

# **How to Cook Out in Prison**

By

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Tired of the green eggs and ham the prison system has to offer. Or how about the press board they consider and dare to call meat. Lets get cooking with some easy and delicious recipes you and your homies will enjoy with ingredients easily found in your locker.

fat kid at heart even though I'm skinny.

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## Wine and Dine List

Coming soon

## **Ingredients you must have:**

*(You can get your Homies to steal out of the kitchen for you.)*

Olive Oil

Butter, Margarine or Lard

Salt (any seasonings you like)

Sriracha Asian Hot Sauce

Mayonnaise

## **Items you must have:**

Hot Pot (to boil water or cook in)

Handkerchief

A good thick spoon (wooden is better, get one made)

Good bowl with lid ( must keep air out)

Hot plate (frier)

Veggies when possible

## **How to Prepare Hot Pot**

**Break a hot pot, take out heat regulator and reconnect wire (plug) directly to the hot plate. Set into empty can so that it's off the ground and now you've got a cooker. Then find big can and cut it in half or a pie tin to use as a pan.**

**Fill the hot pot half way full of water, place the handkerchief on top and tightly tied in place with a torn piece of sheet. This is to steam the tortillas directly on the hot plate to crisp.**

## **Snacks**

### **County Jail Stew**

Cup of Noodle Soup (your preference)

Slim Jim (tear into pieces)

Corn Nuts Bag

Add slim Jim to the cup of Noodle, corn nuts, water and enjoy. I like the crunch so I add the corn nuts later when the soup is done.

### **Flour Tortillas and Mayonnaise**

Simply toast, crisp or steam the tortillas- your preference. Add mayo, roll and enjoy.

## **Tamales**

**Bag of Corn Chips (Nachos or Fritos too.)**

**½ Summer Sausage**

**Cheese (Velveeta)**

**Crush chips completely in it's own bag, add chopped summer sausage, and cheese. *(Make sure not to tear chip bag.)* Add a minimal amount of hot water over the ingredients in the bag. Pack ingredients down and roll like a burrito. Wrap bag in towel and let sit until water is completely absorbed/gone. You can also do exactly this in a bowl instead of a bag. If too much water just add more chips.**

## **Quesadillas**

**Cheese (Velvetta)**

**Tortillas**

**Just add cheese or whatever you want in the folded tortilla and toast/crisp on the hot plate...mmm!!!**

## **Cinnamon Toast**

**Bread**

**Butter**

**Sugar Substitute Packets (real sugar if possible, not permissible in most prisons.)**

**Spread butter on both sides of bread when almost toasted completely, add sugar and cinnamon to one side and eat.**

## **Chilaquiles**

**Nacho Chips**

**Flaming Hot Cheetos**

**1 Packet chicken broth**

**Crush chips into bowl, and chicken broth, and hot Cheetos as desired. Stir after adding hot water. Wait until water evaporates and enjoy!**

# **Nachos**

**Corn or Nacho Chips**

**Jalapenos**

**Cheese**

**Summer Sausage**

**Onions**

**Fry sausage, onions, and Jalapenos together once cooked place in a bowl. Cook your chili beans and add the dehydrated beans. (Add water as needed; you need it a little watery because you want it to spread and drip into your chips.) Add the cheese last cause the cheese melts fast. Pour your bean mixture over chips. Now add your toppings. If you can or have some Parmesan cheese for that extra cheese flavor.**



# **Breakfast**

## **Basic 3 Minute Eggs**

**3 Uncooked eggs**

**Flour Tortillas**

**Salt**

**Bring hot water to a boil. Then add the eggs to the water for 3 minutes. Run eggs under cold water. Crisp tortillas to your preference. Crack eggs, scoop out the content out of shell into bowl. Add desired amount of salt and there it is.**

## **Breakfast Burrito**

**Eggs**

**Beans (dehydrated)**

**Sausage (any kind of meat will do)**

**Tortillas**

**Add some oil to your hot plate and fry the meat. Then add the eggs till cooked.**

**Add a little amount of water to the beans. Have to keep food moist or it will burn.**

**Crisp or steam your tortillas add your ingredients and roll into a burrito. You can also just tare and add the tortillas to your meal.**

## **Breakfast Pizza**

**Uncooked eggs**

**Summer Sausage (pepperoni if possible)**

**Cheese**

**Onions/Bell Pepper (if possible.)**

**Oil hot plate and saute your veggies slightly. Cook your eggs with the chopped sausage and pepperoni if you are lucky to have some. When it's almost done add cheese and cover pan with a bowl lid. Unplug hot plate and turn it off. Let stand for 2 minutes for the cheese to melt . It's Pizza for breakfast.**

