Katsudon... 7.50
Gelato... 3.75
Lentil Soup... 2.00
What is your pick up line?

I don't mean, "Your legs must be tired because you've been running through my mind all day", I mean the one that is reserved for new friends; for longer term lovers?

What is so important that your whole experience begs the question. The question that can quite possibly decide the future and fate of the friendship, and we dare hope, the world? For Meg and Lindsay that question is: Do you like Socialism and Potlucks?

Coming together to share food and the importance of a living wage/proper respect for all people are important aspects of their lifestyle and personal moral system. This zine isn't about socialism (unfortunately?) but it does include some of their favorite recipes, an anecdote about food and family, and a way to make a 'break' for yourself. For Meg and Lindsay, food is for sharing and for friendship. So the question here is: Do you find recipes amazing? Do you want us to "tell you more"? Do you like socialism and potlucks?
Introducing The Way We Are

as explained by casserole

During the big holidays (Christmas, Thanksgiving, etc.)

I start getting really anxious about my family. I mean, my parents are getting older and we're not all that close. My brother is 40 and lives alone. I'm getting older and I'm not sure I'm getting any better at this. My father forgot my birthday one year, I can never remember my father and brother's birthdays. The only reason I can remember my mom's birthday is because I wrote it in an email draft to myself, "STOP FORGETTING MOM'S BIRTHDAY."

I can't help but think, so what if we stopped celebrating holidays together? Wouldn't that make it better if we did? We don't really like each other anyway... I mean really...

What Is It Worth?

It is because of my mother that we eat the same things
- appropriately themed holiday meat... i.e. turkey or ham
- canned green beans cooked to death with sugar
- hashbrown casserole
- rolls from the Blackhawk Bakery (a Paducah bakery)
- appropriately themed holiday pie... e.g. apple or pumpkin

To best explain this menu, it is most important to understand the HASHBROWN CASSEROLE. I think other fitting names for it might be BROWN FAMILY FATCROLE, or maybe CASSEROLE OF CONTRITION.

It tastes so good you forget (sort of)

It is the family favorite and possibly my body's absolute least favorite combination (like pee from my butt least favorite), but I eat it every year because we are that one breed of dysfunctional family that specializes in compartmentalizing this aspect of our lives, and my mother wishes we had more earnest traditions. I eat it because it is a fucking tradition, and we all are sacrificing something.
Sprinkle some crumbs

Build Your Own casserole of sacrificial family
TRADITION
a 26 PACKAGE OF HASHBROWN POTATOES
1/2 cup of melted butter
1 8 oz container of French onion dip
2 cups of shredded cheddar cheese
1 can cream of mushroom soup
1 can crushed up Ritz crackers
little bits of cold... BUTTER

1. Mix frozen hashbrown potatoes, butter, dip, cheese, and soup into a slurry. (Authenticity points if you make it in a pampered chef piece of stoneware - yeehaw)
2. Top slurry with crushed crackers and butter bits.
3. Bake for 45 minutes in a 350° oven
4. Serve and enjoy...

For a happy whatever

One year we didn't eat the casserole because I couldn't get away from work. My family came to Lexington where we gathered in a hotel suite to celebrate Christmas. Since we couldn't cook in the hotel, and my mom insisted on not making me cook, she packed a cooler with delicious things from the nice deli in Paducah.

She brought a small ham, fresh bread, potato salad, and grape salad. She even brought a knife for the ham so we could carve it in the hotel room.

It was obvious my mom was trying very hard to keep a semblance of tradition and I can't help but feel that we ruined it. Somewhere between the time that my brother and father opted to only eat ham sandwiches, or maybe it was when I left abruptly because my anxiety was just too much, somewhere, in there, I know that we ruined Mom's Christmas. Which if we're being real, and we are, it's her holiday. I don't think the rest of us give a rat's ass about it.

Anyway, I just think that food is imp-
JAILHOUSE BURRITOS

During a brief stint working at a parking garage, I met a man that told me about jail burritos. I think he told me a jail burrito was a piece of white bread rolled around some chips, get your hands on (ketchup and mustard come to mind), I think it was also sauced with whatever condiments you could forget.

Several years later, I remembered this conversation and wasn’t sure whether or not I had dreamed it so I searched the internet and learned about different variations of jail burritos. There were burritos with veggies, some with beans, others with pretzels. I was amazed the more I learned about them.

