

three cats flat make me laugh



presents

COOKIN' *with* MY INLAWS

written/cooked by
Kearson Bob Franni Farishon

Once upon a time...

Bob and Fran received a call from MATT & Kearson.

An invitation was extended to have Bob and Fran move to Savannah, GA and live together with Kearson while Matt was away for 1 yr (2005) in IRAQ for his second deployment.

We all bought a big house and started the

"in-laws experiment".

It has turned out to be an incredible time frame of love/ support/ sharing.

3 in-laws, 3 cats finding a new life in the southlands.

Bob and Kearson embarked on creating

K & B Happy Homes (real estate investing/rehabing).

Fran went to work in the field of Medical Mangement.

We filled in the time with weaving into the everyday wonderful meals.

All of us love to cook and between the the 3 of us, mealtime was always a time of connecting/laughing/sharing/supporting over food made with love and intention.

The "cookbook" project has undergone several changes since its intial inception in July/2005.

Kearson had started a photo stories to send to Matt and, of course,

the Cats decided they had a story of their own to tell.

So all of these factors, with some Southern Hospitality and Flair, are wrapped around these pages.

please enjoy and feel free to download anything that appeals to you!

love light laughter

Franni Bob Kearson (the 3 in-laws) Essig Buddezkat BelladaBall (the 3 cats)

dedication

*to all who served in the
VENOM CO/OIF/2005

*to the families that maintained
the HOME/HEART SPACES

*to our FELINE FRIENDS
that kept smiles on our faces

SUNDAY HOLEMOLE!

Pork (boneless country ribs)

1 lg onion

2 Peppers

1 med yam

Spice to taste/ mexican spice venue

**Suggestions: Garlic(lots), red pepper flakes,
cumin, tumeric, tarragon, salsa**

2-4 tblsp cocoa

1/3 cup chicken broth

bake covered @ 350 x 2 hrs...til meat is very tender

remove meat and shred

put stewed veggies with

rest of chicken broth in blender / puree

put puree / shredded pork in pan and heat

serve over cornbread or rice

CABBAGE/CILANTRO

SALAD

Shred cabbage

add cilantro (proportions up to you)

juice from lime

salt/pepper/ 1-2 tsp sugar

(add onions or peppers if you chose or keep it simple)

FRANNI M's (lowfat)TIRAMISU

Jiffy Cake Mix (Yellow) bake cake to directions
take cake out of oven and poke fork holes in it..
drizzle SYRUP over warm cake..

SYRUP

1/4 cup espresso/or coffee(hot)

1 1/2 tbs sugar/or splenda

1 tsp cocoa / or 2 dove pieces/ or choc chips...

wait til choc melts

1/8 cup (or more) Kalua (optional)

TOPPING

1 cup Yogurt, Vanilla OR Coffee (Dannon non fat works great)

8 oz cream cheese, softened

1/8 cup sugar/ or splenda

splash of vanilla

Blend with beaters... (stir in 1/2-3/4 cup cool whip optional)..

...put on top of cake...SPRINKLE with sweetened cocoa

Refrigerate for a few hours....ENJOY!

MONDAY K'S KICK'N CHICKEN

Flax Seed Chicken

Ingredients

Skinless, boneless Chicken tenders/breasts
Spicy brown mustard
Milled flax seed
Hot Shot red/black pepper spice
Minced Garlic or Garlic powder
Garlic pepper
Red pepper flakes
Poultry seasoning
Parmesan Cheese
EVOO (Extra Virgin Olive Oil)

For breading Mix milled flax seed with Parmesan cheese. Amounts vary according to amount of chicken you're cooking. Use parmesan sparingly if you want a more low-fat dish, but use approximately 1/6th cheese to flax seed if you don't care! Add all spices into the mix as well. Spicing is purely individual- I like a lot of pepper, so that's what I tend to use. But I do think that Garlic and poultry seasoning are required no matter what.

Coat the bottom of pan with EVOO and turn heat to medium high. Take chicken and cover with spicy mustard. Coat chicken with breading mix and place in pan- cook on one side for approximately 5-7 minutes (depending on size of chicken) and then turn and cook on the other side for 5-7 minutes (or until the chicken is cooked completely).

