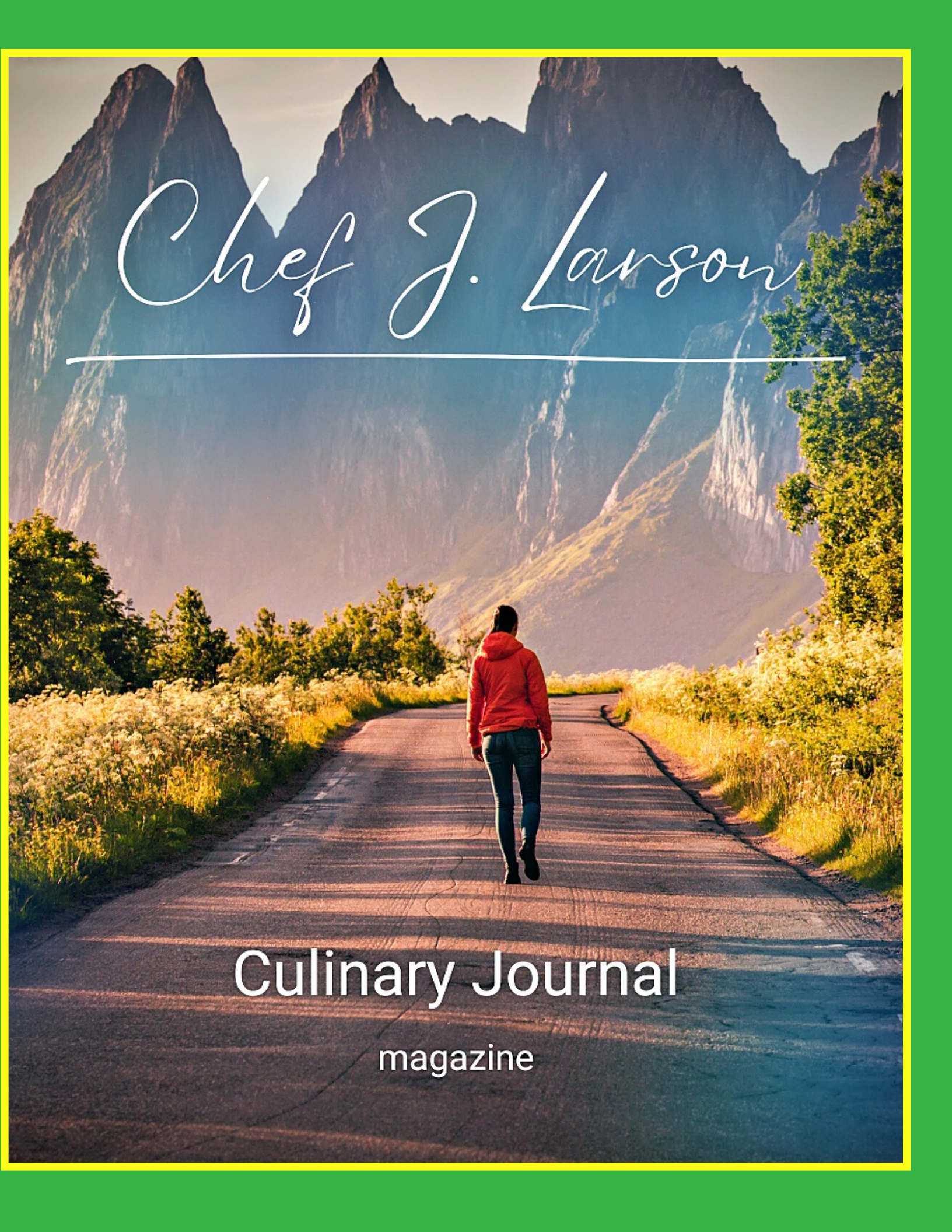


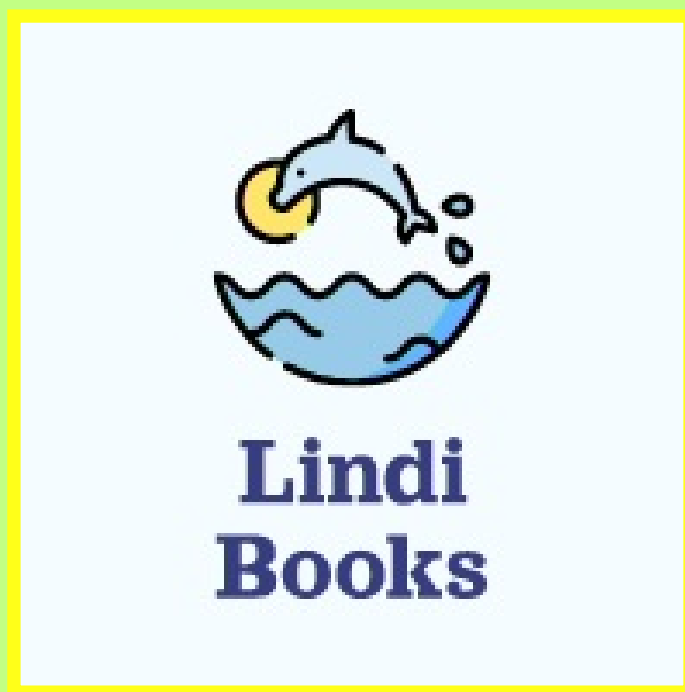
A person wearing a red jacket and blue jeans is walking away from the camera on a paved road. The road is flanked by tall grass and wildflowers. In the background, there are large, jagged mountains under a clear sky. The scene is bathed in warm, golden light, suggesting late afternoon or early morning.

Chef J. Larson

Culinary Journal
magazine



published by



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Chef J. Larson Culinary Journal

**April Issue
2023**

**FEATURING
MUD CAVES OF
ANZA BORREGO**



Relax enjoy Culinary Journal



Editors Page

Dear Readers,

It is with great pleasure that I introduce our writer for Culinary Journey.

