

Sample of Mr. Moms Cookbooks Series “ Updated New Recipes Added”

MR. MOMS FAVORITE FAMILY MEALS

QUICK • “DAD-TASTIC™” • DELICIOUS

Recipes for a busy family

By Dave Lilja & Dirk Johnson

Mr. Mom’s Favorite Family Meals

First Digital Edition

Published in 2011 by

DD Holdings, LLC

Louisville, CO 80027

www.mrmomscookbooks.com

Digital Version PUBLISHED BY:

DD Holdings, LLC on Smashwords

Mr. Moms Favorite Family Meals

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Foreword

Busy, Busy, Busy....It seems that's all you hear from families these days. With everyone being so busy, how do you fit in the time to cook that family meal? With a total of five children between our two families and being full time stay at home dads we were continually asking ourselves the question....What are we going to make for dinner tonight? So....over a few margaritas, one hot Colorado afternoon, the idea for Mr. Mom's Cookbook was conceived.

With a passion for cooking that began at a very young age, Chef Dave challenged himself to put his radical style of cooking on paper. Dirk, with his engineering design skills, was the perfect fit to take the concept and make it happen.

Talking and listening to moms at our kids' elementary school we became aware that just because we were dads we were not alone in this evening meal dilemma. Mr. Mom's Favorite Family Meals is the solution to the "what's for dinner tonight" problem. We have come up with a variety of excellent quality "Dad-Tastic" meals that will surely please any type of family. This cookbook is presented as a vision from two very busy stay at home dads. Knowing how precious everyone's time is we strive to bring you a variety of restaurant quality, family friendly, tasty meals. We are confident that you will find Mr. Mom's Favorite Family Meals to be "Quick, Dad-Tastic™, Delicious". Happy Cooking and Great Family Time to All!

Cheers,

Chef Dave & Dirk

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Recipes

Rocking Oven Stew

Stuffed Buffalo Cheese Burgers

Hot Chicken Salad

Sesame Chicken

Pulled Pork in the Crock Pot

Pork Tenderloin with Maple Dijon Sauce

Fish Tacos

Baked Orange Roughy

Cholla French Toast

Spinach Salad with Roasted Walnuts Goat Cheese Cinnamon Balsamic Vinegar Dressing

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Biographies

Dirk "Coconut" Johnson

With his sharp design skills and the pursuit of the perfect margarita, Dirk mastered his skills at Purdue University. Residing in Louisville, CO, he is the father of two energetic elementary school age boys, and an extremely talented engineer that has the ability to think outside the box. He spends a great deal of time coaching his boys in basketball and football; the love of sports and cooking runs thru the family. With other successful book ventures this cookbook was a natural fit and extension. Striving for perfection he has made this book unique, exciting, and most of all a great fit for families everywhere.

Dave "Longboard" Lilja

Raised in Boulder, Colorado, Dave's cooking fundamentals were borne from a childhood Rocky Mountain cooking class. He has mastered the art of cooking from scratch and making great family meals based on the ingredients at hand. Actively infused into the lives of his three great elementary school kids - coaching, nurturing and of course, cooking for every 'end of season' celebration is what inspired Dave and the recipes of this cookbook. His outlook and style have given a unique and fantastic twist to family meals. In addition to working on this cookbook Dave enjoys skiing, golfing and spending time with family and friends.

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Introduction

'What's for dinner?' will not be a thought that sends Chef Dave and Dirk into a panic. With "Mr. Mom's Favorite Family Meals" you will not stress as much about your quality family meal.

This cooking assistant has each main meal indexed by its primary ingredient - beef, poultry, pork, fish, vegetarian, and side dishes. The primary goal of each recipe is to use mostly simple ingredients to create great, extraordinary, everyday meals. Each recipe is very easy to follow with a clear list of ingredients and detailed, step-by-step instructions. As problems may arise - check the 'Chef Tips' hints that are provided with each meal - saving time, money, or the threat of an uninviting menu item. Each meal also includes a 'Make it a Meal' side dish recommendation for every recipe. A simple side dish option that will round out each and every meal without a lot of added time or effort.

Your chefs have included a section titled 'Kitchen Assistant'. This offers a brief summary of the few key ingredients, condiments, hardware, and accessories that should be found in every kitchen. With these basic staples - every recipe in this book will be within minutes from being your efficient family meal.

