

**Men Who Cook  
XXIV  
2018**



*Benefitting  
Seabrook Rotary Foundation  
and  
Seabrook Police Officers Association Charities*

Seabrook Rotary welcomes you to the 24<sup>th</sup> Annual  
"Men Who Cook" – 2018



*. The 24<sup>th</sup> Anniversary*

*Celebrating 24 Years of Men Who Cook*

*Wow! This is the 24<sup>th</sup> Anniversary of Men Who Cook. We wish to thank everyone who helped make it the premier event of the season. No one is exempt – our guests for their continued loyalty, our celebrity chefs for the contribution of their invaluable time and talents, the dedication of Rotarians and police officers who work so tirelessly to make it happen, and our sponsors, without whose generosity none of it would be possible.*

*The Seabrook Rotary Foundation and the Seabrook Police Officers' Association Charities channel the proceeds of **Men Who Cook** to the benefit of our community and beyond through avenues of humanitarian assistance, educational initiatives, and youth development. Without each and every one of you none of this would be possible.*

*Thank you for making Seabrook such a great place to live. This truly is a community event. We look forward to seeing you all next year!*

## Rotary Club of Seabrook

Friends and Neighbors, did you know 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 Rotary Club of Seabrook 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, 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.
- Support for CCISD, with Bay's PTA purchase of Smart Boards and purchase of equipment for Bay's Eagle's Nest, an after school project and a teacher innovation grant at Ed White, with other area Rotary Clubs, funding the Teacher of the Year awards and luncheon.

Books for the World: founded in 2000 by Charlie Clemmons, a Seabrook Rotarian. A program distributing millions of school books to 18 countries. Since 2000 over 6.6 million books have gone to Africa, Latin America, the Middle East and Asia. Check it out at <http://www.rotarybooksfortheworld.org>.

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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# APPETIZERS

## Jalapena Suprize!

**Chef: Al Saylor**

### **Ingredients**

Jalapeno -

Suprise!

Surprise!

### **Cooking Instructions**

Take Jalapeno and split it in half (with a sharp knife)

Mix Suprise #1 with Surprise #2 and fill Jalapeno with Surprise!

Bake until Surprise is ready & ENJOY!

### **Biography**

Al Saylor is a Mortgage Banker and a Professional Skydiver!

His Jalapeño Suprize is the bomb!

# Deviled eggs

**Chef: Bruce Dresner**

## **Ingredients**

1 doz eggs  
mayonnaise  
sweet pickle relish  
Red pepper

## **Cooking Instructions**

Hard boil eggs and let cool. Slice eggs in half the long way and scoop out the yolks. Mash the yolks with mayonnaise, pickle relish, and a dash of red pepper. Spoon mixture into ziplock bag and put into frig to cool. Arrange half eggs on a platter. Cut a corner off of the ziplock bag and fill eggs. Garnish the eggs with spanish olive. Refrigerate until serving time. Makes 24

## **Biography**

I'm an independent oil man who has lived in Seabrook for the last 20 years with my two sons and my stupid cat. I am active in the community and in my spare time I enjoy sailing in Galveston Bay with my friends, rebuilding vintage sports cars and motorcycles, and barbequing along with participating in whatever mischief comes along.

# Texas Caviar

**Chef: Gary Renola**

## **Ingredients**

One 15 oz can black beans, drained and rinsed  
One 15 oz can black eyed peas, drained and rinsed  
Two celery stalks, chopped  
One cup corn kernels, any variety, drained  
One green bell pepper, chopped  
One red bell pepper, chopped  
One can diced Rotel tomatoes (mild or hot), drained  
½ chopped red onion  
1 ¼ cup zesty Italian dressing  
½ cup chopped cilantro, optional  
Your choice of chips for serving (Fritos, corn chips, etc)

## **Cooking Instructions**

Place all ingredients (minus the chips) into a large bowl and stir well.

Refrigerate a minimum of two hours. Serve with chips.

Can also be served as a side dish.

## **Biography**

Gary, and his wife Elaine, have been married 43 years, and have lived in the Bay Area since 1978 and in Seabrook since 1992. Gary retired from ExxonMobil in 2011. Gary has a BS ChE from Penn State. He has an MS and PhD in ChE from the University of Illinois. Gary served on Seabrook City Council for 6 years including as Mayor of Seabrook from 2008 to 2011. Gary volunteers for several organizations including Big Brothers Big Sisters, Rotary and Clear Creek Education Foundation.

# Hanzee's Crab Cakes

**Chef: Hans Mair**  
**Sundance Grill**

## **Ingredients**

½ lb. poached fresh salmon  
½ lb. jumbo lump crab meat  
2 tbsp. bread crumbs  
1 egg yolk  
1 whole egg  
Few drops of Tabasco  
10 drops Worcestershire sauce  
1 stick celery finely chopped  
¼ green bell pepper finely chopped  
¼ red bell pepper finely chopped  
¼ medium yellow onion finely chopped  
1 tbsp. parmesan cheese  
Salt & pepper to taste  
Olive oil  
1 tbsp. lemon juice

## **Cooking Instructions**

In olive oil, sauté yellow onion for a few minutes before adding red pepper, green pepper, and celery for 2 minutes.

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 minutes on each side, until golden brown

## **Biography**

Hans is a professional chef trained in Europe. He traveled around the world as chef on the S.S. Rotterdam / Holland

America Lines and worked in the Bahamas and Montreal. He managed Vargo's restaurant for 27 years. He is married to Darby; Father of 3 children. He enjoys flying, cooking and water skiing.

# Brats in a Blanket

**Chef: John Mortenson / Matt Wev**

## **Ingredients**

Bratwurst wrapped in pretzel dough

## **Cooking Instructions**

Wrap the bratwurst in pretzel dough and bake in the oven at 350 degrees

## **Biography**

John Mortenson owner and operator of Stuttgarden Tavern with 4 locations in Galveston and Houston

# Mike's Pickled Shrimp

**Chef: Mike DeHart**

## **Ingredients**

Shrimp boil: 2 1/2 Qt of water

3 Lemons cut into 1/8's

3 oz. box of Zatarain's crab boil

1 Tbsp Worcestershire Sauce

1 Tbsp Crushed Fresh Garlic

1 tsp Tabasco

2 Pounds of cleaned medium shrimp (about

30 count)

Marinade: 1/4 tsp Tabasco (more or less to taste)

3/4 cup white vinegar

1 1/2 tsp salt

2 1/2 tsp celery seed

2 1/2 tbsp capers with juice

1 1/2 cup extra virgin olive oil

1/4 cup Worcestershire sauce

1 tbsp yellow mustard

Box of bay leaves

4 Medium onions

## **Cooking Instructions**

Add the shrimp boil ingredients to the 2 1/2 quarts of water, bring to a boil, and let simmer for 20 minutes. Then add the shrimp and bring to a boil again, then simmer until shrimp are done - be sure not to overcook. Remove shrimp and let them cool. Thinly slice 4 medium onions. Arrange shrimp in layers with bay leaves and the sliced onions in a non-metallic pan.

Mix the marinade ingredients thoroughly. Pour the marinade over the shrimp. Store in covered dish in refrigerator. Occasionally baste the shrimp. The shrimp will keep for at least a

week. Serve with toothpicks and saltines.

**Biography**

I have been a Seabrook resident since 1985. UT grad. Past member of the Seabrook City Council (three terms in the 80's & 90's), past president of Seabrook Rotary and the Seabrook Association. Currently serves on the Seabrook Planning & Zoning Commission (for past 24 years). Member of Lakewood Yacht Club and current Commander of the Sam Houston Squadron & Treasurer of the Texas Navy Association. I like to fish, hunt, play cards, travel, dive, and weld.

# Marian Bay Dip

**Chef: Robert Carbajal**  
**South Shore Harbor Grill**

## **Ingredients**

1 Package Cream Cheese, room temperature  
12 ounces shrimp, cooked and chopped  
12 ounces crab meat  
6 cloves garlic, chopped  
3 Chipotle peppers, finely chopped  
1 bunch cilantro, chopped  
1 red bell pepper, finely chopped  
1 red onion, finely diced  
3 cups corn  
3/4 cup cooked bacon  
1 teaspoon salt  
3 teaspoon cumin  
1/2 teaspoon cayenne pepper  
1 1/2 cups cheddar cheese  
1 1/2 cups Monterrey Jack cheese

## **Cooking Instructions**

Blend together and chill. Bake in oven for 10 minutes

## **Biography**

Grew up in Rockport Texas. At a early age, started working at local restaurants.

