

O'Mottel's Kitchen

Posted by obormottel - 02 Nov 2011 23:29

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It seems that a lot of us here suffer from malnutrition, which tends to bring about depression and other *machlas* of the mind. I mean, how are you gonna feel good about yourself, when you're 30 pounds overweight, and you don't even have an excuse of a recent pregnancy?

So pile in, and if you're sick of cholint and kishke, I'll set you up with a nutritious meal that is inexpensive and good for you at the same.

Oh, and we do give out complimentary drink tickets to Bardy's Pub with each meal. You may have to check with Bards, though, if he'll honor them for anything other than a shot of Crapowitz.

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Re: O'Mottel's Kitchen

Posted by obormottel - 21 Nov 2011 17:17

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[heuni memass wrote on 21 Nov 2011 16:45:](#)

[obormottel wrote on 18 Nov 2011 20:44:](#)

Shabbos checklist:

9. I know I'm forgetting something....Vodka? Ice cream?

Mottel - It's over night potato kugel. try it - its a segula for shalom ba'is

You mean, if she smashes it on my head it will bring true happiness to our family? I'll try

anything once...

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Re: O'Mottel's Kitchen

Posted by obormottel - 23 Nov 2011 17:52

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Sorry, I was too stressed out to cook, so I got by on beer and nuts. But here is a lunch:

Gluten-free Rice noodles (or any other healthy(ier) pasta)

Cook according to directions on a package.

Drain, then add:

1 generous pinch of dried oregano

2 tblsp ground walnuts (you may wanna skip this if you have nut allergies)

1 tblsp Walnut oil or a fruity olive oil (the fruitier the better; if this is triggering, just skip the fruitiness)

Mix well. Add more oil if it seems too dry, but a tablespoon should do the trick for a half of regular package of pasta.

Salad:

Tomato/Cucumber/Onion/Iceberg Lettuce/Fresh cilantro.

Chop the lettuce and cilantro into the smallest particles you can master without inflicting bodily harm to yourself.

Dice the other three veggies.

Dress with olive oil (FRUITY!), lemon juice, a drop of vinegar, salt, pepper. Add a teaspoon of flaxseed oil, or actual flax seeds to balance your omega-3 vs. omega-6.

For protein, you pick from smoked turkey breast (unless all turkeys in your area are Wild, or have been stuffed and roasted), grilled chicken breast (skin removed and DISCARDED, which means you don't eat the skin), or salmon pastrami.

Wash down with apple cider.

Bon Appetite!

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Re: O'Mottel's Kitchen

Posted by JackAbbey - 23 Nov 2011 17:55

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nice!

i like the idea of washing my fruity olive oil dress in cider

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Re: O'Mottel's Kitchen

Posted by ZemirosShabbos - 23 Nov 2011 18:10

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Motel if there is ever a GYE Convention i hope you will be manning the kitchen

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Re: O'Mottel's Kitchen

Posted by obormottel - 23 Nov 2011 18:47

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Shmeichel, I did say that if the fruitiness makes you wanna wear a dress, just stick with safflower oil.

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Re: O'Mottel's Kitchen

Posted by obormottel - 25 Nov 2011 21:40

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Today is sushi shabbos,

so:

Sake

Seared tuna

Tuna roll

Spicy Tuna roll

Salmon roll with the rice on the outside

California roll

Avocado roll/ Cuke roll for the little ones

Bangkok salad: Lettuce, Tortilla chips, Miso Dressing

Chicken soup with broccoli sprouts, coconut milk, and tender chicken strips.

Grilled trout, pickled cucumber salad, Israeli salad, Hearts of Palm salad for Shabbos day

Cholent

Wild Tea Absolut Vodka

Got Shabbos

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Re: O'Mottel's Kitchen

Posted by obormottel - 29 Nov 2011 21:32

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FOR SALE: A set of toothpicks. Hardly used.

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Re: O'Mottel's Kitchen

Posted by JackAbbey - 30 Nov 2011 21:47

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what about all those washed disposable fancy goods?

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Re: O'Mottel's Kitchen

Posted by obormottel - 01 Dec 2011 00:02

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In the spirit of my mood lately, here is some really disgusting food combinations:

Herring with strawberry jam

Chocolate dipped saltine crackers

Hotdogs and whipped cream

Mashed potatoes with cottage cheese and raisins

Feel free to add to the list.

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Re: O'Mottel's Kitchen

Posted by ZemirosShabbos - 01 Dec 2011 16:01

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gefilte fish and taco chips in wine sauce

oregano on gala with red jello

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Re: O'Mottel's Kitchen

Posted by Gevura Shebyesod - 01 Dec 2011 16:36

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Re: O'Mottel's Kitchen

Posted by gibbor120 - 01 Dec 2011 16:50

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Just add flaxseed to everything on the list  
Re: O'Mottel's Kitchen  
Posted by obormottel - 01 Dec 2011 17:13

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Fish oil-based salad dressing

Cream puffs with horseradish filling

California roll sushi with rice on the inside - aaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaa!

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Re: O'Mottel's Kitchen  
Posted by obormottel - 02 Dec 2011 23:10

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Sorry for neglecting my duties of surrepticiously looking after your diet. Been busy putting out fires, fending off armed robbers, and other such trivialities, Hashem Yishmereinu.

I am also working the first step in twelve-step recovery. In kitchen terms, it's like learning to peel potatoes over again, and I have to throw out all my previous cooking skills out the window.

Meals may become infrequent in the near future, but that doesn't mean that I don't love you. Eat well, my brothers.

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