

\$5

THE

TAKEOUT COOKBOOK

Includes
200 Delicious
Recipes for Pizza,
Chinese, Mexican,
and Thai



*Good, Cheap Food
for When You
Want to Eat In*



Rhonda Lauret Parkinson, Margaret Kaeter,
Belinda Hulin, & Jennifer Malott Kotylo

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Avon, Massachusetts

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INTRODUCTION

Pad Thai. Deep-crust pizza. Chimichangas. Pork fried rice. Who doesn't love takeout! There's nothing like coming home from a long, busy day, grabbing the menu of your favorite delivery hotspot, and sitting back while waiting for your food to arrive. The only problem? Takeout's not cheap. But *The \$5 Takeout Cookbook* is here to help.

Replicating the familiar flavors in your favorite Chinese, Thai, Mexican, and pizza dishes may seem like an impossible task, but the truth is, you don't have to be a skilled chef—or need to spend a lot of money—to create great takeout food without even having to pick up the phone. With \$5 or less and basic, fresh ingredients, each recipe comes together just like at a restaurant, if not better. Cooking at home couldn't be easier, cheaper, or more delicious!

One of the most frustrating parts of ordering in is the time you spend waiting for your food to actually get to your house. On a busy weekend, you can find yourself sitting around starving for more than an hour! When you make your own food at home, you control your schedule and your food will be ready right as your roommate gets home from school, your spouse walks in from work, or your kids come home from practice. As for the time involved, most of the work lies in preparation—and you can do that in advance. Time spent actually cooking can be mere minutes, especially if you're stir-frying. And once you've cooked a few meals you'll find yourself falling into a routine—cutting vegetables while the meat is marinating, preparing a sauce while waiting for the oil to reach the required temperature for deep-frying—so your food is ready when you are.

What are the pluses of cooking your takeout favorites at home? Besides the obvious advantage to your wallet, the food you cook at home is often healthier than most takeout fare because you control the fat and calorie count. You can also let your creativity come into play, adjusting a recipe to add favorite foods or seasonal local ingredients. Cooking takeout at home also allows you to modify a recipe to suit your tastes. Don't like onions in your fried rice? Just leave them off! Love red peppers, but don't get enough on your pizza? Throw them on there and enjoy! What you eat is up to you.

With *The \$5 Takeout Cookbook* you can now make great-tasting versions of all your takeout favorites at home—and for a fraction of the cost. It's so easy and delicious, you'll wonder why you even bothered to call for delivery!

PART ONE

MEXICAN

The Mexican diet is both flavorful and varied. Dine on lush tropical fruits, bean-stuffed chili peppers, spicy tomato sauces, grilled corn, honeyed sweet potatoes, and cocoa-crusting turkey, and you find yourself in the land of the Aztecs.

Best known for its combinations, it's a rare that you'll find a Mexican dish that uses just one or two ingredients. Meats, for example, are marinated then drenched in sauces containing dozens of ingredients. Fish may be broiled or baked but it is always topped with a unique sauce. Even something as simple as a salad of melon balls will have a tart sauce draped over it.

Now those flavorful dishes of tropical fruits, bean-stuffed chili peppers, spicy tomato sauces, grilled corn, and much more are no longer just a takeout option. *The \$5 Takeout Cookbook* has simplified the recipes, so you can make these delectable dishes in your very own home. So get your taste buds ready, and have a great time in the kitchen cooking these fabulous Mexican takeout recipes!

CHAPTER 1

PORK AND POULTRY

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Pork Roast with Apples

 Serves 3

\$ Total Cost: \$3.43

- 1 pound pork roast
- ¼ teaspoon dried oregano
- ¼ teaspoon dried thyme
- ¼ teaspoon dried cilantro
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon vegetable oil
- ½ medium-sized yellow onion
- 2 garlic cloves
- 1½ medium-sized green apples (such as Granny Smith)
- ½ cup apple juice
- ¼ cup dry white wine
- ½ envelope unflavored gelatin

Serve with Turnip and Mustard Leaf Rolls (see recipe to follow) for a unique combination of flavors.

1. Preheat oven to 350°F.
2. Season the pork roast with the oregano, thyme, coriander, salt, and black pepper.
3. Heat the vegetable oil in a large frying pan. Add the pork roast. Cook on medium heat, turning the pork roast until all sides are browned.
4. Remove the skin from the onion and cut into 1-inch pieces. Remove the skin from the garlic and cut into thin slices. Remove the stem and core from 1 apple and cut into ½-inch slices.
5. Put the pork roast in a large baking dish. Cover with the apple juice and white wine. Sprinkle the apple pieces, onion, and garlic on top. Cover and bake for 1 hour.

