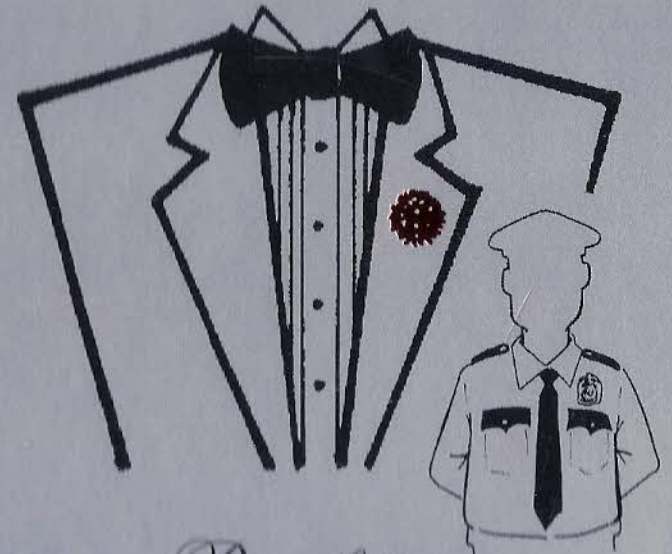




## **MEN WHO COOK XVIII**



*Benefiting  
Seabrook Police Officers Charities  
&  
Rotarians of Seabrook Charities*

## 2012 - 18<sup>th</sup> Annual "Men Who Cook"

### *A Note of Gratitude*

The goal of the Seabrook Rotary, the Seabrook Police Officers' Association Charities and Men Who Cook is to make a difference in our community. The funds from this event are used to sponsor key organizations, fund the scholarship program and aid individuals during a time of need. We are extremely fortunate to live in a community where our police department so visibly and positively demonstrates their concern for its citizens. This event requires many hours to ensure its success. We continue to be awed by the number of people in Seabrook who are so willing to devote their most valuable asset, their time, to this worthy cause. We extend our special thanks to the many volunteers that continue to provide their support of **MEN WHO COOK!**

Our sincere gratitude is extended to everyone who helps to make this worthwhile event possible. Thanks to each one of our dedicated volunteers – including those who quietly work behind the scenes. A special thanks to our Celebrity Chefs who donate their culinary expertise, their special recipes and most of all their valuable time. Each and every one of you makes this event possible and successful by your continuing support. Thanks again to our guests, our committee members and our group of dedicated, talented Celebrity Chefs. We are especially grateful for our generous sponsors, whose financial support makes this event possible. Without each and every one of you, the Seabrook Rotary and the Seabrook Police Officers' Association Charities would not be able to lend their support to those in need. We look forward to seeing you all next year!

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## Seabrook Police Department Administration & Staff 2012

### Administration

Chief Nona Holomon, *Chief*  
 Sean A. Wright, *Captain*  
 Marc Hatton, *Patrol Lieutenant*  
 Bryan Brand, *Operations Lieutenant*  
 Officer Charles "Jeff" Galyean, *EOC*  
 (*Emergency Operations Commander*)  
 DeAnna Bell, *Records Clerk*

### Sergeants

Craig Barton, *Patrol Sergeant*  
 Don Hough, *Patrol Sergeant*  
 Robert Gonzales, *Patrol Sergeant*

### Detectives

Dave Imbrie, *Detective Sergeant*  
 Clinton Morris, *Detective*  
 Mike Pickell, *Detective*  
 Robert Warner, *Detective*  
 Ross Breeding, *Detective*

### DOT / Commercial Enforcement Division

Officer Jason Smith  
 Officer James Currie

### Patrol Division

|                      |                         |                       |
|----------------------|-------------------------|-----------------------|
| Officer Ken Mayes    | Officer Gary Konvicka   | Officer Rebecca Ojeda |
| Officer Berna Dupre  | Officer Charlie Skinner | Officer Richard Gorom |
| Officer Larry Moore  | Officer Hulen Bryant    | Officer Mike Krumrey  |
| Officer Leon Waltman | Officer Will Haskett    | Officer Mike LaFosse  |
| Officer James Hill   | Officer Austin Schwartz | PPO Officer Dan Kirby |

### Communications

TCO Randy Ratliff  
 TCO Lenora Weinel  
 TCO Alana Rohlf  
 TCO Amy Woods  
 TCO Becca Nelson

### Animal Control

Danny Marshall, *ACO Supervisor*  
 Alex Ovalle, *ACO*

## Thank You

Our sincere "Thank You" goes to these businesses and individuals who have dedicated their time, services and talents for our collective enjoyment.

Our Celebrity Chefs  
Lakewood Yacht Club and Staff  
Pee Wee Bowen Band  
Sundance II at Waterford  
Sign Quick  
MI Printing  
One Stop Party Shop  
The Scene Magazine  
Crown Trophy  
Bay Area Houston Magazine

### 2012 Men Who Cook Committee

Police Chief Nona Holoman  
Detective Robert Warner  
Officer Robert Gonzales  
Office Rebecca Ojeha  
Jeremy Hood  
Rosebud L. Caradec  
Charlotte Gioannetti  
Diane Royal



#### Seabrook Rotary Members

Rosebud L. Caradec  
Charlotte Gioannetti  
Glenn Royal

Anna DeWald  
Jeremy Hood  
Pat Carr  
Lisa Cook

Edie Houlden  
Patty Kane  
Tom Deigelman

#### Community Volunteers

Alan Gioannetti  
Elaine Guyote  
Jackie Tingle  
Ronica Hall  
Janet Hood  
Diane Royal

## Thanks to our Sponsors

And a very special "Thank You" to these sponsors who made this event possible through their generous financial donations.

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## The Pee Wee Bowen Band

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*"With Class"*

Pee Wee Bowen — Vocals, Harmonica

Sylvester Muratta — Trombone, Vocals

Lou Sanchez — Trumpet, Vocals

Kelly Brunson — Saxophone, Vocals

Jim Fulton — Guitar, Vocals

John Bockelman — Keyboards, Vocals

Ronnie McLaughlin — Drums, Vocals

Jeff Warner — Bass

[www.peeweebowenband.com](http://www.peeweebowenband.com)

**281.337.4169**

*Voted Best of the Bay in 2007*

## Years of Participation

**18 YEARS** — Chris Kuhlman

**17 YEARS** — Rick Clapp  
Alan Franks  
Jack Fryday  
Joel Powers

**15 YEARS** — Tom Davies  
Hans Mair

**14 YEARS** — David Imbrie

**12 YEARS** — Charlie Clemmons

**10 YEARS** — Trey Hafely

**9 YEARS** — Chip Boteler

**8 YEARS** — Robin Riley  
John Collins

**7 YEARS** — Mayor Gary Renola  
Andrew Lobeck  
Ray Cook  
Steve Hegyesi  
Chris Kurzadowski

**6 YEARS** — Richard Tomlinson  
Bruce Dresner  
Paul Dunphey  
Glenn Royal

**5 YEARS** — Thom Kolupski  
Glenn Robinson

**4 YEARS** — Nick Geeslin  
Tom Michel

**3 YEARS** — Michael Giangrosso  
Kim Morrell  
Tom Deigelman

**2 YEARS** — Darrell Pica  
Brent Evans  
Kyle Rogers  
Tony McCullum

### WELCOME TO OUR 1<sup>ST</sup> YEAR COOKS

Tom Adovasio  
Charles Buchanan  
Pier Castillo  
Wayne Christopher  
Todd Fuqua

Jay Joslin  
Link Livingston  
Charlie Grizzle  
Dr. Jamie Miles  
Matt Paulson

Barry Tarrell  
Randy Thomas  
Rick Wade  
Dr. Dustin Young

## Rotary Club of Seabrook



Friends and Neighbors, did you know that the Rotary Club of Seabrook leaves a mighty big footprint, and not just on our Bay Area communities but around the world? It's true. We're very proud of our accomplishments and we want to toot our own horn. It's a pride that can be shared by the entire community, too.

### From the Seabrook Rotary Club comes:

- Funding for the Summer Reading Program at Evelyn Meador Library (benefits 500 kids);
- The covered Pavilion at the Swimming Pool Sponsorship of the annual Breakfast with Santa event; and support for other events like the annual Easter Egg Hunt and Trash Bash with its cooking team.
- Providing volunteers to support "Men Who Cook" honoring Seabrook Police Officers Association Charities.
- Teaching the "Success at Work" curricula at Seabrook Intermediate twice annually (CCISD has approached us with an interest to facilitate this course district wide);
- Supporting the Seabrook Association "Pelican Ball" to help fund the Veterans Memorial project.
- Funding for adult continuing education classes at San Jacinto College;
- And, founded in 2000, a program to distribute millions of school books to South Africa (now branching to other third-world counties). Since 2006 over 1.1 million books have gone to South Africa, plus eighty (80) shipping containers that have since been converted to labs, libraries, classrooms and other valuable uses. Seabrook Rotary, under the inspiration, direction and tireless efforts of Charlie and Barbara Clemmons, have gained worldwide recognition and respect for this enormously successful undertaking.

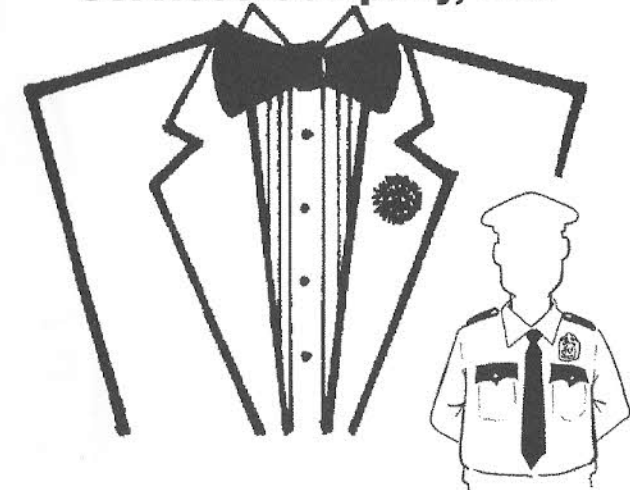
Check it out at <http://www.rotarybooksfortheworld.org>.

Rotary International is comprised of over a million everyday-ordinary people doing extraordinary things, unencumbered by bureaucracy, and making a huge difference to the benefit of mankind. Rotary is perhaps best known for its efforts to eradicate polio around the world. That objective is now nearly a reality. Rotary's newest global initiative, again managed by the Rotary Club of Seabrook and logistically supported by the United Nations, is to reduce mortality in third world countries caused by unsafe drinking water and poor sanitation. The Seabrook Rotary meets for breakfast at 7am, each Thursday at Lakewood Yacht Club. Please feel free to join us and learn how you can become a member. Check out our website for more information <http://www.seabrookrotary.org>.

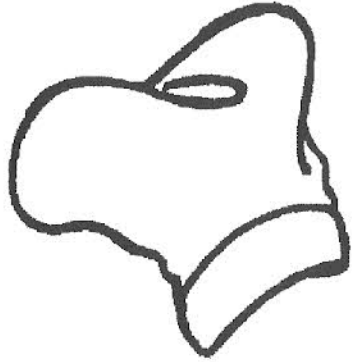
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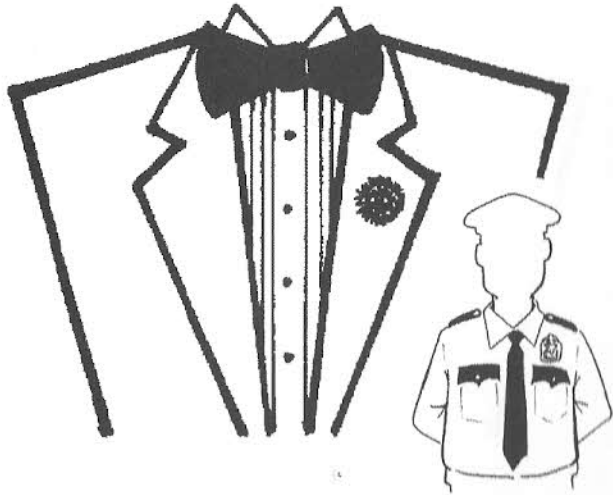
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## Dr. Miles' Hot Spinach Artichoke Dip

**Dr. Jamie Miles**

**Miles of Chiropractic Clinic LLC**

### INGREDIENTS

2 lb. Spinach, frozen and chopped  
2 - 14 oz. cans Artichoke Hearts, in brine  
2 jars Ragu Alfredo Sauce  
1 - 16 oz. bag Mozzarella, shredded  
1 - 16 oz bag Three Cheese Italian blend, shredded  
1 - 8 oz. bag Parmesan, grated  
5-6 pieces Bacon, crispy  
2 Tbsp. Bacon Grease  
2 Tbsp. Garlic, minced

### DIRECTIONS

Mix spinach and processed (fine chop) artichoke hearts in pan and make warm. Drain off the liquid, add garlic, grease and Alfredo sauce with some cheese. Spray Pyrex with no stick spray and add mixture and cover with cheese and bacon crumbles. Cover and cook on 375°F for 20 min. Then uncover for 10 min. and serve. Enjoy with corn chips, bagel chips or pita chips.

### BIOGRAPHY

Hello Seabrook! My name is Doctor Jamie Miles. I have been practicing chiropractic in this area since September 2001. I am a graduate from Parker College of Chiropractic class of August 2000. I reside here in Kemah with my wife Lejla of 12 years and our son Cj; who will have his 4th birthday May 2012. I own and operate Miles of Chiropractic Clinic LLC out of gateway Chiropractic's beautiful facility here in South Shore. I run a family practice and treat infants to geriatrics in my practice. I offer a wide range of chiropractic techniques to treat spinal and extremity problems. I offer the standard full force adjustments as well as medium and light force techniques to use with even the most sensitive cases. The Activator instrument is the most popular light force technique I use and is very well received by those who are uneasy about having their bones popped. I also offer Upper Cervical Specific technique which is one of the oldest and most powerful chiropractic techniques out there. This technique is a single adjustment to the top vertebrae in your spine which can often act like a light switch to turn on your nervous system. We take most insurance plans as well as Medicare at Miles of Chiropractic Clinic. So if you have a chiropractic problem "We Will Go The Extra Mile To Help You Feel Better".

## Baked Meatballs and Sauce

**Wayne Christopher**

**SERVINGS:** 4

**PREP TIME:** 15 min.

**COOK TIME:** 25 min.

### INGREDIENTS

1 Tbsp. Olive Oil  
1/2 Green Onion, finely chopped  
3 Garlic cloves, minced  
1/2 lb. Veal, ground  
1/2 lb. Beef, ground  
1/2 lb. Pork, ground  
1/2 c. Parmesan Cheese, grated  
2 Eggs  
1/2 tsp. Salt  
1/4 tsp. Pepper

### DIRECTIONS

If possible, have the butcher grind together the three different meats. Be sure to wash your hands thoroughly after handling raw pork. Heat oven to 375°F. In a skillet, over high heat, cook onion 5 min., stirring frequently, until softened. Add garlic and cook 1 min. more. Transfer to a bowl and mix in ground meats, cheese, eggs, salt, and pepper. Roll into golf ball-size meatballs. Place on a jelly roll pan. Bake 20-25 min., until browned and cooked through.

