

EATS

RAYMOND MITCHELL

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*Follow Raymond Mitchell in the Nation's Capital as he prepares meals
for his lady friends.*

I was coming from the ATM, walking distance from the White House. As I turned the corner, I swore it was Scarlett Johansson walking towards me. I stopped right in front of her and said...

Raymond: You ever seen Match Point?

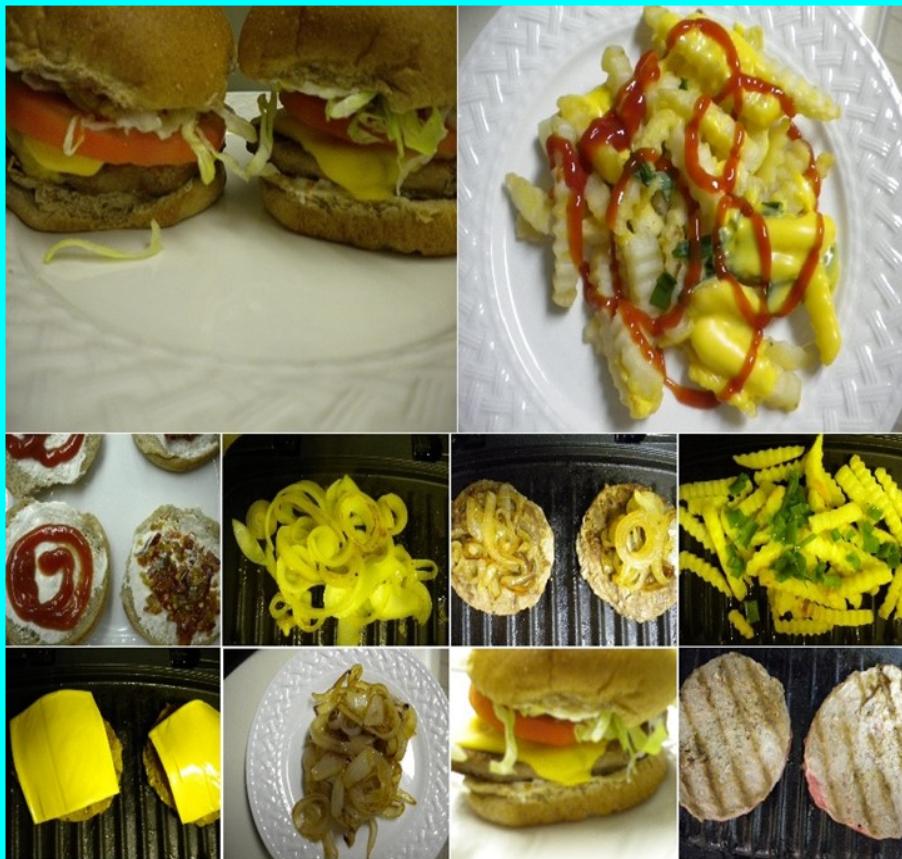
Stephanie: No, I haven't, excuse me!

Raymond: I have the DVD at home. You look like the woman in the film, that's what caught my attention. You might as well throw that burger and fries in the garbage, my burger and fries taste better than Five Guys. I can make it for you right now, you can sit and enjoy it while watching Match Point.

Stephanie: At your house? We don't even know each other.

Raymond: On our way to my house we can get to know each other. I don't live far.

After we ate and Match Point went off, we were knocked out. When Stephanie woke up the next morning I made her a ill strawberry, pineapple, banana smoothie to give her some energy for her day ahead.



TURKEY CHEESE BURGER DELUXE

2 non- frozen ground turkey patties

2 wheat bread hamburger buns

¼ onion, sliced

2 slices American cheese

salt, a pinch pepper, a

pinch

Garnish: mayonnaise, ketchup, red crushed pepper relish, shredded lettuce, tomato

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1. Add a 1/2 tsp. of olive oil to raw onions, then cook on Foreman Grill for 6 min., turning over periodically until brown. Remove onions and set aside.
 2. Add a pinch of salt & pepper to both sides of the burgers then cook on each side for 4 min. Place onions on top of each burger. Add cheese. Let melt uncovered for 2 min.
 3. On wheat bread buns, put mayonnaise on both sides, ketchup on top bun, red crushed pepper relish on bottom bun, shredded lettuce on top bun, 1 sliced tomato on top of lettuce, and burger on the bottom of the bun.

FRENCH FRIES

A Handful of frozen French Fries
black pepper, a pinch
1 tsp. olive oil
1 green onion, diced
2 slices American cheese

1. Add 1 tsp. of olive oil an a pinch of black pepper to French Fries.
2. Cook fries for 7 min. on one side, then turn over let cook for 6 min. on Foreman Grill.
3. Place green onion on fries. Let cook for 2 min.
4. Add cheese. Let cook uncovered for 3 min.

STRAWBERRY PINEAPPLE BANANA SMOOTHIE



3 Edy's Strawberry Fruit Bars

12 strawberries

12 pineapple chunks

1 banana

1 cup 100% apple juice

*no ice required

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1. Remove fruit bars from stick and place in blender.
 2. Slice banana into 12 pieces.
 3. Add strawberries, pineapple chunks, and slices of banana.
 4. Add apple juice and blend on high speed for 30 sec.



ALL TURKEY CUBAN SANDWICH

I met Yvette in Giant supermarket. I was standing on line waiting to be rang up, and she was the cashier. Yvette looked like Pam Grier in '75 without the fro though, she was gorgeous. I was the last person in line and as people would come up behind me, I would tell them *I'm her last customer, she's closed after me*. I said this because I don't like anyone around when I get my rap on, and just looking at her I knew I was going to have some bars for her...

Raymond: Hello, how you doing?

Yvette: Hello.

Raymond: Your necklace is nice, what does it say?

Yvette: Havana!

Raymond: You Cuban?

Yvette: Yep!

Raymond: What a coincidence. I'm making Cuban sandwiches for dinner.

Yvette: I see. You have the pork at home already? All I see is turkey.

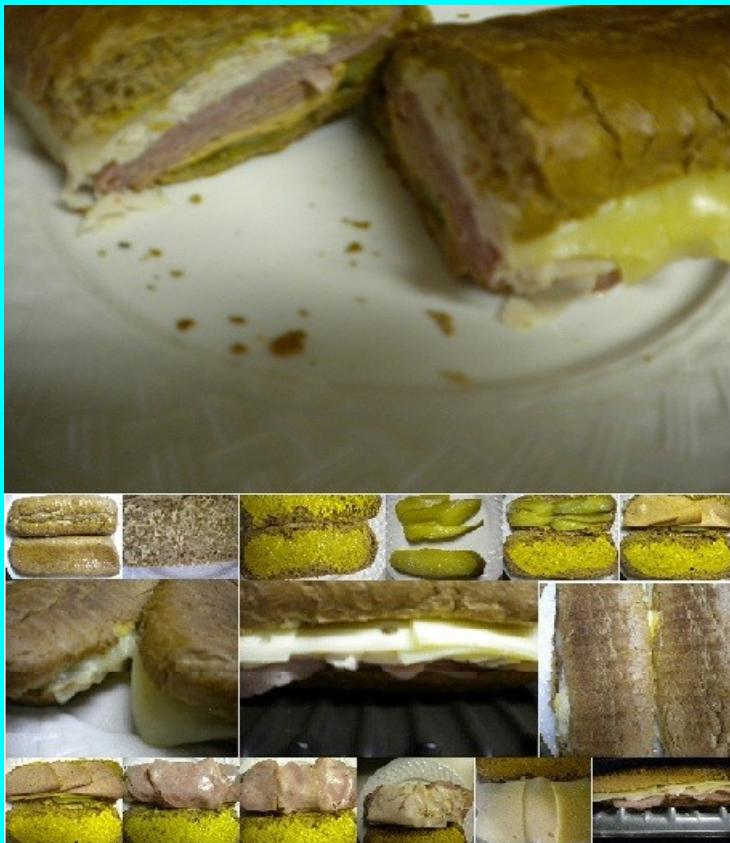
Raymond: I don't eat pork anymore, so turkey will stand in. It tastes real good though, what time do you get a break?

