

# RECIPES FROM THE OSFM KITCHEN

## CHUCK'S BISCUITS AND GRAVY

### INGREDIENTS

1 lb.	Sausage
	Seasoned salt
1 t.	Minced garlic (Chuck usually puts in more)
1 cube	Butter
$\frac{2}{3}$ C.	Flour
$\frac{1}{2}$ gal.	Whole milk
	Salt and pepper

### INSTRUCTIONS

1. Preheat oven for biscuits. Chuck recommends refrigerator biscuits or making Krusteaz biscuits, follow the directions indicated on the package for oven temperature and directions.
2. Brown the sausage until nearly crispy brown with garlic and seasoned salt stirred in. Once browned, add and melt butter. Once butter melts, add and stir in flour until creamed and there is no dry flour.
3. Leave the heat up and add the milk. Stir fairly often to keep from sticking to the pan - heat between medium and medium/high. Bring just to bubbling, do not boil. When mixture bubbles, turn heat to low and simmer and stir until completely blended and the flour is "cooked out" (15-20 minutes). Gravy will thicken as it sits and begins to cool.
4. A little less milk makes it thicker and you can cut/add proportionately to make bigger and smaller batches. (Chuck makes it for the parish using 4 gallons of milk = a LOT of gravy). Whole milk blends and riches gravy, which is Chuck's preference.

IF YOU ARE  
**SIMMERING,  
BAKING, OR  
ROASTING  
FOOD,**  
CHECK IT REGULARLY,  
REMAIN IN THE HOME  
WHILE FOOD  
IS COOKING, AND  
**USE A TIMER**  
TO REMIND YOU THAT  
YOU ARE COOKING.

KEEP ANYTHING  
THAT CAN CATCH  
FIRE AWAY  
FROM YOUR  
**STOVETOP.**

IN CASE OF AN  
**OVEN FIRE,**  
TURN OFF THE HEAT AND  
KEEP THE DOOR CLOSED  
UNTIL IT IS COOL. IF YOU  
CANNOT CONTAIN THE FIRE,  
**GET OUT & CALL 9-1-1.**



Oregon State Police  
**OFFICE OF STATE FIRE MARSHAL**  
503-934-8228  
[oregon.gov/osp/sfm](http://oregon.gov/osp/sfm) | [osfmce@osp.oregon.gov](mailto:osfmce@osp.oregon.gov)  
facebook [fb.com/OregonStateFireMarshal](https://www.facebook.com/OregonStateFireMarshal)  
twitter [twitter.com/OSFM](https://twitter.com/OSFM)



# RECIPES FROM THE OSFM KITCHEN

## SONYA'S BROWNIE PIE

### INGREDIENTS

- 1 box Brownie mix  
Oil, eggs, & water as required by brownie mix instruction
- 1 box Chocolate pudding mix
- 2 C. Milk or ingredients required by pudding mix
- 1 ctr. Cool Whip (whipped topping)

### INSTRUCTIONS

1. Bake brownies in a pie pan.
2. When cool, remove the center of brownie pie, leave some around edges and bottom to create the "pie crust." There is no right or wrong way - make as thick or thin as you like. Set the extra brownie crumble aside.
3. Follow directions on pudding pie filling box. After it thickens up, add half the tub of whipped topping and half the left over brownie crumbles. Use this to fill the pie crust.
4. Top with remaining whipped topping and garnish with remaining crumbles.
5. Refrigerate until you are ready to eat it.

IF YOU ARE  
**SIMMERING,  
BAKING, OR  
ROASTING  
FOOD,**  
CHECK IT REGULARLY,  
REMAIN IN THE HOME  
WHILE FOOD  
IS COOKING, AND  
**USE A TIMER**  
TO REMIND YOU THAT  
YOU ARE COOKING.

