

Men Who Cook
XXIIX
2022



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

Seabrook Rotary welcomes you to the 28th Annual “Men Who Cook” – 2022



. The 28th Anniversary

Celebrating 28 Years of Men Who Cook

Wow! This is the 28th 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, and 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

Mike's Pickled Shrimp

Chef: Michael R 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.

Crab Cakes

Chef: Michael Gibbs

Ingredients

Crab Meat
Bread Crumbs
Scallions
Mayo
Dijon mustard
Eggs
Spices
Olive oil

Cooking Instructions

Combine bread crumbs, crab meat, scallions, mayo, mustard, spices and eggs(beaten) in a bowl. Heat olive oil in pan. While oil heats up form crab meat mixture into patties. Sear in pan until golden then flip and cook until golden.

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 5 year old son, Caleb. So cooking has become somewhat more challenging with a little one down by my feet.

Heintz Wings

Chef: Brad Heintz

Ingredients

Wings Heintz Famous Sweet-Hot Sauce:

Louisiana hot sauce, chili pepper flakes, vinegar, sugar, water, ketchup, mustard and oranges
Garlic Parmesan Sauce: Butter, garlic salt, parmesan cheese.

Cooking Instructions

Grill, bake or fry wings Toss in small batches in stainless bowl in 1-2 tablespoons of sauce of choice and serve

Biography

Brad Heintz is the founding Pastor of Living Word Church, in Taylor Lake Village. Brad was born in England, grew up in the Midwest and got to Texas as quick as he could. Brad is married to Cindy Kunz for 28 years. They have two daughters. Ella studying to be a Physicians Assistant at UTMB Galveston and Lill a model and real estate agent in Nee York City. In his spare time, Brad enjoys doing anything around or in water, gardening with his wife, all things creative and serving in the community.

Veggie Spring Roll / Lumpia Pork Shanghai Roll

Chef: Gary Johnson

Ingredients

lumpia wrapper from Hong Kong located on Scarsdale. Cut/prep the following ingredients in small slices/pieces cabbage, carrots, green beans, green onion, green pepper, red pepper, onion, fresh garlic, soy sauce, salt n pepper as needed for favor, corn starch.

Cooking Instructions

Mix all ingredients and prepare your spring roll with all the ingredients into a 5-6" roll. Cook approximately 5-7 minutes in peanut oil until lightly brown. Serve with sweet n sour sauce. Lumpia Shanghai Pork Roll - Ingredients are lumpia wrapper from Hong Kong located on Scarsdale. Mix pork and ground chuck and lightly brown. Cut/prep the following ingredients in small slices/pieces carrots, onion, garlic, green onion, parsley, salt n pepper for favor, sesame oil. Mix all ingredients in with meat and cook until tender. Prepare your pork roll into 5" -6" rolls. Cook approximately 5-7 minutes in peanut oil until lightly brown. Serve with sweet n sour sauce.

Cajun Shrimp Alfredo & White Bean Bruschetta

Chef: Miriam Lozano

Ingredients

Serving for 4-5

2lb x-large shrimp, peeled, deveined and cleaned

1 cup blackening spice

2 tablespoons extra-virgin olive oil

3 tablespoons minced garlic

1 cup roughly chopped marinated sun-dried tomatoes

1/4 cup white wine

3 cups heavy cream

3/4 cup grated Parmesan

1 teaspoon sea salt

1 teaspoon freshly ground black pepper

1 pound cooked penne

1/2 cup sliced scallions

Cooking Instructions

Season your shrimp with blackening spice and place in a cast iron over high heat with a tablespoon of butter and olive oil. Blacken both sides of the shrimp for about 2 minutes or when it's pink. Remove from cast iron pan and place in bowl. In a saute pan over medium heat, add 2 tablespoons of extra-virgin olive oil. Add garlic and lightly caramelize. Then add the sun-dried tomatoes. Deglaze the pan with the white wine. Add the heavy cream, increase the heat to a simmer, and reduce the cream sauce by half. When the cream sauce is to desired consistency, stir in 1/2 cup Parmesan, salt, pepper, and pasta. Nest the pasta on large rimmed plates, pour sauce over pasta, and garnish with scallions and the remaining 1/4 cup Parmesan. Top with Shrimp.

Biography

Miriam Lozano is the co-operator and chef for The Boldhouse Wine Pub + Kitchen in Seabrook, Texas. I began my career working bartender & cooking jobs in the service industry as well as the private sector. Upon graduating with my Bachelor's degree in Business from St. Mary's University in San Antonio, I ventured into unfamiliar territory and moved to Seabrook, Texas. Here is where I met my life and business partner Devin Boldt. Together we opened our first venture - The Boldhouse in 2017.

