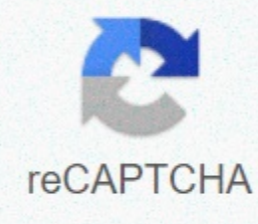




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Prodigy cookbook pdf

From prison surprises to sweet potato pies, Chef Boyar-P puts his own spin on classic prison dishes. There are many reasons why a man should learn to cook in prison. Inside, the food served during chow is notoriously low-quality, hopelessly bland, and served in small portions. Cooking on commissary items like ramen noodles, canned tuna, and butter packets-like unappetizing like that sounds like some allow inmates a little look at the food they enjoyed on the outside, with a hint of the flavor and seasoning their families enjoyed around the dinner table home. The physical act of cooking-dicing, chopping, and baking ingredients in toaster ovens or microwaves-even rings of everyday normality is lost on the outside, focusing on the mind. As true as that is, for Albert Prodigy Johnson, one half of the legendary Queensbridge hip-hop duo Mobb Deep, cooking in prison was not a luxury or a form of relaxation, but a sign of survival. After suffering from sickle cell anemia since childhood, Prodigy's mind was immediately focused on food after he was sentenced to three-and-a-half years in prison in 2007 on charges of weapons. On his first day on Rikers Island, the rapper was sent to the infirmary with food poisoning, and it became clear that contact in his body would be a matter of life and death. Now, about six years after he was released from prison, Prodigy has released Commissary Kitchen: My Infamous Prison Cookbook, detailing exactly how he managed to eat healthy in a system designed to wear men and women off the inside out. This book doesn't make you a better cook, but it might make you a better person, Prodigy writes in the introduction. Because in a world where prisoners are treated like animals, we have made our experience there more human by the way we prepared our food. From ingenious recipes on how to scoop out sticky elbow macaroni, a ketchup-soaked sangria, here are four of my favorite recipes from Prodigy's Commissary Kitchen. Ingredients: Graham Biscuits Canned Yams Sugar Honey Butter (five or six unique packs) Directions: With his sweet potato pie, P makes the crust out of finely crushed graham biscuits and melted butter packets. Then take some yams (as well as juice from the box) and mix it in a bowl with sugar and honey. After heating up the microwave and adding more butter, spread the warm yams over the graham biscuit shell and toast the whole thing for 25 minutes. Prodigy's tip: Eyeball to see if you need more time. Ingredients: Elbow macaroni Can be mixed vegetables Butter Hot sauce Salt directions: One of the creative dishes of Prodigy's adventures in the kitchen, the prison chef boils a bowl of macaroni in the microwave until the pasta turns to mounds and looks like crap. there, he makes small balls in the palm of his hand and flattens them with his thumb, creating small dumpling pockets. It fills the dumplings with canned vegetables, hot sauce and soy sauce, a lot of butter, and toast for three minutes. Prodigy's tip: Some inmates loved to make dumpling dough with wet bread, but it looked gross to me. You can also add some canned chicken to the mix, but it takes twice as long to cook. They're fast. Ingredients: Apple Orange Mixed Fruit Cup Bread Ketchup Sugar Directions: Although much has been written about how hooch has been in prison over the years, P fine-tuned the recipe once he's released, refusing to risk adding more time to his sentence. Once you've got the fruits, the rapper suggests you put them in a lockable bag, crush them until it looks fucking disgusting, and then let him sit in a bowl of hot, microwaved water. Finally, wrap the bag in a T-shirt and find a place to hide. Prodigy's tip: In a few days, the bag explodes, which means there's gas in it and it turns into liquor. Open the bag a little and add some ketchup and a ton of sugar. Ingredients: Ramen pasta Doritos (you can also replace the Cheez-Its or sliced cheese) Jack Mack (tuna works well too) Hot sauce Directions: Although Chef Boyar-P is definitely anti-ramen (too much sodium), prison surprises are one of the legendary prison dishes around, and the rapper decided to bless us with a recipe all the same. Basically, the Doritos make a kind of cheese sauce when they're crushed together and mixed with the hot dough. Jack Mack - or mackerel in a kettle - is rinsed and placed on top of the dough. Prodigy's tip: Good luck, yo. Tags News, lists, cookbooks, rappers, Prodigy, Prison Cooking O SlideShare utiliza cookies para otimizar a funcionalidade e o desempenho do site, assim como para apresentar publicidade mais relevante aos nossos usuários. Se você continuar a utilizar o site, você aceita o uso de cookies. Leia nossa Política de Privacidade e nosso Contrato do Usuário para obter mais detalhes. Ultimately, these aren't recipes you're probably trying at home – although it might just be the thing where your fridge is bare. — NPR BooksSimple recipes for a complex world. Here's what you get from commissary cuisine: - Clean Hands sweet potato pie-spicy seafood-Don't Be Salty Chicken Ramen-Barbecue Salmon-Vegetarian CurryAnd much more. In the coming of 2016, rapper Prodigy published his Commissary Kitchen cookbook as a long-awaited addition Originally, Prodigy's vision for Commissary Kitchen was to highlight the bare bones of prison conditions in which inmates are exposed and forcibly requiring a wide range of ideas when limited nutrition provided food purchased in the cafeteria. The conversation took place at Harvard, What, and Yale, with television appearances on NBC's The Tonight Show with Jimmy Fallon, TMZ, and a lengthy conversation with legendary radio personality Angie Martinez during the Barnes & Noble book presentation, as well as a food truck from the famous Smorgasburg.In My Infamous Life, Prodigy detailing his mindset and need for self-reflection while imprisoned but taken Take it a step further in commissary kitchen using recipes to tell the stories of life in prison as you wrestled with staying healthy as a silent sufferer of the SS type sickle cell anemia, by far the deadliest. Prodigy succumbed to the disease in 2017, although like his music, his effects live on forever. As the world is entrenched in a global pandemic, this book gives us a glimpse into survival in weak conditions. Again Commissary Kitchen is proving useful as we once had a prison and college dorm favorite now that can be applied to most human lives in search of fun and moderately healthy recipes using well-preserved products like canned goods for simple appliances and tools. The omelette black bean curry, with simple sauces and cuts, has plenty to pull from Commissary Kitchen as the current demand is to stretch the food supply as far and most affordable as possible – especially with the rising unemployment rate. Prodigy's original intention was to save lives, and now he's doing it again. Commissary Kitchen is much more than just a fun gift book; This is a basic survival guide in these uncertain times. Rest in peace, Prodigy. Ultimately, these aren't recipes you're probably trying at home – although it might just be the thing where your fridge is bare. — NPR BooksSimple recipes for a complex world. Here's what you get from commissary cuisine: - Clean Hands sweet potato pie-spicy seafood-Don't Be Salty Chicken Ramen-Barbecue Salmon-Vegetarian CurryAnd much more. Originally, Prodigy's vision for Commissary Kitchen was to highlight the bare bones prison conditions in which inmates are exposed and forcibly requiring a wide range of ideas when a limited amount of food is purchased in the commissary. 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