For those with a fading memory, like Chef Dirk, we have a thorough 'Substitutions' section. In here you will find quick substitution options for recipe items that you may have forgotten to restock. Sometimes a recipe ingredient may be impossible to replicate, but these should work just fine in a pinch....anything is better than that emergency run to the grocery store at 6 p.m. with the whole family in-tow.

We hope that you find this cookbook to be a great assistant to your family meal rush. Enjoy family time a little longer. Be prepared to offer meals that are quick, "dad-tastic™", and delicious.

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Kitchen Essentials

Every kitchen must have spices and marinades:

Basil
Non-stick spray
Balsamic vinaigrette (not the dressing)
Nutmeg
Bay leaves
Olive oil
Chili powder
Oregano
Chili sauce
Rosemary
Cinnamon
Sage
Cumin
Soy sauce (low sodium)
Curry powder
Thyme
Garlic (jarred, keeps for 6 months)
Worcestershire sauce

A few unexpected items that really make recipes 'zing':

Sriracha sauce to spice up any marinade or dish (a little goes a long way!)
Chow-Chow sauce (semi-sweet, spicy mustard, pickle relish)
fantastic on any sandwich

Dairy Substitutions

Buttermilk, 1 Tbsp vinegar or lemon juice, plus 1 cup milk.

Let mixture stand for 5 minutes before using.

Sour cream, 1 cup plain yogurt

Half-and-Half, 7/8 cup milk plus 3 Tbsp butter

Yogurt (plain), 1 cup sour cream or buttermilk

Asiago cheese Parmesan cheese

Ricotta cheese Cottage cheese

Light cream, 2 Tbsp butter, plus 7/8 cup milk

Mayonnaise (for salad dressings),

1/2 cup plain yogurt and 1/2 cup mayonnaise

-OR- 1 cup sour cream -OR- 1 cup cottage cheese, pureed

Baking Substitutions

Active dry yeast, 2 1/2 tsp dry or 1/3 cake yeast, crumbled

Baking powder, 1/4 tsp baking soda plus 1/2 tsp cream of tartar

Cake flour, 1 cup minus 2 Tbsp all-purpose flour

Flour, 1 Tbsp (used for thickening) 1 1/2 tsp cornstarch

Honey, 1 1/4 cups sugar plus 1/4 cup water

Self-rising flour, 1 cup all-purpose flour plus 1 1/2 tsp baking powder plus 1/2 tsp salt

Cream of tartar, 3 tsp of lemon juice -OR- 3 tsp vinegar

Baking Soda there is NO substitute for baking soda

Butter, 1 cup margarine -OR- 1 cup vegetable shortening (for baking only)

Seasoning Substitutions

Mustard, dry, 1 Tbsp prepared mustard

Fresh Herbs, 1 tsp dried herbs

Garlic, 1/8 tsp garlic powder or minced dried garlic

Vanilla Bean, 1 tsp vanilla extract

Allspice, 1/2 tsp ground cinnamon plus 1/2 tsp ground cloves

Apple Pie Spice, 1/2 tsp ground cinnamon plus 1/4 tsp ground nutmeg plus 1/8 tsp ground cardamom
Pumpkin Pie Spice 1/2 tsp ground cinnamon plus 1/4 tsp ground ginger plus 1/8 tsp ground allspice plus 1/8 tsp ground nutmeg
Fish sauce Worcestershire sauce or light soy sauce with salt
Saffron, 1/2 tsp turmeric
Asian Basil equal amount any fresh basil variety
Tomato Sauce, 3/4 cup tomato paste plus 1 cup water
Tomato Juice, 1/2 cup tomato sauce plus 1/2 cup water
Onion, 1 tsp onion powder or 1 Tbsp minced dried onion, rehydrated
Chili Sauce, 1 cup tomato sauce, 1/8 cup brown sugar, 2 Tbsp

Ethnic Substitutions

Banana Leaves (as wrappers) foil, fresh corn husks, Thai leaves, or parchment paper
Chow-Chow sauce, 3 tsp yellow mustard plus 1 tsp pickle relish (dill or sweet)
Sriracha sauce, 1 Tbsp 1/2 Tbsp Tabasco or other hot sauce
Liquid Substitutions