Yvette: In about two hours.

*Raymond: May I meet you outside two hours from now and give you an All
TURKEY CUBAN SANDWICH?*

Yvette: Sure, I can't wait to try it!

Raymond: Alright, see you later.



ALL TURKEY CUBAN SANDWICH

6 sandwich slices of kosher dill pickles	2 wheat bread heroes
3 slices each: turkey bologna, turkey salami, turkey ham, turkey pastrami, white turkey breast	1 tsp. olive oil
4 slices of Swiss cheese	1 tsp. minced garlic
	2 tbsp. French's Yellow Mustard

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1. Add olive oil on the outer top & bottom of the hero
 2. Spread minced garlic on the inside bottom of the hero. Spread 1 tbsp. of French's Yellow Mustard on top and bottom. Put pickles on the bottom of the hero.
 3. Add meat to bottom of the hero then add cheese.
 4. Close hero. Firmly press down on the sandwich with your hands to flatten the bread before placing on the Foreman Grill.
 5. Place sandwich on the heated Foreman Grill. Let cook for 5 min.



CURRY CHICKEN, RICE & BEANS and CABBAGE

I was at the gas station on a late night. I think it was a Thursday, one of those late days at the office. As I'm filling my tank up a woman rides up on one of those [Vespa](#) scooters. I'm just staring at her, she went inside to pay, came back out and I'm looking at her every move. She was one of those chicks I really want to talk to but just can't get the nerve to do it because she's just so hot. All I can do is stare for now. As she's filling up her scooter with her head down, she yells out *what are you looking at?* I had to look behind me knowing no one was there and that she's talking to me. I said *excuse me*, she looked up and said *you keep looking at me*. She was bad, she had Reagan Gomez's complexion, looked like Lucy Liu and her voice sounded like [Lady Saw](#). It was crazy. She walked straight up to me, her walk was sick...

Raymond: I'm sorry for staring, my fault.

Chyrisse: You like what you see?

Raymond: I love what I see!

Chyrisse: You have food in your car? It smells good.

Raymond: Oh yeah, I brought my lunch to work and didn't get a chance to eat, so I started to eat in my car. May I cook dinner for you sometime?

Chyrisse: Yeah, only if it's what I'm smelling.

Raymond: Curry Chicken, Rice & Beans, and Cabbage, I can make it for you tomorrow.

Chyrisse: Ok, call my phone right now (202)...



CURRY CHICKEN

6 pieces chicken breast	1/2 green pepper, sliced
Adobo All Purpose Seasoning	1/2 red pepper, sliced
1/2 cup white vinegar	1/2 onion, sliced
7 tbsp. curry powder	2 garlic cloves, diced
black pepper	3 scallions, diced
1/2 tsp. dry red crushed pepper	shredded carrots, a handful
lime juice	1 tsp. red crushed pepper relish
lemon juice	8 tbsp. olive oil

1. Cut chicken into cubes. Let sit in 1/2 cup of white vinegar for 5 min., drain then rinse.
2. Season chicken with black pepper, Adobo, then add 3 tbsp. of curry powder, 1/2 tsp. of dry red crushed pepper.
3. Place chicken in bowl w/ 1/3 of lemon juice & 1/3 of lime juice. Cover & shake for about 1 min., refrigerate for 30 min.
4. In sauce pan on medium heat, add 8 tbsp. of olive oil, green pepper, onion, red pepper, garlic, carrots, scallions, red crushed pepper relish, 3 tbsp. of curry powder, 1/3 of water cook for 6 min. covered.
5. Add chicken, stir for 1 min., then add 1/3 of water, 1/3 of lemon juice and lime juice combined, 1 tbsp. of curry powder. Stir for 1 min. Cook for 20 min., bring to boil.

RICE & BEANS

1 15.5oz can Goya Small Red Beans
Uncle Ben's white rice
1 cap olive oil
2 tsp. ground thyme
a pinch of salt
a pinch of black pepper
1 can coconut milk
3 garlic cloves, finely diced
1 tsp. red crushed pepper relish
3 scallions, whole

1. On high heat, bring 2 1/4 cups of water to a boil with olive oil, salt, pepper and ground thyme.
2. Add coconut milk, garlic cloves, scallions, red crushed pepper relish. Then add 1 cup of Uncle Ben's white rice. Stir for 60 sec. Reduce heat to low.
3. Drain and add beans from can. Stir. Cook on low heat for 20 min. covered.

CABBAGE

3 Smoked Turkey Legs
1/2 small cabbage
1 cap olive oil
1/2 green pepper, sliced
1/2 tsp. Lawry's Seasoned Salt
1/2 tsp. black pepper

1. In a large pot with water, place 3 smoked turkey legs, *don't let the water come over the turkey legs*. Add Lawry's Seasoned Salt, and black pepper. Cook on medium heat for 30-45 minutes.
2. In 25 minutes, add dark green cabbage leaves cut into quarters and green pepper.
3. After 45 min., add 1/2 cabbage cut into quarters. Let cook for 20 min., covered.



STEW CHICKEN and RICE & BEANS

Around 6:45 a.m. on a Saturday I was jogging on Silver Spring, MD streets. I ran past a beauty salon and saw this woman in the window sitting in front of a mirror taking bobby pins out and brushing her jet black hair down to the middle of her back. I tried to open the door of the salon but it was locked, she looked up and I read her lips, she said *what do you want?* I pointed to her and said *you*. As she got up from the chair and walked towards the door to open it, I said to myself she was sitting on all of that, she had a Tahiry heine pot. Her Spanish accent was so strong, I could hardly understand her. She was a brown Dominican chica. Her face was so pretty I had to understand her...

Raymond: You was doing hair in Washington Heights before here?

Carolina: Yes, how did you know?

Raymond: I'm from 125th St. & Morningside.

Carolina: My niece has her own shop on Amsterdam over that way.

Raymond: Tonight can I bring Washington Heights to you?

Carolina: What do you mean?

Raymond: I'll cook my own version of Dominican cuisine for you.

Carolina: That's sweet, I'll be out of here by 8:00.

Raymond: Ok, I'll be back to pick you up.

Carolina: Alright.



