

Men Who Cook  
XXIX  
2023



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

# Seabrook Rotary welcomes you to the 29<sup>th</sup> Annual “Men Who Cook” – 2023



*. The 29<sup>th</sup> Anniversary*

*Celebrating 29 Years of Men Who Cook*

*Wow! This is the 29<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, 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

## Fat Belly Eggs

**Chef: Ray Allen**

### Ingredients

Secret Recipe- Smoked Pork Belly  
Deviled Eggs

### Cooking Instructions

Smoked Pork Belly  
Deviled Eggs

### Biography

I am a native Californian who moved to Texas with my wife Amy in 2001. I worked in the Technology department at CCISD while finishing my degree at University of Houston. After college I worked in Oil and Gas as an IT Manager for a Valve Repair and Modification facility and eventually led me to my current position as a Project Manager with Ferguson Industrial. I have served as a worship leader for many years and currently serving at Bay Area Church. I have 2 Kids, Molly & Ian, a dog and a cat



# 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 tsp 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.

# **Texas Deviled Eggs**

**Chef: Bruce E 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.

# **Sunday Morning Sausage Biscuits**

**Chef: Brad Heintz**

## **Ingredients**

The Famous Sunday Morning Sausage Biscuits are a favorite refreshment on Sunday Morning at Living Word Church.

1 lb breakfast Sausage (hot or mild your preference)

1 package Cream Cheese (room temperature)

1 package shredded cheddar cheese

1 package of croissant dough

## **Cooking Instructions**

Brown sausage and drain. Mix room temperature cream cheese with sausage and cheddar cheese. Roll into half inch balls. Cut croissant dough into small triangles. Place in coated mini muffin tin. Top with sausage ball until pan is full. Bake in 350 degree oven for 20-25 minutes until golden brown.

## **Biography**

Brad Heintz is the Pastor of Living Word Church, a foodie who loves to cook. He encourages Sunday mornings to feel like home and that includes people bringing food to share. The sausage biscuits are a favorite of the congregation and Pastor Brad so he wanted to share this goodness with the Rotary and community.

# **Apricot Kielbasa**

**Chef: Thom Kolupski**

## **Ingredients**

Yield: 48 individual servings.

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

## **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.

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**

A 22 year resident of Seabrook with my wife Tamara. We have three grown children, my daughter Paige is a landscape architect, youngest son Evan is a construction manager, and oldest son Colin is a Texas State Trooper stationed in Austin. Recently elected to my 2nd term as Mayor of Seabrook. I previously served 2 terms on City Council and Co-Chairman of the Planning and Zoning Commission. Currently serving on the Seabrook Economic Development Corporation and the Board of Directors of BAYTRAN.

# 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.

# **BBQ Brisket Mac & Cheese/ Bread Pudding w bourbon sauce**

**Chef: South Shore Harbour Country Club**

**Ingredients**

**Cooking Instructions**

## **Biography**

League City's home for extraordinary golf with the best greens in the area! South Shore Harbour Country Club offers an exceptional golf and lifestyle experience, with a 27-hole golf course, fantastic dining, and programming for all ages.

# DESSERTS

## 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 gorgoous 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.



# No Bake Energy Protein Bites

**Chef: Raymond Kimbrell**

## Ingredients

1 Cup Dry Oatmeal  
2/3 Cups Toasted Coconut Flakes  
½ Cup Peanut Butter  
½ Cup ground Flax Seeds  
½ Cup Semisweet chocolate chips  
1/3 Cup Honey or agave nectar  
1 Tablespoon Chia Seeds (optional)  
1 Teaspoon Vanilla Extract

## Cooking Instructions

Stir Everything Together – Stir all ingredients together in a large mixing bowl until thoroughly combined

Chill – Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled

Roll into Balls – Roll mixture into 1-inch balls

Serve – Enjoy Immediately – or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

\*\*\*\*If you have trouble getting the energy balls to hold together, its recommended adding in more peanut butter to make the mixture a bit more sticky. Or if you would rather, you can also just press the mixture into a square baking dish to make flat energy bars instead of round energy balls.\*\*\*\*\*

## Biography

Ray Kimbrell is proud to call Seabrook home to his business. A native Texan, he attended Midwestern State University 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. Ray is married to his beautiful wife, Becca Kimbrell, and they have three amazing kids named Taylor, Torie, and Jaxson. Ray enjoys all things fitness. He enjoys, playing/watching sports, traveling, and spending time with his family and friends.

