



IMANI CAVE



FOOD IS SERIOUS! COOKING IS A GAME! PLAY TO WIN.

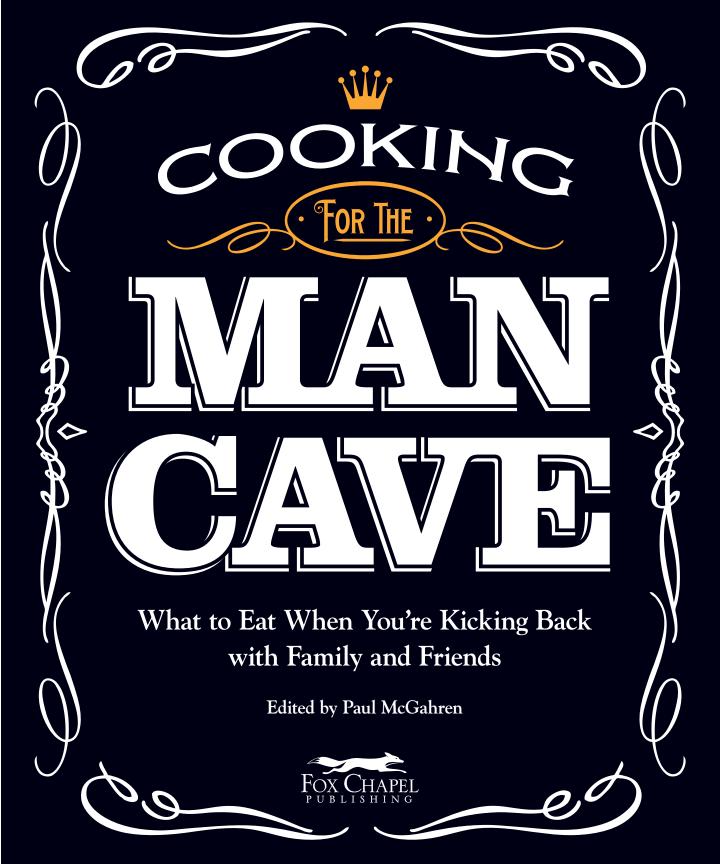
Cook proudly.

Cook generously.

Cook manly.

HERE'S THE PLAYBOOK.

- *...ly delicious. And necessary. You know this. You're thinking about it right now.
- **An incredible one. It has timers, temperature extremes, physicality, strategy...and obligatory after-game eats.



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Edited by Paul McGahren.

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Introduction

Mothers cook with love. **MEN COOK WITH ATTITUDE:** what they want, when they want, for friends. *Spectacularly*.

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Man Cave cooking isn't about physical location.

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It's about partying in the backyard with the neighborhood guys you shoveled snow with a few months ago.

* * * * *

It's about grilling in the park with your teammates after you won the semifinal.

* * * * *

It's about gathering around the campfire with your brothers after a long day's paddle on the Allagash River.

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It's about tailgating with your college pals before the first game of the season.

* * * * *

It's about celebrating your best friend's wedding with the rest of the groomsmen in your tricked-out den.

* * * * *

It's about frying the biggest turkey you can find and then eating every shred of it.

* * * * *

IT'S ABOUT... well no, it isn't about the meal you eat right after you summit Mount Everest. That's probably some nasty freeze-dried M.R.E. But apart from Mount Everest, if it's masculine and involves friends and fun, it almost certainly calls for some MAN CAVE COOKING.

That's where this book comes in. Consider it your personal coach to creating swaggeringly good food—and, not incidentally, a staggeringly good time. It's a cool coach, prone to awesomeness and stressing on only the really important things, such as how to use your turkey fryer without requiring the services of the fire department or ambulance crews. Or which sporting events you really need to see in person at least once.

The chapters cover cooking in the turkey fryer, on the grill, and in the

The chapters cover cooking in the turkey fryer, on the grill, and in the kitchen, with further divisions to help you find the perfect main dish, sides, snack, or dessert. There are, notably, lots of meat recipes and lots of recipes for cooking with beer. But one food does not a meal make, so be sure to pay attention to the smaller dishes too. They're supporting actors, of sorts—and as fully capable of brilliance as the stars.

NEED STEAK? It's here.

NEED BEER~CAN CHICKEN? It's here.

NEED FRIED DILL PICKLES? It's here.

NEED GERMAN POTATO SALAD? It's here.

NEED BEER CHEESE SAUSAGE SOUP? It's here.

BROWSE AND BE INSPIRED. Try them all.