### STROGANOFF SAUCE:

### INGREDIENTS

1 Tbsp. butter  
1/2 c. Spanish Onion, finely chopped  
3 oz. small White Mushrooms, chopped  
1/4 c. Dry Red Wine  
1 c. Beef Broth, not low sodium  
1/4 c. Sour Cream / Yogurt  
1 tsp. Dijon Mustard

### DIRECTIONS

Melt butter in skillet, add onion and cook 3 min. until softened, add mushrooms. Cook 10 min., stirring occasionally until mushroom liquid evaporates. Add wine, cook 5 min. Stir in beef broth and cook 10 min. until mushrooms are coated with a thick sauce. Stir in sour cream and mustard add meat balls. Reduce heat to low and cook 2-3 min., until meat is heated through. Season to taste with salt and pepper.

### BIOGRAPHY

**HOBBIES** — Sailing, Golf, Hunting, Community Service, Elks, Past State President Seabrook Rotary Member, TMCA, Past Commodore, Yachty Gras, President WCID 12, Past Board Chairman, Lazy Bend HOA, Past President

## Deviled Eggs

**Bruce Dresner**

**YIELD:** 24 servings. Enjoy.

### DIRECTIONS

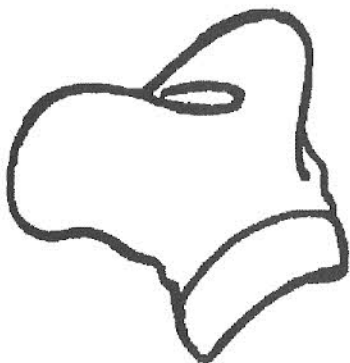
Hard boil a dozen eggs and let cool; slice in half the long ways and retain the yolks; mash the yolks and mix with mayonnaise and sweet pickle relish, adding a dash of red pepper if you wish; spoon this mixture into a Ziploc freezer bag and put in fridge to cool.

Arrange egg halves on a serving platter; take the Ziploc with yolk mix and cut off a corner of the bag (1/2 in.) and squeeze yolk mix into each egg half. You can garnish with a sprinkle of paprika and slice of Spanish olive if you like. Refrigerate until time to serve. Enjoy!

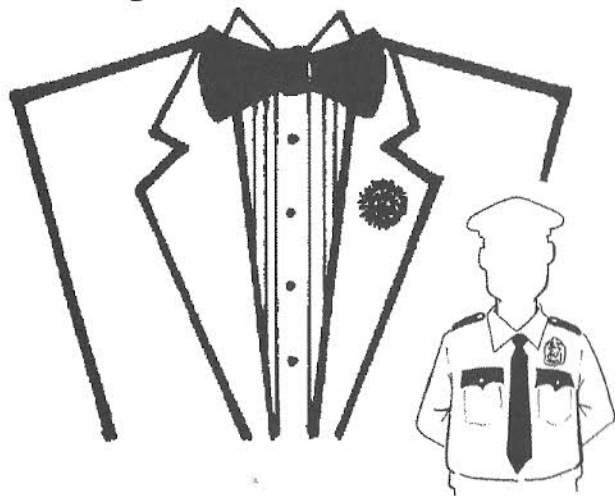
### BIOGRAPHY

I am an independent oilman who has lived in Seabrook for the last twelve years with my two sons and stupid cat. I am active in the community and have been on Seabrook Economic Development Committee for the last eight years. In my spare time I enjoy sailing on Galveston Bay with my friends, rebuilding vintage sports cars and motorcycles and barbecuing along with participating in whatever other mischief comes along.

## "MEN WHO COOK" SPONSOR



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## Hanzee's Crab Cakes

**Hans Mair**

**SOURCE:** Sundance Grill II

### INGREDIENTS

1/2 lb. fresh Salmon, poached  
1/2 lb. jumbo lump Crab meat  
2 Tbsp. Bread Crumbs  
1 Egg yolk  
1 whole Egg  
Few drops Tabasco  
10 drops Worcestershire sauce  
1 stick Celery, finely chopped  
1/4 Green Bell Pepper, finely chopped  
1/4 Red Bell Pepper, finely chopped  
1/4 medium Yellow Onion, finely chopped  
1 Tbsp. Parmesan Cheese  
Salt & Pepper, to taste  
Olive Oil  
1 Tbsp. Lemon Juice

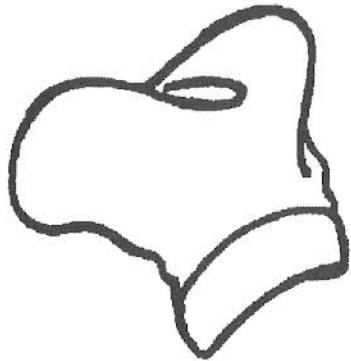
### DIRECTIONS

In olive oil, sauté yellow onion for a few minutes before adding red pepper, green pepper, and celery for 2 min. In a large bowl, add sautéed ingredients to all the rest of the ingredients. Mix thoroughly. Make 1 oz. cakes for finger food, 2 oz. cakes for appetizers, and sauté in olive oil for about 2 min. on each side, until golden brown.

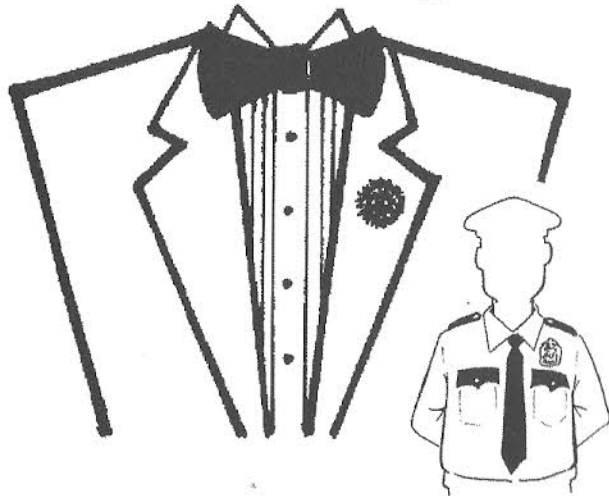
### BIOGRAPHY

Professional chef trained in Europe, traveled around the world as chef on the S.S. Rotterdam / Holland America Lines. Worked in the Bahamas and Montreal. Managed Vargo's for 26 years. Married to Darby. Father of 3 children. Enjoy flying, cooking and water skiing.

## "MEN WHO COOK" SPONSOR



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## Apricot Kielbasa

**Thom Kolupski**

**SOURCE:** This is new spin on an old Polish staple. My grandmother used to serve a rendition of this recipe during the holiday seasons at family get-togethers. Perfect for party appetizers or even a meal. One of my daughter's favorites.

**YIELD:** 48 Individual servings

### INGREDIENTS

1 lb. Kielbasa / Polish Sausage, fully cooked, cut into 1/4" slices  
1 - 12 oz. jar Apricot Preserves  
2 Tbsp. Lemon Juice  
2 tsp. Dijon Mustard  
1/4 tsp. ground Ginger

### DIRECTIONS

In a large skillet, brown the sausage; drain and set aside. Add the remaining ingredients to the skillet; cook over low heat for 2-3 min. or until heated through, stirring occasionally. Return sausage to the skillet; cook for 5-6 min. until heated thoroughly. Serve warm.

### BIOGRAPHY

Elected to Seabrook City Council in November of 2009. I have served the City of Seabrook in some manner for the last 9 years, previously serving on the City of Seabrook Master Plan Committee, and Planning and Zoning Commission. An 11 year resident of Lake Cove in Seabrook with my wife Tamara, daughter Paige, a freshman at Clear Falls High School, my youngest son Evan, a junior at the University of Houston in Construction Management and oldest son Colin, a Texas State Trooper. I have an Architectural / Engineering Consulting firm, TGK + Associates, specializing in commercial, retail and hospitality type projects, office buildings, retail malls and strip centers, hotels, restaurants, etc. I have been involved in sports, with a passion for soccer and auto racing, for over 25 years, both as participant and coach.

## Ribeye Fondue

**Kim Morrell**

### INGREDIENTS

Ribeye Steak  
Special Marinade

### DIRECTIONS

Fondue and serve Hot

### BIOGRAPHY

Resident of Seabrook for Six Years. City of Seabrook Mayor Pro Tem. Member of Economic Development. Vice President of Seabrook Crime Control District. Board Member / Bay Area Houston CVB. Board Selection Committee Member / Beacon Federal Credit Union. Fund Raising Chairman for the Boy Scouts of America (Sam Houston District). Singer in the JR. League Charity Ball annually to raise money for Texas Children's Hospital. Judging Contest Committee / Houston Livestock Show & Rodeo

Married to Elizabeth for 11 years and have two wonderful sons Matthew and Cade. I like classic rock, restoring old cars, riding motorcycles with Liz, working on our boat and spending time with the boys working on sailing and scouting activities.

## Sausage Balls

**Kyle Rogers**

### INGREDIENTS

1 lb. Pork Sausage, ground  
2 c. Biscuit Baking Mix  
1 lb. Sharp Cheddar Cheese, shredded

### DIRECTIONS

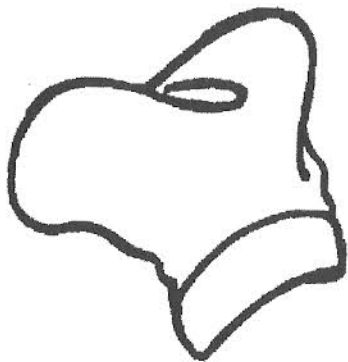
Preheat oven to 350°F. In a bowl, combine sausage, biscuit and cheese. Form into little balls and place on baking sheets. Bake at 350°F for 20 to 25 min. Sausage should be a golden brown color.

### BIOGRAPHY

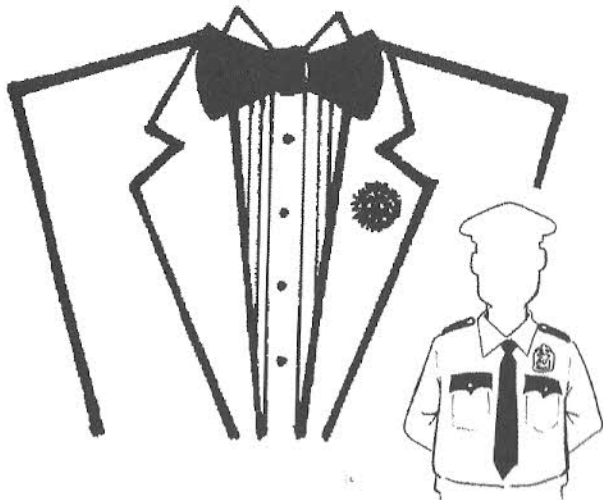
I am an "Island Brat", attending Ball High School, Galveston, TX and was fortunate in my sports aptitude to be chosen to play professional baseball for four years in the Texas Rangers organization. Currently, I hold the position of Vice President of Operations, for the new outstanding organization, YourTownTV.com, a Web cast and video production company, providing the good news of Bay Area Houston. My passion for sports comes alive in my high school sports segment, "Game Time", which can be seen weekly on our Web cast.

I live in Seabrook with my beautiful new bride, Jennifer and our two dogs, CeCe and Buddy. This is my first time to cook in Men Who Cook, but I am looking forward to doing so for many times to come.

## "MEN WHO COOK" SPONSOR



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## Shrimp Diablo

**Link Livingston**

### INGREDIENTS

20-25 ct. Shrimp  
Maple Smoked Bacon  
Green Bell Pepper, sliced  
Jalapeño Peppers, sliced  
BBQ Sauce

### DIRECTIONS

Cut bacon into 6" strips. Peel and devein shrimp. Layout bacon strip and place 1 shrimp, 1 slice green pepper and 1 slice jalapeno cheese on the bacon. Roll up in the bacon and secure with a toothpick. Repeat until all are done. Baste the rolls with BBQ sauce and grill until bacon is crispy. Baste again and serve.

### BIOGRAPHY

I attended college at Texas Tech University and the Culinary Art Institute of Houston. I was a celebrity chef for 6 years and am now the Executive Chef for Tabella Restaurant at Clear Creek Winery. I enjoy hunting and fishing. I am a cancer survivor and am involved with the Sunshine Kids, Make a Wish Foundation and CanCare.

# Sesame Chicken

## **Mayor Glenn Royal**

Moist chunks of chicken are studded with sesame seeds for a great pick-up hors d'oeuvre. This can be served individually or atop a spinach salad.

**SOURCE:** Treebeards

### **INGREDIENTS**

1 1/4 lb. boneless Chicken Breast  
1 tsp. Herbs de Provence  
1 tsp. Salt  
1 tsp. Black Pepper  
1/4 c. Buttermilk  
3 Tbsp. Bread Crumbs  
3 Tbsp. Sesame Seeds  
2 Tbsp. fresh Parsley, chopped  
1 Tbsp. Butter or Margarine, melted

### **DIRECTIONS**

Arrange chicken in a glass baking dish. Combine herbs de Provence, salt, pepper and buttermilk. Pour over chicken. Cover and refrigerate 2 to 3 hours, turning chicken occasionally. In a small bowl, combine bread crumbs, sesame seeds and chopped parsley. Pour melted butter in a 9x13 inch baking pan. Rotate to evenly distribute butter and pour out any excess. Remove chicken from buttermilk and arrange in baking pan. Sprinkle bread crumb mixture over chicken. Bake at 350°F for 25 to 30 min. or until chicken is golden brown and cooked through. Remove from oven. When cool, cut into 1/2" strips, then into 1" cubes. Serve cold.

### **BIOGRAPHY**

Glenn's interest in cooking was inspired by his mother who presented him with an Easy Bake Oven and a Betty Crocker cook book as a Christmas present. This made him the only eight-year old boy in the neighborhood with a GI Joe and an Easy Bake Oven. Burning those little cakes started him on his love affair with cooking that has stretched his culinary talents to the famous barbeque spaghetti dinner he once served to his wife, Diane. Rest assured, that dish went down in history in the Royal household. When not surprising Diane with his culinary skills in the kitchen, he can be found working with the Royal Harbor Group at Morgan Stanley Smith Barney as a Senior Portfolio Manager and Certified Financial Planner. Glenn has the honor of being the mayor of Seabrook and club president of Seabrook Rotary Club. He serves on the executive board of Bay Area Transportation Partnership, a regional mobility advocacy group and represents the city of Seabrook as a member of several organizations including Bay Area Houston Economic Partnership and Economic Alliance.

## Thanksgiving Chili

**Nick Geeslin**

### INGREDIENTS

Ground Turkey  
Ranch Style Beans Original  
Water  
Chili Powder  
Cumin  
Garlic  
Salt  
Onions

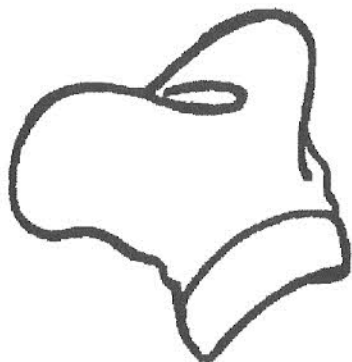
### BIOGRAPHY

I came from the mountains of East Tennessee - my right leg is still just a bit longer than the left from walking to school on the side of the mountain.