STEW CHICKEN

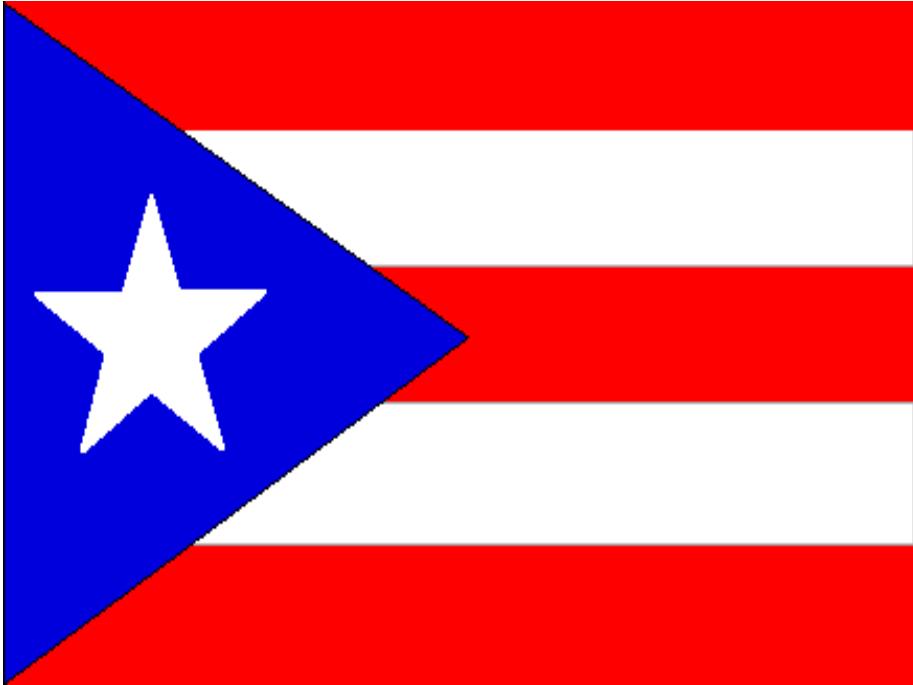
3 chicken breasts, cut in half	black pepper
white vinegar	Adobo All Purpose Seasoning
garlic powder	1/4 onion, sliced
8 tbsp. olive oil	1/4 green pepper, sliced
5 olives	18oz. can Hunts tomato sauce
3 tbsp. Goya Sofrito tomato base	

1. Rinse off 3 chicken breasts. Cut in half to make 6 pieces.
2. Place chicken in 1/2 cup of white vinegar for 5 min. Rinse chicken off. Season lightly with black pepper, Adobo and garlic powder.
3. In a heated sauce pan with 8 tbsp. of olive oil put in onion, green pepper, olives and 2 caps of white vinegar over the vegetables. Sautee for 5 min. Add chicken. Let brown for 5 min.
4. Add can of tomato sauce, 1/3 of water, and Sofrito. Stir for 60 sec. Let cook for 10 min. on medium-low heat, covered.

RICE & BEANS

1 can 15.5oz Goya Pinto Beans	2 onion rings, diced
Uncle Ben's white rice	3 stalks cilantro, leaves only
Olive oil	Adobo All Purpose Seasoning, a pinch
3 garlic cloves, diced	oregano, a pinch
8 oz. can of Hunts tomato sauce	

1. In a pot on low heat, add 2 caps of olive oil, diced onions, diced garlic, and cilantro leaves.
2. Add can of tomato sauce, Adobo, & oregano.
Stir for 60 sec.
3. Add pinto beans (drain the liquid from the can before putting in the pot). Stir for 60 sec.
Let cook for 5 min., covered.
4. Bring 2 1/4 cups of water to a boil with a cap of olive oil.
Add 1 cup of white rice. Stir for 60 sec. Reduce heat to medium-low. Let cook covered for 20 min.



LEMON GRILLED CHICKEN
and YELLOW RICE & BEANS

I was washing my clothes in my house one evening during a **thunderstorm**, as soon as my clothes finished washing my power went out before I can use my dryer. I drove to the nearest laundromat to dry my clothes, it was only me and a Dania Ramirez look alike using machines...

Raymond: That thunder is no joke, your power went out too?

Marisol: No. I hope not I've been in here before it started raining. I live right across the street.

Raymond: My power went out, that's why I'm here. Looks like I'm going to have to eat out, I don't like eating out.

Marisol: Your welcomed to have dinner with me, as long as you give me ride to my place. I don't want to walk in the rain with my dry clothes.

Raymond: How about when we get to your place, I'll cook whatever you have in there for the both of us.

Marisol: That's cool, I have vegetables, rice & beans, and chicken

Raymond: Ok, I can hook something tasty up.



LEMON GRILLED CHICKEN

6 chicken breasts, thinly sliced
lemon pepper
1/3 lemon juice
1 cap olive oil
1/2 cup white vinegar

1. Place chicken breasts in white vinegar for 5 min. Drain and rinse with water.
2. Season chicken with lemon pepper only, then pour lemon juice and olive oil over the chicken. Shake in a covered container for 60 sec. Let marinate for 30 min. in the refrigerator, covered.
3. Place chicken on a heated Foreman Grill for 5 min. on each side.

YELLOW RICE & BEANS

1 cup Uncle Ben's white rice
15oz. can Goya Gandules Beans
2 tbsp. Goya Sofrito tomato based
cilantro, a handful
3 garlic cloves, diced
5 tbsp. olive oil
1 tbsp. tomato paste

1. Place a handful of cilantro (cut up stems), garlic cloves olive oil in pot on medium heat. Sautee cilantro and garlic for 2 min.
2. Add tomato paste and Sofrito. Stir for 60 sec.
3. In the same pot on high heat, add 2 1/4 cups of water. Bring to a boil. Add white rice. Stir for 60 sec. Reduce heat to medium-low.
4. Drain and rinse beans before adding to rice. Stir beans in. Let cook for 20 min., covered.



CHICKEN, SHRIMP, BROCCOLI, & BROWN RICE

I always go to this vegetable market, one because it's much cheaper than the supermarket and there vegetables are fresh. It's a father and daughter business, but the father is rarely there. It's always the daughter running the show. Chu looks like one of those fine Asian women in one of those old James Bond flicks...

Chu: What are you making this time?

Raymond: Hopefully something you would like.

Chu: What?

Raymond: Promise me when you get off work you'll come straight to my crib, and a hot meal will be waiting for you.

Chu: I promise, what's the address?

Raymond: 430...



CHICKEN, SHRIMP, BROCCOLI

6 chicken breasts, thinly sliced	1/2 celery, cut
21 shrimps, precooked *non-frozen	1/4 red onion, cut
fresh broccoli crowns, a handful	1 tbsp. of oregano
8 tbsp. olive oil	5 scallions, diced
5 garlic cloves, diced	1/2 white onion, diced
shredded carrots, a handful	white vinegar
1/4 green pepper, sliced	lite soy sauce
1/4 red pepper, sliced	1 tbsp. dry red crushed pepper
1/4 yellow pepper, sliced	1 tbsp. sugar

1. Wash chicken and shrimp. Cut chicken into strips. In separate containers, season chicken and shrimp with 1 tbsp. of oregano and 1 tbsp. of lite soy sauce each. Let marinate for 5 min. refrigerated.
2. In a heated pan with olive oil add garlic, scallions, carrots, green pepper, red pepper, yellow pepper, celery, red onion, onion and broccoli. Add 2 caps of lite soy sauce and 2 caps of white vinegar over the raw vegetables. Then stir around.
3. Add dry red crushed pepper, sugar, 2 tbsp. of white vinegar and 2 tbsp. of lite soy sauce. Let sautee for 5 min., stirring around.
4. Add chicken and shrimp. Stir around. Let cook for 15-20 min. on medium heat, covered.

