

THUG KITCHEN

FIELD



GUIDE

BLAZING KETTLES



How to NOT starve in the woods



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THUG KITCHEN 101 FIELD GUIDE

BLAZING KETTLES

How to NOT starve in the woods





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WHY THE FUCK ARE WE SPENDING SO MUCH OF OUR LIVES INDOORS NOW?

YOU WORK A JOB UNDER UNFLATTERING FLUORESCENT BULBS ONLY TO GO HOME AND BASK IN CENTRAL AIR AND THAT TV GLOW. WE'RE NOT USED TO THIS SHIT SO EVERY NOW AND THEN YOU NEED TO TAKE A BREAK.

When you wanna get away without dropping a shitload of cash, there's no cheaper vacation than camping. Most state-run campsites cost about as much as a couple burritos to rent and you get to do pretty much whateverthefuck you want in the middle of nature, as long as you pack-out whatever weirdness you're bringing in. It's cheap as hell, beautiful, and a little gritty, just how we like it. But it seems like camping has fallen out of favor with everybody. People got Airbnb and suddenly they think they're too good for the forest. Take your ass out to the wilderness and get some vitamin D, exercise, fresh air, and dope photos. So what's the one thing that keeps you from the great outdoors (aside from the occasional unholy looking insects)? The food. Camp food is either hippie granola that looks like tree bark or limp hot dogs that taste like coat hangers. We get it, cooking while camping is a weird territory because ya got limited cooler space and a makeshift kitchen. But that shouldn't stop you from whipping up some outdoor friendly food. So we've got 6 camp friendly recipes to get your ass from dawn til' dusk without getting all hangry and eating some questionable mushrooms you found in the woods.



AIN'T NOBODY TOO GOOD FOR THE FOREST.

All the recipes in these pages are full of vegetables that don't need much refrigeration before you start chopping them up. Just a cool place is more than enough because you ain't gonna find much refrigeration in the motherfucking forest. And because we don't want you dragging around your entire kitchen, all these measurements are pretty loose so feel free to wing that shit. These meals are very forgiving and won't get messed up because you added 2 teaspoons paprika instead of 1. We dummy proofed this shit for you, you're welcome but please hold your applause til' the end. If you're an OCD kind of motherfucker like us, just measure out all the spices for your dishes ahead of time and bring them all mixed up for each recipe all labeled. It'd save you some time too. This is a vacation after all.

Maybe you already know that you're never gonna go camping again since you saw a potato bug once and haven't trusted nature since. It can be scary out there, we get it. These recipes are just as good to make at home since they're fast, simple, and delicious. You never have to leave your apartment. But you should get outside once in a while. Shit's beautiful out there. We love the city, internet, and electricity as much as anyone else but there's nothing like dragging some homies out of their comfort zone and enjoying nature. You can find that tent you swear you think you have... somewhere, probably in the closet. You can spend an hour trying to build a campfire before you just say 'fuck it' and resort to firestarters. You can star gaze at constellations and pretend like you can identify them correctly (we can't either). So get the fuck out there and get back to nature.



**PACK SMART, BE
PREPARED, WATCH YOUR
STEP AND YOU'LL BE FINE.**

MASALA CHAI

Makes 4 cups

INGREDIENTS

4 CINNAMON STICKS
20 WHOLE CLOVES
16 WHOLE CARDAMOM PODS
12 WHOLE BLACK PEPPERCORNS
4 STAR ANISE PODS
½ A NUTMEG POD
3 INCHES FRESH GINGER, PEELED AND SLICED
3 CUPS ALMOND MILK
2 CUPS WATER
12 BLACK TEA BAGS
3 TABLESPOONS GROUND INSTANT ESPRESSO, OPTIONAL

DIRECTIONS

01 Make a 5 by 5 inch square of 4 layers of cheese cloth or a clean, old white shirt. Add the dried spices and ginger to the middle of it and tie it shut so you have a delicious bundle of taste. You can do this shit ahead of time too and just bring it with you.

02 When you're ready to get chai, warm the milk and water in a medium pot over a medium-high heat. Add the spice pouch and let it come to a simmer. Turn off the heat and add the tea bags and espresso if you're using it. Let this steep for 30 minutes. When you're ready to serve it, remove the spice pouch, and tea bags and warm it back up over low heat. Or let it cool all the way and serve this motherfucker over ice.





