

PRISON FOOD RECIPES AND TECHNIQUES



Prison food is notoriously terrible, and it's not like you can go out to a drive-thru when you get hungry between meal-times. But prison inmates are famous for their amazing creativity — and when they're not making shivs and other improvised weapons, they're creating some truly bizarre food items.

Here are 10 food items that you could make from scratch if you pulling a long stint at the big house.

Prison inmates have a lot of time on their hands, and a strict schedule to follow. But they still find ways to do some cooking, sneaking out leftovers from the cafeteria and purchasing basic items from prison commissaries. Including these delicacies:

10. Correctional Cake

Used to celebrate birthdays and the release of beloved prisoners, this cake is created using Oreo cookies, peanut butter, and M&Ms. The Oreo cookies are separated, with the cookie itself crushed and molded in the presence of water to create the layers of the cake. The creamy interior of the Oreos is used as icing. Peanut butter then becomes icing for another layer, with the "cake" topped off with broken up M&Ms.



9. No Bake Cheesecake

Piper Kerman worked as a drug smuggler and money launderer for a West African drug kingpin. She wrote about her time in prison in her memoir, *Orange Is The New Black*. In the book, Kerman gives the recipe for a common prison cheesecake, made with graham crackers, lemon juice, vanilla pudding mix, stolen margarine, and coffee creamer.

8. Fried Chicken

There is not a lot of information out there as to how prisoners accomplish this in their cells, but what is out there involves wiring a heating element into a plastic trashcan. How the oil and raw chicken (or fish) are obtained, I'm not entirely sure — but the smell probably makes fellow inmates jealous. Fresh fried chicken has to be worth at least a pack of cigarettes.



7. Prison Lattes

The first drink to make our list is probably the tastiest. Making prison lattes involves a carton of milk and finding a faucet with really hot water. Keep the carton sealed and place it under the water until steam starts emanating from the sink. Pop open the carton of milk and add instant coffee along with maple syrup if you can grab a leftover packet from breakfast. Serve hot.

6. Prison Pizza

To make this "pizza", prisoners mold ramen noodles and crackers into a crust using hot water and a trash bag. After the crust hardens, top with anything absconded from the cafeteria or purchased from the commissary - leftover meat, cheese, salsa, etc. I'm scared of this one.



5. Teriyaki flavored water

Prisoners often use leftover flavor packets from ramen noodles to add an extra zest to their water. If you can't find a soft drink in your cell, this is better than nothing. Maybe.

4. Tamales

Similar in concept to prison pizza, you make these tamales by mixing crushed Frito corn chips and spicy Cheetos inside a plastic bag. Once mingled together, you add hot water until the chips and Cheetos get soggy. Prisoners then mold the chips into the shape of a tamale and let the concoction sit for about five minutes until it hardens.



3. Pad Thai

Once again, you use ramen noodles for this recipe (beginning to see a trend?), but this time, the noodles are used for their intended manner. You add peanut butter and hot sauce to cooked ramen noodles, to make a quick and simple facsimile of Pad Thai.



2. Crabapple Jelly

During her stint at Alderson Federal Prison Camp for insider trading, home and lifestyle guru Martha Stewart created crab apple jelly and earned the nickname *M. Diddy*. *M. Diddy* picked crabapples from trees on the prison grounds (technically a rules violation) to create her jelly. Stewart likely made this recipe with access to a kitchen.

1. "The Spread"

The cheese ball of prison culture makes for a weekend treat and an opportunity for other prisoners to contribute leftovers or small amounts of food for a communal meal. To make "the spread", break up ramen noodles and mix the spices in a trash bag, and then toss anything into it the mixture. Canned tuna, hot sauce, salsa, Doritos, and flavored popcorn are common — essentially whatever you can keep in your cell or buy from the commissary is fair game. Hot water is added to "cook" the mixture, which is then spread over a newspaper and eaten by fellow inmates with a spoon.

Honorable Mention #1 - Non-alcoholic Cognac

Mix a can of Cherry Dr. Pepper with instant coffee, cocoa, cappuccino mix, a carton of milk, and some leftover sugar packets to make a drink that tastes as close to cognac as you will get in prison. I would not let this one ferment.

Honorable Mention #2 - Beef stick Barbecue

Not quite worthy of its own entry — but pretty interesting. This recipe involves cooking a Slim Jim (not typical beef jerky - it's too dry) with a lighter to create a little sizzle and variation on the Macho Man Randy Savage's favorite food.

Prison Recipes

TUNA COOK-UP

2 Chicken, Shrimp, or Hot Vegetable flavored Ramen noodles

1 Pouch of Tuna

1 Large spoonful of cheese spread (use jalapeño cheese if you like heat)

1 Large spoonful of 'Salad Dressing' (like Miracle Whip)

Water as needed

1 Large pickle, diced (using your inmate ID)

1 Package of jalapeno peppers (if desired)

1 Package of tortilla shells, or saltine crackers as desired

Directions:

Crush up Ramen noodles and add to water. Cook in microwave for 2-3 minutes. Let sit one minute and then drain water (noodles should be slightly firm). Add one package of seasoning from noodles (save the other for another time, or discard). Add package of tuna to noodles.

Mix cheese, and dressing in a small bowl or cup. Add water to thin slightly. Mixture should be thin enough to run off your spoon.

Mix thoroughly with noodles. Top noodle mix with diced pickles and jalapeño's if desired. Eat hot or cold with saltine crackers, or in tortilla shells as desired.

CARMEL POPCORN

3 bags of microwave popcorn

1/2 C sugar

13 Carmel candy squares

2 spoons of coffee creamer

2 spoons of peanut butter (if desired)

Water as needed

Salted peanuts, as desired

Crushed M&M candy, as desired

1/2 spoon of cocoa, as desired

Directions:

Pop bags of popcorn, and add to medium sized plastic bag, removing unpopped kernels.

In a small bowl, add sugar, caramels, creamer, and peanut butter (if desired). Use 1/2 spoon of cocoa if you want chocolate caramel corn.

Heat in the microwave for 15-30 seconds at a time, stirring regularly. Add water to thin the mixture as needed. Once the caramels have melted and the mixture is properly thinned, heat until the mixture boils for 5-10 seconds. Remove from microwave and stir immediately.

Pour half the caramel mixture over the popcorn. Using the bag, mix the caramel mixture into the popcorn. Repeat with remaining caramel. Before the popcorn/caramel sets, add additional ingredients if desired (peanuts, hot peanuts, M&M's, or other crushed candies). Good eaten immediately, or the next day.

In prison, dinner was always a big thing," said Ray Liotta in Martin Scorsese's "Goodfellas."

Starring Liotta, Robert De Niro and Joe Pesci, the 1990 classic married two seemingly disparate subjects: food and the mob. From orchestrating a family dinner from behind bars to stirring a sauce during a police raid, these wise guys sure could *mange*.

So, because "Goodfellas" may be the best dinner and a movie ever created, Shortlist hired Dave Watts, head chef at The Cotswold House Hotel, to recreate the meticulous prison feast.

Even the non-gourmand will enjoy this meal; the instructions are riddled with "Goodfellas" quotes.

"Just like the guys in Goodfellas, I like to serve this with a char grilled 34 day aged hanger steak cooked medium rare, a bottle of Chianti and good crunchy country bread (to soak up all those wonderful juices and flavours)."

You can see all of the ingredients below. For the whole shebang (a.k.a. recipe), click over to Shortlist. Salut!

Ingredients

6 onions peeled and finely diced
75g Cotswold gold rapeseed oil or olive oil
A teaspoon of salt
300g minced beef
300g minced pork shoulder
300g diced English rose veal flank
30g Cotswold gold rapeseed oil or olive oil
250g beef or brown chicken stock
10 cloves garlic peeled
100ml white wine
150g tomato puree
750g ripe vine tomatoes (chopped) or equivalent weight of quality chopped tinned tomatoes
A pinch of salt
Good grind of black pepper

Old Prison Recipe Potato Salad

Ingredients

-
- 6-8 red skinned potatoes, boiled, unpeeled and cubed
 - 5 or so hardboiled eggs, roughly chopped
 - 2 celery stalks, diced
 - 2-3 green onions (spring onions), green and white part, chopped
 - 4-5 radishes, cut in half then sliced
 - 3 dill pickles, patted dry and diced
 - 1-2 european weiners, sliced into 1/8 inch circles
 - 1-2 pepperoni sticks, sliced into 1/8 inch circles
 - few dashes of paprika
 - 4 parts mayo, 1 part Dijon mustard (or to taste)

How to make it

-
- Combine all the chopped ingredients into a bowl and add mayo, mustard and paprika. Mix until coated & chill.

- You may want to adjust the amount and ratio of mayo & mustard. I do it by feel, and I couldn't even guess how much I use, but I like it saucy.
- Depending on the size of your potatoes, you may need more than 8.

Bizarre Prison Recipes

Text by Sheere Ng | Images by Sheere Ng | Monday, Aug 13, 2012

Canned food like these were common commissaries that prisoners used to 'masak'.

When a prisoner is faced with the same monotonous, bland and repetitive food month after month, year in and year out, a desperate sense of creativity comes over them. They attempt illegal 'masak'. (Read *Underground Prison Cuisine*.)

They stashed away food from their official lunch and dinners, combined it with their commissaries and created albeit illegally, some of the best "jail cell" delicacies.

Prison breakfast in the old days was limited to just bread, hence, ex-convicts like Tan Cheng Huat would boil milk, crushed biscuits and fruits to make cereals. He also mixed crushed biscuits, peanut butter and condensed milk to spread over bread, a refreshing change from the usual jam and kaya given by the prison.

For savoury food, Benny Se Teo, who spent most of the 11 years between 1982 and 1993 in prison, would mix shrimp paste and milk to make laksa curry. "There are no other ingredients to eat it with, but in the prison, this was considered very happening already," he says. He now coincidentally, runs the successful 18 Chefs restaurants, and help train and reform ex-offenders seeking a new life as chefs and managers.

Josiah Teh, who was incarcerated from 1978 to 2009, soaked orange skin in water with sugar and salt, and then sunned them for one or two days to make candied orange peel. When he was locked up at the Jalan Awan prison, he would plucked unripe mangoes from a tree and soaked them in sugared solution for days to make "kiam seng di" (preserved fruit snack).

There were no rules as to how food should be prepared, or what ingredients made the perfect match. But there was one realisation and afterthought – these special creations should not be attempted outside prison.

When Josiah was released, he replicated one of the foods to impress his mother, "I mixed canned pig trotter, luncheon meat, ikan bilis, salted vegetable, tofu, vegetables, and even topped it up with a can of abalone," he recounts. "She complained it was too salty. That was when I noticed it for the first time."