BROWN RICE

2 1/4 cup of vegetable broth, use instead of water
1 cup of Uncle Ben's Brown Rice

1. Bring vegetable broth to a boil.
2. Add brown rice. Stir for 60 sec. Reduce heat to medium-low. Let cook covered for 20 min.



TURKEY REUBEN

My co-worker is a Jewish, pretty woman. She reminds me of Charlize Theron's character in the movie [Celebrity](#), but she's much shorter. During our lunch break, she was eating some pickles she got from Brooklyn, they taste so good...

Raymond: You have more pickles at home?

Rebekah: Yeah, I still have almost a full jar.

Raymond: Bring some tomorrow. Bring only pickles, I'll provide the rest.

Rebekah: What are you going to bring?

Raymond: Turkey Reubens.

Rebekah: Umm, yummy!



TURKEY REUBEN

2 wheat bread hamburger buns
white turkey breast
provolone cheese
olive oil
thousand island dressing
cole slaw

1. Add 1/2 tsp. of olive oil to the outer top and the outer bottom of the bun.
2. Add 1 tsp. of thousand island dressing to the inner top bun and 1 tbsp. of cole slaw to the inner bottom bun. Add 4 slices of white turkey and 2 slices of provolone cheese to each Reuben.
3. Close each Reuben, place on a heated Foreman Grill, let heat for 4 min.



SPAGHETTI & SAUSAGE

Early one morning a woman and I got on the elevator together at our place of work. I had about ten floors to go, she was getting off on eight. McKenzie had on sunglasses, so I really can't say how she looked, but I know she smelled good. She was dressed fly and her buns were on **swoll...**

McKenzie: Sorry for the garlicy smell. I'm having salad and garlic bread for lunch.

Raymond: Do you like spaghetti with sausage?

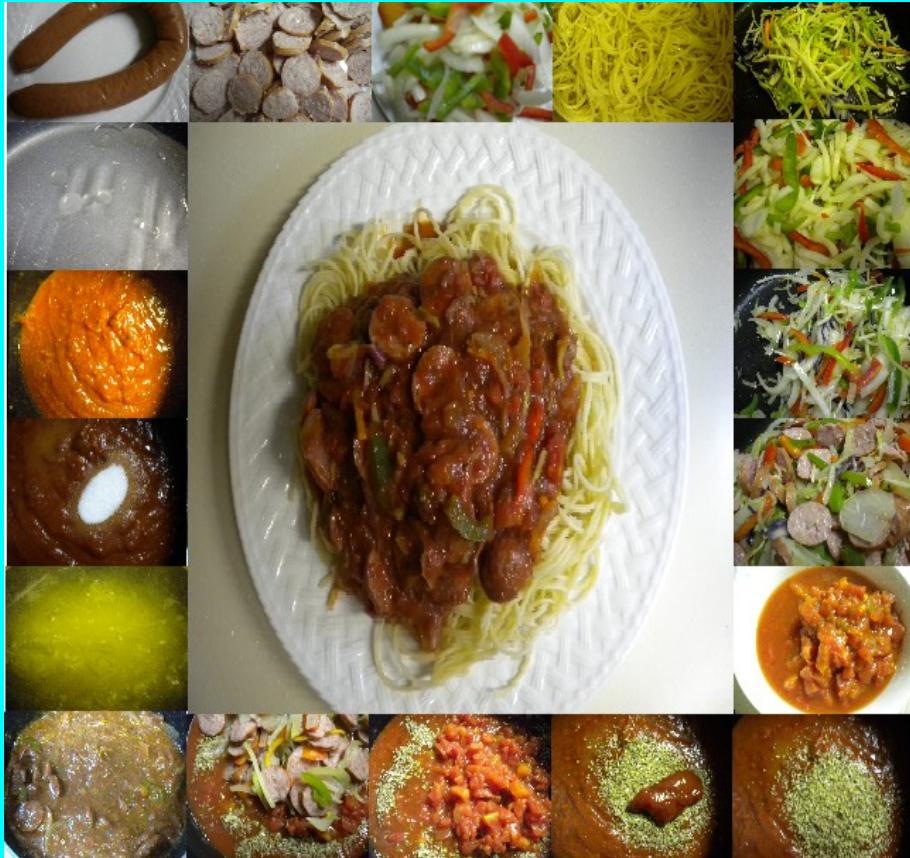
McKenzie: I love it. Its one of my favorites.

Raymond: I brought spaghetti for lunch, I would like to share it with you. Plus it goes with what you have already.

McKenzie: It sure does.

*Raymond: How about I'll meet you on your floor around **noonish?***

McKenzie: That will be great! See you then.



SPAGHETTI & SUASAGE

1 lb. thin spaghetti	carrots, broccoli, cauliflower, red
1 turkey polska kielbasa	cabbage, shredded, a handful
1 lb. Prego spaghetti sauce	*(you can buy this shredded together)
*w/ mushrooms	1 tbsp. oregano
salt, a pinch	1 tbsp. sugar
olive oil	1 tbsp. ketchup
1/2 onion, sliced	Adobo All Purpose Seasoning,
1/2 green pepper, sliced	* a pinch
1/2 red pepper, sliced	garlic powder, a pinch
1 can Del Monte diced	
tomatoes *w/ zesty jalapenos	

1. Bring a pot of water to a boil with a pinch of salt and a cap of olive oil. Add thin spaghetti. Stir for 60 sec. Let cook for 11 min.
2. Place vegetables in a heated pan with 8 tbsp. of olive oil. Add a pinch of Adobo, garlic powder and oregano. Let cook for 2 min., covered on medium heat.
3. Cut Turkey Polska Kielbasa into bite size pieces, then add to vegetables. Stir around and let cook for 10 min. covered.
4. In a pot, pour in spaghetti sauce, diced tomatoes, oregano, sugar and ketchup on low heat. Drain turkey sausage and vegetables from olive oil. Place in sauce, stir for 60 sec. Let cook for 10 min., covered.



DOS MANOS - UNO & DOS

It was a Sunday evening, and I'd been running around all day without a bite to eat. Normally I don't eat out, but I needed something to hit the spot. I was feeling light headed, so Chipotle came to mind. The line was out the door as usual, and I stood behind this petite, pretty woman. I caught a quick glance of her, she looked like Selma Hayek in the face with a Strictly Business Halle Berry hair do. I'm chillin, but she starts to make conversation talking about how the line is so long. I'm agreeing, then she brought up how the weather keeps changing. I didn't like where the conversation was heading, it bored me, so I decided to jump out the window...

Raymond: Are you single?

Jael: Yes.

Raymond: Do you want to be my girlfriend?

Jael: (Laughing) No!

Raymond: Do you want to be my date for the night?

Jael: What are we doing?

Raymond: Cooking at my place. I have all the ingredients Chipotle has at my spot, I can show you how to make it, so you won't be standing on long lines. (By this time we were already off the line heading to my crib).