The past 25 years Multi Unit Operator for Sonic Drive In.

July 2017, my wife and I made the investment to become Owner/Operators of South Shore Grille.

# Ramaki

**Chef: Ron Garrison**

## **Ingredients**

5 oz. can of water chestnuts

1 lb. bacon

1 cup brown sugar

1/2 cup ketchup

1/8 cup soy sauce (low sodium)

serves 10-12 people

## **Cooking Instructions**

Heat oven to 350 degrees, soak chestnuts in soy sauce for 15 minutes, cook 20-30 minutes until crispy. Mix soy, ketchup & sugar, coat & cook again for 20-30 minutes. cut bacon strips in half, wrap each chestnut with bacon, install toothpick. Then bake for 20 minutes, drain off some of the grease on paper towels, then dunk in the sauce. Then cover dish & let it sit for a few hours. Bake for another 20 minutes at 350 degrees, then serve.

## **Biography**

Last year I enjoyed cooking at "Men Who Cook" so much I'm back again this year. I continue to enjoy retirement and play some golf when the weather permits. My wife Debbie is not ready to retire and continues to work and bring home the bacon. We still have our secondary home in Seabrook and our primary home in the Woodlands. So I get to enjoy two great areas in the Houston area.

# Crescent Roll Pizza

**Chef: Scott Stillman**

## **Ingredients**

2 cans crescent rolls (lay flat on cookie sheet & crimp together)  
2 pkg cream cheese (room temp)  
1 pkg dry ranch dressing  
¼ cup mayo  
1 red bell pepper  
1 green bell pepper  
1 broccoli  
1 package Colby jack cheese

## **Cooking Instructions**

Lay the crescent rolls flat on cookie sheet & crimp together  
Bake bread @ 350 about 7-10 minutes, Let cool  
Mix together cream cheese, dressing, & mayo  
Spread on bread  
Add chopped green & red bell peppers, broccoli & Colby jack cheese

## **Biography**

Scott Stillman, CFP is a Certified Financial Planning with LPL Financial where he gives good Financial Advice for a living. Scott was an Eagle Scout, Combat Engineer in the Army, Past-Commodore of Waterford Yacht Club, and has been in Rotary for 20 years. Scott's hobbies include: Solar Carving, Sailing, Reading, Cooking, Geocaching, and Paddle Boarding.

# Apricot Kielbasa

**Chef: Thom Kolupski**

## **Ingredients**

1 pound of fully cooked kielbasa or Polish sausage, cut into ¼-inch slices

1 jar (12 ounces) of apricot preserves

2 tablespoons of lemon juice

2 teaspoons of Dijon mustard

¼ teaspoon of ground ginger

Yield: 48 individual servings

## **Cooking Instructions**

This is a very easy to make old Polish staple that my grandmother used to serve during the holiday seasons at family get-togethers. Perfect for party appetizers or even a meal. One of my daughter's favorites.

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 minutes or until heated through, stirring occasionally. Return sausage to the skillet; cook for 5-6 minutes until heated thoroughly. Serve warm. Yield: 4 dozen.

## **Biography**

Elected Mayor of Seabrook in May 2017. Served Seabrook for the past 14 years on Seabrook Planning and Zoning Commission and 2 terms on Seabrook City Council. An 18 year resident of Seabrook with my wife Tamara, a principal with J.M. Food Products, daughter Paige, a junior at Texas A&M studying Landscape Architecture, my youngest son Evan, a construction manager with D.E. Harvey Builders in Houston and oldest son Colin, a Texas State Trooper based in Texas City in nearby Galveston County.

# Parmesan Chicken

**Chef: Tim Broadhead**

## **Ingredients**

4 lbs Chicken Wings  
1 Cup grated parmesan cheese  
2 Tsp paprika  
2 Tbsp chopped parsley  
1 Tbsp oregano  
2 Tsp salt  
1/2 Tsp pepper  
1/2 Cup melted Butter

## **Cooking Instructions**

Mix the cheese and the seasonings.  
Dip the chicken pieces in butter and roll in the cheese mixture.  
Bake at 350 degrees F for about an hour and 15 minutes.

## **Biography**

Tim moved to Clear Lake in 1982 after graduating from Mississippi State University with a degree in Architecture. He worked in homebuilding and for local Architects before starting his own practice in 1998. His practice has been in Nassau Bay, Seabrook and currently is located in Kemah. He is very active in outdoor activities fishing, sailing, hiking and has been on the PHRF Board promoting sailing on Galveston Bay for many years. He is a past member of Seabrook Rotary, Houston Yacht Club.

## Father CoCo's marinate crab claws

**Chef: Wayne Wicks**

### **Ingredients**

Crab Claws, 3 cups of olive oil, 1/2 cup of red wine vinegar, 2 TBSP granulated garlic, 2 TBSP salt, 2 TBSP black pepper, 3 TBSP of ore

### **Cooking Instructions**

After making marinate and letting it stabilize, place crab claws in baking dish and pour over the marinate and heat.

### **Biography**

Wayne grew up in south Louisiana and learned the love of cajun cooking and foods from his many cajun friends. Wayne is married to his beautiful best friend and partner in crime, Lynn. After college and a career in law enforcement Wayne and Lynn started Wayne Wicks Security Advisers and Wayne Wicks and Associates. We have been residents of Taylor Lake Village since 1985.

# DESSERTS

## Chocolate/Peanut Butter Cake

**Chef: Charles E. Clemmons**

### **Ingredients**

One Devil's Food Cake mix (any brand)

One Yellow Cake Mix (any brand)

3/4 rds cup of peanut butter

7 eggs

one cup of vegetable oil

2 cups of water

### **Cooking Instructions**

Mix the devil's food mix first according to the instructions on the box but add an extra egg making four eggs in the mix.

Pour the mix into four 9" cake pans and set aside.

Mix the yellow cake mix according to the package using three eggs, the peanut butter, oil, a.nd water.

Equally distribute the yellow cake mix batter on the devil's food batter and swirl the mixes together.

Preheat oven to 350 degree F and bake mixes for 30 minutes.

Remove when done. Cool and frost with your ppreferred frosting.

Suggestion: Frozen cakes frost easlier.

### **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 is 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 cast off text and library books to developing countries which have Rotarian managed book distribution centers. 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 20th year with "Men Who Cook." Recently Charlie received a honorary Doctorate of Information Science.

## Le Ménage a Trios'...., it is, too!

### **Chef: Chip Boteler**

#### **Ingredients**

##### 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 minutes or until golden. Let cool. Poke holes all over

cake with a fork.

##### Milk Mixture:

#### **Ingredients**

1 Cup sweetened condensed milk

1 Cup evaporated milk

1 ½ cups heavy cream

#### **Cooking Instructions**

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. You 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 11th year with "Men Who Cook.

# Ernie's Café Bread Pudding with Rum Sauce

**Chef: John Collins**

## **Ingredients**

Bread Pudding:

10 cups diced french bread

6 eggs

1 cup sugar

2 cups milk

1 cup heavy cream

1/2 t salt

2 t vanilla extract

1 t cinnamon

1 cup raisins

Rum Sauce:

2 sticks butter

1/2 cup brown sugar

1/2 cup heavy cream

1 t vanilla extract

1-1/2 oz rum

## **Cooking Instructions**

Bread Pudding:

Put eggs in large bowl, add sugar and mix at low speed for 3 minutes. Add milk, cream, salt, vanilla and mix again for 5 minutes at low speed. Add bread crumb and let sit for 10 minutes so the bread can soak in the mixture. After sitting, put mixture into baking pan. Sprinkle with cinnamon, raisins and butter. Put in oven at 300 deg F for 60 minutes

Rum Sauce:

Melt butter then stir in sugar until dissolved. Add heavy cream, vanilla and rum, whisk and serve over bread pudding.

## **Biography**

John Collins, born in Potsdam, N.Y, was a high school football and ice hockey standout. Attended Fairmont State University,

W. Va., on a football scholarship, graduating 1980. 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 & blessed with a gorgeous greatdaughter, Jade. Lindsey is a 2008 graduate of University of North Texas, B.S. degree in Business/Marketing. John relocated to Bay Area Houston, November 1997, to help market Baywood Country Club, in Pasadena TX. Today John is a Business Development Consultant for NiSoft USA, and is also a Partner on the Pelican Island Rail/Port Project with Legacy Port Partners. With over twenty years of working with several charities, community and O&G trade organizations in the Bay Area/Gulf Coast Region, John has lent a hand, as help is needed throughout the community.

