HOW TO
cook for an enemy,
vol. 1

by Miriam Fitts
Dedication

This book is dedicated to all those cooks out there who would like to put their cooking skills to use in more creative, satisfactory, vengeful ways.
Preparation

1. Determine the level of anger you feel for the enemy. See chart below for reference.
2. If anger level surpasses four, select a private workspace where you will not be disturbed.
3. Gather ingredients for chosen recipe.
4. Prepare the recipe as directed.

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Bitter Vegetable Soup

Ingredients:
- Broth (vegetable, chicken, or beef)
- Olive Oil
- Onion, chopped
- Carrots, sliced
- Celery, chopped
- Potatoes, chopped
- Salt and pepper
- Summer squash, bitter gourd-crossed variety, chopped

Directions:
1. Heat olive oil in a large pot over medium-high heat.
2. Add onions, carrots, and celery and saute 4 minutes.
3. Add in broth, potatoes, and spices, and season with salt and pepper to taste.
4. Bring to a boil, then add bitter squash.
5. Reduce heat to medium-low, cover and simmer until potatoes are almost fully tender, about 20 - 30 minutes.

To serve:
Invite the enemy over for dinner, serve soup as main course, with non-bitter soup for yourself. Eat heartily of your delicious soup. Add a dollop of sour cream and enjoy your guest's facial expressions.
Illicit Biscuits

Ingredients:
- All-purpose flour
- Baking powder, or baking soda for double-whammy
- Butter
- Milk
- Salt, as much as flour

Directions:
- Preheat oven to 450°.
- In a large bowl, whisk flour, baking powder and salt. Cut in butter until mixture is coarse and crumbly. Add milk.
- Put onto a floured surface and knead gently. Cut with a biscuit cutter or put in greased muffin tin.
- Place 1 in. apart on an ungreased baking sheet. Bake until golden brown, 10-15 minutes.

To Serve:
Deliver to enemy in a covered basket. Leave on the doorstep with an overly sweet note to counteract the impending salt overload. Hopefully your enemy will not stay “salty” about the biscuits for long.
Steaming Hot Quiche

Ingredients:
- Store bought pie crust
- Eggs
- Milk or cream
- Salt and pepper
- Sausage
- Shredded cheese
- Hot peppers, resembling sweet peppers, such as habanero, ghost, or thai peppers, chopped small

Directions:
1. Preheat oven to 375°F.
2. Unroll pie crust and press into a 9" pie plate, crimping the top edges if desired.
3. In a large bowl, whisk together eggs, milk, salt and pepper.
4. Sprinkle sausage, cheese, and peppers into the pie crust and pour the egg mixture over top. Sprinkle a little more cheese on top of egg mixture.
5. Bake for 35-40 minutes until the center is completely set. Let cool for 5-10 minutes before slicing and serving.

To Serve:
Invite enemy over for dinner. Invent egg allergy and prepare an alternative dinner for yourself. Serve quiche as main course. Make sure that there is no milk available to calm the raging fire in your enemy's mouth. Serve orange juice as the only beverage to accelerate the burn.
Nutty Brownies

[CONTENT REDACTED]

Editor’s note:
Content redacted due to taking advantage of nut allergies, which are quite severe and render the victim unable to breathe. Children should not be exposed to such content.