PICO DE GALLO SALSA

1. Combine:

3 sliced tomatoes, diced

2 onion rings, diced

1 garlic clove, diced

1 tip of jalapeno, diced

2 cilantro stems, diced with leaves

1 tip of chili, diced

salt, a pinch

1 tsp. of lime juice

1 tsp. of white vinegar

2. Close container.

3. Shake for 60 sec. Marinate in refrigerator for 30 min.

UNO

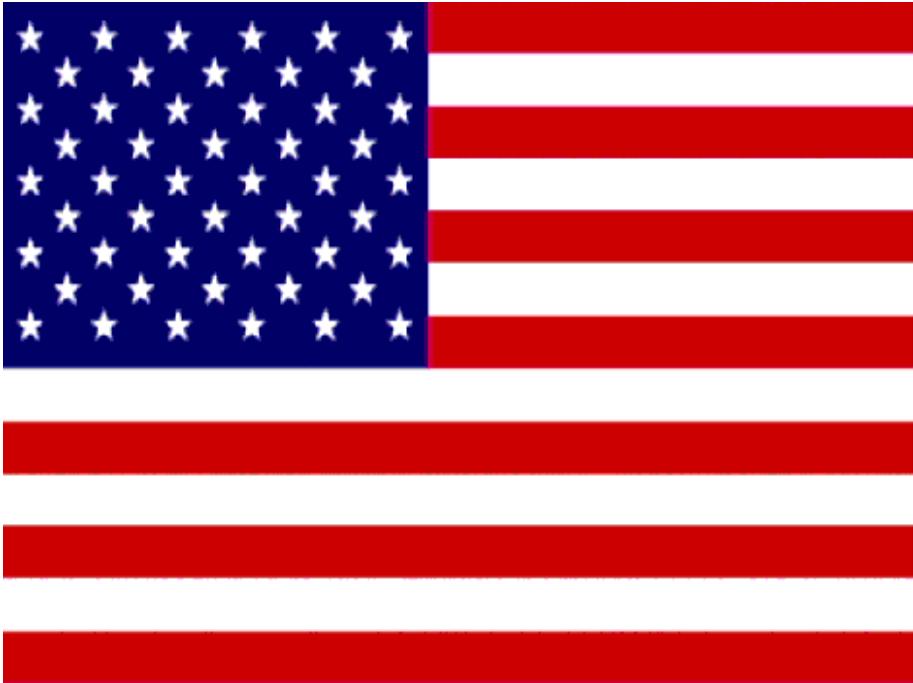
5 chicken breasts, thinly sliced	olive oil
1 can 15.5oz. Goya Black Beans	1 tbsp. sour cream
Uncle Ben's brown rice	1/4 red onion, sliced
2 tortillas	1/4 green pepper, sliced
shredded Monterey Jack cheese,	1/4 red pepper, sliced
cheddar cheese, and mozzarella	1/3 lime juice
cheese, a handful	Paprika
	Adobo All Purpose Seasoning

1. Lightly season both sides of chicken breast with Adobo and paprika. Place chicken in a container with lime juice. Shake for 60 sec. then marinate in the refrigerator for 30 min.
2. On a heated Foreman Grill place red onion, red pepper, green pepper. Cover with 1/2 cap of olive oil. Grill for 8 min.
3. Place chicken on the Foreman Grill for 6 min., then dice into small cubes.
4. Bring 2 1/4 cups of water to a boil with a cap of olive. Add 1 cup of brown rice. Stir for 60 sec. Reduce heat to medium - low. Cook covered for 20 min.
5. Cook black beans for 7 min. on medium heat. Heat tortilla's on the Foreman Grill for 15 sec. each. Place rice, beans, vegetables, chicken, pico de gallo salsa, 3 cheeses, and sour cream on tortilla then wrap.

DOS

5 chicken breasts, thinly sliced	frozen corn, a handful
Uncle Ben's white rice	1/3 lime juice
Goya Black Beans, 15.5 oz. can	1/2 green pepper, sliced
olive oil	1/2 red onion, sliced
paprika	3 stems of cilantro, cut
Adobo All Purpose Seasoning	1 tbsp. pico de gallo salsa
1 tbsp. red crushed pepper relish	mozzarella cheese, a handful
2 leaves romaine lettuce, shredded	

1. Lightly season both sides of chicken breast with Adobo and paprika. Place chicken in a container with lime juice, shake for 60 sec. then marinate in the refrigerator for 30 min. After being marinated, place chicken in a sauce pan with 8 tbsp. of olive oil. Cook for 10 - 15 min. covered. Once chicken is cooked, dice into small cubes.
2. Bring 1 cup of water to a boil with a pinch of salt add corn. Cook for 6 min. on medium - low heat.
3. Bring 2 1/4 cups of water to a boil with a cap of olive oil. Add cilantro then 1 cup of white rice. Stir for 60 sec. Reduce heat to medium – low. Cook covered for 20 min.
2. In a bowl add rice, black beans, green pepper & red onion, chicken, pico de gallo salsa, red crushed pepper relish, corn, sour cream, mozzarella cheese, and romaine lettuce.



BARBEQUE CHICKEN, STRING BEANS,
and POTATO SALAD

It was 6:00 in the morning and it was already 86 degrees, meaning it might reach close to 100 degrees later on in the day. I decided to wear a polo and slacks to work, not knowing I was going to have an important meeting at noon. I wanted to at least wear a tie to the meeting, so I rushed into Macy's around eleven to purchase a shirt and tie.

As I'm walking through the make-up department to get to the escalator to go to the men's department, I see this make-up artist getting her station together. She looked like she can be one of Prince's girls, you know Prince stay with the bad joints. She was dressed in all black, similar to what [Vanity](#) or [Appollonia](#) would wear. She had a tattoo across her chest. I rarely party with chicks with noticeable tattoos but that joint looked sexy on her.

Knowing I have pressing business to attend to I'm like eff the meeting I'm going in...

Raymond: How are you Chalonte?

Shatiqua: Fine thank you, but that's my daughter's name. I'm Shatiqua.

Raymond: So are you a married mother or a single mother?

Shatiqua: Single mother.

Raymond: You setting up, getting prepared for the afternoon rush?

Shatiqua: No, I work by appointment. I'm finished for the day.

Raymond: What's on the agenda for the rest of the day?

Shatiqua: Going home, getting an early start on dinner, then off to pick up my daughter from daycare in the evening.

Raymond: May I help you get started on dinner?

Shatiqua: Sure, if you know how to cook.

Raymond: I'm pretty savvy in the kitchen. (Right now I just called the people heading the meeting to let them know I'm gone for the day, I have a family emergency).

BARBEQUE CHICKEN

3 chicken breasts
black pepper
Adobo All Purpose Seasoning
garlic powder
8 tbsp. of olive oil
1/2 green pepper, sliced
1/2 onion, sliced
19oz. Jack Daniels Spicy Original Barbeque Sauce

1. In a pan with olive oil, add onion and green pepper. Sautee for 8 min. Add chicken seasoned with Adobo, black pepper and garlic powder. Cook on medium heat for 17 - 20 min., covered.
2. Remove chicken, onion, and green pepper from the pan, drain from oil. Place chicken, onion and green pepper in a pot with barbeque sauce, stir around. Cook for 5 min. on low heat, covered.