Fried Vegetable Rice

by John Mandala, New
York

Ingredients:

2 cups long grain rice
1/4 medium onion or 1 bunch
scallions (chopped fine)
1/2 green pepper (chopped) or
1 tbs. dried pepper
1 fresh garlic clove (crushed)
1 sm. carrot (finely chopped)
1/4 stalk celery (finely
chopped)
*1/4 cup white sugar
2 cups chicken stock or water
(1 chicken bouillon cube
dissolved)
2 tbs olive oil

Directions:

- Pour sugar into a heavy pot (non-stick) over medium high heat. Heat until sugar begins to brown, add oil and vegetables, stirring constantly until browned (about 2 minutes).
- Add water or chicken stock and simmer until water is even with surface of rice. Lower heat setting to low, cover and simmer for 15 minutes.
- Turn off heat, stir once and keep covered and leave on stove for about 10 minutes until done. Remove from stove.

* For white vegetable rice, eliminate sugar step. For yellow vegetable rice, add 1 packet Goya sasson.

Frito Chili Pie
by Carnell Stanley, New
York

Serving Size: 1**Ingredients:**

1 cup of Fritos Corn Chips
1/2 cup Sharp Cheddar Cheese
1 cup Chili

Directions:

Place Fritos corn chips in a bowl or soup mug (do not crush; just push down and break them slightly to make room for other ingredients)

Place shredded cheddar cheese on top of corn chips

Pour heated chili over the top (the heated chili will melt the cheese)

Stir slightly to mix ingredients and serve!

RICE CARIBBEAN

by Patrick Milwood, NY

Serving Size: 3 to

4

Ingredients:

	1 oz olive oil
	1 clove garlic
	1 medium onion
1 box Carolina Rice	chopped
2 oz coconut cream	1 sweet bell
paste	pepper
1/8 tsp salt	1 scotch bonnet
1 oz olive oil	pepper
1/8 tsp oregano	
3 bay leaves	
3 6 oz. cans kipper	
snacks (drained)	

Directions:

- In a 4-6 qt. sauce pan add olive oil and coconut cream paste and rice.
- Stir constantly until browned.
- Lower to medium heat. Add all other ingredients and stir.
- Add 2-3 cups water until one inch above mixture. Bring to a boil and then lower to medium heat.
- Cover and simmer for 30 minutes until down.
- Pour over rice and serve

JAMAICAN STEW

by Patrick Milwood, NY

Serving Size: 3 to

4

Stew**Ingredients:**

1 oz. olive oil
1 clove garlic
1 medium onion -
chopped
1 sweet bell pepper
1 scotch bonnet
pepper
1 thyme leaf
6 small scallions
1 medium carrot
1/2 cup celery -
chopped
1 potato raw -
chopped
1 cup shredded
cabbage leaf
2 tsp. tomato paste
* 1 dozen flour
cones

Rice**Ingredients:**

1 can garabanzo
beans
1 box Carolina rice
2 oz. coconut
cream paste
1/8 tsp. salt
1 oz. olive oil

Directions for the Rice:

- In a 4-6 qt. sauce pan add 2 cups of water, coconut cream paste, olive oil and salt - bring to a boil. Add in rice and stir.
- After about 3-5 minutes, cover the pot and lower heat to low.
- After 15 minutes turn rice over and let cook for 10 more minutes (about 30 minutes total)

Directions for the Stew:

- In a 4-qt saucepan on high heat, add oil and warm. Add garlic, onion, papper, scallions, paste, thyme, scotch bonnet papper and saute.
- Add 3 cups of water and bring to a boil, add chopped carrots, celery, potatoes, cabbage and pre-made flour cones (see below). Stir every few minutes and bring to a boil.
- Lower heat to medium and cook until potatoes are fork-tender and mixture thickens (about 30 minutes)

**Directions for the Flour
Cones:**

- Mix 1 cup flour and needed water to make a non-sticky dough. Take small pieces and roll in palms to make 2-inch long cones about the thickness of a tootsie roll. Drop into stew while boiling.

Pour over rice and serve!

**Chicken Cheddar
Parmesan**

by John Mandala, New
York

Ingredients:

6 thin chicken cutlets
1/2 cup pancake mix
1 container skim milk
4 oz. crumbled cheddar cheese
4 slides stale bread (or equivalent
bread crumbs)
1 tsp. oregano
1/2 tsp. parsley
1/4 tsp. red pepper
4 slices turkey bacon or bacon bits
in can
3 oz. olive oil

Directions:

- Fry bacon and crumble.
- Mix skim milk and pancake mix and make batter.
- Crumble bread and add oregano, parsley, and crushed red pepper, mix together and set in flat plate. Dip cutlets in batter and roll in crumbs until covered.
- Pour oil in skillet about 1/4" deep. On medium heat, cook cutlets until golden brown (about 4 minutes on each side). Place on paper towel.
- Place cutlets on a flat oven pan; sprinkle cheese and bacon bits on each piece.
- Preheat oven to 325 degrees. Bake cutlets

for about 15 minutes until cheese is melted and slightly browned in center. Remove pan from oven and let cool.

- Serve with spinach salad with bacon crumbs and olive oil or lemon.
- Salt and pepper to taste.
- Garlic bread on the side is an excellent addition!

**HERSHEY'S
KISSES(r) &
REESE'S(r) PEANUT
BUTTER SUNDAE**
by "The Guardian
Angels,"
Texas

Serving Size: 6 to 8

Ingredients:

16 Hershey's Kisses(r) Milk Chocolates
1/4 cup water
1/2 cup Reese's(r) Creamy Peanut
Butter
1/4 cup light corn syrup
1/4 tsp vanilla extract
8 scoops vanilla ice cream
Whipped cream
Additional Hershey's Kisses(r) Milk
Chocolates

Directions:

- Remove wrappers from chocolate pieces;
- Chop chocolate pieces into quarters.
- In small bowl, using whisk, gradually stir water into peanut butter until smooth.
- Add corn syrup and vanilla; stir until smooth.
- Spoon peanut butter sauce and chocolate pieces over individual servings of ice cream.
- Garnish with whipped cream and additional chocolate pieces.

Serve immediately!

**CheeZ-Its
Mackeral**
by Carnell
Stanley, New
York

Serving Size: 1

Ingredients:

2 cups of Cheez-its
crackers
1 cup of flour
1 teaspoon of any
seasoning you like
1/2 cup water
1 can Mackeral
Small amount of cooking
oil to fry

Directions:

Crush Cheez-its in a bowl until
they are crumbs.

Mix flour and seasoning in a
bowl with water until batter is
somewhat pasty. Split each
mackeral in half and clean both
halves. Dip the Mackeral in
batter and place it in the bowl
with the crushed cheeseits to
coat. Place on dry surface (plate,
sheet pan, etc.)

Heat oil in frying pan until oil is
hot.

Place the battered mac in the oil
until it is golden brown and
serve!

"Spread"
by Fila, Oregon

Ingredients:

3 or 4 packs of cooked
ramen
(flavor of your choice)

- spreadable cheese
- refried beans
- chopped up salami
- jalapenos

- corn nuts
- crunched up corn chips
- pickels
- soy sauce

Directions:

- Mix all together and enjoy!

Evening Farmers Omelet
by John Mandala, New York

Ingredients:

4 oz. fish filet (baked)
1/4 medium onion or 1
bunch scallions (chopped
fine)
1/4 green pepper
(chopped) or 1 tbs dried
pepper
2 medium size boiled
potatoes
3 fresh garlic cloves
(crushed)
1/4 med size cabbage
(finely chopped)
1/4 stalk celery (finely
chopped)
2 tbs olive oil
1 cup pancake mix
1 tsp mustard
Salt and pepper

Directions:

- In a deep skillet, heat 2 tbs olive oil on medium-high heat. Saute vegetables about 5 minutes. Set in a bowl and let cool.
- Cut up potatoes and add to bowl. Add fish in small pieces.
- In a separate bowl, place pancake mix, mustard,

salt and pepper. Add 1/4 cup water and mix well.

- In skillet, heat olive oil over medium heat. Pour pancake mix into skillet and cook for 3 minutes.
- Pour contents of bowl containing fish, vegetables and potatoes on top of cooking pancake.
- Cover pan and cook for about two minutes. Slide pancake onto plate and using skillet flip over and cook other side. Lower heat and simmer for another 15 minutes.

* Prepare whole wheat toast on the side. Use a dash of olive oil, a sprinkle of black pepper and a smidgen of salt to flavor.

How to make your own energy bars that will save money, and possibly your life

by Conal Darcy | 3.8.13 | [0 Comments](#)



Remember: always be prepared.

Maybe you've seen a too much Walking Dead. Maybe you're one of those urban preppers with a bug-out bag in the closet. Or maybe you're sensible and actually taking precautions for the obvious impending zombie apocalypse. Either way, you're going to need to feed your fleeing body as the hordes of the undead ungentrify Brooklyn. Stockpiling Clif bars seems necessary, but at \$1.50/bar, totally bank-breaking. And you know there won't be any left at Trader Joe's once the looting starts. So we've taken a stab at making our own homemade energy bars, or what we call Caloric Living-dead Invasion Food (CLIF) bars.

We searched around for an easy, no-bake option (who's going to have an oven in the woods of the Adirondacks?) and found a great, flexible recipe over at Hammertown, which is where we're headed when the plague comes. Let's see if it's worth it. You can uh, also make them for some quick energy while you go on hikes or ride your bike.

What we used (12 bars)

1 1/2 cups crispy rice cereal

1 cup uncooked steel-cut oats (less chewing = more energy for killing zombies)
3 Tbsp. ground flaxseed with blueberry (because blueberry = delicious energy for killing zombies)
1/4 cup raisins
1/4 cup dry roasted almonds
1/3 cup honey
2 Tbsp. brown sugar (essentially sweet, sweet glue)
1/3 cup peanut butter
1 teaspoon vanilla (or rum, because why the hell not?)

This recipe is essentially glorified Rice Crispy Treats, except without the marshmallow goodness. So if you've made them before, you'll be familiar with the process. You'll need a bowl, a pot, a baking dish, wax paper, and a flame.



First, mix all the dry ingredients together.



Then put the wet ingredients together in a pot on the stove (or campfire). You do have a pot, right? Only zombies should eat raw things.



Melt the wet stuff together so it's blended, but don't boil it.



Mix all the ingredients together evenly.



Put the wet-dry stuff in a greased baking pan and spread it out evenly.



Watch out for zombie cats, or just normal hungry ones.

Cover and let it cool for 45 minutes. Cut the cooled mixture into any size bars you want.



Wrap them up in wax paper and store in the freezer until the world ends.

Easy, right? Even the weakest link in your disparate band of survivors could put this together. We spent \$18 on all of our ingredients (thank you, Trader Joe's) and were able to make two batches of 12 bars, or 24 total, with some ingredients left over. How does that stack up against real-life Clif bars? Using the above ingredients, we put together this handy nutritional chart:

	Clif Bar	CLIF Bar
Total Calories	240	341
Total Fat (g)	5	13
Total Sat Fat (g)	0.5	2
Total Sugar (g)	22	30
Total Protein (g)	10	9

Price/Bar	~\$1.50	\$0.75
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As you can see, store-bought Clif bars are -ahem- slightly healthier than our bars but also twice as expensive. Ours tasted pretty good, too. The best part about this recipe is you can add, subtract, or substitute anything you want to improve the numbers. Switching half of the honey with a flax seed and water mixture will bring down the sugar. Using almond butter will lower the saturated fats. Or perhaps you found a dried cranberry delivery truck crashed on the side of the highway in or post-apocalyptic wasteland. The sky's the limit to the variations. So make a few batches and stay well-fed while you run for your lives (or, you know, that half-marathon). And always remember to double-tap.

