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CATÓLICA
PORTUGUESA

The Culinary and Cultural Translation
of Snoop Dogg's Cookbook

Translation Project presented to the Universidade Católica
Portuguesa for obtaining a Master's Degree in Translation Studies

BY

PUI IO LAI

Universidade Católica Portuguesa

Lisbon, September 2022



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Universidade Católica Portuguesa

Faculty of Human Sciences

Honored to be under the tutelage of

Professora Doutora Joana Oliveira de Almeida Bacelar Moura

Lisbon, September 2022

Dedicated

To

My Mother

*For making an honest living for me and for supporting and
believing in me through thick and thin*

My Life Partner

*For being the best supporter and company during the
difficult times and for always trying her best to help me*

Acknowledgments

First of all, I am thankful to my kind-hearted mother who made me able and gave me the opportunity to do this degree. Without her blessings it would not have been possible.

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Abstract

In translation studies, culinary translation is considered as one of the most challenging fields of research. Culinary translation is not just only about translating cookbooks and recipes, but it also relates to custom, tradition and culture of the source text and target text. This project aims to explain the techniques used in the translation of several selected chapters from the cookbook - From Crook to Cook written by Snoop Dogg, and factors that influence the choice of words and strategies to conclude the translation.

This cookbook offers readers more than just recipes and vibrant images. Most of the text contains cultural connotations that reflect a specific cultural background, and these provide a social and historical context that tells stories about Snoop Dogg. Therefore, this translation project not only proposes a translation of sections of the source text into Portuguese, but it also provides the target readers with the context of the source culture. For example, cultural references, regional specific food and food brands, as well as culture-specific phrases.

The purpose of this project is to demonstrate that translating this culture-specific cookbook is not just a matter of bilingualism, but it's also a complex linguistic and cultural activity. It is required of the translator to be creative in rendering the idiosyncratic way in which Snoop Dogg writes the source text and in presenting it to the target audience.

Keywords: Translation; Culinary, Food and Culture, Celebrity Culture, Snoop Dogg

Resumo

Nos estudos de tradução, a tradução culinária é considerada um dos campos de investigação mais desafiantes. A tradução culinária não consiste apenas em traduzir livros de culinária e receitas, mas também está relacionada com os costumes, a tradição e a cultura do texto de partida e do texto de chegada. Este projeto explica as estratégias utilizadas na tradução de vários capítulos selecionados do livro de receitas – *From Crook to Cook* escrito por Snoop Dogg, e fatores que influenciam a escolha de palavras e estratégias para concluir a tradução.

Este livro de culinária oferece aos leitores mais do que apenas receitas e imagens. A maior parte do texto contém conotações culturais que refletem um contexto cultural específico, e fornecem o contexto social e histórico que conta histórias sobre Snoop Dogg. Portanto, este projeto de tradução não oferece apenas uma tradução do texto de partida para português, mas também fornece aos leitores na língua de chegada o conhecimento das culturas do texto de partida. Por exemplo, referências culturais, comidas específicas regionais e marcas de comidas, bem como frases específicas da cultura.

O objetivo deste trabalho é demonstrar que traduzir este livro de culinária com as suas especificidades culturais é mais do que apenas um exercício de bilinguismo, é antes uma atividade linguística e cultural complexa. Também é necessário que o tradutor seja criativo para transpor a forma singular como Snoop Dogg escreve o texto de partida de forma a apresentá-lo aos leitores do texto de chegada.

Palavras-chave: Tradução, Culinária, Comida e Cultura, Cultura de celebridades, Snoop Dogg

Introduction

Many people might believe that translation is simply the conversion between two languages. But in fact, translation is far from easy and involves cross-cultural communication. Thus, the translator is not only required to have excellent command of both the source and target languages. It is also necessary for the translator to have creativity to competently convey the social and cultural aspects of the source text in the target text on the basis of being faithful to the author while also making it relevant to the target audience. For this reason, this cookbook, *From Crook to Cook* by Snoop Dogg, is chosen as a particularly interesting case-study to be analysed and studied in depth due to the fact that it is written in a distinctive style. The cookbook reflects the author's Jamaican and American rapper culture through unique linguistic features. It also contains references to the author's customs and traditions, as well as social background from his youth to the present day. The readers will be able to experience the world of Snoop Dogg, through his eating habits and preferred food, which allows the recipes to be their guidance in this cookbook. In order to translate this particular cookbook properly, it is crucial to convey the information through the author's style and tone without losing meaning or the distinctive trademark of the author. Hence, it provided me with a great opportunity to challenge myself by translating this remarkable cookbook and examining the ways in which Snoop Dogg writes in a unique language register, and how the author transmits culture through recipes. Apart from these interesting characteristics of this cookbook, my personal experience with food and culinary arts has influenced my decision to translate this selected cookbook.

Food is a cultural phenomenon and represents cultural commonalities. Food tradition and culinary arts are important elements in any culture and play a vital role in shaping cultural identity. Culture affects the structure of language, and vice versa. Language differences emerge as a result of cultural progress. Language is the carrier of culture, and culture is transmitted via translation. Several chapters from this cookbook were selected for translation because these chapters serve the purpose of conveying culture through

translation. To translate this cookbook, the translator is required to have a wide range of technical skills and extensive knowledge of culture-specific items in English and Portuguese. Most importantly, the translator needs to ensure that the target text provides precise instructions, the right appliances and ingredients.

Based on the translation of several selected chapters in this cookbook, the translation strategies and methods are discussed. This translation project takes the opportunity to express that translation is a complex and challenging discipline. It is necessary for the target text to accentuate the equivalent meaning of recipe names, backstories of the recipes and introduction of food brands, in order to maintain the accuracy of the target text. Therefore, this study identifies the tensions between language and culture more clearly. One must take into account the relationship of language and culture when translating from source text to target text. The project also intends to investigate the methods used in translation and evaluate each method used to convey the meanings of slang, culture specific items and cultural references into the target language.

This translation project is divided into 2 parts. The first part deals with the contextualisation of the cookbook, *From Crook to Cook* by Snoop Dogg. Within the first part of this project, the first chapter discusses the relationship between the author Snoop Dogg and the cookbook *From Crook to Cook*, and also analyses the paratextual information in this work. The second chapter of the first part demonstrates the theoretical framework and investigates the translation approaches used in the process of culinary translation. It is also dedicated to methodology and illustrates the techniques and strategies applied when translating culture-specific items. The second part of this project presents the translation of the selected chapters – *Opening Words* by Martha Stewart (p.6), *Welcome to My Kitchen* (p.8), *In My Pantry* (p.10), *In My Fridge* (p.14), *Top of the Spots* (p.18), *Breakfast* (p.20) and *Lunch* (p.42). It also aims to analyse the difficulties and challenges encountered during the translation process in order to implement appropriate solutions.

Part 1: Contextualisation

Chapter 1. The author Snoop Dogg and the cookbook

From Crook to Cook

1. 1 Food and identity

The author of the cookbook *From Crook to Cook*, Calvin Broadus, aka Snoop Dogg, is unquestionably one of the most well-known artists in the music industry. He has been active within the rap and hip-hop culture since the early 90s. In his autobiography, *Tha Doggfather: The times, Trials, And Hardcore Truths of Snoop Dogg* (1999), Snoop Dogg talks about growing up and surviving the ghetto experience and having used his personal life experience to make music. In 1992, he started making music and rapping as his way of getting out of trouble and recorded one of his first hits during that time. Snoop Dogg then attended an audition after he had gained attention of Dr. Dre, who is also an American rapper and music producer, then the pair collaborated on a track which was released in 1992 on Dr. Dre's first solo album named *The Chronic* (2001). In *Top of the Spots*, Snoop Dogg also mentions "I was first introduced to it when I was working with Dr. Dre on *The Chronic*" (qtd in Dogg, 2018:19) to further validate the friendship history. From then on, Snoop Dogg has released top selling albums and hits throughout his rapper career, gaining multiple Platinum status from his work. According to The Recording Industry Association of America, the Platinum Awards, introduced in 1958, reward artists who have met rigorous success and certify the excellence of selling over 1 million record units (About the Awards – RIAA, 2022).

Snoop Dogg has also been branching out into other fields within the entertainment industry. For example, he has made appearances on television shows, reality shows of his own family, movies, and screen roles. Among all his successful business and engagements, he launched a cannabis business in 2015 and became one of the first celebrities to start on branding cannabis products as well as a digital media platform that solely focuses on the most updated cannabis news. Snoop Dogg has become an icon of marijuana and he was invited to one of the episodes of Martha Stewart's cooking show in 2009, where the duo

were baking cannabis brownies, then developing a strong friendship (Shaw, 2022). Subsequently, Snoop Dogg collaborated with Martha Stewart as co-host in a cooking show called Martha and Snoop's Potluck Dinner Party (2016) which premiered on VH1 (an American cable television network) in 2016. According to VH1 Press, Snoop Dogg said that "My homegirl, Martha and I have a special bond that goes back. We're gonna be cooking, drinking and having a good time with our exclusive friends. Can't wait for you to see how we roll together!" (Martha & Snoop, 2022).

The pair's friendship and their passion for cooking has influenced Snoop Dogg to publish the cookbook *From Crook to Cook* and to include a foreword written by Martha Stewart. Interestingly enough, in Stewart's foreword, she mentions "not only has he (Snoop Dogg) taught me new lingo and cultural references, he surprised me with his unique cooking techniques and recipes. I can't wait for him to share them with the world in this fun, one of a kind cookbook!" (qtd in Dogg, 2018:7). This paragraph indicates that Snoop Dogg has written this cookbook with his signature lingo and has included many cultural references in the following chapters. Stewart also said that the cookbook is *one of kind* by way of it introducing unique cooking techniques and recipes. These factors have constructed the link between the author Snoop Dogg and this cookbook, in the ways in which the content reflects his identity and cultural background.

This cookbook is written in the context of American food culture and it includes soul food recipes which are linked to Snoop Dogg's identity. Frederick Douglas Opie suggests that "the culinary tradition known as *soul food* has been widely celebrated, as jazz music has celebrated, as part of African American culture" (Opie, 2010:6) Not only does Snoop Dogg write about his personal stories in the soul food recipes that connects with his African American identity, but he also makes references to American pop culture. Many of those references relate to the music industry which further expresses the link between Snoop Dogg and music.

Preferring a specific type of cuisine may be associated with a cultural factor, which reflects that consumers are influenced by their parents, hence their heritage, to like one particular type of food from a young age; social studies have suggested that there is apparent

evidence that favouring for combinations of sensory features in terms of food is often obtained as a consequence of repeated pairing with other stimuli or events, via associative conditioning (Frewer, Risvik and Schifferstein 2001:14). Snoop Dogg used multiple recipes to reflect his personal experiences and preferences in this cookbook, for example, *Biscuits with Tha Thickness Gravy* (p.30), *Mississippi Catfish Sandwich* (p.54) and *OG Fried Bologna Sandwich* (p.50). The author writes background stories of his personal memories, and these indicate the author's cultural identity.