**INSTALL  
SMOKE  
ALARMS**

ON EVERY LEVEL  
OF YOUR HOME,  
OUTSIDE SLEEPING  
AREAS (HALLWAY), &  
IN EACH BEDROOM

IN CASE OF AN  
**OVEN FIRE,**  
TURN OFF THE HEAT AND  
KEEP THE DOOR CLOSED  
UNTIL IT IS COOL. IF YOU  
CANNOT CONTAIN THE FIRE,  
**GET OUT & CALL 9-1-1.**



Oregon State Police  
**OFFICE OF STATE FIRE MARSHAL**  
503-934-8228  
[oregon.gov/osp/sfm](http://oregon.gov/osp/sfm) | [osfmce@osp.oregon.gov](mailto:osfmce@osp.oregon.gov)  
facebook [fb.com/OregonStateFireMarshal](https://www.facebook.com/OregonStateFireMarshal)  
twitter [twitter.com/OSFM](https://twitter.com/OSFM)



# RECIPES FROM THE OSFM KITCHEN

## JAY'S CHICKEN MARSALA

### INGREDIENTS

- 4 Skinless, boneless, chicken breasts (about 1 1/2 pounds)
- .....
- All-purpose flour, for dredging
- .....
- Kosher salt and freshly ground black pepper
- .....
- 1/4 C. Extra-virgin olive oil
- .....
- 4 oz. Prosciutto, thinly sliced
- .....
- 8 oz. Porcini mushrooms, stemmed and halved
- .....
- 1/2 C. Sweet Marsala cooking wine
- .....
- 1/2 C. Chicken stock
- .....
- 2 T. Unsalted butter
- .....
- 1/4 C. Chopped flat-leaf parsley

### INSTRUCTIONS

1. Put the chicken breasts side by side on a cutting board and lay a piece of plastic wrap over them; pound with a flat meat mallet, until they are about 1/4-inch thick. Put some flour in a shallow platter and season with a fair amount of salt and pepper; mix with a fork to distribute evenly.
2. Heat the oil over medium-high flame in a large skillet. When the oil is nice and hot, dredge both sides of the chicken cutlets in the seasoned flour, shaking off the excess. Slip the cutlets into the pan and fry for 5 minutes on each side until golden, turning once – do this in batches if the pieces don't fit comfortably in the pan. Remove the chicken to a large platter in a single layer to keep warm.
3. Lower the heat to medium and add the prosciutto to the drippings in the pan, saute for 1 minute to render out some of the fat. Now, add the mushrooms and sauté until they are nicely browned and their moisture has evaporated, about 5 minutes; season with salt and pepper. Pour the Marsala in the pan and boil down for a few seconds to cook out the alcohol. Add the chicken stock and simmer for a minute to reduce the sauce slightly. Stir in the butter and return the chicken to the pan; simmer gently for 1 minute to heat the chicken through. Season with salt and pepper and garnish with chopped parsley before serving.

**HEAT OIL SLOWLY,**  
ALWAYS USE A  
TIMER TO REMIND  
YOU THAT YOU ARE  
PREPARING FOOD,  
AND **NEVER**  
**LEAVE**  
**COOKING**  
**FOOD**  
**UNATTENDED.**

KEEP ANYTHING  
THAT CAN CATCH  
FIRE AWAY  
FROM YOUR  
**STOVETOP.**

IF YOU HAVE A  
**COOKING FIRE,**  
SMOTHER THE FLAMES BY  
CAREFULLY SLIDING A LID  
OVER THE PAN, AND TURN  
OFF THE BURNER. IF YOU CAN  
NOT CONTAIN THE FIRE,  
**GET OUT & CALL 9-1-1.**



Oregon State Police  
**OFFICE OF STATE FIRE MARSHAL**  
503-934-8228  
[oregon.gov/osp/sfm](http://oregon.gov/osp/sfm) | [osfmce@osp.oregon.gov](mailto:osfmce@osp.oregon.gov)  
 [fb.com/OregonStateFireMarshal](https://www.facebook.com/OregonStateFireMarshal)  
 [twitter.com/OSFM](https://twitter.com/OSFM)



# RECIPES FROM THE OSFM KITCHEN

## FRASER'S CHOCOLATE CHIP COOKIES

### INGREDIENTS

2 C. Butter  
1½ C. White sugar  
2 C. Dark brown sugar  
3 Eggs  
1 T. Vanilla (real is better)  
6 C. Flour  
1 t. Salt  
1 T. Baking soda  
2 pkg. Guittard semi sweet  
(or dark chocolate) chips

### INSTRUCTIONS

1. Cream together butter, white sugar, and brown sugar.
2. Add eggs and vanilla.
3. Mix flour, salt, and baking soda together first, and then slow mix in.
4. Stir in chocolate chips.
5. Refrigerate dough – 20 min or more.
6. Spoon onto greased sheet and bake at 375° for 9-10 min.