Take a bag of fritos corn chips, & a bag of spicy hot cheetos (you can use doritos too, or any spicy chip), crunch them up as much as you can. Mix them together in a chip bag. Add just enough hot water to turn it into a thick mush. Knead the bag to mix the contents well, drain off any water (if you do it right there shouldnt be any). Roll the mix up in the chip bag in the shape of a tamale, & let it cook (sit). After about 5min, tear the bag open & pour some hot sauce over it & dig in. It comes pretty close to tasting like a tamale.

Prison Cheesecake

- 1.** Prepare a crust of crushed graham crackers mixed with four pats of margarine stolen from the dining hall. Bake it in a Tupperware bowl for about a minute in the microwave, and allow it to cool and harden.
- 2.** Take one full round of Laughing Cow cheese, smash with a fork, and mix with a cup of vanilla pudding until smooth.

Gradually mix in one whole container of Cremora, even though it seems gross. Beat viciously until smooth. Add lemon juice from the squeeze bottle until the mixture starts to stiffen. Note: this will use most of the plastic lemon.
- 3.** Pour into the bowl atop the crust, and put on ice in your bunkie's cleaning bucket to chill until ready to eat.

It was a little squishy the first time; I should have used more lemon juice. But it was a great success. Yvette raised her eyebrows when she tasted it. "*Buena!*" she proclaimed. I was very proud.

"I made a burrito or Bomb Chino as I call them. You mix one individual serving of crushed corn chips, one crushed noodle soup, one crushed bag of BBQ potato chips together in a plastic bag - thoroughly combine these fine gourmet items then add one to 1 1/2 cups of hot water to the bag, mix thoroughly, evenly and seal the bag wrapping in a towel or a month old newspaper. Let sit for 15 to 30 minutes unless you're starving. Empty the contents into a paper plate, paper bag, or anything somewhat clean. Eat with a fairly clean plastic spoon. It's a delight in convict cuisine. Add spices, meats, vegetables as available to suit your own

tastes!"

"A soup & pork rinds is basic, but no matter what u mix in them, they're tasty. Take a thoroughly cooked & steaming hot Ramen, strain most water, add season, add some diced spicy dill pickle, ANY kind of canned or packaged meat (even jerky) diced, a few crushed up rinds, some crushed Doritos, American cheese, a lil bit of crushed Tabasco flavored cheese-its, a spoonful of mayo. Mix. Keep it covered & let it self-cook 4 awhile. Then it can be used with tortilla chips like dip, rolled up in a tortilla (flour) for a burrito then nuked 4 20 seconds or so or gobbled with a spoon, MMMM Gooooood! D'oh"

if i remember here's a "cake" receipe a couple of bags, a plate 2 pks of cookies 1 tube of peanut butter and 1 bag of m&ms you seperate the white and blk cookies scrape out the cream crush all the white halves and tiny bit of water crush the rest for a crust. get a plate but down the first layer of dry crumbs mix the cream center with the peanut butter spread over top next the wet cookie mix and crush the m&ms for the top layer. my son says this is how they "celebrate" birthdays and the lucky ones going home. Guess that's how u pass the time at 17 in jail at least they still try to look forward to things :) note he use to hate peanut butter before he was locked up now it's the best thing they serve. peace to all cl

The Spread:

The main ingredient is Top Raman soup. Use 1 soup per person (if you put alot of extras, 2 soups for 3 people), crunch up the noodles & throw in the spices from the little packet. Don't worry about mixing flavors (it's all good). Pour noodles & spices into trash bag. Now comes the fun part you start adding all the stuff you like, cans of tuna, hot sauce, flavored popcorn, spicy cheetos, corn chips, (don't use potatoe chips), basically you throw in anything you can get. Then you add enough HOT water to cook the mess, tie the trash bag closed & let it cook. You spread a newspaper (AFTER it's been read) on a table & open up the trash bag & everyone grabs a fork & you all stand around this spread eat & talk. If you cook this for a guy on the outside he will probably leave you.

Peckerwood Sandwich:

This is for desert. Get 2 cookies, the bigger the better, Grannies cookies are what we use. Get a brownie & squish the brownie between the cookies. For a little extra you can pour pudding over the concoction & it will feed 1 to 2 guys.

To make what we call PRUNO, you double up two trash bags (don't want any leaks) & put as much fruit as you can get, oranges, prunes, apples, raisans, they will use anything. Put in the bread if you can't get yeast from the kitchen. Then you add sugar alot of it. I never saw anyone measure anything. Then you add water. Close up the bag & let the mess cook. We put the bag in a T-shirt tied up the openings so the guards would think it was a water bag for weightlifting. When they shake down a cell, they just have the cell block porters take waterbags down to the shower to dump out. Once it's in the shower with all the other waterbags they find, they have no idea where the PRUNO came from. If you do get a batch done, it will get you drunk. You use a T-shirt to strain the mess then toss the shirt & the goop down the toilet (DONT throw it in the trash). I have tasted it & it sucks. I never drank enough to get drunk, but others have. Just seemed like to much work for something that sucks so much.

bookgirl

06-07-2002, 11:11 PM

I took my husband some homemade biscuits one Christmas, not because I can bake good biscuits but because he asked me to try. They turned out ... different. I told him to toss them in the trash if they weren't good. He always shared his Christmas food with men who didn't get any, and one elderly man

with no teeth chose to eat nothing from the table but my biscuits. None of the other men cared for them. (

on the "wine" making issue... I will share what I know... this was one area where I got a lot of "training" because when I worked inside the walls, I was running a drug/alcohol program... so pretty much every guy in the housing unit was an alcoholic... :) Here in IL, they call it "hooch"... and they use a similar method to what KConnor described... except they would use fruit and whatever little cartons of fruit juice they could sneak back from dietary (they could never get their hands on actual sugar... so the little juices is where they got the sweetness.... They also used bread.... But the stuff takes a LONG time to actually ferment and STINKS like you can NOT even imagine!! I got to encounter an actual batch only once in my time there.... but I swear ANYONE who would actually CONSUME the stuff would have to be a hardcore alcoholic.... because it is NOT a tasty little cocktail with a little paper umbrella.... it is some nasty stuff!! The guys always had to go to great effort to hide it here... they can't have waterbags like KConnor described... so they would hide it in their laundry bag, or try to hide it in some common area so if it was found they wouldn't get busted... Generally, they got busted before they got to consume their concoctions... the stank kind of gives it away!! :)

6-11-2002, 04:25 AM

Yes, while your locked up spreads are ok, what you have to do is find a recipe that works for you. My favorite was I would pour a packet of ramen noodles & spice packet in to a bag of jalepeno' popcorn, add hot water & let it cook. For extra flavor I might add some hot sauce. Some prison meals I just can't eat like liver, & chow mein. There are many guys who eat their own food, & rarely go to chow. I'm a cheap SOB, so I wasn't going to turn down a meal unless it really sucked. It's institutional cooking but all in all it's OK---

Probably 5 times during my 27 months I drank "hooch".. And it is definitely not brand wine! The hangovers are RUFF even when you don't drink a whole lot, but they always sell out of the stuff.

As for making it, we had 3 different guys in our unit alone cooking it up.. Thursday night was the night to get up in the shower stalls and remove the lighting system and get down the trash bags. It always helps when you have one of the guys from facilities loosening the security screws for the people who need to remove them.

Sometimes the CO's would search and even find a batch or two. They were not really hard about the wine until this Super CO that is always hunting for wine on the compound got up in the ceiling in the unit above us. He found some bags of wine and proceeded to yank them out.. One of the bags just happened to catch on a sharp edge and rip! Now, having him covered in hooch would have made most happy as hell BUT he was up in the shower stall cubby and when that hooch let loose it hit a power source, SPARK! He got zapped off the ladder and down onto his arse.. Covered in hooch! He was ok but beyond pissed, especially with 120 guys laughing hard at him.

Normally, I wouldn't think this is really funny but this CO was a real jerk and taunted inmates like few others. Most of the other CO's were laughing about it too. That's actually how we found out. The other CO up in the unit hit the deuces when he flew off the ladder, just because it scared her so bad. When all the CO's raced out of the unit and then came back, they were beside themselves, "That's what Super Cop gets".

Anyways.. I could tell you how to make this stuff but KConner covered it pretty well. There are a lot of variations. Main ingredients are Sugar, Fruit and bread balls.. You can do it in a jar, all the way to a 50 gallon vat. Just need a little time to make the wine.. Save a little "kicker" for the next batch. (Some already cooked wine will accelerate the next batch fermenting)

The way we use to make jailhouse tamales was to take a bag of fritos corn chips, & a bag of spicy hot cheetos (you can use doritos too, or any spicy chip), crunch them up as much as you can. Mix them together in a chip bag. Add just enough hot water to turn it into a thick mush. Knead the bag to mix the contents well, drain off any water (if you do it right there shouldnt be any). Roll the mix up in the chip bag in the shape of a tamale, & let it cook (sit). After about 5min, tear the bag open & pour some hot sauce

spout. The spout could be covered with a rubber glove or balloon for pressure and fume containment. They said that it made the wine stronger.

The wine in most Alabama facilities sold for one pack of name brand cigarettes per (8) eight ounce cup. I have found open five gallon buckets with a small portion remaining and cockroaches floating in it. I know they died happy from over intoxication.....Cheers!.....38 Special.....:).

I had a prisoner that I thought was an excellent salad man until I observed his sweat dripping from his nose into my bowl.

Our breakfast trays had eggs, sausage gravy, flat biscuits w/ a spoon of jelly, honey-butter, and oatmeal or grits served with a cup of juice (Kool-aid), cup of coffee, and a carton of milk. I ate it all the time and loved it.

Some of the kitchen prisoners would make 15 to 25 sandwiches such as BBQ, hamburgers, and bologna,egg, and cheese (BEC). They would put the sandwiches in whatever kind of bag they could find and smuggle sandwiches out of the kitchen inside their pants. I was told that a sandwich could cost as much as three packs of name brand cigarettes.

We once had a Commissioner that vowed cutting prison cost and removed all extras such as jelly, mayonaise, ketchup, mustard, napkins, and all the extras that we take for granted. The practice lasted until election of a new Governor.

When Kenny and I were hurting for money at the middle of the week, we'd often scrape up enough money to get what we needed for a batch. Let me tell you...it looked EXACTLY like what I feed the dogs! He'd heat cream cheese and Velveeta with a little milk to make a thick sauce. Then he'd throw in the ramen noodles, a can of Hormel chili, crushed nacho dorritos, and pepperoni. Sometimes he'd also add beef-aroni or tuna, but that was a bit too much for me. Jalapeno peppers are optional. Actually, it wasn't that bad...as long as I melted the cheese...he has a habit of burning it.

A tootsie pop= Make a mug of hot chocolate, but make it so the water is just hot enough to dissolve the powdered hot chocolate, then add kool-aide. Cherry is best. Let it cool & add cold water. It taste just like a tootsie pop.