# Spiced Carrott Cake

**Chef: Stephen Lambert**

## Ingredients

2 1/2 cups all-purpose flour  
1 cup granulated sugar  
1 cup light brown sugar, tightly packed  
1 1/2 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon salt  
2 teaspoons ground cinnamon  
1 teaspoon nutmeg  
1 teaspoon ground ginger  
1 cup canola oil  
1 stick unsalted butter melted  
4 large eggs room temperature  
1 Tablespoon vanilla extract  
1/2 cup crushed pineapple drained  
1/2 cup baking coconut  
3 cups grated carrots  
1 cup chopped pecans  
**CREAM CHEESE FROSTING**  
1 stick unsalted butter softened  
8oz cream cheese softened (brick style)  
1/4 teaspoon salt  
4 cups powdered sugar

## Cooking Instructions

1. Preheat oven to 350F and prepare cupcake pans by lightly greasing and flowering
2. In a large bowl, whisk together your flour, sugars, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger.
3. Add oil, butter and stir well (batter will be pretty stiff and thick at this point, I use a stand mixer to combine everything)
4. Add room temperature eggs, one at a time, stirring well after each addition.
5. Stir in vanilla extract.
6. Stir in carrots, pecans, pineapple and coconut until ingredients are well-combined.
7. Divide batter into prepared baking pans and bake on 350F for 20minutes (until toothpick inserted in center comes out mostly clean).

8. Allow cupcake to cool in pans for 10 minutes, then run a knife around the edge and invert onto cooling rack.
9. Allow cupcake to cool completely before covering with cream cheese frosting.

#### **CREAM CHEESE FROSTING**

1. Combine butter and cream cheese in a large bowl and use an electric mixer to beat until creamy.
2. Add vanilla extract and sprinkle salt into bowl and stir well to combine.
3. With mixer on low gradually add powdered sugar until ingredients are completely combined.
4. Once cupcakes are cool cover with frosting.

#### **Biography**

Started baking in my 20's after I got back from Vietnam War. I am now 72 and bake for all my family birthdays, for my friends and coworkers. My sister in law asked me to do this because she felt everyone needs to taste my baking. Baking is a way for me to relax and show my love for food.

# King Cake Tres Leches

**Chef: Nicholas Martinez**

## Ingredients

Cake:

- 3 eggs, separated
- 1 cup plus 1 tablespoon granulated sugar
- ½ cup plus 1 tablespoon packed dark brown sugar
- ¾ cup canola oil
- 1 1/3 cups all purpose flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ¼ cup plus 3 tablespoons milk
- 5 ounces sour cream
- ½ teaspoon vanilla extract
- ½ teaspoons cinnamon

Milk mixture:

- 1 can sweetened condensed milk
- 1 (12 ounce) can evaporated milk
- 1 ½ cups heavy cream
- 3 tablespoons cajeta
- 2 teaspoons vanilla extract

Topping:

- 1/2 cup whipping cream
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 cup sour cream
- 2 tablespoons powdered sugar
- 1 teaspoon frangelico

## Cooking Instructions

Cake:

Preheat the oven to 350 degrees F and grease a 9- by 13-inch baking dish. Whip the egg whites to medium peaks. Set aside. Using the paddle attachment in a standing mixer, combine the sugar and dark brown sugar and mix to blend. Add the oil and egg yolks and mix to combine. Add the flour, baking soda, baking powder and salt to the batter and mix to blend. Add the milk, sour cream, vanilla and cinnamon and mix until well-combined. Gently fold the egg whites into the batter, then transfer the

batter to the greased baking dish. Bake until a tester inserted in the center comes out clean, 35 to 45 minutes.

While the cake is cooling, whisk together the condensed milk, evaporated milk, heavy cream, cajeta, and vanilla. When the cake is cool, poke holes all over the cake using a skewer or a toothpick. Pour 3 cups of the condensed milk mixture evenly over the cake. Cover with plastic wrap and transfer to the refrigerator until thoroughly chilled and the cake has absorbed the milk mixture. Topping: Beat cream, adding granulated sugar gradually until cream holds peaks. Stir in vanilla. Combine with sour cream, powdered sugar and frangelico. Spread evenly over cooled cake.

## **Biography**

Resident of Shoreacres and member of Seabrook Rotary.

# Coconut Poke Cake

**Chef: Matthew Paulson**

## Ingredients

- 1 box white cake mix w/ eggs, oil and water
- 1 15 oz can cream of coconut
- 1 small can of sweet and condensed milk
- 1 8 oz container Cool Whip thawed
- 1 8 oz package sweetened flaked coconut

## Cooking Instructions

1. Prepare and back white cake mix according to package instructions for a 9 x 13 pan.
2. Mix can of cream of coconut with can of sweet and condensed milk in a bowl.
3. Lightly toast sweet coconut in fry pan.
4. Remove cake from oven, and while still hot, poke holes all over the top of the cake using a fork or straw.
5. Evenly pour the bowl of Cream of Coconut and Sweet and Condensed Milk mix over the cake.
6. Let cake cool completely then frost with whipped topping.

## Biography

Matthew Paulson is a graduate of West Texas State A&M Univ. and the Univ. of Houston, Clear Lake. He was accepted into the Navy and attended the Navy Diving & Salvage School, graduated as a Diving & Salvage Officer, served 31 years in the Navy Reserve & retired a Captain. While in the Navy he spent 10 years as a Jr. & Sr. high math teacher and coach. He is currently serves as the principal of Ed White ESTEM Magnet School. He resides with his wife Judy, daughter Meredith and son Noah in El Lago.