Fig. a

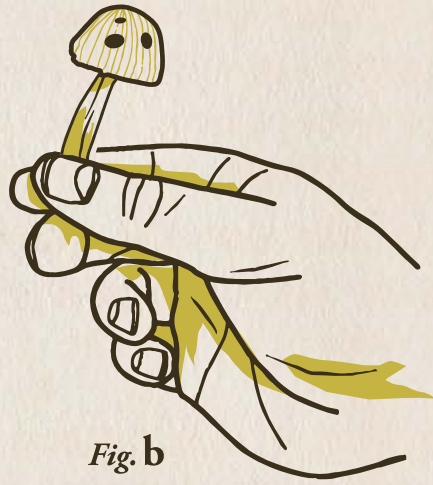


Fig. b

FORAGE

AT YOUR OWN RISK



Fig. c



Fig. d

CHICKPEA BREAKFAST SCRAMBLE

Makes enough for 4-6 people

INGREDIENTS

2 TABLESPOONS OF OLIVE OIL
1 ONION, CHOPPED
1 BELL PEPPER, CHOPPED
1 CARROT, CHOPPED
1 SMALL CROWN OF BROCCOLI,
CHOPPED
1 CLOVE GARLIC, MINCED
3 CUPS OF CHICKPEAS, SLIGHTLY
MASHED
2 TEASPOONS SMOKED PAPRIKA
1 TEASPOON CHILI POWDER
1 TEASPOON TURMERIC
½ TEASPOON SALT
¼ CUP WATER
2 TABLESPOONS LIME JUICE
TORTILLAS
AVOCADO
TOMATO
JALAPEÑOS
SALSA
HOT SAUCE

DIRECTIONS

01 In a medium-sized frying or sauté pan heat up the oil over a medium heat. Add the chopped onions, bell pepper, carrot and broccoli. Cook, stirring regularly, until the broccoli softens up, about 5 minutes. While the veggies cook, use a fork to mash up most of the chickpeas. A few whole ones are no big deal so don't stress the fuck out. Fold in the chickpeas, garlic, smoked paprika, chili powder, turmeric, and salt. Stir while you cook to make sure that everything is cooked in the spicy goodness. If it starts to stick to the pan or look a little dry before the chickpeas warm through, then add the water instead of more oil.

02 When the chickpeas are all warmed up and covered in spices turn off the heat and sprinkle the lime juice on top. Serve your scramble with tortillas, some avocado, tomatoes, salsa, jalapeños, and hot sauce. You know, taco shit.



NOTES: This dish delivers all the comforts of breakfast without worrying about dragging eggs or tofu into the fucking woods. No amount of day drinking will cramp your style if you start your day with this solid scramble.



