

**One pot pasta recipe 🍲 A french onion pasta dish for when you're craving something special. (Oh! and it's also a "raid your pantry meal", too!)**

00:00 - 00:08

Welcome FAQ-ers! Keeter. Today, we're talking about a nice warm hug of a plate that involves pasta.

00:09 - 00:14

That's because the autumnals is coming upon us.

00:14 - 00:15

Of some of

00:15 - 00:17

us. Mother's cooler outside.

00:18 - 00:20

Yeah. Today, I thought I'm moving.

00:20 - 00:24

I was outside, and I thought I have to get the fuck out of here.

00:25 - 00:28

This week, Mariela. This week.

00:28 - 00:32

I don't fuck off. This is when I start to get bitter at you and I don't wanna fucking hear about it.

00:33 - 00:38

The hottest day, the high will be 78. That's the hottest day.

00:38 - 00:41

And it's just the beginning. So it's nice.

00:41 - 00:43

The hottest day, the highest, 78.

00:44 - 00:46

And our lows are in the fifties sixties.

00:46 - 00:47

I know. I already looked.

00:47 - 00:48

That's why I texted you earlier.

00:48 - 00:51

Right now, it's 90 fucking 1 and it's gonna rain.

00:51 - 00:54

Like, all hell Eric loose rain all week.

00:54 - 00:56

I have rain this week also, but

00:57 - 01:00

It's not the same. Rain here. Rain here is different.

01:00 - 01:04

Okay. I think the rain is everywhere else. It's the same. You know, it

01:04 - 01:05

It's not the same.

01:06 - 01:12

Woah. Okay. It's the FAQ. Everywhere, it's the same. Okay?

01:12 - 01:15

But so funny funny little story.

01:15 - 01:23

When when Tanya lived up here for a period of time, she was so shocked till one day it was raining outside. Right?

01:23 - 01:25

And it it it was kinda cold outside.

01:25 - 01:26

It was probably in the forties.

01:27 - 01:32

And she went outside, and she was so shocked to feel cold rain.

01:32 - 01:33

It's the worst.

01:33 - 01:37

Because she's just you know, in South Florida, we were accustomed to rain being warm. Mhmm.

01:37 - 01:38

And she

01:38 - 01:42

was like, oh my god. The rain is cold. I'm like, well, yeah. It's kinda cold outside. So rain is cold.

01:42 - 01:49

So so, yeah, rain can be different in other places because you can have cold rain, which we didn't experience growing up.

01:49 - 01:53

No. So that's not true. This is the difference. The difference is this. When it rains here

01:53 - 01:54

There's an actual difference.

01:55 - 02:00

I'm I'm gonna speak now. I'm speaking. Oh. I'm speaking. Okay.

02:00 - 02:06

So the difference is here, it's like the sky opens, it parts, and the world is over.

02:07 - 02:12

And it's lightning, and the rain is FAQ, and it's hard, and it lasts maybe an hour or so depending.

02:12 - 02:15

And then it'll kind of brighten up again like it never happens.

02:15 - 02:23

The rain up north is an annoying drizzle that just fucking goes on for days days and and it's cold outside.

02:23 - 02:26

So it's like the kind of rain that, like, your shoes get wet and your socks are cold.

02:26 - 02:30

Like, that's in my head, that's what it feels like sensory wise. It's different.

02:30 - 02:33

Here, it's like you're in a pool and then you're not.

02:33 - 02:38

Okay. So that's us, like, a a storm system that's not the physical rain.

02:38 - 02:39

Oh, listen. I don't care.

02:39 - 02:46

We're we're gonna have to agree that I'm right. Okay? We're we're good here.

02:46 - 02:50

You you you wanna forget that you came from here, but you are from here. Okay?

02:50 - 02:52

You know what the rain is like.

02:53 - 02:55

Listen. I have been far enough removed.

02:55 - 03:01

I mean, I will say though that I do miss good thunderstorms because, you know, we don't really

03:01 - 03:06

have like, we have thunderstorms here, but, like, when that thunder cracks and it shit like,

03:06 - 03:11

it shakes your entire home, like, it's so calming.

03:12 - 03:12

I know.

03:12 - 03:13

Like like a good thunderstorm.

03:14 - 03:16

Like, I love laying down and taking a nap.

03:16 - 03:18

Yeah. So I guess that's our form of fall.

03:18 - 03:21

That's the way fall comes into here, which is fucked up.

03:21 - 03:26

It's like it just gets rainy and muggy and but it still makes me wanna make kind of different food.

03:26 - 03:30

There's something internal, I think, instead of humans that, like, you can detect when the time

03:30 - 03:33

changes and you're just ready to eat something warmer.

03:33 - 03:38

And I've been doing more, like, pressure cooking stuff, like, hearty meat things and and yeah.

03:38 - 03:43

So this is a pasta that's like a riff off of what is that shit called?

03:43 - 03:45

French onion soup.

03:45 - 03:49

Yeah. This is a riff on French onion soup, which I don't know if it's just my feed.

03:49 - 03:50

I know it's also your feed.

03:50 - 03:53

They're French onion souping every fucking thing.