For one, a prison burrito (or prison oasserole in some cases) is called a "break." I don’t know if a break is something that applies purely to food stuffs, but it’s something special that you make with others. Sure, you could make one by yourself, but from what I understood, a really good break came from pooling your resources together. Not only that, but this was a recipe that had stretched beyond a single prison. I read forums where people made similar versions of the jailhouse burrito anywhere from Canada to Texas.

I felt like a voyeur reading about the burrito because I had never been to prison, but I was fascinated that this culture existed and that I knew nothing about it. I had never even considered the kind of privileges I had in the kitchen before.

So...I know it’s probably taboo to do, but I just had to see about the burrito for myself. I made one with my friends Lindsay and Patrick. We bought snacks from the gas station and made two in her house. One came out slightly soggy (amateurs, I know), but the other was perfect. Lindsay and Patrick were hesitant, but I will admit to you that I loved it. It was fucking delicious—especially slathered in sriracha.

I’ve included the recipe we used in this zine so you too can create your own break.

You will need:
- one bag of Cheetos (we used spicy ones)
- one bag of Fritos
- one pack of Ramen noodles
- hot water

Optional Ingredients
- a slim jim (we used Tabasco flavored)

1. Crush pack of Ramen noodles.
2. Empty 2/3 of the Cheetos bag and crush remainder until it is a fine powder.
3. Empty 1/4 of the Fritos bag and crush remainder.
4. Mix Cheetos, Fritos, and Ramen in Fritos or Cheetos bag.
5. Pour hot water (about half a cup or so) over mixture.
6. Fold with bag until ingredients are well combined.
7. With all ingredients firmly resting at the bottom of the bag, begin to roll into burrito.
8. Put burrito in a towel and leave alone for about half an hour.
9. After half an hour has passed, remove burrito bag from towel.
10. Garnish with sriracha.

Cut bag open in a way that preserves the integrity of the burrito.
WHAT THE FUCK IS GELATO?

You may have seen gelato shops popping up and commercials for gelato on TV... Gelato is the new hip trend, but what the fuck is it? Is it sherbet? Is it pudding? Is it icing? Is it mousse? No. It’s none of these things really. Gelato is just an Italian style of making ice cream that’s slightly less bad for you than regular ice cream. It’s a type of ice cream that is made with milk instead of cream, so it has about a third of the fat as regular ice cream. Fat also hinders the way we taste, so you may be able to ‘taste’ more flavors inside of gelato.

How the fuck do I make it? Traditional gelato is also whipped more than ice cream, so it has less ‘air’ in it, making it denser. This really doesn’t matter all that much and is only something you’re going to be able to do if you buy a thousand dollar gelato machine. You can still make it in a ice cream maker or if you tweak the recipe you can make it without an ice cream maker. Some recipes use eggs, but I like the simpler ‘starch’-based versions.

Simple Vanilla Gelato Recipe
(based on a recipe found on icecreammation.com)

Ingredients
- 3 cups of milk (whole is best, but do what you can- half cream & half 2% works too.)
- 1/2 cup of sugar (more sugar will make it “wetter”, less sugar will make it “harder”)
- 3 tablespoons of cornstarch (or other starches, like arrowroot, if you want.)
- pinch of salt
- 2 tablespoons vanilla extract or a vanilla bean scraped (optional, you can use all the other ingredients to make a base to put whatever you want it. This is a recipe for vanilla.)
- 2 tablespoons of some generic liquor like vodka (if you’re making with the sit & spin / ice cream machine-free version. Although you could make a mean gelato that uses liquor as a flavor base.)

1. Whisk about a cup of the milk with the corn starch. Get all the lumps out. Set aside.
2. Blend the rest of the milk, sugar, salt and vanilla in a saucepan.
3. Warm the mixture until simmering (NOT BOILING)
4. Get that starchy milk and toss it into the saucepan. Cook for about 5 minutes, while stirring. Don’t overcook or it’ll be thin, don’t undercook or it will taste like flour. Dude, do a taste test. (Also, I’ve found if you accidentally burn it a little bit at this step it will taste like a roasted marshmallow, but I’ve only ever done it once and your mileage may vary.)
5. Take the milk mixture off of the stove and let cool.
6. Refrigerate it for a couple of hours. If you have an ice cream machine, I hope you’ve had it in the freezer since last night. Oops. (Also, if you used a vanilla bean, get that out of there)
7. Put your milk mixture into your ice cream maker (or do the sit & stir method below.)
8. Feast.
9. Experiment with new flavors or ideas. Put oreos in it, throw in your favorite fruit, crunch up some graham crackers on top. Put less/more sugar in to find the consistency that you like.
How to make it WITH an ice cream maker.

