve digestion, destroy cancer cells, stop a heart attack. It will aid your weight loss efforts.

Cayenne is high in vitamins A, C, B Complex, Calcium and Potassium. It warms the body and stimulates the release of mucus. it clears the sinuses and causes sweating. It also stimulates blood flow to the skin.

The active ingredient in Cayenne is capsaicin. Capsaicin is a potent anticancer agent. It is particularly helpful as a chemotherapeutic agent for pancreatic cancer.

### **TURMERIC CAN PREVENT CANCER**

<http://DEEPseasoning.com/HowTurmericCanPreventCancerTyBollinger.pdf>

Plays vital role in preventing cancer.

Studied extensively by the University of Texas and Memorial Sloan Kettering Cancer Center

antiinflammatory,

antioxidant

antimicrobial

hepatoprotective,

immunostimulant

antiseptic

antimutagenic properties

Used in the treatment of

digestive disorders

liver problem  
skin diseases  
wounds  
parasites  
periodontal diseases.

Anti-inflammatory  
properties

contains over 300 bioactive components  
Curcumin has potential 150 therapeutic uses  
Halt the growth and spread of cancer cells

The following ingredients are reported to prevent  
angiogenesis:

demethoxycurcumin  
bisdemethoxycurcumin  
acetylcurcumin

Other potent antioxidant contents are 5 times stronger  
than vitamins C and E, such as the antioxidant glutathione

#### **TABLE SALT vs. SEA SALT**

Refined salt often contains harmful anti-caking agents, which  
have been associated with heavy metal toxicity and kidney  
problems.

There are many trace minerals found in Unrefined Sea Salt  
that your body needs. These naturally occurring minerals help  
maintain normal blood pressure.

Unrefined Sea Salt helps to balance your blood sugar, it  
regulates metabolism, boosts your immune system and keeps  
your bones strong.

Eating too little unrefined salt can be dangerous. Unrefined  
Sea Salt does not have all the sodium found in refined table salt.

When your doctor tells you to cut back on the salt, he or she  
means the refined, sodium-laced salt. Feel free to ask your  
doctor about the difference.

The DEEP uses unrefined Sea Salt in the mix to bring you all  
the benefits discussed above.

It adds a delightful flavor, not known to exist with refined table  
salt. Eat a little of each, separately. You will find the Unrefined  
Sea Salt to have a much, much better taste.

Unrefined Sea Salt tastes better, flavors your food better, and  
is so much better for you than the table salt.



Humans need salt, and salt has developed a bad reputation in this country due to the published research on refined table salt.

## **THE MAGIC OF GARLIC**

Garlic in the DEEP is not overpowering. The taste of Garlic is minimal to nil.

Garlic is low in calories, but high in nutrients, including fiber, copper, calcium, potassium and selenium. Garlic also contains vitamins C and B6, as well as manganese. It has 42 calories per once.

Garlic can also help fight illnesses, including the common cold and certain viruses as well. Garlic reduces blood pressure shown by studies using Garlic and Atenolol.

Cholesterol levels are lowered by consuming Garlic on a regular basis, thereby reducing the strain on your heart. Garlic can help prevent dementia by increasing the amount of antioxidant enzymes in the body. This prevents oxidation in the brain, preserving cognitive function. It helps people remain mentally stronger for much longer in life.

Garlic has also been shown to improve athletic performance. Garlic was used by the ancient Greeks during the original Olympics. Garlic helps the heart rate peak at a figure close to 12% higher than usual.

Garlic can extend your life expectancy, strengthen bones, and can detoxify heavy metals. The body does require heavy metals in order to function properly, and Garlic contained in the DEEP will help process these elements. Garlic can improve muscle function.

## **BLACK PEPPER**

Black Pepper has many medicinal benefits ranging from aiding your digestion to relieving coughs and common colds. Black Pepper is actually classified as a medicinal spice. It is rich in minerals.