The relationship between food and social development is inseparable. Anthropology has never stopped studying the complexity and diversity of food, social practices, and cultural systems, especially through the study of food culture. According to Claude Fischler, "food is central to our sense of identity... food is also central to individual identity, in that any given human individual is constructed, biologically, psychologically and socially by the foods he/she chooses to incorporate" (Fischler, 1988:276). In discussing food and identity regarding Snoop Dogg, ethnicity, class and social aspects are the dominant areas to examine. In this cookbook, Snoop Dogg writes about the connection between these recipes and his experiences which convey his identity, cultural and social background. The author has chosen to include recipes that he identifies with throughout his life. From being a young African American boy living in the ghetto in Long Beach, California to a well-travelled multi-platinum award musician at present.

Another important meaning of food in identity is considering identity as a social group. For the complex link between food and social group identity, it is important to understand how such a link is formed and changed in different ways. "Human beings mark their membership of a culture or a group by asserting the specificity of what they eat, or more precisely- but it amounts to the same thing – by defining the otherness, the difference of others" (Fischler, 1988:280). In regard to this cookbook, for example, Snoop Dogg writes in *OG Fried Bologna Sandwich* that this is his favourite sandwich to *snack on* during his youth. The author mentions in this recipe, "throwing that bologna in a frying pan with some cheese" (qtd in Dogg, 2018:52), which contrasts with another sandwich recipe *Caribbean Queen Cubano* (p.58), in which Snoop Dogg includes specific ingredients that are more extravagant, "Swiss Cheese" and "Thick slices harm (Black Forest works well)"

(qtd in Dogg, 2018:58). These two recipes connote the transition of Snoop Dogg's identity from "working the breakfast shift at McDonald's as a kid" (qtd in Dogg, 2018:22) to now "feeling like a real boss in the back of the dining room at The W Hotel" (qtd in Dogg, 2018:19).

Food has played an irreplaceable role in the development and evolution of human society. Behind every dish, cooking techniques, and even taste preference are extremely complex social and cultural factors. In the introduction section of the cookbook, Snoop Dogg mentions, "man, I must've been around the world and back hundreds of times during the course of damn near three decades" (qtd in Dogg, 2018:8) to signify that he is well-travelled, however he ultimately describes "Killa Cali" (qtd in Dogg, 2018:8) as his crib. The author starts the cookbook by writing "a few Jamaican-inspired editions from my time in the island, a couple of Down South Soul staples, and some inside never-before-shared recipes from the Broadus fam to you" (qtd in Dogg, 2018:8). This cookbook contains recipes ranging from American cuisine to Jamaican-inspired dishes. Snoop Dogg has included these recipes to provide a more in-depth understanding of his cultural background. Furthermore, the author's identity symbolised by these dishes has changed along with the changes of the social and cultural environment which Snoop Dogg has experienced.

1.2 Cookbook and Celebrity culture

Cookbooks have been one of the most popular types of books and there have been many recently published cookbooks that are inspired by TV shows and movies (Tingley, 2022). This cookbook acts as a sequel to Martha and Snoop's Potluck Dinner Party (2016) following the success of the TV shows. In this case, the target audience of this cookbook is most likely to be fans of Snoop Dogg and the duo's cooking show. The phenomenon of bringing the world of celebrities into the real world allows the readers to interact with the movies and TV shows in a different dimension, such as recreating the recipes at home to have the same experience as Snoop Dogg has. "The term celebrity is not simply a noun but an adjective that signifies that someone possesses the quality of attracting attention. So,

there are celebrity authors, celebrity fiction, celebrity diets, celebrity workouts, celebrity psychiatrists, celebrity therapists and celebrity doctors. Success in virtually every profession is associated with a celebrity status” (Furedi, 2010:493). This is to say that when the audience purchases a cookbook published by celebrities or associated with celebrities, the audience is not only being attracted by the content of the book, but also by a sense of validation from that specific celebrity or fictional character.

In the eyes of the world, celebrities tend to have either an extremely strong mind and endurance and to be born with extraordinary abilities; they become the darling of the times which adds inevitability to our worship. Snoop Dogg is represented as the icon of rapping music in hip pop culture and fans idolise him as one of the greatest rappers. “Historical studies of celebrity claim that although this phenomenon has a long history, it has become transformed through technological innovations such as the cinema, popular press, and television. These technologies have turned celebrities into an object of mass consumption” (Furedi, 2010:493). The cultural food created by the entertainment media, such as TV dramas and movies, also integrates consumption into life to a greater extent. Through various channels such as celebrity endorsements, the products of a certain brand make the public feel that a certain unique spiritual temperament of a commodity has been enhanced, showing a non-commercial cultural and artistic atmosphere and spiritual and cultural connotation. While the target audience being mainly Snoop Dogg’s fans, the author can influence the target audience to purchase the products mentioned in this cookbook. Therefore, food brands mentioned in this cookbook can be read as celebrity endorsements.

As symbols, celebrities are embraced by the public. The most direct and external identity of celebrities is their appearance and attributes. The audience adores a certain celebrity and may imitate his or her behaviour, the way they dress, and construct themselves through imitation. The audience's need for self-identification is transformed into economic activities through buying specific products. In this context with the cookbooks published by Snoop Dogg, the recipes of this cookbook may highly influence the audience to be following the author’s favourite home cooked meals, to purchase the associated and mentioned food brands to follow his diet due to the fact that the public may wish to imitate Snoop Dogg’s behaviour and eating habits. “Celebrities may not possess heroic qualities

but as highly visible role models they have become the object of imitation” (Furedi, 2004:495). It is an advantage for celebrities to publish any commodities for the reason that they influence the audience with their fame, and the audience is willing to replicate their favourite celebrities. In this case, this cookbook may not have been as successful as it is if it had been authored by an “ordinary” person. As Revolt (a digital American television network) reported, “Snoop Dogg’s cookbook is back on Amazon bestsellers list following his performance at the Pepsi Super Bowl LVH1 Halftime Show 2022” (Saint-Vil, 2022). It is evident that the audience becomes influenced by the popularity of celebrities. Snoop Dogg’s appearance on the Super Bowl has boosted sales of his cookbook even though it was published 4 years ago.

“Contemporary celebrity culture succeeds in transforming the powerful and the well-known into intimate and familiar figures. Through reducing the psychic distance between the public and the famous the celebrity is drawn into the routine everyday experience” (Furedi, 2004:494). With the emergence of the celebrity effect, it is evident that celebrities play a role in guiding the public. In this cookbook, the author has taken ordinary dishes, such as omelettes, smoothies and ham and cheese sandwiches and recreated them with his own personal twist. Snoop Dogg has done so by switching ingredients into specific brand product and naming these recipes using his distinguished lingo. Snoop Dogg’s fans familiar with his comical personality and the way he uses wordplays in his music recognize these references in the cookbook. From this perspective, the humorous elements and the author’s lingo has become one of the selling points of the cookbook.

1.3 The Text and the Paratext of the cookbook

The paratext plays a crucial role in supporting the text. As Gerard Genette argued, “the paratext constitutes a zone between the text and off-text, a zone not only of transition but also of transaction: a privileged place of a pragmatics and a strategy, of an influence on the public, an influence that is at the service of a better reception for the text and a more pertinent reading of it” (Genette, 1997:2). In this context, the paratext of the cookbook functions as a narrative to complement and echo the text in order to assist the readers to

better perceive references used by Snoop Dogg. Genette's work proposes that it is worth investigating paratextual elements such as imagery in the text, material aspects of the text. Hence, this project offers an analysis of the cookbook's linguistic features, visual images, overall design and layout, factual aspects regarding Snoop Dogg and compares the similarities of the cookbook with the author's music albums, so as to help the readers to interpret this cookbook.

The title displayed in the cover of the cookbook includes a slang expression, "Tha Boss Dogg", which is reminiscent of the lyrics in one of Snoop Dogg's rap songs, which are often filled with slangs and wordplays. For example, in *Drop It Like It's Hot (2004)*, the lyrics read "Da Big Boss Dogg", which corresponds with the subtitle on the book cover *Platinum Recipes From Tha Boss Dogg's Kitchen*. "Platinum Recipes" is to connote Snoop Dogg's status in the music industry. There is also a photograph of the author with a direct gaze towards the reader, which works to further engage with the readers and to stimulate a one-to-one conversation. Snoop Dogg is wearing his signature black bandana, white tank top and gold chain (Figure 1), which is an outfit that can be widely recognised by his fans. Moreover, having Snoop Dogg's photograph placed in the centre of the cover page mimics the album cover of *The Chronic (2001)* by Dr Dre (Figure 2) to symbolise the relationship between the duo. Both of those photographs are in an oval shape surrounded by gold coloured decorations. The fonts used in this cookbook's cover page are extremely similar to the fonts used in the music album cover. The text on both the album cover and the cookbook cover are wrapped around the images of the artists. On the cookbook's cover page, the decorative patterns also include cutlery and baking utensils which suggest that the cookbook contains baking recipes. Due to these details of the cookbook's cover, it makes the author become quickly identifiable. It helps to attract the target audience of this cookbook, who are fans of Snoop Dogg or readers who are familiar with his work.

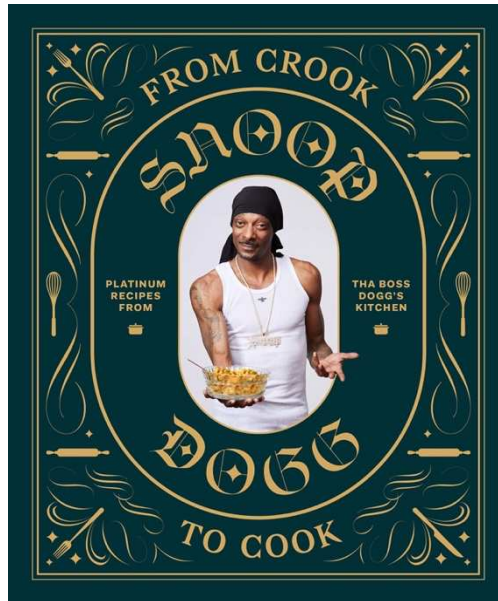


Figure 1 Dogg, S., 2018. *From Crook to Cook: Platinum Recipes from Tha Boss Dogg's Kitchen* (Snoop Dogg Cookbook, Celebrity Cookbook with Soul Food Recipes). Chronicle Books LLC, p.cover page.