I forget what they call this one, but you make a cup of coffee with as hot as water as you can get, then you take a three musketeers candy bar, & put it in the very hot coffee, & dissolve it. It Taste like a really rich chocolate coffee. If you make it with strong coffee, this will have you bouncing off the walls.

Peanut brittle. Take a lot of sugar & mix it with hot water into a runny syrup, you can also add pancake syrup, & mix this with peanut butter, & add peanuts. Spread it out & let it dry. Viola peanut brittle. Pancake syrup adds a distinctive flavor to it so don't add too much.-----Ken

My husband made his own cough syrup a while back when he had a head cold. He took orange juice and heated it up and dissolved cough drops in it, then sipped on it. He said it was the best cough syrup he ever used!

I've had the spread. The one I had was made with Ramen noodles/potato chips for the dough, then they put squeeze cheeze on it, and sliced up slim jims, with tuna and diced pickles. Scary, but edible, just gotta close your eyes and use your imagination. I enjoyed the experience, but my stomache on the other hand was pretty pissed the next day!

Here is something they make at the deerlodge montanan prison sticky egg noodles with tuna juice poured over it this is their tuna casserole what human should have to eat this slop their our innocent people and their are guilty people in their but they are still people why not serve them real food they get enough tax dollars I mean come on

Brian and were talking about a new "recipe" yesterday. Not everyone will have access to this probably but just in case someone does, here's another idea... see, his cellie works for the chaplain so he is frequently in charge of cleaning up after various gatherings where the refreshments will usually include cookies. Frankie found that if you take the bags the cookies came in - which, naturally, will have crumbs in the bottom of the bag - then kinda mush all the crumbs up together and add just a little bit of water - voila, you have a cake. So far I think they've had an Oreo cake and a pecan shortbread "cake" like that. :)

03-17-2003, 06:05 PM

when i was in the co. jail. We use to make what we call a break. 3 or 4 guys would get roman noodles they we would all pitch one thing in each. like chips, peperoni sticks, chees crackers. exct. we would make the noodels then we would crush all the chips; cheese crackers and what ever we had all together and it taste good. So good luck with your cook book

Here is another one and I have to say, I like it myself and I have never liked pancakes or peanut butter.

On your pancakes add:

Butter/margarine - This is optional, i do without it.
Then peanut butter
Then syrup

This is really good!

Oatmeal
In your plain oatmeal add:
peanut butter
syrup, brown sugar
mashed banana
raisins
broken cookies or crumbs
mix all together

THE COOP CHEESE CAKE

From the Federa Prison Camp in Dublin CA

1 12oz coffeemate creamer
4 pack vanilla pudding
2 lemons
20 vanilla wafers
4 tbs butter

CRUSH wafers real fine and add melted butter..pat down to make crust.

in seperate dish, spoon in pudding, squeeze lemons and stir into putting. ad reamer a little at a time stir good each time you add cramer to mixture.. Stire in enought to make it thinc about 9 oz of the creamer. pour pudding mix on top of crust.
(we would chill by placing dish in ice machine and have someone keep eye on it for about 45 minutes, but ok even if not chilled.

DORITO BURRITOS

Crush a bag of Ramen Noodles up
Crush a small bag of nacho cheese doritos up
Add noodle crumbs and seasoning into the dorito bag
Squeeze in a package of Nacho Cheese
Pour about 1/2 Cup of boiling water into the mixture
Squish all together and flatten out
Fold the end of the dorito bag up so the heat can't escape
Let sit til mushy
Trust me, it's delicious

You can also substitute boiling Rotel Tomato Juice instead of the water and it gives it even a spicier kick

TERIAKY NOODLE STIR FRY ??????

For Sauce---Mix soy sauce with sugar and flavor to your own
teriaky taste

Boil noodles and drain. Add the sauce, some microwave-fried spam and canned corn. It tastes better than it sounds!!!!

PASS THIS "RECIPE" TO THOSE YOU KNOW IN JAIL!

This doesn't sound very appatising, but I can confirm it tastes better than you think.

you need

1 pack of freeze dried non-dairy creamer
1 pack of freeze dried instant hot chocolate
a little bit of sugar

mix all ingredients into which ever "packet" has a foil inner lining and "shake them together" as best you can. Then, (be creative) and light the paper on fire. It will burn off and leave the foil lining. NOT UNWRAP THE FOIL UNTIL YOU ARE SURE IT HAS COOLED OFF! The fire will cause everything to melt together, and you have a "nice little cookie."

You can be creative and put whatever else you want in your "cookie" but you MUST HAVE the CREAMER and COCO!

non dairy creamer burns if you light it, burns quite good.

no no no no... you don't light the creamer itself. you light the paper you have put it into. ONLY do that if the paper has a foil inner liner.

I have a simple recipe that I used when I was in prison and I STILL eat it today.

Bag of Ramen noodles crushed in a bowl,
Enough water to cover. Put a lid on and microwave for 3 min.
Take off lid add Ramen spice package, spoonful of cheese(processed or real), chopped jalepenoes, stir, put

lid back on , sit for 5 min.
Eat with crackers or put in a flour tortilla(noodle roll up)

My husband called me the other night saying the "guys" had taught him how to make a jail-house tamale. He said that you crush cheetos until they're powder and then put them in the cup of ramen noodles that they get, but then he lost me when he said something about putting it under a blanket to cook...I don't know!

Personally, I would not call this a "recipe", but my boyfriend said he learned this in prison in Washington over 10 years ago. It is fun seeing th looks on the guards faces who see him doing it!

Ingredients: 1 Snickers bar, 1 package Grandma's cookies, oatmeal raisin works the best, chocolate chip is pretty good.

Put Snickers on the floor (in wrapper, of course:D) and flatten it with your foot. Now open the cookies, take one out and flatten the other one the same way. Take first cookie out and flatten the second cookie. Now open the snickers wrapper and break it in half. But both halves on the cookie, put second cookie on top to form a sandwich. Put his sandwich back into the package and flatten the whole thing again. Take it out of the package and eat.

'Solitary Salad' on Menu for Jailbirds

PARIS (Reuters) - Fancy a "Solitary salad" or some "Jail-style apple pancakes?" French prisoners have published their own cookbook to teach other inmates how to produce low-budget meals with simple prison cooking equipment.

The book, "Cooking Just For Me," seeks to live up to France's reputation for gastronomic excellence. It features 100 recipes by convicts that range from sophisticated fish dishes to rich chocolate cakes and desserts.

"Cooking in prison forces you to be creative: You only have a pan, a saucepan and an electric stove -- that's all," Claude Deroussent, a doctor in the Ensisheim prison in southeastern France who launched the project, told Reuters.

Deroussent called on France's 60,000 prisoners last year to send in their favorite recipes and asked renowned chef Marc Haeberlin to select the best out of an overwhelming 600 replies.

"I was very impressed by the prisoners' inventiveness," said Haeberlin, whose Alsatian restaurant L'Auberge de l'Ill near Strasbourg has received the Michelin guide's top three-star rating.

"Some prisoners have built their own oven by putting one electric stove on each end of a stool and wrapping aluminum foil around it," he said.

"Ingredients are another challenge. Not everything is as readily available as here in my restaurant. Some convicts say they save biscuits at breakfast to make cake later on."

Haeberlin said he was amused by the inmates' instructions on some of the recipes he received. One message read: "This recipe takes time. But time is not really scarce in here."

A prisoner from Caen in northern France who provided the best recipe -- sea bream with mushrooms and

lettuce -- was awarded a television set by prison authorities.

In March, the 160-page book was distributed free to Ensisheim inmates. But its authors aim to publish it in prisons nationwide and to even sell it in shops.

Deroussent is seeking a publisher and said he hoped proceeds from any sales could go to a prison doctors' association, of which he is a member.

"The recipes suit anyone living on their own and cooking for themselves, such as students or elderly people," Deroussent said.

He said cooking was psychologically important to prisoners, who spend a lot of time alone and have little physical activity.

"We call chefs like Haeberlin creators. Like him, the prisoners feel they are creating something when they cook," he said.

The cookbook includes advice on weight loss

(http://webwarper.net/ww/~GZ/cnn.netscape.cnn.com/wrap/linker.jsp?floc=&ref=http://search.netscape.com/nscp_results.adp?source=nsstorysearch&query=weight+loss&*) and cholesterol, of concern to many prisoners, Deroussent said. Its recipes are written in a simple style suited to culinary amateurs.

It also offers tips for cooking in a small prison cell -- not unlike the cramped apartments in which many Parisians live. Adding a small amount of vanilla to oil before frying fish, it advises, reduces fish odor in a cell or small room.

Haeberlin said as many men as women had sent recipes and the book offers a colorful ethnic mix, from traditional French meals to Moroccan couscous dishes.

"One thing stood out: There was a surprising number of recipes for chocolate cakes. Maybe, if you're a bit lonely, chocolate is what you really long for," he said.

prison burritos,
what you need

- packages of ramen noodles
- tortillas
- chopped jalepenos
- easy cheese (cheez whiz, etc)
- summer sausage, chopped

start cooking the noodles as usual, and when they are done, drain most of the water, and add the seasoning packet and a few big spoonfulls of the cheese. stir that so its all mixed and then add the jalepenos and the summer sausage. stir it all until mixed well, and put the mix into tortillas and roll them up.

another option is before adding the summer sausage, cook it for a few minutes with some honey and jalepeno juice.
if there is left over mix, they use it for a chip dip..another thing that i have tried and like ;-)

2-spoons of instant coffee
2-spoons of cocoa
hot water
2 thin mints or 3-4 starlight mints

Mix it all together until candy melts, let cool and enjoy.

This is what I got in the mail today, and apparently it tasted really good (not the food) :D Cooked up from Polunsky, DR!!! (It fed 4) LoL.

6 mini teryaki sausage sticks, cooked in rice in the hot pot, a diced pickle, 2 jalapenos added two packs of tuna, a big handful of crushed Doretos, a little mayo, to make it not so dry, mix it all together, and served cold. (oh I forgot the Lousiana sauce)
Oh, he goes on to say it had rave reviews :D

i dont know if this one was already mentioned...get one of the double burgers and a bag of doritos (any flavor)..after heating the "burger" put a layer of mustard and ketchup then doritos, place second patty on that layer, put on more ketchup and mustard and more doritos, place top bun on and suish down. you may need to add more doritos about 1/2 way thru as the flavor begins to disappear...not quite sure where it goes though LOL

My husband makes cobbler for him & his bunkmates by microwaving canned peaches (or fresh blackberries when they can get them on work crew), topped with a mixture of sugar or honey and instant oatmeal. They think he is a real gourmet...

I've actually tried the soup or burrito or bomb chino recipe. Wayne's cooked them more than once since he's been home and they look nasty, but actually taste pretty good.

He used the following:

2 or 3 packages or Ramen noodles
1 pack of cheese and crackers
1 small bag of Doritos
1 or 2 beef sticks

He also added onions, salt, pepper and anything else we had handy. He's added canned chili, pepperoni, Velveeta, or just about anything with some flavor.

