

A PANDEMIC COOKBOOK

**HOW TO EAT
YOUR WAY
THROUGH AN
UNMITIGATED
DISASTER**

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BY PHIL NIGASH

We're living through what has to be the most bizarre period of our lifetime. As such, we need to take extreme measures. I've never been one to suggest that anyone shop the canned food aisles. Cans are where food goes to die. There's no way to spell "Can't stand how this tastes!" without those first three letters. That's by design.

So writing this cookbook, no matter how short it is, has been a struggle for me. I like to cook fresh. I normally visit the market daily, or at least every other day, so that I can get the freshest ingredients possible for the dishes I prepare. But we're not living in normal times. Now, visiting the market even once a week feels like I'm stepping onto a battleground.

In a perfect world - at least the one I've been used to all this time - I'd shop the outside perimeter of a market. That's where all of the fresh things are sold. I'd only enter the middle aisles for dried goods like pasta, beans, rice, condiments, bread, cereal, and toilet paper. Remember toilet paper? Yeah, me either.

But this isn't a perfect world anymore. Now we must take what we can get. By the time you read this, perhaps the hoarders have finished stocking their pantries, extra refrigerators, garages and deep freezers with anything they could find. Hopefully, the markets are back to normal and you're able to find the things you need. Whether that's true or not, I hope this very small cookbook can help you prepare some quick meals with minimal ingredients that you can keep on hand.

Stay healthy, and stay fed.

Phil

For more of this nonsense, visit mylifeasafoodie.com
Special thanks to James at Basic Brewing Radio at basicbrewing.com

INTRODUCTION

Let me clear something up right away. I hate recipes. I don't like rules, especially when it comes to cooking. I think recipes stifle creativity, and creativity is what drew me to cooking in the first place. If you're reading this, you're probably the same way.

They have their place, for sure. When you're baking, precise ingredients are important. Too much or too little of an ingredient can screw the pooch. But this isn't a cookbook filled with baking recipes.

I believe that recipes with precisely measured ingredients are a road map to get you to exactly where you need to be, but the end result is a boring drive.

I'd rather tell you where my house is and leave it to you take the myriad of different roads that will get you there. I'm not here to take the fun out of your life.

Some of these recipes will have measurements where I feel it's important, and that's only because I don't want you cooking the first thing you see, going bat shit crazy with a single ingredient and crashing the car into a tree.

You know who will be blamed when your dish ends up tasting like the back end of a mule?

Me.

I guess what I'm trying to say is to use these recipes as a guidebook, not a map.

I'm also assuming that you already know how to cook, or you wouldn't be here. I'm assuming you know how to chop, sauté,

braise, boil, sear, and make common sense decisions such as how much salt is too much salt.

As we always do as we navigate our way through a dish, use restraint when necessary. You might love cilantro and feel the need to add 1/4 cup into the pot, but other members of your family might not agree. You can always add more later so, when in question, keep it in your pants.

Another thing — make these recipes yours. Once you make something you like, go crazy with it. Mix it up with different ingredients. Add things to them. Do whatever you want with it. As I always do, I play the original first. Then I create a remix. Next thing you know, I'm re-writing the song entirely.

That's how I cook, and that's how I want you to cook these recipes. I don't invent anything. I get inspired by something and run with it until I'm making something I can call my own.

Have fun with this, however short it ends up being. I'll add to it as time goes on. I just needed something for all of you to see when James from Basic Brewing Radio posts the episode we're doing together.

To listen to our conversation together, listen to Basic Brewing Radio at basicbrewing.com

WHITE BOY PHO

(VIETNAMESE CHICKEN NOODLE SOUP)

Nothing pisses other cultures off more than Americans writing recipes for their traditional dishes. That's why I call this White Boy Pho. I would never tell you that this is even remotely close to a Pho that someone's Vietnamese Grandmother makes. That's blasphemy. However, if you like Pho, this will at least taste familiar to you.