# Coconut Poke Cake

**Chef: Matthew Paulson**

## **Ingredients**

- 1 (18.25 oz.) package white cake mix
- 1 (14 oz.) can cream of coconut (NOT coconut milk)
- 1(14 oz.) can sweetened condensed milk
- 1 (16 oz.) package frozen whipped topping, thawed
- 1 (8 oz.) package flaked coconut

## **Cooking Instructions**

Prepare and bake a white cake mix in a 9" x 13" pan according to package directions.

While cake mix is baking, toast the coconut in a skillet over medium heat, stirring frequently, until browned. Set aside when finished. Mix the cream of coconut and sweetened condensed milk together in a bowl and set aside.

Remove cake from oven and immediately after cooking. While the cake is still hot, poke holes all over the top of the cake using a straw or similar size and shape instrument. Pour the cream of coconut mixture over the hot cake and let it soak in through the holes.

After pouring the coconut / sweetened condensed milk over the cake, let the cake cool completely. When cake is completely cool frost with whipped cream topping and top with the toasted coconut before serving. Keep cake refrigerated.

## **Biography**

Matthew Paulson is currently the Principal of Edward H. White II Elementary now known as Ed White ESTEM Magnet School, a school which has served for the past 11 years and which he attended as a child. Prior to becoming principal of Ed White, he served students as a junior high and high school math teacher and athletic coach in Alvin ISD and Clear Creek

ISD. He has also served as an assistant principal in Clear Creek ISD. Before entering the field of education Mr. Paulson graduated from West Texas State University with a Bachelors of Science in Education in 1986. He entered the Navy in the same year and created a path that lead him to work as a Navy Diving and Salvage Officer. During his career in the Navy he has served tours with, Naval Control of Shipping, Mobil Diving Salvage One, Det 111 in Galveston and Hawaii, Navy Operations in the Pentagon and for the Naval Inspector General at the Washington Naval Yard. He currently serves in the Navy Reserve at the rank of Captain and works out of the Navy Operational Support Command, Houston. In 2003 he completed his Masters of Science at the University of Houston, Clear Lake and began his work as an administrator in CCISD. Mr. Paulson lives in El Lago with his wife Judy, daughter Meredith and son Noah. He has a step-son Matthew Cantu, a graduate of the University of Houston and Jeffery Paulson an Army veteran with two infantry tours in Afghanistan.

# Big Easy Bread Pudding

**Chef: Rick Clapp**

## **Ingredients**

6 croissants  
2 tbsp. melted butter  
1/2 cup raisins  
5 eggs  
2 cups of milk  
3/4 cup sugar  
3 tsp. cinnamon  
1 tsp. vanilla extract  
Sauce:  
3/4 cup sugar  
1 stick of butter  
1 tsp. vanilla extract  
1 egg

## **Cooking Instructions**

Preheat oven 350 degrees

Break croissants into small pieces into an 8 x 8 square inch baking pan, Drizzle melted butter over bread. Sprinkle with raisins. In a medium bowl combine eggs, milk, sugar, cinnamon & vanilla extract. Pour over bread mixture and lightly push down with fork until bread covered and soaking in the egg mixture.

Bake for 45 minutes.

Sauce: In a small saucepan melt butter over a low heat and combine sugar stirring until creamy. Do not bring to a boil!! Add vanilla & egg. Stir until mixed thoroughly. Pour over bread pudding immediately.

## **Biography**

Graduate U of Alabama with a degree in Management Science. Airline executive for 15 years. World traveler. Favorite place Capetown South Africa and the country of New

Zealand. Hobbies include all sports, formula racing, boating, hanging out at LYC, cooking and serving my community. Single. Have 3 Chinese Crested Powder puff dogs Ringo, Bear & Panda. Love Men Who Cook! Owner of the Bay Group, Inc. Publish Bay Area Houston Magazine and Gulf Coast Mariner Magazine.

## Peach Cobbler bites

**Chef: Tom Morris**

### **Ingredients**

Flour  
Baking Soda  
salt  
butter  
brown sugar  
Regular sugar  
cinnamon  
Chopped peaches  
mini-cupcake baking pan

### **Cooking Instructions**

Boil peaches, set aside  
mix flour, baking soda, salt, and water  
mix brown sugar and cooked down peaches  
spoon large Tbsp of peach mixture in cupcake pan  
top of with a tbsp of flour mixture  
finish topping with a dab of butter and sprinkle with sugar  
cinnamon mixing in each cup.  
Bake at 350  
cool and enjoy.

### **Biography**

Tom Morris, Born in Crystal Beach, Texas and relocated to Beaumont, Texas at an early age. Raised by a South East Texas mother who introduced him to many of the Southern and Cajun food favorites. After working at a few local seafood restaurants like Outriggers and Don's Seafood in Beaumont, Tom found his interest in all the Seafood cuisine from Gumbo's, Etoufee's, shrimp, crawfish and many other seafood and Cajun favorites.

# ENTREES

## Fried Rice

**Chef: Chef Andrew Lobeck**

**Ingredients**

**Cooking Instructions**

**Biography**

Chef Andrew Lobeck has been apart of the Seabrook Community for 28 years.

# Homemade Brisket Sausage

**Chef: Scott Blackley**

## **Ingredients**

1 jar or package of FIESTA SAUSAGE SEASONING (casing for links optional) and pretzel sticks. A brisket was used for this sausage.

## **Cooking Instructions**

Mix the meat and the seasoning together. Add the small package of cure (pink) if the sausage is to be smoked. Grind the sausage and stuff into links if desired. Sausage may be bulk packed and fresh frozen, stuffed into links and fresh frozen, stuffed into links, smoked, and frozen or stuffed into links and smoked and dried. Sausage may be enjoyed fried, broiled, barbecued or dried.

## **Biography**

Scott helps those with whom he develops relationships to make intelligent financial decisions, while providing individual strategies for the efficient use of their money. Scott views his role as that of an advocate for his clients and those who depend upon them. His areas of specialization include estate planning, retirement planning, risk management and planning for special needs families. Scott works with businesses developing strategies in retirement, estate, key employee and succession.

# Abe's Mexican Cornbread

**Chef: Abe Gallagher**

## **Ingredients**

Recipe as follows for a 13 x 9 glass baking dish.

Meat mixture:

- 1 medium onion, chopped
- 2 tablespoons canola oil
- 1 pound lean ground beef
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ½ teaspoon dried oregano
- 1 4 ounce can chopped green chilis (drained)-optional

Cornbread mixture:

- 1 package corn muffin mix
- ½ cup canola oil
- 4 eggs
- 1 cup sour cream
- 1 cup cream style corn

Other:

- 1 cup shredded cheddar cheese
- Cooking spray
- Your favorite salsa for garnish-optional

## **Cooking Instructions**

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large stovetop pan, add two tablespoons oil and sauté the chopped onion until translucent. Then add the ground beef and cook until no longer pink. Stir in the garlic powder, cumin, chili powder, dried oregano, and drained green chilis. Allow to simmer uncovered for a few minutes, then drain well.
3. While the meat mixture is cooking, mix together the cornbread ingredients in a large bowl.

4. Lightly spray a 13 x9 inch glass baking dish with cooking spray.
5. Pour 1/2 of the cornbread mixture into the baking dish.
6. Sprinkle with the meat mixture then top with the grated cheese to cover.
7. Pour the remaining cornbread mixture on top.
8. Bake in the oven until golden brown and center of casserole is cooked through (about 45 minutes).
9. Allow to cool slightly before serving.
10. Serve and enjoy. Your favorite salsa can be used as a garnish if you desire.

### **Biography**

Abe Gallagher is proud to call Seabrook home to both his residence and business. A native Texan, he attended UNT and then settled in Houston to begin his career. He is a Branch Manager with NRL Mortgage, and he finds great passion in helping his clients achieve the dream of homeownership. Abe is married to the beautiful Julia Gallagher, and they have one amazing daughter named Kate. Abe is an avid golfer. He enjoys music, sports, traveling, and spending time with his family and friends.