Mashed potatoes

Stir fry green beans

Very lightly coat the bottom of a pan with EVOO and turn on medium high heat. Add green beans to the pan, and approximately a 1/4 cup of water (depending on how many green beans you have). Cover the pan and let simmer for a few minutes. Add salt and pepper and minced garlic to taste. Let simmer with lid on the pan for about 20 minutes, stirring occasionally. They're done when you're happy with their consistency!

Tuesday

Pig Burger Night

Pig Burgers

These are aptly named for the store where we get them; Piggly Wiggly. They are sold as a cubed minute steak. This is a ground sirloin patty run through the cubed steak tenderizer. The only store we have found them is Piggly Wiggly; sold in packs of 4 each.

8 pig burgers

season each side with crushed red pepper flakes, black and red pepper (known as "hot shot"), and red chili powder (these are not your grandma's hamburgers)

cook on bbq grill (we use a gas grill) at medium heat for 4-5 minutes on each side

remove from grill and layer with sliced cheese

SALAD

one 5 oz. bag of ready to serve lettuce

(spring mix is our favorite)

put lettuce in mixing bowl

add 2 tblspn olive oil and 2 tblspn rice wine vinegar

toss thoroughly

BROCCOLI STEAM

or/ and

Red Pepper & Onion stir fry

WEDNESDAY

B's Wicked Wings

Wicked Wings

We eat the wings as a main course. Allow one pound per person.

3 lbs of chicken wings cut in pieces with the tips cut off
lay wings on cookie sheet or platter

season with salt, cracked pepper and garlic (we use a dry minced garlic)
turn wings over and season the other side the same

put the wings on a preheated bbq grill at medium heat (we use a gas grill)
turn wings over every 6 minutes (approx.) and cook for 30 minutes (they should be crispy;

OK, blackened)
take the wings from the grill and put in a large mixing bowl

pour the sauce over the wings and toss thoroughly

platter the wings and serve

SAUCE: (proportion is 1 tblsp margarine to ½ tblsp hot sauce)

6-7 tblsp of stick margarine

3-4 tblsp hot sauce (we like Tapatio, Salsa Picante hot sauce)

melt margarine and hot sauce over LOW heat while the wings are cooking

bowl of fresh spinach

BOB'S Healthy AMAZING Fries

We prefer a "battered red" potato but can't get them all year long; our second choice "red" but any spud will do.

6 potatoes (2 small fist size per person)

wash and pat dry, cut into ¼" strips

put in mixing bowl and add approximately 2 tblsp vegetable oil, toss thoroughly

spread out on cookie sheet (best if no more than one layer deep)

season with green chile powder and Italian seasoning

bake in preheated 500 degree oven for 30 minutes

take fries out and season with salt

toss fries lightly with spatula and serve

THURSDAY STIR FRY

MEXICAN STIR

Mexican Stir-fry with burger (can be done with Chicken)

one pound burger

one medium onion

one medium green bell pepper

dice onion and green pepper in medium size pieces

pre heat a large fry pan over medium heat

drizzle a small amount of olive oil in bottom of pan

add onion and green pepper, season with salt, cracked pepper and garlic (we use a dry minced garlic), cook lightly

add burger, season with salt, cracked pepper and garlic again, season with red chili powder, green chili powder and a bit of cumin, add a dash of hot sauce for a little flare
cook thoroughly

serve with shredded cheese over salad

side of tortilla chips

Guacamole

3 ripe hass avocados

halve, pit and remove skin from avocados

in mixing bowl add avocados, juice from ¼ lime,

3-4 tblspn salsa

mix/mash thoroughly

t g i f

chef's night off

PIZZAPIZZAPIZZA

(call/order/pick up)

COSMOS

Cosmopolitans (Exact recipe for 3 people)

5 oz Vodka

2.5 oz Cointreau (or Triple Sec or whatever orange liquor you prefer)

splash Rose's Sweetened Lime Juice

8 oz Cranberry Juice

8 oz cold water

Mix the above over ice and shake well. Pour into glasses and squeeze small lemon slice into glass.

Cosmopolitans (Parts recipe)

2 parts Vodka

1 part Cointreau (or Triple Sec or whatever orange liquor you prefer)

splash Rose's Sweetened Lime Juice

2.5 parts Cranberry Juice

2.5 parts cold water

Mix the above over ice and shake well. Pour into glasses and squeeze small lemon slice into glass.

Brownies

Ingredients:

Box of Betty Crocker's Family Sized Fudge Brownies.