STRING BEANS

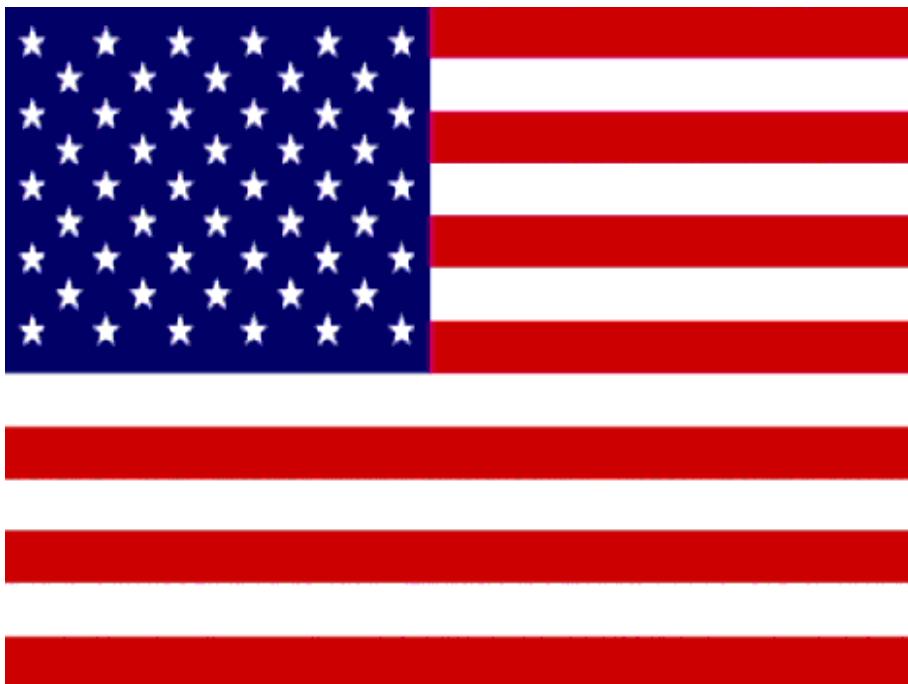
1 lb. string beans, fresh
2 smoked turkey wings
1/2 tsp. black pepper
1/2 tsp. Lawry's Seasoned Salt

1. Wash string beans, snap each end off, and break in half.
2. In a large pot with water add 2 turkey wings, *don't let water come over the turkey wings*, add Lawry's Seasoned Salt and black pepper. Cook on medium heat for 45 min.
3. After 45 min., add string beans and 1/3 of water. Let cook for 20 - 25 min. covered.

POTATO SALAD

6 red potatoes	1 celery stalk, diced
3 large eggs	1/2 tsp. celery seed
1 medium onion, diced	1/2 tsp. apple cider vinegar
3 tbsp. mayonnaise	1/2 tsp. sugar
3 tbsp. sweet pickle relish	salt, to taste
2 tsp. Gulden's Spicy Brown Mustard	black pepper, to taste
	paprika

-
1. Bring potatoes to a boil on medium heat for 35 - 40 min. Once boiled remove from pot. Refrigerate for 1 hr. Peel cooled potatoes and cut into half inch cubes.
 2. Bring eggs to a boil on high heat for 12 min. Reduce heat to medium. Let boil for 1 min. Remove eggs from heat and let sit in hot water for 15 min. Remove eggs from hot water and run cold water on them to cool. Peel and dice eggs.
 3. In a large bowl, add potatoes, egg, celery, onion, celery seed, salt, black pepper, and sweet relish.
 4. In a separate bowl, mix sugar, apple cider vinegar, and spicy mustard. Pour over the potatoes. Add mayonnaise. Mix with a large spoon, then sprinkle paprika over it. Refrigerate for 1 hr. before serving.



SEAFOOD PLATTER

I didn't drive to work today, so I'm taking the train home. As I'm standing on the platform and the train approaches, I made eye contact with a woman who is apparently getting off the train. As she exits the train I follow, walking right next to her. A beauty, Zoe Saldana physique and Alicia Keys complexion, a true slim goody...

Raymond: Slow down, what's the brisk walk for?

Millah: Aren't you going to miss your train? You better catch it before it leaves.

Raymond: Another one comes in five minutes, you should be getting on with me.

Millah: I don't think so. I have to be somewhere, I'm already late.

Raymond: Is it cool if I join you to your destination?

*Millah: I'm going to culinary class, working on getting certified as an **Executive Chef**.*

Raymond: That's excellent, I'm a cook.

Millah: What do you cook?

Raymond: Well this evening on Raymond Mitchell's menu is a seafood platter if you care to join me after class.

Millah: Sure, I'll like that.

Raymond: That train you were just on, take it five more stops and call me. I'll pick you up from the station.

Millah: Ok, I will.



PASTA SALAD

1 lb. thin spaghetti
1 cup Italian dressing
1 lb. fresh salsa
salt, a pinch
black pepper, a pinch

1. Bring a pot of water to a boil. Add spaghetti and stir for 60 sec. Cook for 9 min.
2. Drain spaghetti. Cool off under cold running water for 3 min.
3. Place spaghetti in a large bowl. Add fresh salsa then stir around. Add Italian dressing, salt, and black pepper and stir.
4. Set pasta salad in the refrigerator for 1 hr. before serving.

SHRIMP & SCALLOPS

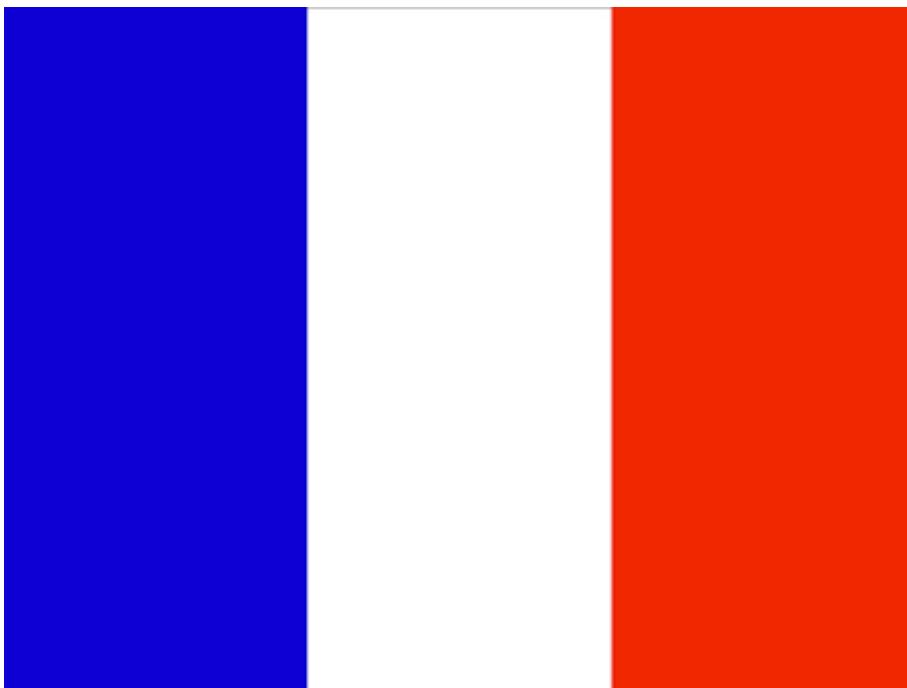
6 large shrimps, fresh
6 scallops, fresh
1/2 tsp. lemon pepper
1/2 tsp. red crushed pepper
8 tbsp. olive oil

1. Peel, devein, and rinse off shrimps. Rinse off scallops. Season shrimps and scallops with lemon pepper and red crushed pepper.
2. Heat pan of olive oil for 2 min. on medium heat. Add shrimps and scallops. Reduce heat to low. Cook for 14 min., covered.