# Cajun Seafood Bread Bites

**Chef: Barry J. Baker**

## **Ingredients**

Multiple loafs of French Bread, crayfish tails, approx. 1-1/2 pounds, and about 1 lb of shrimp chop all. Grade fresh Parmasiana and Romano Cheese 3 cups. Chop sweet onion, bell pepper, and red or yellow pepper, 8 loves of Garlic 3/4 pound of butter

## **Cooking Instructions**

Heat butter add onion and peppers, garlic, add red wine while carmelizing, remove from stove. Sautéed the crayfish and shrimp in some garlic and butter, remove promptly, heat oven, spread the vegetables & garlic on the loafs add the seafood, sprinkle the cheeses over the rest and. Bake @ 350 for 8 minutes. Remove and cut up in 1 to 1-1/2 inch pieces and serve.

## **Biography**

Reside in Taylor Lake Village for 34 years with my wife Jacqueline, we have 2 Daughters, Robin & Erin , Erin is still in Universitu at Texas Tech, Robin Graduated from University of Texas. I work at NASA- JSC in Project Management. Hobbies are boating, fishing, hunting, travel, and I am a team member of the Lite Bunch BBQ Cooking Team.

## Smoked Tenderloin

**Chef: Chef Barry Terrell**  
**T-Bone Tom's**

### **Ingredients**

Beef Tenderloin

1 tablespoon Kosher Salt

1 1/2 teaspoons black pepper

### **Cooking Instructions**

Remove meat from refrigerator and allow it to warm up for 2 hours. It should not be cold when it is put into the smoker but do not allow the meat to sit out longer than 2 hours. Prepare loin while it is sitting at room temperature. But first, trim the fat and the silver skin from the meat. Rub with salt and pepper place in smoker at 180F for 45 minutes for medium rare. Let rest 15 minutes before slicing.

### **Biography**

Barry has been married to Melissa for 30 years. Both are from the Golden Triangle in Southeast Texas but got to the Kemah/Seabrook area as fast as possible (1986). They have three children....all gone. Needless to say they are happy empty nesters. They are proud owners of T-Bone Tom's in Kemah since 1999, Tookies Hamburgers since 2010 and Tookies Seafood.

# Gulf fried shrimp

**Chef: Chef CJ**  
**Tookie's Seafood**

## **Ingredients**

Ingredients

5 lbs. Gulf brown 16/20 shrimp (head off)

1 lb. All-purpose flour

2 Tbl Seafood Seasoning

4 ea. Whole eggs

2 cup Buttermilk

2 cup Milk

1 Tbl Salt

1 tsp Cayenne

2 Lbs. Fine bread crumbs

1 Lbs. Fine Cracker meal

4 Tbl Cajun seasoning

2 Gal Frying oil

## **Cooking Instructions**

Peel shrimp shell off but leave the tail on cut shrimp to the tail in half (tail on western) Mix flour and seafood seasoning well. Dust shrimp in flour mixture shake off excess flour. Mix eggs, milk, buttermilk, salt and cayenne well. Dip dusted shrimp into the egg mixture. Mix bread crumbs, cracker meal and seasoning well

Shake off egg mixture and toss shrimp in bread crumb mixture Heat fry oil to 325\* cook small amounts of shrimp at a time 2 to 3 min light golden brown color

## **Biography**

CJ began his cooking career at age 12. Worked at the Kemah Waterfront from 1991 to 1999 where he met Barry Terrell. CJ has been an Executive Chef for over 20 years. Barry and CJ

are currently operating 3 restaurants and have plans to open more.

# Schweinbraten (Bavarian Roast Pork)

**Chef: Darrell Picha**

## **Ingredients**

5 lbs pork loin  
1/4 cup Dijon mustard  
1/4 teaspoon caraway seed  
1/4 teaspoon onion powder  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons olive oil  
1 package sliced mushrooms  
2 medium onions, diced  
8 slices of bacon  
1.5 cups beef broth

## **Cooking Instructions**

Fry bacon and set aside leaving oil in pan.  
Brown roast from all sides in the very hot roasting pan.  
Add spices, mustard, onions, mushrooms and broth and transfer everything to the oven.  
Roast covered for 1.5 hours at 350°F.  
Turn roast over and roast uncovered for 1 hour. If liquid evaporates, add some more. Transfer meat to a plate to rest.  
Reduce sauce slightly in pan on high heat.  
Slice roast into 1/2 thick slices and pour gravy liberally over pork.

## **Biography**

Darrell lives in Seabrook with his wife Natalie and is the proud father of their 3 daughters Leah, Lacey and Layne. He loves to cook and is President of Darrell Picha Creative, a marketing and design firm in Seabrook. He and Natalie are small group leaders at Clear Creek Community Church. Darrell has a

strong belief in God, family, and community takes every opportunity to share his gifts whenever needed. This is his 9th year participating in Men Who Cook.

# Meat Lasagna

**Chef: Dustin Young**

## **Ingredients**

1 pound lean ground beef  
1 pound sweet italian sausage  
1 medium onion, minced  
2 cloves garlic, minced  
1 - 28 ounce- can crushed tomatoes  
2 - 6 ounce - cans tomato paste  
2 - 6.5 ounce - cans tomato sauce  
1/2 cup water  
2 Tablespoons white sugar  
2 teaspoons dried basil leaves  
1 Tablespoon salt  
1/2 teaspoon ground black pepper  
5 Tablespoons chopped fresh parsley  
12 Lasagna noodles - oven ready  
16 ounces ricotta cheese  
1 egg  
1/2 teaspoon salt  
3/4 pound mozzarella, sliced  
3/4 cup parmesan cheese, grated

## **Cooking Instructions**

In a large pot or Dutch oven, cook ground beef, sausage, onion and garlic over medium heat until browned.

Stir in crushed tomatoes, tomato paste, tomato sauce and water. Season with sugar, basil, Italian seasoning, 1 Tablespoon salt, pepper and 2.5 Tablespoons parsley.

Simmer, covered, for about 1.5 hours, stirring occasionally.

In a bowl combine ricotta cheese with egg and remaining parsley and 1/2 teaspoon salt.

Preheat oven to 375 degrees F.

To assemble, spread 1.5 cups of sauce in the bottom of a 9 x 13 inch baking dish.

Arrange 6 noodles lengthwise over meat sauce. Spread evenly with 1/2 of the ricotta cheese mixture. Top with 1/3 of the mozzarella slices. Spoon 1.5 cups of the meat sauce over mozzarella. Sprinkle with 1/4 cup of parmesan cheese.

Repeat layers and top with remaining mozzarella and parmesan cheese.

Cover with foil and bake in preheated oven for 30 minutes.

Remove foil and bake an additional 25 minutes.

Allow to cool for 15 minutes before serving.

## **Biography**

Dustin Young is the owner of Premier Sports Chiropractic in Seabrook and OilPatch NDT. Dustin is a graduate of Texas A&M as well as Texas Chiropractic College. Dr. Young is a Certified Chiropractic Sports Practitioner and provides sports specific chiropractic services to the La Porte High School Athletics and many others all over Seabrook and the surrounding areas. Dustin has been a proud member of the Rotary since 2011. He and his wife, Sarah, welcomed a baby girl, Laurel in September 2017.

# Ellis Cattle Company World Famous Baby Back Ribs

**Chef: Gary Hamilton**

## **Ingredients**

Proportional mix

One part Lawry's Seasoning Salt, 1/2 part Black Pepper, 1/2 part granulated garlic, 1/4 part cayenne pepper, 1/4 part Adolphs Tenderizer.

## **Cooking Instructions**

Mix all ingredients in bowl. Liberally sprinkle both side of ribs racks and shake off excess. DO NOT RUN as it makes finished product gritty.

Place ribs directly over fire bone side down and control heat to 250 / 275 degrees (very important to avoid burning ribs.) Approximately 1.5 hours, then one time to get color on top (15 min or so). Turn back over and continue cooking until Rob bones are protruding approximately 1/4 inch. Enjoy !!!!

## **Biography**

Gary was born and raised in Odessa, Tx. Graduated from Odessa High and North Texas State before being in the banking business before getting involved with insurance as a agent and broker. Retired March 2017 and currently enjoying traveling in RV with his lovely wife Mattie.