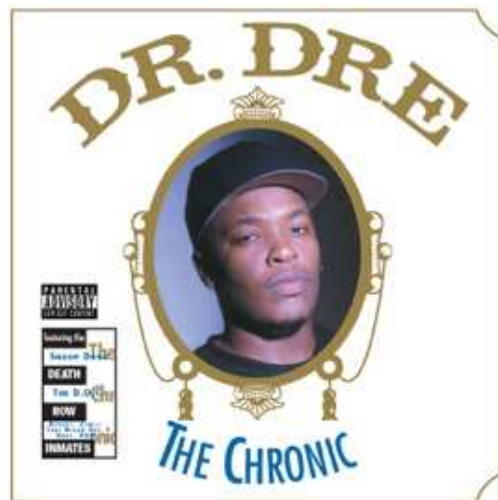


Figure 2 Dr Dre., 2001. *The Chronic*, Death Row Interscope.

The cookbook starts off with the *Opening Words* by Martha Stewart. The section *Opening Words* by Martha Stewart is placed at the beginning of the cookbook to illustrate the history of the duo in relation to cooking. The paragraph symbolizes the friendship of Snoop Dogg and Stewart and suggests that this cookbook is developed from the pair's cooking show, *Martha and Snoop's Potluck Dinner Party* (2016) and Snoop Dogg's guest appearance on Stewart's cooking show in 2009. It then progresses onto *In my Pantry*

(p.10), and *In my Fridge* (p.14). Snoop Dogg places photographs of his pantry and his fridge in these sections. These photographs would not seem as interesting if they were taken from someone ordinary, they are special because of Snoop Dogg. The sections of *In my Pantry* (p.10) (Figure 3) and *In my Fridge* (p.14) suggests that this is a down-to-earth cookbook, considering that the author introduces his pantry and his fridge that are filled with everyday cooking ingredients. For example, ketchup, eggs, cheese, butter and milk (Figure 4). These are all ordinary ingredients that can be purchased easily. Then it continues with the chapters in the order of *Breakfast* (p.20), *Lunch* (p.42) and *Dinner* (p.64). The cookbook is organised following the chronological order of meals in a day. It also proposes that this cookbook offers a wide range of meals that can be the alternative meal suggestions for the readers.



Figure 3 Dogg, S., 2018. *From Crook to Cook: Platinum Recipes from Tha Boss Dogg's Kitchen (Snoop Dogg Cookbook, Celebrity Cookbook with Soul Food Recipes)*. Chronicle Books LLC, pp.10-11.



Figure 4 Dogg, S., 2018. From *Cook to Cook: Platinum Recipes from Tha Boss Dogg's Kitchen (Snoop Dogg Cookbook, Celebrity Cookbook with Soul Food Recipes)*. Chronicle Books LLC, pp.16-17.

This cookbook is not about instructing the reader to make extravagant dishes but to cook effortless family meals. The formats of the recipes are shockingly simple. Beginner and intermediate home-cooks would be able to manage the recipes without having to struggle. The serving sizes are abundant for any typical household, and the recipes are straightforward, the layout is creatively crafted. For example, the reader can see that at the very beginning of each chapter there is a whole list of all the recipes that the author has provided, listed with the page numbers which makes finding the suitable recipes effortless (Figure 5).



Figure 5 Dogg, S., 2018. *From Crook to Cook: Platinum Recipes from Tha Boss Dogg's Kitchen (Snoop Dogg Cookbook, Celebrity Cookbook with Soul Food Recipes)*. Chronicle Books LLC, pp.20-21.

In these pages, there are some of the most colourful inserts in the cookbook, for example, the double page spread of breakfast cereal brands (Figure 6). The colour combinations used in these two pages are usually associated with pleasant and bright colours, which often have an uplifting effect on moods. Moreover, the design is fun and vibrant which suits Snoop Dogg's personality as he presents himself as a comedic personality, and his album covers are usually as colourful as these pages (Figure 7 and Figure 8).



Figure 6 Dogg, S., 2018. From Crook to Cook: Platinum Recipes from Tha Boss Dogg's Kitchen (Snoop Dogg Cookbook, Celebrity Cookbook with Soul Food Recipes). Chronicle Books LLC, pp.40-41.



Figure 7 Dogg,S., 2021, The Algorithm, Def Jam Recordings.



Figure 8 Dogg, S., 2016, *Coolaid*, Doggystyle Records and eOne Music.

For some of the recipes in this cookbook, such as *Tha Thickness Gravy* (p.30) (Figure 9), the author has chosen to divide the steps into different coloured textboxes in black, white, pink, red and purple. Each different colour represents a different step towards making the food. The reader is not only guided by words throughout the recipes but is also given visual directions. The recipes are designed in this way in order to visually disclose that the recipe is simple to follow and to demonstrate that there are 9 steps to make biscuits and 4 steps to make the gravy.



Figure 9 Dogg, S., 2018. From Crook to Cook: Platinum Recipes from Tha Boss Dogg's Kitchen (Snoop Dogg Cookbook, Celebrity Cookbook with Soul Food Recipes). Chronicle Books LLC, pp.32-33.

However, the readers might find it complicated to navigate the book because some of the layout on the pages may seem confusing with many contrasting blocks in different colours. There are also quite a few of the recipes that span across many pages, making it challenging to read between the ingredient pages and recipe instructions. This is one of Snoop Dogg's distinctive design features, as he is often seen as an expressive musician. It is worth mentioning that the dominant font is Snoop Dogg's version of the Blackletter font, which is one of the Old English Fonts. This font group is recognisable by the dramatic and heavy thick strokes and classified as a gothic font, which is regularly used by the author in other aspects throughout his career. For example, album covers from his previous work (Figure 10).



Figure 10 Dogg, S., 2008, *Ego Trippin'*, Doggystyle Records and Geffen Records.

The cover of this cookbook is made of thick vinyl and the content pages are lightweight gloss coated paper, which makes the book look well-presented and well-designed throughout. The design has made the book to appear more sturdy and less prone to be damaged from food residue in a cooking environment. If there were to be a spill, the cover can be simply cleaned. The binding is firm but not too stiff, and the book itself is heavy enough so that the reader could leave it open on the kitchen counter and it would still remain on the page that the reader is reading.

It is also important to point out that not every recipe is accompanied with photographs. Generally speaking, the reader might wish to see a photograph of the recipe he or she is going to make. An example of this is that, according to the recipe, “*tha thickness gravy*” (qtd in Dogg, 2018:30) is no different than ordinary gravy. However, the author has named it “*tha thickness gravy*” to imitate the subtitle of the cookbook *Platinum Recipes From Tha Boss Dogg’s Kitchen* and uses *tha* instead of the conventional definite article “the”. This emphasises the lingo that Snoop Dogg is well-known for. The reader might wish that there was a picture of it included in the recipe before engaging with the instructions to make the gravy. On the other hand, there are other several recipes that have included photographs of the final product, for example, the *OG Fried Bologna Sandwich* (p.50) (Figure 11). The recipe contains a paragraph of the author presenting a personal story of the sandwich and

the paragraph finishes with the phrase “get the picture?” (qtd in Dogg, 2018:52), which corresponds with the photograph on the next page. The photograph of the sandwich is printed on a full-page size for the readers to see the fluffiness of the bread and the multiple layers of cheese and bologna ham. The background of the photograph is also edited with a darker and vinted colour filter. The sandwich looks vibrant and succulent which contrasts with the background, making the sandwich to be the focal point of the image.



Figure 11 Dogg, S., 2018. *From Crook to Cook: Platinum Recipes from Tha Boss Dogg's Kitchen (Snoop Dogg Cookbook, Celebrity Cookbook with Soul Food Recipes)*. Chronicle Books LLC, pp.50-52.

In terms of linguistic features of the text, some readers might find the text difficult to understand because this cookbook contains a lot of American English slang and cultural references. This is because of the very particular way in which Snoop Dogg communicates, as he often uses slang and abbreviations in his lyrics. For example, “OG” (qtd in Dogg, 2018:34), “tha” (qtd in Dogg, 2018:30) and “cuz” (qtd in Dogg, 2018:41). These linguistic features can be seen as part of Snoop Dogg’s persona and his music fans are usually acquainted with these terms. Furthermore, the reader is assumed to be familiar with the author’s recognised lingo and culture in order to fully understand the written text.

This cookbook has a unique characteristic which highlights its singularity: many of the recipe titles are designed to appear as if they were “from the hood”. For example, *Hey Auntie Banana Puddin* (p.105), *Baby Got Back Ribs* (p.98), and *Spaghetti De La Hood* (p.68) are examples of recipes that are named with comical and wordplay titles. These recipe titles become challenging in the process of translation because it is difficult to find a target language equivalent, and for the translated version to make sense to target readers. Snoop's preferred weed is also mentioned several times. Snoop's “greatest recipe” (qtd in Dogg, 2018:110), the *Bow Wow Brownies with Ice Cream* (p.110), for example, the author urges home chefs to add “a sprinkling of Snoop's herbs and spices” (qtd in Dogg, 2018:110) to improve the dish and encourages them to “go get baked!” (qtd in Dogg, 2018:110).

The book is written with many jokes and puns. Each recipe is written and presented with clear, easy-to-follow instructions. Each dish is started with or followed by a paragraph explaining the background story, whether it's a “certified hood classic” (qtd in Dogg, 2018:52) or a dish he initially tried while on tour and has since become one of his personal favourites. Since the author's representation in the media has always been mischievous, and his identity has been associated with a comical personality, he is able to remain popular in the entertainment industry since he participates in multiple areas within the industry.

Moreover, the cookbook can be seen as a kind of a diary because the author includes photographs of his kitchen and pantry, and he also talks about his childhood memories, sharing his personal experiences and stories in the recipes. For example, in *Get That Bread Sub* (p.49), Snoop Dogg mentions “like the older homies hustling on the block used to tell me when I was just a young pup: it's all about the bread” (qtd in Dogg, 2018:49). Another example would be, in *Welcome to My Kitchen* (p.8), Snoop writes “I'm far from a young pup. And like a real seasoned playa, my tastes have evolved over the years. But while I've learned how to get down with that top-notch luxury cuisine, I'm still prone to keep it way hood with some of those LBC classics” (qtd in Dogg, 2018:8). The author decides to write one or two paragraphs before the recipes to express that these recipes are recreated to document his life and personal experience.

The cookbook also contains textual references in relation to cannabis consumption. Snoop Dogg is well-known for this and this aspect of his life is also connected with his celebrity persona. In addition, as Martha Stewart mentions in her opening paragraph, the duo often makes green brownies, and Snoop Dogg also mentions munchies (marijuana consumers are typically fond of munchies, which refers to being hungry after smoking) several times in this cookbook. Therefore, each recipe of munchies included in this cookbook comes with a story of its significance to the author's life and it demonstrates his distinctive personal routine. For example, in the *Tha Smoovie* (p.23) recipe, Snoop Dogg writes, "I also gotta make sure I finish a workout with my favourite smoothie – I don't just be smokin' green, I drink my greens, too!" (qtd in Dogg, 2018:23) This paragraph is written to illustrate Snoop Dogg's fitness routine – to finish off a workout with a smoothie and perhaps smoking cannabis. Besides, this factor is linked with how a specific type of food signifies one's social status and social identity. The author Snoop Dogg is being represented as the face of marijuana, and that makes the audience feel exclusive as if the cookbook acts as a community for marijuana consumers.