Lemon, 2 to 3 Tbsp bottled lemon juice
Orange, 1/4 to 1/3 cup orange juice
Amaretto, 1/4 to 1/2 tsp almond extract
Sherry, 1 to 2 tsp vanilla extract
Marsala, 1/4 cup dry wine plus 1 tsp brandy
White Wine, white grape juice or apple juice
Red wine, 1 Tbsp balsamic or red wine vinegar
Tomato Juice, 1/2 cup tomato sauce plus 1/2 cup water
Maple Syrup, combine 1 cup brown sugar, 1/2 cup sugar, and 1 cup water. Boil, then simmer for 10 minutes. Add 1 tsp butter, 1 tsp of maple or vanilla extract. Serve warm.
Red Wine, Sweet bottled grape juice or cranberry juice
Worcestershire Sauce, 1 Tbsp bottled steak sauce

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Rocking Oven Stew

3 lbs Beef chuck (cubed)
4 Celery stalks (1 inch pieces)
1 Md. yellow onion (chopped)
10 Carrots (chopped)
6 Md. potatoes (cubed)
1(14oz) Can of tomato sauce
2 Tbsp Worcestershire sauce
Salt
Pepper

Directions

Pre-heat oven to 325 degrees.
Spray a large casserole dish with non-stick spray.
Add beef, celery, onion, carrots, potatoes, tomato sauce, and Worcestershire sauce.
Season with salt and pepper.
Cover tightly, place in oven.
Bake for 3 ½ hours.
Remove, let stand for 10 minutes.

Chef Tips

You can substitute steak of any type for the beef stew meat.
Fresh stew meat is usually taken from the tougher cuts of beef, pork, or lamb because the stewing process tenderizes the meat.

Make it A Meal

Serve this stew over brown rice for a great plate meal.
Bread lovers should add a creamy corn bread (see page 110).

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Stuffed Buffalo Cheese Burgers

1 ½ lbs Ground buffalo
8 oz Fresh mozzarella

Directions

Pre-heat grill to medium heat
Divide ground buffalo into 5 equal portions
Divide each buffalo portion in half
Cut cheese slices into 4 equal pieces
Press each half flat, stack cheese in middle of patty, and cover with the other half of the buffalo patty. Pinch edges together to completely seal cheese inside
Cook burgers on grill 3-4 minutes on each side

Chef Tips

Cheese inside will be extremely hot don't underestimate these extremely juicy burgers! Be sure to completely seal the cheese inside the two buffalo halves
Substitute your favorite cheese - kids love creamy american

Make it A Meal

Baked Beans with Bacon (see recipe) round out this juicy all-american meal.

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Chinese Sesame Chicken

5 Chicken breasts (boneless, skinless)
¼ cup Soy sauce (Low Sodium)
2 Tbsp Chinese Sriracha sauce
1 tsp Ground ginger
¼ cup Maple syrup
½ cup Flour
2 Tbsp Sesame seeds
1 Tbsp Sesame oil

Directions

Pre-heat oven to 375 degrees.
Cut chicken in half, lengthwise.
Combine the soy sauce, Sriracha sauce, ginger, and maple syrup in a large ziplock bag.
Marinate chicken breasts in soy sauce mixture for 30 minutes.
Remove chicken from the marinade (save marinade to place in the baking dish).
Combine the Flour and sesame seeds.
Heat a cast iron skillet over medium heat and add sesame oil.
Dredge both sides of each chicken breast in flour mixture and place in the cast iron skillet cooking them about 2 minutes per side.
Place chicken in the baking dish, cover, and bake for 30 minutes.

Chef Tips

Sriracha sauce is a hot chinese sauce typically found in the ethnic foods section of any grocery store.

Make it A Meal

Serve with steamed white or brown rice and soba broccoli (page 109).

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Hot Chicken Salad

4 Chicken breasts (boneless, skinless)
3 cups Chopped celery
 $\frac{1}{2}$ cup Frozen corn
 $\frac{1}{2}$ cup Chopped onion
 $\frac{3}{4}$ cup Chopped almonds
1 cup Low-fat Mayonnaise
3 Tbsp Fresh lemon juice
 $\frac{1}{2}$ cup Monterey-jack cheese
 $\frac{3}{4}$ cup Crushed potato chips

Directions

Pre-heat oven to 375 degrees
Place chicken in a pan with enough water to cover. Bring to a boil, reduce heat, and cook until tender
Remove from heat, set aside, and let cool
In a large bowl combine celery, corn, onion, almonds, mayonnaise, and lemon juice
Chop chicken into $\frac{1}{4}$ inch cubes and add to the large mixing bowl
Pour mixture into casserole dish lightly coated with cooking spray
Sprinkle with cheese and potato chips
Place in oven uncovered. Bake for 15-20 minutes