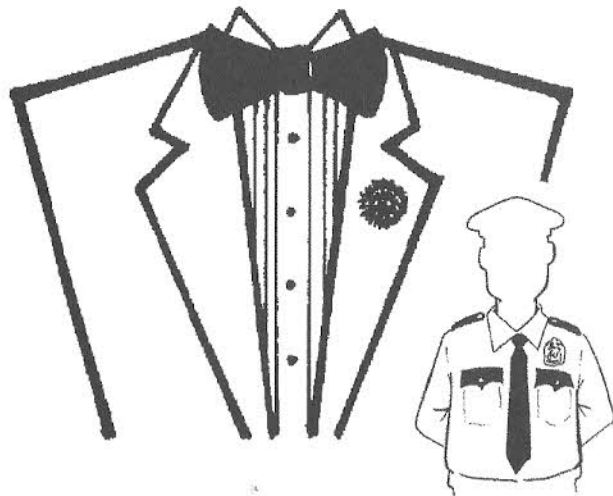
For the first 16 years of my business life, I sold gas and electric ranges for a manufacturer in Tennessee. Many was the day I put on cooking shows at sales meetings and various groups for the natural gas industry in many states. It was a really fun job until the company was sold to Maytag. So, I made it to Texas as fast as I could, and now live in Clear Lake with my lovely wife Logan.



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## Crab Bisque

**Trey Hafely**

### INGREDIENTS

3 Tbsp. Butter  
1 small Onion, minced  
1 tsp. All-purpose Flour  
1 qt. Whole Milk  
1/2 Tbsp. Onion, grated  
1/8 tsp. ground Mace  
1/8 tsp. ground Black Pepper  
1/2 tsp. Worcestershire Sauce  
1 tsp. Salt  
3 Tbsp. Crab Roe  
2 c. fresh jumbo lump Crab Meat  
6 Tbsp. Dry Sherry  
2 c. Heavy Whipping Cream, whipped  
1 Tbsp. fresh Parsley, chopped

### DIRECTIONS

Fill the bottom of a double boiler halfway with water. Bring to a low boil. Melt butter in top of double boiler, add flour and stir until smooth. Gradually add milk, stirring constantly until smooth. Add onion, mace, black pepper, Worcestershire sauce, and salt. Cook for 3-5 min. Put the heavy cream in a blender and whip till thick then add to the ingredients; add crab roe and lump meat and sherry. Cook over simmering water for 20 min. To serve, ladle soup into bowls, add a splash of sherry to the middle, and sprinkle with fresh snipped parsley.

### BIOGRAPHY

Trey is a native Houstonian along with his wife, Laurie, another native Houstonian, their two daughters: Hannah Scout (15 years) and Haleigh Savannah (14 years), one son: Hudson Sagar (6 years) and a bevy of dogs. They are extremely blessed with gifted girls who have danced since the ages of 3 with RAFA, the Houston Ballet, and are principle dancers with The Met in Houston. They also go to state annually for both voice and piano. On top of all of that Laurie does an incredible job home schooling all three. Trey and Laurie recently celebrated their 25th anniversary in February. His enjoyment of big game hunting and salt water fishing as hobbies is only exceeded by volunteerism as a way to give back to the community. In addition to "Men Who Cook" he volunteers with "Keels and Wheels", TMMSN (Texas Marine Mammal Stranding Network), is certified volunteer fire fighter and first responder for Seabrook, ISACA, Infragard, and sits on a couple of executive boards. Cooking and experimenting with food was a passion instilled very early in life, with parents that owned a number of successful restaurants. This is carried over to his wife and kids today who watch the cooking channel constantly and create their own dishes.

## Two Beef Black Bean Chili

**Tom Diegelman**

### INGREDIENTS

3 lb. Lean Ground Beef  
2 lb. Beef Tips  
3 Tbsp. Olive Oil  
3 c. Beef Broth  
2 - 15 oz. cans Black Beans  
2 - 14 oz. cans Tomatoes, diced (do not drain)  
2 - 14 oz. cans Green Chilies and Tomatoes, diced  
2 - 15 oz. cans Tomato Sauce  
2 - 6 oz. cans Tomato Paste  
3 Tbsp. Cider Vinegar  
2 large White Onions, diced finely  
2 large Green Peppers, diced finely  
2 cloves Garlic, diced finely  
1 pkg. "Two Alarm" Chili Kit

### DIRECTIONS

In a large pan, heat the brown the ground beef with 1/2 c. water, continuously break up large pieces with a spoon or spatula. Add Tony Chachere's and Worcestershire sauce and onion powder to meat while cooking. Drain water once meat is not pink. Once browned drain fat off ground beef. (Optional: run hot water over beef to remove all grease) Put the browned ground beef to the crock-pot. In a large pan, heat the beef tips, searing the outside in 3 Tbsp. of olive oil, Tony Chachere's and Worcestershire sauce. Once browned drain fat off ground beef. Dice the beef into small 1/4" chunks. Put the seared beef tips into the crock-pot. In a large pan, add onions, garlic and green bell pepper; cook over medium heat with stirring until the onions are soft and translucent. Add to crock-pot Add the garlic, ancho chili powder, pasilla chili powder, cumin, sugar, thyme, cayenne powder, oregano, and black pepper, beef broth, diced tomatoes, tomato sauce, tomato paste, cider vinegar and chipotle peppers and "Two Alarm" ingredients except masa. Use high heat and cook for 4 at least hours. Stir periodically. Pour the beef broth into a cup and mix with masa. Pour mixture into the crock-pot, along with black beans. Stir to mix well. Reduce heat to low and simmer for at least 2 hours before serving or refrigerating. Stir periodically.

### BIOGRAPHY

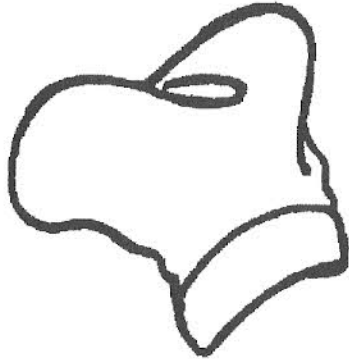
Tom Diegelman has lived in the bay area for 31 years, and has been a resident of Seabrook for 8 years. For all 31 years he has been employed at JSC, 23 of which for NASA. He is currently a project manager in Mission Operations in the Mission Control Center working on the 21st century Remote Access Mission Control Center. This is the fulfillment of a childhood dream of public service in the pursuit of American supremacy in outer space. He even answers to the name "Rocketman".

Tom has served as both the president and the vice-president of the JSC Chapter of the National Management Association. He has also served two terms as president of the Crimestoppers of the Bay Area, and is a 40-year Senior Member of the American Institute of Aeronautics and Astronautics. He has three children, Lindsay (Finkel) (27), Bryan (25), and Erica (21), and 2 beautiful granddaughters Kaitlyn and Paige. His family is the center of his life. He moved from Clear Lake to Seabrook to provide a healthy family environment for them. That belief in the Seabrook community energized Tom become involved in the City of Seabrook serving on the Board of Adjustments. He stepped up to a very difficult race

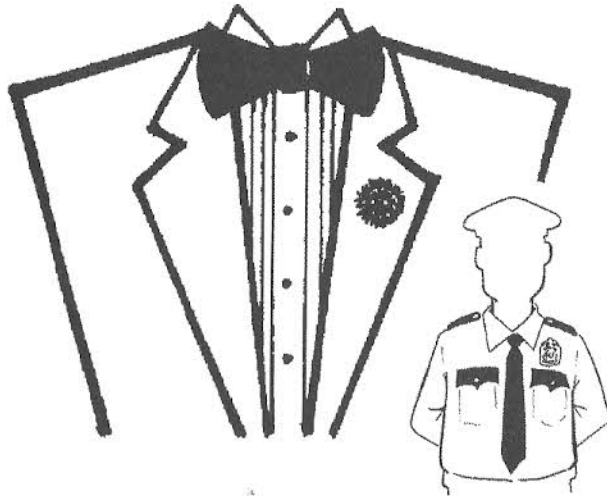
## Two Beef Black Bean Chili CONTINUED . . .

for Seabrook Council in 2006 and won two terms as Position 5 Seabrook City Council. His hobbies include cooking his favorite dishes (Chili being one of the very favorite ones!), working on his classic GTOs, and writing. He and a team of "rocket men" have published two and are working on a third book in a series published by Apogee Press on the role of humans beyond earth orbit. Tom and his girl friend Pat Carr are active members in the Seabrook Association and the Seabrook Rotary. Tom was awarded The Seabrook Association "Citizen of the Year" in 2008 for his work on the Pelican Path Restoration. Tom has restored 19 of the 42 pelicans, and in addition, repaired those damaged by Ike. In his "spare time", he continues to be a speaker for JSC Educational Outreach and a Christian Education instructor at St. Bernadette's Catholic Church in Clear Lake.

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## "Gulaschsuppe" Austrian Goulash Soup

**Stephen Hegyesi**

**SERVES:** 4 people

### INGREDIENTS

1 lb. Beef Stew Meat, use a roast, cut in cubes  
6-7 big Onions  
1 qt. Beef Broth, from bouillon cubes  
4 oz. Oil  
1 level Tbsp. Hungarian Paprika  
1/2 tsp. Black Pepper  
1 tsp. coarsely ground Caraway  
1/2 tsp. Marjoram  
1 tsp. Salt  
1/4 tsp. Salt  
3 fresh Garlic Cloves, pressed or finely chopped  
2 Red Bell Peppers, cut into thin strips  
2 Carrots, chopped  
4 Tomatoes  
1/2 c. Red Wine  
All-Purpose Flour

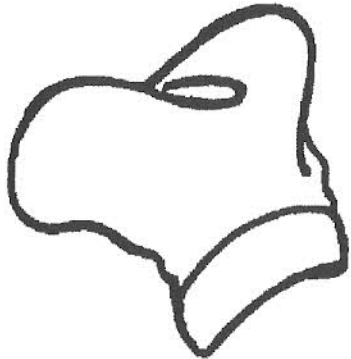
### DIRECTIONS

Chop onion in medium pieces. Cut meat into small cubes and remove all fat and skin, dust with flour. Prepare bouillon broth according to directions. Brown onions in oil remove after finished and mix in garlic. Brown meat cubes for 5 min. on all sides. Return onions to meat. Take off flame, add paprika, pepper, caraway, marjoram, salt and simmer covered for 1 hour. Remove skin from tomatoes and cut into cubes. After soup broth has cooked 1 hour, add bell pepper strips and tomato cubes with garlic salt. Cook 25 min. longer. Remove pot from burner and add red wine. Thicken soup with boiled, peeled potatoes (1 medium size) grated into the soup. Add a small amount of sour cream for a different flavor.

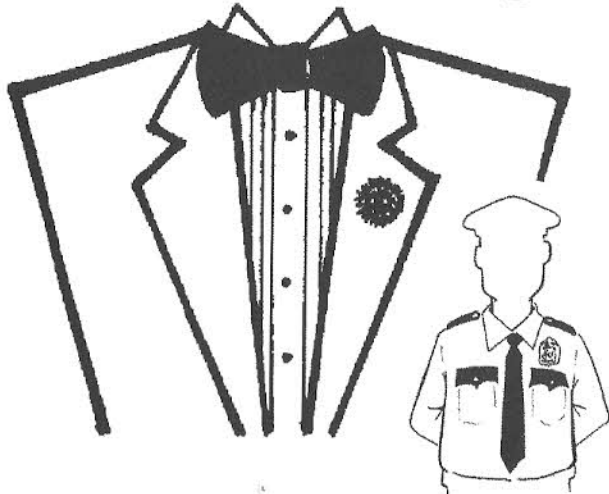
### BIOGRAPHY

Stephen (Steve) Hegyesi is of Hungarian / German decent. Born in Germany and having grown up in a family of excellent cooks, Steve's father specialized in Hungarian / Romanian and Italian cuisine, and his mother specialized in German and French cuisine. The Hegyesi family get-togethers are quite an epicurean delight. Having almost 30 in the immediate family, there is always a little rivalry as to who has the better recipe. Each sibling hosts family dinners to try out his or her latest recipes. Stephen loves to share his passion for cooking all types of cuisine with family and friends. Some of his favorite recipes include the featured, Austrian / Hungarian Goulash, Hungarian Paprikas with Spaetzle, German Beef Rouladen, German Sauerbraten, Hungarian Fish Soup with Matzo Balls, and French Dessert Crepes with fresh homemade fillings. Steve has developed his own special recipes for Pork Tenderloin (not butter fried) stuffed with Venison sausage, Standing Rib Roast, Red Cabbage, and Bar-B-Que Cabrito. He is the reigning LYC Chili Champion and has won several other company cook-offs. When not cooking, Steve is an avid sailor / racer at Lakewood Yacht Club, along with his wife, Marisa at the helm.

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## Swamp Shack Shrimp & Crab Gumbo

**Alan Franks**

**SOURCE:** Crazy Alan's Swamp Shack

**INGREDIENTS**

Shrimp  
Crab  
Bell pepper  
Chopped Okra  
Onion  
Celery  
Cajun Spices

**DIRECTIONS**

Old Cajun Family Recipe

*(If you were to see the real recipe your life might be in danger LOL!)*

**BIOGRAPHY**

Born in Lubbock, Texas. Moved to Texas City at the age of 4. Attended school in Texas City. Served as a member of the U.S. Navy Submarine Fleet from 1978 to 1982. Settled in the Clear Lake area in 1982. Working in the restaurant and club business from 1982 to the present. I was GM of Seabrook Beach Club for 12 years and owner for 2 years. Beach Club was bought out by Endeavor Holdings and closed Oct. 2007. Currently owner of Fire & Ice Crawfish, Alan's Seafood Market and Crazy Alan's Swamp Shack. I enjoy spending time with my two sons, Blake 14 years old and Jacob, 10 years old. Hobbies are golf, boating and working out.

## White Bean & Chicken Chili

**Tom Adovasio**

**SOURCE:** Giada De Laurentiis

We leave the corn and flour out for dietary reasons, but this recipe is awesome. Be sure to use Swiss chard and Cannellini beans. We have found ground chicken thighs cook better and we get those fresh ground from Whole Foods.

### INGREDIENTS

2 Tbsp. Olive Oil  
1 large Onion, chopped  
4 Garlic cloves, minced  
2 lb. Chicken, ground  
1 tsp. Salt, plus more for seasoning  
2 Tbsp. ground Cumin  
1 Tbsp. Fennel Seeds  
1 Tbsp. dried Oregano  
2 tsp. Chili Powder  
3 Tbsp. Flour  
2 - 15 oz. cans Cannellini / White Beans, rinsed and drained  
1 lb. Swiss Chard, stems removed, leaves chopped into 1" pieces  
1 1/2 c. frozen Corn, thawed  
4 c. low-sodium Chicken Stock  
1/4 tsp. crushed Red Pepper Flakes  
Black Pepper, freshly ground, for seasoning  
1/2 c. grated Parmesan Cheese  
1/4 c. fresh Flat-Leaf Parsley, chopped

### DIRECTIONS

In a large heavy-bottomed saucepan or Dutch oven, heat the oil over medium-high heat. Add the onion and cook until translucent, about 5 min. Add the garlic and cook for 30 sec. Add the ground chicken, 1 tsp. salt, cumin, fennel seeds, oregano, and chili powder. Cook, stirring frequently, until the chicken is cooked through, about 8 min. Stir the flour into the chicken mixture. Add the beans, Swiss chard, corn, and chicken stock. Bring the mixture to a simmer, scraping up the brown bits that cling to the bottom of the pan with a wooden spoon. Simmer for 55-60 min. until the liquid has reduced by about half and the chili has thickened. Add the red pepper flakes and simmer for another 10 min. Season with salt and pepper to taste. Ladle the chili into serving bowls. Sprinkle with Parmesan cheese and chopped parsley.

