



**FYM**

**HOT SAUCE**

**FYMHOTSAUCE.COM**

## **FYM Hot Sauce Kickstarter Cookbook**

**A Collection of my Favorite Recipes**

# Introduction

This cookbook is a product of the FYM Hot Sauce Kickstarter campaign. FYM Hot Sauce was the most funded hot sauce campaign Kickstarter history and the most funded edible Kickstarter campaign out of Portland, Oregon.

I have always loved to cook. My Grandmother, a full blooded Italian, helped teach me how to make the food I love so much today. She has helped me every step of the way whether it be bottling 2,000 samples, or stuffing envelopes. Without her, none of this would be possible.

When I started growing hot peppers in the garden a few years ago, I did not anticipate that it would turn into a massive success. I never really ate hot sauce growing up, and didn't realize how much it could flavor your meal. I now refer to it as my "secret ingredient"; it makes everything better. Having a bad day? Eat some food with FYM hot sauce on it. Having something bland? Fry your mouth by making it spicy. Spicy food makes you happy by releasing endorphins; suddenly everything is better.

This cookbook is a culmination of recipes I have created or made my own. I wanted to give you a couple notes about the recipes:

- My Italian Grandmother and I want you to know that when making pasta, always add salt to the water. I point this out several times in the recipes.
- I can't tell you how much hot sauce to add to each recipe. For me personally, it can be anywhere from a couple of shakes to a half of a bottle. Everyone has such a different preference on how spicy their food can be considered edible. I recommend trying the hot sauce first and would like to remind you that you can always add more later.
- A lot of recipes call for olive oil to coat a pan and sauté with it. I use enough to make sure nothing sticks to my pans, usually a couple tablespoons.
- Tillamook cheddar cheese is one of the best things in the world (after FYM). If you have not tried it you should. You know this if you are from the Northwest.

Thank you again to all my Kickstarter backers, and to my friends and family that made this possible. Without all of your support none of this would have happened. FYM Hot Sauce is where it is because of you.

Dane Wilcox  
Creator of FYM Hot Sauce

# Table of Contents

<b>Pasta</b>	<b>5</b>
Cmos' Pasta (a.k.a. FYM Christmas).....	5
FYM Spaghetti.....	6
Super-fast and Easy and Awesome FYM Mac and Cheese.....	7
Baked and Still Awesome FYM Mac and Cheese.....	8
FYM Pasta Primavera.....	9
<b>Rice/Quinoa</b>	<b>10</b>
FYM Baked Chicken and Rice Medley.....	10
FYM Cilantro Chicken Quinoa.....	11
Chris' FYM Rice.....	12
<b>Meat</b>	<b>13</b>
FYM Meatloaf.....	13
FYM Sloppy Joes.....	14
FYM Slow Cooker Pulled Pork.....	15
FYM Chicken Pot Pie.....	16
Jake's Super Duper FYM Barbecued Chicken Salad.....	17
<b>Tacos/Burritos</b>	<b>18</b>
FYM Tacos and Burritos.....	18
FYM Breakfast Burritos.....	19
<b>Soup</b>	<b>20</b>
FYM Slow Cooker Beef Stew.....	20
FYM Chicken Noodle Soup.....	21
FYM Cioppino.....	22
FYM Chili.....	23

# Table of Contents

Misc.	24
Awesome Sweet Cornbread and FYM Butter.....	24
FYM Tuna Noodle Cassaroodle.....	25
FYM Salsa/Guacamole.....	26
FYM Barbecue Sauce.....	27
FYM Various Condiments.....	28

## Cmos' Pasta (a.k.a. Christmas)

$\frac{1}{4}$  cup extra virgin olive oil  
 $\frac{1}{2}$  cup chardonnay (about half of a 187 mL bottle)  
3 cloves garlic, minced  
 $\frac{1}{2}$  medium onion, diced  
 $\frac{1}{4}$  cup fresh basil, chopped  
4-5 ripe tomatoes, diced large  
1 teaspoon dried oregano  
 $\frac{2}{3}$  pound farfalle pasta (any pasta will do though)  
FYM Hot Sauce  
Salt  
 $\frac{1}{4}$  cup crumbled feta cheese

Sauté pan  
3-6 quart pot for pasta

1. Heat saucepan on medium heat until sprinkled water jumps on contact. Add olive oil, chardonnay, garlic, and onion. Cook until onions are translucent and tender.

