

the psych ward presents



PIPCOOKING!

A COOKBOOK FOR TENDERFOOT RABBITS

BACK COVER

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(PLANETARIUM AUTISTIC LETTER)

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LUMI'S LAZY LEMON CHICKEN



TWO PORTIONS



30 MINUTES



RICE COOKER



20 DOLLARS

Utensils:

- Rice cooker with a steaming basket.

Ingredients:

- 1 Lemon.
- 12~16oz of unseasoned, cooked chicken.
- 2 cups of jasmine rice.
- 1 cup of water.
- 1 cup of chicken broth.
- 1-2 tbsp of butter.

Directions:

1. In the rice cooker bowl, mix the cooked chicken, the juice of one lemon, and Lemon pepper seasoning to preference or until coated. Then, remove the chicken from the bowl, place it in the steaming basket, and set aside.
2. Wash the rice and cook it as described on the side of the bag, replacing half of the water (or all, if you prefer) with chicken broth. For basic jasmine rice, add a cup of water and a cup of chicken broth to the rice, then add the butter.
3. Lastly, put the cooked chicken basket on top of the rice, close the lid, and press cook on the rice cooker.
4. Wait for it to finish by itself, then enjoy while it's hot!

GRUMPY GRANDPA'S NORTHERN COMFORT



FOUR PORTIONS



30 MINUTES



STOVE



20 DOLLARS

Utensils:

- Frying pan, preferentially an iron cast pan.

Ingredients:

- 2lbs of ground beef.
- One pack of instant potatoes (dried potato flakes), chef's pick is Betty Crocker's Butter & Herb.
- One bottle of ketchup.

Directions:

1. Over medium or high heat, stir-fry the ground meat until you burnt through all the fat and the meat left is uniformly browned.
2. Add enough ketchup to make Kirsche happy, then mix it until redder than a baboon's ass.
3. Prepare a cup of instant potatoes per pound of ground beef as per instructions.
4. Mix the ground beef and prepared instant potatoes in a bowl. Bon appétit.

I usually divide the resulting ground beef into separate reheatable containers to have means over several days. In this instance, make instant potatoes as needed.

PANKO'S POCKET PASTA



TWO PORTIONS



60 MINUTES



STOVE



15 DOLLARS

Utensils:

- One pot large enough to boil pasta.
- One large skillet.
- One large bowl (if using whole tomatoes).
- One cutting board (if not using preminced garlic).

Directions:

1. Add at least 4 quarts of water to pot and start to boil.
2. In the meantime open can of whole tomatoes and break them up with your hands in a large bowl.
3. Crush your garlic if not using preminced garlic
4. Heat your skillet up to med-med high heat and add the olive oil.
5. Once oil begins to shimmer alittle add the garlic and stir around for 30 seconds (if you're using red pepper flakes, add them here too).
6. After 30 seconds stir in the tomatoes.
7. Add your desired amount of basil, salt and pepper to sauce and turn heat down to medium-medium low.
8. Cook sauce for 10 mimutes stirring occasionally.
9. Once the pot of is boiling (big bubbles), add 1 tbsp of salt to the water and add your pasta.
10. Cook the pasta according to it's instructions.
11. Once pasta is done, add to the sauce and mix well.
12. Add more basil if you wish, plate up and serve.
13. If your sauce finishes before the pasta is cooked, reduce the heat to low and wait for the pasta.
14. If your sauce seems too thick after adding the pasta, add enough pasta water to the pan and mix. Repeat until your desired consistency (a spoonful at a time).

Ingredients:

- 1/2 lbs of your favorite pasta (be sure not to break it).
- 28oz can of whole peeled, or crushed tomatoes.
- 4 tbsp of olive oil.
- 2+ cloves of garlic crushed or 1-2 tbsp preminced garlic (add more if you love garlic).
- Salt and pepper to taste.
- Fresh or pre chopped basil to taste.
- Red pepper flakes to taste if you like it spicy.

ITALIAN SANDWICH



ONE PORTION



5 MINUTES



5 DOLLARS

SANDWICH

Ingredients:

- Bread (feeling fancy? Hoagie bun or baguette).
- Pepperoni.
- Salami.
- Provolone cheese.
- Lettuce.
- Tomato.
- Banana peppers.
- Italian vinaigrette.

