

The happy-monkey.net cookbook  
*carelessly feeding the animals since 2004*



David Horton

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# Breakfast Food

## **Hippie Pancakes**

Socially conscious breakfast food.

Recipe by: David Horton

Yield: 12 to 16 small pancakes, enough for two hippies

Preptime: 10 minutes

### **Ingredients**

1 C. unbleached wheat blend flour

2 tsp. baking powder

1 tsp. unrefined sugar

1/4 tsp. coarse kosher salt

1 free-range egg

1 1/4 C. hormone-free milk

1 tsp. organic vegetable oil

### **Preparation Instructions**

Pre-heat griddle over medium heat. Combine dry ingredients in a mixing bowl. Stir in egg, milk and oil. Use a large spoon or gravy ladle to transfer pancake batter to the griddle. Pancakes are ready to flip when large bubbles can be seen on top.

### **Serving Suggestion**

Top with fruit and berries or serve with traditional maple syrup.

### **Notes**

All-purpose flour may be used instead of wheat blend, but decrease the milk by 1/4 C and cut the baking powder by 1/2 tsp. You may also replace the unrefined sugar with brown sugar and yes, regular eggs work too, but at this point you have completely sold out to The Man and may as well just hop in your beemer and drive to some trendy, over-priced, yuppie pancake house and get it over with.

## **Three Bears Instant Oatmeal**

A quick and easy hot breakfast for cold mornings.

File under: Breakfast food

Recipe by: David Horton

Yield: 12 servings

### **Ingredients**

3 C. Quick oats

2 C. Powdered milk

1 C. Raisins

1 C. Chopped pecans

1/2 C. Brown sugar

1/2 tsp. Cinnamon

1/2 tsp. Nutmeg

1/4 tsp. Salt

### **Preparation Instructions**

Place all ingredients into a gallon-sized resealable storage bag. Evacuate most of the air from the bag and zip it closed. Gently shake the bag to mix all ingredients taking care to work out any lumps in the brown sugar.

### **Serving Suggestion**

Combine 1/2 C instant oatmeal mix with 3/4 C water. Microwave for 2 to 3 minutes. Let cool 1 minute and stir before serving.

### **Notes**

Walnuts may be substituted for pecans. You may also want to experiment with different types of dried fruits. A combination of cranberries and blueberries with walnuts or pecans is very tasty.

# Drinks

## **Margarita**

A delicious drink to be enjoyed with Mexican food.

Recipe by: David Horton

Yield: 1 margarita

Preptime: One minute

### **Ingredients**

1 oz. Tequila

1 oz. Triple Sec

1 oz. Rose's lime juice

1 oz. Mrs. T's sour mix

1 slice lime

Course kosher salt

Ice

### **Preparation Instructions**

Prepare a margarita glass by rubbing lime around the edge, rolling in salt and filling with ice. Combine Tequila, Triple Sec, lime juice and sour mix in a shaker and mix. Carefully pour into glass and garnish with slice of lime.

### **Serving Suggestion**

Serve with Mexican food. Always drink responsibly.

### **Notes**

It is easy to expand the recipe to serve more people since the Tequila, Triple Sec, lime juice and sour mix are equal in proportion. For example, using 1 Cup of each ingredient would yield 8 margaritas since there are 8 ounces in a cup. See, your math teacher was right, you do need to know this ratio stuff!

# Appetizers

## **Pickled Jalapeno Mix**

A zesty south of the border appetizer.

File under: Mexican food

Recipe by: David Horton

Preptime: 30 minutes

### **Ingredients**

3 or 4 Jalapeno peppers, quartered  
4 oz. Mushrooms, coarsely chopped  
1 Small onion, coarsely chopped  
8 oz. Carrots, sliced  
2 Bay leaves  
1 C. Cider vinegar  
1 C. Water  
1 1/2 Tbsp. Kosher salt

### **Preparation Instructions**

Combine vinegar, water and salt in a 2-quart saucepan and bring to a boil. Combine jalapenos, mushrooms, onion, carrots and bay leaves in a bowl. Pour hot vinegar solution over peppers and vegetables. Cover and refrigerate.

### **Serving Suggestion**

Serve with tortilla chips as an appetizer.

### **Notes**

Leftovers may be kept in the refrigerator for a long time without spoilage because of the preserving effects of the vinegar and hot peppers.

## **Pico De Gallo**

Great mild dip for tortilla chips.

File under: Mexican food

Recipe by: David Horton

Yield: Enough for one bag of torilla chips.

### **Ingredients**

1 lb. Plum (roma) tomatoes, diced

1 Small onion, diced

1 large handful cilantro, chopped with stems removed

Juice from 1 lime

Salt to taste

### **Preparation Instructions**

Combine all ingredients in a bowl. Cover and refrigerate for at least one hour to give the flavors time to mingle.