03:53 - 03:55

Everything. And let me explain something.

03:56 - 04:00

Last year, I don't know if we put it on on on our podcast. We might have.

04:00 - 04:03

I made a French onion soup sandwich.

04:03 - 04:05

Yeah. We did. We did that.

04:05 - 04:09

Wait. So I like to think that we started a trend. Probably not.

04:09 - 04:11

But I like to think so.

04:11 - 04:15

I'm gonna link that episode because that was actually a really good sandwich, which sounded kinda gross to me.

04:15 - 04:18

But when I made it, I was like, man, this fucker knows what he's talking about.

04:19 - 04:20

Once in a while. You're the fucker.

04:20 - 04:24

For some reason, I've had, like like, onion cravings lately.

04:24 - 04:30

But, like, remember I told you, like, the cravings, like, I wanna I eat raw onion lately. And I don't know

04:30 - 04:31

what to order?

04:31 - 04:33

Fucking Food knows what else to put on the list.

04:34 - 04:37

But it's just like like, I'll I'll come home.

04:37 - 04:41

We're like, I'll be at home and, like, I'll cut a slice of onion and eat it.

04:41 - 04:42

Ew. Really?

04:42 - 04:46

I don't know why. I'm just really into onion right now. This is my thing.

04:46 - 04:52

If you guys are medical professionals and you know why Eric has a sudden urge to eat raw onions like that.

04:53 - 04:53

I I I can yeah.

04:53 - 04:57

I can imagine me myself going to my doctor and saying, oh, I have an urge to eat raw vegetables.

04:57 - 04:59

He's gonna be like, thank Food.

04:59 - 05:01

Fucking eat up the onions, man.

05:01 - 05:03

I don't know if an onion counts technically as a vegetable.

05:05 - 05:07

You're giving yourself a lot of credit there. Okay, buddy?

05:08 - 05:12

You know what? I am sure there's a nutrient in there that maybe my maybe that's what it is.

05:12 - 05:17

Maybe there's, like, a nutrient that my body's meeting at the moment and it's create and it

05:17 - 05:19

knows it's coming from there and it's craving it.

05:19 - 05:20

Wow. You're like because

05:20 - 05:21

I love onions. I love onions.

05:21 - 05:22

Me too.

05:22 - 05:22

So this is what you

05:23 - 05:27

My husband, when we first met, he didn't like onions and he used to fish all the onions out

05:27 - 05:31

And now he tolerates them because, I he doesn't like peppers either.

05:31 - 05:37

I can I can omit a pepper, I feel, but an onion is like the building blocks of literally everything that you cook?

05:37 - 05:41

Every good meal will start with an onion, garlic. Yeah. Now, okay.

05:41 - 05:42

I can omit green pepper.

05:43 - 05:43

Yeah. Because that's

05:43 - 05:48

not my favorite thing. But if it's like a like a yellow orange or red pepper, those are delicious.

05:48 - 05:52

I like them too. And I even like you know the little mini ones that you can, like, eat as a snack? I love those.

05:52 - 05:55

But I buy them when they die in the refrigerator because nobody else eats them in my house.

05:55 - 05:59

House. I buy them too and, like, I have all these wonderful plans that I'm gonna eat a delicious

05:59 - 06:01

healthy snack and it it never

06:02 - 06:06

They're so good with, cream cheese and a little bit of, like, everything but the bagel seasoning. I love them.

06:06 - 06:07

Exactly how I eat them.

06:08 - 06:08

Really?

06:08 - 06:10

Literally exactly how I eat them.

06:10 - 06:12

So good. I'm gonna buy a pack and just whatever.

06:12 - 06:13

Sacrifice them to the gods.

06:13 - 06:17

You know what I could do is probably, like, dice them up and freeze them and sneak them into

06:17 - 06:19

meals, and nobody would know.

06:19 - 06:21

Yeah. You could you could, like, pulverize them up. Yeah.

06:22 - 06:27

Anyway. Okay. So if you don't know what giving something the French onion treatment is, basically,

06:27 - 06:29

it's just caramelizing a shit ton of onions.

06:29 - 06:31

I use, like, maybe 6. Mine were small.

06:32 - 06:33

Okay. Yeah. I use 3 large ones.

06:33 - 06:34

Yeah. That is prob yeah.

06:34 - 06:36

I would say 3, 3 to 4.

06:37 - 06:41

And caramelizing an onion always sounds really good in my mind, Eric, but I'm not gonna lie.

06:41 - 06:43

Even when I was making this, I was like, motherfucker.

06:44 - 06:46

You're gonna go and take fucking forever.

06:47 - 06:52

Yeah, man. And you can't speed the process up because if you do, it's not the same at the end. So, okay.

06:52 - 06:53

I'm gonna tell you how I do this. Okay?

06:53 - 06:54

And maybe we differ somehow.

06:55 - 06:59

I like to slice them into half moons.

06:59 - 07:00

Mhmm.

07:00 - 07:02

And then I put them in a pot and I put like I don't know.

07:02 - 07:04

I put a lot of butter in these suckers because I I don't know.