# **Crown Royal Maple Bacon Sapopilla Cheesecake**

**Chef: Randy Rance**

## **Ingredients**

2 (8 ounce) packages cream cheese, softened  
1 3/4 cups white sugar,  
divided 1 teaspoon Mexican vanilla extract  
2 (8 ounce) cans refrigerated crescent rolls  
1 teaspoon ground cinnamon  
1/2 cup butter room temperature  
1/4 cup honey

## **Cooking Instructions**

Preheat an oven to 350 degrees F (175 degrees C). Prepare a 9x13 inch baking dish with cooking spray.

Beat the cream cheese with 1 cup of sugar and the vanilla extract in a bowl until smooth.

Unroll the cans of crescent roll dough, and use a rolling pin to shape each piece into 9x13 inch rectangles. Press one piece into the bottom of a 9x13 inch baking dish. Evenly spread the cream cheese mixture into the baking dish, then cover with the remaining piece of crescent dough. Stir together 3/4 cup of sugar, cinnamon, and butter. Dot the mixture over the top of the cheesecake.

Bake in the preheated oven until the crescent dough has puffed and turned golden brown, about 30 minutes. Remove from the oven and drizzle with honey. Cool completely in the pan before cutting into 12 squares.

## **Biography**

Resident of the area 35 years plus, Graduated Clear Creek High School in '86 and Texas State College in '88. Served 4 years in the United States Navy and was Medically Retired in '92. Met the best part of my life in '92 Dianna Jones. Have 4 kids 3 boys, Andrew, and Alex Step Son Matt, 1 Step Daughter Kayleigh and 5 Grand Children Carter, Nathan, Evan, Logan, and Levi. Have been a Competition BBQ Cooking since '98 with many great team, currently cooking with "That's My Ticket".

# **Cookies by Glenn**

**Chef: Glenn Royal**

**Ingredients**

**Cooking Instructions**

Not too long in the oven.

**Biography**

As Partner and Portfolio Manager at Royal Harbor Partners, Glenn is responsible for daily management of client portfolios and analyzing and discussing financial markets, trends, and events to help investors understand their significance and financial implications. He provides research, commentary and actionable insights to Royal Harbor Partners' clients and client-facing teams. He is a proud US Navy veteran, former mayor of Seabrook, and past club president of Seabrook Rotary Club.



# 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 12 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.

# ENTREES

## Circle 13 Chicken Thighs

**Chef: Rick Alspaugh**

### **Ingredients**

Chicken Thighs  
Pickled Jalapinos  
Bacon  
Powdered Ranch Dressing

### **Cooking Instructions**

Cook till Chicken Done

### **Biography**

Husband of KellyAnnette of Alspaugh's Boutique by KellyAnnette. Enjoy outdoor cooking, Self Proclaimed outdoor cooking expert of Kingwood Texas for 35 years where we sold and serviced and cooked on various BBQ pits, Smokers, Pots and the like. We have our own BBQ seasoning available at the Boutique. My dad had 50 years perfect attendance at Rotary so I have a passion to help Rotary. Like my father I also am a Paul Harris Fellow. I just enjoy cooking and love being a part of this event

# **Penne Alla Vodka**

**Chef: Kurth Anderson**

## **Ingredients**

1 (28 ounce) cans crushed tomatoes  
1 tablespoons olive oil  
2 cloves garlic, finely minced  
¼ teaspoon crushed red pepper or more to taste  
1 teaspoon kosher salt, plus more to taste  
⅔ cup vodka  
1 pound rigatoni or penne pasta  
1 cup heavy cream  
¼ teaspoon pepper, plus more to taste  
⅔ cup freshly grated Parmesan cheese  
3 tablespoons chopped fresh basil

## **Cooking Instructions**

Place a large pot of salted water over high heat to bring to a boil. While water heats, prepare the sauce. In a large saucepan or deep skillet, heat oil over medium-high heat. Add onion and cook, stirring constantly, until translucent, about 3 minutes. Add garlic and crushed red pepper and cook for 1 minute. Add tomato paste and cook, stirring often, until the tomato paste has taken on a slight brownish color, 2 to 3 minutes. Add vodka and cook until reduced by at least half. Stir in crushed tomatoes and bring mixture to a simmer. Reduce heat and simmer until thickened, about 10 minutes. While sauce reduces, add pasta to boiling water and cook, according to package directions until al dente, 11 to 12 minutes. Once sauce is reduced, stir in heavy cream and pepper and cook for 3 minutes, stirring often. Stir in 1/3 cup cheese, parsley, basil and pasta until well combined. Season with additional salt and pepper if desired. Serve, sprinkled with remaining cheese and more herbs if desired.

## **Biography**

Strategy and Transformation leader with over 25 years experience as both a consultant (Alvarez & Marsal) and as an operator (Xerox, Pitney Bowes, and Baker Hughes) helping drive margin improvement, profitable growth and organization transformation. Kurth's experiences span a range of industries, including, Energy, Petrochemicals, Manufacturing, and Document Technology. Kurth holds a dual MBA from the Wharton School and an MA in International Studies from the University of Pennsylvania.

