

JOY'S

More-is-More S'mores



Chocolate and marshmallows
fresh out of the oven just ooze happiness, right?

INGREDIENTS (serves 8)

- 1 (10.5 ounce) box fudge brownie mix
- 1 (1 pound) bag large marshmallows
- 1/4 cup plus 2 tbsp. hot fudge sauce, warmed
- 8 graham crackers

INSTRUCTIONS

1. Preheat oven to 375°F. Spray a 9x13 cake pan with cooking spray. Prepare brownie batter per package directions and pour into prepared cake pan. Bake 20-22 minutes, or until a wooden pick inserted in the center comes out with moist crumbs clinging to it.
2. Turn oven to broil.
3. Place marshmallows over brownies. Leaving oven door ajar, place marshmallow-topped brownies under broiler 1-1/2 to 2 minutes or until marshmallows are golden brown, watching very closely to avoid burning.
4. Drizzle hot fudge sauce over top of toasted marshmallows.
5. Take half of the graham crackers and break them into planks; crush other half of graham crackers into crumbs.
6. Sprinkle crushed graham crackers over top of toasted marshmallows, and place graham cracker planks randomly into toasted marshmallows. Serve immediately.





SADNESS'S *No-Cry Comfort Food*

For those times you need a good cry, try this mac.
With its **FOUR** cheeses, it's better than tears.

INGREDIENTS (serves 4-6)

- 3 tbsp. unsalted butter
- 3 tbsp. all-purpose flour
- 2-1/2 cups whole milk
- 1/4 tsp. coarse salt
- 8-ounces shredded Italian four-cheese blend
- 1/4 tsp. ground black pepper
- 1-lb. elbow macaroni, cooked & kept warm

INSTRUCTIONS

1. Melt butter in a medium saucepan over medium heat. Add flour, stirring until combined. Cook, stirring frequently, for 5 minutes, or until golden (do not let brown).
2. Add milk to butter mixture, whisking until completely smooth.
3. Simmer mixture, stirring frequently, until sauce coats the back of a spoon, 5-8 minutes.
4. Add cheese to saucepan in batches, stirring until completely melted. Add salt and pepper, stirring to combine.
5. Place cooked macaroni in a large bowl. Add cheese sauce, stirring to combine. Serve immediately.



FEAR'S

Panko-Protected Long Beans



Vegetables? Never Fear. Fried to a golden brown—this one is mouth-wateringly risk-free.

INGREDIENTS (serves 4)

- 1 cup all-purpose flour
- 1 tbsp. seafood spice
- 1 tbsp. cornstarch
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. coarse salt
- 4 eggs, beaten
- 1/8 tsp. freshly ground black pepper
- 3/4-lb. Chinese long beans or thin green green beans, cut into 4-in.-long pieces
- 2 cup panko (Japanese bread crumbs)
- 4 cup canola oil, for frying
- Coarse salt, to taste

INSTRUCTIONS

1. Combine flour, seafood spice, cornstarch, garlic powder, onion powder, salt and pepper in a shallow bowl.
2. Line a baking sheet with paper towels; set aside.
3. Pour oil in a deep pot to a depth of 1-in. Heat over medium-high heat to 350°F.
4. Moisten long beans; dredge in flour mixture. Dip in beaten eggs, then roll in panko.
5. Working in batches, gently place in hot oil until golden brown about 2-3 minutes, using tongs or a slotted spoon to gently turn beans every 45 seconds.
6. Transfer fried beans to prepared baking sheet and season lightly with salt.





DISGUST'S *Is-That-Broccoli?* Pizza

While broccoli normally triggers Disgust's defenses, this version passes inspection.

INGREDIENTS *(makes one 10-in. pizza)*

- Store-bought pizza dough
- 1/2-can of San Marzano tomatoes
- 1/4-head broccoli, cut into bite-sized pieces
- 1/2 garlic clove, smashed and minced
- 1/2 garlic clove, thinly sliced
- 2-oz. marinara sauce
- Semolina
- Zest and juice from 1/4-lemon
- Grated mozzarella cheese
- Chile flakes
- Parmesan reggiano
- Sea salt, to taste
- Extra virgin olive oil, to taste

INSTRUCTIONS

San Marzano Tomatoes

Drain a 1/2-can of San Marzano tomatoes and slice in half carefully. Squeeze seeds out and grate the "meat" of the tomatoes on a box grater. Season with sea salt and olive oil to taste. Add 1/2 garlic clove, smashed and minced.

Slow-Cooked Broccoli

Heat 1 tsp. of olive oil in a large saute pan. Add garlic and cook until fragrant, about 20 seconds. Add broccoli, chile flake, and enough olive oil to coat. Turn heat to low and cook, stirring occasionally until broccoli is cooked, but still has texture. Fold in lemon zest and season to taste with lemon juice and salt.

Assembling Pizza

Heat oven to 425°F. Arrange store-bought pizza dough on a peel with a generous dusting of semolina. Spread 2-oz. marinara over dough. Sprinkle grated mozzarella cheese over the top to taste, then finish with chile flakes and broccoli. Place in the oven on a pre-heated pizza stone or sheet tray. Bake until the dough is cooked to your liking and the cheese is melted. Grate fresh parmesan reggiano cheese over the pizza and serve!





ANGER'S Hot-Headed Tuna

It's exploding with flavor—those Sichuan peppercorns have the same fiery spirit that fuels Anger.

INGREDIENTS (serves 4)

Peppercorn Crust

- 2 tbsp. Sichuan peppercorns
- 1 tsp. turbinado sugar or raw sugar
- 1 orange, zested & juiced
- 1 lemon, zested & juiced
- 1 lime, zested & juiced
- 1/2 tsp. coarse salt

Crusted Tuna

- 4 (6-ounce) tuna loin steaks
- 2 tbsp. canola oil, divided
- Citrus-Sichuan Peppercorn Crust
- Fresh cilantro for garnish, optional

INSTRUCTIONS

Peppercorn Crust

1. Pulse-grind Sichuan peppercorns in a small grinder until coarse ground. Add turbinado or raw sugar, pulse to blend and slightly grind.
2. Combine zests of orange, lemon, and lime in small mixing bowl.
3. Add ground Sichuan peppercorn-sugar mixture to zest. Add coarse salt and blend well. Set aside.

Crusted Tuna

1. Place large non-stick saute pan over high heat. While pan is heating, lightly coat tuna steaks with 1 tbsp. canola oil and lightly dust evenly with prepared citrus-Sichuan peppercorn crust. Do not overcoat.
2. Add 1 tbsp. canola oil to pan and immediately add tuna steaks. Cook evenly on both sides to create a well-caramelized crust, about 2-3 minutes, watching carefully to avoid burning. Remove from pan and transfer to small sheet pan to rest. Tuna is best done rare to medium-rare. For more well-done, finish off in a 375°F oven.
3. Slice tuna steaks on bias.
4. Garnish with cilantro as desired. Serve immediately.