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.

Changs Chicken Lettuce Wraps

Chef: Paul Martin

Ingredients

Fried rice
sticks
Wok oil
Garlic
Minced chicken
Scallion mix
Lettuce wrap
Sesame oil
Lettuce
Special sauce

Cooking Instructions

Place rice sticks on plate. Heat wok oil. Add garlic to wok. Add chicken Lettuce wrap mix and scallion mix into wok till hot throughout. Add Lettuce wrap sauce to mix and cook till sauce is absorbed throughout. Add sesame oil around wok and toss 2 to 3 times. Scoop out mix and pile high upon rice sticks. Add Lettuce to plate. Place special sauce in ramekin and Place on plate.

Biography

Paul grew up in Houston. He has been working restaurants in Clear Lake and Houston for 28 years. He is the winner of the Fire and Ice Salsa contest for best Salsa in the Hot category. Paul is also a two time winner of the Pasadena Taste of the Town in the ethnic food category. Paul now works with P.F. Changs in Clear Lake for the past nine years.

BBQ Shrimp

Chef: Tom Morris

Ingredients

Shrimp

Lemon (1-Large)

Garlic(2-tbs.)

Butter (1-Cup)

Bay leaves(4)

Paprika(1 tsp.)

Cayenne Pepper(1/4 tsp.)

Black Pepper(1/2 tsp.)

Salt(1/4 oz.)

Worcestershire Sauce(2-Tps.)

Cooking Instructions

In a large Skillet, Melt Butter, Combine all Ingredients and simmer for about 5 minutes.

Add Shrimp, simmer for 5 minutes or until shrimp are pink, then cover and simmer for 10-15 minutes.

Biography

Tom was born in Southeast Texas in Crystal Beach, raised in Beaumont, Texas while attending South Park High School and continuing on to Lamar University. While growing up there, he learned the fine arts of both Southern and Cajun Cooking from his mother in the kitchen with a weathered pressure Cooker and a good ole' Iron Skillet. He's taken all of his mothers recipe's and kicked them up a notch with his own special touch.

Crescent Roll Pizza

Chef: Scott Stillman

Ingredients

2 cans crescent rolls (lay flat on cookie sheet and 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 and crimp together

Bake bread @ 350 about 7-10 minutes, Let cool

Mix together cream cheese, dressing, and mayo. Spread on bread. Add chopped green and red bell peppers, broccoli and colby jack cheese

Biography

Scott Stillman is a Certified Financial Planner at LPL Financial where he helps families weather the storms, stay off the shoals, and fight off the pirates of their financial oceans. Scott is an Eagle Scout, Combat Engineer in the Army, Past Commodore of Waterford Yacht Club, on the Board of Habitat for Humanity, and has been in Rotary for 20+ years.

Scott's hobbies include: Solar Carving, Sailing, Reading, Cooking, and Geocaching.

Mystery Recipe

Chef: Zar Wade-Gledhill

Mystery Recipe

Chef: Guiseppe Camera
Villa Capri

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, and 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 preferred frosting.

Suggestion: Frozen cakes frost easier.

Biography

Charlie was transferred to Seabrook in 1976. He and his wife, Barbara, founded Pro-Tem, Inc. in 1979. He is Chairman of the Board of Pro-Tem, Inc. a software company specializing in health and safety software for the nuclear power industry. He is retired and was Rotary International's Governor for the Houston area in 2000-01. He and Barbara are members of the Seabrook Rotary Club and Past Presidents. They spend most of their time in Rotary humanitarian work in Texas and internationally. He has served as Rotary International's Chair for Water and Sanitation for the world. Barbara and Charlie also founded the Rotary Books for the World Program which ships text and library books to developing countries. The books are distributed from book distribution centers. From 2001 through 2011 the group has sent \$140,000,000 worth of educational materials. This is Charlie's 22nd year with "Men Who Cook."

Buckeyes

Chef: Abe Gallagher

Ingredients

12 oz (1 1/2 cups) creamy peanut butter

1/2 cup butter, softened

1 teaspoon vanilla extract

1 pound (4 cups) powdered sugar

16 ounces semi sweet chocolate (you can use chocolate chips or your favorite brand of dark chocolate)

1 tablespoon vegetable shortening

Cooking Instructions

In a large bowl, beat peanut butter and butter. Stir in vanilla extract. Add powdered sugar and beat on low speed until smooth. This may take several minutes.