INGREDIENTS

For the stock:

- 8 cups chicken broth
- 1 tablespoon whole black peppercorns
- 1 tablespoon coriander seeds
- 4 cloves
- 4 pods whole star anise
- 1 piece fresh ginger, 2 inches long
- 1 entire bunch of green onions, chopped
- ¼ cup fish sauce

For the rest:

- 10-14 ounces of rice noodles, dried, narrow, and flat
- 1 lb pre-cooked chicken breast and/or thighs, cut into bite sized chunks

Optional toppings:

- Sliced Jalapeños, Fresh cilantro, Fresh Basil, Bean Sprouts, Lime wedges, Sriracha Sauce

DIRECTIONS

In a large stock pot, add everything in the stock list, except for the fish sauce, and heat over medium until it comes to a boil.

Lower the heat and allow to simmer for 1 hour.

Add the fish sauce and allow to simmer for an additional 5 minutes.

Strain the broth through a colander or cheesecloth.

Discard the solids and return the broth to the stock pot over low heat to keep it warm.

While the stock is warming, prepare your noodles.

Add the dry noodles to a large bowl and cover with warm water (120 degrees F or higher).

Allow the noodles to soak for 30 minutes.

Strain the noodles and add them to the stock pot, along with the chicken.

Allow to simmer for at least 5 minutes.

Serve the broth, noodles, and chicken in a large bowl.

Top with whatever you want to add, or nothing at all.

If you like it spicy, you can add a little splash of Sriracha to make things interesting.

GORGONZOLA ALE SOUP

There are 1000 versions of potato cheese soup out there, and everyone has their favorite. This one is mine. I tasted my first one at a brewery in Denver. I'd never had anything like it. Back then, I had balls. I actually walked back to the kitchen and asked the chef for the recipe. In the politest way possible, he told me to kiss his ass and get out of his kitchen. So I did the next best thing. I ripped him off and made my own recipe.

This recipe calls for 16 ounces, or 2 cups, of beer. This can easily screw this dish up if you use the wrong beer. The first rule is that it must be pale, golden, whatever describer you want to use. It cannot be red, brown, or black. This soup should look white when you're finished. Black is beautiful, but not in this soup.

Also, don't go crazy with the hops. Anything above 50 IBUs will make the soup too tangy. We're looking for balance, so keep it malty. Lightly hopped pale ales, lagers or pilsners will work just fine.

INGREDIENTS

- 4 tablespoons butter
- 2 medium potatoes, peeled and cubed
- 2 cups chicken stock
- 2 cups lightly hopped pale ale or pilsner
- 1 cup heavy cream
- 6 ounces gorgonzola cheese, crumbled
- pinch of nutmeg
- salt and pepper

DIRECTIONS

Melt the butter in a large pot over medium heat.

Add the potatoes and stir until the butter has coated most of the pieces.

Add the chicken stock and beer and cover.

Once the soup has come to a boil, lower the heat and simmer until the potatoes are fork tender.

Remove the pot from the heat and allow the soup to cool until it's at or around 100° F.

Once the soup is cool, pour it into a blender and blend on high until completely smooth.

Make sure you hold the cover of the blender down with a cloth when you do this, or you're going to get a hot potato bukkake facial. I'm not into that, but if you are then knock yourself out.

Return the blended soup to the pot over medium heat.

Add the cream and the crumbled gorgonzola and continue stirring until the cheese has completely melted into the soup.

Add a pinch of nutmeg, salt and pepper to taste.

You can serve this immediately, or reheat whenever you're ready.

This is also excellent as a cold soup on a hot Summer day.

CASSOULET (KIND OF)

This recipe for the classic French white bean stew is far from traditional, but it's cheap, quick, and easy to prepare, makes for great leftovers, freezes well, and fills you up quick.

If you can find a bag of small northern beans, soak them overnight. Drain the beans, place them in a stock pot, cover them with stock or water (3 inches above the bean line) and simmer on medium heat for about 2 hours, or until the beans are tender. Otherwise, buy canned Cannellini beans, otherwise known as white kidney beans. If you cook the beans, reserve the bean water and use it in your stew.

You can use any kind of sausage in this dish. It's classically prepared with a garlic pork sausage, but use whatever you like to eat. Hell, as long as we're at it - throw in some fried bacon. Why not, right?