### **Serving Suggestion**

Serve with tortilla chips for a tongue-tingling appetizer. Pico de gallo may also be used as a topping for tacos or quesadillas.

### **Notes**

Adding some minced jalapeno pepper will give the recipe a little kick.

# Soups and Stews

### **30-Minute Chili**

An easy to make, mild chili recipe.

File under: Soup

Recipe by: David Horton

Yield: 8 servings

Preptime: 30 minutes

#### **Ingredients**

1 tsp. olive oil  
1 medium onion, chopped  
2 cloves garlic, minced  
1 lb. beef stew meat cut into bite-sized pieces  
1 tsp. chili powder  
1 tsp. cumin  
1/2 tsp. cayenne pepper  
One 28 oz. can crushed tomatoes  
One 40 oz. can Brooks chili hot beans, drained  
1/2 tsp. kosher salt  
2 tsp. brown sugar

#### **Preparation Instructions**

Add olive oil, garlic and onion to a 4-quart saucepan. Sweat onion and garlic for a few minutes over medium-low heat. Add beef, chili powder, cumin and cayenne pepper. Raise heat to brown the meat slightly. Add crushed tomatoes, beans, salt and sugar. Reduce heat to a low simmer. Cook for at least 20 minutes before serving, much longer if time permits.

#### **Serving Suggestion**

Top with Chihuahua cheese and sour cream. Serve with cornbread.

#### **Notes**

Lean ground beef may be used in place of stew meat.

## **Corn Chowder**

Autumn comfort food.

File under: Soup

Recipe by: David Horton

Yield: 8 servings

Preptime: One hour

### **Ingredients**

2 Tbsp. butter  
1 medium onion, diced  
2 cloves garlic, minced  
2 ribs celery, chopped  
1 red pepper, diced  
4 ears of corn kernels cut from the cob  
2 Tbsp. flour  
2 C. chicken broth  
2 C. whole milk  
3 medium red potatoes, cubed  
Salt and pepper to taste

### **Preparation Instructions**

Heat butter in a 3-quart saucepan. Add onion, garlic, celery, red pepper and corn. Sweat vegetables over medium-low heat until onion is translucent. Add flour to thicken the mixture. Stir often. Add broth and potatoes and bring to a boil. Reduce heat to low and simmer until potatoes are tender, about 30 minutes. Stir in milk. Add salt and pepper to taste.

### **Serving Suggestion**

Serve with homemade biscuits or bread.

### **Notes**

Substitute vegetable broth in place of chicken broth to make a great vegetarian chowder.

## **Cream of Chicken and Rice Soup**

An tasty way to use leftover chicken

File under: Soup

Recipe by: David Horton

Yield: 4 servings

### **Ingredients**

6 oz. chicken scraps

2 Tbsp. flour

2 Tbsp. butter

2 C. chicken broth

1/4 C. rice

1/2 tsp. parsley

1/4 tsp. pepper

salt to taste

2 C. milk

### **Preparation Instructions**

Cut chicken into bite-sized pieces. Combine chicken and flour in a mixing bowl and stir until chicken is well coated. Melt butter in a 3-quart saucepan over medium heat. Add chicken and any excess flour. Cook until mixture begins to brown, stirring often. Slowly stir in chicken broth and bring to a boil. Add rice, parsley, salt and pepper. Reduce heat to low. Cover and cook until rice is tender, stirring occasionally to prevent sticking. Just before serving add milk and warm through. Do not allow soup to boil after adding milk as it will cause the milk to curdle and ruin the smooth texture of the soup.

### **Serving Suggestion**

Serve as an appetizer or combine with a sandwich and salad for a meal.

### **Notes**

This soup can be partially made ahead of time and frozen for a quick meal later on. Follow the recipe to the point just before adding the milk. Measure the soup into freezer-safe containers and cool rapidly in an ice bath. When ready to eat, thaw the soup and continue the recipe by adding the milk and warming through.

## **Gumbo**

Warm your tummy with a New Orleans favorite.

File under: Soups and stews

Recipe by: David Horton

Yield: 6 servings

Preptime: 1 1/2 hours

### **Ingredients**

1/4 C. peanut oil  
1/3 C. flour  
1 small onion, diced  
2 ribs of celery, chopped  
1 small green pepper, seeded and diced  
3 plum (roma) tomatoes, diced  
1/4 lb. okra, sliced  
1/2 lb. chicken, cut into bite-sized pieces  
1/2 lb. pork cutlet, cut into bite-sized pieces  
1/2 lb. wee shrimp, cleaned and de-veined  
4 C. chicken stock  
1/4 tsp. cayenne pepper  
1/4 tsp. white pepper  
1/4 tsp. black pepper  
pinch of parley  
pinch of sage leaves  
pinch of thyme leaves  
pinch of mustard powder  
1 whole bay leaf  
salt to taste  
3/4 C. parboiled (converted) rice  
1 1/2 C. water

