

Disco Dogs (Submitted by Lou P.)

Ingredients:

One Package of Hot Dogs – 6 to 8

Three Bell Peppers – Green, Yellow and Red. Sliced thinly.

Three to Five Onions – Sliced thinly.

Package of Large Mission Flour Tortillas.-6 to 8

Place about a ½ cup of vegetable oil in the Discada and fry the Hot Dogs until “Crispy”. Set aside on paper towels. Pour off most of the oil and add the Peppers and Onions plus enough water to steam them

When the onions and peppers are soft and tender, add a heaping portion onto to a warm Tortillas and place a hot dog on top. You can add Salsa now if you wish. Wrap the Tortilla Burrito Style and serve.

Sesame Shrimp Fried Rice with Cabbage

(Submitted by Derek & Renee Fanguy – Columbia, Mo.)

1 pound peeled cleaned small shrimp

4 scallions (white and green parts), thinly sliced

1 tablespoon grated peeled fresh ginger

5 cups thinly sliced green cabbage, cut crosswise into 3-inch pieces

1 tablespoon toasted sesame oil

4 cups very cold cooked brown rice

3 tablespoons low-sodium soy sauce

2 tablespoons sesame seeds, toasted in a dry skillet over medium-high heat for about 1 minute, until golden brown

Heat the oil in the disk over high heat. Add the shrimp, scallions, and ginger and cook, stirring frequently, until the shrimp turn pink, about 1 ½ minutes. Add the cabbage and continue cooking, stirring occasionally, until it begins to soften but is still somewhat crisp, about 2 minutes more. Transfer the shrimp-cabbage mixture to a bowl. Heat the sesame oil in the disk over medium-high heat. Add the rice and cook, stirring frequently, until heated through, about 3 minutes. Add the shrimp-cabbage mixture back to the disk, stir in the soy sauce and sesame seeds, and serve.

Terry's Bohemian Cabbage & Paddlefish!

Main Ingredient: 1 Paddlefish (If no Paddlefish can be found, substitute your favorite fish or steak!)

1lb peppered bacon cut into 1 1/2" long pieces.

Get the bacon rendered down to where you could eat it, but still chewy then add a bunch of green onions diced, and 1 red onion chopped (disclaimer: The red onion is something I added and not sanctioned, or approved by the affore mentioned square-head). Cook the onion for a minute or three, then dump in two heads of chopped cabbage. Keep stirring and turning over, and adding salt as you go. Don't be afraid of the salt, it takes a bunch, and I add copious amounts of fresh ground black pepper. If you start to run short on oil you can add olive oil, just depends how fat the bacon is. I like to cook most of the crunch out of the cabbage, so the thick pieces crunch, but not the thin ones.

Chicken Scarpariello (submitted by Riley Shearin)

"Perfect for the disk - It's from an Italian restaurant called Rao's and is phenominal. I have made it a couple of times and is the real deal."

1 ½ cups vegetable oil

1lb sausage, a combination of hot and sweet, cut into bite-size pieces

2 2 ½ pound chickens, cut into 12 small pieces, bone in

2 large bell peppers, red, green or yellow, cored, seeded and cut, lengthwise into ¼ inch strips

1 large yellow onion, cut, lengthwise, into ¼ inch slices

1 teaspoon minced garlic

½ cup chicken broth

½ cup dry white wine

½ cup vinegared hot cherry peppers

½ cup vinegared sweet bell peppers

½ cup of vinegar from vinegared sweet bell peppers

½ teaspoon dried oregano

salt & pepper to taste

Heat oil in a large, deep sauté pan over medium-high heat. Sauté sausage for about 8 minutes until lightly browned. Using a slotted spoon, remove sausage from pan and set aside to drain. Reheat oil so that it is hot but not smoking, pat chicken dry, and sauté chicken for about 15 minutes or until it is almost cooked through.

Stir in bell peppers, onion, and garlic and sauté for 5 minutes or until vegetables are soft and beginning to brown. Drain off all excess oil. Return sausage to pan.

Add wine and chicken broth to chicken, sausage, and vegetables and bring to a boil. Stir in hot and sweet vinegared peppers, vinegar, oregano, and salt and pepper. Again, bring to a boil. Lower heat and simmer slowly for about 10 minutes or until flavors have combined and sauce has reduced. Remove from heat and serve.

serves 6