6. Remove the peeling, stem, and core from the remaining apple. Place in a food processor or blender and blend until puréed.
7. Boil $\frac{1}{2}$ cup of water. Add the gelatin. Stir in the apple purée. Cool in the refrigerator for 15 minutes.
8. Remove the meat from the oven. Cut into $\frac{1}{2}$ -inch pieces and arrange on a platter. Top with the gelatin mixture right before serving.

TURNIP AND MUSTARD LEAF ROLLS

 Serves 3

\$ Total Cost: \$1.08

- ½ bunch turnip leaves
- ½ bunch mustard leaves
- 2 tablespoons butter
- $\frac{1}{8}$ cup fresh epazote leaves
- ½ teaspoon salt
- ½ teaspoon ground black pepper

Any combination of leaves works well. If your local store has a small supply of exotic leaves, try spinach and beet leaves.

1. Remove the stems from the turnip and mustard leaves and wash the leaves thoroughly. Pat dry with a paper towel.
2. Remove the stems from the epazote leaves and mince the leaves.
3. Layer 1 turnip leaf then 1 mustard leaf. Add ½ teaspoon of butter in the center of the mustard leaf. Sprinkle with epazote leaves, salt, and black pepper. Roll up the leaves. Repeat with remaining leaves.
4. Place the leaf rolls in a frying pan with a small amount of water. Cover and turn heat on low. Cook for 10 minutes on low heat.

Pork and Potatoes

 Serves 3

\$ Total Cost: \$4.80

- 1 pound pork roast
- 1½ large white onions
- 2 garlic cloves
- 4 assorted whole chili peppers
- 2 ½ medium-sized potatoes
- 5 whole cloves
- ½ cinnamon stick
- 5 black peppercorns
- ½ teaspoon whole cumin seeds
- 1 tablespoon white vinegar

Serve with Pineapple and Coconut Salad (Chapter 2) for a blending of sweet and spicy.

1. Preheat oven to 350°F.
2. Trim the fat from the pork roast. Peel the onions and cut into quarters. Peel and mince the garlic. Remove the stems from the chili peppers and cut in half lengthwise. (Do not remove the seeds.) Peel the potatoes and cut in half.
3. Place the pork in a large baking pan. Cover with the onions, garlic, chili peppers, cloves, cinnamon stick, peppercorns, and cumin. Add just enough water to cover the ingredients. Cover and cook for 1 hour.
4. Stir the mixture. Add the potatoes, cover, and cook for 1 hour or until the potatoes are soft. Ten minutes before serving, remove the spices and add the vinegar. Leave uncovered for the last 10 minutes.

Mushy Potatoes

Have your raw potatoes gone mushy? They're still good if you use them right away.

Remove the peels and slice the potatoes thickly. Put them in a soup or stew and no one will know they were past their prime.

Lonches

 Serves 3

\$ Total Cost: \$2.41

3 slices bacon

3 large hard rolls

¼ pound Monterey jack cheese

¾ cup red chili sauce

Substitute meats and cheeses. Add onions or olive slices.

1. Preheat oven to 350°F.
2. Fry the bacon until crisp. Drain off the grease.
3. Thinly slice the cheese. Split the rolls in half horizontally. Fill generously with cheese and top with a bacon strip. Close the rolls to form sandwiches and place on a baking sheet.
4. Put in the oven for 5 to 10 minutes or until the rolls are hot and the cheese is melted.
5. While the rolls are baking, heat the sauce to bubbling.
6. Place each filled roll in a soup bowl and ladle ¼ cup sauce over the top.

Chorizo (Mexican Sausage)

 Makes 1 pound

\$ Total Cost: \$4.11

- 1 pound ground pork
- ½ tablespoon paprika
- ½ teaspoon ground black pepper
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- ⅛ teaspoon ground coriander seeds
- ⅓ cup vinegar
- ½ teaspoon garlic powder
- 1 tablespoon salt
- 1 tablespoon cayenne pepper

1. Place all the ingredients in a large mixing bowl. Mix with your hands until all the ingredients are well blended.
2. Place in an airtight container. Refrigerate for at least 2 days.
3. Form into patties for frying.

Pork with Pineapple

 Serves 4

\$ Total Cost: \$3.79

- 1½-pound pork loin
- ½ large white onion
- ½ large red tomato
- ¼ cup sliced pimientos
- ½ tablespoon vegetable oil
- 1 cup canned pineapple chunks, with juice
- ½ cup canned beef stock (or
- 1 beef bouillon cube dissolved in 1 cup water)
- ⅛ cup dry sherry
- ¼ teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon flour

Serve with red rice.