2. Boil water for pasta. Add salt to water, then pasta.

PSA: Always salt water for pasta.

3. When pasta is done, the onion sauce should have reduced a fair amount with most of the chardonnay evaporating. Transfer  $\frac{1}{2}$  cup of the cooked pasta water into the sauté pan. Drain pasta.

4. Pour sauce into pasta pot, stir in basil, oregano, tomatoes, FYM Hot Sauce, and feta cheese.

5. Enjoy!

# FYM Spaghetti

Olive oil

1 pound ground beef

$\frac{1}{2}$  medium onion, finely diced

3 cloves garlic, minced

1 15oz can tomato sauce

1 15oz can diced tomatoes

$\frac{1}{2}$  cup cabernet sauvignon or merlot (about half of a 187 mL bottle)

1 tablespoon dried basil

1 tablespoon dried oregano

1 tablespoon sugar

$\frac{1}{2}$  teaspoon salt

$\frac{1}{3}$  15oz can water

1 super small dash of allspice

FYM Hot Sauce

$\frac{2}{3}$  pound spaghetti (any pasta will do though)

Salt

3-4 quart saucepan with lid

3-6 quart pot for pasta

1. Heat saucepan on medium heat until sprinkled water jumps on contact. Add olive oil, beef, garlic, and onion. Cook and break up beef and onions.

2. Put water on to boil for pasta.

PSA: Always salt water for pasta.

3. Add tomato sauce, diced tomatoes, wine, basil, oregano, sugar, salt; stir together. Using about  $\frac{1}{3}$  can of water, swirl around in the can to get any extra tomato sauce and add to sauce.

4. Add 1 super small dash of allspice. Allspice is super strong, and if you add  $\frac{1}{4}$  teaspoon it will overpower the sauce (which is fine if you really like allspice I guess). I take the bottle and turn it on the side about 8 inches over the sauce, and ever so slightly tap the bottle until just a tiny bit comes out, maybe half a centimeter in diameter. Stir into sauce.

5. Cover sauce and let simmer while you wait for pasta to cook. Leave a small crack so some steam can escape, but not wide enough for sauce to bubble and splatter. Add FYM Hot Sauce after 5 minutes.

6. Cook pasta while sauce simmers. Drain pasta when cooked and mix with sauce.

7. Enjoy!

## Super-fast and Easy and Awesome FYM Mac and Cheese

$\frac{2}{3}$  pound elbow pasta (any pasta will do though)

Salt

$\frac{1}{2}$  pound sharp cheddar cheese

$\frac{1}{4}$  cup milk

3 tablespoons chardonnay

$\frac{1}{2}$  teaspoon garlic powder

$\frac{1}{2}$  teaspoon onion powder

FYM Hot Sauce

3-6 quart pot for pasta

1. Put water on to boil for pasta.

PSA: Always salt water for pasta.

2. Cook pasta. While pasta is cooking, grate cheese.

3. When pasta is cooked, set aside in colander.

4. Return pot to medium heat and add wine. Simmer wine until it is reduced by half.

5. Add half of the cheese, and stir it until it starts to melt in the wine. Add pasta, the rest of the cheese, and milk. Stir until all of the cheese is melted evenly over the pasta. Stir in FYM Hot Sauce, garlic, and onion powder.

6. Enjoy!

# Baked and Still Awesome FYM Mac and Cheese

## Mac and Cheese:

3 tablespoons butter  
3 tablespoons flour  
3 cups 2% or whole milk  
 $\frac{1}{2}$  medium onion, diced  
1 bay leaf  
1 teaspoon dried oregano  
1 teaspoon dried basil  
2 cloves garlic, minced  
1 egg, whisked  
10oz sharp cheddar cheese  
4oz pepper jack cheese  
2oz parmesan cheese  
 $\frac{2}{3}$  pound elbow or shell pasta (any pasta will do though)  
20 cherry tomatoes, halved  
FYM Hot Sauce  
Salt

## Topping:

4 tablespoons butter  
1 cup panko bread crumbs

3-6 quart pot for pasta  
3-4 quart saucepan  
Sauté pan  
13x9 inch baking dish or casserole dish

1. Put water on to boil for pasta. Preheat oven to 350 degrees.

PSA: Always salt water for pasta.