### BIOGRAPHY

Tom Adovasio, his wife Glenna and son Joe have been long time residents of Seabrook. They have not only enjoyed the boating and fishing in this wonderful area but have enjoyed the wonderful education opportunities for their son Joe. Joe attended Bay Elementary, Seabrook Intermediate, graduated from Clear Lake High School and is now attending Sam Houston State where he will be commissioned in the United States Army. Tom has worked in the High Tech industry for over 30 years. He is still employed in that industry for Idera Networks as a Major Accounts Manager, SharePoint Solutions. However, after watching some neighbors and friends become highly successful in supplementing their income and their retirement with Ambit Energy, he decided to jump onboard. Tom and Glenna have used Ambit Energy for the past 4 years as their electric provider and they will continue to save

## White Bean & Chicken Chili CONTINUED . . .

money on their electric while they make money as consultants. Tom is an Independent Consultant with Ambit Energy along with his wife Glenna. They look forward to supplementing their incomes and retirement as they continue to enjoy the incredible lifestyle that Seabrook has to offer for many years to come. This is their home!

## **Tom's Chicken Vegetable Surprise**

### **Tom Davies**

#### **BIOGRAPHY**

Born in Fort Worth, Texas when the stock yards were functional, I grew up in Waco, Texas. I have three children: Damon lives in Las Colinas, Texas working for non-profit foundation running multiple websites, Denton is teaching technical theater at a high school in Leander, Texas, and is married to my daughter-in-law Lesley. And my baby girl, Victoria, is in her senior year at the University of Houston Clear Lake, majoring in education. I work for Rose Metal Processing as a manager of operations and commercial accounts. Rose Metal recycles ferrous and nonferrous metals and markets material all over the world. I am also employed by Proler Southwest, a Sims Metal Management company purchasing prompt industrial and railroad material for recycling purposes. I am an original Seabrook Mullet member, charter Krewe member of Krewe Du Lac and a Mash BBQ Team cooker. I am a sponsor and team member of the Cold River Cattle Company at the Houston Livestock Rodeo BBQ cook-off, benefiting The Small Steps Program as well as The Sunshine Kids. While living in Seabrook, I have been a member of the Seabrook Ethics Commission, Eco-tourism, Sister City committee, and 2 times on the Charter Review committee. I attend Saint Mary's Church in LaPorte.

I enjoy listening to music being played in our area 7 nights a week. I enjoy boating, fishing and cooking for and with my friends on a regular basis. I can think of no other place in Texas I would rather live.

I would like to personally thank each and everyone that helps organize and attends this function for your support of the Seabrook Police Officers Association. I would also like to mention my friend and mentor to this function, Jimmy Dibello. "Ride with the wind Jimmy"

**LET THE GOOD TIMES ROLL!**

## Prime Rib

### **Barry Tarrell**

**SOURCE:** T-Bone Toms

#### **INGREDIENTS**

Prime Rib Roast  
1 Tbsp. Kosher Salt  
1 1/2 tsp. Pepper

#### **DIRECTIONS**

Remove the roast from the refrigerator and allow it to sit at room temperature for approximately 2 hours before cooking. It should not be cold when placed in the oven but do not allow to sit out for more than 2 hours. Prepare the roast while it is sitting at room temperature. First trim the fat if it is over 1" thick but leave at least a 1/4" thick. Preheat the oven to 450°F. Rub the roast, meat and fat, with salt and pepper. Place the roast in the roasting pan. Place in the preheated oven. Allow the roast to cook at 450°F for 15 min. Without opening the oven door, turn the heat down to 325°F and continue to cook for approximately 11-13 min. per pound. 30 min. before the end of the cooking time, check the temperature of the roast with an instant read thermometer. To cook to rare, remove the roast from the oven when the internal temperature is 115-120°F. For medium rare, remove it when it is at 125°F. The temperature of the roast will rise 5°-10°F during the resting period to bring the meat up to the temperature it should be for rare and medium rare meat.

#### **BIOGRAPHY**

Barry is married to Melissa for 24 years, they have three children . . . Reagan 21 a junior at Sam Houston State, Travis 19 a Freshman at Saddleback college in San Clemente, California, and Helena Terrell 17 a Senior at Clear Creek High School. Barry began in the restaurant business in 1983 in Beaumont Texas at Gallagher's Restaurant, he moved to the Houston / Clear Lake area in 1986. Barry worked on the Kemah Waterfront from 1990 to 1999. In 1999 Barry and Melissa purchased T-Bone Toms in Kemah, Texas. In 2011 Barry and Melissa purchased Tookie's Restaurant in Seabrook, Texas. Barry enjoys playing ice hockey every Wednesday night and going to the beach.

## Tookie's Sliders

**Barry Tarrell**

**SOURCE:** Tookie's

### INGREDIENTS

Ground Beef  
Season Salt  
Lettuce, shredded  
Lettuce  
Tomato  
Pickle Slices  
Onion  
American Cheese  
Bacon  
Mini Rolls  
Butter

### DIRECTIONS

Prepare all vegetables and have them in Stainless pans on Ice.

Portion ground beef into 2.5 oz. balls and press firmly on wax paper sheet to spread out approximately 1/4" of thickness. Cut each slice of american cheese into 4 even squares and separate on wax paper. Set griddle to 350°F. Cook bacon strips crispy and place on paper towels to drain. Melt a small amount of butter on grill and place a few mini buns at a time on butter. Toast to golden brown. Keep in a pan until ready to use. Cook patties on flattop grill pressing down only one time to even patty. Season evenly with season salt. Turn patty after a 1 1/2 min. on first side. Top with cheese and remove when done to medium well.

You have to work quick because the patties will cook fast because they are thin. Place sliders on mini buns and place one strip of bacon broke in half on the cheese. Dress the slider with lettuce, tomato, pickles, onions and serve. Have mayo and mustard ready to serve on the side.

## Beef Basil

**Andrew Lobeck**

**SOURCE:** Merlion Restaurant House Recipe

### INGREDIENTS

8 oz. Beef Sirloin, sliced  
2 oz. Yellow Onion  
2 oz. Basil  
1 Tbsp. Oyster Sauce  
1 tsp. Fish Sauce  
2 oz. Canola Oil  
Thai Chiles, optional  
1 tsp. Garlic, minced  
1/2 c. Chicken Stock

### DIRECTIONS

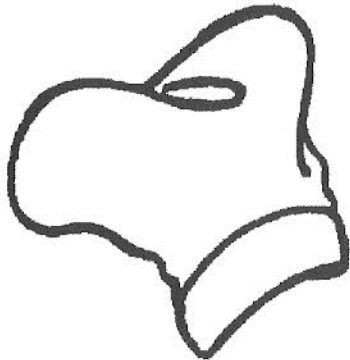
Heat 2 oz. canola oil until smoking hot, add beef, oyster sauce, fish sauce and garlic. Add yellow onion and Thai basil cook ingredients thoroughly. Finish off with chicken stock.

### BIOGRAPHY

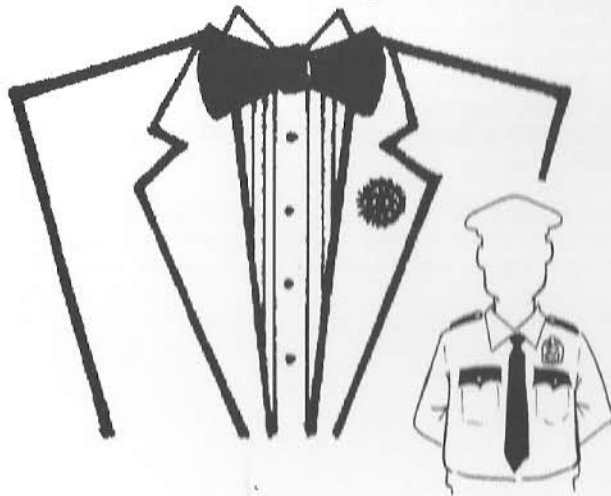
The Merlion experience begins with offering our guests complimentary wine tasting in a relaxed atmosphere with a scenic view, add to that a menu that boasts of Wild Game, Kobe Beef & Wild Caught Salmon. Chef Andrew with his innovative cutting edge Thai Cuisine has placed "Merlion" as one of the top ten Thai Restaurants in the Greater Houston Area. This year Chef Andrew & Merlion were selected to participate as the only Thai Restaurant at the Houston "Rodeo Uncorked & Best Bites Competition". Chef Andrew is committed to introducing our clientele to Bangkok cuisine at it's finest by continually introducing new & innovative dishes.



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## Brunswick Stew

**Glenn Robinson, Jr.**

**YIELD:** 4 quarts

### INGREDIENTS

1 medium Onion, chopped  
1 - 16 oz. can Stewed Tomatoes  
1 - 16 oz. can Sliced Potatoes  
1 - 10 oz. can Tomato Soup  
1 c. Water  
1 - 16 oz. can Whole Kernel Corn  
1 - 16 oz. can Lima Beans  
1 - 10 oz. can Barbecue Beef  
1 - 10 oz. can Barbecue Pork  
1 - 10 oz. can Barbecue Chicken  
Tabasco Sauce, to taste

DO NOT drain vegetables.

NOTE: Use Castleberry brand of barbecue meats when available.

### DIRECTIONS

Do Not drain vegetables. Place onions, potatoes, tomatoes, tomato soup and 1 c. of water in Dutch oven and simmer 30 min.

Then add the following ingredients (DO NOT drain vegetables): Corn, beef, chicken, lima beans, pork and Tabasco sauce. Simmer another 30 min. or longer. Add more water, if needed. Freezes beautifully.

### BIOGRAPHY

Mr. Glenn Robinson was born in Gastonia, NC, and grew up in Charlotte, NC. He attended North Carolina State University, where he graduated with a degree in Aerospace Engineering. Upon graduation he went to work with NASA at the Marshall Space Flight Center in Huntsville, AL with the Von Braun team, working on the Saturn V moon rocket.

He moved to the Clear Lake area in 1984, to work at the Johnson Space Center and retired from NASA in 2007. He is an avid sailor (a Past Commodore of Lakewood Yacht Club) and toy train collector.

## Buffalo Alfredo Pasta w/ Rock Shrimp

**Brent Evans**

**SOURCE:** Signature Bistro

### INGREDIENTS

1 qt. Cream  
8 oz. Parmesan Cheese  
Frank's Red Hot Sauce, to taste  
4 cloves Garlic  
1 Red Bell Pepper  
1 Yellow Bell Pepper  
1 Green Bell Pepper  
1/2 Red Onion  
2 lb. Rock Shrimp, peeled and de-veined  
Farfalle Pasta

### DIRECTIONS

In medium sauce pot add 1/2 qt. cream and bring to a simmer. In a separate pot boil farfalle pasta. Once cream is at a simmer slowly whisk in parmesan cheese. Once blended add the rest of the cream and Frank's Red Hot Sauce to taste. In a sauté pan, sauté minced garlic, bell peppers and onions until soft. Add rock shrimp. Drain pasta and toss sauce, vegetables and rock shrimp together.

### BIOGRAPHY

Brent started in culinary arts at the age of 15. After graduating high school he attended the Art Institute for Culinary Arts and studied under Chef Monica Pope, Chef Jonathan Jones and Chef Jason Kerr. He worked at Beaver's, Zula and was awarded 3rd place in Houston Press Menu of Menu's as Executive Chef at Holister Grill.

Brent is also the proud father of Aiden age 3. After a recent cancer diagnosis Brent spent his days in recovery continuing his artistic talents as a jewelry designer creating unique semi-precious designs and formed his company known as Ergo Jewelry Designs. Brent is now the Executive Chef at Signature Bistro.

## Butternut Squash & Pepper Casserole

**Jack Fryday**

**SOURCE:** Best of Gourmet Cookbook

### INGREDIENTS

1 large Butternut Squash  
2 large clover Garlic, minced  
Black Pepper, freshly ground, to taste  
3 Tbsp. fresh Parsley leaves, minced (fresh is better than dried)  
2 tsp. fresh Rosemary leaves, minced (fresh is better than dried)  
1 large Red Bell Pepper, cut into small pieces  
1/2 c. Parmesan Cheese, freshly grated  
Olive Oil, enough to coat the mixture

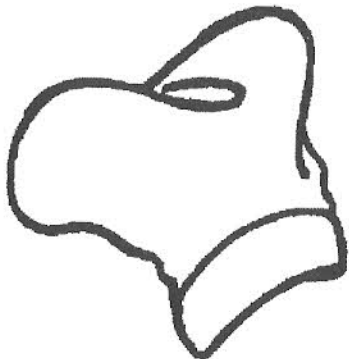
### DIRECTIONS

Set oven to 400°F. Peel, seed and cut squash into small pieces, about 1" cubes. In an appropriate size bowl, stir together squash, bell pepper, oil, garlic, herbs, black pepper and salt to taste. Transfer mixture to a shallow baking dish and sprinkle evenly with Parmesan Cheese. Bake Casserole in middle of oven until squash is golden on top and tender – about 1 hour.

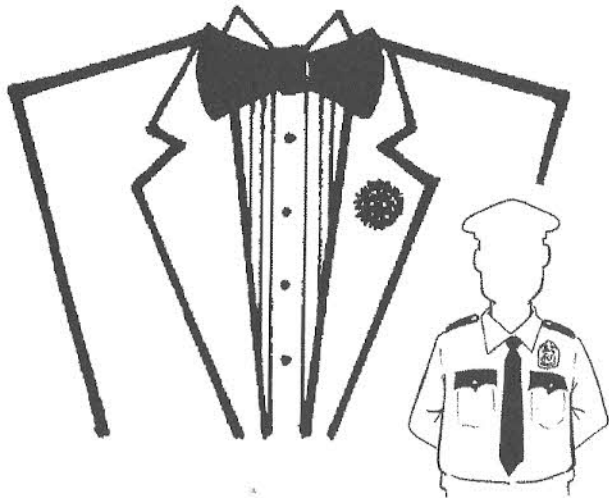
### BIOGRAPHY

I have been married to my first wife for 46 years. I started my career as a Physics teacher in a small college in Georgia, and then went to the space industry for 10 years. After that I got into several businesses and politics. Currently I am the Building Official for the City of Clear Lake Shores and do real estate inspection and residential energy inspections and analysis.

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## Porcini Ravioli

### **Charlie Grizzle**

**SOURCE:** Grand Finale' Catering

#### **INGREDIENTS**

2 lb. Portabella Mushroom Ravioli  
2 tsp. Garlic, fresh chopped  
1/2 c. Basil, fresh chopped  
1/2 c. Sundried Tomatoes  
1/2 c. Feta Cheese, crumbled  
1 1/2 lb. Yellow Squash  
1 1/2 lb. Zucchini  
2 c. Mushrooms, sliced  
4 Tbsp. Olive Oil  
3 qt. Water  
1 Red Bell Pepper, sliced

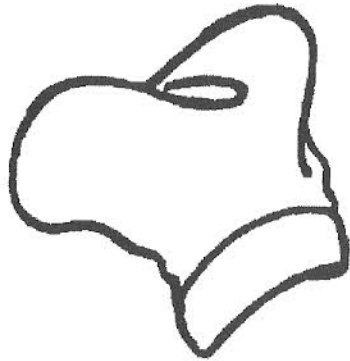
#### **DIRECTIONS**

In a medium sauce pan bring water to a boil. Add zucchini, squash, red bell pepper and ravioli. Boil approximately 5 min. to desired softness. In a medium size skillet add olive oil, garlic, sliced mushrooms, sundried tomatoes and basil. Sauté 4-5 min. Drain ravioli and veggies, then add to skillet with mushrooms etc. Sauté mixing for another 2-3 min. Crumble feta cheese on top and enjoy.