# Barry's Irish Stew

**Chef: Barry J. Baker**

## Ingredients

6 lb Beef Chuck Roast or Ground Sirloin (6 pounds)

1/2 lb Bacon, Lamb or venison optional

3 large Sweet Onions

10 Garlic cloves chopped,

Flour, Guinness Beer and Red Wine

1/4 cup Salted Butter, olive oil,

1 can of tomato paste

4 Bay Leaves,

Fresh Parsley, Fresh Thyme, Fresh Celery 4 stalks, Paprika, Salt &

Pepper, Steak Seasoning, Beef Broth, Carrots, Peas, corn, mushrooms,

Russet Potatoes, green beans optional.

## Cooking Instructions

Cook Bacon in a Large Deep Fry Pan, Remove bacon, add butter or Olive Oil to the pan, dredge cubed Roast beef in seasoned flour, increase heat and brown meat well, no steaming, and brown ground sirloin in a separate pan and drain all grease, set aside. Remove browned roast cubes, add flour mix with hot water, stir in to make gravy, add tomato paste to color and taste, Beef Broth, when thickening add Beer or Wine, continue to stir. Add roast and hamburger, and onion bring to a boil and reduce heat/simmer for 1.5 hour covered, add bay leafs, check and stir occasionally. Stir in Carrots, potatoes cubed, for 10 to 15 minutes, add other seasonings stir in mushrooms, celery, peas, garlic, corn and green beans if desired for 10 minutes still at simmer until potatoes get soft. Serve

## Biography

I have been married to Jackie for 40 Wonderful years, we have two beautiful successful daughters (Robin and Erin). I am still working and enjoy my job at NASA-JSC Houston. We love to travel here and all over the world. I am a BBQ Cooking Team Member (The Miller Lite Bunch) for 18 years, and enjoy the competitions and the fun at all the cookoff including the HLSR World Champion BBQ Cook-Off. I enjoy time on my boat fishing, and cruise around, hunting, snow skiing, and Parks.

# Chicken & Sausage Jambalaya

**Chef: Jeff Brinen**

## Ingredients

12 ounces applewood-smoked bacon, diced 1 1/2 pounds smoked fully cooked sausage (such as linguiça), halved lengthwise, cut crosswise into 1/2-inch-thick semi-circles 1 pound andouille sausages, quartered lengthwise, cut crosswise into 1/2-inch cubes 1/2 pound tasso or smoked ham (such as Black Forest), cut into 1/2-inch cubes 1 1/2 pounds onions, chopped (4 to 5 cups) 2 large celery stalks, chopped 1 8- to 10-ounce red bell pepper, coarsely chopped 1 8- to 10-ounce green bell pepper, coarsely chopped 6 large skinless boneless chicken thighs, cut into 1- to 1 1/2-inch pieces 2 tablespoons paprika 1 tablespoon chopped fresh thyme 1 tablespoon chili powder 1/4 teaspoon (or more) cayenne pepper 3 10-ounce cans diced tomatoes and green chiles 2 1/2 cups beef broth 3 cups (19 to 20 ounces) long-grain white rice 8 green onions, chopped (about 2 cups) Chopped fresh Italian parsley

## Cooking Instructions

Position rack in bottom third of oven and preheat to 350°F. Cook bacon in very large pot over medium-high heat until brown but not yet crisp, stirring often, 8 to 10 minutes. Add smoked sausage, andouille, and tasso. Sauté until meats start to brown in spots, about 10 minutes. Add onions, celery, and bell peppers. Cook until vegetables begin to soften, stirring occasionally, 10 to 12 minutes. Mix in chicken. Cook until outside of chicken turns white, stirring often, 5 to 6 minutes. Mix in paprika, thyme, chili powder, and 1/4 teaspoon cayenne. Cook 1 minute. Add diced tomatoes with chiles and broth; stir to blend well. Add more cayenne, if desired. Mix in rice. Bring jambalaya to boil. Cover pot. Place in oven and bake until rice is tender and liquids are absorbed, 45 to 48 minutes. Uncover pot. Mix chopped green onions into jambalaya; sprinkle jambalaya with chopped parsley and serve.

## Biography

Jeff Brinen is a retired ExxonMobil Chemical Engineer. I have lived in the Clear Lake area since 1989, and have been active in the community, schools, and coaching youth sports that entire time.

# **Cannelloni Caprese**

**Chef: Guiseppe Camera/Frankie Camera  
Villa Capri**

## **Ingredients**

Veal, spinach & cheese with a tomato & cream sauce

## **Cooking Instructions**

1. make fresh pasta
2. prepare stuffing
3. stuff pasta
4. put in pan
5. prepare tomato & cream sauce
6. pour over cannelloni
7. put in oven, bake it at 550 for 10 minutes

## **Biography**

Guiseppe & brother Frankie born on the Island of Capri. Our Father was a Manager of a hotel, so since the age of 12 we worked with him in the hospitality business. We got experience all over Europe. We worked in Switerland,Germany,Rome & many more countries. Then we came to America at the age of 32 & began our own Restaurant in 1978. We have been in Clear Lake ever since!