2. Cook pasta and heat saucepan on medium heat until sprinkled water jumps on contact.

3. While pasta is cooking, melt butter in saucepan. While constantly whisking, slowly add flour to make a roux. Keep whisking for 4-5 minutes and make sure it is free of lumps.

4. Stir in milk, onion, oregano, basil, garlic, bay leaf, and FYM Hot Sauce. Simmer 8-10 minutes and remove bay leaf. When pasta finishes cooking set aside in colander.

5. While constantly whisking, slowly temper in the egg. Stir in pepper jack, parmesan, and 7oz of cheddar cheese. Fold pasta and tomatoes into cheese sauce and pour into baking dish. Sprinkle on remaining cheddar.

6. To make topping, melt butter in sauté pan over medium heat and mix in bread crumbs. Spread bread crumb topping over pasta and bake for 25-35 minutes, or until crumbs are golden brown. Remove from oven and let sit for a couple minutes to cool before serving.

7. Enjoy!

## FYM Pasta Primavera

6 mushrooms, cleaned and sliced  
3 cloves garlic, minced  
2 carrots, cleaned or peeled and cut into  $\frac{1}{4}$  inch sticks 2 inches long  
 $\frac{1}{3}$  pound penne pasta (any pasta will do though)  
Salt  
 $\frac{1}{2}$  cup chardonnay (about half of a 187 mL bottle)  
1 head of broccoli, cleaned and chopped  
10 green beans, cleaned and cut to 1 inch segments  
 $\frac{1}{4}$  cup sun dried tomatoes, finely chopped  
 $\frac{1}{2}$  cup garbanzo beans, cleaned and drained  
 $\frac{1}{4}$  cup extra virgin olive oil  
2 tablespoons dried basil  
1 tablespoon oregano  
1 teaspoon onion powder  
FYM Hot Sauce  
 $\frac{1}{4}$  cup green onion, chopped  
Shredded parmesan cheese

2-3 quart pot for pasta  
3-6 quart saucepan with lid

1. Put water on to boil for pasta.

PSA: Always salt water for pasta.

2. Heat saucepan on medium heat until sprinkled water jumps on contact. Add some olive oil to the bottom of the pan, followed by mushrooms, carrot, and garlic. Cook until carrots start to soften.

3. Add broccoli, chardonnay, green beans, and sun dried tomatoes.

4. Cover and simmer until broccoli is cooked. Pasta should also be cooking at this time.

5. Put garbanzo beans into colander, and drain cooked pasta over it.

6. Add pasta and garbanzo beans to vegetables. Add remaining olive oil, basil, oregano, onion powder, FYM Hot Sauce, and green onion into pan. Stir together and top with cheese while serving.

7. Enjoy!

# FYM Baked Chicken and Rice Medley

Olive oil

1 medium onion, diced

1 medium green bell pepper, diced

1 medium yellow pepper, diced

3 cloves garlic, minced

1 12oz can tomato juice

1 15oz can black beans, rinsed and drained

1 15oz can diced tomatoes, undrained

1 cup frozen sweet corn

$\frac{1}{2}$  cup frozen peas

$\frac{2}{3}$  cup long grain rice

1-  $\frac{1}{2}$  teaspoons chili powder

$\frac{1}{2}$  teaspoon salt

FYM Hot Sauce

1-2 pounds chicken

Paprika

Grated cheddar cheese

4-6 quart sauce pan

13x9 inch baking dish

Aluminum foil

1. Preheat oven to 375 degrees.
2. Heat saucepan on medium heat until sprinkled water jumps on contact. Add some olive oil to the bottom of the pan, followed by onions, peppers, and garlic. Cook until onions are translucent and tender.
3. Add tomato juice, tomatoes, black beans, corn, peas, rice, chili powder, salt, and FYM Hot Sauce (to taste). Stir and bring to boil.
4. When saucepan starts boiling, transfer to baking dish. Add chicken to the top and sprinkle with paprika. Cover with foil and bake for 45-55 minutes or until chicken is cooked.
5. Sprinkle with cheese and serve.
6. Enjoy!