Tips: If peanut butter mixture is dry and crumbly, keep beating until it is smooth. Don't quit too early. If it still is not smooth, add a tablespoon of peanut butter at a time until it is smooth. If peanut butter mixture is sticky, add 1/4 cup powdered sugar at a time until it is firm and dry enough to roll between your palms.

Roll into 1 inch balls and place on a cookie sheet lined with wax paper. Freeze for at least 1 hour.

Melt the chocolate and vegetable shortening together using a double boiler, stirring constantly.

Tip: You can also use a microwave or chocolate melting pot to melt the chocolate. Dip the chilled peanut butter balls three fourths of the way into the melted chocolate and place back onto the wax paper lined cookie sheet. Refrigerate until chocolate is firm.

Tip: Use a toothpick to dip balls into the melted chocolate. Use fingers to blend in toothpick holes if you prefer. Leaving a small uncovered area of chocolate allows the balls to resemble the nut of the Ohio buckeye tree.

Enjoy! Buckeyes can be stored at room temperature for one or two days, in the refrigerator for up to one week, or in the freezer for up to one month.

Biography

Abe Gallagher is proud to call Seabrook home to both his residence and business. A native Texan, he attended UNT before settling 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 two beautiful daughters' named Kate and Ellie. Abe is an avid golfer. He enjoys music, sports, traveling, and spending time with his family and friends.

Dutch Oven Peach Cobbler

Chef: Elliott Snell

Ingredients

unsalted butter, peaches, honey
cornstarch
vanilla extract
cinnamon
ginger
sugar
white whole wheat flour
all purpose flour
baking powder
kosher
salt
milk
whipped cream

Cooking Instructions

1. Preheat the oven to 350 degrees F. Place the butter in the bottom of a 10-inch dutch oven . Once the butter is melted, remove the dish from the oven.
2. Peel and cut peaches into 1/3" ish wide slices, then place into large mixing bowl.
3. To the bowl with the peaches, add the honey, cornstarch, vanilla extract, cinnamon, and ginger. Stir gently to combine. Set aside
4. In a separate bowl, prepare the topping Whisk together the sugar, white whole wheat flour, all purpose flour, baking powder, and salt. Add the milk, and whisk to combine. Gently pour the batter over the melted butter. DO NOT STIR. Now, carefully spoon the fruit and any juices that have collected in the bottom of the bowl on top of the batter.
5. Bake for 50 to 60 minutes, until the topping is deep golden at the edges and a toothpick inserted in the middle of the topping (not the peach filling) comes out clean. The topping will rise above the peaches, puff up, and turn golden so that you have a cake with fruit beneath. Serve the cobbler warm with whipped cream.

Biography

Elliott Snell is an 11 year Seabrook resident who grew up in CL attending SIS(Go Spartans!), CLHS, and Texas A&M(Whoop!). I was a US Navy Submarine Off. on the USS Topeka. Since 2011 I've worked in the chemical plant Covestro(formerly Bayer) in Baytown. My beautiful wife Sarah and I have 4 sons who do or will attend Bay. Caleb-11, Theo-9, Dominic-6, Brendan-3. I enjoy being Cubmaster of Seabrook's Pack 389, a Bayside LL coach, in F3(free men's workout group), and a St. Bernadette parishioner.

ENTREE

Cajun Crawfish Bread

Chef: Barry J. Baker

Ingredients

8 Loafs of French or Italian bread
2 lbs of Crawfish tails
2 sticks of butter
8 cloves of garlic fine diced
Romano & Parmesan 1 cup
Cajun Seasoning (Slap Yo Mama) to taste
8 Tbs Parsley
1 cup mayonnaise or 1/2 more if needed
1 yellow pepper
1 green bell pepper all diced
1 chopped sweet onion
Diced seasoned tomatoes

Cooking Instructions

Heat oven to 350 2 to3 sticks of butter 2 lbs of fresh crayfish tails 2 large or 3 medium seasoned tomatoes chopped 6 cloves of garlic 4 Tbs of Cajun seasoning 1 cup of mayonnaise 1 cup of Monterey Jack cheese or pepper jack, 1 cup each Romano and parmeasean cheese 1 large sweet onion 1 yellow and 1 green bell pepper 8 tbs of fresh Parsley melt butter, add garlic, bell peppers and onion, 4 minutes, add tomatoes and crayfish for 2 minutes mix all mayo and other ingredients in bowl Cut loaves in half and cut again longways Spoon your mix on the bread and cook for 10 minutes, can add more cheese and Cajun seasoning the last 5 minutes. Cut in small serving pieces .