He crushed everything, put it in a gallon sized Zip-Loc bag and poured hot water over it and then wrapped the bag in a towel for about 20 minutes.

Then we threw down on the stuff...it doesn't exactly look that great, but it tastes pretty good.

One bag raman noodles (beef). boil noodles drain off water, add one can hormel chilie, and the flavor packet from the soup, onions. green onions, diced jalapeno's, a small can (half a jar) of cheeze whiz. Stir in some chilie flavored corn chips, add a littlte water if needed, and roll up in a steamed tortilla, You can add other things like mushrooms or more ground beef and peppers.
This will give you dreams and visions!!!

Bee-dles Sandwiches

1 can roast beef
1 instant cheese soup
ketchup to taste
black pepper to taste
mustard to taste
loaf bread

Pour roast beef and gravy in a microwave bowl, then shred beef, add ketchup, black pepper and mustard to taste. Crunch dry cheese soup up and pour into roast beef mixture. Add water to moisten mixture. Heat in microwave for 4 minutes, stirring at two-minute intervals. Allow to cool and serve on bread as sandwiches. Makes 8 sandwiches.

Tun-dles Sandwiches

1 can tuna
1 instant vegetable or beef soup
2 Tsp mayonnaise or to taste
black pepper to taste
loaf bread

Drain tuna and pour in a microwave bowl, add mayo and black pepper. Make soup per directions on container, drain liquid soup and add soup noodles to tuna mixture. Stir and mix well. Allow to cool and serve on bread as sandwiches. Makes 8 sandwiches.

Uncle Jimmy's Dirty Jailhouse Rice

Ingredients

- 1 7-oz can sliced mushrooms
- 1 bouillon cube (beef or chicken)
- 1 cup long-grain rice
- 2 oz beef jerky, torn into small pieces
- 1.5-oz can potato sticks (eat half as appetizer, reserving rest for garnish)

(You'll have to adjust these directions to the use of a microwave.)

Drain mushrooms, reserving liquid. To mushroom liquid, add enough water to make 2 cups. Place liquid in hot pot with bouillon cube, and bring to a boil. Add mushrooms, rice, and jerky, and stir. Reduce heat to low, cover pot, and cook for about 20 minutes or until all liquid is gone and rice is done. Garnish with potato sticks.

Tin-Cup Soup

- 15-oz can diced tomatoes
- 1 cup canned chicken broth
- 6 tablespoons chunky peanut butter
- Hot sauce, like Tabasco

Simmer tomatoes, chicken broth, and peanut butter in hot pot for 15 minutes. Add hot sauce to taste.

Burrito

1 individual serving of crushed corn chips

1 crushed noodle soup (Ramen? I don't know – it didn't say, but that would be my guess)
1 crushed bag of BBQ potato chips.
Crush all these together in a plastic bag.
Then 1 ½ cups of hot water to the bag, mix thoroughly, evenly.
Seal the bag, wrapping in a towel or an old newspaper.
Let sit for 15 to 30 minutes.
Empty the contents onto a plate, and eat with a spoon.
Add spices, meats, vegetables as available to suit your own tastes.

Another Burrito recipe

2 or 3 packages of Ramen noodles
1 pack of cheese and crackers
1 small bag of Doritos
1 or 2 beef sticks

You can add onions, salt, pepper and anything else you have handy, like canned chili, pepperoni, Velveeta, or just about anything with some flavor.
Crush everything, put it in a gallon sized Zip-Loc bag and pour hot water over it and then wrap the bag in a towel for about 20 minutes.

Doesn't exactly look that great, but it tastes pretty good.

Chili Burrito

One bag ramen noodles (beef). Boil noodles and drain off water, then add one can hormel chili, and the flavor packet from the soup, onions, green onions, diced jalapenos, a small can (half a jar) of cheeze whiz. Stir in some crushed chili flavored corn chips, add a little water if needed, and roll up in a steamed tortilla. You can add other things like mushrooms or more ground beef and peppers.

Another Variation on Burritos

- packages of ramen noodles
- tortillas
- chopped jalapenos
- easy cheese (cheez whiz, etc)
- summer sausage, chopped

Start cooking the noodles as usual, and when they are done, drain most of the water, and add the seasoning packet and a few big spoonfulls of the cheese. Stir that so its all mixed and then add the jalapenos and the summer sausage. Stir it all until mixed well, and put the mix into tortillas and roll them up. Another option is before adding the summer sausage, cook it for a few minutes with some honey and jalapeno juice.

Chip Dip or Tortilla Filling

Take a thoroughly cooked & steaming hot Ramen soup, strain most water, add seasoning, add some diced spicy dill pickle, ANY kind of canned or packaged meat (even jerky) diced, a few crushed up pork rinds, some crushed Doritos, American cheese, a little bit of crushed Tabasco flavored cheese-its, a spoonful of mayo. Mix. Keep it covered & let it self-cook 4 awhile. Then it can be used with tortilla chips like dip, rolled up in a tortilla (flour) for a burrito then nuked for 20 seconds or so or eaten with a spoon.

Tamales

1 bag Fritos Corn Chips
1 bag spicy hot Cheetos (you can use Doritos too, or any spicy chip)

Crunch these up as much as you can, and mix then together in a chip bag.
Add just enough hot water to turn it into a thick mush.
Knead the bag to mix the contents well, and drain off any water that's remaining.
(If you do it right, there shouldn't be any remaining water.)
Roll the mix up in the chip bag in the shape of a tamale, and let it cook (sit).
After about five minutes, tear the bag open and pour some hot sauce over it, and dig in.

Ramen Noodles Variation

Bag of Ramen noodles crushed in a bowl,
Enough water to cover. Put a lid on and microwave for 3 min.
Take off lid add Ramen spice package, spoonful of cheese (processed or real), chopped jalapenos, stir,
put lid back on. Let sit for 5 min.
Eat with crackers or put in a flour tortilla(noodle roll up).

Tacos

1 to 2 bags of pork skins (hot 'n spicy)
1 package Tortillas (flour or corn optional)
1/2 can 12 oz. V-8 juice
1 bottle squeeze cheese (with jalapeno optional)
1 cup dried refried beans for spreading
1 to 2 jalapenos or 1 package spice mix if desired (Spicy Ramen Noodles spice pack)

Crush pork skins in bag, pour 1/4 cup water with V-8 juice to cover, yet not drown pork skins. Dice jalapeno peppers, or if desired, spice mix. Mix and leave in hot pot 15 – 20 minutes or until moist. Add cheese mix or squeeze cheese as garnish (optional). Make sure to drain off extra water. Leave five minutes more.

To avoid sogginess of tortillas, make a cup of dried refried beans, then spread over tortillas before adding the filling. Place your tacos in microwave for a few minutes to heat.

COOP CHEESE CAKE

1 12oz coffeemate creamer
4 pack vanilla pudding
2 lemons
20 vanilla wafers
4 tbs butter

Crush wafers real fine and add melted butter. Pat down to make crust.

In separate dish, spoon in pudding, squeeze lemons and stir into pudding. add remainder a little at a time. Stir well each time you add creamer to mixture.. Stir in enough to make it thick about 9 oz of the creamer. Pour pudding mix on top of crust.
(We would chill by placing dish in ice machine and have someone keep eye on it for about 45 minutes, but ok even if not chilled.)

Peach Cobbler

Microwave canned peaches.

Top with a mixture of sugar or honey and instant oatmeal.

pudding Pie

2 bags vanilla wafers
4 tablespoons butter
2 tablespoons sugar
3 three-ounce packages cream cheese
4 individual jello pudding cups
Sweet and Low

Crush vanilla wafers super fine.

Add sugar, mix, melt butter, add to crust and mix until all is coated.

Press into pan evenly with a jar if you have it, until compressed.

Microwave 30 seconds.

In separate container, mix together cream cheese, pudding and some sweet-n-low. Beat until creamy and all lumps are gone. Pour over crust. Even out, set bowl in ice for one hour.

Chocolate Covered Cherry Vanilla Pie

Crust:

1 bag vanilla wafers (finely crushed)
6 Little Debbie Oatmeal Pies
2 spoons butter (if available)
water

Mix first three ingredients, kneading with hands and adding water until you have a firm dough ball. Press into large bowl about $\frac{3}{4}$ of the way up to form crust. Set aside.

Filling:

3 powdered milks (packages)
2 cherry cool off (drink mix)
2 sweetener packs
2 vanilla capuccinos (packages)
 $\frac{1}{4}$ can Sprite

In a large bowl, using two spoons held in the same hand, separated by your finger (like a mixer), whip filling ingredients into a thick, smooth mixture (3 to 5 minutes). Pour into crust, let set until firm.

Topping:

2 melted Hershey bars or Hershey Syrup

When pie has set, cover in chocolate and enjoy.

Some of these are far more advanced than anything we made, but we had a limited cooking facilities to deal with - we had our hotplate taken off us for reasons that were never explained, and the microwave blew up quite literally - but I thought I'd chip in the following:

Vegemite (prison version)

This was a regular favourite among the aussie inmates, as we weren't allowed vegemite (as you could make alcohol from it, with a little bit of trouble, same reason why real sugar is banned). Basically you get a chinese food-sized container, fill it about $\frac{2}{3}$ with soy sauce, and then mix in beef soup powder until it takes on a jelly-like consistency. Put it in the fridge until it is 'set'. It tastes kind of like vegemite, with a little imagination.

I have a recipe:

Get a cinnamon bun (frosted one preferred); then, spread peanut butter atop of it then microwave for 30-60 seconds. Quickly enjoy!

My boyfriend shared this recipe with me when he got out the first time. I was initially grossed out, but when I tasted it, it tasted pretty good!

Break up a pack (or more) of ramen noodles with a little oil fry the noodles and add a can of can meat (spam works great), onion, Hot pickle, (all diced) and a can of corn. Add water, just enough to cook the noodles and no water left when done. I made in prison back in 1999 and still make it at home now and my kids love it.

my guy told me that they heat food up a couple of ways. one way if they have some time they put it under their mattress. another way they use the wires from their headphones and make sparks, or with an outlet if their cell is lucky enough to have one, this is how they heat up their coffee. he also says ramen noodles and hot sauce will make anything taste good.

i like this thread. i am going to print off some off these recipes and send them to my guy.

"I made a burrito or Bomb Chino as I call them. You mix one individual serving of crushed corn chips, one crushed noodle soup, one crushed bag of BBQ potato chips together in a plastic bag - thoroughly combine these fine gourmet items then add one to 1 1/2 cups of hot water to the bag, mix thoroughly, evenly and seal the bag wrapping in a towel or a month old newspaper. Let sit for 15 to 30 minutes unless you're starving. Empty the contents into a paper plate, paper bag, or anything somewhat clean. Eat with a fairly clean plastic spoon. It's a delight in convict cuisine. Add spices, meats, vegetables as available to suit your own tastes!"