Chef James Larson, he has been a writer for the Coto newspaper for the last ten years, sharing his love for culinary adventures through his journals.

We are thrilled to have him share his experiences with us in the magazine. We know that his stories will inspire you to embark on your own culinary adventures.

Over the years Chef Larson has shared recipes and cooking techniques that he has learned along the way, his journals has proved insight into the diverse culinary landscape.

We are excited to have Chef Larson as a contributor to our magazine and we hope that his stories will inspire you to explore new flavors and try new cooking styles.

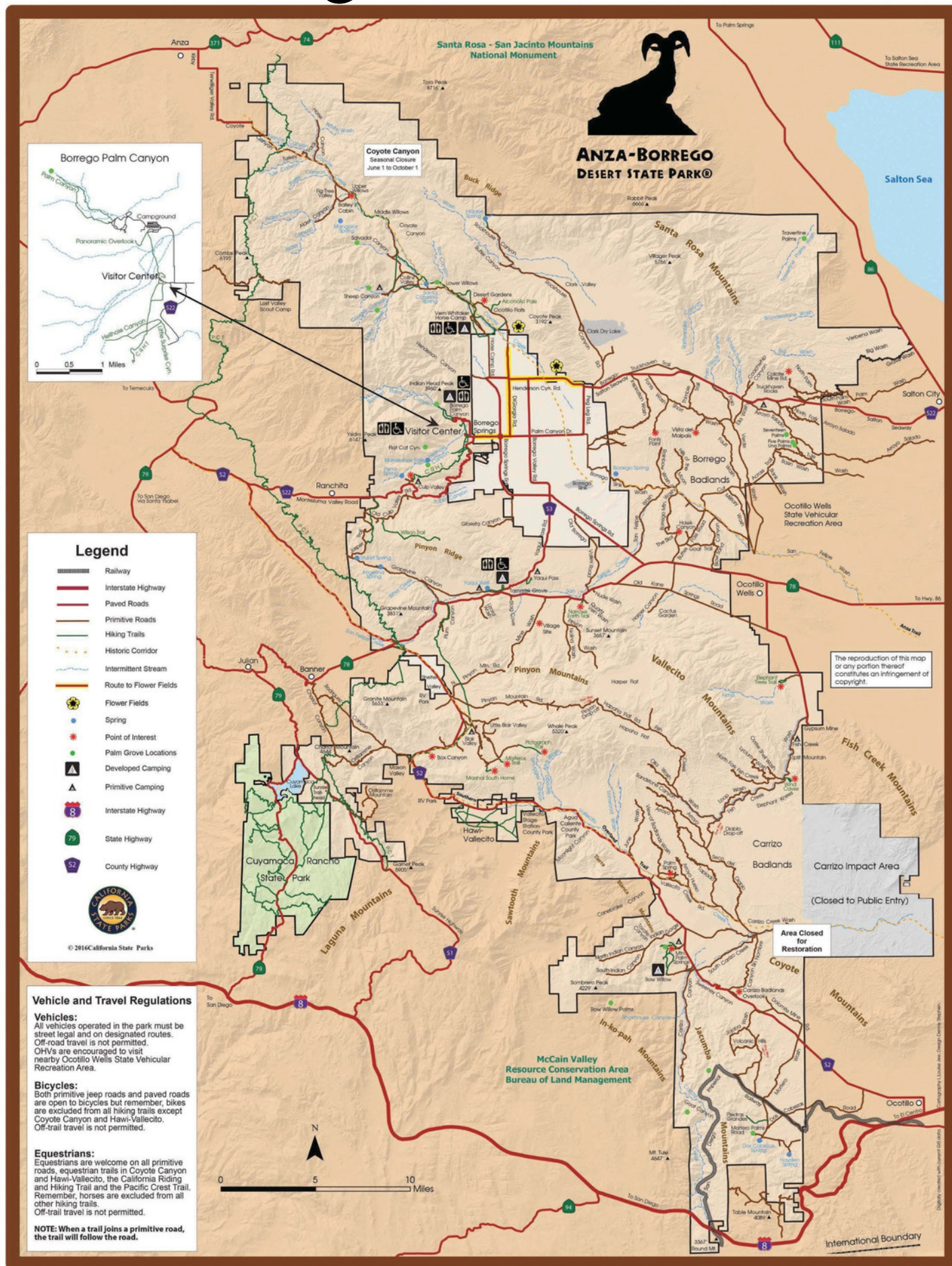
The magazine hopes to travel to small local spots here in Southern California showing, you too can travel. Please send us your Recipes from your own Culinary Journal.