INGREDIENTS

- 1 medium onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 garlic clove, minced
- 1 pound smoked sausage, cut into discs
- 2-3 cups white beans, drained
- 1 cup chicken or vegetable stock
- 1 cup Belgian saison, blonde ale, or tripel
- 1 bay leaf
- 2 sprigs of fresh thyme
- salt and pepper
- pinch of nutmeg
- salt and pepper

DIRECTIONS

In a stock pot, heat a couple of tablespoons of olive oil over medium heat.

Add the chopped onion, carrots, celery stalks, and garlic.

Stir for a few minutes until it starts to soften.

Don't let anything take on any color. If it does, turn the heat down.

Add your sausage, keep stirring, and cook for a few more minutes.

Add your beans, stock, beer, bay leaf, and thyme.

Cover the pot and allow to simmer for 30 minutes.

While this is cooking, toss about 1 cup of breadcrumbs into a bowl with a little olive oil, salt and pepper until you get a semi-thick paste.

Taste your stew, and add salt and pepper to your liking.

Once the vegetables are fork tender, you're done.

Strain the stew from the pot along with some of the liquid into a baking dish.

Sprinkle the bread crumb mixture over the stew and bake in a 400° oven for 30 minutes, or until the breadcrumbs are golden brown.

CUCUMBER MINT SOUP

I like cold soups in the Spring/Summer. Not only are they easy to make, but they're refreshing. This is another soup that is good leftover, as long as you keep it chilled.

All you need to make this soup is a blender. We're not cooking anything. When I told you this was easy, I wasn't joking.

If you use mint, make sure it's fresh. Some dried herbs are fine, but mint isn't one of them and has no business being in this soup. If you can't find mint, use fresh dill. It's not nearly as refreshing, but still very good.

INGREDIENTS

3 cucumbers, peeled, seeded, and chopped
2 cups buttermilk, or whole milk
1/2 cup sour cream or crème fraîche
1 tablespoon extra virgin olive oil
2 tablespoons freshly chopped mint
1 teaspoon white wine vinegar
1 teaspoon sugar
salt

DIRECTIONS

Placed the chopped cucumbers in a blender with the buttermilk (or regular milk), sour cream, olive oil, mint (or dill).

Add the sugar and vinegar along with a couple shakes of salt.

Cover the blender and puree until smooth.

Taste for seasoning. Add more of anything you feel it needs.

Serve chilled in a soup bowl, garnished with fresh mint (or dill).

Goes great with fresh bread and any straw colored beer.

I could be wrong, but this sounds like a vegetable smoothie.

SUNDAY GRAVY

I shared this recipe in the second episode of my podcast back in 2007 and it's still the most popular thing I've ever shared on the show. I would be remiss if I didn't share it here.

I never got a chance to know my Grandmother, but I got to know her sauce. My aunts prepared this every Sunday and it fed our entire clan with enough leftover for my aunt's family to continue eating it for the remainder of the week.

A word of warning: This recipe calls for an ungodly amount of meat. When my Grandparents came off the boat from Sicily, they were dirt poor, so meat was a commodity. When they *were* able to procure meat, it ended up in this sauce.

You can't make this sauce without meat, because that's what gives the sauce its flavor. And the way things are right now, if you walk into the grocery store and buy this much meat at once, it's going to look like you're hoarding. Do the best you can.

This is not a quick recipe either. This will consume at least a few hours of your time, but it will be well worth it. The best thing about Sunday Gravy is that it keeps exceptionally well in the freezer and can be used in a variety of dishes.

And if you don't know why we call it Sunday Gravy, it's because Sunday was always the day the family got together for dinner (actually, late lunch). You may have been in and out of the house all week, but you showed up for the family on Sunday. That's when we all caught up with each other.