Has anyone gotten the recipe for Mexican Lasagna? We would serve it at the going away dinners when I was inside. Take 2 cans chicken and mix with some salsa and Mrs Dash together. It helps if you can get some onions tomato slice and broccoli from a common fare tray to mix in with the chicken. Place a flour tortilla in the bottom of your bowl then a layer of the chicken then some cheese (we had the cups of soft cheese and the happy cow soft white repeat till bowl is full. Microwave about 2 minutes and let sit for another 5 or so to let it set. Not as good as real lasagna but definitely better than kitchen fare.

The men don't have it going on as much as the women do....I'm not sure if the same things are still allowed in quarterly packages, but my friend L*** in Chowchilla could kick ass. She would use canned oysters, stove top and other things to make a stuffing for Thanksgiving and Christmas. As for the burritos, we used boil in the bag rice, bottled jalapeno peppers, canned roast beef chunks, whatever seasoning we could find and tortillas. It was jumpin'. Heck and her apple strudel....don't even ask I don't remember, but she's a genius.

Actually two days ago I was talking to my boyfriend and he started discussing the food they make in there. He was like You'd be surprised all the stuff people come up with using only hot water. He said something about the packaged fish being good for soups? I don't know, he said he'll tell me all about it when he gets home. Exciting.

penitentiary pizza:Ramen soups,cheese sauce, chili, summer sausage, red hot chips, jalapeno.,

Use a trash bag add some hot water (just enough to make the soups a little mushy) add spices from soups,mix together. Next remove the mattress from a bunk (this is your table), set the soup mix on the bunk and press it so its like a pizza crust, cut the bag from around the crust,then add your ingredients.voila penitentiary pizza.

I package ramen noodle crushed (disregard the seasoning package, you know they will find a use for it

later.)

melt a hershey bar and add noodles and 1 package of m&m's
drop sponfulls onto a clean opened up chip bag or something else it won't stick to once they harden
there you have it cookies!

I thought you might like a prison cheesecake, which is not only simple, it is good.

3 of the ready to eat vanilla puddings

1 8oz coffeemate

1 lemon (plastic realemon)

Mix all together and put in a crust made of graham crackers or cookies and chill.

I made this for friends since I have been out and they love it.

I sent my son a list of recipes I found here and he sent me this one, loosely based on my no-cook peanut butter cookies: 1 packet oatmeal, 1 packet cocoa, one quarter jar of peanut butter, 1 spash coffee....just mix, drop on empty oatmeal and cocoa packets to "cook" (set).

"I made a burrito or Bomb Chino as I call them. You mix one individual serving of crushed corn chips, one crushed noodle soup, one crushed bag [quote]

my boyfriend actually made this for me when he first got bonded out~ he actually made me go to the store and pick up all the chips and stuff~ it was soo nasty~ but he said i forgot the beef jerky

Tuna fish wrap...

The dough:

crush 4 handfuls of nacho cheese chips

crush about 15-20 crackers [[crush both in a bag]

add hot water

lay the 'dough' out flat, flatten it with something round and hard

Tuna:

1 can tuna

add seasonings [upon your choice]

mayo

Spread the tuna over 1/2 of the dough on the long side

with the other half roll it ontop of the tuna..

and there u go.. tuna wrap.. lol

Ok, I have to say the Ramen noodles and tuna is actually pretty good. My man was in prison and is now back in prison. But when he was home he made that alot, and it's actually good if you add some mayonnaise to it. I have also been locked up and in a rehab. They serve you food that is completely filled with carbohydrates and starch. It is the cheapest way to serve people. Also, chicken, pork, fish (yuck) and mistery meat are the cheapest things the state can buy and comes in the biggest bulks. When I was in juvy I gained 15lbs in 2 weeks, and I only ate 2 times a day!!!! I was lucky when I was in rehab though, b/c we had condiments. I learned to eat everything with ranch dressing or a ketchup/mayo mixture. I have to agree the food that the state serves people can more than sometimes be repulsive. And yes, they should serve fruit or veggies, but why would the gov't spend more money if they don't have to. Hugs:p

-Jackie

I unfortunatly ended up getting locked up for 5 months and was begging my bf (who was also locked up) for recipes cause the food is so horrible and he gave me a good one that should be shared! It's a mix so you put all the ingredients into a bag but it was (he doubled the portions of course) 1 ramen noddle cooked, 1 pouch of tuna, 3-4 packets of mayo, 1 seasoning packet, and 1/2 a bag of white rice cooked, you just mix it

all together real good and then put it in your bowl and lightly drizzle honey over the top of it! It was really actually good and filling! He called this his Tuna Helper Jammy!! I am amazed at the things he cooks in there sometimes! He figured out that if you put like a bagel inside a empty popcorn bag and microwave it that it makes the bread toasted! you can share that with your mans too! And now that i'm home I would never even think about trying to recreate anything that was made in there!! He's come home before and before I was ever in that situation and tried to make a mix and let me taste it (it was nasty!!) But he also said it doesnt come out the same! But thats b/c it's only good while your in there!!

We used to make deviled eggs. Save your boiled egg at breakfast and some bacon. If you get a few people to do this, you will have enough. Mix in mayo and mustard and bacon into the egg yolks. Put them back in the egg white. It's really good. I make them the same way out here, but with fresher ingredients.

I think the jail burrito is actually a creation of the commissarys, and vending companies, in collaboration with the jail. You can get a 900 calorie honey bun for 90 cents, yet a cup of ramen is 2 bucks or more. One is cheaper than in a store, while the other is over 10 times the price in stores. All that aside, its the smell of the ramen that gets you. Nothing in jail smells good, or tastes good, but ramen, even though shockingly underflavored compared to its aroma, does have a smell that lures you to the machines. It smells like real food. As for why some people (myself included) sometimes make them once released, is because in jail, a burrito would cost you 3-4 bucks to make. Not a small number considering your income of „well...friendly visitors. At home, well, thirty cents. While in jail, we do this not only because its the only thing worth flavor youll eat, but also because, well its our way of kind of tricking the system. We will find ways to please our appetite. For a moment, you feel like you know a loophole. Of course at home a steak and lobster cant be beat, but in jail, that burrito is our steak and lobster. Having a few more at home once released, is simply shedding some of that taste weve aquired. Its nothing to be ashamed of, and dont be embarrassed for your loved ones when they whip up one, or microwave some bologna. It will pass. Repetition can be a hard thing to shake. With all that said, heres how to make one at home.

one cup of ramen, spicey chicken, or jalapeno cheddar

3-4 cups cheese puffs or regular cheetos style

franks red hot sauce

water

get out that old food processor, and destroy all them noodles, and cheetos. Youll have a fine powder. Heat a half cup of water in microwave till very hot. Add hot sauce to the water (to taste). If using a "fiery" cheeto mix, back off the hot sauce a bit. Add all cheetos and ramen into a sandwich sized ziplock type baggie. This next step you may want to wear gloves. Slowly add water to mix. Not too much at a time or youll have ramen cheetos soup. Just enough to knead in with your fingers to the dry mix. Gradually add until all is moistened, but not too wet. Roll so it resembles a burrito, getting as much air out as possible. Roll in several layers of old newspaper to insulate. Toss that in an old blanket or whatever is handy, and wait at least 15 minutes. Unwrap and enjoy!!

Of course at home you can add salt and pepper, cooked sausage or pepperoni, garlic etc etc. But I will be going back in soon for a couple months, and have been trying to perfect the basics. I would personally stay away from the corn chips and potato chips. The cheeto begs to be hydrated, and if done just right, can be quite good. Stay strong everyone, and get home soon.

We made two variations of the same recipe:

We used

1 Package of Raman, crushed (with spice packet)

2 packages of a meat & cheese stick snack product. Each package had one stick of meat and one stick of cheese.

1 small bag of chili Dorritos (crushed) We used the .99 cent size

He crushed up the dorritos and the raman together and put them in a ziplock bag. He cut up the meat and cheese sticks and threw them in. He then added 1.5 cups of boiling water and mixed it all together. We sealed the bag, wrapped it in a towel and let it "cook" on the counter for 20 minutes.

The other bag was exactly the same, except we used crushed chili fritos.

We waited until it was finished cooking and then decided to add a little salt.

"I made a burrito or Bomb Chino as I call them. You mix one individual serving of crushed corn chips, one crushed noodle soup, one crushed bag of BBQ potato chips together in a plastic bag - thoroughly combine these fine gourmet items then add one to 1 1/2 cups of hot water to the bag, mix thoroughly, evenly and seal the bag wrapping in a towel or a month old newspaper. Let sit for 15 to 30 minutes unless you're starving. Empty the contents into a paper plate, paper bag, or anything somewhat clean. Eat with a fairly clean plastic spoon. It's a delight in convict cuisine. Add spices, meats, vegetables as available to suit your own tastes!"

Most all prison setups contain ramen noodle soups of some flavor.

I like the oriental flavor personally.

I use salmon, onions, peppers, rice, corn and butter in the setup.

I also like to put shredded cheese on top and heat it in the micro.

I cook everything now on a stove and have access to all the spices and everything else that was not available when in exile.

I got the idea to take a bag of doritos, blend them into a meal use as a coating on chicken. I gave this idea to an officer who went home and tried it and told that it was great. cheaper than shake and bake

Well i dont know about prison but in county we made a good cake....because breakfast we got 2 doughnuts and a milk...what you need=d-nuts any where from 4-10(cake d-nuts are the best but you can use glazed),Chocolate pudding2-5 packs,and chocolate cookies.Crumble the d-nuts into small pieces, make a layer smash them down, put a layer of pudding on top, then add a new layer of d-nuts smash them down, then add another layer of pudding, then crush up the cookies and sprinkle them on top....and finally enjoy your cake

my man called it slop....it is purty bad i was served green bologna and 2 pices of hard bread 1 packet of mayo/mustard one hard green/yellow orange and skim milk in a little container like if i was in school...but my man was in county for a year and a half and it was bad the loaf is worse...yeak worse than slop...slpo is like some sort of meat potatoes and tomato sauce yuck...

friend of mine made me a 'Dorito Burrito' when he got out lol

1 bag of doritos or your flavor of chips

1 slim jim

enough water to moisten things up

Crush the doritos up in the bag, break the slim jim into little pieces. Mix them together in the bag and add water to hold it together. Then shake it all to the bottom and roll the bag up tight ly (no air) from the bottom up. Let it sit for like an hour (long enough to saok up the water).

When you open it and take it out it looks like a burrito lol and it stays together and tasted pretty good lol!

My son would make this "burrito" with a bag of jalepeno cheetos and a package of the cooked noodles and he just loved it. He would cook the noodles and drain them, then crush the cheetos and somehow roll it all up in the bag. I think the noodles were picante flavored so it was very spicy. lol

CATHY'S Chocolate Coffee Peanut Butter Ball's

2 to 3 of the peanut butter packets

you get with the sack lunches.

