

Culinary Delights

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Introduction

So, “Why is this here?” It is the description of “Culinary Food Delights (or, maybe NOT!)” in a “take it” – or – “leave it” presentation.

This means, if it is important to always pack the most flavors into every morsel eaten then the recipes presented here would fail to provide even the least possible level of expected satisfaction. If it is more important for the morsel, that is to be eaten, to present itself in a taste-aware fashion, then these recipes will provide a pleasing way to seamlessly connect the senses in a systematic priority of sight, smell, feel, taste, and after-effect!

Each recipe was specifically crafted from a foraging activity. The recipe was thoroughly tested by eating what was prepared from the ingredients acquired during the foraging activity. What evolved from the mixing and blending became the culinary experience (maybe intended and sometimes unexpected and occasionally definitely unintended).

The reader that grabs a recipe and assembles the ingredients into the suggested serving should be ready for their own culinary experience for which they alone are responsible.

On the bright side, there may be a delightful treat waiting for the daring reader ...

A curious side effect, of foraging and creatively eating the collected food, is some important rules, mentioned later, that came into play to stay healthy and safe.

*For best results, use only natural ingredients!
Do NOT use ingredients that have chemicals added or are chemically altered!*

Never ever consume, or allow others – whether big, small, old, young, healthy, sickly, etc. – to consume, food that is inappropriate or improper!

Cream 'N Cinnamon

To offset the effect of the work affects, it is important to take a break. Often the break taken is limited so grabbing whatever is at hand to make a snack must work the first time!

This "Delight" is not the meal for those that are sensitive to "life" bulging events.

Ingredients:

- 1) Whipped cream (homemade is the best with a touch of vanilla)
- 2) "Raw" sugar crystals, two (2) packets (or more)
- 3) Cinnamon in a shaker

Serving:

Put the whipped cream in an adequate container. Sprinkle the raw sugar crystals on top of the cream. Next shake enough cinnamon to notice its aromatic smell then shake an additional amount of cinnamon to give the cream and crystals a layer of color.

The next step is to use a spoon to lightly stir the raw sugar crystals and the cinnamon into the cream. When the mixture has been turned at least once, spoon a liberal amount on to the tongue.

The exquisite sensation of the olfactory stimulation from the cinnamon combined with the rich smooth texture of the cream that is broken by the feel of the sugar crystals will keep the spoon digging into the container until there is no more remaining.

Muffin ‘N Bologna

Being creative, to have happy taste buds, is the key. When time does not permit the proper picky attitude to be implemented in the food selection process, this may be something to have for a snack or for lunch.

Read the labels of the ingredients. This “Delight” is not the meal for those that are sensitive to “life” bulging events.

Ingredients:

- 1) English muffin, both halves
- 2) Mayonnaise or a similar “whipped” substitute
- 3) Two 3/8” Beef bologna slices from the delicatessen

Serving:

- 1) Toast the English muffin halves to a “golden” crisp for that perfect crunch!
- 2) Spread a smooth layer of Mayonnaise on the surface of both halves of the English muffin
- 3) Place one bologna slice on each half of the English muffin
- 4) On one facing slice of bologna add a quick spread of a thin layer of Mayonnaise
- 5) Bring both halves of the muffin and bologna together sandwich style

Serve while hot-and-crisp for the greatest tongue-and-taste delight.

Begin by nibbling the bologna that over hangs the edge of the muffin to gain an appreciation of this delight. Then, continue taking small bites from around the perimeter of the Muffin ‘N Bologna crunch sandwich until there is only the “last” bite, from the center, remaining. This is the morsel that conveys the essence of what has been eaten. A heavily carbonated beverage will help mitigate reminders of this meal!

The combination of ingredients work nicely together. The mayonnaise performs a cloaking of the yucky cool-grease feel and taste associated with the bologna’s mixture of grease globs and processed meat. The bologna’s texture over powers the icky nasty smell, slimy feel, and gross taste of mayonnaise. The result is that these two “horrids” perform a blending, in some strange chemical way, with the addition of the muffin crunch, to make a “tasty!”

Sweet Carrot-Crunch

A delightful snack when crunch is needed and the sweet tooth is demanding satisfaction

If it is tried, it should be obvious that it should not be given to individuals that cannot chew and swallow rough material.

Ingredients:

- 1) Washed chilled baby carrots, approximately six (6)
- 2) Two packets of honey (for sanitary reasons) (clover honey recommended).

Serving:

Select a carrot.

Drizzle a small quantity of honey from the packet on to the carrot and bite. The pleasure is all in the crunch that is sweetened by the honey.

NOTE: A washed, and chilled, red delicious apple, sliced into eights, with skin intact is an excellent alternative to the carrots.