ANYTIME CAMPFIRE POTATO PACKETS

Makes enough for 4 people

INGREDIENTS

2 LARGE RUSSET POTATOES, SKIN ON,
SLICED INTO THIN ROUNDS

1 RED BELL PEPPER, CHOPPED

½ YELLOW ONION, CHOPPED

2 GARLIC CLOVES, SLICED

2 TABLESPOONS OF OIL

2 TEASPOONS ALL-PURPOSE SALT-
FREE SEASONING MIX

½ TEASPOON SALT

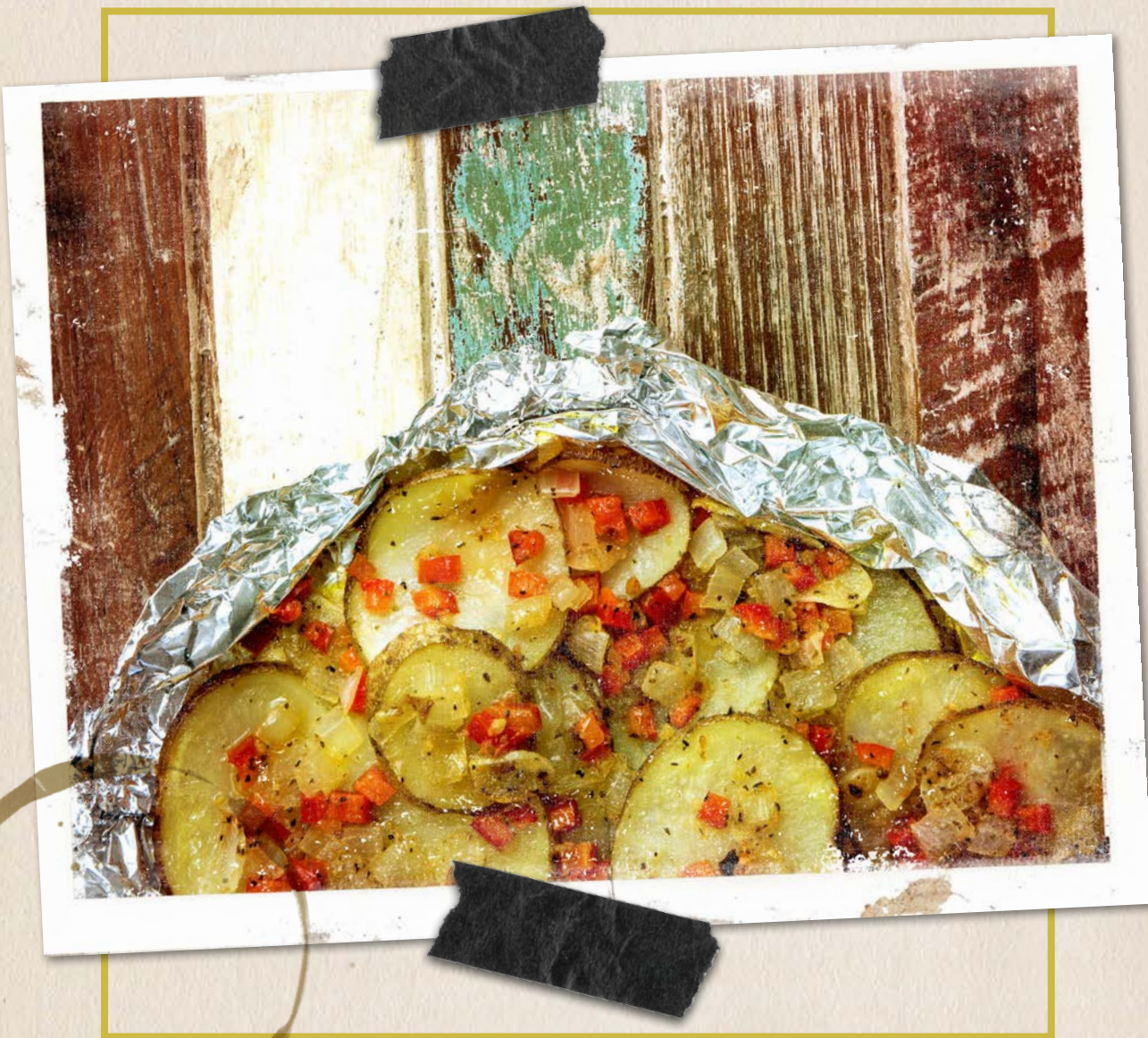
DIRECTIONS

01 In a bowl mix together all the ingredients until everything has a good amount of oil and seasoning on it. Grab some foil and make a cross out of two sheets about the length of your fingertips to your elbow. Scoop out half the potato mixture and put it in an even layer in the middle, leaving a couple inches around the sides. Fold over all the layers of the foil so that a packet is formed and sealed on all sides.

02 Place it on the grill over a hot fire for 30 minutes or until the potatoes are tender. Serve right away with hot sauce nearby.



NOTES: *These superior spuds are great as a side at breakfast, folded into a chickpea scramble burrito, or served alongside dinner. Basically if you've got a fire going, you should have some potatoes going too.*



PAN ROASTED BRUSSELS SPROUTS

Makes enough for 4 people

INGREDIENTS

- 1 TABLESPOON OLIVE OIL
- 1 POUND BRUSSELS SPROUTS, CUT VERTICALLY INTO QUARTERS
- ¼ MEDIUM YELLOW ONION, SLICED INTO THIN SLIVERS
- ¼ TEASPOON SALT
- ½ TEASPOON GARLIC POWDER
- 1 TABLESPOON LEMON JUICE