Biography

Born in Galveston and have lived in the Bay Area my whole life. Married to my wife Jacqueline for 38 years. We are proud parents of two successful daughters Robin and Erin. I work at NASA-JSC in Project Management, still enjoying it. My hobbies are Fishing & Hunting, Travel, Snow Skiing, and hanging out with my girls. I cook on the Miller "LITE BUNCH" BBQ Cooking Team as a member for 16 years doing competition and volunteering at different charity events like Sunshine Kids and Men Who Cook!

Crawfish Etoufee

Chef: Rollin Christianson

Ingredients

1 cup butter
1 cup finely chopped onion
1/2 cup finely chopped celery
1 cup finely chopped shallots
2 teaspoons chopped garlic
4 tablespoons flour
1 cup chopped tomatoes
2 cups lobster stock
2 teaspoons salt
1 teaspoon black pepper
1 tablespoon Worcestershire sauce
2 cups peeled crawfish
Cayenne to taste

Cooking Instructions

In a large pan, melt butter and then sauté onion, celery, and shallots until tender. Add garlic and cook for another 1-2 minutes. Do not brown garlic. Add flour and stir continuously until color changes to a light brown color. Add tomatoes, stock, salt, pepper, cayenne, and Worcestershire sauce and come to a light boil. Reduce heat and simmer for 15 minutes or more, until sauce is a uniform creamy consistency. Add crawfish and cook for 5 more minutes. Add a dash more of cayenne, if desired. Serve over white rice and top with finely chopped parsley.

Biography

Professional engineer, focused on game-changing innovation. I have designed rockets, engines, hybrid and electric vehicles, autonomous controls, and embedded smart systems.

I like to cook as another creative outlet, and I enjoy cuisines from my travels around the world. I hope you enjoy this classic treat from our bayou neighbors.

Spicy Shrimp & Rigatoni Pasta

Chef: Michael Downs

Ingredients

Shrimp
butter
shallots
celery
bell pepper
rigatoni pasta
parmesan cheese
salt
crushed red pepper
garlic
lemon zest
sliced black olives
chicken broth
white wine
parsley

Cooking Instructions

Peel the raw shrimp and marinate 1 hour in a bowl with salt, garlic, lemon zest, and crushed red pepper flakes and a little olive oil in the refrigerator. Then quickly saute in butter and put aside. Next saute chopped celery, shallot, and bell pepper in pan after removing shrimp and deglaze with chicken stock and white wine while stirring with wooden spoon. Meanwhile, cook pasta in salted water and reserve pasta water. Add pasta and shrimp back into pan along with a half cup or so of reserved pasta water, remove from heat and add parmesan cheese and stir. Top with sauteed parsley and serve.

Biography

I grew up in Northwestern Louisiana, studied Architecture at the LSU School of Environmental Design. I moved to Houston in 1977 and practiced Architecture for a little over a decade before becoming a corporate officer of Sysco Corporation with responsibility for Real Estate, Construction, and Facilities throughout North & Central America and the UK. I have been a board member at Lakewood Yacht Club since 2012 and was Commodore in 2021. My wife Jane and I have 4 children and 5 grandchildren.

Lobster Ravioli

Chef: Louis Florida

Ingredients

Pasta
lobster meat
garlic
chopped Roma tomatoes
basil
ricotta cheese
parmesan cheese
salt & pepper
champagne seafood reduction

Cooking Instructions

Mix lobster meat, garlic, chopped Roma tomatoes, basil, ricotta cheese, parmesan cheese, salt and pepper. Roll out home made pasta on a ravioli tray, filled with all ingredients, top with another sheet of pasta. cut out each ravioli, salt your water and boil for 6 minutes or until ravioli comes to the surface. Sauce: seafood reduction and champagne. Once ravioli is cooked, toss the ravioli in the seafood reduction sauce. Top with additional parmesan cheese (optional)

Biography

Louis was born in Brooklyn, New York. With both his parents being from Italian descent, and growing up in a predominately Italian neighborhood in Brooklyn, Louis has been surrounded by the Italian culture, food and way of life all of his life. His first career out of college was on Wall Street, but he quickly lost interest in a 9 to 5 desk job. He began spending some time at his uncle's Italian restaurant in New Jersey and discovered that he had a flair for cooking!