#### **BIOGRAPHY**

Charlie Grizzle has been in the restaurant business for 18 years. Born and raised in Deer Park, Texas he credits his passion for good food from his mom who was the best cook ever! Charlie has a keen eye for detail not just for food, but for his customers as well. Always going above and beyond to please ones pallet and needs with enthusiasm and a smile on his face. Currently, Charlie is the Catering Director for Grand Finale' Catering which is Mario's Flying Pizza Owner, Tamar Vogt's creative full service catering company. Together they have served events up to 10,000 guests! Charlie is at the top of his game and you will be treated like royalty when you are in his presence.

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## Chicken Pasta Florentino

**Chris Kurzadowski**

**SERVES:** 4-6 people

### INGREDIENTS

1 lb. Chicken Breast  
1 - 10 oz. pkg. chopped Spinach  
8 oz. sliced Carrots  
1 - 26 oz. can Cream of Chicken Soup  
16 oz. Farfalle Pasta  
1/2 c. Milk  
Olive Oil, as required  
Salt, to taste  
Pepper, to taste  
1/2 c. Parmesan Cheese

### DIRECTIONS

Cook pasta till al dente, drain and place to side once done. Use 1 Tbsp. light oil to keep pasta from sticking. Place chicken breast in a pot with 1/2 c. water and 1 tsp. olive oil, cover and steam chicken until done. Cube chicken into 1" cubes - season as required. Once done put to side. Prepare spinach and carrots per instructions, drain and then place to side once cooked.

In a separate pot, open cream of chicken soup and add 1 c. grated parmesan cheese and 1/2 c. milk. Stir over high heat until blended and smooth, then reduce heat. Fold chicken into sauce, then add spinach and carrots, then pasta keep folding until completely mixed. Let simmer on low for 10 min. Serve and enjoy.

### BIOGRAPHY

Chris Kurzadowski is the Owner and Founder of LoneStar Delivery & Process, Houston, Clear Lake & Galveston's 24 hr a day courier, special messenger and process service. The company is headquartered in Seabrook, Texas. With over 30 years in the expedited transportation business, a former Army Officer, and career logistician, Chris brings a world of valuable same day services to the Clear Lake area. Chris is active in chamber functions, participates in community events and has been affectionately dubbed, "The Deacon of Delivery". When he's not delivering packages, Chris enjoys Golf, Football, Hunting, boating and Traveling — oh and cooking too!

## Goza

### Michael Giangrosso

Goza, a dish my family and I enjoyed eating when we lived in Saipan, where my father was stationed while serving in the Coast Guard.

#### INGREDIENTS

1 pkg. Won Ton Wraps  
1 lb. Beef, ground  
1/4 tsp. ground Ginger  
1/2 tsp. Pepper  
1/2 tsp. Garlic Powder  
1/2 tsp. Soy Sauce  
1/2 c. Sesame Oil

#### SAUCE:

1/2 c. Rice Vinegar  
1/2 c. Soy Sauce  
1/2 tsp. Hot Sesame Oil  
Mix all ingredients together

#### DIRECTIONS

Mix ground beef, pepper, ground ginger and garlic powder together and make into bite size meatballs. Place meatball in one won ton wrap (pat down all four edges with water), and fold into triangle and then fold each corner inward. Place into a preheated skillet or frying pan filled with sesame oil and fry. Then place into another pan filled with 1/2 c. of water to simmer for about 1 min. Drain and set aside. Serve with steamed rice and use sauce to dip into.

#### BIOGRAPHY

Michael Giangrosso is the General Manager for Island Hospitality. Michael has worked in the hospitality industry since 1989. He currently manages the Hampton Inn & Suites Houston Medical Center-Reliant Park. He was recently elected to Seabrook City Council and is an active board member of the Clear Lake Area Chamber of Commerce. He was also the past Chairman of the Board for the Bay Area Houston Convention & Visitor Bureau. He also continues to serve as a board member for the Hotel & Lodging Association of Greater Houston. In April of this year, Michael and his wife Hilda will be married 15 years and they have two children, Clarissa and Craig. They currently reside in the Bay Area and enjoy the lifestyle that Seabrook has to offer. In his leisure time, Michael enjoys spending quality time with his family and friends. Michael's favorite hobby is playing a round of golf with friends and colleagues.

## Italian Sausage and Peppers

### Darrell Picha

#### INGREDIENTS

1 lb. Rigatoni Pasta  
3 large Red / Orange Bell Peppers  
1 pkg. Italian Sausage  
2 cloves fresh Garlic  
1/2 c. Parmesan, fresh grated  
1 c. Chicken Stock  
2 c. fresh Spinach  
1 tsp. dried Basil  
Olive oil  
Salt  
Pepper

#### DIRECTIONS

Prepare pasta according to instructions. Cut sausage into inch thick slices, brown over medium heat in large skillet, remove sausage from skillet and set aside. Cook thinly sliced and seeded bell peppers in same skillet for 5 min., stirring often. Add oil if needed. Add minced garlic, mix thoroughly. Return sausage to skillet. Slowly add chicken stock and basil to skillet, stir, scraping bottom of skillet as ingredients simmer together. Add salt and pepper to taste. Continue simmering over medium heat until sauce thickens, stir in spinach. Mix with cooked pasta in large bowl. Sprinkle cheese evenly over top and serve.

#### BIOGRAPHY

Darrell is the husband of Natalie Picha and step father to their 3 girls, Leah, Lacey and Layne. Darrell loves to cook, especially for his 4 girls! Cooking for four women keeps his cooking skills sharp. He also has quite a green thumb and believes the secret to great recipes is growing your own herbs. Darrell is the Creative Director for Corporate Affairs at Halliburton and has received numerous awards for his work there. He is also on the board of American Advertising Federation Houston. He is an active volunteer speaker for the local school districts about creativity, design and the value of having an art degree in today's business world. He is also very active in his church, Clear Creek Community Church as a small group Navigator and stage designer for the senior high school ministries. His other volunteer activities have been through Halliburton with Trees for Houston, Red Cross Blood Bank, and the Houston Food Bank. He loves to paint and sculpt to keep his free thinking artistic juices flowing and is currently carving a tiki statue from the trunk of a palm tree felled by Hurricane Ike. Darrell has a strong belief in God, Family and Community taking every opportunity to share his gifts where ever he can. This is the 1st year for Darrell to participate in Men Who Cook.

## Creole Jambalaya

**Charles Buchanan**

**SOURCE:** <http://deepsouthdish.com> or [www.deepsouthdish.com/jambalaya](http://www.deepsouthdish.com/jambalaya)

### INGREDIENTS

1 lb. mild Andouille Sausage, Smoked Sausage or Ham,  
coarsely chopped  
1 medium Onion, chopped  
1 medium Green Bell Pepper, chopped  
3 cloves Garlic, minced  
1-2 Tbsp. Canola Oil  
1 lb. Chicken Breast, boneless skinless  
Kosher Salt  
Pepper, fresh cracked  
1 Tbsp. All-Purpose Flour  
1 - 28 oz. can Whole Tomatoes, undrained  
1 - 10 oz. can Rotel Tomatoes, undrained  
4 c. Chicken Stock / Broth  
1 tsp. dried Thyme  
1 tsp. dried Basil  
Palmful dried Parsley  
1/2 tsp. White Pepper  
1/2 - 1 tsp. Slap Ya Mama / Your favorite Cajun Seasoning  
1/4 tsp. Cayenne, or to taste, optional  
4 c. Long Grain Rice  
3 Tbsp. Butter, cut into slices (can omit if using dark or mixed chicken)  
1 lb. Shrimp, raw, cleaned and deveined  
Old Bay Seasoning  
Parsley, chopped, to garnish  
Hot Pepper Sauce, for the table

### DIRECTIONS

Preheat oven to 350°F. Cut up sausage, onion, bell pepper and garlic; set aside. Sprinkle the whole chicken breasts with salt and pepper and brown in oil over medium to medium high heat in a large cast iron dutch oven that has a lid. Don't overcook! Remove chicken and set aside to cool. Once cool, coarsely chop into bite sized pieces. To the dutch oven, add the chopped sausage and cook until browned; remove and set aside. Add additional oil as needed to bring up to a Tbsp. Stir in the flour and cook, stirring constantly until lightly browned. Do not burn! Add onion and bell pepper and sauté a few minutes until softened. Reduce heat to medium and add the garlic, cooking another minute. Using kitchen shears, roughly chop the tomatoes right in the can, then carefully stir them into the veggie / roux mixture, add the Rotel tomatoes and cook an additional 5 min. Add the chicken broth, thyme, basil, parsley, Cajun seasoning, white pepper, and cayenne, bring back up to a boil. Add the rice and stir in. Return to a boil. Add the chicken and sausage, dot the top with butter, stir, cover the pot and place it into the oven. Bake at 350°F for 30 min. or until the majority of liquid is absorbed.

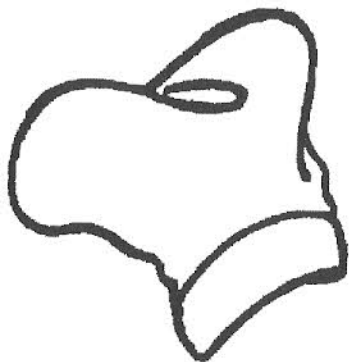
Remove, stir, taste and adjust seasonings as needed. Sprinkle the shrimp lightly with Old Bay seasoning, stir the shrimp into the rice mixture and return to the oven to bake until liquid is absorbed and shrimp are cooked through. Fluff with a large serving fork.

## Creole Jambalaya CONTINUED . . .

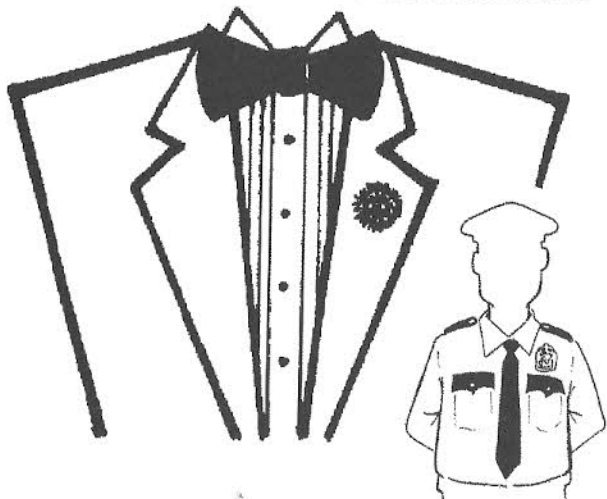
### BIOGRAPHY

How I got to Seabrook TX and Men who Cook. I was born in Indianapolis, IN July 12th 1950 to a WWII GI and his beautiful Italian American bride from Brooklyn NY. I got all the NY Italian genes. I was raised in small town Southern Indiana culture where dad was a dentist and city councilman for many years. We had some local politics / city business for dinner about every night. I developed a taste for it. I earned a Masters in Economics specializing in Urban-Regional Studies. While working as an economist in Indy I learned to race Thistle sailboats, on a lake. When a Housing Economist position in booming Houston opened up in 1979, I saw that "little" body of water on the map called Galveston Bay and thought, "that's where I want to be". My son Nick, who is studying at UH ('12 ?) was born in 1989 and by 1998 I was finally able to go sailing on that beautiful bay. It was a surprise to learn that "sailing" on the bay was not near as much work as racing small boats. In 1986, I became an investment advisor thinking a career in financial planning would be more secure than the boom bust real estate and oil business that was Houston in the 80s: . . . Oh well, so much for stable. I have advised and guided wealthy families for the past 26 years. I am pleased to contribute to the Seabrook Rotary, Men Who Cook cause.

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## Jackie's Mexican Lasagna

**Richard Tomlinson**

**SOURCE:** Jackie Baker

### INGREDIENTS

1 lb. Beef, extra-lean and ground  
1 - 16 oz. can Refried Beans  
2 tsp. dried Oregano  
1 tsp. ground Cumin  
3/4 tsp. Garlic Powder  
12 dry Lasagna Noodles  
2 1/2 c. Water  
2 1/2 c. Salsa  
2 c. Sour Cream  
3/4 c. Green Onions, chopped  
1 - 2 oz. can sliced Black Olives  
1 c. Pepper Jack Cheese, shredded

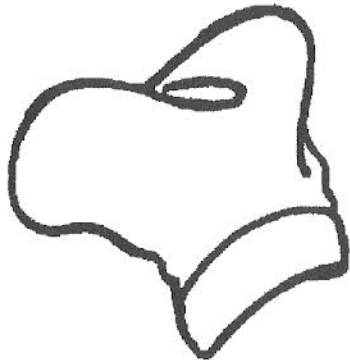
### DIRECTIONS

In a large skillet, cook the ground beef over medium-high heat until evenly brown. Drain off excess fat. In a large bowl, combine the cooked beef, refried beans, oregano, cumin and garlic powder. Place four of the uncooked lasagna noodles in the bottom of a 9x13 inch baking dish. Spread half of the beef mixture over the noodles. Top with 4 more uncooked noodles and the remaining half of the beef mixture. Cover with remaining noodles. Combine the water and the salsa in a medium bowl, and pour over all. Cover tightly with foil. Bake at 350°F (175°C) for 1 1/2 hours, or until noodles are tender. In a medium bowl, combine the sour cream, green onions and olives. Spoon over casserole, and top with shredded cheese. Return to the oven, and bake for an additional 5 to 10 min., or until cheese is melted.

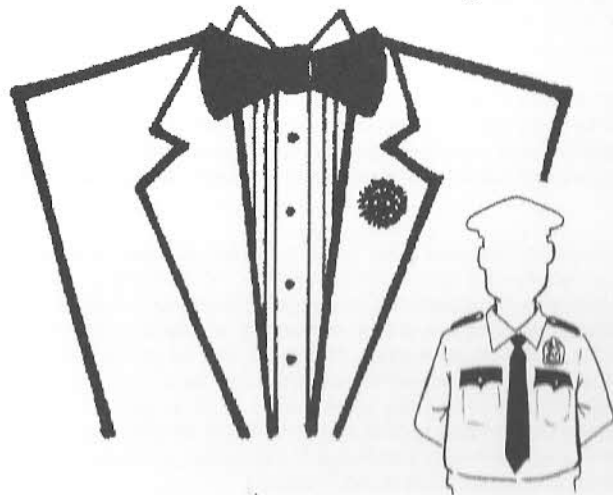
### BIOGRAPHY

Richard has resided in Seabrook since 1999, is married to Vivian, and has two daughters, one at Bay Elementary and one at Clear Falls HS. He is currently Treasurer of the City of Seabrook Economic Development Committee. Richard has served 9 years on the Lake Cove Home Owners Association, a term on the City of Seabrook Master Plan Committee, and Coached Youth Soccer for 4 years. Richard is also an active Volunteer at Keels and Wheels, where he is a longtime member of Lakewood Yacht Club, and supporter of Boys and Girls Harbor. Richard is currently employed by NASA at Johnson Space Center in the Center Operations Division and prior to that served over 20 years with the US Army Corps of Engineers in Alaska, Germany, and Texas, in the design, construction, and management of Department of Defense and Civil Works Projects.