### **Preparation Instructions**

Create a roux by mixing oil and flour in a 3-quart saucepan over medium heat. Stir often with a wire whisk until the roux becomes the color of peanut butter. Add onion, celery and green pepper. Be very careful as the roux is very hot and tends to splatter when the veggies hit it. Trade the wisk for a large spoon and stir often. When the onion begins to turn translucent add tomatoes and okra. As tomatoes and okra soften add the chicken and pork. The mixture will be very thick at this point, so add a little chicken stock as needed to make stiring less of a chore. When the chicken and pork are slightly browned add the remaining chicken stock and bring to a boil. Stir in all of the spices, cover the pot and reduce heat to a simmer. If the shrimp is frozen add it now otherwise wait until ten minutes before serving. Salt acording to taste. Add the rice to boiling water in a 1-quart saucepan, reduce heat to low and cook for 25 minutes or according to package directions.

### **Serving Suggestion**

Place a ladle full of gumbo in a bowl and top with a couple spoonfuls of rice. Garnish with parsley if you're into the whole presentation thing.

### **Notes**

When saving leftovers store the gumbo and rice separately at least until both are completely cooled, otherwise the rice will get mushy.

## **Instant Cream of Chicken Soup**

Good for a quick snack at work or in the woods

File under: Soups and stews

Recipe by: David Horton

### **Ingredients**

1 cube chicken bullion

1 Tbsp. powdered milk

1 Tbsp. instant mashed potato flakes

1 Tbsp. dried vegetable flakes (see notes)

Pinch of dried parsley flakes

### **Preparation Instructions**

Mix all ingredients together in a snack-size resealable storage bag. Store in a cool, dry place.

### **Serving Suggestion**

Combine dry ingredients with one cup of water. Bring to a slow boil for about two minutes. Let stand for one minute before eating.

### **Notes**

The choice of dried vegetables is up to you and may depend on what you can find at the supermarket. Onion flakes seem to be readily available. Sometimes there are soup starter mixes that can be used, but keep in mind that larger chunks of veggies will take longer to rehydrate.

## **Lamb Stew**

An Irish favorite.

Recipe by: David Horton

Yield: 8 servings

### **Ingredients**

1 tsp. butter or oil  
1 medium onion, diced  
2 cloves garlic, minced  
8 oz. carrots, chopped  
1 lb. lamb stew meat, cut into bite-sized pieces  
4 medium red potatoes  
16 oz. beef broth  
A small handful of fresh parsley, chopped  
A few sprigs of fresh thyme  
A few pinches of fresh chives, chopped  
1 tsp. cornstarch  
1 tsp. cold water  
Salt and pepper to taste

### **Preparation Instructions**

Heat butter in a 3-quart saucepan. Add onion, garlic and carrots. Sweat vegetables over medium-low heat until onion is nearly translucent. Add lamb and raise heat for a few minutes to brown the meat slightly. Add broth and reduce heat to low. Add fresh parsley, thyme and chives. Peel and cube potatoes while the pot is simmering. Cook over low heat until potatoes are tender, about 30 minutes. Mix cornstarch and water in a small bowl or cup and add to the stew. Raise the heat momentarily so that the corn starch can thicken the stew. Add salt and pepper to taste.

### **Serving Suggestion**

Serve with homemade bread.

### **Notes**

For a unique, Irish Pub flavor cut the amount of beef broth in half and substitute an equal amount of stout or porter ale.

## **Quick Cream Of Tomato Soup**

A quick and easy tomato soup recipe that tastes great.

File under: Soup

Recipe by: Bryn Horton

Yield: Makes enough soup for two people

Preptime: 10 minutes

### **Ingredients**

One 6 oz. can tomato paste

A pinch of baking soda

2 C. milk

Salt to taste

### **Preparation Instructions**

Scoop tomato paste into a 2-quart saucepan and cook over medium-low heat for about five minutes. Stir often with a wire whisk. Some of the tomato paste may stick to the pan, but that's okay as long as it does not burn. Stir in baking soda. Lower heat and add milk. Whisk until soup has a smooth texture and no tomato paste is left clinging to the pan. Add salt to taste.

### **Serving Suggestion**

Serve with grilled cheese sandwiches and celery sticks for a tasty lunch.

### **Notes**

As with any cream soup there is a chance of the milk curdling which can give the soup a gritty texture. To avoid curdling use 2% or whole milk and be careful not to bring the temperature too high.