Mystery Recipe

Chef: Greg Goodman

Smoked Brisket

Chef: Chad Hanak

Ingredients

Beef Brisket (2 trimmed briskets in the 10 to 12 lb range)

Dry Rub (from HEB)

Cooking Instructions

Trim any excess fat from the briskets so that the fat layer is about 1/4 inch in thickness.

Cover the briskets in dry rub.

Start a fire using mesquite wood in a smoker with an offset fire box. When the temperature at grate level in the smoking chamber is 250 degrees, place the brisket on the smoker fat side up.

Smoke the brisket for about 8 hours, and then wrap in aluminum foil and put in the oven at 250 degrees to maintain a constant temperature.

Once the internal temperature is around 203 degrees, remove from the oven and let it rest for an hour. Then cut and serve.

Biography

Chad is originally from Dallas, TX, and has lived in the Clear Lake area for the better part of two decades. He has a passion for BBQ and beer season. He is currently President of Superior QC and is opening the Woodhouse Day Spa in Baybrook with his wife, Evelyn.

Chicken & Beef Panang

Chef: Andrew Lobeck

Ingredients

1/4 pound chicken
1/4 pound beef
2 tbsp fish sauce
1 tsp sugar
2 tbsp curry paste
1 cup coconut milk
half of cut avocado into cubes
handful of bamboo shoots

Cooking Instructions

Put Chicken and beef in a frying skillet with fish sauce and sugar until cooked. Add curry paste and coconut milk until it simmers. Once to a simmer add avocado and bamboo shoots.

Biography

Chef Andrew Lobeck has been apart of the Seabrook Community for over 30 years.

Chicken and Sausage Jambalaya

Chef: Joe Machol

Ingredients

Chicken

Sausage

Rice

Celery

Bell Pepper

OnionGarlic

Spices Chicken broth

Cooking Instructions

Cut Chicken and Sausage into bite size pieces and cut vegetables suted then combine all ingredients with rice cook until done.

Biography

Lived in Seabrook since 1967 Current Seabrook City Councilman, Work as a NFL Official, Umpire College Baseball, and own my own Tour company WW2 ETO TOURS.

Captain Steve's Hook em' Up Fish Tacos

Chef: Steve Meyer

Ingredients

Serving for about 16 tacos (2-3 tacos per person).

FISH:

2 lbs. Fresh Snapper

1 cup Olive Oil (1/2 cup for coating fish and about 1/2 cup for cooking)

1/4 cup (4 TB/1 oz.) Chef Prudhomme's Blackened Redfish Seasoning

2 TB. TexJoy Steak Seasoning

MANGO PICO de GALLO:

1 Mango (cut into small 1/4" cubes)

1 Bunch Cilantro (coarsely chopped)

2-3 Jalapeños (remove seeds and finely chopped)

2 Roma Tomatoes (cut into 1/4" cubes)

1 Large White Onion (finely chopped)

1 Lime (halved)

SIDES:

White Corn Tortillas

1/4 Head of Shredded Purple Cabbage

1 Package of Queso Fresco (Mexican White Cheese)

Louisiana Hot Sauce

Kraft Creamy French Dressing

Cooking Instructions

Fish:

Prepare filets to about 1/4" thick. Put in a bowl and add 1/2 cup of olive to coat. Add blackening seasoning and TexJoy to coat. Heat about 1/2 cup olive oil in a 12" skillet on medium high heat. Cook filets to about 2-3 minutes until translucent and then flip trying not to break into pieces. Pull out and place on a plate and set aside to keep warm.

Tortillas:

Put another skillet on high heat. Add a few drops of olive oil and add tortilla and rub in the oil and then flip it to coat in remainder of the oil. Then spin with your fingertips to distribute the heat evenly and then flip until the other side is also heated. Do this with every tortilla. We typically make one at a time and hand to a guest so it's hot. Everyone is usually right there hanging in the kitchen so it's a fun time to eat, chat and cook at the same time.

Pico de Gallo:

Add mango, cilantro, tomatoes, onions, lime (squeezed) and jalapeños in a bowl. Mix until blended.

To Assemble:

Take tortilla and add small pieces of fish, drizzle with hot sauce, then pico de gallo, then purple cabbage, then queso fresco and then drizzle with french dressing in a zig zag pattern.

Biography

Steve was born in Madrid, Spain. His Mom taught him to embrace their Spanish heritage and their style of cooking. After moving to America as a young child, his father and grandfather participated in championship BBQ'ing and wild game cookoffs and were successful in their endeavors. Steve picked up those reins and took classes at culinary school for the passion of cooking. Steve is married to Tami who loves to be his sous chef and they love to cook and entertain for friends.