Sincerely,

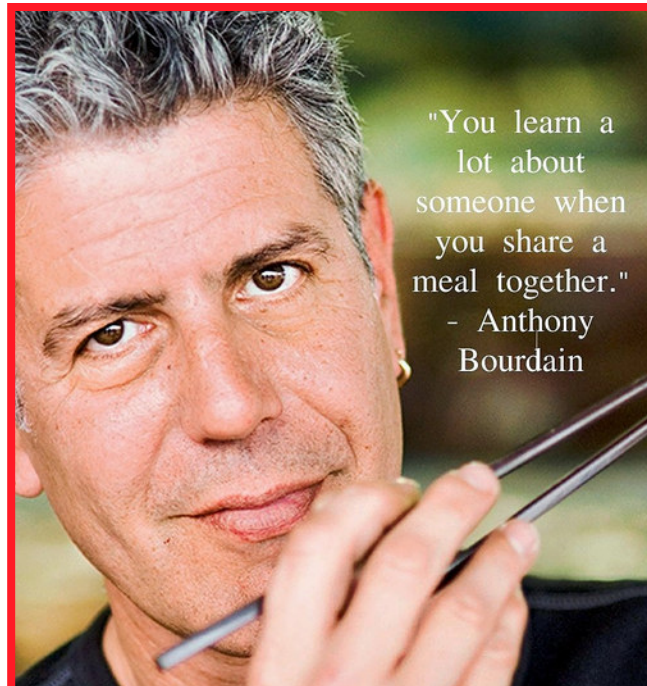
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Featuring MUD CAVES



Letter Headline



Larson Warkentin, was born and raised in Coto de Caza Ca. on a country-style farm. With that upbringing he developed a love for plants, animals, farming and cooking. Formally trained at the C.I.A in New York. He has a passion for cooking for families, colleagues and guests, providing them with food that is nourishing for the body and soul. The true love he has is evident throughout the process from buying organic sustainable products, to the cooking with expertise and that little something special, to the plate up and service. Being graduate of The Culinary Institute of America and Yoga teacher training with daily practice. His goal is to create and maintain an enriching environment with food. Personally, He enjoys riding horses, taking dogs for walk, disc golf, nature, yoga, meditation, and of course cooking.