TILAPIA

2 pieces tilapia	1/2 tsp. salt
white vinegar	1/2 tsp. black pepper
1/3 lime juice	1/4 red onion, sliced
olive oil	1/2 jalapeno, sliced
1/2 hot cherry pepper, sliced	

-
1. Cut tilapia into 10 square pieces. Place into a bowl with lime juice, 2 caps of white vinegar, 1 cap of olive oil, salt and black pepper. Cover bowl and shake for 60 sec. Refrigerate for 10 min.
 2. Place red onion, jalapeno, and hot cherry pepper on Foreman Grill. Add 1/2 cap of olive oil over it. Cook for 2 min.
 3. Remove vegetables from the grill. Add tilapia. Cook for 5 min.



CROISSANT SANDWICH

I was going for a walk downtown D.C. and from a distance I see this beautiful silhouette of a woman standing at the cross walk talking on her phone. As I got closer she favored Nia Long, I heard her speaking French. While she was still speaking on the phone, I stood on her left side and said...

Raymond: Commo se pe ta?

Larissa: (ends the call) You speak French?

Raymond: Sometimes.

Larissa: I'm from France. I'm here for another week, still trying to figure my way around.

Raymond: If I can be your tour guide for the remaining time in D.C., will you be my tour guide when I come to France to visit you?

Larissa: Oui, when will you be coming?

Raymond: The same day you leave D.C. I'll see if I can be on your flight.

Larissa: That will be fun.

Raymond: I have a friend that owns a coffee shop not too far from here. She will let me use her kitchen so I can prepare something for us to munch on if you just want to chill for a second.

Larissa: Yeah, Let's go!



CROISSANT SANDWICH

2 large croissants
white turkey breast
muenster cheese
shredded lettuce
onion

salt, a pinch
black pepper, a pinch
mayonnaise
white vinegar

-
1. Cut open a croissant, add 1 tbsp. of mayonnaise to both sides. Add a pinch of salt and black pepper to both sides. Put 4 slices of white turkey breast to the bottom half of the croissant. Put 2 slices of muenster cheese on top of the turkey.
 2. Put shredded lettuce on the top half of the croissant and onion on top of the lettuce. Add 1 tbsp. of white vinegar over the lettuce and onions, then close croissant.



CHICKEN GYRO

I went to this small law firm, the layout had a Jetsons/Star Trek feel to it. Very modern, stylish, sleek atmosphere to work in. No one there was nasty, everyone was pleasant, friendly and calm. As I'm walking through the firm, I can't put my finger on what I'm smelling, but it smelled really good. I asked a couple of attorneys where the smell was coming from and they were trying to figure it out themselves. Finally, I pass this attorney's office by the name of Eileen. She looked like [Topanga](#) from Boy Meets World with green eyes. She was sitting down eating behind her desk, so I couldn't get a chance to see what she was sitting on, but that didn't stop me...

Raymond: You mind if I come in your office?

Eileen: Not at all, come in. You have to excuse me while I finish this chicken gyro, but how may I help you?

Raymond: Well that chicken gyro is what brought me in here, also your [pretty face](#).

Eileen: Thank you, this gyro is homemade.

Raymond: You have to teach me how to make it.

Eileen: Follow the smell, you know it's chicken and all the ingredients you can smell.

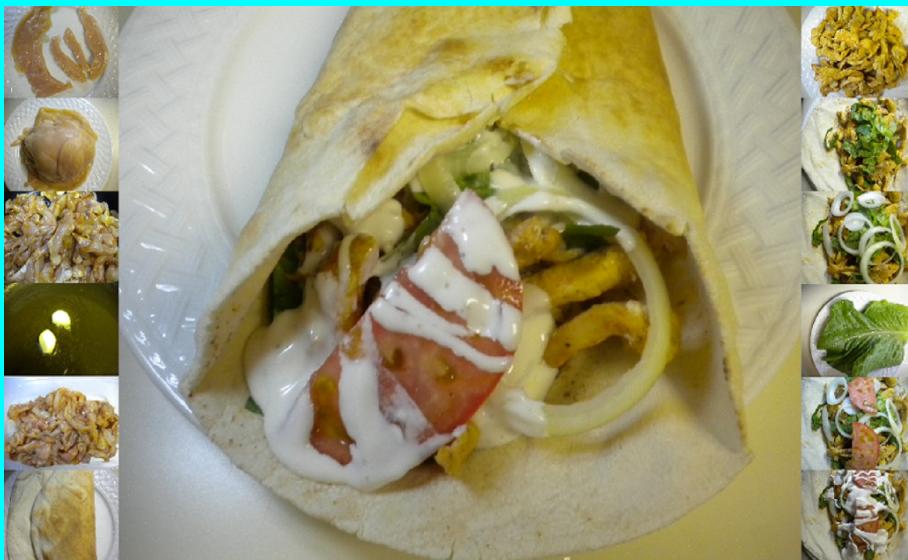
Raymond: Are you working late tonight?

Eileen: You know attorneys don't go home, they live at the firm.

Raymond: True, I noticed your firm has a full kitchen, is it alright if I come back later on, being that I'm following the smell, and make you my own homemade chicken gyro?

Eileen: Sure, I can't wait to taste it.

Raymond: I know, I'll be back shortly.



CHICKEN GYRO

10 chicken breasts, thinly sliced
pita bread
1 romaine lettuce leaf, shredded
onion, 5 rings
tomato, 1 slice cut in half
Lawry's Seasoned Salt
black pepper
paprika
2 garlic cloves, whole
8 tbsp. olive oil
ranch dressing
4 tbsp. ranch dressing

1. Cut chicken into strips. Season with Lawry's, black pepper and paprika. Add chicken to a pan with olive oil and garlic cloves. Let cook covered on medium heat for 13 min.
2. Place pita bread on heated Foreman Grill for 2 min.
3. Remove pita bread from grill. Add chicken, romaine lettuce, onion, tomato, and ranch dressing, then wrap.



VEGETABLES & RICE

I've known **Zam Zam** for some time now. She looks like Iman's twin sister but that derriere you can see from the front. Our relationship is comme ci comme ca. Not really how I want it to be, but we're cool...

Raymond: (over the phone) When you coming over here?

Zam Zam: Never, you know I can only see you in public.

Raymond: You know I bite in public, just like I would bite you in my crib, so what's the problem?

Zam Zam: (laughing) I don't want one thing leading to the other, and that's what's going to happen between two adults who are attracted to each other.

Raymond: Yo!, It's dinner and maybe breakfast when you wake up, but that's neither here nor there. I'm talking dinner for right now.

Zam Zam: (laughing) Dinner?

Raymond: Yep, you say grace in Arabic, I'll say grace in English, then we will enjoy our food.

Zam Zam: (laughing) Alright, I'll be over, make something I like.

Raymond: Ok, you leaving now?

Zam Zam: Yes.



VEGETABLES

Uncle Ben's white rice	5 stems cilantro, diced
10oz. frozen Birds Eye mixed vegetables	2 garlic cloves, diced
*carrots, green peas, string beans, corn	1 chili, diced
1 can 15oz. Hunts tomato sauce	1/2 tsp. sugar
olive oil	1/2 tsp. cumin
1/4 onion, diced	1 fresh lime
1/4 green pepper, diced	

1. In a pan with 8 tbsp. of olive oil on medium heat, add onion, green pepper, cilantro, garlic and chili. Add mix vegetables. Stir. Cook covered for 13 min.
2. Add tomato sauce, sugar and cumin. Stir around for 60 sec. Reduce heat to low. Cook for 5 min.
3. Bring 2 1/4 cups of water to boil with a cap of olive oil. Add 1 cup of rice. Stir for 60 sec. Reduce heat to medium-low. Cook covered for 20 min. Squeeze fresh lime over the vegetables and rice before serving.