2 Eggs

1/4 cup water

1/2 cup canola oil

1 small packet of walnuts

Spray Pam for coating the pan

I basically follow the directions, but I do a few things a little different. One- I mix all of the liquids in a mixing cup with the eggs- then using a fork, I mix the liquid combination like I'm scrambling the eggs. I mix until the egg yolks are completely mixed with the rest (not very long). Then I add it to the brownie mix and stir until there's no dry mix left. Then I add the walnuts and do a quick stir.

I use a blue 8 X 11.5 X 2 inch glass baking pan for the brownies. I don't think that the color matters, but I do think that glass pans make much better brownies than metal ones.

Then I underbake the brownies a little bit. When I put a toothpick in the middle it comes out a little wet, but not sopping wet with brownie mix. You'll have to play with your cooking times because every oven cooks a little differently.

And lastly- when I cool the brownies, I cool the pan on a cookie cooling tray (cake cooling rack- not sure what they're called) to allow the bottom of the pan to cool at the same temp as the top.

SATURDAY

fAJITAS

2 large boneless skinless chicken breasts ($\frac{1}{2}$ to $\frac{3}{4}$ lb. each)

1 large ribeye steak ($\frac{3}{4}$ to 1 lb.)

one large onion

one large green bell pepper

one large red bell pepper

lay chicken breasts and steak on cookie sheet or platter

season with salt, cracked pepper and garlic (we use a dry minced garlic)

turn over and season the other side the same

put on a preheated bbq grill at medium heat (we use a gas grill)

cook 6-8 minutes on first side then turn and cook 6-8 minutes on other side (until chicken is done and steak is medium)

remove from grill and let rest for 3-5 min.

slice chicken and steak into thin strips

slice onion and peppers into strips

pre heat a frying pan over medium heat

drizzle approx. 2 tblspn of olive oil in bottom of pan

add onion and peppers, season with salt, cracked pepper and garlic (we use a dry minced garlic), cook until tender

serve chicken and steak, sautéed onions and peppers with tortillas, salsa, shredded cheese, guacamole

MARGARITA'S

Margaritas (Exact Recipe)

1 cup Parts Tequila

$\frac{1}{2}$ cup Rose's Sweetened Lime Juice

$\frac{1}{2}$ cup Cointreau (or Triple Sec or whatever orange liquor you prefer)

1 small frozen limeade mixture (6-8 ounces)

2 cups of Cold Water

Mix all of the above, add some slices of fresh lime and serve with salt on the glass!

Margaritas (Parts Recipe)

2 Parts Tequila

1 Part Rose's Sweetened Lime Juice

1 Part Cointreau (or Triple Sec or whatever orange liquor you prefer)

1 small frozen limeade mixture (6-8 ounces)

4 Parts Cold Water

Mix all of the above, add some slices of fresh lime and serve with salt on the glass!

Favorites K's

Red Curry Coconut Chicken

Ingredients:

Skinless, boneless Chicken breasts cut up in little pieces

Thai Kitchen Red Curry Paste (if you want to use another brand, that's

fine, but this is the only one I can find. It has to be Thai curry, not Indian curry though.)

2 cans of canned Coconut Milk (you can use the low-fat coconut milk, but

I think the taste is much better with regular)

Red bell pepper Zucchini Yellow squash Onion Broccoli

1 can bamboo shoots 1/3 cup Chicken stock Fish Sauce (optional)

Spicy Thai Basil (optional- I can't usually find this (they're purple leaves), but it does add a great flavor if you can find it)

Chop vegetables and put to the side. (You can add/subtract any vegetables you might want) Add the curry and coconut milk in a large wok pan or a large pot. Let simmer for 5 minutes- ensure the curry is well-mixed and not clumping on the

bottom of the pan. Add chopped up vegetables, chicken, chicken stock, spicy basil and a few dashes of fish sauce (to taste) and let simmer for 10-15 minutes.

Jasmine Rice Cook jasmine rice according to directions.

Serve the curry in a bowl with a plate of rice on the side, or let everyone choose to put the curry on top of the rice in a bowl/plate.

Chicken with Pasta

Ingredients:

Boneless, skinless chicken breasts

Poultry seasoning Garlic salt 3-4 cloves minced garlic

EVOO Italian seasoning Red pepper flakes

Dash of Red Wine Vinegar

Penne pasta

4-5 medium onions, chopped up into medium pieces

1 can sliced, peeled tomatoes (I usually buy one that has garlic and

basil seasoning already in it)

Coat the chicken with EVOO, garlic salt and poultry seasoning and a dash of red wine vinegar. Then either cook on the stove or in the oven - depending on your preference.