# **Herb Crusted Smoked Salmon**

**Chef: Chef CJ**

## **Ingredients**

5lbs fresh salmon skin on  
1c fresh herbs  
2T Cajun spice  
2c brown sugar  
1c kosher salt  
1 bag wood chips

## **Cooking Instructions**

Cover the salmon in herbs, spices, sugar then salt on top refrigerate for 4 days remove from liquid hot smoke over wood chips 30 min

## **Biography**

Self-thought local chef  
Been working in the Clear Lake Area for over 20 years  
Cajun cooking is my favorite



# **Smoked Pork Tenderloin with Port Wine Reduction**

**Chef: Rollin Christianson**

## **Ingredients**

1 Aged pork tenderloin  
Port wine  
Demi-glace  
Shallots

## **Cooking Instructions**

Smoke pork tenderloin over hardwood fire. Mix Sauce ingredients in a saucepan and reduce until thick. Strain in preparation for serving.

## **Biography**

Chef in the 2022 Men Who Cook event and frequent guest chef at various fundraising events. I enjoy cooking a wide variety of cuisines, including French, Italian, Korean, Japanese, Spanish, Mexican, and Texas BBQ.

# **Lobster, Shrimp & Surimi Alfredo**

**Chef: Tom Collier**

## **Ingredients**

1 box fettuccine  
2-3 lobster tails  
1 lb. popcorn shrimp  
1 lb. surimi  
1/4 cup olive oil  
1 stick butter  
2 cups heavy cream  
2 cups shaved Parmesan  
1/4 cup olive oil  
1/4 cup white wine  
2 Tbsp. chopped fresh parsley  
2 Tbsp. minced garlic  
1 shallot chopped

## **Cooking Instructions**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes. Drain. Split lobster tails completely down the middle. Take half of the stick of butter and cut into cubes. Place butter over lobster tails, and place in the oven to cook 10-15 mins at 350F. Boil shrimp with Cajun seasoning. Sautee shallots and garlic until with the remaining half of a stick of butter until soft. Add 1 cup of heavy whipping cream on medium heat. Once you see the cream begin to slightly bubble, add parmesan cheese. Stir in the cheese and add wine to the whipping cream. Add salt and pepper and allow to cook until it thickens. Stir continuously. Add cream to pasta. Cut lobster into small pieces add to pasta along with shrimp and surimi. Stir and serve.

## **Biography**

This recipe came from our cruising days in the Bahamas where lobster was easy to catch but we were always looking for new ways to prepare it.

# **Youvetsi (Greek Lamb Stew)**

**Chef: Lance Cumpian**  
**Bakkhus Taverna**

## **Ingredients**

2 lb lamb shoulder  
salt and pepper  
2 tbsp olive oil  
1 yellow onion  
3 gloves garlic  
1/2 cup red wine  
3 chopped tomatoes  
2 tsp tomato paste  
2 cups chicken stock  
1 1/2 cups orzo pasta  
1/2 cup grated parmesan

## **Cooking Instructions**

Diced the lamb shoulder into bite sized pieces and season with salt and pepper. peel and dice the onion and finely chop the garlic. Take half the oil in a dutch oven and brown the meat on all sides to sear it, work in batches as to not to overcrowd the pan. Remove to a plate when done in the same pan add the rest of the oil and soften the onions, adding the garlic after a minute. cook until translucent but not brown, around 3-5 minutes deglaze the pan with the wine, allow the alcohol to boil off and scrape the bottom of the pan. add tomatoes, tomato paste, and add back the meat. bring to a simmer, then cook on low for about a hour covered (2 hours is ideal) preheat oven to 350 degrees then add orzo to pot mix thoroughly and bake uncovered for 25 min until orzo is tender served with grated cheese on top

## **Biography**

I have been in the restaurant industry for over 20 years. growing up i had always taken an interest in cooking, my father and grandfather taught me grilling/smoking techniques. my mother and grandmother taught me the rest, from baking to sauces and stews, desserts to homemade tortillas and salsas.

Although I have not been classically trained as a chef i have developed a flair for the kitchen working at Bakkhus Taverna as the General Manager.

# **Carne Con Papas**

**Chef: Felipe Garcia**

## **Ingredients**

1 pound - meat

4- med potato

2- tomatoes

1- onion

Garlic, Pepper, Salt, Cumin

## **Cooking Instructions**

In a frying pan, place oil and pieces of onion with garlic and meat and let it fry. Add the diced potato with the meat and add salt. Cook 20 minutes and is ready to be served in a flour tortilla.