It has antibiotic properties and contains essential nutrients, including manganese, potassium, dietary fiber, iron, vitamin C and vitamin K. Black Pepper has antibacterial, antioxidant and anti-inflammatory properties. It can help fight cancer and intestinal problems. Furthermore, Black Pepper can help improve your skin. It is beneficial to your hair. Black Pepper eliminates free radicals.

Consuming Black Pepper on a daily basis can ease the digestion process by releasing certain acids, namely hydrochloric acid, which helps prevent diseases related to the stomach and

intestine. It also aids in treating certain diseases caused by bacteria, including colic, diarrhea and constipation. The antibacterial properties of Black Pepper may help in the treatment of respiratory disorders.

Black Pepper aids the body's metabolism by burning unwanted calories, thereby reducing belly fat.

Your dentist will also tell you that Black Pepper helps fight tooth decay. It can aid relief from a toothache. Piperine is present in Black pepper, which acts as an anti-depressant resulting in improved cognitive capacity.

Black Pepper is good for your skin, as the Piperine stimulates the production of pigmentation in the skin. The high amount of antioxidants in Black Pepper can protect your skin from aging prematurely, lessens wrinkles, fine lines and dark spots on your skin. Black pepper is good for your hair, and can prevent dandruff.

### **BMI, BODY MASS INDEX**

There are metrics used in the health industry that are often not understood by the general public, such as BMI.

While THE DEEP is beneficial to your general health and may help you to lose weight, some of the statistics around obesity have been inflated to underscore the extent of the problem in America.

The BMI Chart is simple in its appearance and can raise the awareness of the problem in America to alarming statistical proportions. The fact is that the problem is not that severe and the task of meeting the goal of a healthy body weight is not as difficult as its portrayed to be.

BMI is the height in inches plotted against the body weight of an individual without regard for the content of the body mass.

A person can have a mere 10% body fat and be morbidly obese, according to the BMI index. Here are some examples:

1. Arnold Schwarzenegger, at the height of his bodybuilding career is rated as morbidly obese.

2. Body builders with their glistening skin and rippling muscular frames are rated as either obese, or morbidly obese.

3. Anyone with more than average muscular development may be rated as obese, because muscle tissue is far more dense and naturally weighs more than fat.

What percentage of Americans are truly obese? It isn't clear. There are fewer fat people in America than the statistic portrays because the statistic is flawed.

## **Homemade Spicy Brown Mustard**

When is the last time you were able to control the spiciness of your spicy brown mustard. It does not get much better than this.

Using your favorite yellow mustard as a foundation, just add some DEEP Seasoning, to taste. Some people like hotter mustard, while others prefer a milder touch. Just get a jar or squeeze bottle and mix your own, stirring with a butter knife or shaking the contents until they are thoroughly mixed.

Now you are ready for the thrill of a lifetime when you squeeze yourself a topping on your favorite hotdog.

This homebrew condiment is heaven on a hamburger, ham and cheese sandwich or any other foods waiting to be blessed with the DEEP Mustard.

## **Homemade Hot Sauce**

You can turn out a fabulous hot sauce using catsup and DEEP Seasoning spice mixed to create the custom heat level that best pleases you.

This hot sauce can be used on just about anything you want and can be used as a BBQ Sauce on ribs or chicken.

Because it is mixed with catsup and roasted, not broiled or subjected to direct flame, the spices will maintain their ideal flavor and health benefits.

Try treating it as tobacco sauce on your eggs or other foods.

### **Homemade Spicy Dip and Spread**

A highly versatile condiment, dip or spread for use at a party or just as a snack dip with veggies.

Use it in sandwiches with eggs, corned beef, or any other sandwich filler.

## Dressing / Stuffing

The difference between dressing and stuffing is more than a matter of semantics.

Dressing is a bread based side dish that is prepared outside of meat, fowl or fish. Unlike stuffing, a dressing has to provide its own additional complementary flavor, independent of the main dish.

Stuffing is a bread based side dish that is prepared for insertion into the meat, fowl or fish. Unlike dressing, the stuffing does not provide its own complementary flavor, but absorbs the complementary flavor of the meat, fowl or fish into which it is stuffed.

There are some basic similarities between preparation of either dressing or stuffing, beginning with the foundation bread cubes and spices.