INGREDIENTS FOR THE SAUCE

1 pound beef short ribs, dried of all moisture
1 pound Italian sausage
2 ounces of tomato paste
3 28-ounce cans of whole or chopped stewed tomatoes
1 cup of dry red wine (whatever you're serving with dinner)
4 cloves of garlic (whole)
5 large fresh basil leaves
1 tablespoon dried Italian seasoning
1 teaspoon salt
1/4 teaspoon pepper

INGREDIENTS FOR THE MEATBALLS

1/2 pound ground beef (Don't get the lean stuff. 20% fat is fine.)
1/2 pound ground pork
1/2 cup bread crumbs
1/2 cup parmesan
2 eggs
1 teaspoon chopped or minced garlic
2 tablespoons of fresh parsley, chopped
1 teaspoon salt
1/4 teaspoon pepper

Pour yourself a glass of wine or beer, and let's make this sauce.

Heat 2 tablespoons of oil in a stock pot over medium heat.

Put the short ribs in the pan, but don't crowd the pot. If you have 12 ribs, and 12 barely fit - do two sets of six. You want to give these ribs a good sear to lock the juices in. You don't want to cook them through. If the pot's crowded, the meat's going to get grey, but won't sear. So take your time and sear these ribs.

Transfer ribs to a plate with a paper towel on it to absorb the extra grease. Drain them well and put them aside.

Place the sausages in the same pan and brown them on all sides. Again, you just want to give these things color, so don't cook them through. Place them on the plate with the ribs.

Drain the grease/oil from the pot and add the whole cloves of garlic.

Cook for a few minutes to give the garlic color, but don't burn it.

Add the tomato paste and stir well. Give it about a minute or two until the paste is bubbling.

Now, add the wine, and have a slug of it yourself.

It's starting to smell good in your kitchen, isn't it? Hell yes it is. I can feel the love already - wish I was there. Stir it well, and let it go for about a minute.

Dump the cans of tomatoes in the pot - everything (seeds, liquid, everything). I like to squash the whole tomatoes with my hand to give it a chunky texture, but you can use chopped tomatoes or chop them yourself if you want. It's your sauce - go nuts.

Shred those leaves of basil with your hand. No fancy cutting with the knife, just cut them by hand as small as you can and toss them in.

Season with salt and pepper. Cover and bring to a high simmer.

Taste it and adjust the seasoning, then toss the ribs and sausages in the sauce.

Turn the heat down to low, low, low. Cover it. Stir it every 10

minutes to make sure it's not burning. We want it to simmer for 1 hour 45 minutes, then we'll add our meatballs and cook for another 30 minutes.

Now, let's make those meatballs. More wine!

See those ingredients for the meatballs? Throw them all in a big bowl. When everything's in there, wash your hands, then mix it all up with your fingers. Get dirty. Mix it up.

When it's all mixed together, wash your hands again. They're filthy now, but I'll bet they smell great.

Get your hands wet. Spoon a tablespoon of the meatball mixture into the palm of your hand, and in a spinning motion, roll the meatballs in between your palms until smooth. 5 seconds of palm spinning should do the trick. You want the meatballs about 1 to 2 inches wide.

When the meatballs are all rolled up, heat 2 tablespoons of oil in your skillet over medium heat. Brown the meatballs on all sides - 5 minutes a side should do it. Again, don't crowd the pan. We want a good sear, but we don't want to burn them either.

When each batch of meatballs are finished, put them on a plate with a paper towel on them to drain the grease off of them.

Now, put the meatballs in the pot of sauce and all them to simmer over low heat for another 30 minutes.

Boil the pasta, and call the kids in for dinner.

Cook the pasta to al dente (almost finished, but still a little hard). Drain it.

Carefully remove the ribs, sausages, and meatballs from the sauce and put them on a platter.

When all of the meat has been removed, toss the pasta into the pot of sauce. Cover and cook a few more minutes until it's done.

Serve the pasta first, remembering not to over-sauce it. Toss some freshly grated parmesan over the top if you like. Serve with some fresh crusty bread, and dip it in the sauce.

Enjoy the pasta. Then, serve the meat as a second course.

Leftovers? No problem.

Those meatballs are beautiful in a fresh bun, covered in some sauce, then topped with a slice of provolone or shredded mozzarella. Heat it in the oven to melt the cheese, and you're good to go.

CHICKEN BRINE

There is nothing more versatile than chicken. Roast it once for your main meal, and you can do a countless number of things with the leftovers.