## FYM Cilantro Chicken Quinoa

Olive oil

1- $\frac{1}{2}$  cups chicken breast, cubed and uncooked

1 medium onion, diced

3 cloves garlic, minced

$\frac{1}{2}$  cup uncooked quinoa, rinsed

1 14- $\frac{1}{2}$ oz can vegetable broth

1- $\frac{1}{4}$  teaspoons cumin

$\frac{1}{2}$  teaspoon salt

1- $\frac{1}{4}$  cup frozen sweet corn

2 15oz can black beans, rinsed and drained

$\frac{2}{3}$  cup fresh cilantro, chopped

FYM Hot Sauce

Shredded cheddar cheese

Tortillas (optional)

3-4 quart saucepan with lid

1. Heat saucepan on medium heat until sprinkled water jumps on contact. Add some olive oil to the bottom of the pan, followed by chicken, onion, and garlic. Cook until onions are lightly brown.
2. Add quinoa to pan and stir for 30 seconds.
3. Add quinoa, vegetable broth, cumin, and salt. Stir and simmer, covered for about 20 minutes; some quinoa types take longer to cook.
4. Stir in frozen corn and continue to simmer for 5 minutes.
5. Mix in black beans, cilantro, FYM Hot Sauce, and stir for 2 minutes.
6. Serve as a dish or in a tortilla, top with cheese.
7. Enjoy!

## Chris' FYM Rice

1 tablespoon butter  
1 medium onion, chopped  
4 cloves garlic, minced  
1 cup long grain rice  
2 cups chicken broth  
2 medium tomatoes, diced  
 $\frac{1}{4}$  cup cilantro, chopped  
3 tablespoons olive oil  
2 tablespoons fresh lime juice  
 $\frac{1}{2}$  tablespoon chili powder  
 $\frac{1}{2}$  tablespoon cumin  
2 teaspoons salt  
 $\frac{1}{2}$  teaspoon paprika  
FYM Hot Sauce

3-5 quart pot with lid

1. Heat pot on medium heat until sprinkled water jumps on contact. Add butter, onion, and garlic. Cook until onion is translucent.
2. Add rice to pot. Stir until rice is browned.
3. Add remaining ingredients. Bring to boil and simmer until rice is cooked and no liquid remains.
4. Enjoy!

## FYM Meatloaf

1-  $\frac{1}{2}$  pounds ground beef  
2 slices bread, crumbled  
1 egg  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  medium onion, diced  
 $\frac{1}{2}$  green bell pepper, diced  
1 clove garlic, minced  
1 tablespoon brown sugar  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon ground black pepper  
FYM Hot Sauce

### Roasting Pan

1. Preheat oven to 350 degrees.
2. Mix all ingredients together in a bowl.
3. Form a loaf, and place in roasting pan. Bake for 45-60 minutes or until internal temperature reaches 155 degrees.
4. Enjoy!

## FYM Sloppy Joes

Olive oil

1 pound ground beef

1 medium onion, finely diced

2 cloves garlic, minced

15oz can tomato sauce

$\frac{1}{4}$  cup water

2 tablespoons brown sugar

2 tablespoons ketchup

2 tablespoons mustard

2 teaspoons cumin

1 tablespoon Worcestershire sauce

1 teaspoon paprika

$\frac{1}{2}$  teaspoon oregano

FYM Hot Sauce

Sharp cheddar cheese slices

Sesame buns

Sauté or 2-3 quart sauce pan

1. Heat pan on medium heat until sprinkled water jumps on contact. Add some olive oil to the bottom of the pan, followed by beef, garlic, and onion. Cook and break up beef very fine.
2. Add tomato sauce, water, brown sugar, ketchup, mustard, cumin, Worcestershire, paprika, oregano, and FYM Hot Sauce. Simmer until thickened to desired sloppiness, stirring occasionally.
3. Optional, toast faces of buns in another pan then butter them.
4. Add Sloppy Joe meat to bun, top with cheese.
5. Enjoy!

