

2 Chainz #Mealtime Cooking Class



TERIYAKI SALMON

1 POUND FRESH SALMON
1 TO 1.5 CUPS TERIYAKI SAUCE
COLORED BELL PEPPERS, JULIENNE SLICED
½ SMALL RED ONION, SLICED THIN
KOSHER SALT OR SEA SALT
BLACK PEPPER
BUTTER
OLIVE OIL

- PUT ON YOUR VERSACE APRON.
- SLICE FRESH SALMON, DRIZZLE IT WITH OLIVE OIL AND SEASON IT WITH SALT.
- MARINATE SALMON IN TERIYAKI SAUCE AND OLIVE OIL FOR 20 TO 30 MINUTES.
- WHILE YOU WAIT, FEEL FREE TO WATCH BELLY ON THE BIG SCREEN.
- BEFORE THE MOVIE IS DONE, PREPARE GRILL OR NON-STICK GRILL-PAN AND DRIZZLE OLIVE OIL ON PAN.
- PLACE MARINATED SALMON SLICES ON GRILL (OR GRILL-PAN) ON MEDIUM-HIGH HEAT.
- COOK FOR 3 TO 4 MINUTES WHILE BLASTING "HIT IT WITH FORK" AT AN IGNORANT LEVEL.
- FLIP AND COOK ANOTHER 2 ½ TO 3 MINUTES, BEFORE TAKING THE SALMON OFF THE GRILL.
- ADD 1 TEASPOON OF BUTTER TO PAN AND TOSS IN SLICED PEPPERS AND ONIONS TO SAUTÉ.
- PLATE SALMON AND GARNISH WITH SAUTÉED PEPPERS AND ONIONS, USING LEFTOVER JUICES FOR ADDITIONAL FLAVORING.

CRAB CAKES WITH MANGO SALSA

CRAB CAKES

1 POUND JUMBO LUMP CRAB MEAT
2 LARGE EGGS
2 TABLESPOONS WORCESTERSHIRE SAUCE
¼ CUP ITALIAN BREAD CRUMBS
3 TABLESPOONS MAYONNAISE
1 TABLESPOON DIJON MUSTARD
OLD BAY SEASONING
1 LEMON
2 TABLESPOONS OLIVE OIL
LESS THAN 1 TABLESPOON GREEN SCALLION, SLICED THIN
1 STICK BUTTER

MANGO SALSA

2 MANGOS, PEELED AND DICED
½ SMALL PURPLE ONION, DICED
CILANTRO, CHOPPED
KOSHER SALT AND BLACK PEPPER
1 LIME

- 4 TABLESPOONS OLIVE OIL
- POSITION YOURSELF IN A ROOM SURROUNDED BY A HANDFUL OF TVS PLAYING SPORTSCENTER WITH THE SOUND OFF.
 - PLAY "USED TO" AS YOU PREPARE YOUR INITIAL INGREDIENTS AND PREHEAT OVEN TO 375F.
 - MIX SALSA INGREDIENTS TOGETHER AND PLACE IN FRIDGE TO CHILL.
 - PLACE CRAB MEAT INTO BOWL, AND CRACK 2 EGGS INTO SAME BOWL.
 - SEASON MIXTURE WITH OLD BAY, WORCESTERSHIRE SAUCE, GREEN SCALLION, MAYONNAISE, MUSTARD, BREAD CRUMBS, JUICE OF ½ LEMON AND OLIVE OIL.
 - KNEAD MIXTURE IN BOWL, THEN TASTE MIXTURE WITH YOUR 24-KARAT GOLD SPOON.
 - MELT BUTTER INTO BAKING PAN OF YOUR CHOICE.
 - FORM 4 TO 6 CRAB CAKES AND PLACE INTO BAKING PAN, AND PUT IN OVEN.
 - AFTER 10 MINUTES ("USED TO" SHOULD STILL BE PLAYING, ON REPEAT), OPEN OVEN, TILT PAN TO ACCUMULATE MELTED BUTTER, AND BASTE CRAB CAKES WITH BUTTER.
 - CLOSE OVEN, COOK 10 MORE MINUTES, BASTE AND REPEAT UNTIL TOP OF CAKES ARE GOLDEN BROWN. APPROXIMATE COOKING TIME IS 25 MINUTES, JUST ENOUGH TIME TO LISTEN TO "USED TO" A DOZEN TIMES.
 - SP READ SALSA EVENLY AND SERVE CAKES