Directions:

1. With knife safety in mind, slice the ingredients at your discretion. As a rule of thumb, thinner is better.
2. Assemble the sandwich in the following order, from bottom to top: bread, vinaigrette, pepperoni, tomato, banana peppers, lettuce, cheese, salami, bread.
3. Watch out for the vinaigrette sauce: it can turn the bottom bread slice soggy if you place too much of it over the bread.



DELECTABLE DANCING RICE PUDDING



SIX PORTIONS



40 MINUTES



STOVE



5 DOLLARS

Utensils:

- A cauldron (large saucepan).

Ingredients:

- 3 cups of cooked white rice.
- 3 cups of milk.
- 4.5 tbsp of butter.
- 12 cups of sugar.
- 1 tsp of vanilla extract.
- 0.5 tsp of nutmeg.
- 0.5 tsp of cinnamon.
- 8 red drops of food coloring essence.
- 6 blue drops of food coloring essence.

Magic ritual:

1. Combine all the enchanted ingredients inside the cauldron.
2. Over a gentle flame (med/low), coax the mixture to a simmer, stirring constantly to prevent any dark magic from scorching our brew.
3. Allow it to bubble and toil for 15 minutes (keep stirring!), or until it has thickened.
4. Remove the cauldron from the heat and let our potion cool for a spell, about 10 minutes. Fear not, for it will continue to thicken as it rests.
5. Serve this magical pudding hot or cold, and relish in the enchanting flavors!

GRANDMA PIPKIN'S STRAWBERRY SAUCE



TWO PORTIONS



30 MINUTES

MICROWAVE



20 DOLLARS

Utensils:

- A microwave-safe bowl.

Ingredients:

- 1/2 lb of strawberries (not moldy).
- 2 tsp of sugar.
- At least one quart of water (preferably filtered).

Directions:

1. Wash the strawberries with water.
2. Remove the stems from the strawberries. You can cut the top part of the strawberry with a knife if you are careful.
3. Cut a few strawberries by the middle (or get an adult to do it for you).
4. Add the cut strawberries and the sugar to the bowl, then add enough water to cover the strawberries.
5. Microwave the bowl at max potency for 30 seconds, twice.
6. Carefully remove the bowl and stir the ingredients with a spoon.

CHIKPIPIPI SALAD

ONE PORTION

5 MINUTES

SALAD

10 DOLLARS

Utensils:

- Any bowl large enough for a salad.

Ingredients:

- 1 can of chickpeas, drained.
- 1 bag of pre-cooked barely & lentils.
- 2 cups chopped vegetables or 1 container pico de gallo, drained.
- 6 Tbsp of salad dressing (Italian or Greek).
- salt, pepper, and red pepper to taste.

Directions:

Mix all ingredients together in a large bowl or tupperware using spoon or muzzle of kitchen gun. Can be eaten immediately.
Best if left covered in the refrigerator for several hours, then eaten at 3am over the sink.
Keeps for approximately one week.

MAC N' CHEESE DINNER



ONE PORTION



10 MINUTES



STOVE



10 DOLLARS

Utensils:

- Any pan that can fit your dinner.

Ingredients:

- 7.25 oz Kraft's Macaroni and Cheese Dinner.

Extra options:

- Dab of mustard.
- Black pepper.
- Spam (cooked) or tuna.
- Chopped bacon.
- Chopped cheese-filled hotdog.
- Ketchup (don't).

Directions:

1. Prepare the instant Mac & Cheese according to the box's instructions - it doesn't need to be Kraft's.
2. After it's ready, pick the extra options that better fit your palate and add to the dish.

SAYA'S SIZZLIN' DRAGON STEAK



ONE PORTION



30 MINUTES



STOVE AND OVEN



40 DOLLARS

Utensils:

- Non-stick sauté pan.
- Saucepan.
- Cookie sheet pan.
- A small bowl.
- Tongs for potatoes or a meat fork to flip steak.
- Steak knife.
- Chef's knife to cut potatoes.
- Small ladle for the au jus.

Prepping the potatoes:

1. Start by preheating the oven for 400F.
2. Meanwhile, wash your potatoes to make sure they're nice and clean, then let them dry.
3. Slice each potato into quarters, and lay them out onto your sheet pan.
4. Mince your garlic, and melt your butter, then pour into your bowl.
5. Mix nicely, then pour the mixture over the potatoes.
6. Grab your Lawry's and sprinkle over potatoes to your liking.
7. Once done, make sure each potato is coated nicely using your hands.
8. Arrange them cut side down, and make sure none of them are touching each other.
9. Roast them at 400 degrees for around 30 minutes.
10. Take the pan out, reposition the potatoes so the other cut side is touching the pan.
11. Put the pan back in for another 20 minutes.