## FYM Slow Cooker Pulled Pork

1 – 4 pound pork butt or pork shoulder, excess fat removed

$\frac{1}{2}$  large onion, thinly sliced

5 cloves garlic, minced

$\frac{1}{2}$  cup beer, I prefer an IPA

1 tablespoon paprika

1 tablespoon brown sugar

1 tablespoon salt

$\frac{1}{2}$  tablespoon cumin

$\frac{1}{2}$  teaspoon chili powder

$\frac{1}{2}$  teaspoon thyme

1 tablespoon honey

3 tablespoons apple cider vinegar

3 tablespoons olive oil

FYM Hot Sauce

Onion buns

Your favorite barbeque sauce (optional)

Slow cooker

Strainer

Small bowl for mixing

Bowl for hot liquid (if not using barbeque sauce)

1. Place the onion and garlic along the bottom of the slow cooker. Pour in beer and place pork on top.
2. Combine paprika, sugar, salt, cumin, and chili powder in bowl. Add olive oil, vinegar, and honey and mix together. Cover the pork with the entire mixture.
3. Cook on low for about 8 hours covered.
4. Remove pork from pot and drain liquids into bowl (if not using barbecue sauce) or sink. Add everything back to slow cooker when liquid is removed.
5. Using 2 forks pull apart the pork into shredded bite size pieces. Mix in FYM Hot Sauce along with barbeque sauce or slowly add skimmed saved liquid to reach desired moist texture.
6. Optional, toast faces of buns in a pan then butter them.
7. Serve on buns.
8. Enjoy!

## FYM Chicken Pot Pie

1-<sup>1</sup>/<sub>4</sub> pounds chicken breast, diced  
2 cups potatoes, peeled and diced  
5 mushrooms, sliced  
<sup>1</sup>/<sub>2</sub> medium onion, diced  
2 sticks celery, chopped  
2 carrots, diced  
2 cups chicken broth  
1 cup whole milk or half and half  
<sup>3</sup>/<sub>4</sub> cup frozen peas  
<sup>3</sup>/<sub>4</sub> cup frozen corn  
<sup>1</sup>/<sub>2</sub> cup flour  
<sup>1</sup>/<sub>3</sub> cup butter  
1 teaspoon salt  
1 teaspoon dried parsley  
FYM Hot Sauce  
Olive oil  
4 pie crusts (your own recipe or store bought)

2 9 inch shallow pie plates  
4-6 quart pot

1. Preheat oven to 400 degrees.
2. Heat pot on medium heat until sprinkled water jumps on contact. Add some olive oil to the bottom of the pan, followed by chicken. Cook chicken and set aside.
2. Return pot to medium heat. Add butter, onion, celery, carrots, mushrooms, and potatoes. Cook for about 10 minutes.
3. Slowly add flour while constantly stirring.
4. Mix milk or half and half with broth. Slowly add into pot while constantly stirring. Stir in parsley and salt.
5. Continue stirring constantly until thickened and boiling. Add chicken, corn, and peas; remove from heat.
6. Place 1 pie crust into pie plate, add chicken mixture. Add second pie crust over the top. Trim pie crusts, seal together, and flute edges. Cut or poke holes in top pie crust to allow steam to escape. Repeat this step with second pie.
7. Bake 35-40 minutes, or until crust is lightly browned and has reached an internal temperature of 165 degrees. Cover edges with foil while cooking if needed. Let pies sit for up to 30 minutes before cutting.
8. Enjoy!

## Jake's Super Duper FYM Barbecued Chicken Salad

3 pounds barbecued chicken breast, cubed  
1 cup mustard  
 $\frac{1}{2}$  cup apple cider vinegar  
 $\frac{1}{4}$  cup water  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  cup brown sugar  
2 tablespoons butter  
2 tablespoons chili powder  
1 tablespoon red chipotle powder  
3 teaspoons white pepper, ground  
 $\frac{1}{2}$  teaspoon soy sauce  
FYM Hot Sauce

Mixing bowl  
2-3 quart saucepan

1. Mix mustard, water, and vinegar in pot over medium heat. Bring to boil.
2. Stir in sugars. Add remaining ingredients and mix together. Reduce heat and simmer for 10 minutes.
3. Combine sauce and cubed chicken in mixing bowl and stir until coated.
4. Enjoy!