Anthony Bourdain- The late celebrity chef has been a great source of inspiration with his travels - As a CIA graduate he had a short meeting with him in the gazebo outside halls along the Hudson river. Bourdain shows showed the world how food can bring people together and transcend cultural Barriers. This sparked a desire in Larson to bring people together through food. Which ultimately led to his won culinary journey and discovery.

•

Chef J. Larson

1. Cook with love and intention. When you put positive energy into your cooking, it can make a big difference in the final result.
2. Choose ingredients that are known to boost mood and energy, such as dark chocolate, berries, nuts, and whole grains.
3. Incorporate foods that are associated with happy memories, such as a favorite childhood meal or a dish from a memorable trip.
4. Consider the recipient's dietary preferences and restrictions when selecting ingredients and recipes. Catering to their specific needs shows that you care.
5. Present the food in an attractive and inviting way. Consider adding colorful garnishes or arranging the food in a visually pleasing manner.
6. Remember, food can bring people together and create positive experiences, but ultimately, true happiness comes from meaningful connections and experiences with

*Chef James
Larson*



Personal Chef Journal



Waterfall in Holy Jim Canyon
Trabuco Canyon California.

Larson Warkentin Cottage Pie Culinary Adventure

With the Warm sun of Spring, the cool brisk air, rainy days and chilly nights it is a perfect time for comfort food for the home. There is no better way to stay warm and cozy than by staying at home in your own cottage with these delicious pies. Here is a great recipe for a cottage pie that is quick and easy to make with Creamy potato crust topped with melted cheese and a juicy filling of roasted Turkey and vegetables. Another great advantage of this entree is you can use leftover ingredients from previous meals so you waste less and save time.

Cottage pie is similar to a shepherds pie in the fact that it uses minced red meat with the distinguishing feature being that shepherds pie uses lamb, where as the cottage pie uses beef or poultry. The name and recipe for cottage pie appears before shepherds in the old history cooking books, with the term first appearing when potatoes where new and being marketed in Britain as an affordable and edible crop. For a long time cottage pie was synonyms for any meat pie with the changes in terminology not coming until recently. Cottage pies have a long history dating all the way back to medieval times, where they would use layers of meat, spices and fruit with pastry crust. In fact some meat pies like this are still present today in the highland's of Scotland.

Cottage pie was introduced as a dish accessible to all, with the use of the new and affordable potato, and the term cottage referring to a modest dwelling for the rural worker. In the original recipes for this dish it was used as a way to utilize your left overs and this still holds true today. We will use our left over mashed potatoes, vegetables and roasted turkey to making this is a great dish to

make. With the old time recipe and ovens they called for the bottom and sides to be lined with potato but with are modern version we will just cover the top.

Start by cutting the turkey breast into small and medium sized cubes. Reheat the meat in a large pot on high heat with 3 tbsp. oil, stir occasionally for 4 minutes, add 1 onion diced and 2 cloves garlic, cook for 2 minutes, add 8 once brown mushrooms sliced, cook for 2 more minutes then add 2 stalks of celery, 3 carrots and 1 small turnip peeled and diced. Continue cooking and stir in 1 cup peas, 1 tbsp. tomato paste, 2 tbsp. flour, 1 tbsp. Italian seasoning and 2 tbsp. chopped parsley. Add 1 ½ cups chicken broth bring and bring to a boil then reduce heat until stew is simmering and cook for 10 minutes covered then 10 minutes uncovered, at this point the juices will have evaporated and begin to thicken along with the vegetables beginning to soften. At this time you can add any extra left over vegetables. Check and adjust seasoning with salt and pepper.

This is a perfect spot to use your left over mashed potatoes. If your family ate all the potatoes, which I know is a possibility, here is a quick and easy recipe to prepare a small batch. For the mashed potato topping take 4 potatoes, 2 Yukon gold and 2 Russet potatoes, peel and dice. Boil in large pot of water for 15 minutes, once soft drain all the water. With an electric mixer whip in 3 tbsp. butter, ½ cup cream and ¼ cup of milk with salt and pepper.

To assemble the pies take a baking dish or small individual baking dishes and spoon in the turkey stew mixture then top with the mashed potatoes, making sure to fill in any holes. Top the pies with ¼ pound of grated cheddar cheese or for a more mild variation use mancheron cheese.