Ingredients:

- 1 inch thick Ribeye Steak or Top Sirloin.
- 1 lb of red potatoes, quartered.

- 1/2 cup of butter, melted.
- 1 tbsp of minced garlic.
- Regular table salt.
- Lawry's seasoned salt.
- 1 container of Johnny's Au Jus Concentrate

Prepping the Au Jus sauce:

1. According to the directions, pour the concentrate into your saucepan.
2. Fill the concentrate container twice, and pour water into your saucepan (I recommend a bit less than 2 full containers, that makes it more flavorful).
3. Bring to a boil, then let it simmer for a few minutes.

Prepping the steak:

1. Preheat non-stick sauté pan between medium and high heat.
2. Salt both sides of your steak before cooking.
3. When the potatoes have around 10 minutes left to be ready, start cooking your steak.
4. Cook on one side for 3 minutes, then flip using your tongs/meat fork and cook for another 3 minutes.
5. Flip the steak again, then cook each side for 1 more minute each.

Assembling the dish:

6. Grab yourself a plate, fork, steak knife and a small shallow cup.
7. Using your tongs or meat fork, pick up and place your steak onto plate.
8. Do the same with your potatoes using tongs.
9. Grab your ladle, and pour au jus into the cup, and place it on your plate.

THE GOBLIN QUEEN STEAK



ONE PORTION



30 MINUTES



STOVE AND OVEN



40 DOLLARS

Utensils:

- Non-stick sauté pan.

Directions:

1. If frozen, defrost steak overnight in the fridge. If individually wrapped, you can place inside bowl filled with water.
2. Remove stem from mushrooms and wash to remove any dirt. Cut mushrooms into slices
3. Peel onion and cut a few slices.
4. Stab potato with a knife and put it in the microwave for 7 to 9 minutes depending on potato size.
5. Turn stove-top on low heat, Use a deep pot and put about 2 tablespoons of oil. Also put the sliced onion, sliced mushrooms and about a small spoonful of the garlic. Leave it cooking for a minute or two.
6. Coat the piece of meat with seasoning on one side and drop it seasoning down. Season the other side.
7. Let it cook for about 3 minutes on one side and then flip the steak and let it cook for 3 more minutes.
8. Serve it all. Open the potato up and put some butter inside

Ingredients:

- cubed steak.
- mushrooms.
- onion.
- potato.
- adobo (seasoning).
- minced garlic.
- olive oil.
- butter.

URUKA'S UDON SOUP



SIX PORTIONS



45 MINUTES



OVEN



20 DOLLARS

Utensils:

- A large pot.

Ingredients:

- 4 packets of udon noodles (preferably frozen).
- 2 lbs of clams.
- 1/2 lbs of salmon, cut into 1" cubes.
- 1 lb of frozen shrimp raw with shell.
- 1/2 lb of scallops.
- 1 cup of chopped shiitake mushrooms.
- 3 cups of water.
- 3 cups of dashi stock.
- 2 tbsp of sake.
- 2 tbsp of mirin.
- A pinch of salt and ground black pepper.
- Nori sheets to taste, shredded.
- Green onions to taste, chopped.

Directions:

1. Cook the frozen udon noodles according to the package instructions, then set them aside.
2. Peel the shrimp and set aside the shells from the shrimp.
3. Combine water, Shrimp shells, and Dashi Stock in a pot and bring it to a boil.
4. Once the stock reaches boiling, wait 3 minutes, then remove the shrimp peel.
5. Then add the mussels and mushrooms; once the mussels open, remove them and set them aside.
6. After this, add the shrimp, salmon, and scallops to the boiling stock, and once cooked, remove them.
7. Add the sake and mirin, and then simmer for 3 minutes. Season with sea salt and freshly ground black pepper.
8. Now, place the cooked udon noodles in the bottom of a soup bowl, then top it with the cooked seafood and a handful of spring onions. Once completed, pour the broth over it, and add the shredded nori sheets.
9. If desired, add chill flakes or some spice to the dish.

ONE PERSON ONE POT STROGANOFF



ONE PORTION



30 MINUTES



STOVE



40 DOLLARS

Utensils:

- Pot or high walled skillet.
- Wooden spoon or spatula.