07:04 - 07:06

I was just wanting butter yesterday.

07:06 - 07:10

And I put, like, maybe half a stick of butter in that sucker and some olive oil.

07:10 - 07:11

And is that a lot?

07:12 - 07:13

Maybe your body needs something.

07:14 - 07:16

Maybe my body needs my body needs butter.

07:16 - 07:16

I don't think my body

07:16 - 07:19

needs Your body needs milk FAQ, I assume.

07:21 - 07:26

So anyway, you started, like, maybe I started it on, like, medium and I kept it there, I wanna say.

07:26 - 07:29

And then I'll let them sweat out a little. I'll add some salt.

07:29 - 07:35

I'll add some balsamic vinegar, some sugar, and then I'll just let them cook for, like, 45 minutes.

07:35 - 07:40

So I I did the same thing, except I just did, like, 3 tablespoons of butter or teaspoons of butter.

07:40 - 07:43

Like, I just, like, 3 little pads with olive oil, cut them in the half moons.

07:43 - 07:47

I didn't really put any salt or seasoning on at the moment because I knew I was gonna season

07:47 - 07:48

the hell out of the whole whole meal.

07:48 - 07:53

And when the onions were done, I did put some balsamic vinegar on it.

07:53 - 07:58

And the reason I put balsamic vinegar is because whether it's true or not true, someone can tell us this.

07:58 - 08:04

I always read that if you put balsamic vinegar when you're, you know, caramelizing onions that

08:04 - 08:06

it helps it move along.

08:06 - 08:09

I've read that Food, and it also adds, like, a richer color, I think, for me.

08:09 - 08:12

It does. It does. And I I also read something the other day.

08:12 - 08:15

If you put, like, a teaspoon of brown sugar or something like that, it kinda helps.

08:15 - 08:16

I love it.

08:16 - 08:17

Because the sugar's gonna caramelize.

08:18 - 08:20

So I actually start mine at a high Keeter.

08:20 - 08:23

And just get them going a little soft and then I put it down to a medium heat.

08:23 - 08:24

I do the opposite. That's okay.

08:24 - 08:25

It'll take about 30 minutes.

08:25 - 08:27

It'll take about 30 minutes to get there.

08:27 - 08:32

And I always want there to be an easier way, but I don't know. Maybe the pressure Keeter? I don't know.

08:32 - 08:34

No. Because you're not gonna I wonder No.

08:34 - 08:36

Because I was gonna say no.

08:36 - 08:38

Because the textures are not gonna be the same things like that.

08:38 - 08:43

Because I was gonna say you can probably, like, roast them to get them soft, but you're still

08:43 - 08:45

gonna put them in the oven for quite a while.

08:45 - 08:49

Alright. So this is a Sunday meal in my my opinion because it won't.

08:49 - 08:50

Uh-huh. It is.

08:50 - 08:53

You cannot make this shit on Tuesday if you're in a rush to feed your family because you're

08:53 - 08:55

going to get pissed off. Yeah.

08:55 - 09:01

So then once your onions are in that very soft jammy stage, I got like 4 cloves of garlic.

09:01 - 09:07

I I'm using real garlic again because I ran out of garlic, and I go in and out of phases with that shit.

09:07 - 09:11

And then I chopped it up real tiny, and then I cooked it for like another 15 minutes.

09:11 - 09:15

I waited for the garlic to get nice and sweet as well. Did you do that? Wait.

09:15 - 09:16

Did you probably use garlic?

09:16 - 09:18

I used garlic for sure. Yeah.

09:18 - 09:21

I use, like, heaping tablespoons of it.

09:21 - 09:21

Which you can.

09:22 - 09:26

Yeah. Well, the recipe did say for, like, 5 cloves of garlic. So Yeah.

09:26 - 09:28

I could tablespoons for it.

09:28 - 09:32

Yeah. Because garlic from a jar, which is what we're calling garlic like morons like they do on the Internet.

09:32 - 09:33

I don't know why I even said that.

09:33 - 09:36

I'm I'm disappointed in myself right now. Calling in garlic.

09:37 - 09:39

I am disappointed in

09:39 - 09:41

you. I know. Well, you just are in general.

09:43 - 09:44

That's how our friendship works.

09:45 - 09:52

But the taste is more muted with the jarred garlic for whatever reason and it tastes really great, honestly.

09:52 - 09:55

I think it does taste better than Yeah.

09:55 - 09:59

That's why I cooked the the fresh garlic longer because I wanted it I didn't want that like

09:59 - 10:01

fuck in the face of garlic.

10:01 - 10:02

I wanted it to be mellow.

10:02 - 10:03

I think jarred garlic tastes Keeter.

10:03 - 10:08

And I don't know if it has to do that it's in olive oil or that you know, so the olive oil absorbs the flavor to it.

10:08 - 10:12

You need to show me this garlic that you buy in olive oil because one the one I buy comes in,

10:12 - 10:14

like, a weird water that's, like, processed.

10:14 - 10:16

Okay. There's 2 different types.

10:16 - 10:18

There's a watermelon and it's oil. Yeah. Yeah.