# King Ranch Chicken

**Chef: Gary Johnson**

## **Ingredients**

1 large fryer, stewed, boned and cut into bite sizes  
1 large yellow onion and 1 large green pepper , chopped  
Tostitos Chips  
Chicken Stock  
1/2 pound cheddar cheese , grated and 1 1/2 teaspoons chili powder  
1 (10 3/4 oz. ) can condensed cream of chicken soup  
1 (10 3/4 oz. ) can condensed cream of mushroom soup'  
1 ( 10 oz.) can ROTEL tomatoes

## **Cooking Instructions**

Combine chicken, onion, green peppers in one bowl. Layer mixture in large baking dish alternately with Tostitos chips that have been dipped in large in hot chicken stock just long enough to soften them. In another bowl, combine chicken soup, mushroom soup, tomatoes, chili powder, garlic salt, and about a cup of chicken stock. When its all mixed together, pour over the layered chicken and chips. Top with grated cheddar. Bake at 350 degrees for about 35-45 minutes.

## **Biography**

Gary Johnson, City Councilman ( Mayor Pro Tem ) for the City of Seabrook. He has been in commercial construction industry for over 40 years. Lissa and I have lived in Seabrook community for over 20 years. We are raising our 11 year old grand son who attends Seabrook Intermediate. Gary is an Eagle Scout and received Wood Badge through scouting in 2017. Gary was commissioned as an Honorary Admiral in the Texas Navy in August 2017. Other interests include hunting and cooking.

# Hungarian Goulash Stew

**Chef: Hans Sitter**  
**King's Biergarten and Restaurant**

## **Ingredients**

4 sliced Roma Tomatoes  
4 sliced bell peppers  
1 sliced onion  
4 garlic cloves minced  
5 lbs Pork loin cubed  
3 tbsp. paprika  
3 tbsp. chicken Base  
3 tbsp. salt (or to taste)  
1 tbsp. crushed red pepper  
2 Qts water  
1 cup white roux  
.5 cup oil

## **Cooking Instructions**

In a pot heat up the oil. Then, add all the vegetables and the pork.

Sautee until golden brown.

Add all the seasonings and add more salt to your liking.

Mix it constantly and make sure the meat does not stick to the pot.

Add the water and let it simmer in low heat until the pork loin is tender.

Add the white roux and cook and stir until is dissolved.

You can now enjoy it with spaetzle noodles or Rice!

## **Biography**

Johann Hans Sitter is a serial entrepreneur working within a variety of industries during his decades-long roller coaster of a career. Trained as a butcher in Austria, he quickly realized that his skills were in other areas. Now is his 60s and the

driving force behind one of America's most successful German restaurants, Kings Biergarten and Restaurant and Kings Bierhaus in Texas, his entrepreneurial spirit led him into several auto-related businesses in his youth.

# Chicken and Sausage Jambalya

**Chef: Joe Machol**

## **Ingredients**

Chicken, 2 lbs

Sausage, 2lbs

Rice,

1 bunch celery

2 Onions

4 bell peppers

spices

## **Cooking Instructions**

Cut vegetables into small pieces sautee until brown, cut chicken and sausage into bite size pieces and sautee combine with rice and spices and stir til rice is cooked.

## **Biography**

Joe Machol has lived in Seabrook for 51 years is currently a Seabrook City Councilman. Joe is a sports Official who Umpires College Baseball and Officiates Football. Also he works in the NFL as the Game Clock Operator in Houston. He has worked 2 Super Bowls and 2 NFC Championship games. He is the owner operator of WW2 ETO Tours and guides clients to Europe to see WWII Battlefields.

# White Chili

**Chef: Joel Powers**

## **Ingredients**

1 tablespoon olive oil  
2 pounds boneless, skinless chicken breasts, diced  
1 onion, chopped  
4 cloves garlic, minced  
2 (14-1/2 ounce cans) diced tomatoes, not drained  
2 (14-1/2 ounce cans) chicken broth  
2 (4 ounce cans) chopped green chilies  
1 teaspoon dried oregano  
½ teaspoon ground cumin  
2 (11 ounce cans) cannellini beans, drained  
3 tablespoons fresh lime juice  
¼ teaspoon pepper  
Shredded Monterey Jack cheese

## **Cooking Instructions**

Coat a large pot with no stick cooking spray. Add olive oil and cook diced chicken breasts until done, stirring. Remove chicken from pan; set aside. Add onion and garlic to pan and saute until tender. Stir in next five ingredients. Bring to a boil, reduce heat, and simmer 20 minutes. Add chicken and beans; cook until heated. Add lime juice and pepper. Serve into bowls and top with cheese. Yield 8 to ten servings.

## **Biography**

Joel, an LSU wanabe, 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 flying the LSU flag at every opportunity and serving all their friends Louisiana cooking at every

opportunity. Joel retired from Texas Instruments after 26 years. He transferred his business experience to the Seabrook Rotary Club. He has held the position of Secretary for five years and President of the Seabrook Rotary Foundation for two years. He enjoys fishing, scuba diving, boating and traveling. Laissez les bons temps rouler! This is his eleventh year with "Men Who Cook."

# Chicken & Sausage Ragu

**Chef: Johnathan Yancey**

## **Ingredients**

Roux

1 cup all-purpose flour

1 cup canola oil

Ingredients

6 slices bacon (Fry bacon, chop and reserve until later.

Reserve 1/2 cup of the drippings for the roux.)

1 cup chopped celery

1 cup chopped onions

1 cup chopped red pepper

1 cup chopped green pepper

4 cloves minced garlic

1/2 cup oil

1 cup all-purpose flour

1/2 teaspoon cayenne pepper

1 teaspoon ground thyme

1 teaspoon ground rosemary

1 teaspoon ground oregano

1 teaspoon paprika

1 teaspoon salt

1 teaspoon white pepper

1/2 teaspoon black pepper

2 links Andouille sausage (sliced in half)

2 5-ounce cooked chicken breast (chopped)

2 teaspoons Worcestershire sauce

4 cups chicken stock

## **Cooking Instructions**

Roux

Directions

Heat the oil in a heavy pot (preferably cast iron). When oil is hot, gradually add flour, stirring continuously until well mixed. Lower flame and continue stirring until the roux is blonde. Remove from pot and set aside. If roux remains in pot, it will continue to cook and get too dark.

**Important Tip:**

Always use warm water to thin the roux if it gets too thick.

**Directions**

1. Sauté Trinity (onions, celery, peppers) in oil and bacon drippings. Add flour to thicken and make roux.
2. Add all seasonings (cayenne, rosemary, oregano, paprika, salt, white pepper, and black pepper) to roux.
3. Add sausage, chicken, and chicken stock to roux and vegetables. Simmer 15 minutes.
4. Add chopped bacon and mix well.
5. Simmer 5 minutes until done.
6. Last is the rice. Use good quality long grain rice. Cook according to directions.

Any good Gumbo, Etouffee, or Ragu Roux is better served the next day. Gives the flavors a chance to blend.

## **Biography**

Johnathan Yancey opened Cafe Johnny's, a Cajun and Southern style restaurant, located at the intersection of FM 528 and Bay Area Blvd., on September 2, 2017. He has worked in the restaurant and bar industry for 30 years, but it has always been his passion to own his own restaurant. He graduated from Friendswood High School in 1984 and earned a BFA degree from Sam Houston State University. He lived in the Houston area for a few years but chose to return home in 1999 to the area he knows and loves

# Lamb Pops with a Splash of Sauce

**Chef: Michael Gibbs**

## **Ingredients**

2 Teaspoon Rosemary  
1 1/2 Teaspoons Lavender  
1 Teaspoon Basil  
1 Teaspoon Thyme  
Pinch Salt and Pepper  
2 Tablespoons Olive Oil  
1/2 Cup Balsamic Vinegar  
1 Rack of Lamb Chops

## **Sauce**

1/4 Cup Shallots  
1/3 Cup Balsamic vinegar  
3 Tablespoons Brown Sugar  
1 1/2 Tablespoon Butter  
Pinch of Salt and Pepper

## **Cooking Instructions**

Stir 2 Teaspoon Rosemary, 1 1/2 Teaspoons Lavender , 1 Teaspoon Basil, 1 Teaspoon Thyme, Pinch Salt and Pepper, 2 Tablespoons Olive Oil, 1/2 Cup Balsamic Vinegar in bowl. Coat lamb rack with mixture and refrigerate for 1 hour. Heat grill to 450 degrees. Grill 4-5 minutes per side or until temperature reaches 135 degrees medium-rare. Cook longer to reach desired temperature.

For the sauce heat 1/2 tablespoon butter in skillet and brown shallots 3 to 5 minutes. Add vinegar salt, pepper and sugar to skillet and simmer until sauce is reduced to half. Remove from heat and add 1 tablespoon butter. Place in bowl until chops are done. Pour over top of lamb chops.