Directions:

1. Season the beef to taste and set aside.
2. In a cup or Mason jar create a slurry by mixing a one to one mixture of flour/corn starch and water. 4 tablespoons should suffice. Set aside.
3. Put the oil or butter in pot or high walled skillet and bring up to medium high heat.
To test if the pot or pan is up to temperature, put some water on your hand and sprinkle it on the pot or pan. If it is hot the water droplets will sizzle and dance on the oil.
4. Put the onions and mushrooms. Stir gently. Add salt and pepper about 5 minutes in. Sauté until onions are starting to turn golden brown.
5. Add in the beef. Make sure the beef is browned on all sides. Do not fully cook the beef. Cook about three quarters done to preferred doneness.
If you used ground beef then you may need to drain off excess oil. To do this, tip the lip of the pot or pan over a bowl/mug/Mason jar to pour out unwanted oil. Use a wooden spoon or spatula to keep the meat from falling out.
6. Pour in enough of the stock or water to cover the bottom of the pot or pan. Use a wooden spoon or spatula to scrape up the fond, the brown bits on the cooking surface.
7. Add in more stock or water and stock/bullion cubes. Add enough so the largest bits meat are mostly covered.
8. Add the bay leaf.
9. Add in the noodles. Stir gently.

Ingredients:

- 1 bay leaf.
 - 2 table spoons of cooking oil or butter.
 - 1/4 pound of beef, ground or strips or chunks.
 - 1/4 cup of onions, diced or cut to preference.
 - 4 ounces of button mushrooms, canned or fresh, chopped or whole.
 - 2 cups of egg noodles.
 - Sour cream.
 - Beef or chicken stock or water and a stock/bullion cube.
 - Flour or corn starch.
 - Salt.
 - Pepper.
 - Thyme and/or Rosemary.
 - Garlic powder.
10. Take the slurry from step 2 and slowly pour it into the pot or pan while mixing. Keep adding until it's just a little too thick as the sour cream you add later will loosen the sauce. You should be able to drag a spoon or spatula across the bottom of the pot or pan and the sauce will not immediately fill in the void.
 11. Add salt, thyme, rosemary, garlic, and pepper to taste.
 12. Continue to cook until the noodles are done.
 13. Turn stove top off and plate up.
 14. Add in sour cream and remove the bay leaf.

MEMORY'S MISO SALMON



FOUR PORTIONS



30 MINUTES



OVEN



15 DOLLARS

Utensils:

- A 9x13" (or larger) baking dish.

Ingredients:

- 1 pack of Otafuku Authentic Miso Salmon Sauce.
- 2 lbs of salmon.
- 2 lbs of preferred veggies, our suggestions are: sliced red onions, chopped asparagus, sliced mushrooms, baby corn and chopped bok choy.
- 2 tbsp of sesame oil.
- A few green onions.

Directions:

1. Preheat the oven to 400F and cut the salmon into individual portions.
2. Spread the oil across the bottom of the baking dish, then add the salmon and the veggies, excluding the green onions.
3. Spread the sauce over the top, then place the dish into the oven.
4. Tell the salmon is done cooking, which will be about 20-30 minutes.
5. Once finished cooking, top it with chopped green onions and serve.

LIA'S LIKERS LUXURIOUS KIBBLE



THREE PORTIONS



30 MINUTES



STOVE



15 DOLLARS

Utensils:

- A large saucepan.
- A large stockpot or dutch oven.

Ingredients:

- 1 1/2 cups of brown rice.
- 1 tablespoon olive oil.
- 3 pounds ground turkey.
- 3 cups baby spinach, chopped.
- 2 carrots, shredded.
- 1 zucchini, shredded.
- 1 sweet potato, shredded.
- 1/2 cup of peas, canned or frozen.
- Water, mineral is preferred.

Directions:

1. Cook the rice in 3 cups of water in the saucepan, according to package instructions. Set aside.
2. Heat the olive oil in a large stockpot or dutch oven over medium heat.
3. Add the ground turkey and cook while stirring until browned, should take about 3 to 5 minutes. Make sure to crumble the turkey as it cooks.
4. Throw in the spinach, carrots, zucchini, peas, and brown rice and stir-cook it until the spinach has wilted and the mixture are heated, for another 3 to 5 minutes.
5. Let cool completely and enjoy!

FINAL

MESSAGES

BACK COVER