I always begin my recipe with a product right off the store shelves to eliminate the toil of cutting, drying and foundation spicing. This is followed by my additional ingredients to include a couple of additional flavor enhancing spices.

### **BASIC INGREDIENTS:**

12 to 14 oz stuffing mix  
Water, as directed  
1 lb butter, or margarine, melted  
2 large onions, diced  
8 eggs  
DEEP Seasoning to taste

### **BASIC DIRECTIONS:**

NEVER prepare this mixture the night before. ALWAYS prepare it just before baking or roasting to avoid food borne illness. Bacteria will begin to grow in this mixture unless placed in the oven right away.

Prepare stuffing mix according to directions.

Add in onions, eggs, melted butter, or melted margarine and DEEP Seasoning to taste and mix thoroughly with the hands.

**DRESSING DIRECTIONS:**

Prepare a Pyrex baking dish and fill with dressing mixture.

Place in the oven at 375 degrees F for about an hour, or until golden brown and delicious. Dressing will increase in size while baking.

**STUFFING A TURKEY:**

1 lb melted butter, or margarine

1 brown paper shopping bag

1 freshly stuffed turkey

**STUFFING DIRECTIONS:**

Stuff the bird immediately after the stuffing is made. Pack the stuffing in the turkey and set it aside. Just as with the stuffing, NEVER prepare the turkey until you are ready to roast it.

Melt butter, or margarine and pour into the brown paper grocery bag. Roll the top of the bag to seal the liquid inside and roll it around upside down, turning the bag to coat as much of the inside surface as possible. You will see the wetted surfaces darken as the oil saturates the paper.

Set the bag in the kitchen sink and, with your hand, reach inside and rub the entire inner surface of the bag to saturate it with the liquid.

Slide the turkey into the bag and turn it breast side down. Roll the bag shut tight against the back of the turkey and turn the bag over so that the breast is facing upward on a poultry rack inside of a roaster pan.

There is no need to cover the bag with anything and the turkey will self-baste inside the bag.



Roast at 425 degrees F for 1 hour. Then turn down the heat to 375 degrees F for another few hours (usually 6 to 10) depending on the size of the bird.

Do not be concerned about the bag, as the flash point of dry paper is 451 degrees F. The oil saturated in the paper bag further increases the flash point. The bag may darken, or even blacken in spots, but will not catch fire.

If you have roasted it long enough, the turkey will fall apart when the bag is split open. The turkey will be moist and tender because of the trapped humidity.

## **Crispy Roasted Chicken Wings**

### **Crispy wings or legs:**

Chicken wings or legs

Water for steaming

DEEP Seasoning to taste

### **Chicken rice (optional):**

1 part Long-grain rice to 2 parts water containing chicken drippings from the steamer (optional)

2 TBSP butter or margarine (optional)

The key to roasting chicken without smoke, is to steam it first.

Chicken wings and legs have fat underneath the skin that will smoke profusely when placed in a 400-degree oven, even if for only 20 minutes.

Your chicken can be roasted with a crisp brown skin without setting off the smoke alarm.

Put 1 inch of water in a pan with a steamer on top.

Place the wings or legs in the steamer basket and steam them for fifteen minutes.

Spread the pieces out on a cookie sheet lined with non-stick foil and roast them at 400 degrees in the oven for 20 minutes, or until golden brown and delicious.

Remove the chicken pieces from the oven and sprinkle with DEEP Seasoning to taste.

Use the water from the steamer to make rice in the microwave as follows.

Use 1 part rice and 2 parts water with DEEP Seasoning added to taste.

Add 2 TBSP. butter or margarine.

Microwave for 12 to 16 minutes, or until the rice is tender.

Rice to water ratio may vary depending on humidity, type of rice and altitude.

## **DEEP Pan Gravy Boost**

Pan drippings

Flour as needed

DEEP Seasoning to taste

Pan gravy need not ever be lumpy, nor should you be concerned with the clumps that can arise when you first stir in the white flour.

After you obtain the proper mix of juices and flour, you can simply pour the mixture into a blender, add DEEP Seasoning to taste and blend it on a low setting for 1 minute.