## **Lunch And Dinner**

### **Cheap Date**

**½ Bag Rice ½ Bag Beans**

**Corn Flakes**

**½ Ramen season packet**

**Tablespoon Mayonnaise**

**Sriracha**

**Add seasoning, rice, beans into a bowl. Add 2-3 cups of fine crushed Corn Flakes. Splash of Srirach and mayonnaise. Hot water, stir, let it stand till water is absorbed. Stir when done and serve. It doesn't look like much but served with bread, you're actually fool no one the wiser.**

## **Menudo**

**1 Can Menudo**

**Bag of Rice**

**Chicharrones (pork skins)**

**Summer Sausage**

Add can of Menudo to your hot pot plus another full can of water. Add Chicarrones, onions and summer Sausage. Cook for approximately 10 minutes. Add the rice last because the rice will stick to the bottom of your pot and burn. After adding rice deep stirring. Corn tortillas is best with this meal but corn chips will do also. If you don't want soup, do everything above except for the rice. Add rice to bowl, add soup to rice, and cover till liquid is absorbed. And there you have it, "Menudo Rice".

## **Sweet and Hot**

**Sausage**

**Carrot**

**Onion Jalapeno**

**Bag of Rice**

**Top Ramen (beef)**

**Honey!!! (or jelly)**

**Add rice, crush Top Ramen and seasoning into a bowl and stir well. Chop carrots, Jalapenos and onion and fry. Add sausage, good issue of Honey and Sriracha sauce to taste. The honey will thin out as you cook. The longer you cook the meal sweetness goes away but it caramelizes the sausage. Don't be afraid to taste the food to check if it is ready. Pour over cooked rice. The rice will be bland but that enhances the flavor of the fried ingredients even more. You can put some into a tortillas with mayo and this is also delicious.**

## **Hated Fish or Seafood**

**Bag of Mackerel**

**Bag of Rice**

**Carrot**

**Jalapenos**

**Chicharrones**

**De-bone the Mackerel. Add it to the hot pot with as much water that you would like. Add all the ingredients. Season to taste and cook until satisfied. Add the rice at the end till cooked. Now it's ready to eat.**

## **Yuck**

**Rice or Soup**

**Honey or Syrup**

**Can of Oysters**

**Summer Sausage**

**Onion**

**Jalapenos (if desired)**

**Drain oysters of oil or water. Fry all the ingredients together except for the soup or rice till nice and cooky. Pour over soup or rice. I call it yuck but it's actually very good.**



## **Fried Rice**

**Soy Sauce**

**Rice or Top Ramen (split Ramen into two pieces)**

**Summer Sausages (or some sort of meat.)**

**Add soy sauce to pan (good issue), fry noddles or rice with sausage, then eat.**

**Want spice, add some Sriracha or Jalapenos.**

## **Simple Bite**

Rice

Tuna (state or canned)

Add (as wanted) rice to bowl, (1 can or package tuna), water and season to taste.

Cook until water evaporates. Add mayo, Sriraha, stir and eat.

## **Roast Beef Disguise**

2 Top Ramen (roast beef)

State Tuna (10 pk, 3oz ea. or canned)

Bag of Rice

Spring Roll or Tortillas (***Spring Rolls are Egg Roll Wraps***)

2 Packets of Cherry Kool Aid (net. wt. 1 gram each)

Onion

Carrots (if possible)

Oil, onion, carrot, tuna, Cherry Kool Aid, and add a cup or two of water to the hot pot. Add roast beef seasoning and cook for 10-15 minutes. *Don't forget to stir often.* When done pour everything over rice into a bowl. This will cook your rice in another 15 minutes. Let the water evaporate completely or to your liking. Dip the Spring rolls into the hot water, softening them. Wrap your cooked ingredients in Spring Rolls like little Burritos. If you believe your ingredients are too dry, add mayonnaise. Add seasonings to taste, butter or chili sauce, whatever you like.

People will think their eating roast beef, ha, ha, sucker

Note: A lot of people in prison do not like fish or vegetables but if you boil a summer sausage with any of these ingredients (***9 out of 10 people***) 9-10 will eat it. It could be seaweed, fish, veggies, whatever.