## FYM Tacos and Burritos

### Beans:

1 15oz can kidney beans, undrained  
1-  $\frac{1}{2}$  tablespoons mustard  
2-  $\frac{1}{2}$  tablespoons ketchup  
1 teaspoon Worcestershire sauce  
FYM Hot Sauce

### Beef:

1 pound ground beef  
1 tablespoon cumin  
1 tablespoon chili powder  
2 teaspoons flour  
1-  $\frac{1}{2}$  teaspoon salt  
1 teaspoon paprika  
FYM Hot Sauce  
 $\frac{1}{4}$  cup water  
Olive oil

2 sauté pans  
Masher

### Additional:

2 cups lettuce, shredded  
2 tomato, seeded and diced  
 $\frac{1}{2}$  cup black olives, sliced  
1 avocado, halved and sliced  
FYM Hot Sauce  
Sour cream  
Grated cheddar cheese  
Tortillas or taco shells

1. Put pan on medium low, and add beans.
2. Put other pan on medium heat until sprinkled water jumps on contact. Add some olive oil to the bottom of the pan, followed by beef. Cook and break up beef very fine.
3. When beans warm, mash them and mix in mustard, ketchup, Worcestershire, and FYM Hot Sauce. Reduce heat to low and simmer until beef is done, stirring occasionally.
4. When beef is cooked, add cumin, chili powder, flour, salt, paprika, FYM Hot Sauce, and water. Stir, cook until water has evaporated.
5. Combine everything into tortilla or taco shell as desired and eat.
6. Enjoy!

## FYM Breakfast Burritos

$\frac{1}{4}$  pound Jimmy Dean Hot Sausage  
7oz Potatoes O'Brien  
4 eggs  
Grated cheddar cheese  
FYM Hot Sauce  
3-4 tortillas

Sauté pan with lid

1. Heat saucepan on medium heat and add sausage. Cook and break up sausage.
2. Add potatoes. Cook covered until potatoes are browned, stirring occasionally.
3. Add eggs. Cook until eggs are done.
4. Add to warmed tortilla, and then add cheddar and FYM Hot sauce.
5. Enjoy!

## FYM Slow Cooker Beef Stew

1-  $\frac{1}{2}$  pounds stew beef  
1 tablespoons flour  
Olive oil  
1-  $\frac{1}{2}$  pounds potatoes, cut to desired size  
4 carrots, sliced or in sticks  
2 sticks celery, chopped  
1 medium onion, quartered  
4 cloves garlic, minced  
1 bay leaf  
28oz can diced tomatoes, undrained  
15oz can beef broth  
2 cups merlot or cabernet sauvignon  
8 mushrooms, quartered  
2 tablespoons quick cook tapioca  
6 sprigs fresh parsley  
2 teaspoons red wine vinegar  
1 teaspoon oregano  
FYM Hot Sauce  
1 cup frozen peas  
1 cup frozen corn  
Corn Starch (optional for thicker stew)

Slow cooker

Sauté pan

1. Heat pan on medium heat until sprinkled water jumps on contact. Coat beef in flour and sear chunks in olive oil.
2. Add everything but peas and corn to slow cooker, mix together and then cook on low for 7- 10 hours covered.
3. Add peas and corn, cook until bubbling. Stew can be thickened with cornstarch if you want a thicker consistency.
4. Enjoy!

## FYM Chicken Noodle Soup

$\frac{1}{4}$  cup butter  
 $\frac{1}{2}$  medium onion, diced  
1-  $\frac{1}{2}$  cups celery, chopped  
4 cups chicken meat, chopped and cooked (about 1 rotisserie chicken)  
32oz chicken broth  
6 cups water  
6 chicken bouillon cubes  
2 carrots, chopped  
 $\frac{1}{2}$  teaspoon dried marjoram  
1 bay leaf  
1 tablespoon dried parsley  
1 teaspoon ground black pepper  
FYM Hot Sauce  
12oz bag egg noodles

5-6 quart pot with lid

1. Heat pot on medium heat until sprinkled water jumps on contact. Add butter, onion, and celery. Cook until onion is translucent.
2. Add chicken, water, broth, bouillon cubes, carrots, marjoram, bay leaf, parsley, pepper, and FYM Hot Sauce. Simmer for 30 minutes covered.
3. Add egg noodles. Simmer for 10 more minutes.<sup>1</sup> Remove bay leaf.
4. Enjoy!

