

eat this

"Eat This" could easily be a buzzword having fairly dubious connotations, if accompanied by the proper hand gestures. However, to avoid confusion, "Eat This," as it appears in *Sassy*, means food. Delicious, thought-provoking, nutrient-providing, mess-making meals. Being somewhat

CAT BURRITOS

of an expert at wreaking stove-top havoc, I've been handed the apron and instructed to whip up something unforgettable. In order to allow ample recuperation time, you have approximately one month before you are bombarded with another zany recipe from a *Sassy* staffer.

Let's get busy. Cat Burritos are on today's menu. Named so not because they contain cat meat, but because in the *highly* unlikely event that these turn out sucky, you can feed them to your cat, or dog. And just so you don't get



the wrong impression of my cooking before you've so much as sampled a bite, this tempting Mexico-cum-suburbia dish has been tested and approved by at least two moms.

I've broken this thang down into four steps so easy to follow, anyone capable of operating a can opener should be able to stay with me.

Proceed to the room in your home where you stand the highest risk of accidentally setting yourself on fire (I hope that's your kitchen), wash your hands (or at least tell everyone you did), and...

ACCUMULATE:

- 3 chicken breasts, with bone attached
- Some garlic salt
- 2 cans cream of mushroom soup
- 1 small can sliced mushrooms
- 1 billiard ball-sized onion, diced
- 1 small can diced mild-green chilies
- 1 small can pitted black olives
- Soy sauce
- 1 1/2 cups grated Monterey Jack cheese
- 12 flour tortillas
- Some black pepper

UNO Wash your chicken, as chickens are filthy birds. Now boil it in a covered pot with a couple of healthy shakes of garlic salt.

Go watch a rerun of "Charles In Charge" (i.e. cook for 1/2 hour).

After the show is over, cool chicken by letting it stand for 10 minutes, then pull off the bone and shred the meat with your fingers. Keep the water left in the pot, which we chef types refer to as broth.

DOS Take the shredded meat, 1 can mushroom soup, the olives, the chilies, the onion, the mushrooms and 1 cup of cheese and heat in a saucepan big enough to

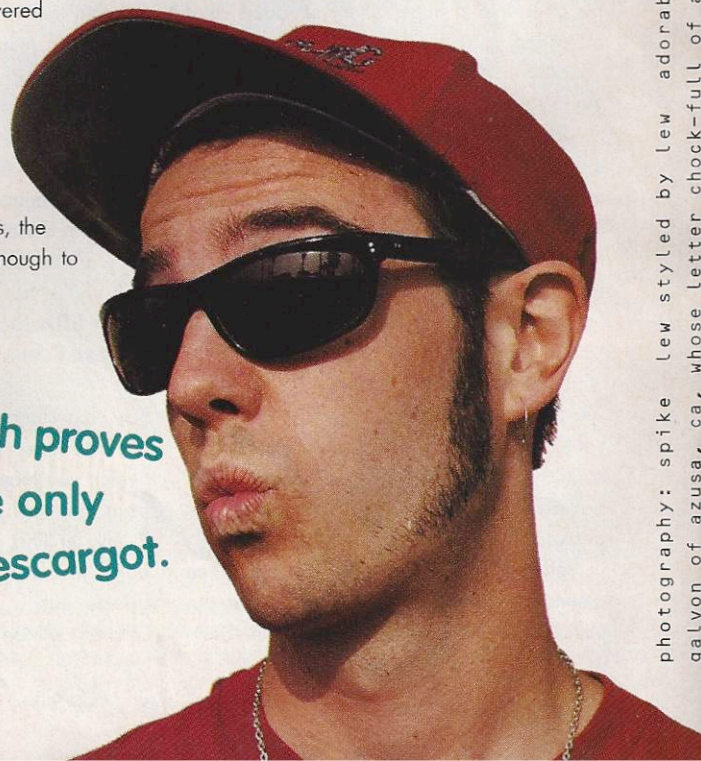
hold it all till it starts to thicken. This stuff looks toxic, but remember that the base is mostly mushroom soup—the very glue on which millions of moms have relied for countless traditional recipes. Continue heating and stirring and add small amounts of broth to the cement-like mixture to thin it slightly—imagine the consistency of pudding with croutons in it. The result is your *filling*.

TRES Dirty yet another saucepan by combining your remaining can of mushroom soup, 1 can of your homemade broth, another shake of garlic salt, a capful or 2 of soy sauce and a dash of pepper. This goop is your *sauce*.

CUATRO Heat the tortillas in a microwave if you've got one handy. If not, don't sweat it. In a long baking pan, spread a thin layer of sauce across the bottom. Drop a tortilla into the pan, filling it with the substance you prepared in step DOS. After the filling is laid, roll up the tortilla and move on to the next one. By the time you've completed this task with all dozen tortillas, the baking pan should look vaguely like a gray, fleshy xylophone. If you don't see this happening, squint and look at it again. Dollop the remaining sauce atop the burritos, then gingerly sprinkle the last half cup grated cheese on top of your freshly dolloped sauce.

Bake it at 350° until the sauce begins to resemble lava in an earth science filmstrip—kind of oozing and bubbling after about 10 minutes. Serve with purple Kool-Aid, a side salad and napkins. Find somebody else to do the dishes, or let your kitty lick them clean.

A new sort of recipe column which proves once and for all that cooking is the only difference between snails and escargot.



photography: spike lew styled by lew adorable gray kitty: jasmine muchas gracias to our "blank slate" winner, natalie jean galvon of azusa, ca, whose letter chock-full of awesome ideas to replace "inside out" included a recipe page.