## **Chicken Mole**

**Pouch or Canned Chicken**

**(or get your homies to steal chicken out of the kitchen)**

**Mole sauce or mole mix (can be ordered through your packages)**

**Bag of Rice**

**Start your rice in a separate pot. Fry chicken and when done add your mole. If it's a liquid mole cook for about 5-10 minutes. If it's a mole powder mix, you have to add water. When done simply pour your mole over your rice or you can add your rice to the chicken mole. Don't be afraid to add water if your cooking mixture is getting dry because you don't want it to stick and burn on the bottom of the pan.**

## **Classic Burrito**

**Summer Sausage**

**Cheese**

**Beans (dehydrated beans, chilli beans or both)**

**Rice**

**Jalapenos (El Pato in jar is not spicy hot.)**

**Onions**

**Flour Tortillas**

**Oil your hot plate and saute your chopped onions and Jalapenos with the sausage. Cook the beans and cheese separately in a bowl. Add water, then rice to sausage mixture that is frying. All the grease will soap into the rice. Add content to the crisp or steamed tortillas with some mayo...mmmmm!!!!**

## **Desserts**

### **Fruit Pie**

Fruit (apple or pears)

Jelly or Honey

Graham Crackers and/or Cookies

Chop up fruit and add into a hot pot. Add good issue honey or jelly, no water. Jelly or honey will water down and the natural water from the fruit will release. Cover. Stir occasionally to make sure you don't burn out your hot pot. Once the ingredients are softened, add a little cinnamon, some crushed cookies or Graham Crackers to cover the bottom of the bowl completely. Add fruit mixture and a little bit of juice. Don't want it soggy. Add more crackers or cookies on top covering mixture completely. Cover and let it sit till cool. I love Pie!

## **Cookie Cluster**

**18 oz Syrup**

**Cookie and/or Graham Crackers**

**Cinnamon**

**Plastic Bag**

**Folgers Jar Lid**

**7 oz Duplex Cookies or Oreos**

**7 oz Peanut Butter**

**Boil syrup for roughly 45 minutes to 1 hour, stirring frequently. While it boils take cream out of Duplex cookie. Crush cookies and or Graham Crackers into a really big bowl but not to small of a piece. Whip peanut butter so that it's creamy and not lumpy. Syrup will foam when almost done. You'll know because after you stir...let syrup drip from the spoon back in the pot. If syrup is so thin it looks like a spider web blowing in the wind, it's done. Then add cinnamon making sure it's really mixed in well. Take off heat and pour into a bowl while still hot, add the cream and peanut butter and stir well. Pour over cookies, mixing all together or you can just let it sit on top of the ingredients. Add the mixture to your crushed cookies. If you'd like it more gooey use less cookie, but if you prefer more cookie...duh. You can also add dried fruit, chocolate, nuts, pretzels...whatever you'd like in your cluster.**

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**If you'd like to make individual servings cut a piece of plastic bag and cut into squares, just a little larger than the Folgers lid you are using.**

You can use this same receipt without the cream to make **candied desserts.**

Apples (any fruit you like or have available)

Syrup

Peanut butter

Cinnamon

Popsicle sticks

Poke your apple or fruit with the popsicle stick and pour ingredient over your apple.

You can do the same thing with individual cookies.



## **A La Mode**

**A Honey Bun**

**Ice Cream**

**Ice cream over honey bun, MMM!**

## **Mud Pie**

**Cake (from kitchen)**

**Cookies**

**Jelly (or honey)**

**Peanut Butter**

**You simply layer your ingredients anyway you want. Cake, then jelly, then cookies, peanut butter, however you'd like.**

## **Candy**

Hot sauce (Red, Tapatio or Pato)

Kool-Aid (any flavor)

Add a little hot sauce at a time to the Kool-Aid powder until it is able to ball up. Form mixture into balls the size of Whoppers. *Do Not Use Sriracha because it contains to much garlic.*

## **Mix It Up**

Honey

Jelly

Simply place all in one jar. Stir all of it up. You'll even eat it straight out of the jar with a spoon because it'll have a lot more honey and jelly that way. Spread your mixture over bread or cracker.

## **Hot Drinks**

**Hot Tea With Real Honey**

**Coffee With Sugar Substitute/Milk Or Creamer (this is a “Cadillac”.)**

**Coffee With Hot Coco (this is an “8 Ball”.)**

**Coffee With Cappuccino (this is a “Zoom Meee”.)**

## **Wine and Dine List**

**We have a lot of fine wine and moonshine.**

**Coming soon, well, when I get out, the list comes out!**