---

<sup>1</sup> No salt is needed when cooking egg noodles.

## FYM Cioppino

Olive oil

1 large onion, chopped

1 medium green bell pepper, chopped

$\frac{1}{2}$  cup celery, chopped

1 carrot, shredded

3 cloves garlic, minced

1-  $\frac{1}{2}$  cups chardonnay

2 – 16oz cans whole tomatoes, undrained

8oz can tomato sauce

1 tablespoon dried basil

1 teaspoon salt

FYM Hot Sauce

$\frac{1}{2}$  pound scallops

$\frac{1}{2}$  pound medium sized shrimp

$\frac{1}{2}$  pound crab meat, shelled

2 pounds snapper or other white fish

9-12 clams

Fresh parsley, chopped

4-6 quart pot with lid

1. Heat pot on medium heat until sprinkled water jumps on contact. Add some olive oil to the bottom of the pan, followed by onions, green pepper, celery, carrot, and garlic. Cook until onion is translucent.
2. Stir in tomatoes, tomato sauce, basil, salt and FYM Hot Sauce. Reduce heat and simmer for 2 hours covered.
3. Remove any skin from fish and scrub clams clean.
4. Stir wine into sauce. Add scallops, crab, shrimp, and fish. Simmer for 10 minutes covered.
5. In a layer on top of the fish add clams. Cover and steam for 5-10 minutes until shells are fully opened and fish flakes easily. Discard any unopened clams.
6. Serve sprinkled with parsley.
7. Enjoy!

## FYM Chili

Olive oil

1 pound ground beef

1 medium onion, diced

1 29oz can tomato sauce

2 15oz cans diced tomato

15oz water

3 cloves garlic, minced

$\frac{1}{3}$  jar chili powder (23 grams)

2 teaspoons cumin

2 teaspoons oregano

1 teaspoon paprika

1 teaspoon salt

1-  $\frac{1}{2}$  cups frozen sweet corn

1 15oz kidney beans, rinsed and drained

1 15oz butter beans, rinsed and drained

1 15oz black beans

FYM Hot Sauce

Shredded cheddar cheese

4-6 quart pot with lid

1. Heat pot on medium heat until sprinkled water jumps on contact. Add some olive oil to the bottom of the pan, followed by ground beef, and onion. Cook and break up beef and onions.
2. Add tomato sauce, diced tomato, water, garlic, chili powder, cumin, oregano, paprika, and salt. Stir and simmer, covered for 45 minutes.
3. Add beans, corn, and FYM Hot Sauce. Simmer for 15 more minutes.
4. Serve and add cheese as desired.
5. Enjoy!

# Awesome Sweet Cornbread and FYM Butter

## Cornbread:

$\frac{1}{3}$  cup butter, room temperature  
 $\frac{1}{2}$  cup sugar  
2 large eggs  
7 ounces whole milk  
 $1\frac{1}{4}$  cup flour  
 $\frac{1}{2}$  cup cornmeal  
 $2\frac{1}{4}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon salt

## FYM Butter:

1 stick salted butter, room temperature  
1 tablespoon FYM Hot Sauce

9x9 inch baking pan  
3 Mixing bowls

1. Preheat oven to 400 degrees and grease baking pan.
2. Mix butter and sugar into a cream in bowl 1.
3. Mix milk and eggs in bowl 2.
4. Mix flour, cornmeal, baking powder, and salt in bowl 3.
5. Add mixtures from step 2 and 3, into bowl 1 and mix together.
6. Pour into baking pan and cook for about 25 minutes or until toothpick comes out clean from the center.
8. To make FYM Butter, mix butter and hot sauce together, spread onto top of cornbread before eating. Store extra butter in refrigerator.
9. Enjoy!