DIRECTIONS

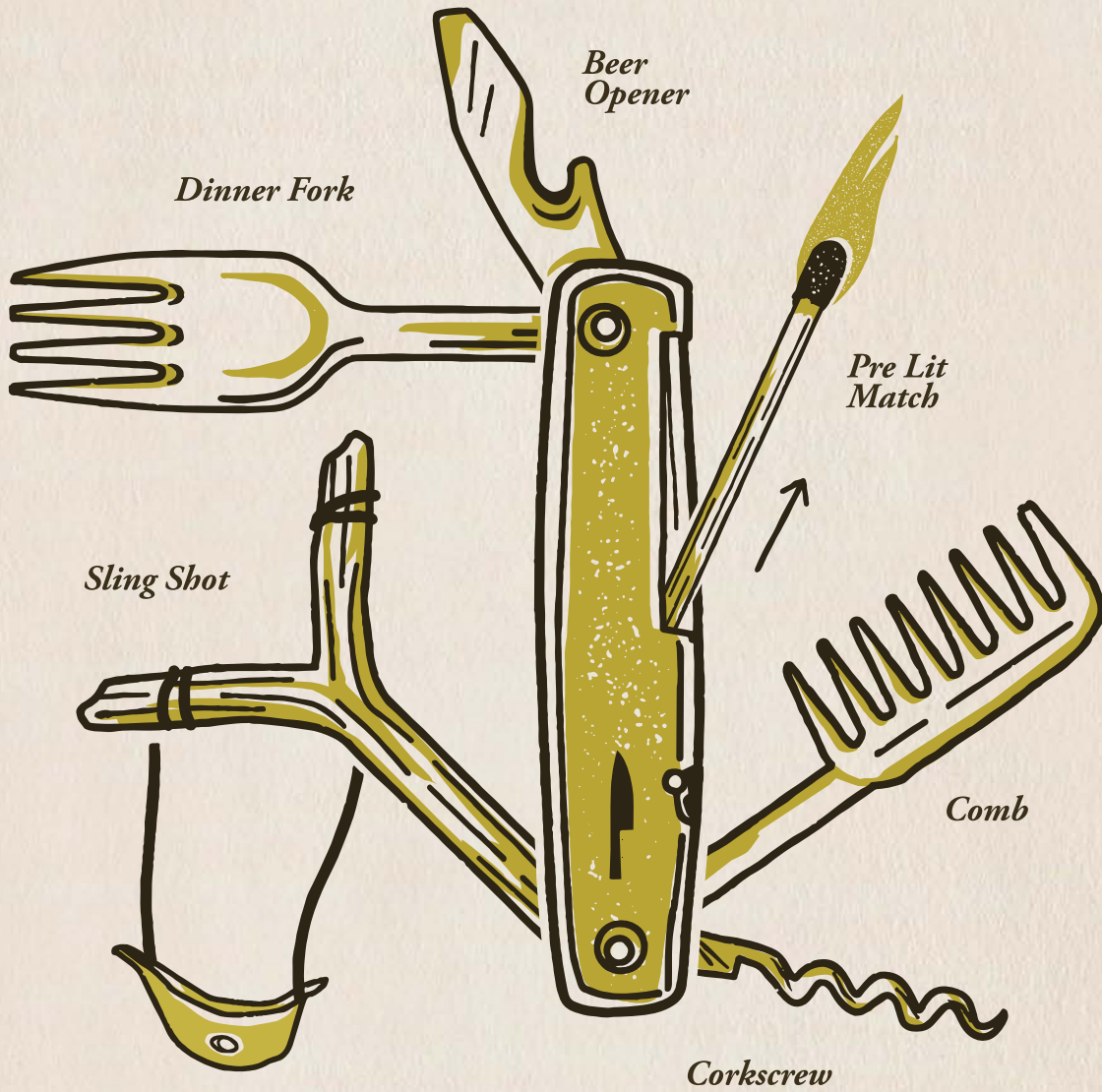
- 01** Warm up the oil over a medium high heat in a large skillet or sauté pan. Toss in the Brussels sprouts and make sure they are sorta in one layer. This shit wont work in a small, crowded pan. Toss them around in the oil for a sec and then let them sit in the pan so they start to sear on the parts touching the surface of the pan, about 1-2 minutes. Stir and then keep doing this for the next 5 minutes until most of the sprouts have a little brown on them. Add the onions and keep cooking for another 2-3 minutes until the Brussels sprouts are cooked all the way through and the onions are nice and golden. Add the salt and garlic powder, toss, then turn off the heat. Sprinkle the lemon juice over the sprouts and serve right away.