1. Put it in the ice cream maker
2. Follow the fucking instructions, I don’t know what kind of ice cream maker you have.

How to make it WITHOUT an ice cream maker. (The sit & stir method)

1. Play with the ingredients: If you just straight up froze your gelato base you’d get tons of nasty ice crystals. Add more fat, sugar, or include some alcohol (but not too much or it’ll never freeze! Only use, like, 1-2 tablespoons).

2. Use shallow/smaller containers to freeze-freezing too slowly creates more ice crystals.

3. After about 20-45* minutes after you’ve put your gelato in the freezer go get it and beat the heck out of it. Really give it your all. Take out all your stress on this gelato. Repeat once or twice at about the same interval. *timing depends on how fast your stuff is freezing. Check on it. It should be somewhere between 1 and 2 episodes of Parks & Rec. Go ahead and Netflix binge while you’re making this. I give you permission.

4. Churning is so important that it gets a second step. If you don’t churn, it won’t get air in it and it will be a solid block of garbage.

5. After 3 or 4 churning it should be soft serve-y ready. Either eat now or freeze. (If you freeze, be sure to let it sit out at room temperature for a few minutes before you eat it).

Katsudon: Japanese comfort food

Katsudon is a delicious dish made from fried pork cutlets, rice, salty fishy sauce, and spinach. If I were to be executed and allowed my last meal, I would request it as my last meal. It’s a lot like a Japanese version of schnitzel.

This will cook enough for two:

Ingredients:
For the pork cutlets:
2 boneless Pork* chops
1 egg
1 cup panko or bread crumbs
all purpose flour
for dredging
oil for frying
salt & pepper

For the rest of
the katsudon:
¾ cup dashi stock
tablespoon of sugar
½ tablespoon soy sauce
cooked white rice (enough for two people, I know this varies by carb intake and preference)
2 eggs
2 cups of spinach

*You also use chicken if you do not eat pork. I’m not sure about using tofu or other non-meats, but I imagine tempeh might do something cool..
First, you’re going to make the pork cutlets (or tonkatsu).

1. Trim the pork chops of any excess fat leaving just a little on the edges and tenderize it. Pound it flat if you can. This will make cooking easier and it nice and crunchy.
2. Season both sides of the pork chops with salt and pepper. Get three bowls. Put the flour in one, the beaten egg in another and the panko in the third one.
3. Completely dust the pork chops in flour then dip in the beaten egg, coating the surface thoroughly. Finally coat the pork in the panko. Press each side of the pork chops really well in the breadcrumbs to make sure it sticks.
4. Fill your favorite frying pot halfway with oil and heat over medium heat. When the oil spatters when you flick water into it, it’s ready.
5. Cook the pork. When the cutlets are golden brown on one side, carefully turn over and brown the other side.

Now that you’ve cooked the cutlets, it is time for the katsudon:

1. In a small bowl combine dashi, sugar, and soy sauce
2. Add half of this dashi sauce mixture to a small pan of your choice (find one with a lid and it’ll work better when it comes to the spinach part)
3. Bring dashi sauce to a simmer and add in the spinach and put the lid on top. This will steam the spinach a little bit. Do this for approximately 2 minutes.
4. Cut the fried cutlets in strips.
5. Nestle strips on top of the spinach and dashi mixture.
6. Crack an egg on top and put the lid on.
7. Cook until egg is set.
8. Put on top of rice
9. Eat the best and most filling meal of your life.

Cover art, illustrations, foulmouthed gelato instructions, and katsudon recipe by Lindsay Riley. See more of her work at @laserlopes on Instagram or email her about food at linnry@gmail.com.

Prison Burrito and casserole recipes by Meg Brown. Share your favorite ‘break’ with her at megynbrown@gmail.com.