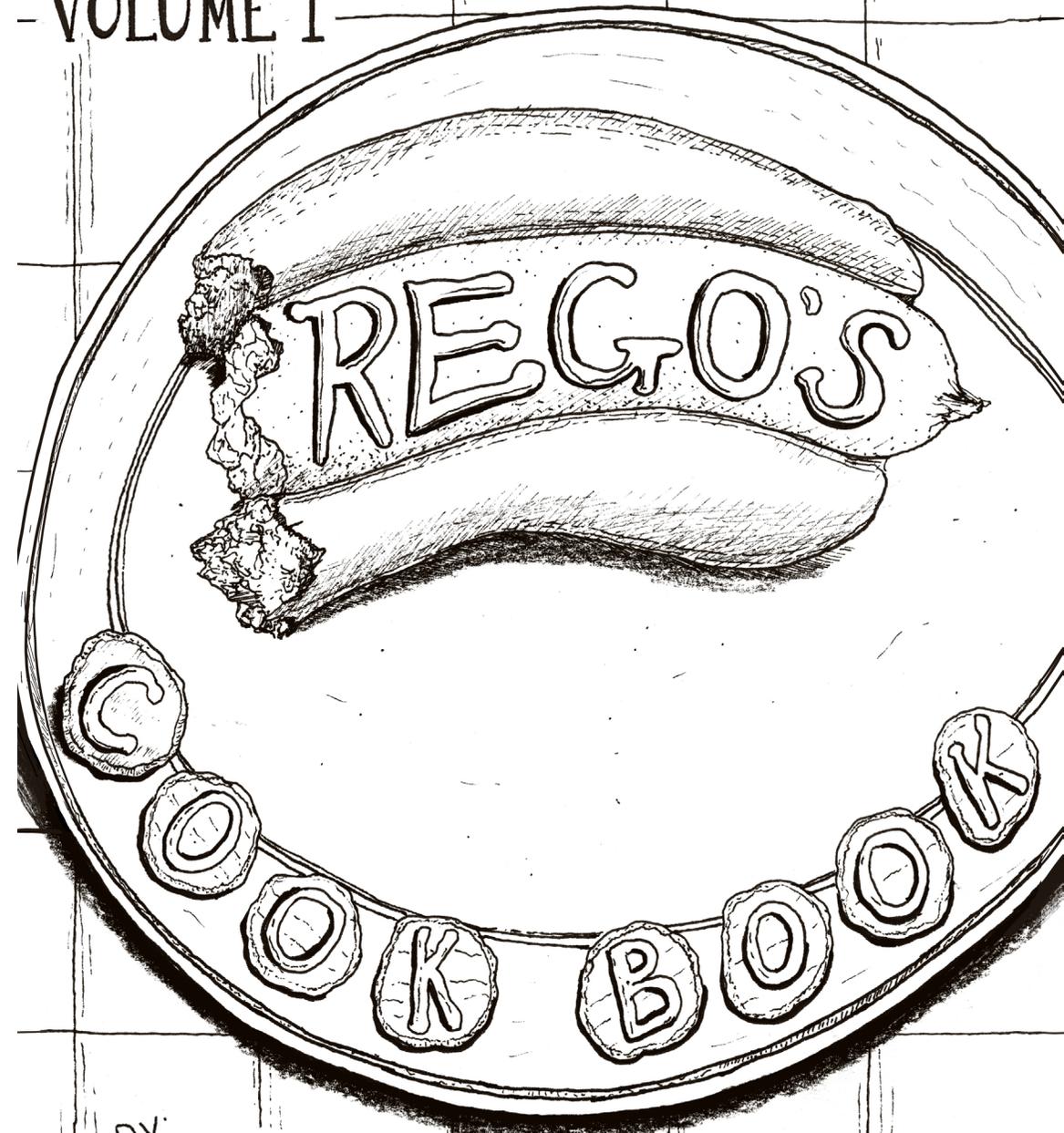


VOLUME 1



A CONTEMPORARY TAKE  
ON BELOVED CLASSICS

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BY  
JOHN REGO

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# CANDY CORN BRUSCHETTA

Nothing says summer like hand picked tomatoes sitting ideally on a slice of burnt Italian bread. I've spent countless nights shoveling as much bruschetta down my throat as humanly possible while watching Deal or No Deal on my outdoor balcony. I can't get enough.