VEGETABLE STEW and SALAD

My homegirl went out of town for the week, so I was dog sitting for her. I was walking him through Rock Creek Park, when this woman rode her **bike** by me then turned back around. She was fair skinned, looking like Whitley Gilbert, but thicker. She also sounded like she sang when she spoke, it is a pleasant voice though...

Yemme: Your dog is so cute, what's his name?

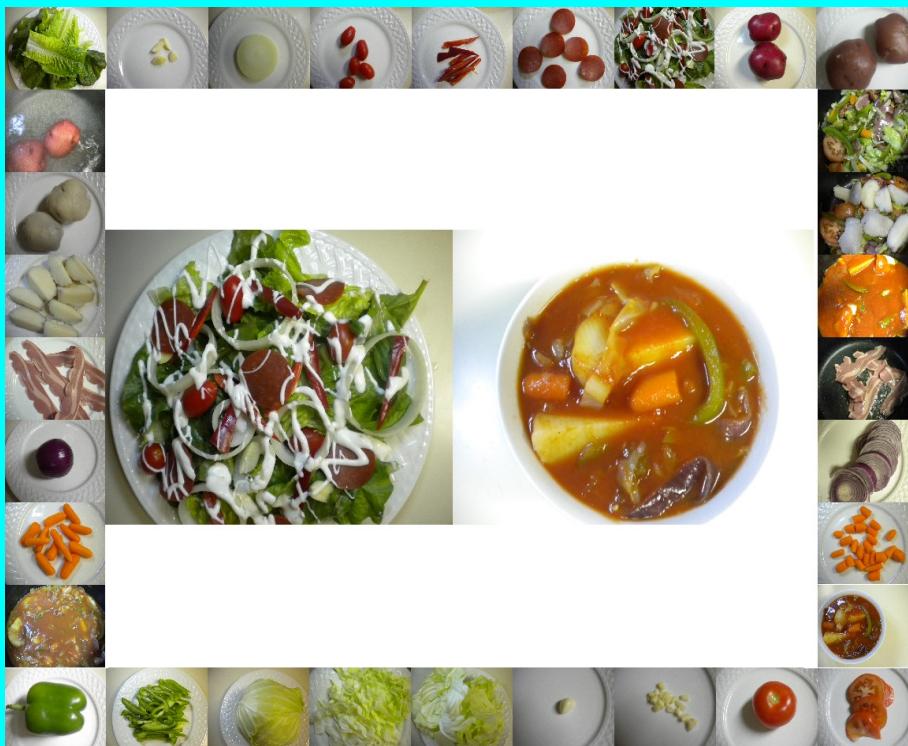
Raymond: Ewok.

Yemme: I have two Shih Tzu's of my own. Maybe we can walk them together sometime.

Raymond: No doubt, but this is my homegirl's dog. I have him for the week, she went out of town. After you finish riding your bike you want to hang out with Ewok and me? He loves the indoors, you can come by my crib and play with him.

Yemme: Sure, I'd love too. Is it okay if I bring a salad? I don't like to show up to anyone's home empty handed.

*Raymond: That's fine, I'll make something that will go just right with the **salad**.*



VEGETABLE STEW

2 red potatoes	1 garlic clove, diced
8 wedges cabbage, thinly sliced	1 small tomato,
2 cans 15oz. Hunts tomato sauce	*sliced
12 baby carrots, cut in half	1/2 tsp. ground ginger
5 pieces turkey bacon	5 tbsp. olive oil
1 red onion, sliced	1 tsp. sugar
1 green pepper, sliced	black pepper, a pinch

1. Bring potatoes to a boil in large pot of water on medium heat for 25 min. Once potatoes are boiled, remove from pot. Refrigerate for 30 min. Once potatoes are cooled, peel and cut each potato into four slices.
2. Add turkey bacon to large pot with olive oil on medium heat. Cook for 5 min. Add red onion, baby carrots, green pepper, cabbage, garlic and tomato. Cook for 30 min.
3. After vegetables cooked for 30 min., add potatoes, tomato sauce, 1 cup of water, ground ginger, sugar, and black pepper. Stir for 60 sec. Cook on low heat for 10 min. covered.

SALAD

romaine lettuce, 8 leaves
1/4 onion, sliced
6 pieces turkey pepperoni
1 garlic clove, cut into 4 pieces
1 chili, sliced
5 cherry tomatoes
ranch dressing

1. Break romaine lettuce into bite size pieces. Add onion, garlic, chili, cherry tomatoes, and turkey pepperoni. Top salad with ranch dressing.



RICE & BEANS and PLANTAINS

As I was riding the train into work this morning, I thought to myself, *I want a new woman in my life, I want new company.* Corporate America takes their lunch break between 11:30 a.m. to about 2:45 p.m. in different hour segments. I stood outside on a corner in Downtown D.C. between these hours looking for my new woman.

Don't get me wrong the women were out, I just couldn't spot one that was hot as lava, until I was about to go back to work. I heard high heels hitting concrete. I turned my head slightly to the left, my **20/20** takes no time to get focused. I looked her up and down in less than a millisecond.

She was my height with the heels on with those Budweiser horse legs, straight stallion legs, she was chocolate I mean deep chocolate, she was the color of my eyeballs.

Being that I planned to find my new woman today, I never plan my bars...

Raymond: You are sexy as hell, and gorgeous than a mathafucker!

Georgette: (laughing) Watch your mouth.

Raymond: Did I not speak the truth, we need to know each other immediately. Where are you headed?

Georgette: Getting lunch.

Raymond: After lunch, may I cook you dinner?

Georgette: Slow down! We don't even know each other's name (laughing).

Raymond: It doesn't matter, we're both adults, we both know what we want. So may I have a yes for dinner?

Georgette: Yes you may!



RICE & BEANS

Uncle Ben's white rice	1/4 onion, diced
15.5oz. can Goya Red Kidney Beans	1/4 green pepper, diced
olive oil	1/2 tsp. cumin
6 mushrooms, sliced	1/2 tsp. oregano
2 pieces turkey bacon	1/2 tsp. red crushed pepper
2 garlic cloves, diced	

-
1. In a pan with 5 tbsp. of olive oil, add onion, green pepper, garlic, mushrooms, and turkey bacon. Cook for 10 min. on medium heat. Stir periodically.
 2. Drain kidney beans from the can, place beans in a pot and add vegetables. Stir for 60 sec. Cook on low heat for 7 min.
 3. Bring 2 1/4 cups of water to a boil with a cap of olive oil, cumin, red crushed pepper, and oregano on high heat. Add 1 cup of white rice. Stir for 60 sec. Reduce heat to medium - low. Cook for 20 min., covered.

PLANTAINS

1 green plantain
1/2 tsp. ground cinnamon
1/3 pure vanilla extract
3 tsp. sugar
olive oil

-
1. Peel and cut plantain in half, then into slices. Pour 1 cap of olive oil over plantains. Place on a heated Foreman Grill for 9 min.
 2. Add pure vanilla extract, ground cinnamon, and sugar in a bowl. Stir for 60 sec. then microwave for 30 sec. Place two slices at a time in bowl. Mix, then place on the Foreman Grill for 8 min.
 3. Pour vanilla out of bowl into small pot. Add plantains and let simmer for 2 min. on low heat.

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