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## Mexican Quiche — "A Man's Quiche"

**Gary Renola**

### INGREDIENTS

1/2 c. Butter  
10 large Eggs  
1/2 c. Flour  
1 tsp. Baking Powder  
Dash Salt  
12 oz. canned, chopped Mild Green Chilies  
2 c. / 16 oz. Cottage Cheese  
4 c. / 16 oz. Cheddar Cheese, grated

### DIRECTIONS

Melt butter in a 9x13 baking pan. Set aside. In a large mixing bowl beat eggs and add flour, baking powder and salt, mix well. Add melted butter, leaving the pan buttered. Add chilies and cheese. Hand mix together and pour into baking pan. Bake uncovered at 350°F for 45-60 min. Test for doneness with a knife. Be sure quiche is set and knife blade comes out clean when inserted in center. Cut into squares while hot, but allow to cool slightly before removing from pan.

### ALTERNATIVES

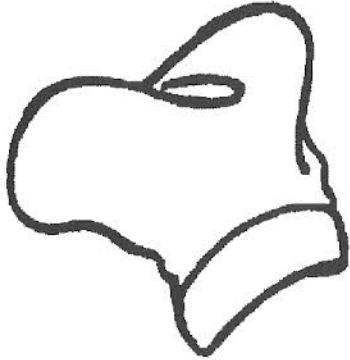
Eliminate butter and spray pan with fat-free cooking spray. Use fat-free cottage cheese. Use reduced-fat cheese. Can also use Monterey jack cheese or combination jack and cheddar cheese.

### BIOGRAPHY

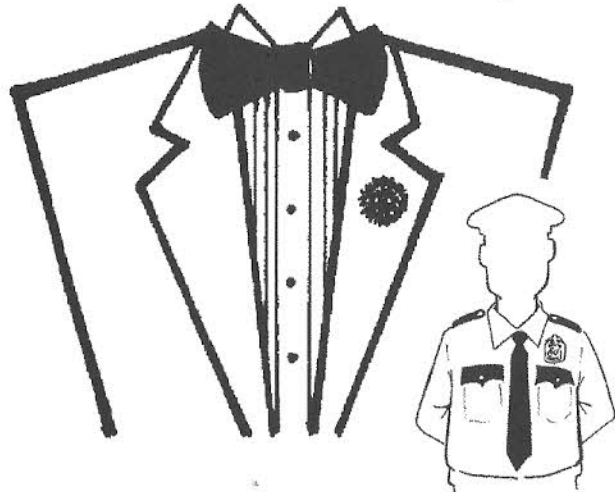
Gary has lived in Seabrook for the 20 years and in the Bay Area for 34 years. He has been married to Elaine, his wife, for 37 years. Recently Gary retired from ExxonMobil in 2011 after 32 years of service in the Baytown / Mont Belvieu area. Gary has worked in synthetic fuels research and development, polyethylene process and product development, and capital project development and management. Gary has an undergraduate degree from The Pennsylvania State University in Chemical Engineering. He obtained his MS and PhD in Chemical Engineering from the University of Illinois. Gary served as Mayor of Seabrook from 2008 to 2011. Prior to being elected Mayor, Gary served on Seabrook City Council for three years and was Mayor Pro Tem during 2006-2007. Gary also served on the Seabrook Economic Development Corporation for six years, including one year as President. He has served over six years as Board member of the West Chambers County Chamber of Commerce, including serving as Chairman of the Board in 2004. Gary has been a member of BayTran, a regional transportation mobility organization for the Bay Area for six years and has served on both the Board of Directors and Executive Board. Gary served on the Bay Houston Convention and Visitors' Bureau Board of Directors for two years. Recently, Gary was appointed to the Board of Directors for the Clear Creek Education Foundation. Gary is active with Big Brothers Big Sisters (BBBS) of Greater Houston. He has mentored youth in the program for over 13 years and is currently mentoring a 13-year-old boy. Gary served on the BBBS Board of Directors and continues to participate on the BBBS Advisory Board and supports local fundraising. Gary was honored as 2011 Big Brother of the Year for the Lone Star Agency that serves 105 counties in Texas. Gary enjoys tennis and started playing golf when he retired. Previously he played Senior tennis tournaments throughout the state, but age and volunteer activities caught up with him. Gary enjoys photography, especially nature and sports photography.



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## Mushroom Chicken Parmesan

**Paul R. Dunphey**

**SOURCE:** Our Boy's Chicken Dinner

**SERVES:** 6-8

### INGREDIENTS

6 Chicken Breast halves, skinless and boneless  
6 Tbsp. Butter, melted  
1 c. All-Purpose Flour, for coating  
1 c. Heavy Whipping Cream  
1/2 lb. fresh Mushrooms, sliced  
1/2 c. Parmesan Cheese, grated, for topping

### DIRECTIONS

Preheat oven to 350°F (175°C). Rinse and dry the chicken breast halves. Dip each in melted butter, then coat / dredge in flour. Place coated chicken in a 9x13 baking dish. Add cream to just cover. Top with sliced mushrooms and grated Parmesan cheese and bake in the preheated oven for 30 to 45 min. Let cool 10 min. and serve.

### BIOGRAPHY

Amy and I and our three sons have lived in Seabrook for over 13 years. As an owner of a Fuel System and Service company, I have been an integral part of the Houston and Clear Creek business communities for the past 18 years. In addition to this enterprise, I also own and manage commercial and residential rental properties in the Houston area. My family and I are avid boaters and members of Lakewood Yacht Club. After moving our boat to Clear Lake, becoming a member of Lakewood, and spending time in Seabrook and down on the water, we decided to make Seabrook our home. I am currently on Council for the City of Seabrook and also serve as the Mayor Pro Tem. I also am on the Galveston Bay Foundation Executive Board. I enjoy volunteering my time and experiences when it comes to city business and services. As in all volunteering experiences, you always hope and work towards making a difference in what you do. I believe very strongly in maintaining the highest quality of governmental services, at the same time keeping taxes low and a small efficient government. Much like a business is run!

I extend my deepest thanks and appreciation to you for coming and supporting our police and applauding the great job they do for us every day of the year.

## Oyster Bar Trash

**Jay Joslin**

### INGREDIENTS

18 oz. jumbo lump Crab Meat  
2 lb. Shrimp, peeled and deveined  
Scallops  
Capers  
1 1/2 stick Butter  
1 oz. Chardonnay Wine  
Angel Hair Pasta

### DIRECTIONS

Melt butter in saucepan, season with K-Pauls, add capers, add scallops, shrimp and 1 oz. wine. Add jumbo crab meat and season to taste. Cook on low for 10 min. Serve over angel hair pasta that has been prepared from package directions.

### BIOGRAPHY

Chef Jay has been cooking for over 30 years and loves the grill or the stove. Jay learned to cook when he was in college with a roommate that was a Culinary Chef from New Orleans. When not in the kitchen, Jay enjoys boating, fishing and hunting. In real life he is the General Manager of Ron Carter Cadillac / Hyundai on Clear Lake.

## Peruvian "Arroz con Pollo"

**Pierr Castillo**

### INGREDIENTS

8 pieces Chicken, skinless  
Salt  
Pepper  
1/2 c. Oil  
1 big Red Onion, chopped  
3 Garlic Cloves, chopped  
1 c. fresh Cilantro, blended in a food processor with a little water  
1/2 c. Guinness Stout or 1/2 c. Lager Beer  
2 Bell Peppers, sliced for added color  
( 1 Red / 1 Green / 1 Yellow. This is optional)  
3 c. Rice  
1 c. mix Peas  
2 1/2 c. Chicken Stock

### DIRECTIONS

Season chicken with salt and black pepper. Fry in oil until golden brown and remove from fire. Leave to cool. In the same oil, sauté the chopped garlic, onion, bell peppers and cilantro. You can also use really red hot firebird peppers if you like it spicy. Add the chicken and stir for 2-3 min. Add beer and simmer for about 10 min. until chicken is cooked. Add the rice and mixed peas. Mix well for a couple of minutes. Add chicken stock (salt if needed) and simmer for another 20 min. or until rice is cooked and slightly burnt at the bottom.

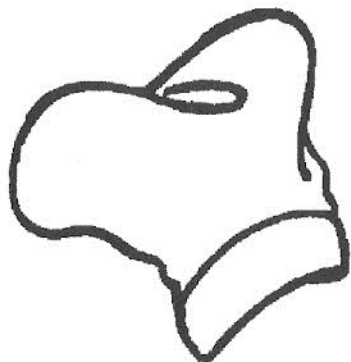
### BIOGRAPHY

I was born in Peru and moved to the states when I was 10 years old. I grew up in La Porte, and it wasn't long before I knew my goal would be to become an entrepreneur in the Bay Area. For almost three years, I served as the marketing director for Chick-fil-A Kemah. This year, I branched out and opened my own marketing firm named Top Star Marketing. I enjoy reading a good John Maxwell book and spending time with family.

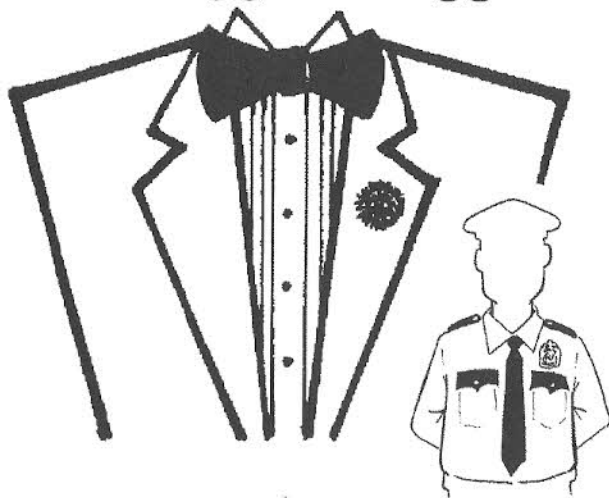
### ABOUT MY RECIPE

"Peruvian Chicken & Rice is a dish I have enjoyed since I was young. I remember being at home and catching the smell of the cilantro as my mom worked her 'magic' in the kitchen. This dish was always a hit with our friends and of course, our family. When I moved out, I asked that this recipe be the first I learn to make. It is a piece of my culture and I am excited to share it during this event. Enjoy!"

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## Real Cajun Red Beans and Rice

**Joel Powers**

**SOURCE:** Cooks Tour of Shreveport, 1964.

### INGREDIENTS

1 lb. dried Red Beans, soaked overnight  
1/2 lb. Salt Pork  
2 qt. Water  
3 c. Bermuda Onions, chopped  
1 bunch Green Onions, chopped  
1 c. Parsley, chopped  
1 c. Bell Pepper, chopped  
2 large pods Garlic, crushed  
1 Tbsp. Salt  
1/4 tsp. Red Pepper  
1 tsp. Black Pepper  
3 generous dashes Tabasco  
1 Tbsp. Worcestershire Sauce  
1 - 4 oz. can Tomato Sauce  
1/4 tsp. Oregano  
1/2 tsp. leaf Thyme, dried  
1 lb. Smoked Sausage, cut into 1" pieces  
Boiled Rice

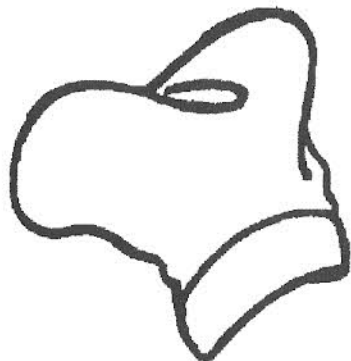
### DIRECTIONS

Cook beans and pork in salted water, slowly, for 45 min. Add vegetables, seasonings and tomato sauce. Cook slowly, another hour, stirring occasionally. Add sausage - for extra body - and cook 45 min. longer. Cool, but do not necessarily refrigerate. Reheat and bring to a boil, then lower heat and simmer gently 30 to 40 minutes. Serve over boiled rice.

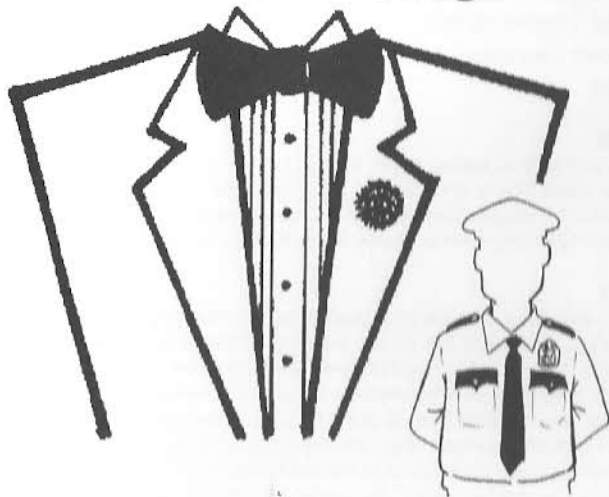
### BIOGRAPHY

Joel, an LSU wannabe, did the next best thing by marrying Jackie, a real Louisiana gal. Both had always wanted to live on the water and following their retirements in 1998, they sold their home in the heart of Houston and moved to Clear Lake Shores, on the water. Here they celebrate their Louisiana connection by driving their purple and gold golf cart around the community, serving their friends boiled crawfish, and flying the LSU flag in celebration of 2007 BCS Football Championship. Joel retired from Texas Instruments after 26 years. He transferred his business experience to the Seabrook Rotary Club and has held the position of Secretary for the last five years. He enjoys fishing, scuba diving, boating and traveling. Laissez les bons temps rouler! This is his fifth year with "Men Who Cook."

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## Rick's Cha Cha Charra Beans

**Rick Wade**

### INGREDIENTS

1 lb. dry Pinto Beans  
*(Lets solve the Gas Shortage)*  
5 cloves Garlic, chopped  
*(Your Friends and Family will love to be around you after a big bowl of this)*  
1 tsp. Salt  
1/2 lb. Bacon, diced  
1 Onion, chopped  
*(Oh OK, if you don't want to cry, get the Aggie Onion)*  
2 fresh Tomatoes, diced  
*(If you want to cheat, use canned chopped Tomatoes. Less mess also)*  
3-4 sliced Jalapeno Peppers  
*(Or if you are a Texan keep adding until it ignites itself.)*  
1 can Beer – NOW YOU ARE TALKING  
*(When I cook this recipe I usually use a 6-pack. I have a hard time remembering not to drink the 6th can before dumping it into the pot)*  
1/3 c. chopped fresh Cilantro  
*(Always my favorite Tex-Mex seasoning – To you Yankees it does look like a weed.)*

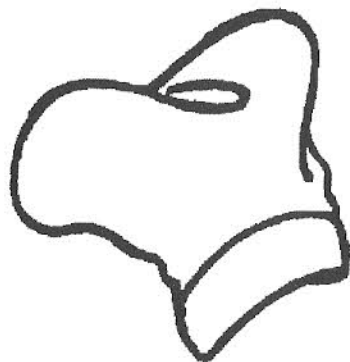
### DIRECTIONS

Place pinto beans in a slow cooker, and completely cover with water. My wife calls me a slow cooker, but that is not what I am talking about. Mix in garlic and salt. Cover and cook 1 hour on high. Boy if we could only harvest the energy produced by combining beans with garlic.

