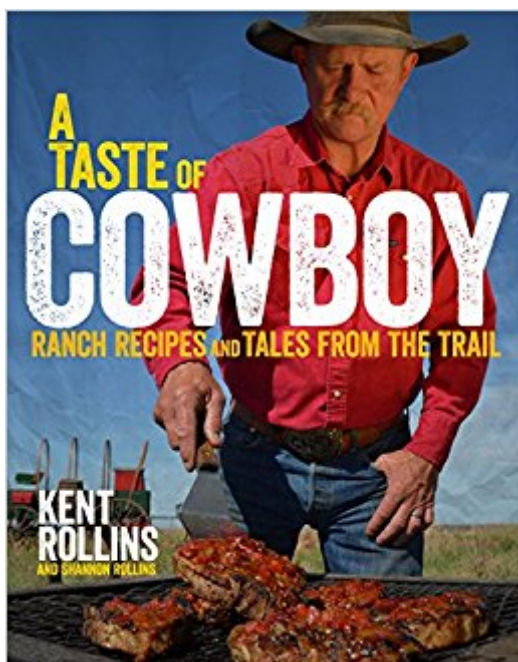


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A Taste Of Cowboy: Ranch Recipes And Tales From The Trail



Synopsis

Irresistible recipes from pantry ingredients by an authentic cowboy and TV veteran Whether he's beating Bobby Flay at chicken-fried steak on the Food Network, catering for a barbecue, bar mitzvah, or wedding, or cooking for cowboys in the middle of nowhere, Kent Rollins makes comfort food that satisfies. This gifted cook, TV contestant, and storyteller takes us into his frontier world with simple food anyone can do. A cowboy's day starts early and ends late. Kent offers labor-saving breakfasts like Egg Bowls with Smoked Cream Sauce. For lunch or dinner, there's 20-minute Green Pepper Frito Pie, hands-off, four-ingredient Sweet Heat Chopped Barbecue Sandwiches, or mild and smoky Roasted Bean-Stuffed Poblano Peppers. He even parts with his prized recipe for Bread Pudding with Whisky Cream Sauce. (The secret to its lightness? Hamburger buns.) Kent gets creative with ingredients on everyone's shelves, using lime soda to caramelize Sparkling Taters and balsamic vinegar to coax the sweetness out of Strawberry Pie. With stunning photos of the American West and Kent's lively tales and poetry, A Taste of Cowboy is a must-have for everyone who loves good, honest food and wants a glimpse of a vanishing way of life.

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Customer Reviews

View larger Sparklin' taters from A Taste of Cowboy Prep time: 25 minutes | total time: 1 hour and 5 minutes | serves 6 to 8 ;So what makes 'em sparkle?; That's the question I'm always asked. I tell folks it's because they put a

sparkle in the eye of anyone who eats them. But you'll see by the ingredients that's not the only reason. I was on the 5R Ranch in the Texas Panhandle, about to prepare the last meal before we had to break camp and go home, when this recipe was accidentally born. I wanted to fry up some taters, but I realized I didn't have any oil left over. I prowled around to see what I had, and lo and behold, I found some Sprite. The lemon-lime soda has a delicious caramelizing effect on the potatoes.

Directions

1. Preheat the oven to 400 degrees Fahrenheit. Lightly grease an 11-x-13- inch casserole dish.
2. Place the potatoes in cold water and set aside.
3. In a large skillet, fry the bacon over medium heat until it begins to brown. Add the jalapeños, onion, and garlic. Reduce the heat to medium-low and continue cooking until the bacon is three quarters done and the vegetables have softened, about 8 minutes. Remove from the heat.
4. Drain the water from the potatoes. Place a layer of potatoes on the bottom of the prepared casserole dish. Cover with half of the bacon mixture and sprinkle with salt and pepper to taste. Repeat with the remaining ingredients. Pour the soda over the entire mixture until it reaches about three-quarters up the side of the dish.
5. Cover the dish with foil and bake for 20 minutes. Remove the foil and stir. Replace the foil and continue baking for about 20 minutes more, or until the potatoes are tender. Serve hot.

Tip: Covering the dish will help keep the liquid from boiling out, but feel free to add more soda during cooking if the potatoes do not have enough moisture to soften them.

Ingredients

- 5 russet potatoes, cut into 1/4-inch-thick slices
- 7 slices thick-cut bacon, cut into 1-inch pieces
- 2 jalapeños, seeded and diced
- 1 large yellow onion, sliced
- 2 tablespoons minced garlic
- Salt and pepper
- 3 to 4 cups lemon-lime soda (such as Sprite, 7Up, etc.)

Kent Rollins is one of my favorite people ever to appear on Chopped. His cowboy-gentleman manners, his jokes—but, most of all, his delicious chuckwagon cooking—needs to find its way into your heart, and onto your table. I know your family will enjoy this collection of delicious, easy recipes and stories as much as I do.

— Ted Allen, host, Food Network's Chopped

Kent Rollins is the real deal. This book is a humble and delicious tribute to life on the trail. With its heartwarming stories, rich descriptions, and honest, down-home recipes, you'll feel as though you're sitting by the fire, under the wide-open sky.