Nathan's BBQ Ribs

Chef: Nathan Moore

Ingredients

BBQ Ribs - 4 racks

Stubbs Sweet and Sticky BBQ sauce for basting - generous amount

Doug Nelson's seasoning - season to cover the entire rack of ribs front and back

Cooking Instructions

Take out the ribs from the package, put down saran wrap and baste the ribs with the Stubbs Sweet and Sticky BBQ sauce. Baste until they are lightly covered. Next, you will then season generously the ribs with Doug Nelson's seasoning. You will wrap the ribs with the saran wrap, put in the refrigerator and sit overnight. I use a Brinkman smoker. Take the ribs out of the refrigerator and I use either the Cowboy charcoal or the Red Oak. The temperature should be around 200-220 degrees. Every 2 hours, baste the ribs with the BBQ sauce. After typically around five hours, you will baste the ribs for the last time and wrap them in foil for the last hour. Take them out and let sit for about 15-30 minutes and the cut between the ribs and enjoy!

Biography

My name is Nathan Moore. I currently live in Pearland, TX with my wife Kourtney but we will soon be moving to La Porte by the end of March. My wife is going to school to become a special ed teacher and I am currently working for a private aviation company as an aviation meteorologist. While I am not a great cook (Kourtney is much better at that), I do love smoking brisket, pork, chicken and turkey but my specialty are my ribs. I hope you enjoy them and I look forward to visiting with you all.

Barbecued Full Plate Beef Ribs

Chef: Eric Moorehead

Ingredients

Rack of full plate beef ribs (4 ribs per slab)--prime. These are not short ribs-but full plate ribs

Honey, Dijon Mustard, dry rub/seasoning to taste to taste. I use Salt Lick Dry Garlic rub. Or favorite rub for brisket.

Pecan/Hickory smoking wood applicable to the smoker being used. Cheap Whiskey for cooking.

Cooking Instructions

Mix Dijon mustard and honey together, approximately 4 parts mustard, 1 part honey. Mix thoroughly. Dry slab of full plate ribs. Generously rub mustard honey mix all over ribs on both sides. This provides a binder for seasoning and establishes texture of the bark. Generously put dry rub of choice all over ribs. Wrap ribs in two layers of pink butcher paper. Let sit overnight in refrigerator. Next day, prepare smoker for indirect cooking if needed, Plan on a 6-8 hour cook at 225-250 F. Use a blend of hickory and pecan wood for smoking. Final temperature before removing from smoker is about 195 F. Wrap ribs in aluminum foil, add small amount of whiskey in the wrap. Place in insulated container for about 1 hour prior to serving

Biography

Amateur barbecue pit master, with love for ribs, brisket, pork shoulder, sausages, chicken and salmon. Use whiskey and garlic as means to add unique flavors to many of my favorites. Prefer to cook on a Big Green Egg (BGE) for smaller events and a more traditional off-set smoker for larger groups.

When not barbecuing, I am a semi-professional woodworker, focusing on Functional Fine Art of a wide range of unique first of a kind pieces.

Pollo Del Mar

Chef: Kim Irving Morrell

Ingredients

Pollo Del Mar is Chicken Breasts mixed with a blend of Creams, Cheeses, Bell Peppers and other Special Ingredients...

Cooking Instructions

Cooked with love on the grill and in the oven.

Biography

Kim Morrell Is a family man and local business owner. Kim owns Your Printing Now and Seabrook Mattress Company. When he is not working he likes to spend time having fun with friends and being on the water.

Bacon Wrapped Chicken Thighs Stuffed With Jalapeno and Cheddar

Chef: Kyle Nichols

Ingredients

Chicken thigh (fresh and boneless)

Bacon

Cheddar cheese

Fresh jalapeno slice

Italian dressing

Season salt

Cooking Instructions

Take one chicken thigh and open it up. Place one slice of cheddar cheese and fresh jalapeno inside and close the thigh. Wrap one slice of bacon around the thigh and seal it with a toothpick. Drizzle it with Italian dressing and season salt. Let it rest for an hour and grill then serve.

Biography

Kyle Nichols was born and raised in Corpus Christi, Texas and went to college in Austin where he started out at The University of Texas and graduated from St. Edward's University with a Bachelors in Business Administration. After graduating he moved to Houston where he now resides in Seabrook. Kyle has three children in Peyton (Junior at Oklahoma University), Maxwell (Sophomore at Clear Lake High School) and Mitchell (Freshman at Clear Lake High School). Kyle sells software for Skyward, Inc.