Bruschetta is a family favorite. I make it for lunch, dinner, and dessert every-other-day in July, and the first third of August. Sometimes the kids protest, but all I have to do is zip tie them to the comfiest wicker chair, put the bruschetta in a blender, and funnel the tomatoey goop straight to their stomachs. My hubby is always glad to help out.

Despite my overwhelming love for bruschetta, even I have to mix it up sometimes. Therefore, I crafted a new variety for those with a sweet tooth. The Candy Corn Bruschetta, a worthy sidekick for any meal, cup of tea, or six dollar bottle of merlot. I perfected the recipe during my residency in Naples (Florida). You will not be disappointed.



## INGREDIENTS

- One Jumbo Candy Corn
- Fresh Basil
- Fresh Tomatoes
- Mozzarella

## DIRECTIONS

1. Open a bag of candy corn, and select the largest piece. Place the candy corn on a plate.
2. Dice the freshest of the fresh tomatoes. If it's not 100% fresh don't use it. Be wary of store bought tomatoes.
3. Slice a piece of mozzarella. If you love cheese slice it thickly, if it's not your thing thin slices will do. Regardless you need the mozzarella. If you can't eat cheese this recipe is not for you.
4. Place the diced tomatoes on top of the mozzarella and cook in the microwave for precisely 28 seconds.
5. Select a basil leaf between 4 and 6 centimeters long, no thicker than 2 millimeters. Stick it on the top of the melted mozzarella and tomato.
6. Seat the mozzarella, tomato, and basil on the piece of candy corn.
7. Enjoy:)

# PICKLED BOLOGNA SANDWICH



Everybody enjoys a slice of bologna crammed between white bread, American cheese, and mayonnaise. It's a classic. The perfect snack for any school lunch, picnic, soccer game, wedding, symphony orchestra, funeral, or aggressive political rally. Bologna sandwiches are magnificent! I used to eat six of them a day until I got a serious case of the gout, and my doctor advised me to switch to hummus.

Although I'm not permitted to enjoy bologna these days (I sneak a slice every morning when my hubby isn't looking), I'd like to share with you one of my tricks to preserve and enjoy a bologna sandwich twenty-four-seven. Maybe your nearest 24 hour delicatessen is uncivilized and doesn't carry it, the bologna you brought on your kayaking trip has gone stale, or you're dealing with pesky doctors. None of this matters with my latest bologna delicacy. I present to you the, "The Pickled Bologna Sandwich", a simple and delicious way to enjoy bologna whenever. Be aware that this recipe is only for hardcore bologna lovers. If you're not bolney about bologna tear this page out of the book and dissolve it in hydrochloric acid.

## INGREDIENTS

- Bologna Sandwich
- Apple Cider Vinegar
- Dill weed
- Peppercorns
- Salt
- Red Pepper Flakes

## DIRECTIONS

1. Acquire your favorite bologna sandwich.
2. Pour the vinegar into a large jar, and add the seasoning.
3. Drop the bologna sandwich into the jar
4. Store anywhere for emergency enjoyment. In the glove compartment, under the sink, in your office desk, on the top of the toilet, in camping accessories, even in an oversized hat. It doesn't fucking matter!

# CACTUS SPAGHETTI

Last autumn, I spent an extensive amount of time sampling Arizona's finest cuisine. I visited every five star restaurant in Phoenix, Scottsdale, Tucson, and Flagstaff in addition to meeting with independent ranchers and small town farmers. Several months and thousands of stipend dollars later, I came up with this humdinger of a recipe. The Cactus Spaghetti: a mixture of a classic New York spaghetti with an Arizona twist. I hope you enjoy this bi-coastal delight.