You can cook chicken a variety of ways, but I prefer to brine it overnight, then roast it the next day. Done right, roast chicken is exceptional. Brining creates a flavorful chicken all of the way through the bird and, done right, will not be overly salty and retains juices — even the breasts, which tend to dry out easily. One added bonus is crispy skin, if you're into that.

This is enough brine for 10 pounds of chicken. The key is keeping the chicken submerged in the brine thoroughly, so the entire chicken takes a long bath and the seasoning is consistent.

CHICKEN BRINE INGREDIENTS

- 2 gallons of water
- 10 ounces of kosher salt
- 4-5 lemons, quartered
- 10 bay leaves
- 4 ounces fresh parsley
- 1 ounce fresh thyme sprigs
- 1/2 cup brown sugar
- 1/4 cup black peppercorns
- 10 garlic cloves

DIRECTIONS

Combine all ingredients in the largest pot you have, cover, and bring to a boil.

Allow to boil for one minute, stirring to make sure the salt has completely dissolved.

Remove from heat and allow to cool to room temperature, then chill in the refrigerator until you're ready to use it.

Place your chicken (or chicken pieces) in a container large enough to hold the chicken, with at least one inch of space for additional brine to cover, then pour the brine over your chicken.

Refrigerate for 12 hours. DO NOT keep the chicken in the brine longer than this or your chicken will end up tasting like a salt lick.

Remove the chicken from the brine, then rinse in cold water to remove any herbs or peppercorns that stick to the meat.

Pat dry with paper towels (if you can actually FIND paper towels) or allow to air dry.

ROASTED CHICKEN

One of my go to meals is roasted chicken with rosemary potatoes. I could eat that any time, and pair it with just about anything.

Do an OK job on this and it will be great. Do it perfectly and it will blow you straight out of your underpants. Not only will dinner be one to remember, but your leftovers will taste good in just about anything.

My recipe calls for the use of a compound butter. Sounds fancy, but it's not. It's just butter that's been softened, mixed with herbs, then allowed to re-harden in the fridge before use.

The butter goes under the skin of the chicken and melts through the meat as it cooks. The result is not only flavorful meat, but crispy chicken skin that the entire family will be fighting over.

Getting the butter under the skin takes patience and a little work, but it's worth it. There's usually a little separation near the base of the breast. Start there. Push the butter around with your finger and continue up the bird until it's in as many places as you can put it.

INGREDIENTS

1 whole brined chicken
1/2 stick butter
1 ounce minced rosemary or thyme

DIRECTIONS

First things first. Preheat your oven to 475°F. Yes, you read that right. If you want the best chicken skin possible, crank it.

To prepare the compound butter, soften 1/2 stick of butter.

Mince 1 tablespoon of fresh rosemary or thyme, mix until the herbs are incorporated nicely, then cool in the fridge until the butter hardens.

Slice the butter in slivers and slip the butter under the skin of the chicken in as many places as you can.

Place the chicken on a roasting rack and roast for 25 minutes.

Reduce the heat to 400°F and cook for an additional 45 minutes or until the temperature registers 160° in the thighs of the bird.

Here's a trick. If you poke the bird with a thermometer, and that juices that run out of it are clear, your bird is done. If the juice is pink, give it another 5 minutes and check it again.

Transfer your bird to a cutting board and allow to cool for 20 minutes before carving.

LABOR DAY BEER STROGANOFF

This recipe comes from James at [Basic Brewing Radio](#). I didn't write it, and I've never made it. It looks delicious, however. Who doesn't like Beef Stroganoff? Stroganoff is one of my favorite things. Who doesn't like Stroganoff?

I have about 10 stroganoff jokes. I'll save them for another time. If you've listened to the show long enough, you know where I was going with this.

This is an Instant Pot recipe. If you don't own an Instant Pot, you need to buy one. It's a time saver when you're in a crunch. Need to braise a pork shoulder, but don't have 3 hours to spare? 60 minutes and you're done. Forgot to soak the dried beans overnight for the cassoulet? 45 minutes and they're fully cooked.