NOTES: *You need to eat something green while you're camping so it might as well be these hearty bastards. Pro Tip! Brussels Sprouts can cause gas. This is useful in the wild. Harness the power of farts to scare away bears, Bill Cosby, and other predators.*



SHIT HAPPENS.



BE PREPARED.

SWEET POTATO AND HOMINY STEW

Makes enough for 4- 6 people

INGREDIENTS

2 TABLESPOONS OLIVE OIL
1 MEDIUM YELLOW ONION, CHOPPED
1 SWEET POTATO, SKIN ON, CHOPPED INTO PIECES NO BIGGER THAN A NICKEL
1 BELL PEPPER, CHOPPED
1 YELLOW SQUASH, CHOPPED
3 CLOVES GARLIC, MINCED
½ CUP POLENTA*
1 15 OUNCE CAN FIRE ROASTED TOMATOES
1 TABLESPOON PAPRIKA
2 TEASPOONS SMOKED PAPRIKA
2 TEASPOONS DRIED BASIL
1 ½ TEASPOONS GROUND TURMERIC
1 TEASPOON CHILI POWDER
¼ CUP NOOCH
2 CUPS COOKED HOMINY**
1 ½ CUPS COOKED BLACK EYED PEAS OR ONE 15 OUNCE CAN
6 CUPS VEGGIE BROTH OR WATER
2 TABLESPOONS LEMON JUICE
CHIVES TO TOP

DIRECTIONS

01 In a large soup pot warm up the oil over a medium heat. Add the onion and sweet potato and sauté that shit until the onion starts to brown and the sweet potato starts to soften, 5-8 minutes. Add the bell pepper, squash, garlic, and polenta and sauté for another 2 minutes. Fold in the tomatoes, paprika, basil, turmeric, chili powder and nooch and keep cooking for another minute so the spices have a chance to warm up. Add the hominy, black eyed peas, and veggie broth and let that all simmer together until the soup looks nice and thick and the sweet potato is tender, about 30 minutes.

02 When the soup is ready, take it off the heat, stir in the lemon juice, and top with some fresh chives. Serve with a big chunk of bread and you won't be hungry anytime soon.

** This helps thicken up the soup and adds a dope texture to the whole thing. If you forget to grab it at the store it's fine to just leave it out though.*

*** Hominy are maize kernels that have been soaked in a lime mixture and get all swollen up. You can buy hominy already cooked in cans near the beans and salsa at the store, or you can find it dried and cook it yourself like the package says. It's too legit to pass up.*

NOTES: If you think a hearty camp dinner is baked beans cooked in the can, well we're about to fuck you up with some truth. This camp stew is so comforting, you should probably just eat it in your fucking sleeping bag because a nap ain't far behind.