If the mixture looks weak, then you can give it an additional flavor boost with a bouillon cube.

Thicken and darken the gravy by moving to a Pyrex bowl and heating it in a microwave for about 3 minutes. If the gravy needs more thickening or darkening, run it for another 3 minutes, or until it looks right.

Let it cool for 30 seconds and return to the blender. Pour the blended gravy into a gravy boat or serving bowl for the table. How did it come out so thick, rich and flavorful? That will be our little secret.

## **DEEP SOS**

1 lb ground beef or ground sirloin

1 stick butter or margarine

1 cup whole milk

Flour to thicken to your liking

DEEP Seasoning to taste

2 toast

That wonderful breakfast gravy called “s—t on a shingle” and served over toast in the morning. If you have ever served in the military, you probably have had it more than once. I have heard that in the Army, it was made with chipped beef, but in the Air Force, I know from personal experience, that it was made with ground sirloin.

Fry up a pound of ground beef or sirloin until it is nicely browned, then add 1 stick (1/4 pound) of butter or margarine. When the butter or margarine is melted, add in a cup of whole milk. Sprinkle in some DEEP Seasoning to taste and mix.

When the milk is hot, you can sprinkle in heaping teaspoons of white flour, stirring as you go. Each time you add a teaspoon of flour and stir it in thoroughly, the mixture will become a little thicker.

As you heat the mixture with the flour, the flour will rise and thicken, so go slowly with the flour until it's absorbed enough liquid and cooked long enough to finish thickening. Cook in microwave for 3 minutes.

If you find it has thickened too much, you can add more milk until it reaches the consistency you like.

Toast some bread and ladle some of the SOS over the toast and enjoy with eggs on the side, however you like them cooked.

### **DEEP Butter Blend**

This easy topping can be prepared in advance and kept in the refrigerator until needed. Make sure it is stored in a covered jar to seal in the flavors and prevent cross flavor contamination with, or from, other foods.

Melt margarine in the microwave oven being careful not to burn it. Margarine actually has more butter flavor than butter, because the manufacturers have given the flavors a boost. To create a DEEP Butter blend for use in any application requiring butter, simply add DEEP Seasoning to taste.

In 1813, French chemist Michel Eugène Chevreul discovered margaric acid, which is the source of the name margarine. At the time and up to very recently, margarine was thought to be healthier than butter. More recently, the compounds in margarine have been determined to be more harmful to the body than the natural components found in fresh dairy butter.

## **DEEP Scrambled Eggs**

Scrambling your eggs may cause you to wonder whether to blend the DEEP Seasoning when you beat the eggs and add the milk for fluffiness. Be mindful that while blending will cause the heat distribution inside of the eggs to be tolerable, the surface of the scrambles blend is touching the pan.

Always add DEEP Seasoning to the outside of the scrambled eggs after removing the pan from the heat and then mixing the spice into the scrambled eggs after they are done and ready to serve.

Mixing the spices with the beaten eggs before frying will scorch some of the DEEP Seasoning on the outside of the scramble while frying and can cause a mild bitterness that may detract from the taste experience.

## **DEEP Omelet**

Some people prefer the delicious taste of DEEP Seasoning inside of their omelet, while others prefer the flavor on the outside of their omelet. A select few prefer the flavor of DEEP Seasoning on both the inside and the outside of their omelet. The procedure for accomplishing any of these three approaches are unique.

Making an omelet is time intensive. The filler needs to be prepared in advance, to ensure that the finished omelet is not scorched when completed.

### **Inside the omelet**

Cook the contents as desired and remove from the heat. Sprinkle DEEP Seasoning on the completed filler to taste.

Take the egg(s) and beat them with a fork in a bowl with a teaspoon of milk for one egg, or a two teaspoons of milk for two eggs. Using too much milk will cause the outer wrapper of the omelet to become weak and less able to support the contents.

Slowly cook the egg(s) over low heat, being careful not to brown the bottom. If the bottom is browned, the eggs were cooked too fast, too long, or over too high a flame. Cooking an omelet is not as easy as people tend to believe.

