

A TINY  
RECIPE  
BOOK



FISHERMAN'S CATCH



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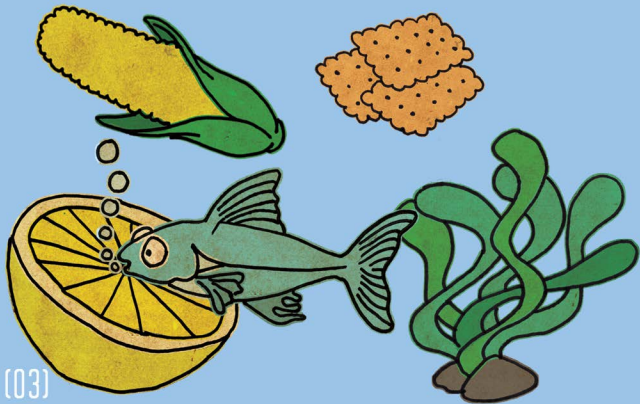
# SUPPLIES

1. FOOD DEHYDRATOR
2. JERKY GUN
3. ELECTRICTY
4. HARPOON
5. AIR TIGHT CONTAINER
6. UNTENSILS
7. MIXING BOWL
8. KNIFE
9. CUTTING BOARD
10. PONCHO\*\*

## LET'S FISH

\*\*KEEPS FOOD DRY IN BAD WEATHER

(02)



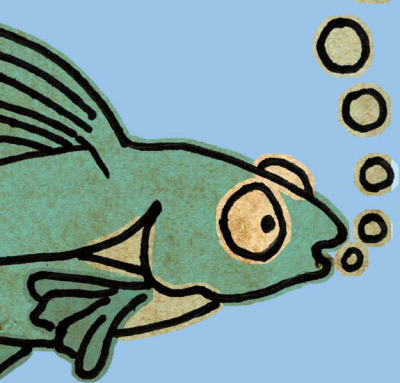
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# INGREDIENTS

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THE FRESHEST FISH YOU CAN CATCH  
THE FRESHEST SEAWEED YOU CAN PLUCK  
THREE TO FOUR WHOLE LEMONS  
COOKED RICE PILAF  
AND FRESHLY BUTTERED CORN

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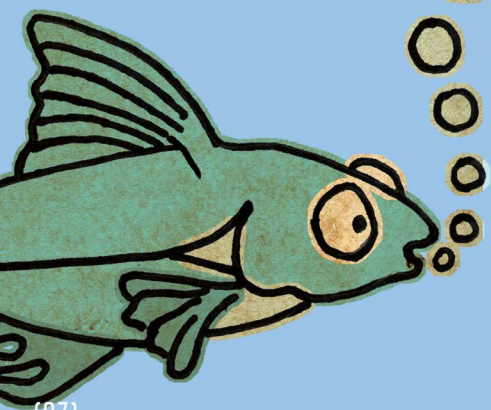
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# FISH JERKY

## PREPARING THE FISH

Our captain recommends a fish with a low fat content: pollock, cod, flounder, etc. Not only will the jerky keep longer, but it'll lower your risk of capsizing your vessel (sorry again, Stuart).

Slice the fish into strips about  $3/8$ " thick. Even slices will ensure consistent drying.



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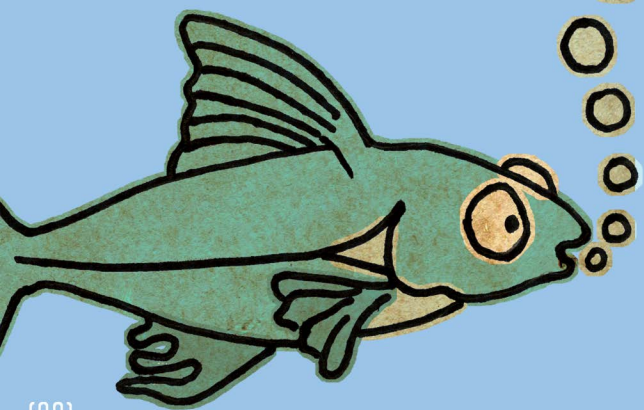
# FISH JERKY

## MARINATING THE FISH

If you don't like the flavor of fish, we're wondering why you'd select this recipe in the first place.