Sausage with peppers and onions

Chef: Bill Parenti, Joan Parenti

Ingredients

Sweet Italian
Sausage
Green Peppers
Onions
Garlic
Other spices

Cooking Instructions

Put in cast iron pan with olive oil, brown sausage, add remaining ingredients. cook.

Biography

Bill Parenti- Seabrook Rotary member. Owner of Parran Group Construction, a remodeling company. Divorced. Veteran of the U S Navy Submarine Service. EM1 (SS) I operated nuclear power plants. Father of 3.

Joan Parenti- 88 years old. Retired Nurse of 50 years. Retired at 78 years old. Loves to garden, crochet, cook, bake.

Saylor's Bourbon Chicken Marsala!

Chef: Al Saylor

Ingredients

Chicken
Portobello Mushrooms
Saylor's Bourbon Marsala Sauce

Cooking Instructions

You'll need 2 bottles of Bourbon Barrel Cabernet... and a Fifth of your favorite Bourbon with a large glass of ice...

Biography

Al's a Sr. Mortgage Loan Originator, for Certainty Home Loans with over 30 years experience in Real Estate and Mortgages. He'll easily guide you through the loan application and pre-approval process, with Conventional, FHA, VA & Jumbo loans, with low fees and interest rates that can't be beat! He's also a Professional Skydiver, whose jumped into Lakewood Yacht Club with the American Flag for a numbe of Keels N Wheels and 4th of July Celebrations!

Pulled Pork Sandwich

Chef: Pat Stone

Ingredients

17 lbs pulled pork

Cooking Instructions

Biography

Born in Hartselle, Alabama

Alabama BBQ and sauce

Jackie's Mexican Lasagna

Chef: Richard Tomlinson

Ingredients

1 pound extra-lean ground beef
1 (16 oz) can refried beans
2 teaspoons dried oregano
1 teaspoon ground cumin
3/4 teaspoon garlic powder
12 dry lasagna noodles
2 1/2 cups water
2 1/2 cups salsa
2 cups sour cream
3/4 cup chopped green onions
1 (2 ounce) can sliced black olives
1 cup shredded Pepper Jack cheese

Cooking Instructions

In a large skillet, cook the ground beef over medium-high heat until evenly brown. Drain off excess fat. In a large bowl, combine the cooked beef, refried beans, oregano, cumin and garlic powder. Place four of the uncooked lasagna noodles in the bottom of a 9x13 inch baking dish. Spread half of the beef mixture over the noodles. Top with 4 more uncooked noodles and the remaining half of the beef mixture. Cover with remaining noodles. Combine the water and the salsa in a medium bowl, and pour over all. Cover tightly with foil. Bake at 350 degrees F (175 degrees C) for 1½ hours, or until noodles are tender. In a medium bowl, combine the sour cream, green onions and olives. Spoon over casserole, and top with shredded cheese. Return to the oven, and bake for an additional 5 to 10 minutes, or until cheese is melted.

Biography

Richard has resided in Seabrook since 1999, is married to Vivian, and has two daughters, one at Clear Falls HS in Soccer/Theater and one Engineer/Soccer Player at LeTourneau University. While not cooking for Rotary and attending daughter's soccer games he is busy as a consulting engineer and enjoying his boating hobby at Lakewood Yacht Club.

Crawfish Fettucini

Chef: Al Trug

Ingredients

Cooking Instructions

Biography

I'm married and we have adults' children from separate marriage. I'm a retire instructor at Clear Creek Gun Range for over 20 years. I have a Ranch a fulltime job taking care of the Cows. I enjoy cooking its relaxing and a great Hobby for me.

Pollo Adobado (Pollo Diablo)

Chef: Carlos Zuniga

Ingredients

Cooking Instructions

Biography

We have 21 years with Las Anitas restaurant

SOUPS

Chicken and Sausage Gumbo

Chef: Chef CJ

Ingredients

Dark Roux
2 cup flour
2 cup oil
1 gallon Chicken stock
Whole chicken
3 lbs Andouille Sausage
2 lbs Onion
2 cup Celery
2 cup Bell pepper
2 cup Cajun spice
2 Tbl Hot sauce

Cooking Instructions

Make roux in a cast iron Dutch oven 2 hours in oven at 350*Boil whole chicken in water remove and cool cut in to chunks Sauté onions, peppers in oil add spices add chicken stock cook 1 hourAdd roux mix wellAdd chicken and sausage

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
1 tsp. black powder, ground
4 chipotle peppers, seeded and chopped (optional)

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 43 years, and has been a Seabrook resident for 20 years. For all those 43 years, Tom has worked at NASA, Johnson Space Center, celebrated 33 years as a federal employee last year. He currently serving as the Communication and Tracking Safety Engineer for the International Space Station (ISS) since 2011.