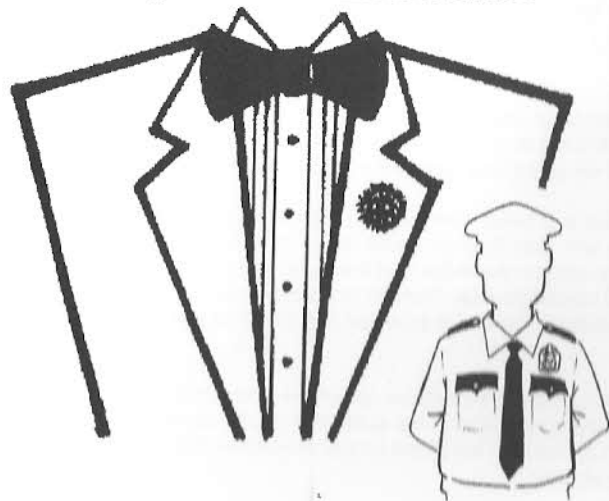
Cook the bacon in a skillet over medium high heat until evenly brown, bit still tender. Not crispy like my wife likes it. Drain about half of the fat. If only I could do the same with my body. Place the onion in the skillet, and cook until tender. Mix in the tomatoes and jalapenos, and cook until heated through. Transfer to the slow cooker, stirring into the beans. Now you can start on the beer. Be sure to save one can for the beans. Just to be on the safe side get two 6 packs.

Cover the slow cooker and continue cooking 4 hours on low. Mix in the beer and cilantro about 30 min. before the end of the cook time. If you paced yourself just right you should have at least 1 can of beer left for the beans. Now is the time to polish off the rest of the beer, if you haven't already.

## "MEN WHO COOK" SPONSOR



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## Todd's Shrimp and Grits

**Todd Fuqua**

**SOURCE:** Seabrook Classic Café

### INGREDIENTS

- 1/2 lb. Smoke Sausage, sliced
- 1/4 lb. Ham, diced
- 2 Tomatoes, diced
- 1 bunch Green Onions, sliced
- 2 cloves Garlic, finely chopped
- 1/2 lb. Unsalted Butter
- 1 c. Dry White Wine
- 1/2 c. Shrimp Stock
- 1 Tbsp. Tabasco
- 2 Tbsp. Blackening Spice
- 2 c. Grits
- 8 c. Water
- 1 1/2 lb. medium Shrimp, peeled and deveined

### DIRECTIONS

Bring 1 c. of water and the reserved shells from the shrimp to a boil, reduce the heat and simmer until reduced by half. Strain and reserve the stock. In large dutch oven melt the butter over medium heat, when the butter foams add the sausage and ham and cook until crisp, about 15-20 min. Add the tomatoes, garlic and green onions and cook for 5 min. Add the wine and shrimp stock and simmer. Add blackening spice and shrimp cook until shrimp is opaque, about 4-5 min. Prepare grits according to directions. To serve place about 3/4 c. grits in a bowl and spoon the shrimp mixture over. Makes 4-6 generous servings.

### BIOGRAPHY

**HOBBIES** — Hunting, Fishing, Golf really anything outdoors. NFL Football, NCAA Football, High School Football, Blackjack, Video Poker

## Crabmeat Teche

**Byron Wooldridge**

### INGREDIENTS

1 large Bell Pepper, chopped  
2 large White Onions, chopped  
6 ribs Celery, chopped  
1 large can Mushrooms, stems and pieces  
3 cloves Garlic, through press  
4 Tbsp. Bacon Drippings  
6 slices dry Toast  
1 1/2 - 2 cans Chicken Broth  
1 Tbsp. Worcestershire Sauce  
1 tsp. Salt  
1/2 tsp. Black Pepper  
1/2 Celery Salt, freshly ground  
1 tsp. Oregano, pounded  
Dash Hot Sauce  
3/4 c. Parsley, chopped  
1 lb. canned white lump Crab Meat  
3/4 c. Cracker crumbs  
3 Tbsp. Butter  
Dash Paprika

### DIRECTIONS

Sauté onions, bell peppers, celery, mushrooms, and garlic in bacon drippings until tender. Add crumbled toast which has been soaked in 1/2 of the chicken broth. Add seasonings and simmer in skillet until well blended. Add parsley and second half of chicken broth, to moisten. Finally, add crab meat, blended thoroughly, and turn into buttered casserole. Cover with cracker crumbs, dot with butter and sprinkle with paprika. Bake in 350°F oven for 20 min. If casserole is made ahead and refrigerated, bake 45 min. to 1 hour.

### BIOGRAPHY

Byron Wooldridge is a Louisiana native who divides his time between his job as Plant Engineer at AES Deepwater and socializing with his many friends and family members. He has been involved behind the scenes in many local charity events.

## Steak Ranchero

**Tony McCollum**

Source: Chris McCollum

### INGREDIENTS

2 lb. Round Steak, thinly sliced  
2 - 4 oz. cans Green Chilies  
1 medium Onion, sliced  
1 clove Garlic  
2 cans Fire Roasted Tomatoes  
1 - 8 oz. can Tomato Sauce  
1 c. Beer  
1 c. Mushrooms, sliced  
1 tsp. Worcestershire Sauce

### DIRECTIONS

In a heavy skillet, brown meat over moderate heat, turning frequently. Season with salt and pepper to taste. Add chilies, tomatoes, onion, and garlic. Cook over moderate heat for 15 min. Add tomato sauce, beer, mushrooms and Worcestershire sauce; reduce temperature and simmer covered for 45 min. or until meat is tender. Cool slightly, transfer to a container, cover and refrigerate 12-24 hours. Simmer until bubbly hot. Serve over hot cooked rice. Makes 6 servings. (A great dish to prepare ahead of time and take to the deer lease, the flavor is enhanced by being refrigerated over night.)

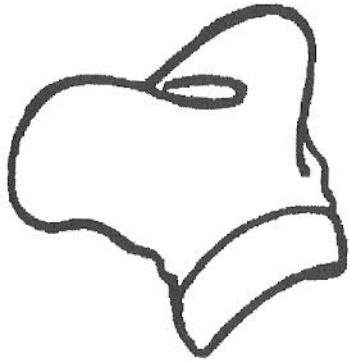
### BIOGRAPHY

Tony McCollum is a West Texas native from Amarillo, who came south looking for warmer temperatures and water. The McCollum family arrived in Seabrook in the summer of 2008 and discovered in a matter of months more water than they knew what to do with. It seems the natives call this a hurricane.

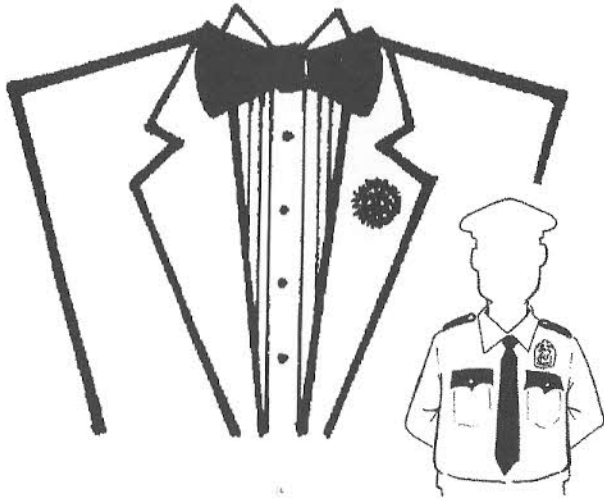
For the past four years Tony has served as the senior pastor of Seabrook United Methodist Church. During the short tenure here the church has enjoyed many different locations in Seabrook, due to that "water thing." Tony is proud to have helped the church relocate to a new church campus at 3300 Lakeside Drive.

Tony met his wife Chris while in school at Texas A&M University (WHOOPI!). They were married in the Holy City of College Station in August of 1993. They spent three years in Kentucky while in seminary and have served churches throughout Southeast Texas. They have two daughters Kaitlyn and Megan who have informed their parents and the Bishop that they like this "water thing" and are never moving again.

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## Apple Dump Cake

**Matthew Paulson**

**SERVES:** 18-20  
**PREP TIME:** 10 min.  
**BAKING TIME:** 55-60 min.

### INGREDIENTS

1 - 20 oz. can crushed Pineapple, undrained  
1 - 21 oz. Apple Pie Filling  
1 - 18.25 oz. pkg. plain Yellow Cake Mix  
12 Tbsp. Butter, melted  
1/2 c. frozen unsweetened grated Coconut, thawed  
1 c. Pecans, chopped

### DIRECTIONS

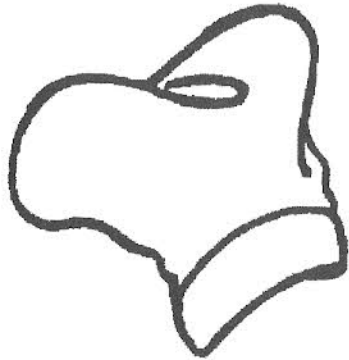
Place a rack in the center of the oven and preheat the oven to 350°F. Spoon the pineapple evenly over the bottom of an ungreased 9x13 baking pan. Cover the pineapple with the apple pie filling. Pour the dry cake mix evenly over the fruit mixture so that it reaches all the sides of the pan. Drizzle the entire pan with the melted butter. Sprinkle the coconut and pecans evenly over the top of the cake. Place the pan in the oven. Bake the cake until it is deep brown and a toothpick inserted into the center of the cake tipping comes out clean, 55-60 min. Remove the pan from the oven and place it on a wire rack to cool for 10 min. This recipe is served best warm, with vanilla ice cream on top. This dessert can also be prepared with cherry pie filling or other fruits.

### BIOGRAPHY

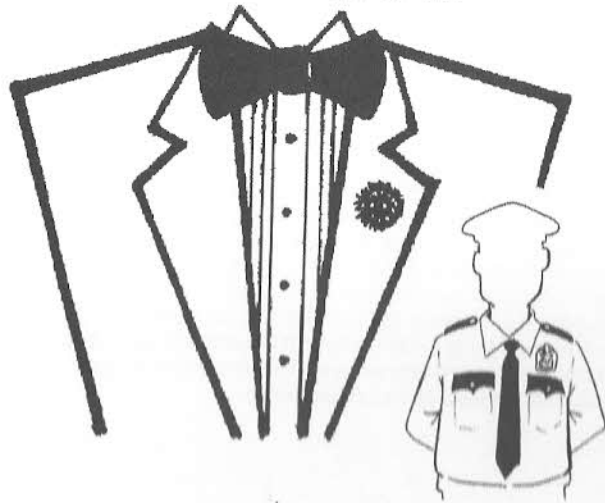
I am currently the Principal of Edward H. White II Elementary and a Captain in the United States Navy (Reserve). In the past I have worked as a junior high and high school math teacher and a coach in the Alvin and Clear Creek School districts. I have also worked as an assistant principal in Clear Creek ISD. My work in the Navy has taken me from aviation to salvage diving where I spent the majority of my naval career. My last two tours have included three years at the Pentagon in Naval Operations (N-70) and three years with the Navy Inspector General's Office at the Washington Navy Yard. I currently drill with the Navy at Ellington Field. I live with my wife Judy, who is a librarian at Clear Lake Intermediate, her son Matthew Cantu, my daughter Meredith and my son, Noah. My son Jeffery is currently serving in the Army and living in Germany with his wife and son. I enjoy traveling, reading, staying fit and playing soccer or any sport with a ball or water involved. I sometimes pretend I am a farmer and hack my way through gardening.



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Sundance II**



## Ernie's Cafe Bread Pudding w/ Rum Sauce

**John Collins**

### INGREDIENTS

10 c. French Bread, diced  
6 Eggs  
1 c. Sugar  
2 c. Milk  
1 c. Heavy Cream  
1/2 tsp. Salt  
2 tsp. Vanilla Extract  
1 tsp. Cinnamon  
1 c. Raisins, optional

### DIRECTIONS

Put eggs in large bowl, add sugar and mix at low speed. For 3 min. add milk and cream, salt, vanilla extract, and mix again for 5 min. at low speed. After 5 min. add breadcrumbs to the bowl let sit for 10 min. so bread can get real soft. After sitting for 10 min. put mixture onto a baking pan. Sprinkle cinnamon, raisins and some butter and cook for 60 min. at 300°F.

### RUM SAUCE:

2 sticks Butter  
1/2 c. Brown Sugar  
1/2 Heavy Cream  
1 tsp. Vanilla  
1 1/2 oz. Rum

Melt butter add and stir sugar till dissolved add heavy cream, vanilla, rum, whisk and serve over bread pudding.

### BIOGRAPHY

John Collins, born in Potsdam, N.Y. was a high school football and ice hockey standout, graduating from St. Lawrence Central in 1976, Attended Fairmont State University, W. Va., on a football scholarship, graduating January of 1981, left football for good, as an Assistant Coach at Fairmont State University. Moved to Dallas mid-January 1981, living in Texas ever since. John is divorced, with a daughter, Lindsey Collins. She is a 2008 graduate of University of North Texas, B.S. degree in Business/Marketing. Lindsey is now working for Genesta Inc. in Rockwell, TX as Marketing Director. John relocated to Bay Area Houston, November 1997, to help market Baywood Country Club, in Pasadena TX. Baywood Country Club is now Baywood Development Project as is a Principal in the future development. Now he is with Bendco Inc. as Business Development Director. With over twelve years of working with several organizations and charities in the Bay Area, John has lent a hand, as help is needed. Here are fellow organizations that John focuses on today: Bay Area Houston Economic Partnership-Active member since 2001, Board of Directors 2007-08 & Chairman of the Membership Development Committee 2004 to present, Associated Builders & Contractors-Membership Committee Chair 2007 & 2008, first three months on committee received the membership Beacon Club Award. Multiple Beacon Club. Volunteer of the Year 2006. Clear Lake Chamber of Commerce-Membership Chairman 2003-04, worked on committee since 1999-00.

## Key Lime Pie

**Rick Clapp**

### INGREDIENTS

12 fresh Key Limes  
1 can Evaporated Milk (Eagle Brand)  
1 container Cool Whip  
1 pkg. Vanilla Pudding Mix  
1 c. Milk  
1 Low Fat Graham Cracker Crust  
Green Food Coloring, optional  
Pistachios or Walnuts, chopped

### DIRECTIONS

NO COOKING NECESSARY! Squeeze the juice from 8-10 fresh key limes. Add to the evaporated milk, food coloring and gelatin in a bowl. Mix. Pour mix over the crust and freeze or refrigerate. When ready to serve, top with whipped cream, mint or berries. Excellent with fresh seafood or Mexican Food.

### BIOGRAPHY

I was born in Ft. Lauderdale, Florida and graduated from the University of Alabama with a BS in business management and science. I spent twelve years as an airline executive working for KLM Royal Dutch Airlines and traveling the world. I am currently the CEO for Bay Area Houston Magazine and creator of the web cast [www.GoBaHa.com](http://www.GoBaHa.com), featuring community events and the talk and interview show "Bay Breeze". I enjoy volunteering and have served on the boards of numerous local civic organizations. My hobbies include taking care of my cat "Mabroaka", classical music, fishing, hunting, cooking, art collecting, drinking fine wine, golfing, boating and Grand Prix auto racing.

## Lemon Chocolate Cake

**Charlie Clemmons**

You say you like lemons and you like Chocolate. Here is the way to combine them.