## **Biography**

Felipe Garcia was born in Montemorelos N.L, Mexico 1952. Is now retired from Cherry House Moving after 35 years of hard work and dedication. He enjoys working in his ranch, and taking care of his family. He has three beautiful daughters who adore him, and eight loving grandchildren. He has a passion for God and antique cars. That is why he loves visiting Seabrook during Keels and Wheels. He is proud to be participating in the years Seabrook Rotary's Men Who Cook and is looking forward to many more

# **Pizza Pasta Bake**

**Chef: Michael Gibbs**

## **Ingredients**

1 lb Pasta  
1 lb Ground Beef  
1 lb Italian Sausage  
1 lb Pepperoni  
Onion, Bell Pepper, Mushrooms, Olives, Garlic, Basil  
Spaghettis Sauce  
Mozzarella Cheese, Provolone Cheese, Parmesan Cheese

## **Cooking Instructions**

Boil water and cook pasta 15 minutes and drain when done. While pasta boils sauté onions, bell peppers, mushrooms for 5-7 minutes. Add minced garlic to vegetables and cook for a minute, set skillet aside. Brown sausage and beef in a pot then drain fat in colander. Heat spaghetti sauce in pot, add vegetables and drained meats. Let sauce simmer 20 minutes. Add parmesan cheese to meat/vegetable sauce set aside. In a large pan, layer noodles and cheeses then cover with meat sauce. Repeat layers until all ingredients are in the pan. Cook at 350 degrees for 30 to 40 minutes.

## **Biography**

I am entering my fourth year of Men Who Cook. I am a cook enthusiast not a professional chef. Sharing a meal is a great way to bring people together and I enjoy the opportunity to cook tasty food for friends, family and myself. Tonight I hope you all enjoy the pasta!

# **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.

# **Stir Fry Noodles**

**Chef: John G Johnson**

## **Ingredients**

Stir Fry Rice noodles, chicken, sweet sausage, onion, garlic, soy sauce, cabbage, green beans, carrots, red bell peppers, salt and pepper for seasoning, and chicken broth.

## **Cooking Instructions**

Prep and cut all vegetables and sautéed in olive oil and season with salt n pepper as desired. Add chicken broth and simmer for 15 minutes. Add chicken and sweet sausage and simmer for 15 minutes. Add noodles and cook until cooked. Ready to serve. Very healthy!

## **Biography**

Gary Johnson- Past president 2016-2017.

# Chicken & Shrimp Jambalaya

**Chef: Jim LeSaicherre**

## Ingredients

3/4 Cup Corn Oil (Mazola works well)  
3/4 Cup of all purpose flour (sifted)  
1/2 - 3/4 lb Your favorite smoked sausage cut into chunks or slices  
1-1 1/2 lb Raw Shrimp (16-20 ct) peeled and deveined  
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  
1 (14.5 oz) can stewed tomatoes  
1 (10 oz) can Ro-Tel green chillies  
1 (10 oz) can Ro-Tel green chillies. Choose mild or hot to your taste.  
2 cup uncooked rice  
3 whole bay leaves (I like Zatarain's)  
1 Tbsp Salt/1 Tbsp Pepper  
Season salt to taste

## Cooking Instructions

Start with the Roux

In a 5 qt Dutch oven or pot:

ADD 1/2 Cup Corn Oil and heat slowly over Medium to Medium/High heat  
ADD 1/2 Cup 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 stewed tomatoes, Ro-Tel green chillies and Tomato sauce. Bring this mixture to a simmer.

ADD bay leaves, salt, pepper, season all (Tabasco optional) to taste. Taste this mixture and adjust to taste.

ADD smoked sausage and shrimp and get mixture to cook (20 mins)



ADD 3-4 cups of water to plenty of liquid is available to cook the rice and bring to a boil.

ADD 2 cups of uncooked rice, bring to a boil then reduce heat and simmer over low/medium heat until liquid is gone and rice is cooked. (20-25 mins). Stir frequently to keep rice from sticking to bottom of the pot.

Remove bay leaves and serve hot with warm French bread and butter

## **Biography**

I was born and raised in Mid-City New Orleans, LA. My parents who were of French (Dad) and Italian (Mom) origins greatly influenced me to cook. I attended Louisiana State University and graduated with a BS Degree in Mechanical Engineering. Carol, and have been happily married for 50 years. We moved to Clearlake in 1989 and have fallen in love with area. We have 2 adult sons Ben and Jeff, two daughters-in-law, Teresa and Tina. We are grandparents of 3 grandchildren: Ben and Teresa

# **Kao Pad - Fried Rice**

**Chef: Andrew Lobeck**

## **Ingredients**

1 tablespoon of oil  
6 oz of beef  
1 tablespoon of garlic  
1 tablespoon of oyster sauce  
1 tablespoon of soy sauce  
1 egg chopped  
onions sliced  
cherry tomatoes  
8 oz cup jasmine rice

## **Cooking Instructions**

Put oil in pan until hot. Then put beef in to cook and add garlic, onions, oyster sauce and soy sauce. Add egg until its fried and mix it with the beef, onions, garlic, oyster and soy sauce, Add the rice and tomatoes and mix until rice is coded. When mixed well it's ready to be eat.

## **Biography**

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

# **Teriyaki Short Rib with Mango Slaw on Peanut Rice Noodles**

**Chef: Jamie MacDonald**

## **Ingredients**

Peanut Slaw Dressing

2 T Ginger

½ cup Apple Cider Vinegar

½ cup Soy Sauce

½ cup Sesame Oil

½ cup Honey

2 cup Peanuts

1 cup Olive

Oil Blend all together.