1. Cut the meat into 2-inch chunks. Peel the onion and chop into ¼-inch pieces. Remove the stem from the tomato and chop into ¼-inch pieces. If using fresh pimientos, cut into ¼-inch strips.
2. Heat the vegetable oil in a large frying pan. Add the meat and brown well on all sides. Add the onion and cook for about 5 minutes or until soft.
3. Add the tomato, pimientos, the pineapple with juice, beef stock, sherry, and chili powder to the skillet; stir until well mixed. Bring to a boil, reduce heat to a simmer, and add the salt and pepper.
4. Cover and simmer until the meat is tender, about 1½ hours. Stir occasionally.
5. Just before serving, sprinkle the flour over the simmering sauce and stir in. Cook and stir until the sauce is thickened.

Use Fresh Garlic

Beware of prepared garlic. While preminced garlic looks like a good buy and certainly sounds easier, it releases an oil while stored after chopping. This affects both the taste and consistency in your recipes. Fresh garlic is always best.

Mexican Pork and Beans

 Serves 2

\$ Total Cost: \$4.75

- $\frac{1}{8}$ pound sliced bacon
- $\frac{1}{8}$ pound boneless pork tenderloin
- $\frac{1}{8}$ pound ham
- $\frac{1}{2}$ large white onion
- $\frac{3}{4}$ cup canned diced tomatoes
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon dried oregano
- 1 cup canned pinto beans
- $\frac{1}{4}$ cup tequila

Serve as a stew with fresh flour tortillas.

1. Cut the pork and ham into 1-inch cubes. Peel the onion and slice into $\frac{1}{4}$ -inch rounds.
2. Cook the bacon on medium heat in a frying pan until crisp. Reserve the grease in the pan and transfer the bacon to paper towels to drain. When cool, crumble.
3. Brown the pork and ham in the bacon fat. Add the onion. Turn the heat to medium. Cover and cook until soft, about 5 minutes.
4. Add the tomatoes, chili powder, cumin, oregano, and the crumbled bacon, stir well. Add the beans. Bring to a boil. Gradually stir in the tequila.
5. Continue to cook, uncovered, for 1 hour or until the pork is well done and the mixture is the consistency of a rich stew. Stir occasionally.

Dry Soup?

Many Mexican dishes feature bread or tortillas that are soaked in a sauce until the dish resembles more of a casserole or heavy stew than a soup. In Mexico, they refer to these dishes as dry soups. It's not certain where this name came from, but it's an apt description.

Rice with Sautéed Pork

 Serves 4

\$ Total Cost: \$2.41

- ¾ cup dry white rice
- ½-pound pork loin
- 1 small-sized yellow onion
- 1 cup canned pinto beans
- 1 tablespoon olive oil
- ⅛ teaspoon garlic powder
- 1 (6-ounce) can tomato paste
- 1 teaspoon salt
- ¼ teaspoon dried oregano
- ¼ teaspoon ground cumin
- ¾ teaspoon medium-hot red chili powder

Serve with Tropical Gelatin (see recipe to follow) and fresh flour tortillas.

1. Bring 3 cups of water to boil in a medium-sized pot. Add the rice; boil for 5 minutes. Reduce temperature to medium-low and simmer for 20 minutes. Drain off excess water.
2. Cut the pork into thin slices. Peel the onion and cut into ¼-inch pieces. Rinse and drain the pinto beans.
3. Heat the oil to medium temperature in a large frying pan. Add the pork and cook until browned. Add the onions, garlic powder, salt, oregano, cumin and chili powder; sauté lightly until the onions are soft and clear but not brown. Stir in the tomato paste and 1 cup of water.
4. Turn heat to low. Cover and simmer for 30 minutes.
5. Add the beans and stir lightly. Cover and simmer for 15 minutes longer.
6. Stir in the rice. Cook, uncovered, for 10 minutes.

TROPICAL GELATIN

 Serves 3

\$ Total Cost: \$3.35

- ½ cup papaya
- ½ cup guava
- ½ cup fresh pineapple
- 6 lady fingers
- 1 cup water
- 1½ packages unsweetened gelatin
- ¼ cup granulated sugar

1. Remove the rinds and cores from the pineapple, papaya, and guava. Cut the fruit into ½-inch pieces. Measure 1 cup of each fruit and mix together in a small mixing bowl. (Do not drain the juice from the fruit.)
2. Break the lady fingers into 1-inch pieces and line the bottom of 3 individual custard bowls with the pieces.
3. Bring the water to boil in a medium-sized pot. Add the gelatin and sugar; stir until both are dissolved. Remove from heat and stir in the fruit.
4. Let cool at room temperature until it begins to thicken.
5. Pour the mixture over the lady fingers. Cool in the refrigerator for at least 2 hours before serving.