IF YOU ARE  
**SIMMERING,  
BAKING, OR  
ROASTING  
FOOD,**  
CHECK IT REGULARLY,  
REMAIN IN THE HOME  
WHILE FOOD  
IS COOKING, AND  
**USE A TIMER**  
TO REMIND YOU THAT  
YOU ARE COOKING.

**INSTALL  
SMOKE  
ALARMS**

ON EVERY LEVEL  
OF YOUR HOME,  
OUTSIDE SLEEPING  
AREAS (HALLWAY), &  
IN EACH BEDROOM

IN CASE OF AN  
**OVEN FIRE,**  
TURN OFF THE HEAT AND  
KEEP THE DOOR CLOSED  
UNTIL IT IS COOL. IF YOU  
CANNOT CONTAIN THE FIRE,  
**GET OUT & CALL 9-1-1.**



Oregon State Police  
**OFFICE OF STATE FIRE MARSHAL**  
503-934-8228  
[oregon.gov/osp/sfm](http://oregon.gov/osp/sfm) | [osfmce@osp.oregon.gov](mailto:osfmce@osp.oregon.gov)  
facebook [fb.com/OregonStateFireMarshal](https://www.facebook.com/OregonStateFireMarshal)  
twitter [twitter.com/OSFM](https://twitter.com/OSFM)



# RECIPES FROM THE OSFM KITCHEN

## JAMIE'S EGG ROLL IN A BOWL

### INGREDIENTS

- 2 T. Sesame oil
- 6 Green onions sliced, green and white parts divided
- 5 Cloves garlic minced
- 1 lb. Ground turkey
- 1 t. Fresh grated ginger
- 1 Can water chestnuts chopped (8 oz.)
- 1 T Sriracha sauce or chili-garlic sauce
- 1 Bag coleslaw mix (14 oz.)
- 3 T. Coconut aminos or soy sauce
- 1 T. Rice wine vinegar
- 1/8 t. White pepper
- Salt to taste

### GARNISH

- Black sesame seeds
- Green parts of sliced green onions from above

### INSTRUCTIONS

1. Heat sesame oil in a large skillet, over medium heat. Add the white parts of green onions and garlic, sauté, stirring frequently about 5 minutes.
2. Add ground turkey, grated ginger, water chestnuts, and sriracha sauce or chili-garlic sauce. Cook until the turkey is browned, broken up, and cooked through (about 7-10 minutes).
3. Add coleslaw mix, coconut aminos or soy sauce, rice wine vinegar, white pepper, and salt, to taste, and stir until well combined. Cook, stirring regularly, until cabbage is tender, about 5 minutes.
4. Garnish with the green parts of the green onions and black sesame seeds.

**HEAT OIL SLOWLY,**  
ALWAYS USE A  
TIMER TO REMIND  
YOU THAT YOU ARE  
PREPARING FOOD,  
AND **NEVER**  
**LEAVE**  
**COOKING**  
**FOOD**  
**UNATTENDED.**

KEEP ANYTHING  
THAT CAN CATCH  
FIRE AWAY  
FROM YOUR  
**STOVETOP.**

IF YOU HAVE A  
**COOKING FIRE,**  
SMOTHER THE FLAMES BY  
CAREFULLY SLIDING A LID  
OVER THE PAN, AND TURN  
OFF THE BURNER. IF YOU CAN  
NOT CONTAIN THE FIRE,  
**GET OUT & CALL 9-1-1.**



Oregon State Police  
**OFFICE OF STATE FIRE MARSHAL**  
503-934-8228  
[oregon.gov/osp/sfm](http://oregon.gov/osp/sfm) | [osfmce@osp.oregon.gov](mailto:osfmce@osp.oregon.gov)  
facebook [fb.com/OregonStateFireMarshal](https://www.facebook.com/OregonStateFireMarshal)  
twitter [twitter.com/OSFM](https://twitter.com/OSFM)



# RECIPES FROM THE OSFM KITCHEN

## RACHEL'S HONEY BUTTER CARAMEL CORN

### INSTRUCTIONS

1. Pop the popcorn and set aside.
2. In a small saucepan, melt the butter over medium heat.
3. Stir in honey and bring to a boil, stirring constantly.
4. Remove from the heat.
5. Pour the honey butter mixture over the popcorn and mix until popcorn is evenly coated.
6. Let cool and enjoy.