The fascinating aspects of this book lie not only in its recipes, but also in the way in which it is written, which is original and creative. It is as if the author is telling his story through this cookbook. Therefore, even if the reader does not make any food from this cookbook, the audience will still enjoy every minute of reading it, because the way Snoop Dogg uses his words and how he introduces each of his recipes is tremendously humorous. For example, in *The Lunch Briz-eak* (p.48), Snoop Dogg describes how the dish is incredibly quick to make as "you know you really ain't rushing out to get food on your lunch break. You just dippin' out for a quick smoke sesh cuz" (qtd in Dogg, 2018:48). Snoop also writes, "the dish will give the energy for the readers to "deal with your punk-ass cowowkrers for the rest of the day" (qtd in Dogg, 2018:48).

As noted above, the paratext provides information for the audience to further appreciate the context of the cookbook and the author. Thus, this textual and paratextual analysis functions as a supporting document of this project in order to further examine the cookbook. It helps understand the overall design of the cookbook, the order of the chapters

and recipes, as well as the language register, providing a better understanding of the main concept and intention of this cookbook. Even though it is a cookbook that is full of recipes with detailed cooking instructions, it could also be seen as a creative piece of illustration artwork. It is colourful, comical and casual to read. The cookbook also emphasises Snoop Dogg's characteristics, which are full of word plays, puns, and slangs. As mentioned before, it is crucial to remember that the author writes about his personal experience, which means that this cookbook can be read as a kind of diary. This is one of the most important factors in making this cookbook unique.

Ch 2. Methodology & Translation Practice

1.1 The relationship between food, culture, language and translation

In the process of social development, each country has formed a unique food culture with a strong and diverse national identity. Differences in food culture are also one of the factors that affect the outcome of intercultural communication. In order to translate this cookbook respectively into Portuguese, the translator need to recognise the differences between American and Portuguese food culture and understand their profound cultural connotations. In this cookbook, there is a mix of modern American dishes, soul food classic recipes that reflects the author's cultural identity. The translation also has to take into account the difference in these linguistic and cultural aspects of the source text language, which constitutes a unique characteristic by the author Snoop Dogg as he employs a distinctive lingo – slang.

Language is a very complex social and cultural paradox, which is inextricably linked with the social and cultural contexts where it is used. In this cookbook, Snoop Dogg uses many slangs and phrases to express his ideas that reflects his social and cultural identity. For example, in this cookbook, Snoop Dogg says “It’s always so surprising to see fans across the world inspired by that West Coast way we living. Like for real, they be knowing our swag, our slang, and our whole get down – and sometimes they don’t even be knowing the language” (qtd in Dogg, 2018:8). Hence, the translation of this cookbook is the product of communication between different cultures, cross-cultural communication. The biggest difficulty of translating this cookbook is culture, not only language. “All cognitive experience and its classification are conveyable in any existing language. Whenever there is deficiency, terminology may be qualified and amplified by loan-words or loan-translations, neologisms or semantic shifts, and finally, by circumlocutions” (Jakobson 2013:234). In the field of translation studies, scholars have suggested the meaning and function of translation to another new research direction—cultural communication and dissemination. Therefore, translation studies of food culture should also be carried out in the context of the relationship between food, culture, language and translation.

Translating this cookbook is an activity that conveys practical information and, more importantly, it aims to transmit the author's social and cultural experience. For example, in the *Stack'd Up Flap Jacks* (p.26) recipe, Snoop Dogg says, "Serve immediately with butter and some Aunt Jemima" (qtd in Dogg, 2018:26). Aunt Jemima is an American brand of pancake syrup. According to Maurice M. Manring's article, the "Aunt Jamima brand has been a part of American life for more than a century now, an overwhelmingly popular choice of consumers. (Manring, 1995: 19). Aunt Jemima is a culture-specific item, which consists of concepts that are specific for American culture and thus in this case reflects the author's cultural experience. As Giuliana Garzone states, "all these reflections on food, language, culture and translation provide evidence of the crucial importance of language in the categorization and communication of material, psychological, cultural and social experience" (Garzone, 2017:220). Language is a social behaviour. Hence, translation studies are unable to adequately establish contexts without taking into account social issues. Language is also considered as the vehicle through which culture is communicated, and translation is the means by which different cultures are brought together. During the translation process of this cookbook, consideration for source and target culture should be taken into account, and all explorations of translation methods and strategies are based on the understanding of the two cultures. Differences in the two languages and cultures have caused great difficulties and obstacles to faithfully convey the translation of this cookbook. In respect to this translation project, it is important for the translator to obtain knowledge of both languages and cultures, specifically Snoop Dogg's pop culture references and his gangster image, to be able to transmit the source text appropriately into the target language.

1.2 Culinary texts and translation theory

This chapter explores the translation strategies of culinary texts through the contextual perspective of cognitive communication and culture. Therefore, the following paragraphs introduce some basic concepts of relevance theory (Kliffner and Stroinska, 2013), and then discuss Venuti's foreignisation strategies. When relevance theory is placed in culinary translation studies, it means that in order to achieve the purpose of effective communication, the translator needs to adapt the source language information according to

the conventions of the target language culture, then the translation is expected to have cultural background differences with the target language readers. Relevance theory, thereby reduce the reader's burden of interpreting the translation and fully understanding the message of the translation. In other words, when the target text offers the best correlation with the readers' background knowledge, the readers are not required to spend too much effort to process the target text.

It is essential for the translator to obtain background knowledge of both cultures. Therefore, the communicative translation method ensures that the target text attains the necessary relevance to the target language readers (Wilson, 2000). With background knowledge of both cultures, the translator should be able to convert cultural elements efficiently. It is expected that the translator adapts cultural elements in the source text with a domestication strategy according to the similar background in American and European food culture, so that the meaning is easier for target readers to comprehend. The partial use of domestication strategy is to hope that the English - Portuguese translation of this cookbook achieves the optimal relevance and contextual effect in the target culture. For example, the unit of measurement for butter in America is "stick", which is usually sold in long rectangular prisms wrapped in aluminum foil or parchment paper. Such unit of measurement for butter is unintelligible to the Portuguese target reader. Therefore, in this translation project, "A stick or two is always gonna be found at Snoop's spot" (qtd in Dogg, 2018:17) is translated as "Encontras sempre um ou dois pacotes dessa manteiga em casa do Snoop."

The more similar the translator's interpretation of the source text is to the reader's interpretation of the target text, the more similar they are to the connotation and explicit meaning of the message. Essentially, the reader expects to find relevant information to help with interpreting the meaning of the target text, or to understand the meaning that the translator is trying to convey. In view of this, in order to achieve the purpose of effective communication, it becomes the translator's objective to reproduce and deliver the meanings and messages in the source text that are related to the readers' knowledge background in the target text. If there is background information of the source text included in the translation, it improves the reader's ability to comprehend the text. In the case of this translation project, for example, brief footnote explanations are provided in the

translation for cultural references in the cookbook, such as, “Killa Cali” (qtd in Dogg, 2018:8) and “Crystal Hot Sauce” (qtd in Dogg, 2018:12). Footnotes are inserted not just to remind the readers of difference that may matter a lot to them. More importantly, footnotes are employed to assist the readers in their understanding of the translation. With this additional information, readers can dive into the author’s use of connotation (wordplay, cultural references, etc).

According to Lawrence Venuti, “foreignisation strategies take the reader into the realm of a foreign culture, making them observe differences from their own culture and language” (Venuti, 1995:4). In other words, the strategy of foreignisation sends readers across borders to create a sense of foreignness. Let us consider the names of locations and food products, such as “ROSCOE’S” (qtd in Dogg, 2018:19), “RANDY’S DONUTS” (qtd in Dogg, 2018:19), “WHEATIES” (qtd in Dogg, 2018:41), “FRUIT LOOPS” (qtd in Dogg, 2018:41). Applying a foreignisation strategy in the translation of these terms can make the translation unfamiliar to the readers, while reminding the readers that this is a text written in a foreign language. In fact, these are culture specific items that connote the American culture and create a narrative about the author’s identity. Foreignisation strategy helps to invite the readers to participate in Snoop Dogg’s world. As mentioned before, the target audience is likely to be fans of Snoop Dogg and familiar with the author. The readers might be interested in Snoop Dogg’s personal preferences; therefore, they might also enjoy the moments of foreignness in the translation.

Venuti also states that when translators employ domestication strategies, they are suggested to bring readers into their own cultural realm and distance them from the author’s and source-language cultures. When cultural elements unfamiliar to the reader are removed from the translation, the communication of the message is facilitated and the reader is not aware that they are reading the translated text (Venuti, 1995). Domesticating and foreignising aren’t mutually exclusive concepts. The translators do not have to pledge loyalty to either one of them. The translators can choose to do both in the span of a single page, even in a sentence. This translation project has also employed domestication strategy when translating units of measurements. The source text offers both metrics and imperial

systems. By applying domestication strategy, the imperial system is eliminated to minimize the strangeness of the foreign text to the readers in the target text.

1.3 The role of the cookbook translator

When it comes to translating cookbooks, translation is an act of instructing the readers to follow directions by transmitting information from the source text to the target text, preserving the original message as much as possible. Thus, the translator is responsible for this transmission between linguistic systems, being the transmitter and mediator of the message of the target text. Before starting a translation process, the translator must make a sociocultural contextualization between both languages in order to avoid inconsistencies.

The translator is responsible for analysing the acceptability and feasibility of the translated text and the particularities of the historical, social and cultural context that are relevant to the readers for whom the translation is intended. As Eugene Nida says, “an easy and natural style in translating, despite the extreme difficulties of producing it — especially when translating an original of high quality — is nevertheless essential to producing in the ultimate receptors a response similar to that of the original receptors” (qtd. in Venuti, 2012:148). Therefore, in order to achieve the most effective result from the translation, the translators first need to examine what type of text they are translating.

Katharina Reiss illustrates the different text types in her book (1999), which are informative, expressive, and operative. Reiss suggests that the informative text type include reports, lecture notes, reference books and operating instructions. Moreover, the expressive text type consists of poems, plays and biography. Additionally, the operative text type comprises of advertisements and speeches. From the point of view of Reiss’ theory, culinary recipes are instructional texts. This type of text aims to provide exact guidelines for the reader to follow. For this reason, it is necessary to operate accurately with an organised sequence of translation techniques following a logical and consistent pattern. Yet, this does not mean the translator has to translate the source text into the target language as a copy of the original text. In order to translate a cookbook adequately, it is required to consider not only the linguistic features of the text, but also cultural factors that

may not be comprehensible to the readers of the target culture. The translator might choose to provide the explanation in the footnote to make up for these kinds of cultural gaps, for instance. This strategy was carried out in my translation of Snoop Dogg's cookbook in order to convey the message of the source text to the reader as the author envisioned and idealised it.