Old School New England Clam Chowder

Chef: Tom Frobase

Ingredients

2 quarts shucked Clams or 4 #1 cans of minced clams
6 slices Thick Bacon or Pork Belly
2 large Onions
6 tablespoons flour
4 cups cut cubed Potatoes
6 tablespoons Butter
4 cups milk
4 cups Half & Half
Salt & Pepper

Cooking Instructions

Drain the clams reserving the liquid. Separate the hard part of the clams from the soft part, chop finely. Mince the onions. Saute' the pork very slowly, remove and reserve the scraps. Add minced onion and hard part of the clams to the grease. Stir and cook them slowly for about 5 minutes. Sift over them and stir until blended 6 tablespoons of flour. Heat and stir in the reserved liquid and adding 4 cups of 1/2" diced potatoes. Cover pan and simmer until potatoes are done but still firm. Add the pork scraps and the soft part of the clams adding the 6 tablespoons of butter. Simmer the chowder for 3 minutes, heat to the boiling point. Add the milk and half & half and reheat keeping the chowder below the boiling point. Salt and Pepper to taste. Serve with Pilot biscuits or crackers. Makes 16 cups

Biography

Tom Frobase - retired technology executive from the pipeline transportation industry. Now shares the cooking duties with his spouse of 51+ years after she raised their children and managed the household during his frequent travels.

Denver Green Chili

Chef: Jamie MacDonald

Ingredients

1 # Ground Pork
2 X 12oz cans Refried Beans
2 X 8 oz cans Green Chilis
1 # Fresh Tomatillos
2 each Yellow Onions
2 T Garlic
3 bunches Cilantro
2 T Flour
1 T ButterChicken Stock
1 t Cumin
1 t Paprika
1 t Garlic Powder
Salt and Pepper

Cooking Instructions

Saute the Pork, Onions and Garlic together with the butter and spices. When the pork is cooked and the onions are translucent then add the Flour to make a Roux. Add the rest of the ingredients and bring together. Season with Salt and Pepper. Can be made one day ahead.

Biography

Donald James MacDonald a.k.a Jamie Chef for 25+ years

I am a single father and very proud of my children. My daughter is sixteen and my son is thirteen and they go to Clear Falls high and Seabrook Intermediate. My children's mother is originally from Colombia. We all speak Spanish fluently. I was born in Alvin, Texas, but both of my parents are British so I have dual nationality. (US and UK) Throughout my life I have lived in London, England; Denver, Colorado; Fort Lauderdale, Florida;

Fagioli all'Uccelletto con Salsicce

Chef: Kevin Priest

Ingredients

1 pound Italian sausage; cut into links (optional)

1/4 cup olive oil

3 cloves garlic

1 (15 1/2 ounce) can diced tomatoes or 2 or 3 peeled fresh plum tomatoes

Cannellini beans – either 2 (15 1/2 ounce) cans, rinsed -OR-

1 pound dried, picked over

1 cup good quality chicken broth or bean-soaking water

Fresh sage, about 2 tablespoons fresh (about

6 fresh leaves)

Salt

Freshly ground pepper

Cooking Instructions

1. Prepare the sausages: In a heavy bottomed pot or dutch oven, brown the sausage over medium heat. Remove from pot and set aside.
2. Add the olive oil to the pot and when hot, add the garlic. Saute until lightly browned.
3. Add the tomatoes with juices and cook for a few minutes, allowing the tomatoes to break up.
4. Add the cooked beans. If using canned beans, add 1 cup of broth. If using dried beans, add 1 cup of soaking water.
5. Add the sage. Then add salt and pepper to taste.
6. Simmer for about 15 minutes and add sausage to pot. Allow to simmer until the beans are soft and creamy, about 25-30 minutes in all. Add more water or broth if necessary to ensure creamy consistency.

Biography

Native Houstonian, Milby HS alumnus, USAF veteran, husband, father, grandfather, and UHCL graduate (BS Enviro Mgmt). Have spent the last 30 years toiling around the petrochem industry as an operator with stints at facilities on the Houston Ship Channel, Prudhoe Bay, AK, Texas City, TX, and currently in a corporate gig downtown. Not a professional chef, but I watch them on TV and I have a kitchen. I dabble around on the stove and the pit for family stuff. We'll see if this improves my status