ROASTED BANANA S'MORES

Makes 4

INGREDIENTS

2 BANANAS, ENDS CUT OFF AND
SLICED IN HALF WIDTH-WISE, PEEL ON

1 BAR DARK CHOCOLATE, BROKEN INTO
4 RECTANGULAR PIECES

4 GRAHAM CRACKERS, BROKEN IN
HALF WIDTH-WISE

SPRAY OIL

DIRECTIONS

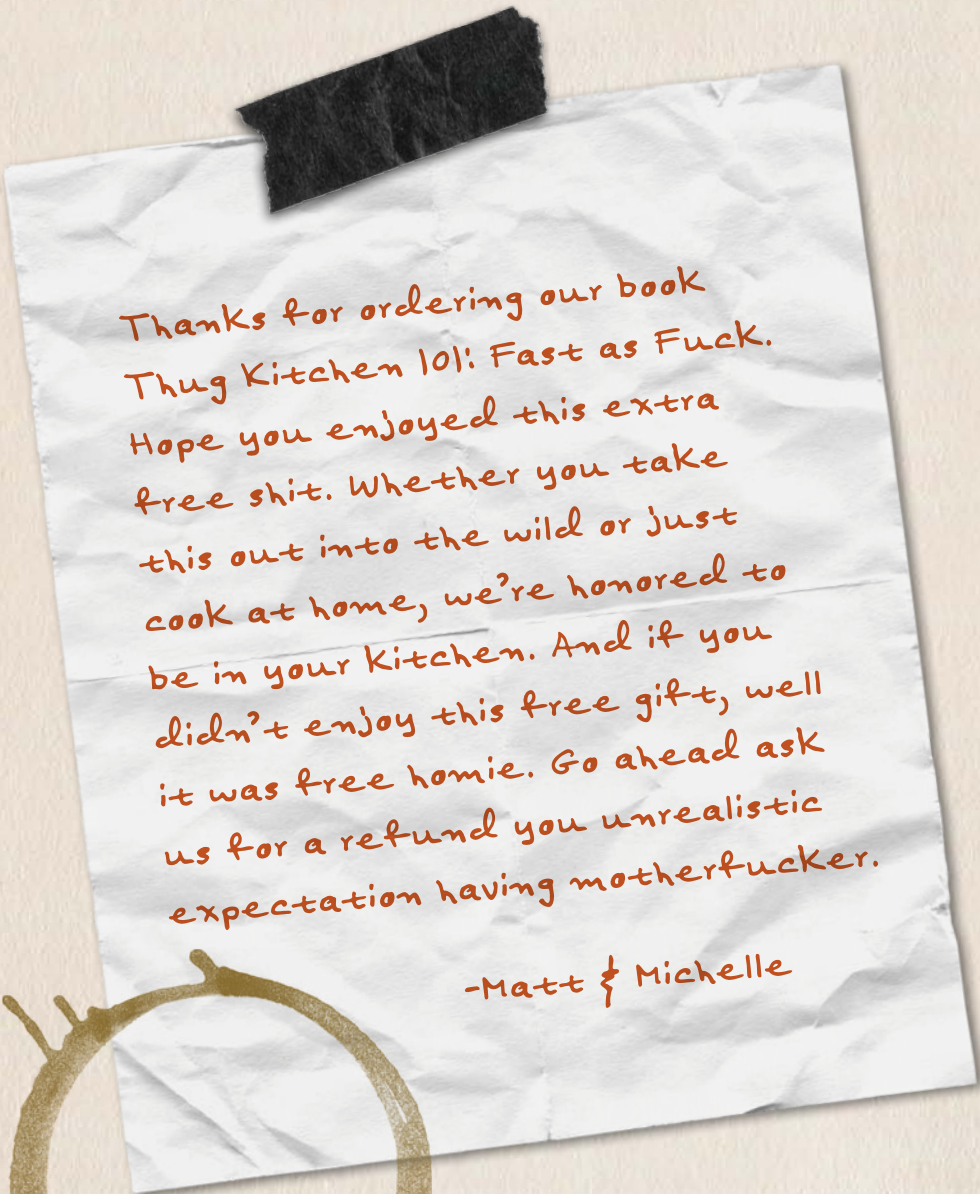
01 Spray the bananas with a little oil and then throw them down on the grill over a hot fire. You don't want the flames hitting them the whole time but you do want those fuckers getting hot. Leave them on there, rotating them occasionally, until all the sides are blackened and the banana looks hot all the way through.

02 To assemble your s'mores, let the bananas cool for a hot sec, then peel them using tongs and cut the banana in half lengthwise so it will sit kinda flat on your s'more. Put the square of chocolate on top of one of the graham squares, put the roasted banana on top of all that, and then smash the other graham square on top to finish that shit. Didn't cook your banana long enough to melt the chocolate? Use some fire safe tongs and stick the whole damn s'more into the fire for 30 seconds and then you're good to go.



NOTES: Stop fucking around with marshmallows that are always falling into the fire and burning the shit out of your mouth. Marshmallows can't be trusted. Bananas are where it's at. When you make them like us, you'll always want s'more.





Thanks for ordering our book
Thug Kitchen lol! Fast as Fuck.
Hope you enjoyed this extra
free shit. Whether you take
this out into the wild or just
cook at home, we're honored to
be in your kitchen. And if you
didn't enjoy this free gift, well
it was free homie. Go ahead ask
us for a refund you unrealistic
expectation having motherfucker.

-Matt & Michelle



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