Bake in a 400°F oven for 25 minutes, the top will be slightly browned, the cheese melted and the juices will be bubbling.

Take out of oven and let cool, serve with a refreshing salad of mixed greens. The greens help balance the flavors and clear the palate. A popular variation of this dish all of our French Canadian readers will know and love is Pâté Chinois. This dish can be made the same way with the addition of 1 can of creamed corn layered in-between the meat and potatoes for a sweet and creamy twist.

Cottage pie is not only delicious but is also easy to make and is a good way to utilize any leftovers. With the cold nights and rain this is a perfect dish to stay warm, full and cozy but light enough to enjoy as a nice lunch when the spring sun is shining .

To see more of what we have been cooking, and if you have any questions, you can reach me at Chefjameslarson.com



Reciepe for lunch at the MUD CAVES

1 can black beans drained

1 red bell pepper diced

1 small red onion diced

1 small jalapeno pepper

1 lime juice

2 tablespoons olive oil, salt

Tortilla wraps or lettuce leaves for serving

make ahead in large mixing bowl

**find a great spot and dish out portions onto
lettuce leaves**



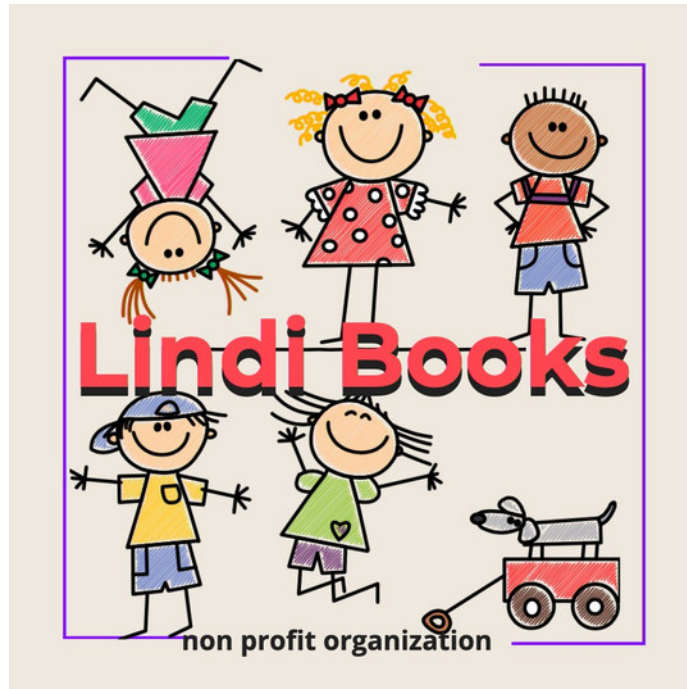
The mud caves are located in the Anza-Borrego Desert State Park, which is a popular destination for outdoor enthusiasts and nature lovers. The park is home to a variety of geological formations, including the mud caves, which are a series of tunnels and chambers that were formed by water erosion. The mud caves have become a popular tourist attraction, in part because they were featured in the movie "Top Gun Maverick". The caves were used as a location for some of the film's scenes, and visitors can now explore the caves themselves. To get to the mud caves, visitors must take a short hike from the parking area. The hike is relatively easy, but it does involve some scrambling over rocks and navigating narrow passages. Once inside the caves, visitors can explore the tunnels and chambers, which can be quite dark and claustrophobic in places. It's important to note that the mud caves can be dangerous, particularly during rainy or wet conditions, when the mud can become slippery and unstable. Visitors should exercise caution when exploring the caves, and should always be aware of their surroundings and the weather conditions. Overall, the mud caves in Borrego Springs are a unique and fascinating geological formation, and a must-see for anyone visiting the area.



Happy Trails to You, until we meet again.

Kids Corner

easy to make recipes for children to make.
Suponsured by Lindi Books



“

*Cooking with kids is
not just about the
ingredients, recipes,
and cooking. Its about
harnessing
imagination, ,
empowerment,, and
creativity"*

Guy Fieri



Berry Infused Water

with Drip Drop

1/2 cup sliced strawberries
1/2 cup blueberries
1/2 cup raspberries
3 packets Drip Drop Hydration Powder in lemon
3 cups of water
Combine all ingredients in pitcher & enjoy!