— Mike Mills, 17th Street Barbecue

Ken Rollins is a modern day cookie, a wise-acre, a secret poet, and a damned fine cook. With humor and reverence in equal measure, he opens up the cowboy's kitchen to us: There are angel-wing biscuits here, and creamy chile-based sauces, and the most epic chicken fried steak ever devised—along with the weirdest equipment list I've ever seen. (A gourd dipper and a shovel!) In the tradition of chuckwagon cooks, he serves up the beans with a side of profundity

and wit." Amy Thielen, author, *The New Heartland Table* "Kent and Shannon Rollins take us on the stunning journey of a chuck wagon cook. You will want to make and eat every single one of these mouthwatering recipes. This book is complete with life lessons, home remedies, and touching stories of a tightly knit cowboy family. You will learn the cowboy code: 'Don't question the cook.' Wise words to live and eat by!" Amanda Freitag, chef and judge *Chopped* "A Taste of Cowboy takes me right back to my Southern roots. The eloquent prose and breathtaking pictures make me want to head to Oklahoma, jump on the Chuck Wagon, jingle the horses, cook on Bertha and sit around a campfire with Kent and Shannon to hear some cowboy stories. This is the good life, and with my fast-paced world, I want to be there." Cat Cora, cohost *Iron Chef America* "Kent and Shannon have taken me along the plains of Oklahoma on their chuck wagon without my ever having set a foot there. Along the ride, I have buckled my belt more than twice from laughing so hard at their stories. If there is any book that can remove the fear of cooking from absolutely ANYONE, it is this one." Pati Jinich, author, *Pati's Mexican Table*

KENT ROLLINS grew up ranching and began cooking for cattle ranches in 1993 from his 1876 Studebaker chuck wagon. An acclaimed storyteller and poet, Kent has appeared on the Food Network and NBC's Food Fighters. He and his wife, SHANNON, run Red River Ranch Dutch Oven Cooking Camp.

I have been waiting almost 4 months for this book to be released and delivered. I saw Kent Rollins on 'Chopped' and loved him. I had already tried his 'Sparkling Taters' and loved them so when the book finally came, I just had to try something IMMEDIATELY! Mexican Tortilla Lasagna...fast, easy, so darn good. I paired it with Fiesta Cabbage Salsa. Oh, yeah! While the lasagna was in the oven, I started reading. Cooking tips, stories, a song or two. Fantastic. And, the thing that I like best is that all the recipes are easy to make with ordinary ingredients so that I don't have to go to a specialty store for a special spice that I will never use again. I have a lot of cookbooks but I think that this one is going to be right by my old Betty Crocker cookbook as I will be using it often. I want to try almost every recipe in it. *sigh* I might even try the meatloaf recipe. And I HATE meatloaf.

I have lots and lots of cookbooks (maybe 150) and I have to say that this is up there in the Top 10 - maybe the Top 5. The recipes are all very different from many of the typical things you find. I always think that if you find one really great recipe in a cookbook, it was worth it. I just received this so I

haven't made anything yet, but I saw so many that I want to try. None of them are complicated and are items that you already have in your pantry or are easy to find. I read the whole book and I just think it's great. Great pictures and just enough stories. This one was well worth the money!!!

I received this book today and immediately started reading it. I read the dedication and the acknowledgments then on to the stories. THIS BOOK IS AMAZING. Kent talks about the people he has met. My favorite is Leon.. Titled "Leon goes to church". I was reading it aloud and my husband was just laughing. I told him, this is like a great story book with recipes, rather than a recipe book and some stories. I can honestly say, This is the first recipe book I have actually read. I have other recipe books i just glance through until I see something i may like. I would definitely recommend this book !!! and the price is great !!!

We borrowed this cookbook from the local library to check it out. By the time my wife and I had finished flagging recipes to try, we decided to buy the book. The book is nicely done: excellent pictures and stories to accompany the recipes. The recipes, unlike many cookbooks, do not call for exotic ingredients. We've thoroughly enjoyed eating the food prepared from recipes in this book. If you like glitzy, fancy food, this book is probably not for you; but if you enjoy down-home comfort food, you will probably love this cookbook.

I have watched Kent Rollins' Youtube videos for quite some time. He always amazes me with his experience and skill at cooking with cast iron and fire. I have found myself using my grill more and more lately. His tips for grilling pork and chicken on the grill are priceless and I have had fantastic results using them. I bought this book to help support Kent and also to see what was inside since I had heard many good things about it. This book is a work of art. It does have cooking recipes and methods in it, for sure. But I promise you it contains much more content, too. The pictures are wonderful and nicely complement the words by Kent and Shannon about various things in the cowboy life. I recommend this book to anyone interested in grill or dutch oven cooking.

I've been watching Kent for a while now on YouTube. I found out he'd made up a good book full of recipes and stories from the trail and I just had to buy it. Glad I did too. Have been reading in it a little here and there and I really enjoy it. Haven't had a chance to try any recipes out of the book yet but have off YouTube and I gotta say, good eats! Thanks to Kent and his wife for their knowledge and sharing it with me! Good experience buying this book and I highly recommend it.

If you want good tasting, affordable, 'stick to your ribs' food, that blue collar working people, who built this Country [USA] cooked, then you will want this cookbook. This folks, is the Real Deal. I came from a family of ministers who never had much money but we had some of the best tasting food that was available and it was the same food and recipes found in this book. I have a lot of cookbooks but out of all of them, this is my favorite. I love the country charm of the Cowboy pictures included in this book. Shannon Keller Rollins captured the photographs with amazing results. I highly recommend this book. You will love it and the recipes are incredible!

FANTASTIC BOOK! Not only a GREAT recipe book, but entertaining as well!!I've been cooking out of Dutch Ovens for nearly two years, and Kent got me started using them via YouTube, so when this book came out, I had to grab it!HIGHLY RECOMMEND. I will be sharing his recipes on my YouTube Channel as well (search "Texas Trumper")

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