

FREE Food e-Magazine

When It's Smokin', It's Cookin'

March 2017

Mustard and Dill Pork Chop

Cheddar Broccoli Soup

Bacon Avocado Scrabbels

How I Healed
My Burn





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Mustard & Dill Pork Chop —



Submitted by: Flaherty James

instructions:

Ingredients:

7 Oz. pork chop frozen
1 Tbsp. butter
2 tsp. mustard
1/8 tsp. dill
1/8 tsp. cayenne pepper
1 pinch pepper
1 pinch garlic
1/8 tsp. salt

on a flat surface, place pork chop on a 12 by 12 inch piece of aluminum foil with shiny side up add the rest of the ingredient on top of the pork chop. pull opposite sides of foil over the pork chop and fold down about 1/4 inch 3 times leaving air space fold both side in like you did the top then bake at 375° for 45 minutes if pork chop is not frozen bake it at the same temperature and reduce time to 30 minutes



Cheddar Broccoli Soup

Submitted by: Jessica James

Ingredients

1 Tbsp. butter
1/2 onion, chopped
1/4 cup melted butter
1/4 cup flour
2 cups milk
2 cups chicken stock
2 cups broccoli, roughly chopped
1 cup matchstick-cut carrots
1 stalk celery, thinly sliced
2 1/2 cups Sharp Cheddar cheese, shredded
Salt and ground black pepper to taste



Sauté:

In a large soup pan Sauté onion in 1 tablespoon butter until translucent.



Add:

Add the other 1/4 cup butter and flour to the onions. Mix well and cook while stirring for about 3 minutes.



Thicken:

Whisk flour mixture while pouring in the chicken broth and milk, cook another 3 minutes to let thicken.

Cheddar Broccoli Soup



Add veggies:

Add the veggies mix well and bring to a boil, then bring down to a simmer and cook for 20-25 minutes, stirring often, or until veggies are tender.



Remove:

Remove from heat and stir cheese in. Season with salt and pepper to taste.



Enjoy:

Serve hot and enjoy!



Bacon Avocado Scramble

Submitted by: Flaherty James

Ingredients:

1 Tbsp. butter
1/4 onions chopped
2 thick slices bacon
1/4 green chili
4 eggs
1 medium tomato chopped
1 small avocado chopped
salt and pepper to taste



Saute:

In a medium sized skillet place the first 4 ingredient and cook on medium heat until bacon is cooked to your liking.



Eggs:

Crack eggs in a bowl and mix well. Add eggs to skillet lightly stir, let cook about 90 seconds add the avocado and tomato.



Finish:

Finish cooking eggs about 2 minutes or until eggs are cooked to your liking. Add salt and pepper. Enjoy!

How I Healed My Burn

Submitted by Jessica James

On the 19th of January I decided to wrap my hand around the metal handle of a pan that I had just taken out of a 450-degree oven... Yep. It hurt. Second degree burns immediately covered my entire palm, from the wrist crease to the base of my fingers. Those burns continued up each finger.

I grabbed a small bag of frozen peas from my freezer and headed to our clinic to hunt for something called *NUMOTIZINE*. It is a pungent smelling poultice made from Menthol, Clay, Color, Fragrance of Guaiacol, Methyl Guaiacol and Oil of Wintergreen, Polyols. What in the world is all that? Basically it's wood ash and essential oils.

I found about 10 ounces of the precious poultice and went home to doctor myself.

I traced my hand onto an old t-shirt that I had, cut it out with liberal *seam allowance*, then spread a generous layer of the tooth-paste-like poultice on the cutout. Then I carefully laid my blistered hand directly on it. I then wrapped it in gauze, put a large latex glove on, and paper-taped it at my wrist.



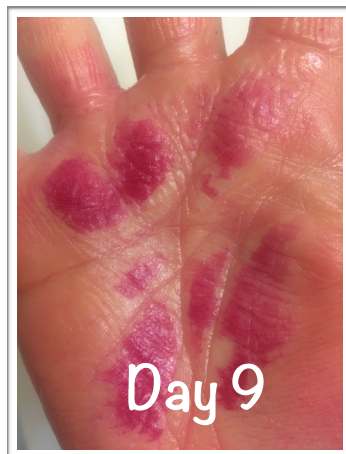
Following is my photographic journey through my 2 week healing.

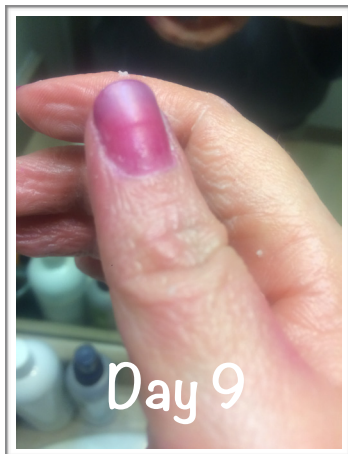




A few notes on the use of NUMOTIZINE for burns:

1. Try to apply it **ASAP**. I didn't get to put it on my hand until an hour or so after I had been burned, so my hand was already hurting and when I applied this it didn't stop right away. I went to bed holding an icepack on my bandaged hand that first night, but there was **NO** pain or discomfort at all after that.
2. **Do not rub it directly on a burn** as it might rub blistered flesh off. Ouch! Spread it on gauze or fabric first, then apply to the burn.
3. **Re-dress daily**, taking care not to peel the numotizine off that doesn't just come away easily.
4. No need to wash it all off before applying more. You'll find that it sticks to the worst parts of the burn. Just slather some more on.





5. Be patient. Give it **10-14 days**.
6. You will smell like you have been rolling around in a fire pit. I had only 2 options... a) Be a good smelling one-handed lady for the rest of my life, or b) Stink for 2 weeks and have no pain, no scars, no discomfort...
7. After 2 weeks or so you can stop using the NUMOTIZINE (but don't be afraid to use it longer based on your needs and the severity of your burn). Keep your burn moist over the next weeks or 2 with coconut oil.
8. You will feel like you have a callous over the area where you will be burned and you might notice some peeling, but worry not! There is perfect new skin underneath.
9. *Do NOT* become impatient and start peeling. Just let it happen naturally.