## INGREDIENTS

- Prickly Pear Cactus
- Stop N Shop Brand Whole Wheat Angel Hair Spaghetti
- Emeril Lagasse Garlic Pasta Sauce
- Garlic
- Parmesan
- Onions
- Mushrooms
- Salt
- Red Chili (Optional)
- Olive Oil

## DIRECTIONS

1. Bring the water to a boil in a large cast iron pot. Once completed, add a dash of salt and the Stop N Shop Brand Whole Wheat Angel Hair Spaghetti.
2. Place an entire garlic with the skin and all on a skillet. Drench the skillet in olive oil, and bring the stove to the highest possible temperature.
3. Add the mushrooms and onions. Gently cook until they are burnt to a crisp.
4. By this point the pasta should be ready. Pour out some of the water while keeping the pasta in the pot. Do not use a strainer. Be sure to keep a small puddle on the bottom of the pot to ensure sogginess.
5. Dump Emeril Lagasse's Garlic Sauce into the pasta. Be generous. Add a little red chili if you like it spicy.
6. Now it's time to plate. Pound the burnt mushroom, garlic and onion into a fine powder. Generously rub the powder on the inside of the bowl.
7. Half-assedly wash the bowl. You want to retain some mushroom and onion reminisce for flavor.
8. Add the spaghetti to the bowl. Make sure to dig a hole in the center as if the spaghetti is soil in a plant pot.
9. Wearing gloves rip a prickly pear cactus from its pot. Plant it in the bowl of spaghetti. Don't worry about taking the pricklers out. That is what your tongue is for.
10. Dust the dish with a little Parmesan cheese. Voila.



# FISH TANK ASPIC

Who doesn't love going to the dentist office, and staring at the fish tank for hours on end? Not a person in the world. Every Wednesday and Thursday I sit through an hour and a half of rush hour traffic just to visit my aquatic friends. Most of the time I don't even have an appointment; I'm that serious about fish.

Why not get a fish tank you may ask. My landlord is the reason. Ever since the guppy incident, he imposed a five mile restraining order on anything that swims. He strategically mapped his daily routes, so he will always be a comfortable distance from a water-body. A tough task when you live in Brooklyn. I emphasize with him, but I still have a gaping hole in my chest that can only be filled with a fish tank. That is why I crafted this recipe. If you can't have it, you might as well eat it.

## INGREDIENTS

-One Pound of Unseasoned Gelatin  
-Salt  
-Pepper

-One Lemon  
-Herbs and Spices  
-Contents of a Fish Tank

## DIRECTIONS

1. Go to the nearest pet store, and purchase a fish tank. Make sure to get at least three goldfish, a rock, and a few accessories.
2. Construct the fish tank.
3. Maintain the tank for two days to guarantee freshness.
4. After the third day, dump the contents of the fish tank into a large pot.
5. Boil the water, and add the gelatin and spices.
6. Refrigerate for six hours.
7. Accompany the aspic with a slice of lemon.
8. Enjoy! (Please note this recipe is not vegan).



# BANANA AND HAM CANDLE

If you're the type of person who likes to wear blue jeans to the gym this dish is for you. A dish for people who hunt wild turkeys with fishing poles, a dish for people who enjoy driving through rural New Hampshire in a 1993 Toyota Tacoma while sneaking a bump when the passenger isn't looking. Perhaps you like to touch the paintings at the MET, still this dish is for you. The Banana and Ham Candle, a dish for the metropolitan but country person, a dish for everybody.

This recipe has been in my family for eons. I make it every Christmas, Easter, Thanksgiving, and Saint Patrick's Day. It's the perfect off-putting center piece for any holiday or festivity.