This cookbook translation project cannot be a word-for-word translation, as mentioned before, the author uses slang and phrases that cannot be translated directly. Literal translation is performed word-for-word as a direct grammatical and idiomatic transfer of the source text language to similar linguistic structures in the target text language. If the literal translation has been applied, it would have led to cases of mistranslation that would have affected the meaning of the text, and it would have become unintelligible to the readers in the target text. This fact can be proved by idiomatic or onomatopoeic expressions. For example, an expression found in the cookbook — From Crook to Cook “Let me sprinkle you with a little game right quick” (qtd in Dogg, 2018:12) is translated to “Deixa-me salpicar-te com uns pozinhos de perlimpimpim”. This expression cannot be adopted in the target text by means of literal translation, since the expression is not intelligible to its Portuguese-speaking readers. Idioms are composed of a set of words that have their own distinctive meaning that does not result in the meaning of each of its elements. In the context of idiomatic or semantic expressions, a dynamic translation (sense for sense) is used, since it is necessary to find an equivalence that preserves the intention of the source text.

With regard to the role of the agents involved in the cookbook translation process, the translator is considered the main figure. The translator needs to translate the languages and cultures with mutual respect while interconnecting them through the transmission of the message of the source text to the target text as it was conceived, breaking all language and cultural barriers. The translator also has great responsibility towards his or her translation: when it comes to culinary translation, there can be many accidents caused by translation errors, such as burnt out appliances and food poisoning. Despite mistakes being possibly involuntary, consequences of translation errors may be problematic; therefore, translating a cookbook is a very demanding task.

1. 4 Culture specific items in culinary translation

Food and cooking methods can be identifiable items of a specific culture from particular countries. Local foods in many cultures have no existing equivalents in other cultures. These cases can be understood as culture specific items. The term “cultural specific item” in the context of translation emphasises the fact that a translation problem may exist in a concrete situation between two languages and two texts. The nature of cultural-specific item is the breadth of the intercultural gap between two cultures. Mona Baker defines culture specific concepts as “source-language words that express concepts totally unknown in the target culture” (Baker, 1992:21). Therefore, translating culture specific items that relate to food and culinary can be a difficult task for translators. Culture specific items pose real challenges for translators, especially, as they also relate to a society's history, system of beliefs and ideas. Translators need to have a thorough knowledge of the two cultural contexts to translate culture specific items in the best possible way.

From Crook to Cook is structured as a cookbook in which each chapter contains several recipes that are representative of Snoop Dogg’s personality and cultural background. Many food names, ingredients and cooking techniques reflect his Jamaican-American rapper culture. Therefore, many items in this cookbook can be unintelligible to the Portuguese culture target readers. Many culture specific items are found in the process of translating this cookbook (from the source language – American English to the target language – European Portuguese): those culture specific items include units of measurement and temperature, names and food items and recipes/dishes.

Units of measurement

The imperial measurement system is used in the cookbook since Snoop Dogg is American and this cookbook was published in the United States of America. However, the imperial measurement system is not adopted in Portugal. If the imperial measurement system were preserved in the target text, it would be very difficult for the target reader to follow the instructions of the recipes. Americans use Fahrenheit to measure temperature, and cups to

measure weight. It is more common to use Celsius to measure temperature, grams and kilograms to measure weight in Portugal. The unit of measurement for butter in America is “stick”, which is usually sold in long rectangular prisms wrapped in aluminum foil or parchment paper. Such unit of measurement for butter is unintelligible to the Portuguese target reader.

Temperature

When measures of temperature are mentioned in a cookbook, they should be translated very accurately. As mentioned above, the imperial measurement system is used in the source text. The difference between Fahrenheit and Celsius is steep, which means that the translator needs to pay extra attention when converting temperature in the translation process. On the one hand, Fahrenheit: freezing point is 32; boiling point is 212. On the other hand, Celsius: freezing point is 0; boiling point is 100. If the translator fails to understand these differences and mistranslates these measurements, the translated recipe will not convey the correct information to the reader.

Food names

The majority of food names in this cookbook are preserved in the target text because of their trademarked names and because they are some of the most iconic American brands as, for example, “Lucky Charm” (qtd in Dogg, 2018:40), “Cap'n Crunch” (qtd in Dogg, 2018:41), “Fruit Loops” (qtd in Dogg, 2018:41). In the 1940s in America, slogans of breakfast cereals advertised that breakfast cereals were a great source of vitamins. That was a time when breakfast cereal companies introduced brand mascots to appeal to Americans. The most iconic cartoon mascots are “Lucky the Leprechaun (Lucky Charm)”, “Captain Crunch (Cap'n Crunch)” and “Toucan Sam (Fruit Loops)”. These became household names and representative of American cereal consumption.

Recipe/dish names

In this cookbook, there is a variety of recipes associated with culturally relevant dish names. Each phrase that describes the food or the process of food preparation is generally associated with a particular cuisine, either national or regional. For example, the soul food recipe - *Biscuits and Tha Thickness Gravy* (p.30) is one of the examples of the culture specific items. It is described by Snoop Dogg as “that real soul food classic” (qtd in Dogg, 2018:31), and the dish may not be as common in Portugal as it is in America. Gravy is a sauce made from the juices of meat and typically thickened with wheat flour or cornstarch for extra texture. It is commonly served with biscuits in America. Biscuits and gravy is a popular breakfast dish in the United States, especially in the South.

The translation of culture specific items involves not only the communication of the linguistic content of the text, but also communication and interaction at the cultural level. As Janfaza, Assmemi and Dehghan suggest, “a translator who is concerned with transferring the meaning will find that the receptor language has a way in which the desired meaning can be expressed, even though it may be very different from the source language form. Translation is no longer considered to be a mere cross-linguistic activity but it significantly is cross-cultural communication” (Janfaza, Assemi, Dehghan, 2012:84). The translator should study the source text and the relationship between the author of the source text and readers of the target text. In fact, translators always have to take into account cultural factors of source text language and target text language, and the author's intention of the source text. The translator should always regard the text as a cultural product and regard himself/ herself as a cultural mediator. It is a cultural awareness that manifests the cultural attributes of the translation to acknowledge the cross-cultural communication of translation.

Part 2: Translation & Translation Analysis

Ch 1. Translation of Snoop Dogg’s From Crook to Cook

Palavras introdutórias de Martha Stewart

O SNOOP E EU TEMOS um vínculo especial que data de quando ele apareceu pela primeira vez no *Martha Stewart Show* em 2008. O nosso relacionamento nasceu da nossa ligação com a comida enquanto preparávamos puré de batata com conhaque e *brownies* verdinhos! Como é natural, nós voltaríamos a aproximar-nos através de uma colaboração na VH1 no programa *Martha and Snoop's Potluck Dinner Party*. Trabalhar com o Snoop na cozinha foi uma experiência de aprendizagem notável para mim. Ele não só me ensinou uma nova linguagem e novas referências culturais, como também me surpreendeu com as suas técnicas e receitas culinárias únicas. Mal posso esperar para que ele as partilhe com o mundo neste livro de receitas divertido e único!

Introdução

Bem-vindos à minha cozinha

Amigo, eu devo ter dado a volta ao mundo centenas de vezes ao longo de quase três décadas. Eu passei mais de metade da minha vida pela estrada fora. E embora seja difícil estar longe do clima de Cali (Califórnia) e, claro, da erva verdinha que o meu mercado local oferece, eu fico sempre entusiasmado com a possibilidade de socializar com os muitos fãs que tenho a sorte de ter em todo o mundo.

De Moscovo a Munique, do Mississippi a Marrocos e do Japão à Pátria, é sempre surpreendente ver fãs de todo o mundo inspirados pelo modo como vivemos na Costa Oeste dos Estados Unidos. A sério, eles conhecem o nosso *swag*, o nosso calão e a nossa cena – e às vezes eles nem sabem a nossa língua.

Mas e a comida, quando viajamos? Bem, isso é pura sorte na melhor das hipóteses. Se juntarmos a isso o Tha Dogg não ser do tipo mais aventureiro, um género de Anthony Bourdain quando se trata de comida, nem sempre teremos a ocasião mais esplêndida, estás a ver? É por isso que quando eu chego a certas cidades, eu sei que posso acertar em sítios onde encontramos o tempero e os sabores certos.

Estou longe de ser um jovem. E como um verdadeiro jogador experiente, os meus gostos evoluíram ao longo dos anos. Mas apesar de ter aprendido a lidar com a culinária de luxo ao mais alto nível, ainda gosto de manter a tradição do bairro com alguns daqueles clássicos de LBC (Long Beach, Califórnia).

Uma coisa é certa e duas coisas também, o Dogg tem que comer e, de uma forma ou de outra, nós fazemos isso acontecer. Seja sendo criativo com algumas comidas nos bastidores ou observando e reinventando aquela receita que arranjei pela estrada fora quando voltei para casa em Killa Cali.¹

É por isso que é realmente fácil juntar o melhor da minha cozinha e partilhá-la contigo. Das guloseimas de pequeno almoço aos petiscos noturnos, há mantimentos suficientes para ter a certeza de que estou preparado para tudo, não importa a ocasião.

Temos tudo de bom aqui pronto para usar – pesado e embalado para a tua cozinha. O que tenho sempre no meu frigorífico e despensa: algumas edições de inspiração jamaicana da minha época nas ilhas, alguns alimentos básicos que são a alma do Sul dos Estados Unidos, e algumas receitas nunca antes partilhadas da família Broadus para ti. E não se trata apenas de comida. Não podes ter as mordidas sem as batidas, então eu tenho *playlists* de arrasar prontas para ti e para os teus enquanto tu comes a cozinhar.

Confia no teu grande mano. Este é o melhor livro de receitas de sempre. E agora está nas tuas mãos. Então, começa a cozinhar... contempla as possibilidades e depois decide o que vais fazer primeiro!

Na minha despensa

1. Pimenta de limão – Não consigo lidar com frango sem sabor, então gosto de salpicar um pouco de pimenta de limão nas minhas asas de frango. Agradeço ao meu mano Rick Ross – ele sabe apreciar aquela pimenta de limão! A marca McCormick é sempre a melhor escolha.

¹ Killa Cali: Uma maneira de dizer que a Califórnia é o melhor sítio que existe.