When the egg(s) is/are firm enough to flip without breaking, turn the egg(s) over and lay the prepared filling inside one half, turning the other half over to cover the contents. Do not over fill. When the omelet is finished, remove from the frying pan and serve hot.

### **Outside the omelet**

Cook the contents as desired and remove from the heat.

Take the egg(s) and beat them with a fork in a bowl with a teaspoon of milk for one egg, or a two teaspoons of milk for two eggs. Using too much milk

will cause the outer wrapper of the omelet to become weak and less able to support the contents.

Slowly cook the egg(s) over low heat, being careful not to brown the bottom. If the bottom is browned, the eggs were cooked too fast, too long, or over too high a flame. Cooking an omelet is not as easy as people tend to believe.

When the egg(s) is/are firm enough to flip without breaking, turn the egg(s) over and lay the prepared filling inside one half, turning the other half over to cover the contents. Do not over fill. When the omelet is finished, remove from the frying pan and serve hot. Sprinkle DEEP Seasoning on the completed omelet to taste.

#### **Inside and outside the omelet**

Cook the contents as desired and remove from the heat. Sprinkle DEEP Seasoning on the completed filler to taste.

Take the egg(s) and beat them with a fork in a bowl with a teaspoon of milk for one egg, or a two teaspoons of milk for two eggs. Using too much milk will cause the outer wrapper of the omelet to become weak and less able to support the contents.

Slowly cook the egg(s) over low heat, being careful not to brown the bottom. If the bottom is browned, the eggs were cooked too fast, too long, or over too high a flame. Cooking an omelet is not as easy as people tend to believe.

When the egg(s) is/are firm enough to flip without breaking, turn the egg(s) over and lay the prepared filling inside one half, turning the other half over to cover the contents. Do not over fill. When the omelet is finished, remove from the frying pan and serve hot. Sprinkle DEEP Seasoning on the completed omelet to taste.



## **Crock Pot Soup**

32 oz of red skin potatoes in half inch cubes

4 strips bacon

4 oz butter or margarine.

1 chopped onion.

12 oz chicken broth

3 TBSP flour

2 cups milk

½ cup shredded cheese

DEEP Seasoning to taste

Cut 32 oz of red skin potatoes into half inch cubes and add to the crock pot.

Add 4 oz butter or margarine.

Add 1 chopped onion.

Add 12 oz chicken broth. Combine 3 TBSP flour and 2 cups milk. Add to the crock pot.

Crock until potatoes and onions are soft.

Turn off the heat and stir in 3 oz sour cream.

Stir in DEEP Seasoning to taste.

Microwave 4 strips of bacon on HIGH until crisp.

Crumble bacon.

Ladle soup into serving bowls and serve hot.

Provide shredded cheese and bacon on the side to serve as topping.

Provide additional DEEP Seasoning, salt and black pepper on the side to add as desired.

## **DEEP Vegan Vegetable Soup**

1 onion chopped

4 stocks of celery.

3 TBSP. olive oil

1 quart vegetable broth

10 oz tomato sauce

6 carrots peeled and cut into  $\frac{1}{4}$  inch rounds

3 medium sized potatoes in  $\frac{1}{2}$  inch cubes.

10 oz canned or frozen corn

10 oz shelled and frozen green soybeans

8 oz okra

3 leaves of finely chopped kale

DEEP Seasoning to taste.

Chop 1 onion and 4 stocks of celery.

Heat 3 TBSP. olive oil in a large pot over medium heat stirring onion and celery in hot oil until onion is softened and translucent.

Pour 1 quart vegetable broth and 10 oz of tomato sauce into pot.

Simmer 15 minutes.

Add 6 carrots peeled and cut into  $\frac{1}{4}$  inch rounds.

Add 3 medium sized potatoes cut to one half inch cubes.

Simmer until carrots are tender.

Add 10 oz canned or frozen corn, 10 oz shelled and frozen green soybeans, 8 oz okra, and 3 leaves of finely chopped kale into the soup.

Continue to simmer until okra is tender.