### INGREDIENTS

2 Bags Microwave popcorn  
(or 6 cups of air popped popcorn)

½ C. Butter

½ C. Honey

**ALWAYS  
USE A TIMER  
TO REMIND YOU  
THAT YOU ARE  
PREPARING FOOD,  
AND NEVER  
LEAVE  
COOKING  
FOOD  
UNATTENDED.**

**KEEP ANYTHING  
THAT CAN CATCH  
FIRE AWAY  
FROM YOUR  
STOVETOP.**

**IF YOU HAVE A  
COOKING FIRE,  
SMOTHER THE FLAMES BY  
CAREFULLY SLIDING A LID  
OVER THE PAN, AND TURN  
OFF THE BURNER. IF YOU CAN  
NOT CONTAIN THE FIRE,  
GET OUT & CALL 9-1-1.**



Oregon State Police  
**OFFICE OF STATE FIRE MARSHAL**  
503-934-8228  
[oregon.gov/osp/sfm](http://oregon.gov/osp/sfm) | [osfmce@osp.oregon.gov](mailto:osfmce@osp.oregon.gov)  
facebook [fb.com/OregonStateFireMarshal](https://www.facebook.com/OregonStateFireMarshal)  
twitter [twitter.com/OSFM](https://twitter.com/OSFM)



# RECIPES FROM THE OSFM KITCHEN

## CLAIRE'S NO BAKE COOKIES

### INSTRUCTIONS

1. Combine the first 5 ingredients in a saucepan and cook for 5 minutes.
2. Stir in the peanut butter at the 5 minute mark.
3. Remove the saucepan from heat and add the quick oats.
4. Mix well.
5. Drop from a spoon onto wax paper.
6. Let cool and enjoy!

### INGREDIENTS

1 stick	Butter
½ C.	Cocoa powder
	Dash of Salt
½ C.	Milk
1 t.	Vanilla
½ C.	Chunky peanut butter
3 C.	Quick oats

**ALWAYS  
USE A TIMER  
TO REMIND YOU  
THAT YOU ARE  
PREPARING FOOD,  
AND NEVER  
LEAVE  
COOKING  
FOOD  
UNATTENDED.**

**KEEP ANYTHING  
THAT CAN CATCH  
FIRE AWAY  
FROM YOUR  
STOVETOP.**

**IF YOU HAVE A  
COOKING FIRE,  
SMOTHER THE FLAMES BY  
CAREFULLY SLIDING A LID  
OVER THE PAN, AND TURN  
OFF THE BURNER. IF YOU CAN  
NOT CONTAIN THE FIRE,  
GET OUT & CALL 9-1-1.**



Oregon State Police  
**OFFICE OF STATE FIRE MARSHAL**  
503-934-8228  
[oregon.gov/osp/sfm](http://oregon.gov/osp/sfm) | [osfmce@osp.oregon.gov](mailto:osfmce@osp.oregon.gov)  
facebook [fb.com/OregonStateFireMarshal](https://www.facebook.com/OregonStateFireMarshal)  
twitter [twitter.com/OSFM](https://twitter.com/OSFM)



# RECIPES FROM THE OSFM KITCHEN

## RACHEL'S PEPPER JACK SCALLOPED POTATOES

### INGREDIENTS

- 4 lbs. Peeled potatoes
- 2 T. Olive oil
- 2 T. Butter
- ½ Diced onion
- 1 4 oz. can diced green chile peppers (Rachel uses mild, but you can use medium or hot, if you want more heat)
- 4 Minced garlic cloves
- 1 C. Milk
- 2 C. Heavy whipping cream
- 1 t. Salt
- 2 t. Ground black pepper
- 3 C. Shredded pepper jack cheese

### INSTRUCTIONS

1. Place a rack in the middle of the oven and preheat the oven to 375°. Grease a 13" x 9" baking dish. Slice potatoes into 1/8-inch thick rounds, and transfer them into a bowl of cold water.
2. Sauté the onion and chile peppers in the oil and butter on the stove for 5 minutes or until tender. Stir in the garlic and cook for another minute. Stir in milk and cream, and bring the mixture to a simmer.
3. Drain the potatoes and pat them dry. Layer half in the baking dish and sprinkle half the salt and pepper on top. Sprinkle half the cheese over that and then repeat with the rest of the potatoes, salt, black pepper, and cheese. Pour the cream mixture over the top, pressing down the potato slices to submerge as many as possible. Cover baking dish with aluminum foil and bake for an hour on the middle rack.
4. Remove the foil and cook for another half hour or until the top is golden brown and the potatoes have soaked up most of the liquid.
5. Keep an eye on the potatoes - if they brown too quickly, loosely cover the dish with aluminum foil and resume baking. Once the potatoes are fork-tender, remove from oven and it is ready to serve.