Lemon Cucumber Mint Water

with Drip Drop

3 lemons sliced
1 cucumber sliced
1 palmful of mint leaves
3 packets Drip Drop Hydration Powder in lemon
3 cups of water
Combine all ingredients in pitcher & enjoy!

Blueberry Orange Water

with Drip Drop

2 oranges halved & sliced
1 cup blueberries
3 packets Drip Drop Hydration Powder in lemon
3 cups of water
Combine all ingredients in pitcher & enjoy!

Pineapple Mint Water

with Drip Drop

2 cups pineapple chunks
1 palmful of mint
3 packets of Drip Drop Hydration Powder in lemon
3 cups of water
Combine all ingredients in pitcher & enjoy!

mw|mommy week™



*o Children who learn to cook with glee,
Will become adults who eat healthy.
They'll know how to make a meal from scratch,
And find joy in creating a culinary match.*

Microwave Popcorn

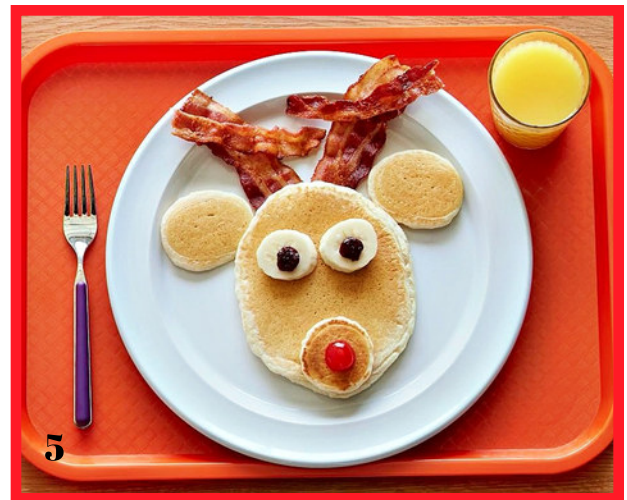
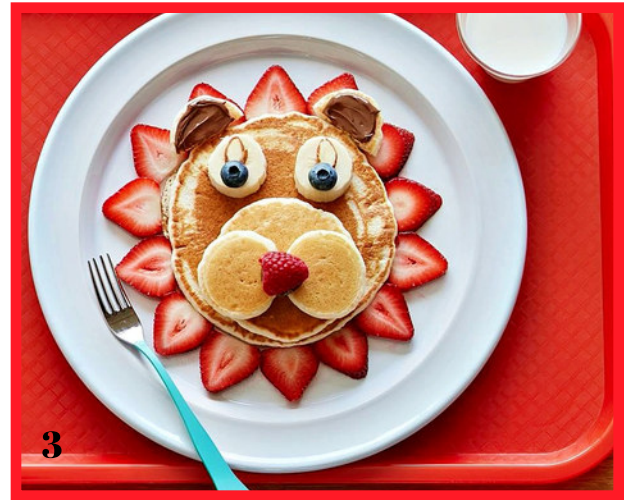
Ingredients:

- 1/4 cup popcorn kernels
- 1 tbsp vegetable oil
- Salt (optional)

Instructions:

1. Pour the popcorn kernels into a large microwave-safe bowl.
2. Add the vegetable oil to the bowl and stir until the kernels are coated in oil.
3. Cover the bowl with a microwave-safe lid or a plate.
4. Microwave on high for 2-3 minutes, or until the popping slows down to 2-3 seconds between pops.
5. Carefully remove the bowl from the microwave and remove the lid or plate.
6. Add salt to taste, if desired.
7. Enjoy!

Kids should be careful when removing the bowl from the microwave, as it will be hot. They can also experiment with different seasonings and toppings to add flavor to their popcorn, such as melted butter, cheese, or cinnamon sugar.



Photos by
Matt Amendairz



food network by Ellie Krieger

Healthy and easy recipe I make can make for my family after work.