Season with DEEP Seasoning to taste.

Ladle into soup bowls and serve hot.

Provide salt, DEEP Seasoning and pepper shakers on the table.

## **DEEP Rice**

2 cups of cold water

1 cup of rice

1 TBS. organic coconut oil

2 TBS, butter or margarine

DEEP Seasoning to taste

Preparing rice is regarded as one of the simplest side dishes. Doing it with proper care is not so simple.

Rice is a high carbohydrate food and can spike your blood sugar if you are diabetic. Even if you are not diabetic, the leveling of blood sugar is a concern.

Prepare your rice as follows for the healthiest outcome.

Put 2 cups of cold water in a Pyrex bowl and add 1 cup of rice, along with 1 TBS. organic coconut oil. Include DEEP Seasoning to taste and microwave for 12 to 16 minutes until the rice is fork tender.

Coconut oil will be absorbed by the rice and will slow the release of carbohydrates during digestion. Its important to note that coconut oil has no flavor, so it won't alter the flavor of the finished rice dish.

When the rice is completely cooked, add 2 TBS, butter or margarine. Waiting for the rice to finish cooking before adding the butter or margarine will ensure that the coconut oil has been completely absorbed and better able to do its job.

## **Baked Potato Boost**

There is more than one way to bake a potato. Baking and spicing methods are dependent on the baking method used. There are basically four methods to accomplish a perfectly baked potato. These are;

### **MICROWAVE**

This method is used when you are in a hurry and simply want to make an edible potato. It comes out more like a boiled potato than a baked.

Stab the potato with a fork to create escape holes for the gasses that will develop during cooking. I have never personally seen a potato explode, but have heard of it happening. Bake until the potato is soft, but before the spud is dried out. This will depend on the size and type of potato.

Once the potato is baked, split the top and add butter or margarine and shake on DEEP Seasoning to taste. Enjoy.

### **OVEN WRAPPED**

This method is used when you want to infuse flavors into the finished potato.

Flavor infusion is accomplished by placing the potato on a piece of foil large enough to wrap and completely enclose the spud.

Add butter or margarine and, if desired, raw onion. Sprinkle in DEEP Seasoning to taste, wrap tight and place in a 425 degree oven for 30 to 50 minutes, depending on the size and type of potato.

When the potato is soft, you may unwrap it, split the top and enjoy.

### **OVEN UNWRAPPED**

This method is used when you want to develop a crispy, toasty skin (my favorite method) and the flavor is outstanding.

Stab the potato with a fork to create escape holes for the gasses that will develop during cooking. I have never personally seen a potato explode, but have heard of it happening. Bake until the potato is soft, but before the spud is overly charred by the oven heat. This will depend on the size and type of potato.

The outside of the potato may be slightly charred and this can add flavor to the skin. Once the potato is baked, split the top and add butter or margarine and shake on DEEP Seasoning to taste. Enjoy.

#### FIRE PIT

This method is used when you are cooking out and will develop a crispy, toasty skin provided the potato is not saturated with butter, margarine or other liquid spices.

Place the potato on a piece of foil large enough to wrap and completely enclose the spud. Lay the spud in the embers or hot coals. You may need to turn it once during cooking. When the potato is soft, you may unwrap it, split the top and enjoy. Add butter, margarine and DEEP Seasoning to taste.

## **DEEP Mac and Cheese**

2 quarts boiling water

1 cup Macaroni

2 TBSP butter or margarine

2 oz whole milk

½ cup cheese

DEEP Seasoning to taste

Good old Mac and CHEESE is one of the most loved of the American favorites. While Kraft has made macaroni and cheese popular, it's one of the least expensive and easiest dinners you can prepare.

Start by boiling water. When the water comes to a rolling boil, add the macaroni and let it continue to boil on low for twelve minutes, or until tender. Drain.

Add butter or margarine and a little milk, depending on the amount of macaroni, the amount of butter and milk will vary. Add these to taste. Next, add DEEP Seasoning to taste and you're ready to add the cheese.