## **Biography**

I am a graduate of the University of Houston, go Coogs! I am the Director of Finance for the City of Seabrook. I am a self taught cook, trial and error training. After moving out of my parents house I realized I did not want to eat out every night and wanted to enjoy my meals. As a result, my passion for cooking came to life. My wife and I have a 15 month old son, Caleb. So cooking has become somewhat more challenging with a little one down by my feet.

# Creamy Garlic Butter Shrimp with Pasta

**Chef: Paul R Dunphey**

## **Ingredients**

### Ingredients

- 2 tablespoons salted butter
- 6 cloves garlic, finely diced
- 1 pound (500 g) shrimp (or prawns), tails on or off
- 1 small yellow onion, diced
- 1/2 cup white wine (OPTIONAL)
- 5 oz (150 g) jarred sun dried tomato strips in oil, drained(reserve 1 teaspoon of the jarred oil for cooking)
- 1 3/4 cups half and half SEE NOTES
- Salt and pepper, to taste
- 3 cups baby spinach leaves, washed
- 2/3 cup fresh grated Parmesan cheese
- 1 teaspoon cornstarch (cornflour) mixed with 1 tablespoons of water (optional)\*\*\*
- 2 teaspoons dried Italian herbs
- 1 tablespoon fresh parsley, chopped

## **Cooking Instructions**

### Instructions

1. Heat a large skillet over medium-high heat. Melt the butter and add in the garlic and fry until fragrant (about one minute). Add in the shrimp and fry two minutes on each side, until just cooked through and pink. Transfer to a bowl; set aside.
2. Fry the onion in the butter remaining in the skillet. Pour in the white wine (if using), and allow to reduce to half, while scraping any bits off of the bottom of the pan. Add the sun dried tomatoes and fry for 1-2 minutes to release their flavours.
3. Reduce heat to low-medium heat, add the half and half and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste.

4. Add in the spinach leaves and allow to wilt in the sauce, and add in the parmesan cheese. Allow sauce to simmer for a further minute until cheese melts through the sauce. (For a thicker sauce, add the milk/cornstarch mixture to the centre of the pan, and continue to simmer while quickly stirring the mixture through until the sauce thickens.)
5. Add the shrimp back into the pan; sprinkle with the herbs and parsley, and stir through.
6. Serve over pasta, rice or steamed veg.

### **Biography**

Thank you so much for supporting Men Who Cook and Seabrook Police Department. What could be better than eating and supporting our Great Police Department.... My wife and I and our three sons have lived in Seabrook since 1999 I am currently the President of the City of Seabrook EDC and I have served as a Councilman for the City of Seabrook. I am the current President of the Seabrook Rotary Foundation, I enjoy volunteering my time and experiences when it comes to city business and services

# Brisket Sliders Dressed-Up

**Chef: R. Oliver Priest**

## **Ingredients**

Beef Brisket  
Cream Horseradish  
Pickles (Bread and Butter Chips)  
Small Savory Butter Rolls  
Red Peppers  
Baby Spinach

## **Cooking Instructions**

Brisket Sliders Dressed-up.

Heat pre-cooked beef brisket in covered pan in oven to 350 degF for 45 minutes. Warm rolls add cream horseradish, spinach, brisket, pickle and place a slice of red pepper on top of roll.

## **Biography**

R. Oliver Priest Oliver is an Eagle Scout and engineer with domestic and international experience and CEO of an independent oil & gas company. With his wife Marianne van Arkel-Priest he raised two sons and took them on many journeys. Oliver and his wife reside in Waterford Harbor where he is President of the WH Board of Directors. A member of Lakewood Yacht Club and member and director of Waterford Yacht Club he enjoys cruising, visiting museums and running his two border collies.

# Moussaka

**Chef: Richard Tomlinson**

## **Ingredients**

3 eggplants, peeled and cut lengthwise into 1/2 inch thick slices

salt

1/4 cup olive oil

1 tablespoon butter

1 pound lean ground beef

salt to taste

ground black pepper to taste

2 onions, chopped

1 clove garlic, minced

1/4 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/2 teaspoon fines herbs

2 tablespoons dried parsley

1 (8 ounce) can tomato sauce

1/2 cup red wine

1 egg beaten

4 cups milk

1/2 cup butter

6 tablespoons all-purpose flour

salt to taste

ground white pepper, to taste

1 1/2 cups freshly grated Parmesan cheese

1/4 teaspoon ground nutmeg

## **Cooking Instructions**

Prep 45 minutes

cook 1 hour

ready in 1 hour 45 minutes

1. Lay the slices of eggplant on paper towels, sprinkle lightly with salt, and set aside for 30 minute to draw out the moisture.

Then in a skillet over high heat, heat the olive oil. Quickly fry the eggplant until browned. Set aside on paper towels to drain.

2. In a large skillet over medium heat, melt the butter and add the ground beef, salt and pepper to taste, onions, and garlic. After the beef is browned, sprinkle in the cinnamon, nutmeg, fines herbs and parsley. Pour in the tomato sauce and wine, and mix well. Simmer for 20 minutes. Allow to cool, and then stir in beaten egg.

3. To make the bechamel sauce, begin by scalding the milk in a saucepan. Melt the butter in a large skillet over medium heat. Whisk in flour until smooth. Lower heat; gradually pour in the hot milk, whisking constantly until it thickens. Season with salt, and white pepper.

4. Arrange a layer of eggplant in a greased 9x13 inch baking dish. Cover eggplant with all of the meat mixture, and then sprinkle 1/2 cup of Parmesan cheese over the meat. Cover with remaining eggplant, and sprinkle another 1/2 cup of cheese on top. Pour the bechamel sauce over the top, and sprinkle with nutmeg. Sprinkle with the remaining cheese.

5. Bake for 1 hour at 350 degrees F

### **Biography**

Married to Vivian, daughters Alexis and Sara. Seabrook Resident since 1996. Cook since 2000. Active in kid sports, politics, and recreational activities.

# Rick's Cha Cha Charro Beans

**Chef: Rick Wade**

## **Ingredients**

### **INGREDIENTS:**

1 Pound Dry Pinto Beans (Lets solve the Gas Shortage)

5 Cloves Chopped Garlic (Your Friends and Family will love to be around you after a big bowl of this)

1 Teaspoon Salt

½ Pound of 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 to 4 Sliced Jalapeno Peppers – Or if you are a Texan keep adding until it ignites itself.

1 Can of 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 Cup Chopped Fresh Celantro – Always my favorite Tex-Mex seasoning

## **Cooking Instructions**

### **DIRECTIONS:**

Ø 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.

Ø 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. Ø Cover the Slow Cooker and continue cooking 4 hours on low. Mix in the Beer and Cilantro about 30 minutes 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.

### **Biography**

I am a 62 year resident of the Houston Bay Area and third generation Texan. My place of birth is Houston and I grew up in Pasadena. I have been a member of the League City Chamber of Commerce since 2002. Former 6 year Director and Chairman of the League City Chamber of Commerce Board of Directors. Named an "Unsung Hero" by the Galveston Daily News 2013 and in a Resolution passed by the Texas Legislature in 2013. I am presently on the Galveston County Food Bank Board.

# Slow Cooked BBQ/Smoked chopped brisket

**Chef: Stephen Birnbaum**

## **Ingredients**

15lb untrimmed brisket

Beef/Brisket Seasoning----Salt & Pepper + what ever you like (within reason)

Traeger Grill (wood pellet) makes this easy!

Heavy duty foil.

## **Cooking Instructions**

Season Meat...don't be afraid and rub into the meat

Cook 10-12 hours at 215-225F most of the time "fat side" up.

Put some BBQ (Sweet Baby Rays "traditional" is my usual) sauce on both side for the last 2-3 hours of the initial 10-12 hours.

Put in heavy duty foil with BBQ sauce brushed on both sides cook another 4-6 hours...can lower the heat.

Let it rest....chop with a good meat knife/cleaver and add more BBQ sauce (not to much) to your liking while mixing up.

Serve with your favorite bread/roll, onions and sliced pickels or cole slaw.

## **Biography**

Started life in upstate NY, graduate of LSU (my son went to TAMU), worked in Louisiana for 20+ years, moved to Houston 15 years ago and had BBQ brisket. Cooking it ever since. Work as a Commercial Banker at Iberia Bank to pay for my grills and wood pellets for my Traeger Grill.