2. Sal temperado – Deixa-me salpicar-te com uns pozinhos de perlimpimpim. Sal temperado é uma mistura de pimentão-doce, curcuma, cebola e alho, um clássico que podes adicionar a qualquer coisa. Na cozinha do Boss Dogg, a despensa não estaria completa sem ele! Ostenta um pouco e compra um pouco daquele Lawry's sal temperado (um sal temperado muito utilizado nos Estados Unidos).
3. Molho picante – Eu gosto de todos os tipos de molhos, como podes ver, mas molho picante é o mais importante. Agora toda a gente tem a sua marca favorita, mas Tha Dogg tem uma queda pelo picante da Crystal². É mesmo o melhor do Louisiana! Um toque disto combina com qualquer coisa – podes colocá-lo numa sandes, no frango, em cima de uma pizza. Podes adicioná-lo a qualquer coisa e passa logo ao próximo nível.
4. Xarope de ácer– Não existe pequeno almoço de campeões sem xarope de ácer. Estejas tu a comer carne de porco à garfada ou uma pilha de panquecas, nada melhor do que um pedaço de manteiga e um pouco de xarope de ácer quente. Deixa que as panquecas absorvam o xarope da Aunt Jemima³ e então prepara-te para comer.
5. Molho de soja – Viajar pelo mundo levou-me a conhecer muitos dos melhores pratos asiáticos – massa, arroz, sushi e muito mais. Nada vai melhor com aquele arroz chau-chau ou sashimi do que um pouco de molho de soja. Podes começar por misturá-lo com um pouco de wasabi, também – mantém apenas a proporção certa para que os teus canais nasais não fiquem loucos!
6. Mel – Nada é mais importante para o Top Dogg do que as suas cordas vocais, e equanto artista que faz espetáculos ao vivo, tenho que mantê-las em ótima forma. Alguns veteranos da cena musical ensinaram-me que o segredo para manter as cordas vocais em forma é um pouco de mel fresco e chá quente. Eu tenho o mel

² Crystal: Crystal Hot Sauce, é uma marca de molho picante do Louisiana produzido em Nova Orleans.

³ Aunt Jemima é uma marca americana de xarope para panquecas.

sempre em cima da mesa desde então. Eu gosto daquele mel cru e puro, porque eu também sou cru e não filtrado à minha maneira!

7. Atum – Podes misturá-lo com um pouco de maionese ou grelhá-lo para fazer a melhor sandes de atum, a verdade é que uma lata de atum nunca te deixa ficar mal. Também estou a tentar manter uma dieta equilibrada, especialmente agora que estou a fazer um grande esforço para manter a minha rotina no ginásio. O peixe é, supostamente, muito bom para ti, então eu faço por também comer algum atum!
8. Ketchup – Eu adoro um bom churrasco, e que churrasco é que fica pronto sem ketchup? Imagina o seguinte: hambúrgueres, cachorros-quentes, salsichas – e não ter ketchup para espalhar em cima? Ficar apenas com um pouco de carne em cima de um pão muito seco? Nah, não na casa do Dogg. Tem o ketchup sempre à mão e certifica-te que é Heinz. Sim, não te enganes: mima-te.
9. Macarrão com Queijo Instantâneo – O *Mac and cheese* caseiro será sempre o melhor de todos, mas às vezes tu precisas de uma refeição rápida. Se tu não estás preparado para esperar até que aquele macarrão feito de raiz tenha tempo de cozer e ir ao forno, pega num *Mac and cheese* da Kraft e numa panela. Boom, minutos depois terás um pedaço de céu em forma de queijo.
10. Pop Tarts – Eu digo que são para as crianças ou para o meu neto quando ele passa por aqui, mas gosto de uma destas guloseimas torradas de vez em quando. Há de todos os sabores hoje em dia, mas eu digo para manter o original e juntar *fudge* de chocolate. Às vezes não há nada como os clássicos, estás a ver?

No meu frigorífico

1. Ovos – Os ovos são bons de qualquer maneira – mexidos com um pouco de queijo, fritos numa sandes ou numa das minhas omeletes. Se tiveres um saleiro à mão, até pode ser ovo cozido. Vais ficar muito satisfeito.

2. Queijo Cheddar – Percorri um longo caminho depois de comer aquele queijo emitido pelo governo, ma lembro-me bem dele! Eu ainda uso um pouco de Cheddar aqui e ali em muitos dos meus cozinhados; vê o meu Squad Up Chili Cheese Fries (página 166) e Nachos Booted and Looted (página 168), cheios de queijo cheddar. De uma forma ou de outra, o Bigg Snoop Dogg faz tudo por queijo Cheddar!
3. Leite – Lembras-te de quando no filme *Friday (Mais Uma Sexta-Feira Em Apuros)* o meu mano Cube ficou sem leite e teve que comer os cereais com água? Isso nunca acontece em minha casa. Eu tenho o leite sempre à mão, pois estou sempre pronto para uma grande tigela de Snoop's Loops. Tenho saudades minhas com aquele leite de amêndoa ou de soja. Eu gosto do meu leite gelado –desnatado ou 2% de gordura está bem.
4. Molho Rancheiro – Outro condimento de eleição, estou a começar a adaptar-me a comer vegetais e saladas e tudo isso, mas preciso de molho para dar um sabor extra a todas essas verduras. Este molho cremoso é exatamente o que preciso para fazer com que todos aqueles alimentos à base de plantas se tornem um pouco mais saborosos. Quanto a que marca escolher, Hidden Valley é o caminho. O molho rancheiro deles é muito fresco e suave - uma coisinha especial.
5. Picles de endro – Já viste o que vem em cada sandes pronta a consumir? Picles de endro, Jack! Quer se trate de pastrami empilhado ou de rosbife clássico, sabes que precisas de picles à parte. O mesmo se aplica quando faço em casa um dos meus Queen Cubanos (página 58) caribenhos. Eu gosto de pôr aquele picle em cima para completar a coisa.
6. Molho de churrasco – Como eu disse, gosto de usar a grelha de vez em quando e de pôr o meu grelhador Iron Chef a funcionar. Outra componente essencial de qualquer churrasco é o molho. Estejas a marinar a tua carne no molho ou apenas a colocar um bocadinho por cima da carne, o molho de churrasco dá-te aquele sabor doce e picante do qual eu não me farto. É o melhor molho que existe, perguntas tu?

Bem, tu vais ter que chamar o meu tio Reo para falar sobre isso. Por favor, acredita que as costelas do Reo aguentaram-se bem com o melhor molho do país.

7. Mostarda – Nah, não estou a falar da minha produtora parceira "Mustard on the Beat", estou a falar daquela mostarda Heinz, aquela mostarda francesa, aquele amarelo suave. É outro condimento que precisas de ter sempre à mão, entendes? A mostarda também combina perfeitamente com a minha sandes OG Fried Bologna (página 50). A sandes não está pronta sem ela!
8. Moët – Às vezes, só tens que abraçar o estilo de vida de estrela do rap. Gosto de saborear um copo de champagne de vez em quando e, quando o faço, tenho que beber do melhor. É por isso que tenho sempre uma garrafa de Moët gelada – assim estou pronto para começar a festa.
9. Sumo de laranja – Estou a passar uma fase saudável agora e prefiro comer mais verduras. Mas olha, não há nada como um sumo de laranja. Tens de ter sempre uma jarra de sumo para o que der e vier. Nunca sabes quando podes precisar de misturá-lo com um pouco de Moët ou melhor ainda ... gin. Estavas à espera disto, não estavas?
10. Manteiga – A chave para cozinhar bem – manteiga, muita manteiga. E eu não estou a falar daquela manteiga vegetal com baixo teor de gordura. Estou a falar da verdadeira Holyfield amarela, pronta para chiar na frigideira. Encontras sempre um ou dois pacotes dessa manteiga em casa do Snoop.

Os melhores lugares

Estes são os meus lugares favoritos para ir comer. Claro que a maioria destes lugares são perto de onde eu estou – na CIDADE DOS ANJOS (Los Angeles). Não é preciso ter a app Yelping quando vieres à MINHA cidade. Mas o Dogg também sai e eu conheço a Grande Maçã há muito tempo. Então, eu tenho um desses na minha lista de favoritos para ti também.

1. ROSCOE'S – Porra, desde que estou em Hollywood, vou ao Roscoe's. Fiquei a conhecer o Roscoe's quando estava a trabalhar com o rapper Dr. Dre no seu primeiro álbum *The Chronic*. E o Roscoe's sempre foi bom para mim. Mano, as pessoas nunca pensaram que frango e waffles pudesse ser uma boa combinação, mas eles quebraram as regras. A comida deles é tão boa e nós amamos a maneira como eles se expandiram. Agora, toda a gente está apaixonada por frango com waffles. Bem, eu tentei essa combinação muitas vezes e deixa-me dizer-te uma coisa – tens de vir a um dos locais do Roscoe em L.A. para conseguir provar o verdadeiro Holyfield. Aquele waffle amanteigado e aquelas asas suculentas são tão boas, que o meu mano, o presidente Obama, teve que os provar! À custa disso, três asas e um waffle são agora conhecidos como a Especialidade do Obama. Estás a ver?
2. RANDY'S DONUTS – Inglewood! Sempre a tramar algum. Quando vês aquele donut gigante, tu sabes que estás em Inglewood. Este lugar icónico fica a apenas alguns quarteirões de distância da minha casa em L.A., então estou sempre pronto para lá ir buscar algumas caixas e pegar nos manos antes de um torneio de Madden (Liga Nacional de Futebol dos Estados Unidos). O Randy's não se esforça muito para te dar aquela pastelaria extravagante; eles dão-te os sabores que tu amas e fazem isso da maneira certa. Então pega num donut retangular com cobertura de xarope de ácer, num donut de chocolate, ou nos dois, se for dia de fazer batota. O que quer que seja que tu tragas do Randy's, vais sair docemente satisfeito.
3. FATBURGER – O grande Biggie, já falecido, disse-o melhor que ninguém... Se tu quiseres namoriscar com ela, leva-a ao *Fatburger*. Um clássico de L.A. muito antes do In-N-Out estar na moda. Sempre que os rappers vinham a Los Angeles para os prémios The Source Awards, tu sabias onde encontrá-los... no Fatburger de Beverly Center⁴. Mas eles podem ser assaltados se ficarem na rua. Lembrem-se, na Cidade dos Anjos estão em perigo constante.

⁴ Beverly Center é um centro comercial em Los Angeles, Califórnia.

4. THE SERVING SPOON – Este lugar pouco conhecido é na verdade uma superestrela do gueto e tem o melhor pequeno almoço da cidade! Croquetes de salmão, asas de frango, papas de milho e, claro, aqueles ovos de queijo. Mas nem penses em tentar ir ao domingo de manhã depois da missa. O restaurante está tão cheio como uma discoteca num sábado à noite. Mas vale a pena.

5. THE W HOTEL NEW YORK CITY – Nova York, Nova York, grande cidade dos sonhos. Sim, se tu conheces a minha história, então sabes que a Costa Leste também ama o Snoop Dogg. À exceção da Grande Califórnia, passei a maior parte do meu tempo na cidade que nunca dorme nas últimas três décadas. Conheço-a muito bem. Já que o Dogg vai vaguar, o W Hotel, bem no coração da Grande Maçã (Nova Iorque), é como a minha segunda casa. Eu costumo usar o serviço de quartos do hotel, mas sinto-me um verdadeiro patrão na parte de trás da sala de jantar. Eu tenho o meu pedido do costume e eles sabem sempre o que fazer quando o Tha Dogg chega. Aquilo é que é serviço!