As you're browsing, you'll notice a wealth of tips scattered liberally among the recipes. They cover food, trivia, and other vital topics for your enjoyment and edification. Next time things get a little slow, pull this out and set the guys loose on it. In less time than it took Dale Earnhardt to gun that motor, you'll have a list of requested recipes and a couple of lively debates.

GREAT THINGS HAPPEN WHEN A COOKS IN HIS CAVE.

GO ON AND HAVE A GO AT THEM.



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GRILLED TEQUILA CHICKEN Makes 4 servings

INGREDIENTS

- ➤ 4 boneless, skinless chicken breasts
- ► ½ C. lime juice
- > 2 T. jalapeño pepper jelly
- 2 T. fresh chopped cilantro
- ➤ 2 T. tequila
- > 2 T. olive oil
- ➤ 1 tsp. fresh minced garlic
- ➤ ¼ tsp. salt
- ➤ ¼ tsp. pepper

PREPARATION

Rinse chicken breasts and pat dry. Arrange chicken breasts in an 8" square baking dish and set aside. In a small bowl, combine lime juice, jalapeño pepper jelly, fresh chopped cilantro, tequila, olive oil, minced garlic, salt, and pepper. Mix well and pour over chicken in baking dish. Cover baking dish and let marinate in refrigerator 2 to 8 hours. Preheat grill to medium-high heat. Place marinated chicken over grill and heat until chicken is cooked through.

BEER CAN CHICKEN Makes 4 servings

INGREDIENTS

- ▶ 1 C. butter, divided
- ➤ 2 T. garlic salt, divided
- 2 T. paprika, divided
- Salt and pepper to taste
- ➤ 1 (12 oz.) can beer
- ➤ 1 (4 lb.) whole chicken

PREPARATION

Preheat an outdoor grill for low heat and lightly oil grate. In a small skillet, melt ½ cup butter. Mix in 1 tablespoon garlic salt, 1 tablespoon paprika, and salt and pepper. Discard half the beer, leaving remainder in the can. Add remaining butter, garlic salt, paprika, and desired amount of salt and pepper to beer can. Place the beer can on a disposable baking sheet. Set the chicken on the can, so the can is in the cavity of the chicken. Baste chicken with the melted, seasoned butter. Place baking sheet with beer and chicken on the prepared grill. Cook over low heat for about 3 hours or until chicken is no longer pink and juices run clear.



WHAT KIND OF BREW FOR BEER-CAN CHICKEN?

Stouts and porters add a hint of malt; Ales and IPAs a floral note; wheat a fruity tone. American lagers add little flavor and and primarily keep the meat moist. **One opinion:** if it's in a can, it's not strong enough. Drink it and add a premium bottle of beer to the can.

CHICKEN SALAD BOATS Makes 18 servings

INGREDIENTS

- 4 packages of precooked chicken tenders (about 20 per package)
- > 18 hard rolls
- ➤ 3 C. finely chopped celery
- ➤ 1 medium onion, peeled and finely chopped
- ➤ 4 T. mayonnaise
- ➤ 1 large bottle Italian salad dressing
- > Salt and pepper to taste
- ➤ 18 slices provolone cheese

PREPARATION

Preheat grill to medium heat and cover the grate with aluminum foil. Grill chicken tenders until heated through, remove from grill, and cut into small pieces. Meanwhile, hollow out hard rolls by cutting a hole in the top of each roll and pulling out the bread, leaving bottom intact to make a boat shape. In a medium bowl, combine chicken tender pieces, chopped celery, chopped onion, mayonnaise, Italian salad dressing, salt, and pepper. Mix well and spoon mixture into hollowed rolls. Place rolls in a metal 9" x 13" baking dish. Place a slice of provolone cheese over each roll in baking dish. Place baking dish over heated grill until cheese melts and rolls are slightly browned. Remove from grill and serve warm.

BBQ SAUSAGE & PEPPERS Makes 6 servings

INGREDIENTS

- 2 lb. spicy Italian sausage, sliced
- ➤ 1 large red bell pepper, cut into large chunks
- ➤ ¼ lb. jalapeno peppers, cut into large pieces
- ➤ 1 large red onion, cut into chunks
- 1 (12 oz.) can beer
- ▶ ½ lb. sliced provolone cheese

PREPARATION

Place sausage, red bell pepper, jalapeno peppers, and red onion in a large bowl. Pour in beer. Cover and marinate in the refrigerator at least 1 hour. Preheat an outdoor grill for high heat and lightly oil grate. Alternately thread sausage, red pepper, jalapenos, and onion onto skewers. Cook on the prepared grill until sausage is evenly brown and vegetables are tender. Melt provolone cheese over the hot ingredients during the last few minutes of cooking.