Take the chopped onions and cook with some EVOO on a pan on the stove.

Once the onions are caramelized, add the garlic and the can of tomatoes.

Add another 5-8 tbs EVOO- depending on how much pasta you're making.

Add some red pepper flakes and the Italian seasoning to taste. (I add a lot of both!) Let simmer on low heat for about 5-10 minutes.

Cook pasta according to directions and then add the onion mixture on top and stir. Serve with parmesan cheese and the chicken!!

To add a great flavor to this use roasted garlic in the sauce. To do this- take a bulb of garlic and cut the top of it off. Place in some aluminum foil and add a dash of EVOO on top. Close the foil and roast for 25-35 minutes at 400 degrees. Remove from the foil, and take out the garlic and mince before adding to the sauce.

MORE FAVORITES K's

Lamb and/or chicken souvlaki

10 (6 to 8 inch) sturdy rosemary sprigs for skewering (you might need more- depending on how much meat you use)

2-3 pounds of skinless, boneless chicken (or lamb)

4-5 cloves of minced garlic

2 rosemary sprigs worth of rosemary leaves, chopped

4 tbs of EVOO 2 tsp salt

Soak the rosemary sprigs in water for at least an hour prior to grilling the souvlaki.

Trim the fat off of the chicken/lamb and cut into 1 1/2 inch cubes and place in a bowl. Add the EVOO, salt, chopped rosemary, and garlic and refrigerate for at least 1 hour and up to 12 hours prior to grilling.

Place the chicken/lamb and skewer them onto the rosemary sprigs.

Place on the grill and cook until desired "doneness" is achieved.

Since we don't like lamb as much as chicken, I take the marinade recipe, half it, then use that for lamb. That way we'll have both meats, but there won't be as much lamb.

Sangrias

1 bottle dry red wine

1/4 cup brandy

1/4 cup orange flavored liqueur

1/4 cup sugar

1 apple, sliced with skin 1 orange, sliced with rind

1 lemon, sliced with rind 1 lime, sliced with rind

1 peach, sliced with skin 1/2 cinnamon stick

1 1/4 cup bottled sparkling water Mix all ingredients in a gallon pitcher & chill.

Let flavors blend for several hours. Serve over plenty of ice.

Tzatziki Sauce

1 big container of plain, low-fat or fat-free yogurt

1-2 medium cucumbers, peeled and shredded

6-8 cloves of crushed garlic

1 tsp EVOO 3 tsps of rice wine vinegar

3-4 tbs fresh chopped dill

1 slice of lemon to squeeze juice into mix

Cheesecloth or paper towels

Note- You can skip the following two steps and use the yogurt & cucumbers as is, but the tzatziki is creamier if you do them. Or if you can find a greek yogurt, you can use it- but it is usually more expensive.

Take cheesecloth or 2 paper towels and line the bottom of a colander. Pour yogurt into the colander and let drain for about 30-60 minutes.

Place the shredded cucumber in a hand towel and squeeze until most of the water has run out.

Take all the ingredients and mix together in a bowl. Let sit for at least 30 minutes prior to serving, but can be made the day prior to the meal. The longer it sits, the more the flavors meld and taste great!

more favorites F's

lowfat CHICKEN SALAD

pre roasted chicken from
store...cubed

add apple walnuts cilantro celery
onion

(anything else that sounds good)

Dressing:

1/2 cup dannon non fat yogurt

(plain or vanilla)

mustard (any type)

1 tsbsp rice vinegar garlic

seasoning/spice to taste/ adding

curry or hot chili seasoning takes it

in another direction...mix chill ...

serve over salad greens...

(you gotta love those packages of
washed salad greens!)

Chicken Marsala

xmas special 2005

2-3 chicken 1/2 breast peices..

