

FROG'S CULINARY JOURNEY COOKBOOK

- **ASIAN FILET MIGNON & ROASTED POTATOES**
- **BAKED ALASKAN COD**
- **CAVE AGED BLUE CHEESE SOFT TACOS**
- **CROCKPOT CHICKEN NOODLE SOUP**
- **PERFECT CROCKPOT CHILI**
- **ROTISSERIE LEMON CHICKEN**
- **SOURDOUGH TUNA MELT**



Mike "Frog" Breyer



FROG'S CULINARY JOURNEY COOKBOOK

ASIAN FILET MIGNON & ROASTED POTATOES



Equipment

Oven,
microwave oven,
garlic press, meat
tenderizer, and
aluminum foil

Cook Time

About an hour

Servings

2-4 people



Mike "Frog" Breyer

**"An Asian
twist for Filet
Mignon"**

INGREDIENTS

Filet Mignon, 2-4 cuts	1 bag of tiny yellow potatoes (<i>fingerlings will work, too</i>)
1 Tbs. of black pepper sauce per piece of meat (<i>Trader Joe's</i>)	1 Tbs. of extra virgin olive oil
1 clove of garlic (chop or mince)	2 cloves of fresh garlic
1 Tbs. of butter	1 tsp. of hot paprika
1 Tbs. of soy sauce	2 Tbs. of chopped parsley
Salt and pepper to taste	



DIRECTIONS

- Preheat oven to 450 degrees.
- Microwave the potato's for 3 or 4 minutes until half cooked.
- Add the potatoes to a large mixing bowl.
- Pour in the extra virgin olive oil, parsley, paprika, chopped or minced garlic, and salt and pepper to taste. Mix well.
- Cut a large piece of aluminum foil for roasting. (*About 12" x 12"*)
- Pour the potatoes onto the foil sheet and seal at the sides and top so that steam cannot escape.
- Carefully insert the potato package into your oven and roast for 45 minutes. They are done when they are fork tender.
- Carefully remove the potatoes from the oven but do not open the foil package until the Asian filets are done.
- Pound the filets with a meat tenderizer and season them with a little salt and pepper.
- Place the meat into a mixing bowl and add the black pepper sauce and chopped or minced garlic.
- Mix well so the fillets are thoroughly coated on both sides.
- Drop the butter into a large pan and turn on high or a little lower temperature. Once the butter is melted, add the soy sauce.
- Searing the filets should take about 4 minutes per side or depending on what temperature you prefer. The meat will be crispy on the outside and melt-in-your-mouth tender on the inside.
- Open your potato package and serve immediately with the Asian filet mignons.



FROG'S CULINARY JOURNEY COOKBOOK

BAKED ALASKAN COD



Equipment

Oven

Cook Time

25 minutes at
350 degrees

Servings

One packet
per person



Mike "Frog" Breyer

**"Very light,
healthy,
and easy to
make."**

INGREDIENTS

2-4 filets of fresh Alaskan cod	A few sprigs of thyme, tarragon, basil and cilantro
2 tsp. of olive oil	Aluminum foil
1 tsp. of ground ginger	Kitchen string
1 clove of garlic	Cooking spray
2 lemons	Salt and pepper

DIRECTIONS

- If frozen, thaw the cod filets in the refrigerator.
- Rinse thoroughly and place the cod into an ice bath while you preheat the oven.
- Pour the ginger into a small bowl.
- Add the olive oil to the bowl and mix thoroughly.
- Tie the herbs together with kitchen string and do the same for each serving.
- Cut aluminum foil so that it is large enough to steam and cover the filets.
- Spray each lightly with cooking oil spray.
- Add the cod filets onto the foil.
- Brush each filet with the olive oil ginger mixture on both sides.
- Add salt and pepper to your liking.
- Place the sprigs of herbs next to the filets, but do not place it on top.
- Cut the garlic clove into as many pieces as there are servings and place next to the sprig.
- Slice one lemon and juice over the top of the cod filets and place it next to each serving of fish.
- Fold and seal the foil so the steam cannot escape.
- Place the foil packets into the oven for 25 minutes.
- Take the packets out of oven and carefully open. The cod will be hot and steamy.
- Cut the other lemon into wedges.
- Serve the cod immediately with lemon wedges and your favorite side dish.



FROG'S CULINARY JOURNEY COOKBOOK

CAVE AGED BLUE CHEESE SOFT TACOS



Equipment

Stove top and a large sauce pan

Cook Time

30 minutes

Servings

4-6 people



Mike "Frog" Breyer

"Blue cheese is better than cheddar!"