IF YOU ARE  
**SIMMERING,  
BAKING, OR  
ROASTING  
FOOD,**  
CHECK IT REGULARLY,  
REMAIN IN THE HOME  
WHILE FOOD  
IS COOKING, AND  
**USE A TIMER**  
TO REMIND YOU THAT  
YOU ARE COOKING.

KEEP ANYTHING  
THAT CAN CATCH  
FIRE AWAY  
FROM YOUR  
**STOVETOP.**

IN CASE OF AN  
**OVEN FIRE,**  
TURN OFF THE HEAT AND  
KEEP THE DOOR CLOSED  
UNTIL IT IS COOL. IF YOU  
CANNOT CONTAIN THE FIRE,  
**GET OUT & CALL 9-1-1.**



Oregon State Police  
**OFFICE OF STATE FIRE MARSHAL**  
503-934-8228  
[oregon.gov/osp/sfm](http://oregon.gov/osp/sfm) | [osfmce@osp.oregon.gov](mailto:osfmce@osp.oregon.gov)  
facebook [fb.com/OregonStateFireMarshal](https://www.facebook.com/OregonStateFireMarshal)  
twitter [twitter.com/OSFM](https://twitter.com/OSFM)



# RECIPES FROM THE OSFM KITCHEN

## JEREMY'S PUMPKIN CHILI

### INGREDIENTS

- 2 T. Vegetable oil
- ½ Chopped onion
- 1 C. Red bell pepper
- 1 Clove garlic, finely chopped
- 1 lb. Ground turkey
- 2 Cans diced tomatoes, undrained (14.5 oz.)
- 1-2 Cans pure pumpkin, (Jeremy recommends 2-15 oz. cans.)
- 1 Can tomato sauce (15 oz.)
- 1 Can black beans (kidney beans) drained/rinsed (15.25 oz.)
- 1 Can diced green chiles (4 oz.)
- ½ C. Whole kernel corn
- 1 T. Chili powder
- 1 t. Ground cumin
- 1 t. Salt
- ½ t. Black pepper
- Cayenne pepper (add at the end for heat)

### INSTRUCTIONS

1. Heat oil in a large saucepan over medium/high heat. Add onion, bell pepper, and garlic. Cook, stirring frequently, 5-7 min. until tender.
2. Add turkey, cook until browned. Drain.
3. Add tomatoes with juice, pumpkin, tomato sauce, beans, chiles, corn, chili powder, cumin, salt, and pepper. Boil, reduce heat to low, cover, and stir occasionally for 30 min. Add cayenne for a spicier chili.

*Original source: cooksrecipes.com*

**HEAT OIL SLOWLY,**  
ALWAYS USE A  
TIMER TO REMIND  
YOU THAT YOU ARE  
PREPARING FOOD,  
AND **NEVER**  
**LEAVE**  
**COOKING**  
**FOOD**  
**UNATTENDED.**

KEEP ANYTHING  
THAT CAN CATCH  
FIRE AWAY  
FROM YOUR  
**STOVETOP.**

IF YOU HAVE A  
**COOKING FIRE,**  
SMOTHER THE FLAMES BY  
CAREFULLY SLIDING A LID  
OVER THE PAN, AND TURN  
OFF THE BURNER. IF YOU CAN  
NOT CONTAIN THE FIRE,  
**GET OUT & CALL 9-1-1.**



Oregon State Police  
**OFFICE OF STATE FIRE MARSHAL**  
503-934-8228  
[oregon.gov/osp/sfm](http://oregon.gov/osp/sfm) | [osfmce@osp.oregon.gov](mailto:osfmce@osp.oregon.gov)  
 [fb.com/OregonStateFireMarshal](https://www.facebook.com/OregonStateFireMarshal)  
 [twitter.com/OSFM](https://twitter.com/OSFM)