INGREDIENTS

- 4 Slices Bacon, chopped
- 1.5 lbs. Cubed Beef
- 1 White Onion, chopped
- 3 Cloves Garlic
- 1 lb. Fresh Mushrooms, sliced
- 1 teaspoon Better Than Bouillon Seasoned Mushrooms
- 2 Cups Guinness Extra Stout
- 2 Jalapeños, seeded and chopped
- 1 Cup Half and Half
- Egg Noodles

DIRECTIONS

Grill cubed beef to get color and flavor on outside of meat.

Sauté bacon pieces in Instant Pot.

Remove when done and set aside for garnish later.

Sauté chopped onion in bacon grease until transparent.

Deglaze pan as the onions cook.

Add garlic cloves, sliced mushrooms and jalapeños.

Sauté for a couple of minutes.

Add Better than Bouillon and beer, along with the beef.

Season with smoked paprika or poblano garlic, if available.

Cook on high pressure for 40 minutes.

While Instant Pot is cooking, prepare egg noodles according to instructions.

Quick-release Instant Pot after 40 minute and stir in half and half.

Serve over egg noodles.

TOMATO SOUP

Do something for me. Close your eyes for a second and think back to when you were a kid. It was a rainy day and you and your dumb friends spent most of it outside playing in the mud. Maybe you just stood out there in the middle of the driveway, held your head backwards and opened your mouth so the raindrops could splash off of your face.

Your mom called you inside, finally. She made you change into some warm clothes. Then she made grilled cheese sandwiches and heated up a can of Campbell's Tomato Soup — the ultimate childhood lunch for a cold rainy day.

Remember how that soup tasted? It was a liquid hug. It was comforting. It made you feel secure. It made you feel loved.

This is that soup.

INGREDIENTS

- 3 cups beef broth or bouillon
- 28 ounces canned tomato puree
- 1 large onion, peeled and chopped
- 2 medium sized carrots, peeled and chopped
- 2 ribs celery, chopped
- 1 garlic clove, chopped
- 3 tablespoons of butter
- 1/4 cup heavy cream
- 1 bay leaf
- 1 tablespoon sugar
- 1 tablespoon apple cider vinegar
- salt and pepper to taste

DIRECTIONS

In a large stock pot, melt the butter over medium heat.

Add the onion, carrots, celery, and garlic and stir until the vegetables are softened.

Add the broth, bay leaf, and the tomato puree, stir, then cover the pot until the soup begins to bubble.

Remove from heat and allow to cool for 30 minutes.

In increments, puree the soup in a blender. Don't fill it more than half way each time so it doesn't come spraying out of the top, coating your kitchen walls and (worse) your face.

Pour the pureed soup back into the stock pot over medium heat.

Add the heavy cream, sugar, and apple cider vinegar.

Stir and heat until the soup begins to bubble again.

Season with salt and pepper to taste.

Serve with grilled cheese sandwiches and share a piece of your childhood with your kids.

TOMATO BREAD SALAD

I make this for my vegan friends and they love it. You don't have to be a vegan to love it, though. This recipe comes from Jose Andres, one of my favorite Spanish chefs.

Use the freshest ingredients you can find, outside of the bread. If you have some stale bread laying around, that'll work. If you have fresh bread, grill it or toast it and this salad will be over the top.

This is a no-cook recipe. Meaning all you have to do is cut a bunch of stuff, throw it into a bowl, and eat it. I like raw meals, and this is one of my all time favorites.

INGREDIENTS

- 2 thick slices of rustic bread (stale is fine)
- 6 tablespoons extra virgin olive oil
- 6 ripe plum tomatoes
- 1/2 garlic clove, peeled
- 1/4 teaspoon smoked paprika
- 1 tablespoon chopped fresh parsley
- sea salt to taste
- 1 tablespoon sherry vinegar (red wine is fine)
- 1 green bell pepper, seeded and diced
- 1 scallion, thinly sliced
- 1 cup quartered green olives

DIRECTIONS

Cut the bread into 1 inch cubes and toss into a mixing bowl with 2 tablespoons of the olive oil.

If you're using fresh bread, spread the bread on a sheet pan and bake on the middle rack until golden brown, about 5 minutes.

Set the croutons aside to cool.

Dice the tomatoes and set aside.