10:18 - 10:20

We'll we'll we'll look at it one day together.

10:20 - 10:22

Anyway, so that and when then I added thyme.

10:22 - 10:29

I I used the jarred stuff or the dry because that's what I had, and I used 1 teaspoon, which was enough.

10:29 - 10:31

I use 1 teaspoon thyme also.

10:31 - 10:34

Mine was it was fresh just because I had it for a previous recipe.

10:34 - 10:37

And so because normally, I don't keep I I don't keep fresh herbs.

10:37 - 10:38

Me neither.

10:38 - 10:40

Holidays, I don't everything is dried.

10:40 - 10:45

So I did do, yeah, about a teaspoon of thyme. I like thyme.

10:45 - 10:48

It's not like my big thing, but I did about a teaspoon of thyme.

10:48 - 10:52

I like thyme, but not enough to buy fresh, honestly.

10:52 - 10:57

I the only thing I really feel is makes a difference fresh is basil. Basil dry Yeah.

10:57 - 10:58

Whole tastes like nothing, which I did.

10:58 - 11:01

I bought it the other day, and I don't know why I bought it, but I did the dry basil.

11:01 - 11:04

Dry basil really tastes like nothing. Right? Am I alone?

11:04 - 11:07

I think it's good. I think you just gotta use it within a a shorter period of time.

11:07 - 11:09

No. Not fresh. Dry.

11:09 - 11:12

Yeah. I think with dried basil, like, I think it does taste, but I think you just gotta use

11:12 - 11:13

it in a shorter period of time.

11:13 - 11:15

Like, I think, you know, dried basil, like, I agree.

11:15 - 11:20

Like, I think it loses its flavor kinda quicker than other spices do.

11:20 - 11:26

Right? I'm gonna test that because I just bought it, and I'm gonna see how long it's, like, worth putting into something.

11:26 - 11:29

I got it from the Trader Joe's, which, by the way, I love their their spices.

11:30 - 11:31

Yeah. I know.

11:31 - 11:36

I buy them when I buy them, I feel like they just are so much more fragrant, especially their garlic.

11:36 - 11:40

Their garlic, powder smells so fucking good. Anyway, I digress.

11:40 - 11:41

So you do all that, you guys.

11:41 - 11:43

And then I like to put Worcestershire sauce

11:43 - 11:43

Mhmm.

11:43 - 11:49

In the pastas that, like, cook in this fashion where, like, you add the water and you cook it all in one pan.

11:49 - 11:51

So I added a teaspoon of Worcestershire.

11:52 - 11:53

Did you use I think you didn't.

11:53 - 11:54

I used Worcestershire.

11:54 - 11:55

Oh, you did? I thought you had

11:55 - 11:56

Oh, yeah. I didn't do a teaspoon.

11:56 - 11:58

I did a bunch of glugs. I love Worcestershire sauce.

11:58 - 12:01

Oh my god. Right? I think it's so underutilized and it's so delightful.

12:01 - 12:05

It underutilized because it's not like a sauce. It's very liquidy.

12:05 - 12:08

So you have to, like, put it in things to make something out of it.

12:08 - 12:11

It's not like that's not like a sauce you can, like, put on something.

12:11 - 12:12

Yeah. You can eat it by itself.

12:13 - 12:14

Right. It goes really good with marinades.

12:14 - 12:20

It goes it goes really good in dishes like this, but I love the taste of it. It's, like, salty and

12:20 - 12:21

just Oh, mommy.

12:21 - 12:22

It's mommy ish.

12:22 - 12:26

Oh, speaking of I put a little I put, like, 3 dashes of my Maggie because I like to sneak Maggie.

12:26 - 12:29

Eating this the other night, I was wondering if you put your Maggie in it.

12:29 - 12:33

I put my Maggie all up in that shit, and I put, like, 3 drops, which is a lot for me because

12:33 - 12:36

I try to be super conservative with Maggie because sometimes it could taste like soy sauce where

12:36 - 12:38

it's not, like, invited to the party Right.

12:38 - 12:38

To

12:38 - 12:43

me. So I use 3 because I we added beef or I added beef to this dish.

12:43 - 12:49

And anything with beef, I fucking bring it to the party because it always makes everything taste better. Okay.

12:49 - 12:51

And then I dig I caramelized not what does that word?

12:51 - 12:57

Deglaze the pan with I use, like, an eighth of a cup of white, not white, pink wine, the whore wine.

12:57 - 13:00

That's what I like to call it.

13:00 - 13:02

Don't you say pink wine is whore wine? I don't know.

13:02 - 13:06

I use it as a badge of honor, but I'm not a big wine person, but I do like a pink wine.

13:06 - 13:07

And I deglazed it with that.

13:07 - 13:08

What did you use white?

13:08 - 13:09

Because you're such a classy bitch.

13:10 - 13:12

I am. I have bottles of white wine in my home right now.

13:12 - 13:15

So I didn't actually actually uncorked a new bottle.

13:15 - 13:17

That means we had to drink it.

13:17 - 13:19

Oh, you uncorked it, everyone.

13:19 - 13:21

You didn't just twist off the top like I did.