**YIELDS:** 2 - 9" layer cakes

### INGREDIENTS

1 box + 1 c. Lemon Cake Mix (the c. maybe Yellow Cake Mix)  
1 box + 1 c. Devil's Food Cake Mix  
8 Eggs  
1/2 c. + 1/3 c. Vegetable Oil  
1 1/4 c. for each mix Water  
1 can Lemon Frosting  
1 can Chocolate Fudge Frosting

### DIRECTIONS

Heat the oven to 350°F. Add the lemon cake mix with an additional c. of lemon or yellow mix to mixer bowl. Add 1/3 c. vegetable oil, 4 eggs, and 1 1/4 c. of water to the cake mix. Blend and beat according to the box directions. Spray 4 - 9" cake pans with Pam™. Divide the batter evenly between the cake pans. Bake for approximately 30 min. or until the tops spring back when touched. Cool then turn two pans out on two cake plates. Turn the other two out on wax paper. Add the chocolate cake mix with an additional cup of chocolate mix to the mixer bowl. Add 1/2 c. vegetable oil, 4 eggs, and 1 1/4 c. of water to the cake mix. Blend and beat according to the box directions. Bake for approximately 30 min. or until the tops spring back when touched. Cool. Apply lemon frosting to the top of the lemon cake layers on the plates. Place the two chocolate layers on the frosting. Apply lemon frosting to the top of the chocolate cake layers and place the remaining two lemon layers on the frosting. Frost the lemon layers. Place the remaining chocolate layers on the frosting. The final frosting is easier to apply to cool or frozen cakes. The edges of the cakes may require trimming if the mix has risen out of the pans. Frost the outside of the cakes with Chocolate Fudge frosting.

### BIOGRAPHY

Charlie was transferred to Seabrook in 1976. He and his wife, Barbara, founded Pro-Tem, Inc. in 1979. He is Chairman of the Board of Pro-Tem, Inc. a software company specializing in health and safety software for the nuclear power industry. He is retired and was Rotary International's Governor for the Houston area in 2000-01. He and Barbara are members of the Seabrook Rotary Club and Past Presidents. They spend most of their time in Rotary humanitarian work in Texas and internationally. He has serving as Rotary International's Chair for Water and Sanitation for the world. Barbara and Charlie also founded the Rotary Books for the World Program which ships text and library books to developing countries. The books are distributed from book distribution centers. From 2001 through 2011 the group has sent \$55,000,000 worth of educational materials. Previous humanitarian efforts have taken them to Australia, Canada, China, Denmark, Egypt, Estonia, Greece, India, Kenya, Latvia, Lithuania, Malaysia, New Zealand, Nicaragua, Panama, Russia, Singapore, South Africa, Spain, Sweden, Thailand, Turkey, United Kingdom, Vietnam, Zambia, and Zimbabwe. This is Charlie's 14th year with "Men Who Cook."

## Black Forest Cake

**Robin Riley**

**SOURCE:** Romanian Friend

This Romanian recipe was given to me in college by a colleague in the Math department who was working on her PhD. Hence the mathematical operators like n. This is my favorite cake. I even baked it at my son's wedding as his groom's cake, and my father's 90th birthday party.

**CAKE:** Bake 3 layers

### INGREDIENTS

n {1 = small cake}  
n {2 = medium cake}  
n {3 = large cake}

### DIRECTIONS

For each layer, combine in bowl:

n Eggs  
n Tbsp. Water  
2n heaping Tbsp. Sugar (not level)

Mix well at highest speed of mixer, and then add the following and mix well:  
n tsp. Baking Powder  
2n Tbsp. Flour (not level)

For chocolate layers add Hershey's chocolate syrup to desired shade. Make 2 layers chocolate and one layer white. Spread batter in pan of  $40n \text{ in}^2$  and bake at  $400^\circ\text{F}$  for 10-15 min.

### FROSTING:

#### INGREDIENTS

Combine in mixing bowl:

n lb. Unsalted Butter, softened  
 $\frac{8}{3}n$  Tbsp. Sugar

n Eggs, added one at a time till well mixed. After last egg has been incorporated in frosting, add Hershey's chocolate syrup to desired taste and dark rum or rum extract to taste.

#### DIRECTIONS

**LAYERING:** On first chocolate layer, spread frosting then top with  $n/3$  cans of cherry pie filling, then top with  $3n$  oz. whipped cream. Place plain (white) layer on next and repeat sans frosting. Add last layer, then frost cake with remaining frosting.

Refrigerate well before serving. This cake can be frozen before serving.

#### BIOGRAPHY

Robin and Gloria have been happily married for over 33 years. They have two sons, Sean and Christian and a daughter-in-law, Megan and grandson Connor. Robin graduated with a Bachelor of Science degree in Mathematics at the University of Houston. He worked for about 20 years at JSC and is currently working as a Cost & Schedule Engineer for a major corporation. At one time Robin used to be a sous-chef at Rudi's Restaurant. Robin Riley is the Chairman of the Board, of the Houston Ship Channel Security District. The Board is responsible for the security of the Houston Ship Channel and over 150 of the nation's most critical petro-chemical sites. They work with the Harris County Sheriff's Department, Coast

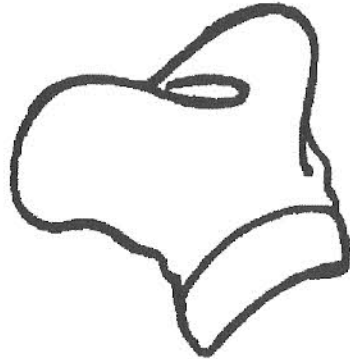
## Black Forest Cake CONTINUED . . .

Guard, FBI, US Customs, local Police Departments, and other agencies involved with combating terrorism, smuggling, and even hurricanes. He is the former Mayor of the City of Seabrook. As the Mayor of Seabrook, the city passed a major bond issue which built the new Library, and is building new roads & drainage in the city. It also, built the giant slide at the pool, and a new fire station. The city started a new TxDOT program of conducting safety inspections of trucks driving through Seabrook. The city also established the Seabrook Wildlife Park & Carothers Coastal Gardens. Robin also served as a Seabrook councilman from 1990 to 1992. While on council, they created the Seabrook Master Plan the city currently uses, three parks: Hester Park, Wildwood Park, and the Park under the bridge. They also created EDC II & I. Seabrook was the first city in Texas to create both EDCs. They started the curbside recycling. Seabrook was the first city in the southeast quadrant of the United States to have curbside recycling for apartments.

Robin has been a Boy Scout Leader for over 20 years. He received the District Award of Merit and the Silver Beaver Award. One of the proudest moments of his life was when his sons Sean and Christian each received their Boy Scout Eagle. Robin and his sons enjoy going backpacking in the mountains of northern New Mexico, Alaska, Canada, and west Texas. They also went spelunking in the caves of Texas and Mexico. Robin is a past member of Space Center Rotary and was awarded Rotarian of the Year Award. He was a past Little League Coach, Manager, & Soccer Coach, and a past member of the YMCA Board of Directors. Robin sang bass in his church choir, and taught Sunday school for several years. Robin loves to teach. He worked over 10 years as a college instructor at both San Jacinto College and College of the Mainland.

Robin also has a pilot license and tried sky diving (he landed in a tree on his first jump). He enjoys SCUBA diving, water and snow skiing, and bicycling (he completed the MS 150 & biked around Galveston Bay). He recently completed a couple of half marathons and is about to run a full marathon in the Seabrook Lucky Trails Marathon. Pretty much anything that involves the outdoors is something Robin will enjoy.

## "MEN WHO COOK" SPONSOR



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## Sopapilla Cheesecake

**Dr. Dustin Young**

**SOURCE:** Unknown

### INGREDIENTS

3 cans Pillsbury Butter Crescent Rolls  
2 - 8 oz. pkg. Cream Cheese, softened  
1 c. Sugar  
1 tsp. Vanilla  
1/4 c. Butter, melted  
Cinnamon and Sugar

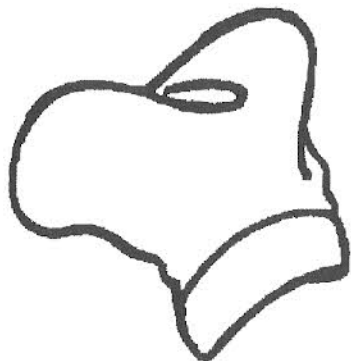
### DIRECTIONS

Unroll and spread 1 and 1/2 can crescent rolls on bottom of un-greased 9x13 pan. Combine softened cream cheese, sugar, and vanilla. Spread mixture over crescent rolls. Unroll and spread remaining crescent rolls over mixture. Spread melted butter over the top and sprinkle with cinnamon and sugar. Bake at 350°F for 20-30 min.

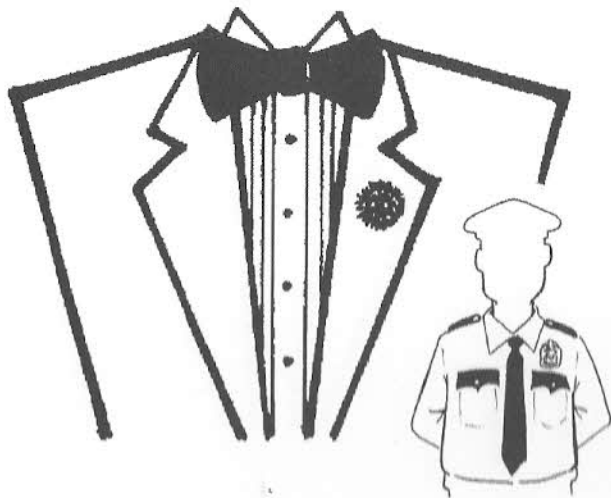
### BIOGRAPHY

Dr. Dustin Young grew up in a northern suburb of Houston called Atascocita. He was involved in football, baseball, golf and being so close to the water, fishing. He loves the outdoors, which can be seen with his dedication to local conservation associations. After high school, Dr. Young attended Texas A&M University at College Station and received a Bachelors of Science in Biology. After graduation, Dr. Young decided to enroll into Texas Chiropractic College, where he found his calling for treating athletes. While in school his training included an internship at Moody Health Center, observations of orthopedic surgeries, and shadowing multiple chiropractors in the community. Dr. Young is an active member in the Seabrook Rotary, League City Chamber, Bay Area Aggie Club and Bay Area Coastal Conservation Association. Dr. Young is also the Team Doctor for La Porte High School and Head of Sports Medicine for Pasadena Livestock Show and Rodeo.

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## Le Ménage a Trois . . . , it is, too!

### *Chip Boteler*

#### INGREDIENTS

4 Eggs, separated  
1 c. Sugar  
1 c. Self-Rising Flour  
1 stick Butter, melted and cooled  
1/4 c. Evaporated Milk  
1/2 tsp. Vanilla

#### DIRECTIONS

Beat egg whites until stiff peaks form. Gradually add sugar. Beat egg yolks with a fork until pale then fold into whites. Fold in cake flour. Combine evaporated milk, butter and vanilla and then fold into cake mixture. Pour into a greased, floured 9x13 glass baking dish.

Bake for 20 min. or until golden. Let cool. Poke holes all over cake with a fork.

#### MILK MIXTURE:

1 c. Sweetened Condensed Milk  
1 c. Evaporated Milk  
1 1/2 c. Heavy Cream

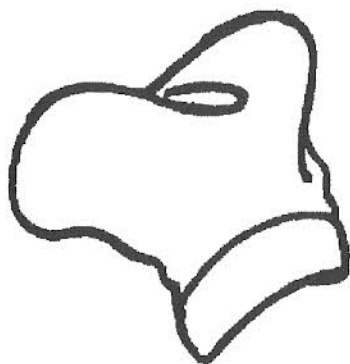
#### DIRECTIONS

Combine condensed and evaporated milks, then add cream. Stir until well mixed. Gradually pour over cake and allow milk mixture to absorb. Whip remaining heavy cream and smooth over the top of the cake. Keep refrigerated until serving. May also double the recipe for a large group of people.

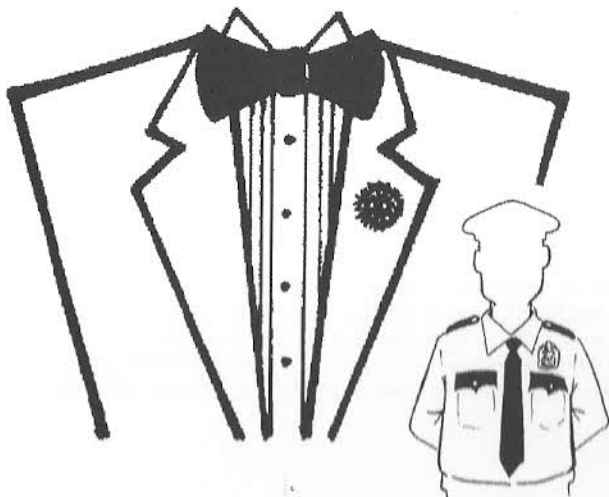
#### BIOGRAPHY

Born in Dallas, Chip found his way to Seabrook at the ripe old age of five. After a short absence – 1968 to 1992 – Seabrook beckoned and he returned determined to never leave again. The allure of travel, the experiences of fine dining (always in good company of course), as well as an appreciation for premium cigars, single malt scotch and rich, full-bodied wines rest near the top of his chart for life's greatest enjoyments. Motorcycles and hunting rank pretty high up there, too. But the very top is reserved for family and friends. Blessed to be the father of four (one by blood, three by love and all by the grace of God), Chip is now also the grandfather of eight. This is Chip's 8<sup>th</sup> year with "Men Who Cook."

## "MEN WHO COOK" SPONSOR



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## Cheesecake

**Michael Potts**

**SOURCE:** Unrequited College Love

**INGREDIENTS**

GRAHAM CRACKER CRUST:

1 pkg. Graham Crackers

1/2 stick Butter

BATTER:

3 pkg. Cream Cheese, softened

1 c. granulated Sugar

5 Eggs

1 1/2 tsp. Vanilla

4 Tbsp. Flour

TOPPING:

1 pt. Sour Cream

3 Tbsp. granulated Sugar

1/2 tsp. Vanilla

**DIRECTIONS**

Preheat oven to 350°F. Line exterior of 10" springform pan with foil to catch butter drips from crust or use an aluminum pan from the grocery store and forget the springform pan. I don't need no stinking springform pan.

**CRUST:** Crush and sift graham cracker crumbs. Melt butter. Mix crumbs and butter. Mash crumb mixture into bottom and sides of pan, about half-way up the side of the springform pan.

**BATTER:** Cream sugar and softened cream cheese. Add eggs one at a time, whipping for about 1 min. per egg. Add vanilla 1/2 tsp. at a time, whipping 1 minute per addition. Add flour 1 Tbsp. at a time whipping 1 minute per addition. Mixture should be fairly smooth and thick in consistency. Pour into prepared pan. Cook 35-40 min., remove and cool for 15-20 min. While cooling, prepare topping.

**TOPPING:** Add sugar to sour cream and whip for 1 min. Add vanilla and whip 1 min. Pour topping over cooled cake and bake for 12-15 min. Remove cake from oven, cool and refrigerate overnight.

**BIOGRAPHY**

Mike Potts is the Safety Superintendent of the Lubrizol Deer Park Plant, the world's largest lubricant manufacturing plant in the world. Mike is a graduate of Texas A&M and has worked in safety, environmental, and emergency management for the petroleum and petrochemical industry for 35+ years. He and Jeanne have been married for 31 years. They have two sons, John Andrew, recently returned from the serving in the Middle East, and Joseph Gerard, who is currently serving with the Second Marine Reconnaissance Battalion, 2nd Marine Division at Camp Lejeune. OOYRAH! Mike enjoys cooking, baking, camping, hiking, backpacking, shooting sports, and weightlifting. He has been a Boy Scout Leader for 15 years, serving as the Scoutmaster of Seabrook's Troop 95 from 2002 - 2007. He is the Chairman of the Sam Houston Area Council of the Boy Scouts of America Risk Management Committee. He is an NRA Firearm Safety Instructor for rifle, shotgun, pistol, and muzzle-loaders, mostly for the Boy Scouts. Mike has been a member of the Seabrook Planning and Zoning Commission for more than 15 years, currently serving as the Chairman.