Pequeno-almoço

Bom dia, pelintras! É hora de acordar, e que maneira melhor de acordar do que com a refeição mais importante do dia? Quando se trata de começar o dia, sempre fui adepto de cereais. Sou conhecido por manter uma caixa de Lucky Charms⁵ ou Cheerios⁶ por perto, e em tempos até os mencionei em algumas das minhas rimas. Mas não me entendam mal, porque eu sei fazer muito mais do que tirar a poeira a uma caixa de Frosted Flakes⁷. Eu já ando a bater ovos desde novo - na verdade, costumava trabalhar no turno do pequeno-almoço no McDonald's quando era jovem. O meu supervisor chamava-me Jovem dos ovos porque eu conseguia partir a casca do ovo com uma mão – perguntem a quem quiserem!

⁵ Lucky Charms é uma marca americana de cereais. Lucky Charms consiste em pedaços de aveia torrada e marshmallow coloridos. A sua mascote é Lucky the Leprechaun. (Os nomes dos cereais mais populares e de onde eles vêm, 2022) Be sure to include the reference in the bibliography.

⁶ Cheerios é uma marca americana de cereais feitos de grãos integrais.

⁷ Frosted Flakes é uma marca americana de cereais. Frosted Flakes consiste em flocos de milho revestidos com açúcar. (Os nomes dos cereais mais populares e de onde eles vêm, 2022)

Ainda ponho essa habilidade em prática quando estou na cozinha, a preparar um farto pequeno-almoço para o meu neto. Este capítulo tem algumas receitas aprovadas pelo Dogg para começar o vosso dia, então acordem e levantem-se, vamos começar a cozinhar...

O Batido

Provavelmente já notaram que eu tenho treinado intensamente no ginásio. Sim, eu tenho levantado pesos, feito exercícios, e tenho cuidado da mente, do corpo e do espírito.

Também tenho de me certificar que acabo um treino com o meu batido favorito - eu fumo a minha verdinha, mas também bebo os meus verdes!

INGREDIENTES

40 g de espinafres frescos

1 metade de laranja, descascada e dividida em quatro

1 metade de banana, cortada

480 ml de água de côco

2 colheres de sopa de proteína em pó (opcional)

Num liquidificador, coloca os espinafres, a laranja, a banana, a água de coco e a proteína em pó (se decidires usar). Processa em velocidade alta até que o batido esteja homogéneo e cremoso. Serve de imediato.

O CAMINHO ALTERNATIVO

Mistura com ananás, maçã, couve ou o que quer que tenhas à mão. O objetivo é conseguir o combustível que precisas para o teu dia.

Não são os *muffins* de milho da tua mãe

Gosto muito do pão de milho do Roscoe's, especialmente com um pouco de manteiga e geleia. Até levei o meu mano Larry King⁸ ao Roscoe's em Hollywood uma vez, e tive que

⁸ Larry King foi um apresentador de rádio e televisão americano.

lhe mostrar que bom é aquele pão de milho. Mas não se confundam — os meus *muffins* de pão de milho não são brincadeira! Garanto que não ficam atrás de outros, portanto vai em frente e experimenta tu mesmo. O que os torna tão bons? Talvez seja aquele creme azedo na mistura. Eu sei o que estás a pensar - “Pão de milho e creme azedo?” Não critiques até provares.

PARA 6 A 8 PESSOAS, FAZ 12 *MUFFINS*

INGREDIENTES

140 g de farinha de trigo
90 g de farinha de milho
1 1/2 colher de chá de fermento em pó
1/2 colher de chá de sal
1/4 colher de chá de bicarbonato de sódio
55 g de manteiga sem sal, à temperatura ambiente
50 g de açúcar granulado
2 ovos grandes
120 ml de leite gordo
160 g de natas azedas, ou iogurte natural gordo

1. Pré-aquece o forno a 220°C, coloca a grelha no meio do forno. Unta com manteiga ou coloca a folha de papel vegetal numa forma para 12 *muffins* e reserva.
2. Numa tigela pequena, mistura a farinha, a farinha de milho, o fermento, o sal e o bicarbonato de sódio.
3. Numa tigela média, mistura a manteiga e o açúcar. Usando uma batedeira elétrica portátil ou uma batedeira com uma pá, bate a mistura em velocidade média até ficar cremosa. Adiciona os ovos e bate até ficar dourada e bem misturada. Junta o leite e a nata azeda.

4. Aos poucos, adiciona os ingredientes secos aos ingredientes molhados. Mistura devagar ou bate em velocidade baixa até obter uma massa homogénea, tendo cuidado para não misturar demais (a massa deve ficar muito grossa).
5. Coloca a massa nas forminhas preparadas, enchendo cada uma delas até cerca de três quartos da capacidade das formas.
6. Coloca a forma do *muffin* no forno a cozer durante 16 a 18 minutos, girando a forma do *muffin* a meio do tempo de cozedura para garantir uma cozedura uniforme. Os *muffins* ficam prontos quando estiverem dourados e quando inserir um palito nos *muffins* e este sair limpo.
7. Retira a forma do *muffin* do forno e coloca-a sobre uma grade. Deixa os *muffins* repousar durante 5 minutos ou até que arrefeçam o suficiente para poder tocar neles. Retira da forma e serve quente.
8. Guarda os *muffins* à temperatura ambiente num recipiente hermético ou num saco com fecho, até 3 dias, ou no congelador até 2 meses.

Panquecas Stack'd Up Flap Jacks

Eu gosto das minhas pancakes como gosto do meu dinheiro — empilhadas até ao teto. Esta receita de pancakes vale sempre a pena fazer. Certifica-te apenas que tens bastante manteiga e Aunt Jemima na mesa, porque nada leva estas pancakes ao próximo nível como um fiozinho daquele xarope doce e pegajoso. Estás a ver?

PARA 4 A 6 PESSOAS

INGREDIENTES

300 g de farinha para bolo ou farinha de trigo

3/4 colher de chá de sal
2 1/2 colheres de sopa de açúcar granulado
2 1/2 colheres de sopa de fermento em pó
2 ovos grandes
2 colheres de chá de extrato de baunilha puro
420 ml de leite gordo
75 g de nata azeda
90 g de manteiga sem sal, derretida e ligeiramente arrefecida, mais 1 colher de sopa de manteiga para a panela e mais extra para servir
Xarope de ácer, para servir

1. Numa tigela média, bate a farinha, o sal, o açúcar e o fermento. Deixa de lado.
2. Numa tigela grande, bate os ovos, a baunilha, o leite e a nata azeda até formar uma espuma. Adiciona a manteiga derretida e bate novamente.
3. Com um coador, mistura os ingredientes secos com os ingredientes húmidos e dobra delicadamente com uma espátula de borracha para misturar. Não mistures demasiado; até que a massa esteja ainda fina e com alguns grumos.
4. Coloca uma frigideira grande em fogo médio/médio-alto e adiciona 1 colher de sopa de manteiga. Gira a panela para a manteiga cobrir o fundo completamente. Quando a frigideira estiver quente e a espuma diminuir, deita porções de 60 ml de massa na frigideira. Vira com cuidado e cozinha do outro lado até dourar.
5. Serve imediatamente com manteiga e um pouco de xarope de ácer da marca Aunt Jemima.

O CAMINHO ALTERNATIVO

Coloca 3 ou 4 fatias de banana diretamente na panqueca antes de começar a borbulhar.

Rolinho de canela

Estou sempre pronto para uma guloseima com um pouco de canela para torná-la mais especial. Quando estou numa de cereais, adoro Cinnamon Toast Crunch, mas não há melhor snack de canela do que estes pãezinhos. Estou-te a dizer - estas coisas são doces e do melhor que há. Arranja um para ti — ou ainda melhor — arranja dois! E não te preocupes, não vais ser parado pela polícia por causa do Bourbon. É apenas o suficiente para dar aquele toque especial.

PARA 6 A 8 PESSOAS

FAZ 12 ROLINHOS DE CANELA

PARA A MASSA:

60 ml de leite gordo

2 1/4 colheres de chá de levedura instantânea

2 colheres de sopa de açúcar granulado

1 ovo grande

2 colheres de sopa de manteiga sem sal, à temperatura ambiente

350 g de farinha de trigo

1 colher de chá de sal

3 colheres de sopa de manteiga sem sal, derretida

PARA O RECHEIO DE CANELA:

130 g de açúcar mascavado

1 colher de chá de canela em pó

PARA O GLAZE DE BOURBON:

120 g de açúcar em pó, e mais conforme necessário

2 colheres de sopa de creme de leite, e mais conforme necessário
2 colheres de sopa de Bourbon

PARA FAZER A MASSA:

1. Unta uma tigela grande com óleo e reserva.
2. Numa panela pequena em fogo médio, mistura 120 ml de água e o leite. Aquece durante 2 a 3 minutos até ficar quente. Transfere o líquido aquecido para uma tigela grande e polvilha com o fermento para ativar (deve começar a fazer espuma).
3. Adiciona o açúcar, o ovo e a manteiga amolecida. Mexe até a massa ficar bem misturada e macia.
4. Aos poucos, adiciona a farinha e o sal. Mexe para misturar até que uma massa húmida se comece a formar. Transfere a massa para a tigela grande da batedeira com o batedor de massa. Bate em velocidade média durante 6 a 7 minutos. Em alternativa, transfere a massa para uma superfície enfarinhada e amassa durante 8 minutos até que uma bola pegajosa se comece a formar. Transfere a massa para a tigela preparada e cobre com uma película aderente ou um pano quente. Deixa repousar durante 1 a 1 hora e meia até que a massa fique com o dobro do tamanho.

PARA FAZER O RECHEIO DE CANELA:

Numa tigela pequena, mistura o açúcar mascavado e a canela até ficar bem misturado. Reserva.

PARA FAZER O BOURBON GLAZE:

Numa tigela pequena, mistura o açúcar em pó, o creme de leite e o Bourbon até a mistura ficar homogênea, adicionando mais creme ou açúcar, conforme necessário, para que a mistura seja facilmente regada. Reserva.

PARA FAZER OS ROLINHOS DE CANELA:

1. Pré-aquece o forno a 180°C, com uma grelha na posição do meio. Unta com manteiga uma forma de 23 x 33 cm e reserva.
2. Coloca a massa numa superfície levemente enfarinhada e enrola-a num retângulo de 15 por 46 cm. Pincela a massa com a manteiga derretida.
3. Polvilha o recheio de canela uniformemente sobre a massa. Começando na borda de 46 cm, enrola firmemente a massa fazendo a forma de um tronco. Ao chegar ao fim, humedece a borda com água antes de selar o rolo. Corta o rolo em 12 fatias e arruma-as no tabuleiro preparado, com o lado cortado voltado para baixo.
4. Coloca o tabuleiro no forno e leva ao forno durante 25 minutos, girando o tabuleiro a meio do tempo de preparação para garantir uma cozedura uniforme. Os rolos de canela estão prontos quando estiverem dourados.
5. Retira os rolos do forno e espalha a cobertura sobre os rolinhos de canela quentes. Serve imediatamente.
6. Os rolos de canela devem ser mantidos em temperatura ambiente num recipiente hermético ou saco ziplock por 3 dias ou no congelador até 2 meses.