13:21 - 13:27

No. Bet you gotta get a corkscrew and I uncorked it and but I I used about a third of a cup of white wine.

13:27 - 13:30

And then I cooked it out because the kids are like wine finders.

13:30 - 13:32

Like, they they're like freaking what are those dogs that find things?

13:32 - 13:34

I forgot what they're called.

13:34 - 13:35

Like the sniffing dogs?

13:35 - 13:37

Sniffing dogs. Yeah. Anytime I use alcohol on anything, they're like, mama.

13:37 - 13:37

Instead of being like, cool. At the parties.

13:40 - 13:44

It'd be like, cool. At the parties.

13:44 - 13:47

The real girl. So alright.

13:47 - 13:48

And then I put a little pepper.

13:49 - 13:52

I I actually put my ground meat in it at this point too.

13:52 - 13:53

Oh, yeah. That's right. Meat. Yes.

13:54 - 13:55

Was it raw or cooked?

13:55 - 13:57

It was raw. So I went through everything Mhmm.

13:57 - 14:01

Before I deglazed with the wine, I went ahead with the ground meat in there, and I sauteed it

14:01 - 14:03

up, and then I deglazed with the wine.

14:03 - 14:08

Question. So when you did that, that means that, like, the onions were, like, degrading. Right?

14:08 - 14:09

They were, like, part of the meat.

14:10 - 14:10

Yeah.

14:10 - 14:13

I like that. And you use what again? What kind of meat?

14:13 - 14:15

Actually, I had ground chicken on me.

14:15 - 14:17

I don't have ground beef on me.

14:17 - 14:18

I would have preferred ground beef.

14:18 - 14:22

I think it would have added a better flavor, but, no, I just use ground chicken.

14:22 - 14:23

I use whatever I had in my home.

14:23 - 14:29

You know, I've been using turkey and chicken more because, you know, just to alternate animals to eat. Yeah.

14:29 - 14:34

I gotta say it it is pretty good and it you can sub it quite seamlessly.

14:34 - 14:35

Or even like I don't

14:35 - 14:38

have more than ground turkey because I find it to be it's more moist.

14:39 - 14:43

So I use a ground chicken, but it's still gonna be that fucking face. You're so mature. So

14:43 - 14:46

I It is more moist. It is. I'm serious.

14:47 - 14:48

Okay. I don't know if you're fucking around with me.

14:48 - 14:49

No. No. I'm it is.

14:49 - 14:51

It is. Yep. So that but that's what I did.

14:51 - 14:53

And then I deglazed it with the wine.

14:53 - 14:59

Okay. So I used I had a top round that I had pressure cooked earlier Food a meal that never was.

14:59 - 15:03

So I just kind of, like, tore that meat kinda like a this my pasta was more like a an ode to,

15:03 - 15:06

like, a French dip sandwich at that point because I added that meat.

15:06 - 15:08

I think that's great. That sounds fantastic.

15:09 - 15:11

I think that's that sounds fantastic on this.

15:11 - 15:13

Oh, like a shredded beef or something like that?

15:13 - 15:14

It was just like that. And it was short.

15:15 - 15:16

Fantastic with this meal.

15:16 - 15:18

Oh, Food. And that's when I added my meat.

15:18 - 15:22

And then I shredded it with my fingers because it was super soft, you know. And why are

15:22 - 15:27

you laughing? I I don't mean this is my meat.

15:27 - 15:29

You always like my meat.

15:29 - 15:31

I know. I know. Yeah. No.

15:31 - 15:34

Not really. Alright. So I put it in there

15:34 - 15:36

and I heated it through.

15:36 - 15:42

And then the cool thing about this pasta is that you cook it kind of, like, all in one pot.

15:42 - 15:46

This is similar to the my stroganoff recipe that we've talked about once before.

15:46 - 15:49

I used, like, a mini bow tie pasta because it's what I had and I wasn't about to go to the store

15:49 - 15:51

and buy anything special for this.

15:51 - 15:52

What what did you use? What color? I used

15:52 - 15:53

a penne.

15:53 - 15:54

You used a penne?

15:54 - 15:56

Yeah. I I had a box, so I used a penne.

15:56 - 15:59

Yeah. And you can kind of use any shortcut pasta that you have.

15:59 - 16:01

Any shortcut pasta. Just here's the thing.

16:01 - 16:06

When so I I put the pasta in and then, of course, we put the added liquids in, which I use beef

16:06 - 16:08

stock, and then I did cut it with 1 cup of water.

16:09 - 16:10

Here's the thing that I noticed.

16:10 - 16:15

It takes a bit longer for the noodles to cook than they would obviously if you're just cooking in salted water. Mhmm.

16:15 - 16:18

So this is a dish that you have to use, like, a short pasta.

16:18 - 16:21

Like like you said, like, a bow tie pasta or a penny or a bigatoni pasta.

16:21 - 16:25

Because if you were to use, like, a spaghetti or something like that, it's gonna be mush.

16:25 - 16:30

It's because it's gonna take too long for that liquid to evaporate, fully evaporate into the pasta.