# Crawfish Pasta

**Chef: Warren (Rocky) Miller**

## **Ingredients**

1 green pepper  
1 onion  
1 celery stalk  
2 Tbspns. butter  
4 minced garlic cloves  
2 Tbspns. flour  
1 pound Velveeta  
1 pound crawfish tails  
1 cup half and half  
1 chopped jalapeno pepper  
2 Tbspns. chopped parsley  
7 ounces fine egg noodles  
1/2 cup shredded Parmesan cheese

## **Cooking Instructions**

Cook noodles as directed.

Chop vegetables. Saute in butter until tender, about ten minutes.

Add flour, stirring constantly one minute or until smooth.

Add cream and cheese, stirring until cheese melts.

Add crawfish. Heat thoroughly.

Add noodles.

Sprinkle with Parmesan cheese and bake until heated through.

## **Biography**

Born in Houston to an Air Force family, so spent childhood and young adult life in many other places. Attended Southwestern Medical School. After internship and medical residency in the Air Force he returned to Houston to complete a pulmonary fellowship. Served as chief of Pulmonary

Medicine at UT Medical School from 1973 - 1981, then moved to Seabrook to start a private practice in Pulmonary medicine. Married to Lynn for 49 years. One daughter, Tonia. Passions are flying and sailing

# Tortellini

**Chef: William Whitney**  
**Mario's Flying Pizza**

## **Ingredients**

pasta pockets stuffed with meat alfredo peas ham scallions  
parmigiano heavy whipping cream flour salt pepper

## **Cooking Instructions**

boil tortellini separate pan heat butter flour thin add whipping  
cream salt pepper cook for 5 minutes add ham scallions peas  
and tortellini cook for for minutes

## **Biography**

22 years marios chef

# Turkey Rotini

**Chef: Chris Kurzadkowski**

## **Ingredients**

1 ½ lbs Turkey ground  
12 oz rotini pasta  
1/3 lb Velveeta  
8oz peas & Carrots blend  
8oz diced tomatoes  
16oz tomato sauce  
¼ tsp Salt  
¼ Tsp Pepper  
Parmesan cheese  
Parsley flakes

## **Cooking Instructions**

In a pot, cook pasta, drain  
Then place to one side  
Cook turkey in pan  
Add salt and pepper  
Stir in diced tomatoes  
Cube velveeta into ½ inch cubes, add to turkey and stir until melted  
Stir in tomato sauce  
Add pea and carrot blend  
Stir until blended- set on med/low for 10 minutes

Remove turkey blend from heat, add rotini and turkey blend together in a large pot- Fold in turkey blend into pasta.  
Garnish with parmesan cheese and parsley flakes

Serves 4-6

## **Biography**

Chris Kurzadkowski is the Co-Owner and Founder of both Lonestar Delivery & Process and Battle Rifle Company here

in the Clear Lake Area. With over 30 years in the expedited transportation business, a former US Army Combat Infantry Officer, career logistician, and family man, Chris is active in chamber functions, participates in community events and several cooking events throughout the area for charity fund raising

# Rigatoni with Zucchini and Shrimp

**Chef: Guiseppe Camera**  
**Villa Capri**

## **Ingredients**

3 T Olive Oil  
1/2 Onion  
2 cloves of garlic  
3 oz panchetta (italian bacon not cured)  
1/2 cup whipping cream  
3 T Parmiggiano  
3 cups rigatoni  
1 cup shrimp  
1 zucchini sliced and fried

## **Cooking Instructions**

Combine olive oil, onion, panchetta and garlic. Remove garlic once it is golden brown. Cook for 10 minutes. Fry zucchini in olive oil until yellow. Mix with olive oil, onion, panchetta mixture and add whipping cream. Add cooked shrimp. Cook pasta and add to the mixture. Top is parmiggiano. If a little dry use some of the pasta water to moisten mixture.

## **Biography**

# Gertrude Hoolihan's Blue Cheese Coleslaw

**Chef: Glenn Royal**

## **Ingredients**

2 pounds cabbage, shredded  
8 ounces blue cheese, crumbled  
1/3 cup cider vinegar  
1/4 teaspoon dry mustard  
1-1/2 teaspoons celery seeds  
2 cloves garlic, minced  
1/2 teaspoon salt  
Pepper to taste  
2 tablespoons sugar  
1/4 cup minced onion  
3/4 cup vegetable oil

## **Cooking Instructions**

If you love blue cheese, you will love this coleslaw. It has the zip and zing of blue cheese with the crunch of coleslaw. It's best when served right after mixing the cabbage with the dressing.

In large bowl, toss cabbage and blue cheese together. Chill for one hour.

Whisk together vinegar, mustard, celery seeds, garlic, salt, pepper, sugar and onion. Add vegetable oil in a slow, steady stream. Whisk until emulsified. Chill for one hour.

Just before serving, toss cabbage and dressing together.

Serves 8 to 10. Source: Treebeards

## **Biography**

When not literally surprising his wife Diane with his culinary skills, Glenn can be found working as a Wealth Management Advisor, CFP® professional, and Portfolio Manager with The Royal Group at Merrill Lynch in downtown Houston. He is a strong advocate for community being a Past President of

Seabrook Rotary club and past Mayor for the City of Seabrook. He currently serves as Chairman, Economic Alliance Houston Port Region and co-chairs the Transportation Task Force.

# Red Beans, Sausage and Rice

**Chef: Ashley Walker**

## **Ingredients**

2lbs small red beans  
2 onions, chopped  
1 bellpepper, chopped  
6 celery stalks, chopped  
2 tsp salt  
1 1/2 tsp oregano  
1 1/2 tsp thyme  
1 1/2 tsp garlic powder  
3/4 tsp red pepper  
2 lbs Holmes Smoked sausage, sliced  
1 cup chopped green onions  
1 cup grated cheese

## **Cooking Instructions**

Quick boil beans for 2 minutes, then let set for 1 hour. After sitting for 1 hour, bring to simmer adding chopped onions, chopped bellpepper and chopped celery for approximately 1 1/2 hours. Once beans soften, add spices and sliced sausage and let simmer an additional 30 minutes. Serve with chopped green onions and grated cheese.

## **Biography**

2018 Commodore of Lakewood Yacht Club

# SOUPS

## Tortilla soup

**Chef: Casey O'Pry**

### **Ingredients**

Vegetable oil (.25 cup)  
Yellow onion (.5 chopped)  
Lime juice  
Minced garlic (2 tablespoons)  
Chicken broth  
Tomato (chopped)  
Pinto beans (1.5 cups)  
Chicken  
Grated cheese  
Tortilla chips

### **Cooking Instructions**

Heat vegetable oil. Add the onions and cook for 2 minutes. Once the onions have softened add the garlic. Pour the chicken broth, tomatoes and beans into the pot and bring to a boil. Once at a boil lower heat to simmer and add your chicken breasts. Cook the chicken for 20 to 25 minutes. Once chicken is cooked remove from pot. When cool enough to handle shred it and set it aside. Add lime juice to the pot. In a serving bowl add a mound of shredded chicken. Serve with tortilla strips and grated cheese.

### **Biography**

Casey O'Pry lives in Galveston and is the parent of a High School Senior. Dr. O'Pry is the Assistant Superintendent of Human Resources in Clear Creek ISD.

# Creole Seafood Gumbo

**Chef: Jim LeSaicherre**

## **Ingredients**

Ingredients:

3/4Cup Corn Oil (Mazola works well)

3/4Cup of all purpose flour (sifted)

1-15 oz can of Stewed Tomatoes

1 lb Lump Crab Meat

1 lb Raw Shrimp (16-20 ct) peeled and deveined

1 Pt of fresh shucked oyster with liquor reserved

½ lb sliced okra - tips and stems removed

2 Onions (Medium) chopped fine

3 Celery Stalks chopped fine

1/2 Bell Pepper chopped fine

1/2 Bunch of green onions chopped fine

3 tbsp Parsley chopped fine

3 Whole Bay Leaves

3 whole bay leaves

1 Tbsp Salt/1 Tbsp Pepper/1/4 Tbsp cayenne pepper (File' is optional)

Season salt to taste

## **Cooking Instructions**

It is recommended that you chop all your vegetables and peel the raw shrimp.

Start with the Roux

In a 5 qt Dutch oven or pot:

ADD 1/2Cup Corn Oil and heat slowly over Medium to Medium/High heat

ADD 1/2Cup of all purpose flour to the hot oil. Stir constantly to prevent burning. Keep stirring (approx 20 mins) to get a tan/light brown color. If you think you've burned it, throw it out and start over.