INGREDIENTS

1 package of soft taco flour tortillas (Corn or hard shell are OK.)	2 chopped tomatoes
2-3 lbs. of hamburger	2 cups chopped lettuce
1 Tbsp. of extra virgin olive oil	2 Serrano chilis (chopped)
1 package of your favorite taco seasoning	½ cup of chopped cilantro
2 cups of cave aged blue cheese (Trader Joe's)	1 tsp. of Worcestershire sauce
	½ cup of milk
	1 container of sour cream

DIRECTIONS

- Brown the hamburger in extra virgin olive oil in a large sauce pan and drain excess oil.
- Add Worcestershire sauce and mix thoroughly.
- Add one of the Serrano chilis and mix again. *(It can be omitted if it is too spicy.)*
- Add 1 cup cave aged blue cheese, taco seasoning, and milk.
- Cook until the ingredients are blended and the cheese melts over medium high heat.
- Reduce heat and simmer while you prepare the remaining ingredients.
- Chop the lettuce, cilantro and tomatoes and place them into bowls.
- Break up the second cup of cave aged blue cheese and also place in a bowl.
- Open the container of sour cream.
- Heat the tortillas in the microwave for 10 seconds for each serving.
- Serve immediately by stuffing each tortillas with the hamburger mixture, lettuce, cilantro, tomato, blue cheese and sour cream.
- Top with Serrano chilis.



FROG'S CULINARY JOURNEY COOKBOOK

CROCKPOT CHICKEN NOODLE SOUP



Equipment

4-5 quart slow cooker

Cook Time

4-6 hrs. on High
6-8 hrs. on Low

Servings

8-10



Mike "Frog" Breyer

"Feel like a kid again."

INGREDIENTS

- 4 14-oz. cans chicken broth
- 3 cups water
- 4 cups egg noodles
- 3 cups cooked chicken
(*Skin may be left on.*)
- 1 cup shredded carrots
- 1 cup chopped celery
- ½ tsp. freshly chopped tarragon
- ½ tsp. red Hawaiian sea salt (*Regular sea salt can be substituted.*)
- ½ tsp. black Hawaiian sea salt (*Regular sea salt can be substituted.*)
- 1 tsp. freshly cracked peppercorns
- 1 tsp. chicken bullion
- Freshly squeezed lemon juice
- Oyster crackers
- Fresh cilantro

DIRECTIONS

- Cook the egg noodles ½ the total time as per package directions, add to a strainer and rinse with cold water and set aside.
- Add the red and black sea salt to a mortar and pestle and grind until fine and mixed.
- Add chicken broth, water, chicken, carrots, celery, tarragon, sea salt and pepper to the crockpot and mix thoroughly.



- Choose your cooking setting on the crockpot.
- Add the strained Egg Noodles and mix again. Leave cover on for at least one hour to heat correctly. After at least one hour, mix again and add salt and pepper to taste if needed. Cook to your desired crockpot cook setting.

- Serve **Frog's Crockpot Chicken Noodle Soup** with a sprinkle of fresh cilantro, a squeeze of fresh lemon juice and top with your favorite oyster crackers and hot sauce.



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FROG'S CULINARY JOURNEY COOKBOOK

PERFECT CROCKPOT CHILI



INGREDIENTS

2 15-oz. cans of red pinto beans
1 15-oz. can of kidney beans
3 lbs. of hamburger
2 tablespoons of cayenne pepper
2 tablespoons of chili powder
2 tablespoons of cumin
1 tablespoon of fresh oregano
3 cloves chopped garlic
½ teaspoon of garlic salt
1 teaspoon of salt
1 teaspoon of freshly cracked pepper
1 6-oz. can of tomato paste
1 28-oz. can of crushed tomato's
1 15-oz. can of tomato sauce
1 15-oz. can of beef broth
1 cube of beef bullion
1 cup of chopped yellow onion
1 tablespoon of worcestershire sauce
1 serrano chili (*can be left out for a milder chili*)
Shredded cheddar cheese

Equipment

4-5 quart Slow Cooker

Cook Time

4-6 hrs. on High
6-8 hrs. on Low

Servings

8-10



Mike "Frog" Breyer

"Perfect chili never tasted so good!"