Mango Peanut Slaw Mix

4 Mangos (Peeled, Seeded, Julienned)

2 Red Bell Peppers, Julienned

5# Bag of Slaw Mix

1 pint Dressing

1 bunch Cilantro

1 bunch Green Onion

Ginger Hoisin Sauce

2 Onion(chopped)

¼ cup Ginger(chopped)

¼ cup Garlic(chopped)

5# can Hoisin Sauce

1 cup Rice Wine Vinegar

2 cup Brown Sugar

2 qt. Water

1 bunch Cilantro (chopped)

Cornstarch to thicken

## **Cooking Instructions**

Braise the Short Ribs covered with aluminum in the Ginger and Hoisin Sauce and add some Teriyaki. Place in the oven at 325 degrees for 3 hours. Remove the aluminum and crisp up the edges. Separately make the slaw and Noodles. Use the Peanut dressing for the slaw and the noodles. Garnish with Green Onions and Cilantro. Serve with chopsticks

## **Biography**

I have been a professional chef for over 25 years. I went to Culinary School at Le Cordon Bleu, London, England

# **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 sautee 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.

# **Pulled Pork**

**Chef: Eric Moorehead**

## **Ingredients**

8 pound Boston ButtPork Rub and your favorite rub

## **Cooking Instructions**

Liberally apply rub to Boston butt and rub into the meat.Place in a refrigerator uncovered preferably overnight.

Light smoker and add your choice of wood (I prefer apple and hickory for pork) and allow the initial thick white smoke to burn off.Stabilize your smoker to 225-250°F, place a thermometer probe in the thickest part of your Boston butt taking care not to contact the bone. Add the Boston butt to the smoker and maintain a temperature between 200°F and 250°F. Smoke pork butt until it reaches 200°F, about 2 hours a pound.Spritz with water/bourbon mixture every two (2) hoursCarefully remove the smoked pork butt from the smoker, remove the temperature probe and wrap pork butt in aluminum foil with small volume of bourbon then an old towel. Place in cooler to rest for at least 1 hour.Just prior to serving remove the smoked pork butt from the cooler and shred the meat. Be sure to mix the crusty bark into the rest of the meat.

Serve with choice of barbeque sauce-prefer vinegar/mustard base.

## **Biography**

Veteran amateur barbeque chef, favoring use of Big Green Egg, or offset smoker. Experience covers ten plus years, with local awards for beef, pork, chicken and salmon. Incorporate citrus bourbons into the flavor.

# **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, AKA Santa Claus, is a family man and small business owner, who owns Your Printing Now in Seabrook. He is married to Elizabeth who is a Scientific Videographer for Boeing / NASA working on the Artemis Project. Kim has two sons Matthew and Cade. Matthew an aviation major at Southeastern Oklahoma State. Cade is studying Engineering at Texas A&M. When Kim is not working he likes to spend time having fun with friends and being on the water.



# **Chicken Parmagiano**

**Chef: Bill Parenti**

## **Ingredients**

Chicken, cut into bite size  
Italian bread crumbs  
Garlic salt  
Eggs  
milk  
Olive oil

## **Cooking Instructions**

Cut up chicken in small bite size pieces, dip in egg/milk mix, cook in olive oil. Cover with tomato sauce, add mozzarella, heat in oven 350 degrees for 30 minutes

## **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. Irish/Italian mix. Originally from Long Island, NY. Taught by my very Italian grandmother to cook. I am using her recipe.

# **Gyros and Chicken Gyro Sandwiches**

**Chef: Chris Sokol Sokols Greek Deli and Cafe**

## **Ingredients**

### **Cooking Instructions**

Made with fresh pita bread, onions, tomatoes and tzatziki sauce will be on the side. tzatziki is the cucumber yogurt sauce we make from scratch with garlic, yogurt, cucumbers, olive oil salt and pepper which will be on the side. Sandwich will be either a. Regular gyros (lamb and beef mixed and slow cooked on a gyro machine and sliced to order. b. Chicken gyros (100% chicken meat slow cooked on a gyro machine and sliced to order.)

### **Biography**

Born in London England, I grew up with quite the pallet for different types of cuisines. I grew up overseas in British school for most my life until high school/ college we finally moved to the United States in which I attended Clear lake high school and university of Houston main campus in which is was in the Conrad Hilton hotel and restaurant management program! One of the best decisions of my life after college I decided to stay true to my Greek roots and open a Greek Deli.

# **Pull Pork Minis**

**Chef: Christopher Stromberg**

## **Ingredients**

Family Recipe

## **Cooking Instructions**

Family Recipe

## **Biography**

Christopher Stromberg was raised in Clear Lake and graduated from the University of Houston with a degree in Construction Management. As Vice President of ELS Construction, a nation wide company, he knows the importance of giving back to the community. That is why he is excited to be participating in this year's Seabrook Men Who Cook.