Chef Tips

To add a kick to the chicken salad reduce the mayonnaise to $\frac{3}{4}$ cup replace with $\frac{1}{4}$ cup of spicy mustard or chow-chow sauce

Make it A Meal

Serve with crackers, snap peas, grapes, and hummus (See Recipe)

* * * * *

Pulled Pork in Crock Pot

5 lbs Pork roast
½ cup Soy sauce
½ cup Barbecue sauce
¼ cup Balsamic vinaigrette
2 Tbsp Olive oil
1 Tbsp Sea salt
2 Tbsp Pepper

Directions

Trim any visible fat from the pork roast.
In a large mixing bowl combine soy sauce, barbecue sauce, balsamic vinaigrette, olive oil, sea salt, and pepper.
Place roast in crock pot, and cover with marinade.
Cover and cook on low for 15 hours.
Pull roast from crock pot and shred with two forks. Return to crock pot to reheat.

Chef Tips

The marinade liquid will be absorbed into the pork once it is shredded and returned to the crock pot.
This is a great recipe to start in the crock pot the night before

Make it A Meal

Serve as an open faced sandwich using whole wheat rolls. Buttered corn makes a wonderful accompaniment

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Pork Tenderloin with Maple Dijon Sauce

3 lbs Pork tenderloin
5 Bay leaves (crushed)
½ tsp Ground cloves
½ tsp Cayenne pepper
1 tsp Nutmeg
1 tsp thyme
½ tsp Allspice
½ tsp Dried basil
½ tsp Pepper
½ tsp Salt
2 Tbsp Olive oil

Sauce

¾ cup Pure maple syrup
½ cup Dijon mustard

Directions

Let pork stand for ½ hour to reach room temperature
Preheat oven to 375 degrees
In a medium size bowl combine bay leaves, cloves, cayenne pepper, nutmeg, thyme, allspice, basil, pepper, and salt
Rub mixture into pork. Place into a baking dish or roasting pan and drizzle with olive oil
Cook uncovered for 45 minutes (or until 155 degrees on meat thermometer)
Remove from oven, and cover lightly with aluminum foil
Combine maple syrup and mustard sauce
Slice pork and serve with sauce on the side

Chef Tips

Allow cooked tenderloin to rest before serving so that juices will infuse into the meat

Make it A Meal

Roasted parmesan red skin potatoes are a great side dish:

- Halve Potatoes.
- Place in baking dish with $\frac{1}{4}$ " water
- Microwave until tender
- Drain water
- Coat potatoes with olive oil, garlic powder, and parmesan cheese
- Bake at 400 degrees until tender

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Fish Tacos

- 1 lb Dover sole
- 10 Corn tortillas
- 2 cups Cabbage (shredded)

Taco Sauce

- $\frac{1}{2}$ cup Plain yogurt
- $\frac{1}{2}$ cup Mayonnaise
- 1 Lime (juiced)
- 1 Jalapeno (chopped)
- 1 tsp Oregano
- $\frac{1}{2}$ tsp Cumin
- $\frac{1}{2}$ tsp Dill (dried)
- 1 tsp Cayenne pepper (ground)

Directions

Pre-heat grill to medium heat.

In a medium bowl blend all sauce ingredients.

Refrigerate sauce for at least 20 minutes.

Grill fishh until opaque (white).

On each corn tortilla - add a serving of fish, sprinkle with cabbage, and drizzle with taco sauce.

Garnish with cheese, and guacamole as desired.

Chef Tips

Substitute 'Crema Mexicana' for mayonnaise. Crema Mexicana is a popular Mexican fresh cream that exudes a smooth and creamy flavor to the fish tacos. Look for Crema in the refrigerated section.

Make it A Meal

Pair these tacos with a can of spicy black beans. Add cooked rice with diced tomatoes, sweet onion, and cilantro.

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Baked Orange Roughy

2 lbs Orange Roughy fillets
1 tsp Salt
1 Egg
½ cup Mayonnaise
1 tsp Lemon juice
1 tsp Dijon mustard
1 Tbsp Worcestershire sauce
1 tsp Pepper

Directions

Pre-heat oven to 425 degrees
In medium size bowl, add salt and egg. Beat until fluffy
Blend mayonnaise, lemon juice, mustard and Worcestershire sauce together with egg mixture
Spray a 9x16 baking dish with non-stick cooking spray
Place fillets on baking dish, and cover with egg mixture
Bake for 20-25 minutes (or until golden brown)
Remove from oven and serve hot

Chef Tips

Some people contest that it is important to rinse all fish to remove potentially harmful bacteria Even the US Department of Agriculture concurs that there is no need to rinse the fish prior to baking. The baking process will kill the bacteria. Skip this step and start cooking!