.boneless..slice thin...breaded lightly in flour...

saute in EVOO...saute onions/mushrooms

mix 1/2 cup red table wine mixed with

1/4 cup liquer of choice

add to saute meat/onions/mushrooms

cook on low x 10 min or until liquid thickens

serve over mashed potatoes or rice

with favorite side dishes

Cranberry side

1 can jelled cranberry sause/ 1 sm can crushed

pinapple/ 1 sm can mandarin oranges...

puree in blender...

serve as a side sauce.

favorites B's

Meatloaf

Mix in a large bowl:

1 lb. burger

1 egg

7-8 saltine crackers (crumbled)

1 tblspn ketchup

3 tblspn salsa (add a bit of hot sauce for a little gotcha)

season with salt, cracked pepper and garlic (we use a dry minced garlic)

form into a loaf and bake in a covered dish in a preheated 400 degree oven for 60 minutes (remove cover after 45 minutes to brown the crust)

remove from dish, layer top with sliced cheese and serve

Turkey Ruben

spread dijon mustard on inside of each slice of bread

layer with sliced low fat swiss cheese

layer sliced deli oven roasted turkey breast

close each sandwich, spread margarine on one side of each sandwich

melt 2 tblspn margarine in a large skillet over medium heat

place each sandwich, margarine side up, in the skillet

cook until brown on down side, turn over and cook until brown

remove each sandwich from skillet, open sandwich and add layer of warm sauerkraut

close, cut in half and serve with your favorite potato chips

chili

one pound burger

one medium onion

one medium green bell pepper

one can chili beans in sauce

one can red beans

one can kidney beans

dice onion and green pepper in medium size pieces

pre heat a medium to large sauce pan over medium heat

add burger; season with salt, cracked pepper and garlic (we use a dry minced garlic)

cook lightly then add onion and green

pepper, season with chili powder and a bit of cumin (optional)

cook thoroughly

add the 3 cans of beans

bring to a boil, lower heat and simmer for 20-25 minutes

serve with shredded cheese and tortilla chips

more deserttimes

Bob's Bird Seed Cookies

7/8 stick of margarine (melted)
1/8 cup millet
1/4 cup (plus a little extra) tightly packed brown sugar
1/2 teaspoon baking soda 1/2 teaspoon pumpkin pie spice
1 teaspoon vanilla 1 egg
1/2 cup flour (all purpose) 1 cup oats (old fashioned type)
1/2 cup chocolate chips (mini morsels)
(Preheat oven to 375 degrees)

1. Melt margarine and millet together.
2. Combine margarine & millet, brown sugar, baking soda, pumpkin pie spice and vanilla in a mixing bowl until smooth consistency.
3. Add egg and stir till combined.
4. Add flour and stir till combined.
5. Add oats and stir till combined.
6. Add chocolate chips and stir till combined.

Drop on cookie sheet with teaspoon and bake for 13 minutes.
Makes 24-30 cookies.

simple MUDD PIE

low fat coffee ice cream

sprinkle with crushed chocolate graham cracker
cookies

pour chocolate sauce over it for extra fun!

easyLITE scones (from my sequim friend Joanne)

2 cups of flour 1/3 cup sugar
3 tbsp. margarine/butter
2 tsp baking powder 1/2 tsp baking soda
one 6 oz. carton of yoplait (lowfat or fat free)orange
1/4 cup orange juice grated citrus zest (opt)
(may use any flavor of yogurt and juice)
combine flour, bp, bs, sugar
cut in margarine
mix until all flour is mixed in
form into a 9" circle on a floured board
cut almost through into 8-10 pie shaped pieces
bake on a pam sprayed/greased cookie sheet
bake @ 400 for 16-20 min.

pineapple upside down cornbread

jiffy cornbread mix (bake in 12" skillet)

melt 2 tbles margarine in pan sprinkle with brown sugar

add drained sm can of crushed pineapple

pour prepared cornbread batter over above ingredients...

bake for 25 min @ 400. enjoy!

more southern
speak

bless your heart

nothin will slap a smile
off my face today

Yawl

mercy

mercy

mercy

i dont repeat
gossip...so you betta
listn' up

he's all that
and a bag 'o
chips too

*he's about as bright as a
reflector @ night*

more butta &
cheese..please

that's just stump
stupid

won't give the pope
a hairlip..but

real estate rehab "learning curve"

contractors excuses:

"i coulda done it betta"

"you paid too much to have thaaaat
done"

" i know someone who coulda done
it cheaper & betta"

"this is more work than i thought"

Heartfelt Thank You'S

to our amazing

Circle of **FAMILY** and **FRIENDS**

and their continued

support well wishes prayers and love!

may you all be blessed

with an abundance of

LOVE

LIGHT

LAUGHTER