GARLICKY GREEN BEANS

HANDFUL (APPROXIMATELY ½ POUND) FRESH GREEN BEANS
2 TABLESPOONS MINCED GARLIC
KOSHER SALT, BLACK PEPPER, GARLIC POWDER
1 ½ CUPS WATER
OLIVE OIL
2 TABLESPOONS UNSALTED BUTTER (OPTIONAL)

- CALL FERGIE, INVITE HER TO WATCH A MOVIE ON NETFLIX. ONCE SHE ACCEPTS, START MAKING GREEN BEANS.
- BOIL LIGHTLY SALTED WATER IN A SILVER-LINED POT WITH A MAHOGANY HANDLE.
- ADD GREEN BEANS INTO THE POT.
- BOIL 3 ½ TO 4 MINUTES, OR JUST BEFORE TENDER.
- DRAIN GREEN BEANS.
- HEAT A MARBLE SKILLET, AND ADD OLIVE OIL AND BUTTER.
- ADD GREEN BEANS TO MARBLE SKILLET, AND COOK THEM OVER MEDIUM-HIGH HEAT.
- TOSS FOR 30 SECONDS, THEN ADD GARLIC AND SEASON WITH SALT, PEPPER AND GARLIC POWDER.
- COOK FOR 1 TO 2 MORE MINUTES, AND TASTE FOR DONENESS.
- AFTER EATING A TASTY SERVING, PACK UP THE REST FOR LATER AND WATCH SHOTTAS ON NETFLIX.



SHRIMP & GRITS

1 POUND LARGE SHRIMP (DE-VEINED, BUTTERFLIED, TAIL LEFT ON)
¼ CUP INSTANT GRITS
3 ½ CUPS HEAVY CREAM (OR MILK)
3 TABLESPOONS BUTTER
1 POUND EXTRA SHARP CHEDDAR CHEESE
KOSHER SALT AND BLACK PEPPER
HOISIN (OR TERIYAKI) SAUCE
GARLIC POWDER (OPTIONAL)
1 LEMON
TURKEY SAUSAGE
GREEN SCALLION, SLICED THIN
OLD BAY



- SEASON SHRIMP WITH OLD BAY, HOISIN SAUCE, AND LEMON JUICE.
- IN A HOT SAUTÉ PAN, ADD SHRIMP (BUTTERFLY CUT ALLOWS YOU TO STAND THE SHRIMP STRAIGHT UP IN THE PAN), AND COOK FOR 1 TO 1 ½ MINUTES.
- REMOVE SHRIMP FROM HEAT AND PLACE THEM TO THE SIDE.
- IN A SEPARATE PAN, ADD SLICED TURKEY SAUSAGE AND SEAR EACH SIDE UNTIL BROWN. PLACE TO THE SIDE.
- MIX BUTTER, CREAM, SALT AND PEPPER IN A POT AND BRING TO A BOIL.
- WHISK IN GRITS AND THEN WHISK IN ½ OF CHEESE.
- LET COOK FOR 5 TO 6 MINUTES, STIRRING OCCASIONALLY UNTIL CREAMY.
- DIVIDE GRITS INTO 3 TO 4 BOWLS, ADD 4 SHRIMP TO EACH BOWL, AND ADD SAUSAGE, SCALLION, AND CHEESE IN THE MIDDLE.
- SIT BACK, COUNT YOUR BLESSINGS, PLAY "LIVE AND LEARN (IT WILL)" AND EAT SHRIMP & GRITS WITH THE HOMIES.