# FYM Tuna Noodle Cassaroodle

Olive oil

3 stalks celery, chopped

1/2 medium onion, diced

3 cloves garlic, minced

2 – 5oz cans tuna in water, undrained

3 – 10- 1/2oz cans cream of mushroom soup

40oz milk

5 teaspoons Worcestershire sauce

12oz bag egg noodles

13x9 inch baking dish or casserole dish

3-4 quart pot

Sauté pan

Small mixing bowl

1. Put pot of water on to boil in pot, preheat oven to 350 degrees, and heat sauté pan on medium heat until sprinkled water jumps on contact. Add some olive oil to the bottom of the pan, followed by celery, onion, and garlic. Sauté until onion is translucent.
2. Put tuna into mixing bowl and pull apart into smaller pieces with 2 forks.
3. Add cream of mushroom soup, Worcestershire, and milk to pan. I use the soup cans to measure the milk and rinse the extra soup into the meal.
4. Boil egg noodles for 2 minutes in water, then drain.<sup>2</sup>
5. Combine milk and soup mixture with noodles and tuna. Pour into casserole dish or baking dish and put into oven.
6. Bake until center is bubbling, about 25 minutes. If you like an extra crispy top layer you can cook for a few extra minutes.
7. Enjoy!

---

<sup>2</sup> No salt is needed when cooking egg noodles

## FYM Dips for Tortilla Chips

### FYM Guacamole

3 avocados, cubed with skin and pit removed  
2 small tomatoes, seeded and diced  
2 tablespoons sour cream  
2 tablespoons fresh lime juice  
1 tablespoon cilantro, chopped  
1 teaspoon onion powder  
1 clove garlic, minced  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon cumin  
FYM Hot Sauce

Mixing bowl  
Dinner fork

1. Add avocados and sour cream to mixing bowl. Using fork mash avocados and mix together.
2. Mix in cilantro, onion powder, garlic, salt, cumin, lime juice, and FYM Hot Sauce.
3. Stir in tomatoes and let sit refrigerated for 1 hour before serving.
4. Enjoy!

### FYM Chunky Salsa

5 tomatoes, seeded and diced  
2 avocados, cubed with skin and pit removed  
2 jalapenos, seeded and diced  
 $\frac{1}{2}$  medium onion, chopped  
 $\frac{1}{4}$  cup cilantro, chopped  
2 tablespoons lime juice  
3 cloves garlic, minced  
1 tablespoon olive oil  
2 teaspoons salt  
FYM Hot Sauce

Mixing bowl

1. Combine all ingredients in mixing bowl. Place in refrigerator for at least 2 hours before serving for best taste.
2. Enjoy!

## FYM Barbecue Sauce

1 29oz can tomato sauce  
1 medium onion, finely chopped  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup vinegar  
3 tablespoons mustard  
3 cloves garlic, finely minced  
2 teaspoons Worcestershire sauce  
1 teaspoon red chipotle powder  
1 teaspoon salt  
FYM Hot Sauce  
Olive oil

2-3 quart saucepan

1. Heat pan on medium heat until sprinkled water jumps on contact. Add olive oil, onion, and garlic. Cook until onion is translucent.
2. Add remaining ingredients and reduce heat to low. Cook for 1 hour with sauce barely bubbling.
3. Add to meat while cooking to give just enough time for the sauce to caramelize on the outside.
4. Enjoy!

## FYM Spicy Condiments

### FYM Universal Spread and Fry Sauce

$\frac{1}{2}$  cup mayonnaise  
4 tablespoons dill relish  
3 tablespoons mustard  
1 teaspoon garlic powder  
1 teaspoon onion powder  
 $\frac{1}{2}$  teaspoon paprika  
FYM Hot Sauce

Mixing bowl

1. Combine all ingredients in mixing bowl. Place in refrigerator for at least 2 hours before serving for best taste.
2. Enjoy!

### FYM Spicy Ketchup

$\frac{1}{2}$  cup ketchup  
FYM Hot Sauce

Mixing bowl

1. Combine both ingredients in mixing bowl
2. Enjoy!

### FYM Spicy Mayonnaise

$\frac{1}{2}$  cup mayonnaise  
FYM Hot Sauce

Mixing bowl

1. Combine both ingredients in mixing bowl.
2. Enjoy!

### FYM Spicy Mustard

$\frac{1}{2}$  cup Mustard  
FYM Hot Sauce

Mixing bowl

1. Combine both ingredients in mixing bowl.
2. Enjoy!