## **Vegetable Soup**

Tummy warming goodness

Recipe by: David Horton

Yield: 8 servings

Preptime: 90 minutes

### **Ingredients**

1 tsp. olive oil

4 cloves of garlic, minced

1 small onion, diced

2 ribs celery, chopped

3 carrots, chopped

1 zucchini, chopped

One 6 oz. can tomato paste

1/4 tsp. basil

Pinch of oregano

Pinch of thyme

Pinch of pepper

1 bay leaf

6 C water

Salt to taste

### **Preparation Instructions**

In a 3-quart saucepan combine olive oil, garlic, onion and celery. Sweat over medium-low heat. Stir occasionally. When onion begins to turn translucent add carrots and zucchini. As zucchini begins to soften add tomato paste and spices. Cook until tomato paste begins to darken in color, stirring often. Add water and bring to a low boil. Reduce heat to low. Simmer for an hour or more.

### **Serving Suggestion**

Serve with fresh fruit and bread for a light lunch.

### **Notes**

This soup is very good with pasta or rice added.

# Entrees

## **Easy Risotto**

A good way to use up leftover pasta sauce.

Recipe by: David Horton

Yield: 6 servings

Preptime: 1 hour

### **Ingredients**

2 C. pasta sauce

2 or 3 C. beef broth

1 C. parboiled (converted) rice

One 6 oz. jar capers in vinegar

### **Preparation Instructions**

Place sauce in a 10-inch skillet or large saucepan and warm over low heat. Add rice and stir. Add beef broth a little at a time as the rice absorbs the liquid in the pan. Cook for about one hour, stirring occasionally, until rice is tender. Risotto should be smooth, not sticky so add more broth if it is needed. A few minutes before serving drain the capers and stir them into to the mixture.

### **Serving Suggestion**

Serve with fresh Italian bread.

### **Notes**

Substitute green olives or mushrooms in place of capers for some variety. When substituting keep in mind that cooked or canned ingredients should be added toward the end of cooking while fresh ingredients are best added in the beginning.

## **Homestyle Macaroni And Cheese**

Way better than the orange stuff that comes in a box.

File under: Comfort food

Recipe by: David Horton

Source: Loosely based upon a recipe from the [Sherman Hospital](#) cafeteria in Elgin, IL

Yield: 6 servings

Preptime: 45 minutes

### **Ingredients**

8 oz. elbow macaroni

6 Tbsp. butter

1/4 C. flour

2 C. milk

4 oz. cream cheese

1/2 tsp. salt

1/8 lb. baby Swiss cheese slices

1/4 lb. colby or mild cheddar cheese slices

### **Preparation Instructions**

Preheat oven to 450 F. Cook macaroni until it is almost tender. Drain and rinse thoroughly with cold water. Melt butter in a 3-quart saucepan over medium-low heat. Slowly add flour, stirring constantly, to make a roux. When roux begins to darken in color slowly add the milk and keep stirring even though it may feel as if your arm will fall off at any minute. Add cream cheese and salt stirring until the sauce has a smooth and creamy texture. Fold macaroni into the sauce. Place 1/3 of the macaroni and sauce mixture into a buttered 8 x 8 inch pan. Top with a layer of cheddar cheese slices. Scoop another 1/3 of the macaroni mixture into the pan. Top with baby Swiss slices. Add the remaining macaroni mixture to the pan and top with the last of the cheddar slices. Bake at 450 for 15 minutes or until top begins to brown.

### **Serving Suggestion**

Serve alone or with a thick slice of smoked ham. Refrigerate leftovers immediately.

### **Notes**

It is very important to avoid aged cheeses as these tend to make the sauce gritty. Sharp cheddar or Swiss will ruin the texture.

## **Pasta Sauce With Meat**

A good all-around meat sauce to use with a variety of pasta dishes.

File under: Comfort food

Recipe by: David Horton

Yield: Makes enough for 2 lbs. of pasta.

Preptime: About one hour

### **Ingredients**

1 tsp. olive oil  
3 cloves garlic, minced  
1 rib celery, finely chopped  
1 lb. lean ground beef  
One 28 oz. can crushed tomatoes  
One 6 oz. can tomato paste  
1 tsp. Italian seasoning  
1 tsp. sweet basil  
1 1/2 tsp. brown sugar  
1/2 tsp. kosher salt  
A pinch of crushed red pepper  
1/4 C. grated Romano cheese

### **Preparation Instructions**

In a 3-quart saucepan sweat garlic and celery in olive oil over medium-low heat. Add ground beef and raise heat to brown slightly. Drain fat if necessary. Add crushed tomatoes, spices, sugar and salt. Lower heat to a slow simmer and add cheese. Cook for at least 30 minutes, much longer if possible.

### **Serving Suggestion**

Serve over spaghetti or any other favorite pasta.

### **Notes**

Make a double batch and freeze the leftover sauce for a quick meal later on.