When the Roux is done:

ADD onions and cook until transparent. Then add the celery, green onions, bell pepper and parsley. Cook this mixture until it looks soft and well done. Don't stop too soon.

ADD 1-½ quarts of water and stir until well mixed. Bring this mixture to a rolling boil.

ADD stewed tomatoes, shrimp, crab meat, oysters and okra. Cook until the okra is tender. Return to a boil.

ADD bay leaves, salt, pepper, cayenne (Tabasco optional) to taste. Taste this mixture and adjust to taste. Lower heat and simmer 30 mins.

Remove bay leaves and serve hot over white rice with warm French bread and butter. File' can be added when serving.

## **Biography**

I was born and raised in Mid-City New Orleans, LA. and was raised by parents who were of French (Dad) and Italian (Mom) origins who greatly influenced me to cook. I attended Louisiana State University and graduated with a BS Degree in Mechanical Engineering. Through my 40 year career, I was involved with operating plants and managed projects all over the world starting with Kaiser Aluminum, M. W. Kellogg and recently Shell Oil in Houston from where I retired after 18 years in 2012.

I married my high school sweetheart, Carol, and have been happily married for 45 years. We moved to Clearlake in 1989 and have fallen in love with area. We have 2 adult sons Ben (39) and Jeff (36), two daughters-in-law, Teresa and Tina. We are grandparents of Ben and Teresa's children, Lizzi, our 14 year old granddaughter, and our 3 year old grandson, Collin. Carol retired in 2010 after 22 years of teaching 1st grade at Clearlake Elementary in CCISD. Carol and I are both enjoying retirement. Besides spending time with our family, I enjoy cooking boating, fishing, traveling, and volunteering with the Seabrook Rotary.

# Georgian Chili

**Chef: Reuben D Widner**

## **Ingredients**

2 lbs ground chuck  
2 cans chili beans  
1 can black beans  
1 can kidney beans  
1 can large Bush baked beans  
1/2 cup jalapenos  
1 cup sweet onions  
1 /2 cup chili seasoning  
3 tablespoon salt  
4 tablespoon pepper  
1/4 olive oil

## **Cooking Instructions**

Brown ground chuck  
In a 4 we pan combine other ingredients  
Drain and mix  
Simmer for two hours

## **Biography**

Born Macon Georgia in 1960. Went to school and graduated and worked in the Auto industry for 30 years in Central Georgia. Move to Houston Texas in 2013 and started up the Ridge Insurance Group in Seabrook. Currently married for 30 years to wonderful wife who was born and raised in Houston. Have four grandchildren four kids and 2 pets. I enjoy fishing sailing golfing and spending time with family and traveling. I also enjoy working with my many clients.

# Tejas Chile

**Chef: Tim Lopas**

## **Ingredients**

ground beef, onion, garlic into a stock pot or large Dutch oven over medium-high heat. Add the onion and garlic, chili powder, oregano, cumin, tomatoes and vinegar

## **Cooking Instructions**

1. Crumble the ground beef into a stock pot or large Dutch oven over medium-high heat. Add the onion and garlic, and cook stirring frequently until beef is evenly browned. Drain off excess grease.
2. Season with chili powder, oregano, cumin and hot sauce. Stir in the tomatoes and vinegar. Simmer for 30 minutes.

## **Biography**

Tim managed 4 and 5 Star hotels for over 20 years. That where he grew fond of cooking. He always made it a point to get to know the Executive Chefs. He would always pick their brain on the new dishes they would create and always volunteer to be the taste tester. Tim also considers himself to be an excellent grill master. Two of his daughters are Vegan's so now he is working on this aspect of cooking as well. Tim now works with Edna A. Rice Executive Recruiters helping people to make their lives better through business.

## Two Beef Black Bean Chili

**Chef: Tom Diegelman**

### **Ingredients**

3 pounds lean ground beef  
2 pounds beef tips  
3 tablespoons olive oil  
3 cups of beef broth  
2 15 oz. cans black beans  
2 14 oz. cans diced tomatoes (do not drain)  
2 14 oz. cans diced green chilies and tomatoes  
2 15oz. can tomato sauce  
2 6 oz. cans of tomato paste  
3 tablespoon cider vinegar  
2 large white onions, diced finely  
2 large green peppers, diced finely  
2 cloves garlic, diced finely  
1 package of "Two Alarm" Chili Kit:  
1 tsp. ancho chili powder  
2 tsp. pasilla chili powder  
1 tbsp. sugar, level/1 tbsp cumin, ground  
2 tbsp. "Tony Chachere's" seasoning  
1 tsp. dried thyme /1 tbsp. dried oregano

### **Cooking Instructions**

In a large pan, heat the brown the ground beef with ½ cup water, continuously break up large pieces with a spoon or spatula. Add Tony Chachere's and Worchester sauce and onion powder to meat while cooking. Drain water once meat is not pink. Once browned, drain grease. (Optional: run hot water over beef to remove all grease) Put the browned ground beef to crock-pot.

- In a large pan, (or grill on open fire) heat the beef tips, searing the outside in 3 tablespoons of olive oil, Tony

Chachere's and Worchester sauce. Once browned drain fat off ground beef. Dice the beef into small ¼-inch 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 at least 6 hours. Stir periodically.
- Pour the beef broth into a cup and mix with masa and honey. Pour mixture into the crock-pot, along with black beans. Stir to mix well. Reduce heat to low and simmer for at least 4 hours before serving or refrigerating. Stir periodically.

## **Biography**

Tom Diegelman has lived in the Bay Area for 39 years, and has been a Seabrook resident for 17 years. For all those 39 years, Tom has worked at NASA, Johnson Space Center, celebrating 30 years as a federal employee this year. He has served as the Communication and Tracking Safety Engineer for the International Space Station (ISS) since 2011.

Tom served as both vice president and president of the JSC Chapter of the National Management Association, vice president and president of the Crime Stoppers of the Bay Area, vice-president and president of the Lake Cove Homeowners Association. He is a Senior Member of the American Institute of Aeronautics and Astronautics (AIAA), and collaborating author on 4 books on Space Commerce. He is an active member of the Seabrook Rotary International, and a member of the Seabrook Rotary Cooking Team. Tom volunteered for the Seabrook Board of Adjustments and subsequently elected to served 2 terms as Position 5 Seabrook City Council starting in 2006. He was elected to a

second term in 2009 by acclimation (no election), the first time in the history of Seabrook that had occurred.

His hobbies include cooking his favorite dishes (chili being the very favorite ones!!), working on his classic GTOs, and writing books. With a team of “rocket scientists”, Tom has published 4 books on space commercialization, latest published in 2016). Tom as spent 8 years restoring 33 of the 55 Seabrook pelicans that dot the city, including ones salvaged after Ike, and “Elton” the Rotary ambassador pelican. Last year, Clear Lake Regional Hospital accepted “Chappy” whose owner, Dr. Chapman, was one of the 6 cofounders of that institution. For his pelican efforts, the Seabrook Association awarded Tom the Seabrook Association Citizen of the Year Award in 2008.

# Lobster Bisque

**Chef: Trey Hafely**

## **Ingredients**

Ingredients:

- 3 tablespoon butter
- 1 small onion, minced
- 1 teaspoon all-purpose flour
- 1 quart whole milk
- 1/2 tablespoon grated onion
- 1/8 teaspoon ground mace
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 3 tablespoons crab roe
- 2 cups fresh jumbo lobster meat
- 6 tablespoons dry sherry
- 2 cups heavy whipping cream, whipped
- 1 tablespoon chopped fresh parsley

## **Cooking Instructions**

Cooking Instructions

Directions

1. 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.
2. Gradually add milk, stirring constantly until smooth. Add onion, mace, black pepper, Worcestershire sauce, and salt. Cook for 3-5 minutes.
3. Put the heavy cream in a blender and whip till thick then add to the ingredients;
4. Add crab roe and lobster. Add sherry to your own taste. Cook over simmering water for 20 minutes.

5. 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 who moved to the Clear Lake area in 1997 and has 3 incredible children. The two girls are under full scholarship at the University of St. Thomas and his son is excelling with home schooling and Karate. Trey recently finished his PADI Dive Master certification and dives every chance he gets. He also has a passion for flying planes. Trey is also the past President/Vice President of the Seabrook Volunteer Fire Department. This is his 17th years with Men Who Cook