1 pack of swiss rolls from a box.
2 table spoons of instant coffee
1 to 2 tablespoons of warm water
1/2 of milky way candy bar

topping to roll in
A few crushed cookies for coating
1 teaspoon of hot cocoa mix or sugar

To make balls.
Mix all of the ingredients together
form in to balls then roll in crushed cookie mix

"I made a burrito or Bomb Chino as I call them. You mix one individual serving of crushed corn chips, one crushed noodle soup, one crushed bag of BBQ potato chips together in a plastic bag - thoroughly combine these fine gourmet items then add one to 1 1/2 cups of hot water to the bag, mix thoroughly, evenly and seal the bag wrapping in a towel or a month old newspaper. Let sit for 15 to 30 minutes unless you're starving. Empty the contents into a paper plate, paper bag, or anything somewhat clean. Eat with a fairly clean plastic spoon. It's a delight in convict cuisine. Add spices, meats, vegetables as available to suit your own tastes!"

My favorite is the Prison Cavier aka "One-On"

Ramen Noodles or as my ex called it "Crackhead soup"
salmon or tuna
some type of shredded cheese
seasoning
onions and green peppers chopped finely

Mixed together and simmering for a while... really good by it self on on wheat bread

Well I think I found an area where I know alittle about the subject. There are definately prison recipies. You can buy food, & in calif, have food sent in. So we have to think of different & creative ways of cooking this stuff up. Oh yea plus if you have a hook up in the kitchen you can get things from there too. In Calif. probably the best known item is called a spread. This can be made for one or for as many as you want. The biggest spread I saw was for about 50 guys. Like most prison recipes there are many variations depending on taste. Also most of these recipies are used in jails too.

The Spread:

The main ingredient is Top Raman soup. Use 1 soup per person (if you put alot of extras, 2 soups for 3 people), crunch up the noodles & throw in the spices from the little packet. Don't worry about mixing flavors (it's all good). Pour noodles & spices into trash bag. Now comes the fun part you start adding all the stuff you like, cans of tuna, hot sauce, flavored popcorn, spicy cheetoes, corn chips, (don't use potatoe chips), basically you throw in anything you can get. Then you add enough HOT water to cook the mess, tie the trash bag closed & let it cook. You spread a newspaper (AFTER it's been read) on a table & open up the trash bag & everyone grabs a fork & you all stand around this spread eat & talk. If you cook this for a guy on the outside he will probably leave you.

Peckerwood Sandwich:

This is for desert. Get 2 cookies, the bigger the better, Grannies cookies are what we use. Get a brownie & squish the brownie between the cookies. For a little extra you can pour pudding over the concoction & it will feed 1 to 2 guys.

Poormans BBQ.

Get a beef stick & cook it on a lighter.

from my 9 yrs in colorado prisons heres a few recipes:

burrito recipe;

1pk tortilla wraps (12)
3 spicy/beef summer sausage
1pk blackbean flakes
1pk refried bean flakes
1pk rice
1pk beef stew
1cup cheese powder or 6pks jalapeno squeeze cheese

dice sausages and microwave for 3 mins
make up rice,blackbeans,refried beans
heat up beef stew
mix together with cheese and fill tortillas equal wrap in newspaper
and keep in tortilla plastic bag..taste real good!!!

frito pie;

1pk cactus annies cheese nacho chips
2 spicy/beef summer sausages
2pk black bean flakes
1pk rice
cheese 1cup or 6 jalapeno squeeze cheese

dice sausages heat for 3 mins
make up beans/rice
mix together then add nacho chips/cheese stir

tamales;

2pks cactus annies cheese nacho chips
1pk black bean flakes
1pk refried beans
3 spicy/beef summer sausages
4pk jalapeno squeeze cheese

crunch up chips to nearly a powder add hot water till mixture sticks together
lay plastic bag on table and put chip mix ontop spreading out even about 1/4inch thick
2 ways u can do this next step is spread out mixture even and then roll like a cinamon roll or
lay mixture on end furthest away then roll and join edges up..either way is good .cut and serve!

spread feast;

6/8 ramen picante beef soups
1pk black bean flakes
1pk refried beans
1pk beef stew
4 spicy/beef summer sausages
1cup cheese powder or 4/5 jalapeno sueeze cheese

cook up soups/beans/stew..dice and heat sausages
mix together with cheese ..portion out and serve

It is called a "spread", take some chips (preferably Doritos of some kind), smash a good handful mix with some HOT Top Ramen Noodles, add some cheese, sausage and even a pickle, honey or sunflower seeds and let them cook covered in that nice little plastic cup that you get for about ten minutes and WALLAH!!!! instant spread! Delicious compared to facility food. Now if you have cell mates willing to pitch in I advise doing so and making a large spread with laying the chips on a clean cut flat garbage bag, add the noodles cheese and all other goodies and you have a feast of sharing. A WIN WIN situation..... Worked in State custody for 5 years for me, should work for me again over the next few decades :(..... (yep 6 tears=30 years). I am still alive though and that is the important thing. Make these spreads especially shared spreads on holidays to remember but forget.... That will make sense to those whom have been down before. Good luck, sure to see some of your loved ones soon and willing to take msgs..... :) think about it!

spread feast;

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1pk black bean flakes
1pk refried beans
1pk beef stew
4 spicy/beef summer sausages
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cook up soups/beans/stew..dice and heat sausages
mix together with cheese ..portion out and serve

Cheesecake:

in 1st bowl, mash 1 pk. graham crackers, adding small amounts of water until desired texture. Line bowl and set aside. In 2nd bowl, combine 1/2 container of creamer, 1 peach cool-off (drink mix), 2 tbsp. lemonade powder, and 2 pks of sweet & low. Slowly add 1 can of Sprite (or water) in small amounts while whipping to smooth creamy texture. Pour over crust and serve. Note: To make lemon meringue pie, just add 2 additional tbsp lemonade.

Prison Scalloped Potatoes:

Blend 1/2 cup hot water with 1/4 cup creamer. Pour 1/4 mixture into bottom of bowl. Layer bowl with sour cream & onion chips. Smooth jalapeno squeeze cheese on top. Place meat of choice on top or keep meat free. Fill bowl with several layers of creamer (make sure it's still hot), chips, cheese, and meat (optional). Flatten potatoes with plastic spoon as you go. Microwave 8-10 min., turning bowl about every 3 min. until done.

Bean Tortillas:

Take ramen noodles, any flavor (I prefer the spicy ones) break up the noodles and put into a bowl with the seasoning, add about half a bag of cookquik jalapeno pinto bean flakes, cut up 1-2 beef sticks and add them. Add a little bit of hot sauce. Add hot water and put lid on bowl until cooked, or microwave until done. Take 4-6 flour tortillas and stab holes in them with your plastic spork to prevent air pockets. 1 at a time, microwave the tortillas 1 1/2 - 2 min. until hard and crispy. Put bean mixture on top of tortillas. Top with salsa, mayo, squeeze cheese, and cut up pickles. Some people crush up cheez-its and sprinkle them on top. You can also eat this on a soft tortilla and make a regular wrap if you don't have access to a microwave.

One pack of top roman noodles cooked and drained, seasoned

one can of tamales
take tamales, cut and mix in with noodles.

Prison "nutter butters" ...
add peanut butter to the vanilla sandwich style cookies....Fred says this taste just like nutter butters!

:The Latte::
Set carton of milk under running hot water until it's steamy (apparently the water is not regulated with a safety feature at NRVRJ)...then add 3 spoons of coffee (instant i'm sure) and the maple syrup packet from breakfast...

::Pickling process::
Keep in mind Fred was a graduated from Johnson and Wales culinary University with honors...so he's loving this food challenge...
Keep pickle juice in any available container...place boiled eggs, cabbage, or other foods in the juice over night to "pickle"...

Fred has also created a babbling brook and water fountain feature in his segregation cell...and a clock using water evaporation from an empty ink pen cartridge...(he has a lot of time on his hands :D)...apparently the guards are letting him keep the water feature addition in his cell from pure audacity to create it and build it...and the water clock actually keeps accurate time...

We came up with some creative concoctions. We made "pizza." We used the chili and crackers from our Sunday dinner plates and Ramen noodles, nacho cheese sauce, Nacho Cheese Doritos, plain Lay's potato chips, and beef sticks, all from the commissary. Since this makes a good-sized pizza, there'd be about a dozen girls contributing stuff to the pizza.

We'd crush the noodles and crackers together, and add a little water. If we could get hold of a plastic shopping bag, we'd use that. We'd microwave it until it set up and became like a crust. Then we'd spread chili and Nacho cheese over the top, and then crumble the chips and sprinkle over it. We'd use our sporks to try to cut the beef sticks and that was our pepperoni. It actually did taste like pizza.

Another thing we'd do was if you didn't want the brown sugar or peaches for your breakfast, and assuming the peaches weren't green, we'd make peach cobbler. Put the peaches in a bowl (we got square shaped imitation Ziploc bowls for 50 cents in the commissary) and top with the brown sugar. If desired, use a slice of bread for the "crust." Microwave until the peach juices and brown sugar melt together and bubble up.

That's just two of the recipes we used, besides making "chips" with the Ramen. We'd break the noodles up, sprinkle the seasoning packet on them, and microwave for 2 minutes at 30-second intervals. We'd pull the bowl out and shake it every 30 seconds, and microwave until they were crispy like chips.

I work at McDonald's and have been accustomed to McCafe coffee drinks. I figured out how to make a few of them in jail. For a mocha, I'd use half a packet of hot cocoa mix, 2 sporkfuls of instant coffee, water, and microwave it until hot. For an iced mocha, I'd use the same recipe, only instead of filling the cup all the way I'd fill it about halfway and after I heated it I'd add ice.

One hot-n-spicy dill pickle, hollowed out. Take the hollowed out part of the pickle and mix it with a can of tuna, chicken Ramen, mayo, and cheese. Mix it all together, stuff in the pickle shell, cook for an hour and top with mustard. PUKE!

"Burrito or Bomb Chino: You mix one individual serving of crushed corn chips, one crushed noodle soup, one crushed bag of BBQ potato chips together in a plastic bag - thoroughly combine these fine gourmet

items then add one to 1 1/2 cups of hot water to the bag, mix throughly, evenly and seal the bag wrapping in a towel or a month old newspaper. Let sit for 15 to 30 minutes unless you're starving. Empty the contents into a paper plate, paper bag, or anything somewhat clean. Eat with a fairly clean plastic spoon. It's a delight in convict cuisine. Add spices, meats, vegetables as available to suit your own tastes!"

"A soup & pork rinds is basic, but no matter what u mix in them, they're tasty. Take a thoroughly cooked & steaming hot Ramen, strain most water, add season, add some diced spicy dill pickle, ANY kind of canned or packaged meat (even jerky) diced, a few crushed up rinds, some crushed Doritos, American cheese, a lil bit of crushed Tabasco flavored cheese-its, a spoonful of mayo. Mix. Keep it covered & let it self-cook 4 awhile. Then it can be used with tortilla chips like dip, rolled up in a tortilla (flour) for a burrito then nuked 4 20 seconds or so or gobbled with a spoon, MMMM Gooooood! D'oh"

"cake" recipe a couple of bags, a plate 2 pks of cookies 1 tube of peanut butter and 1 bag of m&ms
you seperate the white and blk cookies scrape out the cream

crush all the white halves and tiny bit of water crush the rest for a crust. get a plate but down the first layer of dry crumbs mix the cream center with the peanut butter spread over top next the wet cookie mix and crush the m&ms for the top layer.