ITALIAN SAUSAGE & PEPPERS Makes 4 servings

INGREDIENTS

- ➤ ½ C. olive oil
- ➤ ¼ C. red wine vinegar
- ➤ 2 T. fresh chopped parsley
- ➤ 1 T. dried oregano
- > 2 cloves garlic, crushed
- ➤ 1 tsp. salt
- ➤ 1 tsp. pepper
- ➤ 4 hot or sweet Italian sausage links
- ➤ 1 large onion, peeled and sliced into rings
- ➤ 1 large red bell pepper, quartered

PREPARATION

In a small bowl, combine olive oil, vinegar, chopped parsley, dried oregano, crushed garlic, salt, and pepper. Place sausages, sliced onion, and quartered red bell pepper in a large sealable bag and pour marinade over ingredients in bag. Seal bag and place in refrigerator or cooler until ready to prepare. Preheat grill to medium heat. Place a heavy skillet over heated grill. Empty contents of bag into skillet and heat, covered, about 4 to 5 minutes. Continue to grill until sausages are cooked through. To serve, spoon cooked sausages and some of the onions and peppers onto each serving plate.



AMERICAN ROYAL WORLD SERIES OF BBQ

If your bucket list doesn't include the World Series of Barbecue, add it to your list—with a Sharpie. You'll drop to your knees and thank the heavens. First held in 1980, the American Royal Barbecue required contestants to cook at least 10 pounds of beef, pork, or lamb. The BBQ was rated on a scale of 1 (...is there a doctor in the house?) to 10 (...ok, I can die happily now.) It was the launchpad for KC Masterpiece, the prize-winning barbecue sauce created by Dr. Rich Davis, who gave up his medical practice for his love of barbecue. Sprawled over 4 days and 20 acres in Kansas City's historic Stockyards District, with nearly 500 teams competing in four meat categories, the American Royal is the largest barbecue contest in the world and truly the "World Series of Barbecue®." Get there.



THE AMERICAN BURGER Makes 4 servings

INGREDIENTS

- ➤ 1½ lb. ground beef
- ➤ 2 tsp. Worcestershire sauce
- ➤ 2 T. fresh chopped parsley
- ➤ 2 tsp. onion powder
- ➤ 1 tsp. garlic powder
- ➤ 1 tsp. salt
- ➤ 1 tsp. pepper
- ➤ 4 hamburger buns, split
- Ketchup, mustard, chopped onions, relish, optional

PREPARATION

Preheat grill to medium heat. In a medium bowl, combine ground beef, Worcestershire sauce, chopped parsley, onion powder, garlic powder, salt, and pepper. Mix lightly but thoroughly. Shape mixture into four burgers, each about ½" thick. Place burgers on hot grate. Cook burgers over grill 8 to 10 minutes, turning once, until cooked as desired. Remove burgers from grate and place on buns. Garnish burgers with ketchup, mustard, chopped onions, and relish as desired.

THE CHEDDAR BURGER Makes 4 servings

INGREDIENTS

- > 1 lb. ground beef
- ▶ 1/3 C. steak sauce, divided
- ➤ 4 (1 oz.) slices cheddar cheese
- ➤ 1 medium onion, peeled and cut into strips
- ➤ 1 medium green or red bell pepper, cut into strips
- ▶ 1 T. butter
- ▶ 4 hamburger buns, split
- ➤ 4 slices tomato

PREPARATION

Preheat grill to medium-high heat. In a medium bowl, combine ground beef and 3 tablespoons steak sauce. Mix lightly but thoroughly. Divide mixture into four equal parts. Shape each part into a patty, enclosing one slice of cheddar cheese inside each burger, and set aside. Place a skillet on the hot grate and cook onion and bell pepper strips in butter, heating until vegetables are tender. Stir in remaining steak sauce and keep warm. Place burgers on hot grate. Cook burgers over grill for 8 to 10 minutes, turning once, until cooked as desired. Remove burgers from grate and place on buns. Top each burger with a tomato slice and cooked onions and peppers.