This is a forgiving dish, requiring cheese of any kind you prefer, from American to sharp cheddar. This would also be a perfect time to add Velveeta which has been processed so as to not separate when heated, like so many other cheeses. Cheese may be added to suit your taste, as are all of the other ingredients.

Practice in moderating the amount of each ingredient will tune it to your liking. It's almost impossible to ruin a batch of macaroni and cheese. That is why it is so easy.

### **Steak Sprinkle**

Whether steak, chicken or fish, you can enhance the flavor of your main course by adding a dash of DEEP seasoning to taste.

Always be mindful that temperatures above 250 degrees will damage most spices and render the flavor bitter to the taste.

DEEP Seasoning is highly beneficial to the health, but only if the chemical structure remains intact and they are neither burned, nor overheated.

Always sprinkle on DEEP Seasoning after the steaks have been removed from the fire.



## **Crock Pot Beef**

It's been a long day and you are coming home tired and hungry. As you open the front door, the aroma of roast beef fills your head and you know now, for real, you are at home.

Dinner is served!

The fact that you're single and live alone doesn't stop you from enjoying the comforts of a fine dinner prepared by a stay at home partner. How does this happen?

In the morning, just load up your crock pot with roast beef, carrots and a few potatoes. Add in a raw onion cut into quarters and a beef bouillon cube for added beef flavor. Put in a dash of DEEP Seasoning to taste. Fill the pot with water until the contents are just covered and start it cooking.

For the best results, use small red potatoes, as they don't decompose when cooking for an extended period of time. If you have a few extra minutes, you can use some of the juice and add in a spoon full of flour to make beef brown gravy.

Put the gravy in a blender and blend until smooth. Put the smooth mixture in the microwave and heat it until the gravy turns from tan to a nice rich brown. If it begins to lump at all, just put it back in the blender and re-smooth it.

Yummy!

## **DEEP Burgers**

3 lbs ground sirloin

½ cup breadcrumbs

1 egg

DEEP Seasoning to taste

A balmy summer day and you are cooking out with family and friends. The air is filled with the aroma of burgers sizzling on the grill and the neighbors notice the grill smoke rising from your back yard. I hope you invited them.

Take a batch of ground sirloin and add breadcrumbs along with an egg to bind the burgers. The breadcrumbs will give the burgers a lighter texture along with a nuttier flavor. Sprinkle DEEP Seasoning to taste right into the raw burger mixture.

This is an exception to the rule regarding DEEP Seasoning and fire. The fat and the egg mixture will prevent damage to the spices and they won't be charred by direct heat.

## **DEEP Chili Con Carne**

Chili is one of those American dishes that has undergone changes in our every day communication. Chili, by name, has no beans, while Chili Con Carne is chili with beans. Here is a simple recipe for a quick family backyard gathering.

- 3 lbs ground sirloin
- 24 oz can red kidney beans
- 4 large onions diced
- 24 oz can diced tomatoes
- 8 oz tomato paste
- Chili powder to taste
- Cumin to taste
- 1 TBSP red pepper
- DEEP Seasoning to taste

Fry 3 lbs ground sirloin until well done. Add 24 oz can diced tomatoes and 8 oz tomato paste.

Add 24 oz un-drained can red kidney beans.

Add 4 large raw onions diced and Chili powder to taste along with Cumin to taste.

Sprinkle in 1 TBSP red pepper and add DEEP Seasoning to taste.

Simmer for 3 to 4 hours stirring occasionally. Taste and tweak the spices until it is to your liking. Try not to taste it so often that it is gone when done.

## **DEEP Chili Mac**

You can stretch your Chili Con Carne to the max by using it to create this simple, yet enjoyable main dish, or you can buy a can of Chili Con Carne and get the most value from the contents.

**2 quarts boiling water**

**1 cup uncooked macaroni**

DEEP Seasoning to taste

Cook macaroni in boiling water and drain. Add Chili Con Carne and mix thoroughly.

Add DEEP Seasoning to taste.