The Spread:

The main ingredient is Top Ramen soup. Use 1 soup per person (if you put alot of extras, 2 soups for 3 people), crunch up the noodles & throw in the spices from the little packet. Don't worry about mixing flavors (it's all good). Pour noodles & spices into trash bag. Now comes the fun part you start adding all the stuff you like, cans of tuna, hot sauce, flavored popcorn, spicy cheetos, corn chips, (don't use potatoe chips), basically you throw in anything you can get. Then you add enough HOT water to cook the mess, tie the trash bag closed & let it cook. You spread a newspaper (AFTER it's been read) on a table & open up the trash bag & everyone grabs a fork & you all stand around this spread eat & talk. If you cook this for a guy on the outside he will probably leave you.

Peckerwood Sandwich:

This is for desert. Get 2 cookies, the bigger the better, Grannies cookies are what we use. Get a brownie & squish the brownie between the cookies. For a little extra you can pour pudding over the concoction & it will feed 1 to 2 guys.

The way we use to make jailhouse tamales was to take a bag of fritos corn chips, & a bag of spicy hot cheetos (you can use doritos too, or any spicy chip), crunch them up as much as you can. Mix them together in a chip bag. Add just enough hot water to turn it into a thick mush. Knead the bag to mix the contents well, drain off any water (if you do it right there shouldnt be any). Roll the mix up in the chip bag in the shape of a tamale, & let it cook (sit). After about 5min, tear the bag open & pour some hot sauce over it & dig in. It comes pretty close to tasting like a tamale.

A tootsie pop= Make a mug of hot chocolate, but make it so the water is just hot enough to dissolve the powdered hot chocolate, then add kool-aide. Cherry is best. Let it cool & add cold water. It taste just like a tootsie pop.

I forget what they call this one, but you make a cup of coffee with as hot as water as you can get, then you take a three musketeers candy bar, & put it in the very hot coffee, & dissolve it. It Taste like a really rich chocolate coffee. If you make it with strong coffee, this will have you bouncing off the walls.

Peanut brittle. Take a lot of sugar & mix it with hot water into a runny syrup, you can also add pancake syrup, & mix this with peanut butter, & add peanuts. Spread it out & let it dry. Viola peanut brittle.

The one I had was made with Ramen noodles/potato chips for the dough, then they put squeeze cheeze on it, and sliced up slim jims, with tuna and diced pickles. Scary, but edible, just gotta close your eyes and use your imagination.

Oatmeal

In your plain oatmeal add:

peanut butter

syrup, brown sugar

raisins

broken cookies or crumbs

mix all together

THE COOP CHEESE CAKE

1 12oz coffeemate creamer

4 pack vanilla pudding
20 vanilla wafers
4 tbs butter

crush wafers real fine and add melted butter..pat down to make crust. spoon in pudding, add creamer a little at a time stir good each time you add creamer to mixture.. Stire in enough to make it thinc about 9 oz of the creamer. pour pudding mix on top of crust.

DORITO BURRITOS

Crush a bag of Ramen Noodles up
Crush a small bag of nacho cheese doritos up
Add noodle crumbs and seasoning into the dorito bag
Squeeze in a package of Nacho Cheese
Pour about 1/2 Cup of boiling water into the mixture
Squish all together and flatten out
Fold the end of the dorito bag up so the heat can't escape
Let sit til mushy
For Sauce---Mix soy sauce with sugar and flavor to your own
teriaky taste
Boil noodles and drain. Add sauce, some microwave-fried spam and canned corn.
you take two Honey Buns, melt a hershey bar over it and sprinkle crushed M&Ms over it...and that is a prison birthday cake they give their buddies in prison off commissary.

goos:

you take the coffee cake they give you at meal time sometimes and add a little milk to it so its really moist and eat it with a spoon.

I made a burrito or Bomb Chino as I call them. You mix one individual serving of crushed corn chips, one crushed noodle soup, one crushed bag of BBQ potato chips together in a plastic bag - thourghly combine these fine gourmet items then add one to 1 1/2 cups of hot water to the bag, mix throughly, evenly and seal the bag wrapping in a towel or a month old newspaper. Let sit for 15 to 30 minutes unless you're starving. Empty the contents into a paper plate, paper bag, or anything somewhat clean. Eat with a fairly clean plastic spoon. It's a delight in convict cuisine. Add spices, meats, vegetables as available to suit your own tastes!"

tuna fish wrap...

The dough:

crush 4 handfuls of nacho cheese chips
crush about 15-20 crackers [[crush both in a bag]
add hot water
lay the 'dough' out flat, flatten it with something round and hard

Tuna:

1 can tuna
add seasonings [upon your choice]
mayo
Spread the tuna over 1/2 of the dough on the long side
with the other half roll it ontop of the tuna..
and there u go.. tuna wrap.. lol

1 ramen noddle cooked, 1 pouch of tuna, 3-4 packets of mayo, 1 seasoning packet, and 1/2 a bag of white rice cooked, you just mix it all together real good and then put it in your bowl and lightly drizzle honey over the top of it!

Prison "nutter butters"...

add peanut butter to the vanilla sandwich style cookies....Fred says this taste just like nutter butters!

:The Latte::

Set carton of milk under running hot water until it's steamy (apparently the water is not regulated with a safety feature at NRVRJ)...then add 3 spoons of coffee (instant i'm sure) and the maple syrup packet from breakfast...

::Pickling process::

Keep pickle juice in any available container...place boiled eggs, cabbage, or other foods in the juice over night to "pickle"...

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"I made a burrito or Bomb Chino as I call them. You mix one individual serving of crushed corn chips, one crushed noodle soup, one crushed bag of BBQ potato chips together in a plastic bag - thoroughly combine these fine gourmet items then add one to 1 1/2 cups of hot water to the bag, mix thoroughly, evenly and seal the bag wrapping in a towel or a month old newspaper. Let sit for 15 to 30 minutes unless you're starving. Empty the contents into a paper plate, paper bag, or anything somewhat clean. Eat with a fairly clean plastic spoon. It's a delight in convict cuisine. Add spices, meats, vegetables as available to suit your own tastes!"

As far as yaks are concerned this is my fav and my very own concoction; as long as you have access to all the ingredients. If not I have variations.

1 cherry vanilla or cherry Dr. Pepper
4 tbs. or lid or whatever of Instant coffee
1 pkg. of cocoa
1 pkg. cappuccino mix
1 carton of milk
3 or 4 sugar packets if you have it
chocolate pudding off a food tray or canteen if available

The way I made mine it tasted like you were drinking a chocolate covered cordial cherry.

I started out just making it whenever we had chocolate pudding for dessert. And would use:

1 carton of milk
chocolate pudding
3 spoons of instant coffee
cherry kool-aid packet from our food tray or canteen
a few sugar packets

Ramen-Burrito-Type-Thing

1. Get a Ramen noodle package.
2. Crush up the noodles (make sure to crush them up really finely).
3. Add crushed chips, if available (Doritos are supposedly really good).
4. Add water into bag. Let sit for a few minutes until noodles are a noodle-like softness.
5. Add seasoning packet. Mash bag to mix.
6. Drain out as much water as you can. Squeeze the bag a small as it will go without squeezing the noodles out.
7. Wrap tightly in a towel.
8. Sit on said towel for a few minutes.
9. Unwrap towel, extricate noodle-burrito, and eat.

When I told him I actually tried making it, he cracked up laughing. XD I didn't have any fancy add-ins like Doritos, so I just made it with the seasoning packet. It tasted like.... Ramen noodles.... (hmm, imagine that). Kind of handy to be able to hold it instead of slurping it up in soup form.

VP Parmesan Chicken

1 cup of Roman Noodles
1 can V8 juice
2 cheese squeeze
1 packet steak sauce
1 big chicken sandwich
1 coffee cup (gotta buy the instant coffee to get this)

Take the V8 juice and pour it into the cup of noodles .. Cook as you would if you were using water to cook it. about half the can save the other half.. you can add just a bit of water to cook it but not too much...
Take the 2 packets of cheeze and the 1 packet of steak sauce (like A1) and mix it into your coffee cup at the rest of the V8 juice.. mix again..heat and
set a side with your cooked noodles
Take the chicken pattie off your chicken sandwichen and remove the white cheeze that comes on it.. you can either cut up the pattie before you heat it or after.. I do it before.. Heat your chicken up
Then take an re heat your noodles and your mix
Take that and pour into a plate... Pour your chicken on top of noodles
place your cheese that you removed on top of that.. it should melt the cheese or at least make it soft..
Pour the mixture in the coffee cup on top of that...
There you have VP Chicken Parmesan...
This can feed about 4 people.. and its really good!!!
You can even hit the bun a bit and slice it into pieces and have bread with it!!!
IF they have salad in the bag you can add a salad as well..
Almost as good as being at home...
I use to tell all the inmates wives how to make this cause the inmates would see me making it and want to know how to make it..

VP Nachos

1 bag of Rice and Beans
1 bag of Chili
2 bags of Dorotias or Corn Chips (we like the Fritos corn chips)
3 cheese packets
1 Ham Burger or Cheese Burger
1 pickle
2 hot sauce packets (if the have)
Cook your first 2 items as normal
Take your chips and place on a plate
When your first 2 items are cooked put them in a bowl and mix them together.. or you can just layer them on top of the chips.. easier though just to mix..
Cut up your pickle in small chunks
Cook your hamburger patty... cut up into little pieces and throw your bun away.
Put hamburger on top.
Then your cheese packets and the cheese from the burger if any
then your pickle..

VP Nachos... timing is everything with this dish... making sure everything is hot and putting it all together..
you can even reheat everything when its on the plate.. but dont reheat the pickle save that for last.. we put the hot sauce packets on last if they have them... Its pretty good and fills you up..

spicy tuna wrap : cook a ramen chili soup in a bag still it sucks up most water add 2/3 chili packet, put in tuna, a mayo, a hot sauce, and bag of jalapenos, with some jalapeno cheese spread. mush together. get tortillas and crunch up jalapeno lay kettle cooked chips and lay then out on tortillas, open a hole in bag of tuna mix squeeze out onto tortilla. roll up burritos.

for a snack : i'd crunch up quacachips and mix with mayo and sum chili powder. and use as quacamole and dip frito chilicheese corn chips in it.

red spread : cook in a bag . 3 ramen chili soup (2packets of season), bag of spicy pork rinds crunched, Cheetos hot limon crunched, jalapeno cheese spread, spicy beans. add water enough to cover all items but not to much, mush all together add additional water as needed. Optional: Ranch to cool. (or chili beans n beef packet for additional meat and spicyness)

tamale: 2 fritos chili cheese corn chips(crunched), rice, beans, cheese.(optional ramen for filler). mix well till all together. flatten out in a bag, let it 'cook' and harden. put buffalo chicken inside along with jalapenos. roll up into a tamale. cover top with extra cheese and ranch (for sour cream effect)

I send my son:

1 can of tomato soup

1 can of pizza soup

pepperoni

mozzarella cheese

onion

pepper

mushroom

He mixes it all together, heats it up, Pizza soup. Everyone there loves it and can't wait for the next month to have it again.