BEER 'N' BRATS Makes 12 servings

INGREDIENTS

- > 3 (12 oz.) cans beer
- ➤ 2¼ C. water
- ➤ 12 uncooked bratwurst
- ➤ 2 tsp. minced garlic
- ➤ 1 tsp. brown sugar
- > 2 onions, peeled and sliced
- Salt and pepper to taste
- ➤ 12 brat buns
- Mustard

PREPARATION

In a medium saucepan over medium heat, combine beer, water, bratwurst, minced garlic, brown sugar, sliced onions, salt, and pepper. Mix and cook until liquid begins to boil. Reduce heat, cover, and let cook for 25 minutes, until brats are cooked through. Strain onions from cooking liquid and reserve. Place onions and brats in separate airtight containers and chill in refrigerator or in cooler until ready to prepare. Preheat grill to medium-high heat and cover a section of the grate with aluminum foil. Place onion slices on aluminum foil to warm. Place brats over grill and cook until fully browned. To serve, place one brat on each bun and top with mustard and heated onions.

BRATWURST & BEER Makes 8 servings

INGREDIENTS

- ➤ 2 lb. bratwurst
- ➤ 2 onions, thinly sliced
- ➤ 1 C. butter
- ► 6 (12 oz.) cans or bottles beer
- ► 1½ tsp. ground black pepper

PREPARATION

Prick bratwurst with fork to prevent them from exploding as they cook, then place them in a large stew pot. Add onions and butter or margarine and slowly pour beer into the pot. Place pot over medium heat and simmer for 15 to 20 minutes. Preheat grill for medium-high heat. Lightly oil grate and place bratwurst on grill. Cook for 10 to 14 minutes, turning to brown evenly. Serve hot off the grill.



CHEESE-STUFFED BRATS Makes 5 servings

INGREDIENTS

- ➤ 5 fully cooked bratwurst
- ¾ C. shredded Monterey Jack cheese
- ➤ 2 green onions, thinly sliced
- ➤ 5 strips bacon
- ➤ 5 French-style rolls or brat buns
- Ketchup, mustard, chopped onions, and relish, optional

PREPARATION

Preheat grill to medium heat. Cut a ½" wide slit lengthwise in each bratwurst. Fill the slit in each bratwurst with shredded Monterey Jack cheese, dividing cheese evenly among the bratwurst. Repeat with sliced green onions. Wrap a strip of bacon around each bratwurst to enclose the green onions and cheese. Secure bacon strips with toothpicks. Place bratwursts, cut side up, over grill and heat for 5 to 10 minutes, until bacon is crisp and cheese is melted. Place bratwursts in buns and top with ketchup, mustard, chopped onions, and relish as desired.

BUFFALO DRUMSTICKS Makes 4 servings

INGREDIENTS

- 8 large chicken drumsticks
- > 3 T. hot pepper sauce
- ▶ 1 T. vegetable oil
- ➤ 1 clove garlic, minced
- ¼ C. mayonnaise
- ▶ 3 T. sour cream
- ▶ 1½ T. white wine vinegar
- 🄰 ¼ tsp. sugar
- ► 1/3 C. crumbled blue cheese
- Celery sticks

PREPARATION

Place chicken drumsticks in a large sealable plastic bag. In a small bowl, combine hot pepper sauce, vegetable oil, and minced garlic. Pour mixture over chicken in bag. Marinate chicken in refrigerator at least 1 hour and up to 24 hours, turning occasionally. To make blue cheese dressing, combine mayonnaise, sour cream, white wine vinegar, and sugar in a small bowl. Mix well and stir in crumbled blue cheese. Store dressing and celery sticks in airtight containers until ready to serve. Preheat grill to high heat. Remove chicken from bag and discard the marinade. Place chicken on grate and grill, covered, for 25 to 30 minutes, turning three to four times. Chicken is done when it is tender and no longer pink in the middle. Serve drumsticks with blue cheese dressing and celery sticks.





THE MANLY ART OF

There are times when a guy actually likes to cook—times like tailgating parties, hunting trips, clambakes, and whenever beer is involved! If you're looking for recipes for these "special" occasions, you'll find plenty of great options in this testosterone-laden cookbook. From barbecue sauces to meat 'n potatoes to beer and beyond—you'll find over 100 crowd-pleasing recipes for grilling, frying, and more.

Cook it your way, with bold flavors and easy guy-friendly recipes. Discover the secrets of camp cooking in foil packs. Find out what to do with that big fish you caught. Get creative recipes for sauces, rubs and other seasonings. Use your cooler the right way to keep food fresh and organized at the game. And learn what to put in a turkey fryer, besides turkeys!

Whether out in the backyard, camping in the woods, or partying behind the stadium—this book is sure to whet your appetite and fire up your culinary imagination.