Sheet Pan Lemon Garlic Chicken and Vegetables

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 cups of fresh or frozen mixed vegetables (such as broccoli, carrots, bell peppers, and onions)
- 1/4 cup olive oil
- 2 tablespoons minced garlic
- 2 tablespoons lemon juice
- 1 teaspoon dried thyme
- Salt and pepper, to taste

Instructions:

1. Preheat your oven to 400°F.
2. Place the chicken breasts in the center of a sheet pan. Surround the chicken with the mixed vegetables.
3. In a small bowl, whisk together the olive oil, garlic, lemon juice, thyme, salt, and pepper.
4. Drizzle the olive oil mixture over the chicken and vegetables, making sure to coat everything evenly.
5. Bake in the oven for 25-30 minutes, or until the chicken is cooked through and the vegetables are tender.
6. Remove from the oven and let cool for a few minutes. Serve the chicken and vegetables on plates and enjoy!

This recipe is not only healthy and delicious, but it also saves time and effort by cooking everything in one pan. Plus, it's easy to customize with your favorite veggies and seasonings.



FOCUS DISPLAYS

James Franklin

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Here's a recipe for grilled shrimp on the BBQ:

Ingredients:

- 1 pound large shrimp, peeled and deveined
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 lemon, juiced
- Add bacon for great taste
- Wooden skewers, soaked in water for at least 30 minutes

Instructions:

1. Preheat your grill to medium-high heat.
2. In a large bowl, mix together olive oil, minced garlic, paprika, salt, black pepper, and lemon juice.
3. Add the shrimp to the bowl and toss to coat. You can wrap bacon around each shrimp if you like
4. Thread the shrimp onto the soaked wooden skewers, making sure they are evenly spaced.
5. Place the skewers on the grill and cook for 2-3 minutes per side, or until the shrimp are pink and cooked through.
6. Remove from the grill and serve hot.





Recipe for a classic Southern dessert, Banana Pudding:

Ingredients:

- 1 (14-ounce) can of sweetened condensed milk
- 1 1/2 cups of cold water
- 1 (3.4-ounce) package of instant vanilla pudding mix
- 2 cups of heavy cream
- 1 (12-ounce) box of vanilla wafers
- 4 ripe bananas, sliced

Directions:

1. In a large bowl, whisk together the sweetened condensed milk and cold water. Add the pudding mix and whisk for 2 minutes, until well combined. Let the mixture sit for 5 minutes to thicken.
2. In a separate bowl, whip the heavy cream until it forms stiff peaks.
3. Fold the whipped cream into the pudding mixture until well combined.
4. In a 9x13 inch dish, layer vanilla wafers on the bottom, followed by sliced bananas, and then a layer of pudding mixture. Repeat the layering until all the ingredients are used up, ending with a layer of pudding mixture on top.
5. Chill the banana pudding in the refrigerator for at least 2 hours, or until set.
6. Before serving, crush a few vanilla wafers and sprinkle them over the top of the pudding for added texture and flavor.

Enjoy your delicious and classic Southern dessert, Banana Pudding from Kelly Smith!





Natural hair rinse for shine:

Ingredients:

- 1 cup of apple cider vinegar
- 2 cups of water
- 3-4 drops of essential oil (optional, for fragrance)

Instructions:

1. Mix the apple cider vinegar and water in a bowl.
2. Add a few drops of essential oil if desired and mix well.
3. After shampooing your hair, pour the mixture over your hair and scalp.
4. Massage your scalp gently for a few minutes.
5. Leave the mixture on your hair for 5-10 minutes.
6. Rinse your hair thoroughly with water.

Apple cider vinegar is acidic and helps to remove build-up from your hair, while also restoring its natural pH balance. This can help to add shine to your hair. The essential oil is optional and can be used to add fragrance to the hair rinse.



Hill Top Gardens

-
- Pick your fresh flowers at His Top Gardens
- Hand-picked flowers (roses, daisies, lavender, or any other flowers of your choice) take home and add
- 1 cup of sugar
- 1 cup of water
- 1 teaspoon of vanilla extract
- A pinch of salt
- A love letter or a romantic note

Directions:

1. Begin by cleaning and trimming the flowers, removing any dirt or debris.
2. In a small saucepan, combine the sugar and water, and bring to a boil over medium-high heat.
3. Stirring occasionally, let the mixture simmer for 5-7 minutes until it thickens.
4. Remove from heat and add the vanilla extract and salt, and stir until well combined.
5. Pour the mixture into a jar or container.
6. Add the flowers to the jar, making sure they are completely submerged in the syrup.
7. Close the jar and let it sit in a cool, dark place for 2-3 weeks to infuse the syrup with the floral flavors.
8. Once the syrup is infused, strain out the flowers and pour the syrup into a clean bottle.
9. Write a love letter or romantic note to your significant other, expressing your feelings and appreciation for them.
10. Attach the love letter or note to the bottle, and present it to your loved one as a thoughtful and unique gesture of your affection from Hill Top Gardens and you!