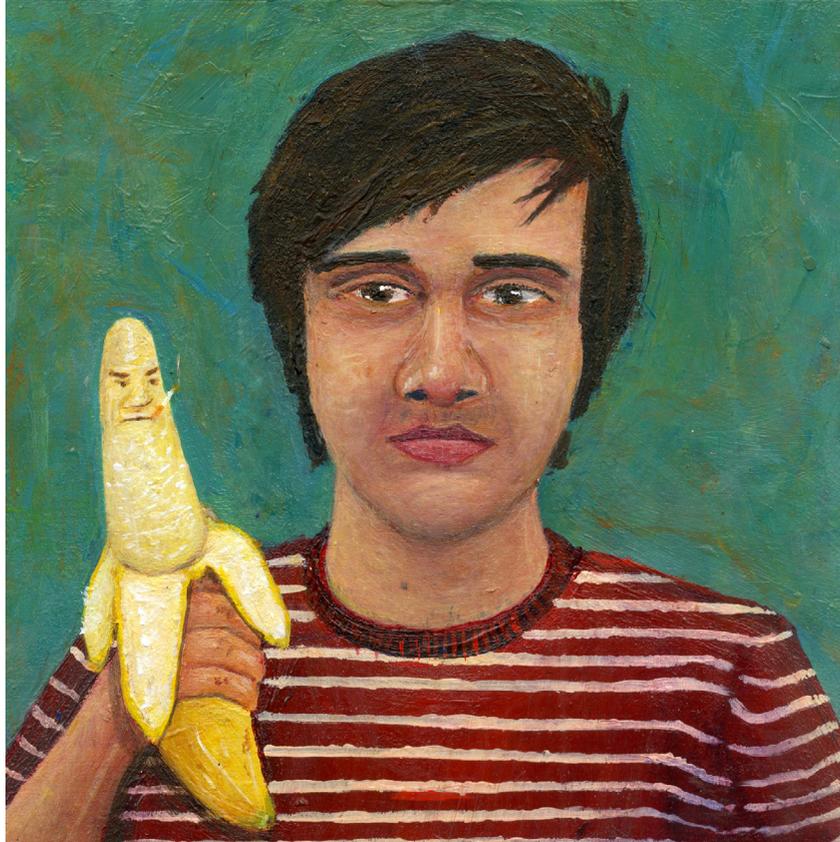
## INGREDIENTS

- Live Pig
- Three Peeled Bananas
- Hollandaise Sauce
- Maraschino Cherries
- Pork Seasoning
- Tranquilizer

## DIRECTIONS

1. Find a live pig. I suggest a farm, or the woods. The pig must be alive to assure freshness.
2. Tranquilize the pig and or yourself, at least one party has to be Zen for step three.
3. Restrain the pig. Blanket your carpet with old newspapers, and drop cloths, it gets messy. If you elected to take the tranquilizer I suggest you do this part prior.
4. Grab a large two handed sword and decapitate the pig. Drain the blood and discard the rest of the body. I'd advise against shoving it down the garbage disposal. The trash chute usually works for me.
5. Preheat the oven to 266 Kelvins, and generously coat the pig's head in seasoning.
6. Bake for 26 hours. It may catch on fire so be vigilant. Stand by the oven with a fire extinguisher for the extent of the bake.
7. Take the pig's head out of the oven and let cool. Gouge out three holes for the bananas. Peel the bananas and shove them into the holes.
8. Top the bananas with hollandaise sauce, and a maraschino cherry.
9. Serve on a silver platter, and dig in:~!

# ABOUT CHEF REGO



I was born on the 30th day of the 4th month in the capital city of Rhode Island. Cooking has always been in my blood. I can't remember a moment of my life when a microwave oven wasn't rummaging around my cranium. While most children sculpted snakes and rabbits out of play-dough, I stuck it in the oven and tried to make pizza. From an early age, my parents nurtured my burning culinary passion. They provided me with a bountiful supply of hot dogs and baked beans to cook to my heart's delight. Eventually, my recipes became sophisticated. I received a degree in the culinary arts from Johnson and Wales, and furthered my education at residencies in Paris (Texas), Naples (Florida), and London (Ontario).

I went on to become head chef at the esteemed restaurant chain, Applebee's. After several years of impeccable cooking, I was fired for putting a sock in the clam chowder. For most, this would be an unrecoverable tragedy, yet I rose from the ashes. I moved to New York, became the master chef at Chili's, started a home cooking blog, and the rest is history. Nothing will stop me from cooking, not even death. My relatives are legally bound to bury me in a microwave, with a spatula and a dozen hot dogs. I will cook for eternity.



JOHN REGO  
ILLUSTRATOR · FINE ARTIST

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