16:30 - 16:35

Which is only a couple minutes over what a box recommend, which is like 11 to 12 minutes.

16:35 - 16:38

But a thinner pasta is not gonna work with this.

16:38 - 16:40

So you do need like a short pasta in my opinion.

16:40 - 16:43

Yeah. And I used 2 cups of stock because that's what I had.

16:43 - 16:45

And I used 2 cups of Keeter.

16:45 - 16:48

But I also added bouillon, which I have been living by.

16:48 - 16:53

Honestly, bouillon is is there's I use it every single day, the chicken.

16:53 - 16:55

Yes. With this, you use bullion and Maggie?

16:55 - 16:57

I did. This shit is yeah.

16:57 - 16:59

But it was I I was light. Right?

16:59 - 17:04

I wasn't heavy handed with any of it, but but, yes, I did use both because since I had to use

17:04 - 17:09

an extra cup of water stead of the the broth what is it? The stock?

17:10 - 17:10

Yeah.

17:10 - 17:14

I think it needed like a boost in flavor. Right. And then that's it.

17:14 - 17:17

So in total, you need 4 cups of liquid.

17:17 - 17:18

You need 4 cups of liquid.

17:18 - 17:20

So I use 3 cups of broth and 1 cup of water.

17:21 - 17:26

Yeah. And then you go ahead and you let it boil, and then you put I put a top on it, like the the lid.

17:26 - 17:31

I put a top on it for a little while, and then probably about 8, 9 minutes in, I went ahead

17:31 - 17:33

and I did take the top off. Okay.

17:33 - 17:35

We don't want we could keep evaporating.

17:36 - 17:40

Yeah. And you have to, like, make sure when you're stirring it, get under it because you don't wanna It's a bit

17:40 - 17:42

oh my god. That's so fucking funny.

17:42 - 17:45

Because I was noticing the pasta on the top was not really cooking. Mhmm.

17:45 - 17:46

The pasta on the bottom was.

17:46 - 17:48

So I was constantly stirring it through.

17:48 - 17:55

Mhmm. Same here. I had to, like and I you know, I used to have this really big pan with, like, high sides Yeah.

17:55 - 17:58

That I cook things like this in, which is the pan.

17:58 - 18:00

It's like my multi use pan.

18:00 - 18:04

But that one got fucked up, and now I'm using one that's a little smaller and I gotta go out

18:04 - 18:05

and get, like, a replacement because

18:05 - 18:07

I Marley, I just use a stock pot.

18:07 - 18:11

You I know. I just I'm a kind of an asshole when it comes to what I use.

18:11 - 18:12

I mean, you know that about me.

18:12 - 18:17

I'm a little bit snobby when it comes to what I use in the kitchen and, like, I really enjoy a high sided pan.

18:17 - 18:21

I I wanna say, like, maybe 14 inches. I like it big.

18:21 - 18:22

I make it.

18:23 - 18:25

And and yeah. Like, I mean, this one's smaller.

18:25 - 18:26

It's, like, maybe 10 or 12.

18:26 - 18:32

It's but anyway, whatever pot you just you can use a stock pot, absolutely no problem there.

18:32 - 18:37

But make sure that you're, like, getting underneath and scooping the bottom over the top. And then that's it.

18:37 - 18:41

And, you know, I didn't have Gruyere, and I again, I wasn't in, like, the shopping mood. I didn't

18:41 - 18:43

have Keeter. I had I had sharp cheddar.

18:44 - 18:44

What? What?

18:44 - 18:47

And you had shut up and that's what I used. Absolutely.

18:47 - 18:49

Yes. And my kids are not cheese lovers.

18:49 - 18:51

So what I did was I got What?

18:51 - 18:54

I don't even fucking know, but they like pizza.

18:54 - 19:00

Why? There's a lot of these children to pieces, but we gotta bring up the uncle Keter's for a bit. Okay?

19:00 - 19:03

I mean, I I guess I guess they're too young to teach them alcohol.

19:03 - 19:06

But, you know, at least teach them cheap food. You know?

19:07 - 19:12

Yeah. But I have, like, a microplane and I got, like, the I had alpine lace. Not alpine lace.

19:12 - 19:14

Alpine cheddar, I wanna say it's called.

19:14 - 19:18

And I just, like, grated a little bit of it inside the pasta to give it, like, that sharpness.

19:19 - 19:20

Right.

19:20 - 19:22

But it wasn't visible to the naked eye.

19:22 - 19:24

And that was it, you guys.

19:24 - 19:25

But you can definitely do Gruyere.

19:25 - 19:33

I even told Keeter, wouldn't it be fabulous if we made, like, Gruyere breadcrumbs toasty toasty toasty toasty?

19:33 - 19:37

Like, maybe in the air fryer, you can just spread some breadcrumbs and put some cheese in them

19:37 - 19:40

and, like, zhuzh them about and then bake them off or air fry them. I'm gonna

19:40 - 19:43

do that. Because you you know how, like and you and I are kinda the same.

19:43 - 19:48

Like, I get obsessed with the recipe until it becomes, like, exactly what I want it.