Or maybe you "only eat fish that doesn't taste like fish." We were children once, too.

Simply place your fish in a marinade of your choice, cover, and store in the fridge for 24 hours. (Don't peek! OK, maybe just once.)



(09)

# FISH JERKY

## DRYING THE FISH

Place your fish strips flat on your dehydrator trays. Don't let them touch — captain's orders. Dry at 145-155 F for 8-12 hours or until completely dry.

Once dry, store in an airtight container. Oxygen absorbers will help keep everything nice and fresh.



(11)

# LEMON SLICES

## DRYING THE LEMON

No seafood dish is complete without a traditional lemon garnish. Wash your lemons and slice them into 1/4" discs.

Place the slices on your dehydrator trays and dry at 115-135 F for 5-12 hours. The lower temperatures help preserve the lemony oils, and everybody could use more lemony oils.



(13)

# SEAWEED STRIPS

There are two schools of thought when it comes to successful seaweed drying. The first is the DIY process, which involves diving into water, harvesting fresh seaweed, and then drying the seaweed. Sharks and other sharp things await you, and that's where the harpoon might come in handy.

The second method is to buy dried seaweed strips from your grocery store.  
We hate sharks.



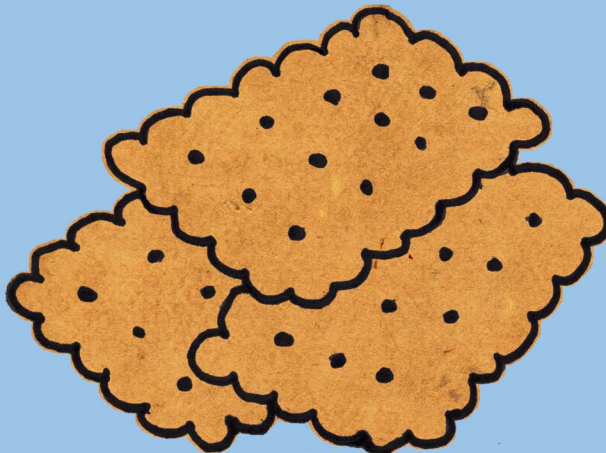
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# CORN

## DRYING THE CORN

Take a trip to Nebraska in the winter or your local grocer's freezer aisle for a bag of frozen corn.

Place the kernels on your dehydrator trays and dry at 135 F for 8-10 hours.



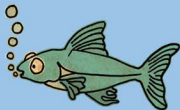
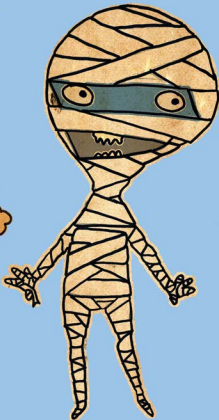
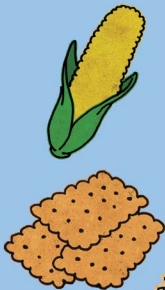
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# RICE PILAF CRACKER

## DRYING THE RICE PILAF

Grab your cooked rice pilaf. Okay, you can let go now. Place some wax paper over your food dehydrator trays, then spread the pilaf evenly, about 1/4" thick.

Dry the pilaf at 110 F for 12-14 hours, until dry and crispy. Break or cut the crackers into your desired shape and size. Hint: starfish shapes are recommended for advanced cracker-breakers.



# ASSEMBLY

Round up everything you've dried in a large mixing bowl. Stir until blended well.

Divide up the mixture into one or more airtight containers and throw in an oxygen absorber for good measure (don't worry; the fish are already dead).

Congratulations! You've just assembled the Fisherman's Catch Mummy Mix. Find more recipes and learn more at [www.MummyMix.com](http://www.MummyMix.com).

a healthy kind of weird

