



CHEF ANTHONY'S GUIDE

to cooking all this tasty food

PASTA & SAUCE

One pint of sauce is designed for one 12 oz bag of pasta, plus a touch of pasta water and obviously cheese. But if you like it more saucy, use more sauce, get another pint. It's your world.

GOLDEN RULE re-use the plastic containers! They're durable, stackable, and dishwasher safe, meant for multiple uses.

1. Bring a large pot of water to a boil (1.5 gallons is good) and make it salty like the ocean. You want your pasta to have room to float and bob around, don't over-crowd the water.
2. In a large sauté pan or even a dutch oven, heat sauce to 165 degrees fahrenheit. Put a tablespoon of water in the pint container and shake out all that flavor from the sides. Don't waste that flavor.
3. Drop your pasta in boiling water (fresh pasta from the fridge - 4 minutes; frozen pasta - 6 minutes)
4. Remove pasta with a slotted spoon and place into sauce pan. Do not dump into a colander! Pasta is tender and fragile! Pasta water is your friend, put it in your sauce!
5. Toss the pasta in sauce, create a little air by shaking your pan, add some cheese if you like, slowly and keep shaking the pan. Let the cheese melt into the sauce.
6. When serving, scoop out pasta first, placing on your plate while leaving the sauce in the pan. Get the sauce boiling so that it's nice and hot, then pour over the pasta. More cheese.

GOLDEN RULE drop pasta in boiling salted water, not almost boiling.... BOILING!

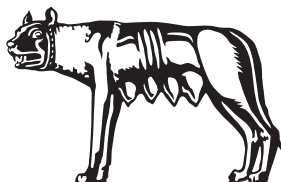
CACIO E PEPE

1. Bring a pot of salted water to a rapid boil
2. Drop the spaghetti in the boiling water & cook for 5 minutes
3. While noodles are cooking, warm a saucepan to medium heat & toast SheWolf peppercorn blend for 1 minute.
4. Add butter & a small ladle of pasta water to the toasted peppercorns to start your sauce
5. Transfer the noodles with a slotted spoon or spider into the dry pan. Don't be afraid of the pasta water, you want to incorporate it into your sauce.
6. Add cheese blend slowly, tossing pasta as you go. If you like a thinner sauce, add more pasta water.
7. Plate & add more pepper & cheese to your liking.

CANNELLONI

1. Preheat oven to 350 degrees
2. Place Directly in an oven with the lid on for 15 minutes
3. Remove from the oven, carefully take off the lid and place back in the oven on the top shelf
4. Continue to bake for 10 minutes
5. Turn oven to BROIL on HI for 60 seconds (be sure to keep an eye on it!)
6. Rest the dish for 3 minutes before you dive into it to avoid ruining your tastebuds. Test internal temperature to check that it's at least 165 degrees fahrenheit.

GOLDEN RULE your goal is to have brown crispy top and edges, with a warm middle



PASTA COOK TIMES

GEMELLI 3 MINUTES 

RIGATONI 4 MINUTES 

SPAGHETTONI 5 MINUTES 

CAMPANELLE 90 SECONDS 

**above times are for fresh pasta.
If frozen, add 1 minute*

GOLDEN RULE pasta water is your friend

LAND & SEA

MAINE SCALLOPS

These scallops are kept ice cold & are super fresh

1. Simply season your scallop with salt & pepper
2. Rub a little olive oil on them so they don't stick
3. With your grill or cast iron, on high, cook the scallops for 3 minutes on each side
4. The City of Detroit Health Department recommends cooking temperature of 145 degrees fahrenheit ****we have to put this here**** Enjoy!

NY STRIP

1. Set grill or cast iron to high-heat
2. Season with salt & pepper and rub with a touch of oil
3. Cook for 2 to 3 minutes, rotate 90 degrees and continue cooking for another 2 to 3 minutes for a total of 4 to 6 minutes per side
4. Flip the steak and repeat
5. The City of Detroit Health Department recommends an internal cooking temperature of 155 degrees fahrenheit, or medium-well. Chef Anthony recommends 130 degrees fahrenheit, or medium-rare. Let rest for 5 minutes & enjoy!

GOLDEN RULE always grill meat at room temperature & let the meat rest. Don't be impatient and cut into it, trust me!

ET CETERA

PANCAKE MIX "BRAN-CAKES"

1. Add one egg & one cup of milk to one cup of pancake mix (optional: a touch of vanilla extract)
 2. Whisk ingredients together, griddle & enjoy
 3. Post your Pancake pics and tag @shewolfdetroit
- GOLDEN RULE** also great for waffles

COOKIES

1. Pre-heat oven to 325 degrees & grease a 9" x 12" baking sheet
 2. Cut log into 10-12 slices
 3. Place slices on baking sheet with approximately 2 inches between each cookie
 4. Bake for 10 -12 minutes
 5. Cool on a wire rack for 5 minutes & enjoy!
- GOLDEN RULE** higher temperature for crispy cookies, lower temp for chewy cookies