Sweet and Sour Orange-Suckle

A delightful snack when crunch is NOT needed; yet, the sweet tooth is demanding satisfaction while there is a craving for something slightly acidic.

It is not a good idea to give this to individuals under one year of age.

Ingredients:

- 1) A chilled, washed and peeled, orange separated into sections (Valencia are recommended)
- 2) Two packets of honey (for sanitary reasons) (clover honey recommended).

Serving:

Select an orange section.

Drizzle a small quantity of honey from the packet on to the orange section and suckle the orange juice from the orange section along with the honey.

The slight acidic taste combines with the honey coating the inside of the mouth with a smooth and deliciously soft-flavor.

Zingie Orange

A long time ago it was good to mix cherry juice with Coke from the Coca-Cola Company. Over time it was found that Coke would make happy taste-buds when mixed with various ingredients. The Coca-Cola Company was never interested. The thought never went much further until a Coke can appeared with some of these mixtures that had been suggested and used for years. Here is one that caught me by surprise several miles in the sky heading home from California that might be worth a try.

Ingredients:

- 1) One can of chilled Coke;
- 2) four ounces of orange juice; and, 3) a plastic cup with ice.

Serving:

Pour the orange juice over the ice to fill the plastic cup of ice, about one-half full. Then fill the remainder of the plastic cup with Coke.

It tastes good and fills the spot that Coke alone cannot handle.

NOTE: The flight attendant observing my mixing of these ingredients asked, "Did I just see you pouring Coke into the orange juice?" The discussion that followed was about why this was done and the unique blended-taste of the mixture.

NO! Fish Please ...

If you dislike fish you will understand, maybe. Fish is supposed to be a good source for Omega 3. Omega's are supposed to be good and essential. The tuna fish is an excellent source of Omega 3 says the label on the can. Unfortunately, if the disgusting thought of ingesting mercury and all those other ghastly things dumped into the sea's and ocean's of the world on top of a dislike for fish it is not a pleasant matter to think about and really does not help in swallowing tuna. So, the ji-normus (really big) liquid-caplets containing "fish" oil were tried. These caplets seemed to have a non-skid surface. No matter how much water was consumed in an attempt to swallow the blessed things, the end result was much like watching a cat hucking-up a hair ball.

Obviously, there is a point here, somewhere?

Chocolate is a favorite food group. This is not going where anyone sane would take it. So, read it before jumping to conclusions. As I was saying, "Chocolate is very tasty!" Now, what if the can of tuna -- hold on, do not get a head of me here! There is NO external mixing, in this recipe for disaster. Oh, yes, now where was I? Oh, yea ... Now, what if the can of tuna were consumed as fast as possible and something very delicious was immediately eaten? I suppose you are wondering why in the world would someone eat a whole can of tuna! Think about it. In a naive sense, and way of thinking, if the Omega 3's were eaten at one time the next attempt could be moved into the future - "Yes?" The key word is naive. So down the hatch went the contents of a can of tuna full of Omega 3. Immediately following was a mouth full of chocolate ice-cream-topping syrup.

Think of fish-flavored chocolate-after-taste and you should get the picture.

Okay, that was disgusting!

Basic Rules

If a drinking glass (tumbler, cup, etc.) looks cloudy, or has an unusual color, sniff it. If the results of the "sniff" is offensive, there are several choices. Feel the surface that will touch the liquid. If touching is unpleasant, or, if the decision is made not to touch the surface, maybe it is not a good idea to use it. The easiest choice is to look for another drinking glass. The least desirable is to wash the glass. If the plate (platter, bowl, etc.) is not shiny; and, when touched it leaves fingerprints or scuff marks then select another plate, if available. If another plate is not available and the paper plate supply is exhausted or cannot be found, washing a plate is one solution though not very "green." Another solution is to head to the strip mall and get more plates. Finally, if the flatware (metal, plastic, etc.) is crusty, slick, or smelly, fingers are a good choice for most things that are not too hot to touch. With fingers, soap and water are sometimes most useful since fingers used to touch food do not qualify for the five (5) second rule. Continuing... . Never, ever, eat something that looks bad even if others give their blessing. Never, ever, eat something that smells horrible; especially after it looks bad regardless of any encouragement from others. Never, ever, taste something that looks either bad or smells horrible. If it looks bad and smells ghastly that should be sufficient to think about an alternate food. If the decision is made to eat it, the choice and the consequences are personal. Never, ever, swallow, anything that looked bad, or smelled bad, or tasted bad. Why? Why would anyone even consider thinking about doing something one already knows is not going to be a good thing to do. "Stupid stuff" is a major, and most over looked indicator of dire consequences! Before this choice is made, maybe there should be an effort to do at least one smart thing like having a designated driver available for the pending emergency room trip.

“Moving on ... !”

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