# **Smoked Tenderloin and Fried Shrimp**

**Chef: Barry Terrell**

## **Ingredients**

Go out to eat!

## **Cooking Instructions**

Read above

## **Biography**

Proprietor of Tookies Seafood, Tookies Burgers and TBoneToms.

# **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 backing 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 Texas A&M Engineering and one who just received her Engineering degree and is working at her first job. While not cooking for Rotary he is busy as a consulting engineer and enjoying his boating hobby at Lakewood Yacht Club.

# **Crawfish Fettuccine**

**Chef: Alfred Trug**

**Ingredients**

**Cooking Instructions**

**Biography**

Retired

# **Grilled Sea Trout**

**Chef: Robert Williams**

## **Ingredients**

Sea Trout, Pesto, Lemon Zest and White Sauce

## **Cooking Instructions**

## **Biography**

Home Builder and Fisherman

# 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 over 40 years, and has been a Seabrook resident for 21 years. For all those 40 years, Tom works at NASA, Johnson Space Center, celebrated 34 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. Tom is also a 15 year member of the Seabrook Rotary.

# SOUPS

## Lobster Bisque

**Chef: Trey Hafely**

### 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 diced lobster tail meat  
6 tablespoons dry sherry  
2 cups heavy whipping cream, whipped  
1 tablespoon chopped fresh parsley

### Cooking Instructions

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 lobster roe and meat and sherry. 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

Native Houstonian and has lived in the bay area for 30 years. Married and have 4 amazing kids and 1 grandkid. Trey is a certified PADI Dive Master and his wife Connie, recently got her open water certification. Last month they dove wrecks in Cozumel to celebrate. Trey also volunteers with "Keels and Wheels", TMMSN (Texas Marine Mammal Stranding Network), is a past President/VP of Seabrook Volunteer Fire Dept. and current VP in his HOA. Connie is a Lead RN in Med/Surg. This is Trey's 20th year

# **Santa Maria CA Style Beans**

**Chef: Tim Larson**

## **Ingredients**

1 lb. Pinto Beans (soaked overnight)  
3 strips bacon  
1/2 C diced ham or linguisa sausage  
1 clove garlic  
3/4 C tomato puree  
1/4 C red chili sauce  
1 T sugar  
1 t salt  
t dry mustard  
Makes approximately 1 quart

## **Cooking Instructions**

Simmer soaked beans in 3 quarts water for 2 hours. Drain. Saute bacon with ham/sausage until browned, add garlic and onion and cook until soft. Add remaining ingredients to pan and warm through. Stir sauce into drained beans, keep warm over low heat until ready to serve. Great with a spoonful of fresh salsa or pico de gallo on top!

## **Biography**

Tim Larson lives in Friendswood and is a local commercial Realtor with Keller Williams Commercial. He hails from the Central Coast of California and is sharing a dish popular in his home town of Santa Maria, pinto beans which are traditionally served alongside oak-grilled Santa Maria Style BBQ tri-tip and fresh salsa. Pinto beans are a small, firm, pink bean native to California. This dish pairs well with pinot noir wine, the main grape grown in the Santa Ynez Valley of California.

# **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

# **Hydro-Wates Tortilla Soup**

**Chef: Michael & Kim Scofield Hydro-Wates Cooking Team**

## **Ingredients**

Chicken  
Spices  
fresh veggies  
soup broth (homemade)  
cheese  
sourcream

## **Cooking Instructions**

Cook meat, add veggies, spices. Make broth and add. Heat until boiling. Sprinkle with cheese and a spoon of sour cream, per portion.

## **Biography**

Hydro-Wates Cooking Team travels around the country for their business projects and always comes back to comment on favorite foods and restaurants! Soup and steak are the all time favorites!

Owned by Rotarian Kim Scofield, Hydro-Wates provides proof load testing services for cranes, frames, beams, and other structures. Check our website at [www.HydroWates.com](http://www.HydroWates.com).

This year in 2023, we plan to cook our favorite foods onsite quarterly! Our signature Chicken Tortilla Soup will be featured first!

# **Carol's Gumbo**

**Chef: Scott Stillman**

## **Ingredients**

1c flour3-4 tbs  
vegetable oil3 qts chicken  
stock1tbs Worcestershire  
sauceOld bay  
seasoningSeafoods of  
your choice (shrimp/oysters/crab legs)Smoked sausage  
Chicken 3-4  
thighs or whole roasted chicken deboned

## **Cooking Instructions**

Brown flour in Vegetable oil stirring constantly until coffee brown then add chicken stock and sautéed “basic vegetable mix”seasoning Simmer for 1 hr. Add smoked sausage. Simmer 15-20 minutes. Add seafood simmer till tender.

## **Biography**

Scott Stillman owns a Financial Planning practice. He is an Advisor in Philanthropy, You Need A Budget Certified Financial Coach, Certified Financial Planner, Chartered Life Underwriter, with more than 23 years helping you realize your financial dreams.

Scott helps you fight off the pirates and weather the storms in your financial life. From Budgeting and Investments to Insurance and Planning, talk to Scott for help charting your financial path.