Make it A Meal

Round out this meal with green beans and a spinach and strawberries salad. Top with balsamic vinaigrette dressing

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Corn Fritters

1 cup Olive oil
¾ cup Flour
½ cup Cornmeal (finely ground)
1 tsp Baking powder
1 tsp Salt
½ tsp Pepper
1 cup Seltzer water (or club soda)
1 Lg. egg (separated)
2 cups Corn kernels
3 Green onions (thinly sliced)

Directions

Heat olive oil in a 9" cast iron skillet over medium-high heat.
In a large bowl, whisk flour, cornmeal, baking powder, salt, and pepper.
In another bowl, whisk club soda and egg yolk.
Gradually whisk club soda mixture into flour mixture until a smooth batter is formed.
In a small bowl, whisk egg white until soft peaks form. Fold egg white into batter.
Stir in corn and green onions until incorporated.
Working in batches, drop the batter into the skillet, using 1/3 cup batter for each fritter.
Cook, turning the fritters once, until golden brown and crisp, 3 to 4 minutes per side.
Drain fritters on baking sheet lined with paper towels.

Chef Tips

Fritters are best served immediately - while still warm and crunchy.
Drizzle with maple syrup for a heavenly finish!

Make it A Meal

Add browned sausage links and mixed fresh fruit for a complete meal.

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Cauliflower Mash Potatoes

1 Lg. Cauliflower
1 cup Non-fat milk
½ cup Low-fat sour cream
½ tsp Pepper
½ tsp Salt

Directions

Steam cauliflower until soft and mushy
In a blender place cauliflower, milk, sour cream, salt and pepper.
Puree, serve hot (caution: Hot items in blender will cause the top to pop off so hold on).

Chef Tips

Don't tell the kids that it is cauliflower
--they'll all think it is mashers.

Make it A Meal

This side goes great with:
Bavarian Pot Roast - page 18
Eggplant Parmesan - page 95

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Cholla French Toast with Fresh Strawberries

1 Loaf of cholla bread
3 cups Fresh strawberries
2 cups Egg whites or egg substitute
¼ cup powdered sugar
Pure maple syrup

Directions

Cut bread into 1 to 1 1/2 inch thick slices
Cut Strawberries into halves
Heat non-stick skillet over medium heat
Spray pan with non-stick cooking spray
Pour 2 cups of eggs into a bowl
Dip both sides of bread into the eggs and place in the pan
Cook on each side until browned (approximately 3 minutes)
Remove, place on plate, cover with strawberries, sprinkle with powdered sugar, and top with maple syrup

Chef Tips

For an extra flavor infusion - add 1/2 tsp vanilla and almond extract to the egg

Make it A Meal

Make fried apples to accompany the French toast:
- Heat 1 Tbsp butter in a skillet
- Add 3 sliced, peeled apples
- Add 1 tsp white and brown sugar
- Mix to coat and cook until apples are caramelized and golden brown

Spinach Salad with Roasted Walnuts Goat Cheese Cinnamon Balsamic Vinegar Dressing

1 Bag of prewashed spinach (Stemmed Optional)
1 cup Walnut halves
6 Ounces of Goat Cheese

Balsamic Vinegar Dressing

½ cup pure olive oil
¼ cup balsamic vinegar
1 ½ tsp ground cinnamon
1 tsp Cracked peppercorn

Directions

Layer pecan halves on aluminum foil and place in oven over medium heat 5-8 minutes turning frequently
Remove from heat and set aside
In medium sized bowl combine all dressing ingredients in the order listed above and mix well
In a large bowl toss the spinach with the toasted walnuts, goat cheese and dressing

Chef Tips

You will know that the pecans are finished toasting when the nuts begin to darken, and they give off a nutty aroma. Try Fresh Vanilla extract instead of cinnamon for a different twist
The peppercorn buttermilk dressing will last up to 3 days in the refrigerator

Make it A Meal

Add Grilled Chicken Breast or Salomon for a complete Dad-Tastic Meal™

This is just a sample of Dad-Tastic™ Meals you and your family can enjoy for "Mr. Moms Favorite Family Meals" To Purchase the full version book please visit anyone of the following companies to down load your complete version.

Happy Cooking & Enjoy ☺

Chef Dave

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