19:48 - 19:54

And I almost wonder if I could bring this together and then, like, get, like, you know, like

19:54 - 19:59

nice crostinis and, like, pulverize it up and then bake this all together, like, almost like ziti.

19:59 - 20:06

Yes. You could probably even cook this in the oven if you wanted to, like, the the liquid and

20:06 - 20:11

the pasta and all that stuff and cover it and so you don't have to babysit it and put it in the oven.  
You probably could do

20:11 - 20:15

that. Wow. It's gonna take, like, 30, 40 minutes probably for that to happen.

20:15 - 20:19

Yeah. But it's not as hands on. So I think Right. Yeah. It's a possibility.

20:19 - 20:23

And then you could just treat it kind of like that kind of pasta and then make it a bake and

20:23 - 20:25

that would be what's so fucking delicious.

20:26 - 20:31

So with this recipe, what I like about this recipe, I did not go buy anything extra for it because,

20:32 - 20:35

first of all, I was not gonna spend, like, \$10 on grilled cheese.

20:35 - 20:37

That would that's not in the budget this week. I paid bills.

20:37 - 20:41

So I was not gonna I was not gonna do that.

20:41 - 20:46

And what I like about this recipe is, 1, it used up all my onions that I had for a minute and

20:46 - 20:47

was about to go bad.

20:47 - 20:49

So because when I buy onions, I don't know about you.

20:49 - 20:51

I buy them in the big fucking bag.

20:51 - 20:52

Mhmm. Yeah. But I use my girl.

20:52 - 20:58

That's just you know, I try to use it, but it actually, you know why I have so many onions?

20:58 - 21:01

Because I had bought a bag and I started using it.

21:01 - 21:05

And I forgot I had a bag, and I bought a second bag, like, at the grocery store the following week.

21:05 - 21:08

So I like onions coming my ass here.

21:08 - 21:08

Wow.

21:09 - 21:12

It was like a onionrific time.

21:12 - 21:16

So so what I like is, like I said, any pasta you can use.

21:16 - 21:19

If you follow us, you know you're always gonna have stock in your cupboards.

21:19 - 21:20

Mhmm.

21:20 - 21:22

Any meat you can use. I any protein.

21:22 - 21:26

The only protein I would stay away from is probably like a fish protein.

21:26 - 21:27

Like, that's not just Yeah.

21:27 - 21:29

Like, that's not gonna go well with this.

21:29 - 21:31

Or just omit it. You don't need to have protein.

21:31 - 21:33

Right. And the best thing Food, you don't need to have protein, period.

21:33 - 21:34

This is a full meal on its own.

21:34 - 21:39

You can use protein pasta, which I do for the kids all the time, and they don't know they're eating it.

21:39 - 21:41

And it tastes just the same.

21:41 - 21:42

You can use whatever you want.

21:42 - 21:47

And, by the way, when I talk about protein, I always forget that that's like a macro that people count. I just want meat.

21:47 - 21:50

And so I just forget that's a macro that we count.

21:50 - 21:51

It's a meat.

21:51 - 21:54

But The protein you can use anyone you want.

21:54 - 21:55

And like you said, you don't have to use protein.

21:55 - 21:59

And if you are counting protein, just use a protein pasta. You're right.

21:59 - 21:59

I love that.

22:00 - 22:06

And so this is something that what I like is it's almost a clean your fridge out type of meal.

22:07 - 22:07

Mhmm.

22:07 - 22:10

And when I when I look at the recipe and I was like, well, shit.

22:10 - 22:12

I don't have Gruyere cheese.

22:12 - 22:15

And Like I said, I was not gonna spend \$10 on a block of Gruyere

22:15 - 22:18

cheese that you just have in the refrigerator for fucking shit to eat.

22:18 - 22:19

You know what I had?

22:19 - 22:23

I had 2 blocks 2 half blocks of aged cheddar.

22:24 - 22:24

Mhmm.

22:24 - 22:31

And I'm like, okay. Screw it. 2 half blocks will make a blockish and we're just gonna break that shit up.

22:31 - 22:32

And that's what I did.

22:32 - 22:34

And then I had leftover the cream.

22:34 - 22:36

Oh, because you do gotta put a splash of cream in there.

22:36 - 22:36

At the end.

22:36 - 22:40

Yeah. The cream again, I I don't buy a lot of cream because I don't use it in coffee.

22:41 - 22:45

And I had a little bit of cream left, from a little pint that I had, and that was it.

22:45 - 22:47

So this is really a clean your fridge out.

22:47 - 22:49

And if you don't want the cream in there, omit it.

22:49 - 22:50

You don't need it.

22:50 - 22:54

Totally fine. You don't. It just added a little bit of a creaminess to it, but honest to Food,

22:54 - 22:56

you can omit it, and it's not a big deal.

22:56 - 23:01

And then Brian likes things really cheesy, so I just put Parmesan cheese on top of it when I served it to him.

23:01 - 23:03

You're like, here's the bottle of crap, Brian.

23:03 - 23:04

This one's special for you.

23:04 - 23:06

Yeah. Because you know he doesn't get my nice

23:07 - 23:07

I know.