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you can take home .
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20 years + Experience

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By Chef James Larson

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Chefjameslarson.com

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\$400 per month - 2 to 3 people

Plus the cost of food - average about \$200 per person

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Culinary Journal



Looking for a hassle-free way to enjoy delicious and healthy meals without the stress of cooking?

Look no further than Chef Larson Private Chef! Our chef shops for the freshest ingredients, cooks them to perfection, and delivers them straight to your door.

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Let us take care of all your culinary needs today! Contact now to learn more about our services and start enjoying delicious meals from your very own private chef.

HEALTHY FOOD

VITAMIN CHART

VITAMIN A (FAT SOLUBLE) FOR Normal Growth and Development, Normal Night Vision & Healthy Epithelium, Anti-infective. Deficiency leads to : Retarded Growth, Night Blindness, Diseased Epithelium, Dry Scaly Skin, Colds, Bronchitis, Diarrhoea, Xerophthalmia.	 Egg  Butter  Papaya  Carrot  Milk  Liver  Cabbage
VITAMIN B₁ (VITAMIN F) (WATER SOLUBLE) FOR Growth, Appetite, Normal Intestinal Function, Nerve and Muscle Function. Deficiency leads to : Beriberi, Loss in Weight, Loss of Appetite, Emaciation, Defective Carbohydrate Metabolism.	 Peas  Meat  Potato  Soya-beans  Milk  Wholegrain Cereals
VITAMIN B₂ (VITAMIN G) (WATER SOLUBLE) FOR Growth, Healthy Skin, Mouth & Eyes. Deficiency leads to : Retarded Growth, Dim Vision, Photophobia, Keratitis, Blistered Tongue, Premature Senility.	 Green Vegetables  Custard-Apple  Meat  Cheese  Soya-beans  Milk
VITAMIN B (P.P. FACTOR) (WATER SOLUBLE) FOR Proper Carbohydrate Metabolism, Nervous System. Deficiency leads to : Pellagra, Glossitis, Dermatitis, Psychosis, Diarrhoea.	 Tomato  Potato  Peanut  Banana  Vegetables
VITAMIN B₆ (WATER SOLUBLE) FOR Proper Metabolism of Amino Acids, Disease-Resistance, Anti-Emetic. Deficiency leads to : Anaemia, Atrophic Lymph Tissues, Poor Resistance against Diseases.	 Dry Fruits & Nuts  Peas  Pulses  Fish  Meat  Milk
VITAMIN B₁₂ (WATER SOLUBLE) FOR Red Blood Cells, Nitrogen Metabolism, Healthy Nervous Tissue. Deficiency leads to : Pernicious Anaemia.	 Egg  Meat  Liver  Cheese  Milk
VITAMIN C (WATER SOLUBLE) FOR Healthy Growth, Good Gums & Teeth, Sound Blood Vessels, Rapid Healing, Resistance against Flu & Colds. Deficiency leads to : Scurvy Swollen Gums, Bursting of Blood Capillaries.	 Guava  Tomato  Orange  Lemon  Grapes  Emblic
VITAMIN D (FAT SOLUBLE) FOR Proper Utilisation of Calcium & Phosphorus Formation of Bones and Teeth. Deficiency leads to : Rickets, Poor Growth, Weak Teeth & Bones, Tooth Decay.	 Egg  Cod-Liver Oil  Milk  Fish  Sunlight
VITAMIN E (FAT SOLUBLE) FOR Normal Reproduction. Deficiency leads to : Sterility, Muscular Paralysis.	 Banana  Green Vegetables  Soya-beans  Egg  Almond  Wheat Germ Oil
VITAMIN K (FAT SOLUBLE) FOR Normal Blood Coagulation, and Liver Functioning. Deficiency Leads to : Haemorrhage.	 Tomato  Soya-beans  Spinach  Meat  Turnip  Lettuce