DIRECTIONS

- In a skillet cook the hamburger with a little olive oil and mix in the worcestershire sauce, salt, and fresh cracked pepper.
- Strain and set aside. Make sure the hamburger is broken up into smaller pieces.
- Add the beans, tomato sauce, tomato paste and crushed tomatoes to your crockpot and mix.
- Now add the hamburger, spices and garlic and mix again.
- Drop in the beef bouillon as well as the seeded and chopped serrano chili and chopped onion. Mix again.
- Slowly add the beef broth, keeping an eye on the level of chili in your crockpot. Less or more may be used but leave at least an inch under the crockpot lid and mix again.
- Leave covered for at least two hours before mixing again.
- After the desired time has been achieved, finish by topping with shredded cheddar cheese and a few drops of your favorite hot sauce.



FROG'S CULINARY JOURNEY COOKBOOK

ROTISSERIE LEMON CHICKEN



Equipment

Rotisserie

Cook Time

15 minutes
per pound

Servings
4-6 people



Mike "Frog" Breyer

**"Inexpensive,
healthy, and
delicious"**

INGREDIENTS

1 roasting chicken	½ tsp. of pepper
1 tsp. of oregano	1 tsp. of Lawry's Seasoned Salt
½ tsp. of garlic powder	2 lemons
½ tsp. ground ginger	Extra virgin olive oil
½ tsp. of salt	Kitchen string

DIRECTIONS

- Thaw the whole chicken if frozen and rinse thoroughly.
- Soak the chicken in a bowl of water for at least one hour to hydrate. *(Photo 1)*
- Mix all of the spices together in a bowl.
- Drain the chicken and put into a large mixing bowl. It can be the same bowl used for hydrating, but make sure it is cleaned beforehand.
- Rub the chicken with olive oil until it is completely covered.
- Cut the kitchen string into long enough pieces for tying together the wings and legs.
- Wash your hands and rub the entire chicken with the seasoning mix. *(Photo 2)*
- Cut two lemons in half and stuff them into the chicken.
- Use the kitchen string to tie together the legs, wings and opening for the lemons. A small skewer may be used to completely close the opening. This will help the chicken rotate without touching the heating elements and sides of the rotisserie.
- Place your machines prongs through the chicken and place it into the rotisserie. *(Photo 3)*
- Roast the chicken according to the rotisserie chicken settings. As a rule of thumb, it is 15 minutes per pound of chicken.
- Use the leftover seasoning and oil to baste the chicken half way through cooking. *(Photo 4)*
- Once the chicken is golden brown and crisp, carefully take the chicken out and remove the prongs.
- Serve with your favorite side dish. *(Photo 5)*



FROG'S CULINARY JOURNEY COOKBOOK

SOURDOUGH TUNA MELT



Equipment

Oven

Cook Time

7 minutes at
375 degrees

Servings

2-4 people



Mike "Frog" Breyer

"Perfect and satisfying for a cold day."

INGREDIENTS

4-8 slices of fresh sourdough bread depending on how many guests	American cheese
2 5-oz. cans of solid white tuna in olive oil (<i>water is ok</i>)	½ tsp. of salt
2-4 slices of Swiss cheese	½ tsp. of freshly cracked pepper
2-4 slices of	½ tsp. of dill
	½ tsp. of tarragon
	4 Tbsps. of Real Mayonnaise
	1 cup of finely chopped celery

DIRECTIONS

- Drain the tuna and flake with a fork.
- In a bowl, mix all the ingredients well and add salt and freshly cracked pepper to taste.
- Cover the bowl and put it in the refrigerator for one hour to bring out the flavors.
- After an hour, pre-heat the oven to 375 degrees.
- Place the sourdough bread slices in the oven while it preheats. When the oven is ready, take out the bread slices.
- Take the tuna mixture out of the refrigerator and uncover.
- Now you are ready to assemble the tuna melt.
- Place bread slices onto a rack in a baking pan. This could be 4 to 8 slices depending on how many guests and how large your bread slices and baking pan are.
- There are two steps for each sandwich. On one slice place a slice of Swiss cheese. On the other add a slice of the American cheese.
- Next spoon the tuna mixture on top of the American cheese side.
- Insert the baking pan into your oven for 7 minutes, but keep an eye on it. Depending on your oven and altitude this could take a little less or more time.
- Make sure the bread does not get too dry. The sandwich is done when the cheese is bubbling.
- Take the baking pan out of the oven and place the Swiss cheese side on top of the American cheese/tuna side.
- Insert a tooth-pick into a pickle and place it on top.
- Serve immediately with your favorite chips.