23:07 - 23:11

Ice container. He gets the big green 3.99 bottle.

23:11 - 23:15

If you get not my nice \$12. No.

23:15 - 23:17

I'm bottling I got \$12 Food cheese right now.

23:17 - 23:21

But it was, it it was it was really good.

23:21 - 23:23

I really like this meal.

23:23 - 23:24

I think it's a great fall meal.

23:24 - 23:26

I think as the weather gets cooler sorry, Mari.

23:26 - 23:31

But I think as the weather gets cooler, it's gonna be a a really good meal to have it.

23:31 - 23:32

And it feeds a lot of people.

23:33 - 23:34

It feeds a lot of people.

23:34 - 23:37

So I fed 3 people and I still have quite a bit of leftovers.

23:37 - 23:41

And everybody had 2 servings and I had quite a bit of leftovers. So

23:42 - 23:44

Yeah. Same here. Like, we're I'm having it.

23:44 - 23:45

Me and my husband are having it for lunch today.

23:46 - 23:46

Yeah. Absolutely.

23:47 - 23:49

So that's like what? 6.6 portions.

23:50 - 23:50

Yep.

23:51 - 23:55

Okay. So I recommend you make this because it is cheap. It is easy. It is different.

23:56 - 24:01

The the flavor profile is like my husband tried it. He was like, interesting.

24:01 - 24:03

Because it tastes like I don't know.

24:03 - 24:06

I wanna say it has like a sweetness in the background.

24:07 - 24:08

It does. Yeah. There is a sweetness there.

24:08 - 24:12

That you're kind of not expecting in a in a pasta because you look at it and I mean it was meaty.

24:12 - 24:14

It was like very creamy.

24:14 - 24:19

So when you get hit by that sweetness, it's kind of unexpected and then it's immediately followed

24:19 - 24:25

by by that umami kind of it's it's a very it's a kind of an elevated flavor, I think, personally.

24:26 - 24:27

I'm gonna put my marmite in there next.

24:27 - 24:30

You know how you're on your mind, you know, the marmite phase.

24:31 - 24:34

I just didn't know if because it had beef stock in there and Yeah.

24:35 - 24:36

Food is I I did not salt a lot of it.

24:36 - 24:40

So be careful with the salt content just because I have to be careful with salt content.

24:40 - 24:44

But it is flavorful when you when you take it out.

24:44 - 24:46

That beef stock has a lot of salt in it.

24:46 - 24:49

I bought the low sodium one, but it still has quite a bit of salt.

24:49 - 24:52

Before you add the pasta, taste the liquid. Mhmm.

24:52 - 24:53

Yep. And

24:53 - 24:57

then you'll know if maybe you add a little bit more liquid, if it's a bit salty, or if you have

24:57 - 25:01

to add a little bit more seasoning because that's what's gonna taste like, that liquid.

25:01 - 25:08

I've learned a lot that I do salt my food as I cook, but I've learned a lot that I especially

25:08 - 25:12

a dish like this, like a pasta dish, a rice dish, things like that, I've learned to salt my

25:12 - 25:14

food after it's cooked and I taste it.

25:14 - 25:21

Just because lately, I don't know why, the past month or 2, I have fucked up, like, 2 or 3 dishes

25:22 - 25:25

because I added too much salt in the beginning. Interesting. Yeah.

25:26 - 25:27

Yeah. Taste as you go.

25:28 - 25:32

That's really the only way to learn how to cook, honestly, is to taste as you go and to fuck things up.

25:32 - 25:33

That's definitely part of the process.

25:33 - 25:35

You're gonna fuck things up.

25:35 - 25:36

But we're here to help.

25:36 - 25:38

That's what we are here to do.

25:38 - 25:41

Give this pasta a shot and let us know how it goes.

25:41 - 25:45

And don't forget to leave us a review on Apple Podcast Player.

25:45 - 25:47

We just got a new one. It was so nice.

25:47 - 25:48

You did. It was a beautiful review.

25:48 - 25:50

So thank you for that.

25:50 - 25:51

We love hearing from you guys.

25:52 - 25:57

And pass this along to your friends so that maybe you guys can have a dinner party and talk about Food FAQ.

25:57 - 25:59

That's like my dream, my wettest dream.

26:00 - 26:01

One day. Someone out there.

26:02 - 26:03

We have enough listeners, Mariela.

26:03 - 26:05

Someone out there is talking about Food FAQ.

26:05 - 26:07

Right? At a little dinner party?

26:07 - 26:08

I love that.

26:08 - 26:11

Maybe there's, like, fabulous gays in other states. Like, oh, my Food.

26:11 - 26:13

Did you hear about Eric?

26:14 - 26:15

Probably not.

26:17 - 26:21

Whatever. No. Alright, you guys. You never know. You could be.

26:21 - 26:25

You could be, like, the face of food in the gay community. Just saying.

26:26 - 26:26

Probably.

26:27 - 26:30

You know? Alright. Well, make our dreams come true, y'all. We love you.

26:30 - 26:32

Have a beautiful week, and we'll see you

26:32 - 26:33

soon. Bye bye.

Let's keep the kitchen talk going!

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