Using a mortar and pestle, smash the garlic together with the smoked paprika, parsley, and a pinch of salt to make a smooth paste.

Whisk 3 tablespoons of the olive oil and the vinegar together in a small bowl, then stir in the garlic paste.

In a mixing bowl, combine the croutons, peppers, diced tomatoes, scallion, and olives and toss together.

Pour in the dressing and mix well.

To serve, spread the salad on the serving platter and drizzle with a little more of the olive oil.

NIÇOISE SALAD

Hey everyone! Look at me with my fancy French words. Not to worry. This is basically just a garden salad with canned tuna fish on it.

OK, maybe not that simple. But simple enough, and another bastardization of a French classic that is sure to have every French chef who gets a hold of this cookbook hunting me down and kicking me in the balls.

If you can get your hands on quality oil-packed tuna, by all means use it. If all you can find is canned tuna in olive oil, it will do. Canned tuna lasts on the shelf for ages, and it's for more than just tuna sandwiches.

If you don't believe me, ask my cat.

INGREDIENTS

6-8 ounces tuna packed in olive oil
2 potatoes, yukon golds if you can get them
6 ounces green beans
mixed greens (spring mix or any salad mix)
1 small can whole black olives
2 anchovies, chopped
1 medium tomato, diced
1/2 red onion, sliced
1/4 cup olive oil
2 tablespoons sherry vinegar (or red wine vinegar)
1 teaspoon dijon mustard
salt and pepper

DIRECTIONS

In a pot of boiling salted water, add the potatoes that you've peeled and chopped into 1 inch cubes.

Boil until they're knife tender, about 8 minutes.

Add the green beans to the pot and cook for 2-3 minutes.

Strain the vegetables throw them into a bowl of ice water to stop the cooking process. This will also keep your beans green.

Place your mixed greens into a bowl, then top with the strained potatoes and green beans.

Add the black olives, the chopped anchovies, the diced tomato, and onion.

Now make the vinaigrette.

Whisk the olive oil and vinegar together until emulsified. Add the mustard, salt, pepper and continue whisking. Taste and adjust for seasoning as needed.

Dress the entire salad with the vinaigrette. Cover everything with it.

Spread the tuna all over the top of the salad.

Serve.

BEER BATTER FOR FISH

To be honest, this batter is good on just about anything — not just fish. You could make this batter, dip an old pair of underpants in it, deep fry it, and I'd eat it (as long as you didn't tell me what it was first). Honestly, it's that good.

That said, it's best on fish. Sole, Cod, Halibut — even vegetables like onions, sweet potatoes, broccoli, and green beans. This beer batter recipe is not quite tempura batter, but it's close enough.

INGREDIENTS

- 3/4 cup flour
- 3/4 cup corn starch
- 1/2 teaspoon baking soda
- 1 tablespoon powdered sugar
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper (optional)
- 12 ounces pale ale or IPA of your choice
- Peanut oil for frying
- Extra flour for dredging

DIRECTIONS

In a mixing bowl, stir together all dry ingredients.

Add the beer and use a whisk to blend it all together.

Heat the peanut oil to 375° F.

Dredge your ingredients in flour first, then into the batter.

Fry until golden brown.

Drain, then serve.

If you're making fish tacos, cut your fish into fish stick sized batons before frying.

Place the fried fish on a warm 6-inch flour or corn tortilla, top with cole slaw, salsa, a wedge of avocado, and you're good to go.



*My death row meal - roasted chicken over a bed of pan
roasted rosemary potatoes. Make this for me, then you can
turn on the juice and let me sail off into the sunset.*



ABOUT THE AUTHOR

Phil Nigash is most widely known as the host of the podcast “My Life as a Foodie” as well as his new cycling series “Spokes”.

He hates talking about himself, so he’ll keep this short. He’s always wanted to write a cookbook, but never thought anyone would read it. So instead of investing three years of his life, he invested three days and wrote this.

If you’re interesting in reading or listening to more of what he has to say about food, visit mylifeasafoodie.com If you like riding bikes, or watching other people ride bikes, visit his other web site cyclingoc.com.

Special thanks to James Spencer at basicbrewing.com