

LIGHTNING ROUND COOKING INSTRUCTIONS

WHOLE CHICKENS

These chickens are great roasting size, since you can cook 'em hot. Get your oven to 425-450. Rub some salt and pepper and whatever you want all over your bird. Inside and out. Then maybe some warmed butter or olive oil. I use a cast iron for this. Put the chicken in the pan, add some stuff if you want - quartered potatoes, carrots, herbs, halved lemons, celery.... Season those with some salt and pepper, too.

Put the whole thing in the oven for about 30 minutes. Keep an eye on the temp. It should get real crispy but not burn. It's done when a thermometer reads 165 or when the juices run clear as they say. Let it rest 10-15 minutes before you carve it, or eat it whole (Hudson).

BURGERS

Season the patties with salt and pepper and get a pan hot (cast iron is great, nonstick will work, stainless still will work and be obnoxious to clean but these are desperate times, people). Also a grill, obvs. I'd add these to a hot pan - maybe press 'em down with something for the first minute or so of cooking. Two and a half minutes on each side should be great; should have crispy bits by then. Put a slice of cheese on there and cover your pan for a minute or two with a lid to melt the cheese. Toast the bread with a heavy dose of olive oil and slam it face down in the same pan to get some burger grease up in the mix. Build your burger like a boss.

SPAGHETTI

Boil more water than you think you need. Add as much salt as you're comfortable with. Now double it. Probably double it again honestly. It should taste like the ocean...Gosh, remember those days?? Anyway, maybe even saltier. Add the pasta once it's boiling and give it a stir. Cook it about 6 minutes or until it's slightly underdone but you still could eat it in an emergency if you had to (or say, a pandemic). That means it's perfect! It will keep cooking a little bit, don't worry. Drain it but *don't* rinse it. Add it back to the pot, pour in the tomato sauce and heat it the sauce up with medium heat. Parm on top once it's done. Fresh basil if you got it. Drizzle some fancy olive oil?

SALMON

Salmon's easy! Get your favorite appropriate sized pan hot. I like nonstick for this one but cast iron works, stainless steel if you're a daredevil (you'll never get that pan clean again). Once it's hot, add a little oil - we cook with olive oil but nothing too fancy.. Season the fish (we use salt only on salmon) and set it skin side down, careful to set it away from you. It should sizzle a little bit because your pan is already hot. Cook for about 3 minutes and either put it in a hot oven for 5-6 minutes OR add a nice knob of butter and tilt the pan and just baste the top with butter for about 3 minutes. The color will change and the salmon will start to flake apart a little bit when it's ready. Gorgeous-like.

STEAK

I like cooking hanger steaks because they are delicious but also because they're just the right size. Season your steak with salt and pepper aggressively and whatever you want...we just like salt and pepper. The grey salt is for cooking. Get a cast iron, steel, nonstick, whatever pan nice and hot. Almost smoking but not quite. Either oil your steaks or add about 1 T of oil to the pan. Set the steak down away from you. Press it into the pan with a spatula or tongs to make sure it gets crusty. Don't mess with it yet. Let it go for 2 minutes on each side. Now, turn the heat down to half and add a large spoon full of butter. Tilt the pan toward you and baste the steak with butter. The butter should get caramelized and bubbly and it should noticeably cook the top of the steak as you baste it with your spoon. Do each side for 90 seconds - 2 minutes. Set the steak on something to rest for at least five minutes. Slice it and sprinkle some Maldon on it like that clown in the video from the internet. You can drizzle some nice balsamic over it, or lemon, or nothing, as you please!