Enjoy

### DEEP Lasagna

2 pound ground beef  
1 large onion, diced  
8 oz tomato sauce  
12 oz tomato paste  
1 teaspoon Italian seasoning  
2 eggs  
3 tablespoons minced fresh parsley  
3 cups cottage cheese  
8 ounces ricotta cheese  
4 oz grated Parmesan cheese  
9 Lasagna noodles  
6 slices provolone cheese  
12 oz shredded mozzarella cheese

In a large skillet, cook beef and onion over medium heat. Drain and add tomato sauce, tomato paste, Italian seasoning and DEEP Seasoning to taste.

Bring to a boil. Reduce heat. Simmer, uncovered for at least an hour. Stir occasionally.

In a large bowl, combine eggs and parsley. Stir in cottage cheese, ricotta and Parmesan cheese.

Spread 8 oz of meat sauce in an ungreased 9". x 13". Pyrex baking dish.

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Layer with three noodles, provolone cheese, 16 oz cottage cheese mixture, 8 oz mozzarella, three noodles, 16 oz meat sauce, remaining cottage cheese mixture and 8 oz mozzarella.

Top with the remaining noodles, meat sauce and mozzarella.

Cover and bake at 375 F for 55 minutes.

Uncover; bake another 15 minutes, or until heated through. Let stand for 20 minutes before portioning.

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## **Roasted Chicken Wing Rub**

Roast crispy chicken wings in a 425 degree oven for 20 minutes without smoking up the kitchen and setting off the fire alarm.

Direct heat with regard to spices must be moderate, at most. Spices tend to burn and taste bitter. The flavors of most powdered spices are delicate. There are some possible exceptions, such as garlic, salt and pepper, for example.

1" of water in the bottom of a steamer

6 to 12 chicken wings

Non-stick foil

DEEP Seasoning to taste

Place chicken wings in the steamer for 15 minutes and remove. Do not discard the water.

The object is not to cook the wings completely, but to remove the surface fats that would burn and smoke in the oven.

Spread chicken wings on the foil and roast in a 425 degree F oven for 20 minutes, or until golden brown and delicious.

When done, before removing the chicken wings from the foil, allow to cool for 2 minutes and sprinkle DEEP Seasoning to taste.

Wings should be crispy outside and moist inside.

## **Crock Pot Chicken**

When adding the flavor of the DEEP Seasoning to wet heat, such as boiling or crocking, a fresh sprinkle before boiling is best.

Fresh chicken parts

1 cube Chicken bouillon

Water as needed

DEEP Seasoning to taste

Load the crock-pot with the fresh chicken parts and 1 bouillon cube (or 1 teaspoon of bouillon powder), plus DEEP Seasoning to taste and fill with water until the chicken is just barely covered.

The water will slightly evaporate while the chicken is boiling, but the chicken will release enough water and fat to more than compensate for the minute loss.

Allow the chicken to crock for 6 hours. Do not discard the broth that develops after the cooking is complete.

You may add 50 percent rice to the broth when done and let the crock-pot cook the rice until all of the water is absorbed. If the rice is not completely softened, add water and let it finish cooking, until done to your satisfaction.



### **DEEP Codfish**

Aluminum foil

2 TBSP butter or margarine

1 tsp soy sauce

DEEP Seasoning to taste

1 lbs codfish

Put codfish on a sheet of aluminum foil large enough to wrap the entire fish contents.

Put 2 TBSP butter or margarine on top of the fish. Add 1 tsp soy sauce and sprinkle with DEEP Seasoning to taste.

Allow to cook for 30 minutes at 350 degrees F.

Be careful unwrapping the foil, as the steam will be very hot. Resulting juice may be spooned over rice to add flavor.

### **DEEP Shrimp and Rice**

1 cup Rice

2 TBSP butter or margarine

2 ¼ cups water

DEEP Seasoning to taste

1 lbs cooked shrimp

Boil 1 cup rice to 2 ¼ cups water until rice is soft and ready to eat.

Put 2 TBSP butter or margarine in a skillet.

Put shrimp in the skillet and fry until heated through.

Pour in the rice and stir.

Add DEEP Seasoning to taste.

Allow to cook for 12 minutes on low heat, stirring occasionally.