SOUL FOOD⁹

BISCOITOS COM AQUELE MOLHO FEITO COM CALDO DE CARNE GROSSO

PARA 6 A 8 PESSOAS

⁹ Soul Food: uma variedade regional da cozinha afro-americana tradicional do sul dos Estados Unidos.

PARA 10 BISCOITOS

Se já estiveste no SUL dos EUA, então já comeste isto muitas vezes ao amanhecer. Este é o verdadeiro clássico da Soul Food. A chave aqui é fazer com que os biscoitos fiquem FOFOS. E aquele molho, bem, deve ser como aquele ar húmido do verão SUJO do SUL dos EUA — extra, super grosso. Mas se comeres demasiado disto, mais vale voltares logo para a cama. Isto não é para FRACOS. Poe-te logo a dormir de novo.

PARA OS BISCOITOS

280 g de farinha de trigo e mais para a superfície de trabalho

120 g de farinha para bolos

1 1/2 colheres de sopa de açúcar granulado

1 colher de sopa de fermento em pó

3/4 colher de chá de sal

540 ml de natas cremosas

1 ovo grande

1/4 colher de chá de sal

PARA O MOLHO GROSSO FEITO COM CALDO DE CARNE

455 g salsicha de porco

35 g de farinha de trigo

240 ml de leite gordo

240 ml de natas cremosas

Pimenta preta moída

PARA FAZER OS BISCOITOS

1. Forra um tabuleiro de forno com papel vegetal e reserva.

2. Numa tigela grande, mistura a farinha de trigo, a farinha para bolos, o açúcar, o fermento e o sal. Adiciona a nata. Usando uma colher de pau, ou as mãos, mistura os ingredientes molhados com os secos até que se forme uma massa espessa.

3. Transfere a massa para uma superfície de trabalho levemente enfarinhada e amassa algumas vezes até que esteja lisa e seca, enfarinhando novamente a superfície de trabalho, se necessário. Bate suavemente a massa formando um retângulo com cerca de 2,5 cm de espessura. Usando um cortador de biscoitos de 7,5 cm, mergulhado em farinha, corta a massa em forma de retângulo e coloca-os na forma preparada. Recolhe as sobras, bate novamente e corta, conforme necessário.

4. Coloca os biscoitos num tabuleiro de forno e leva ao congelador durante 1 hora.

5. Pré-aquece o forno a 220°C, com uma grelha na parte superior do forno.

6. Numa tigela pequena, bate o ovo e o sal até ficarem bem misturados. Retira os biscoitos do congelador e pincela as pontas dos biscoitos congelados com o ovo.

7. Coloca os biscoitos no forno durante 5 minutos. Diminui a temperatura para 200°C e deixa no forno mais 13 minutos, girando o recipiente a meio do tempo de cozedura para garantir que fica uniforme. Os biscoitos estarão prontos quando estiverem dourados por cima e levemente dourados em baixo. Retira os biscoitos do forno e deixa descansar durante 1 a 2 minutos num tabuleiro de forno até que fiquem fáceis de manusear.

8. Para servir, separa os biscoitos com as mãos, espalha a manteiga e cobre com o molho de salsicha.

9. Os biscoitos devem ser mantidos em temperatura ambiente num recipiente hermético ou saco ziplock durante 3 dias, ou no congelador até 2 meses.

PARA FAZER O MOLHO FEITO COM CALDO DE CARNE GROSSO

1. Aquece uma frigideira grande em fogo médio. Esfarela a salsicha na frigideira. Cozinha durante cerca de 10 minutos até que a carne deixe de estar rosa, usando uma colher de pau para a desfazer e mexer ocasionalmente.

2. Polvilha a salsicha com a farinha. Cozinha até que a farinha absorva a gordura, cerca de 1 minuto. Vai juntando lentamente o leite e as natas, mexendo sempre. Aumenta o fogo para médio-alto e cozinha durante 5 a 10 minutos até engrossar, mexendo sempre.

3. Tempera com pimenta (não é necessário sal; a salsicha deve ser salgada que chegue) e serve imediatamente com os biscoitos.

4. O molho aguenta-se bem tapado no frigorífico até 3 dias. Reaquece gentilmente no fogão em fogo médio ou no micro-ondas.

PEQUENO ALMOÇO OG:

WAKEY, WAKEY, EGGS AND BACY

Os meus filhos estão crescidos e já saíram de casa. Mas quando eles eram mais novos, eu adorava quando a minha mulher lhes fazia aquele pequeno-almoço clássico: ovos, bacon e torradas. Podem apostar que eu entrava furtivamente e ia para o lado deles, de pijama vestido e tudo, e assegurava que também comia um prato daquele pequeno-almoço. Bom dia, alegria!

Não estamos a falar deste pequeno-almoço no Denny's¹⁰ ou no IHOP¹¹. Estamos a falar da tua mãe, da minha mãe, porra, de todas as mães que sabem fazer um pequenp-almoço destes num instante. E se não estiveres a usar um relógio de sol, podes sempre fazer isto para o pessoal depois de uma das sessões noturnas, estás a ver?

Bacon Crocante

¹⁰ Denny's é um típico restaurante americano. Serve sandes, panquecas, waffles, etc.

¹¹ IHOP: International House of Pancakes, é um restaurante americano especializado em panquecas.

É essencial fritares bem o bacon. Queremos o nosso bacon crocante.

PARA 4 PESSOAS

INGREDIENTES

8 fatias grossas de bacon

1. Coloca 4 fatias de bacon em uma única camada numa frigideira grande. Forra um prato com papel de cozinha e reserva.
2. Baixa o fogo na frigideira para médio. Cozinhá entre 4 a 5 minutos até dourar e ficar crocante. Vira e cozinhá o outro lado entre 4 a 5 minutos até ficar crocante. Transfere para o prato preparado e repete com as fatias de bacon restantes.
3. Descarta ou guarda o óleo num frasco hermético para uso posterior.
4. Serve com ovos Ashford and Simpson (ao lado) e torradas.

Ovos Ashford and Simpson

Honestamente, eu não entendo porque haveríamos de querer comer ovos sem queijo. É a combinação perfeita no mundo da comida. Bom para comer ao acordar quando o galo canta, ou para antes de dormir quando o *sandman* chega. Os dois combinam como manteiga de amendoim e geleia, como Magic e Kareem¹², como Cheech e Chong¹³.

PARA 4 PESSOAS

INGREDIENTES

¹² Magic e Kareem são jogadores profissionais de basquetebol que jogaram pelos LA Lakers.

¹³ Cheech e Chong são uma dupla de comédia composta por Cheech Marin e Tommy Chong.

8 ovos grandes
90 ml de leite gordo
Sal
Pimenta preta moída
2 colheres de sopa de manteiga sem sal
80 g de queijo cheddar ralado

1. Numa tigela média, mistura os ovos e o leite. Tempere com sal e pimenta. Usando um garfo, bate bem para misturar.
2. Numa frigideira grande em fogo médio-alto, derrete a manteiga. Gira a frigideira para a manteiga cobrir o fundo completamente.
3. Assim que a frigideira estiver quente e a espuma diminuir, deita os ovos. Enquanto os ovos cozinham, usando uma espátula à prova de calor, arrasta lentamente as bordas do ovo em direção ao centro, fazendo grandes ondas na panela até que a mistura esteja quase firme, 2 a 3 minutos.
4. Retira a panela do fogo e polvilha os ovos com o queijo. O queijo deve derreter após mais ou menos um minuto. Prova e tempere com mais sal e pimenta, conforme necessário. Serve imediatamente com bacon crocante (ao lado) e torradas.

Bacon de bilionário

Isto é para quando vocês já estão noutro campeonato e não têm tempo para aquele bacon básico. Já ouvi chamarem a isso o bacon dos bilionários – juntem um pouco de pimenta preta, alguns flocos de pimenta vermelha e um monte de açúcar mascavado como D'Angelo¹⁴, e acabaram de fritar uma pilha de bacon dos milionários do tio Snoopy. Como

¹⁴ D'Angelo; Michael Eugene Archer, é um cantor, compositor, produtor musical americano.

o meu amigo Justin Timberlake¹⁵, como o meu outro mano Sean Parker¹⁶ disse naquele filme *A Rede Social* sobre o Zuckerberg, “Um milhão de dólares não é fixe. Sabes o que é fixe? Mil milhões de dólares.” Agora acaba de comer e vai buscar os teus mil milhões de dólares!

PARA 4 PESSOAS

INGREDIENTES

100 g de açúcar mascavado claro embalado

1 colher de chá de pimenta preta moída

1 colher de chá de pimenta vermelha

8 fatias grossas de bacon

1. Pré-aquece o forno a 200°C, com uma grelha na parte superior do forno. Forra um tabuleiro com papel de alumínio, coloca uma grelha em cima do papel de alumínio e põe de lado.
2. Numa tigela pequena, mistura o açúcar mascavado, a pimenta preta e os flocos de pimenta vermelha.
3. Coloca as fatias de bacon na grelha. Espalha a mistura de açúcar mascavado uniformemente sobre o bacon.
4. Coloca o tabuleiro no forno durante 25 a 30 minutos, girando-a a meio do tempo de cozimento para garantir uma cozedura uniforme. O bacon estará pronto quando estiver crocante e glaceado.

¹⁵ Justin Timberlake: é um cantor, compositor, músico, ator, produtor musical de norte-americano.

¹⁶ Sean Parker: foi um dos co-fundadores do Napster, e ex-presidente de Facebook. (Sean Parker, 2022)

5. Retira o tabuleiro do forno e deixa arrefecer o bacon durante 5 minutos na grelha. Serve quente com ovos Ashford e Simpson (página 35) ou com uma omelete Mile-High (página 39).

Omelete Mile-High

Então agora tu já tens aquele bacon de bilionário pronto e pensas: *o que pode vir a seguir?* Sim, um homem sábio chamado Meek¹⁷ disse uma vez que havia níveis para esta merda. . . até mesmo para o pequeno-almoço. Então, vamos subir um pouco, por que não? Mantem a frigideira a postos, pica algumas cebolas, corta o bacon em pequenos pedaços, parte alguns ovos e, baby, toca a mexer tudo. Mexe direitinho. Direitinho para a panela, quero dizer. Agora pega na Mrs. Butterworth¹⁸ e rega aquela omelete com mais sabor do que uma marca de gomas Life Saver¹⁹. Este é um banquete de pequeno-almoço para grandes campeões. Portanto, não te enganes; mima-te.

PARA 2 PESSOAS

INGREDIENTES

4 ovos grandes

1/2 colher de chá de sal

1/2 colher de chá de pimenta preta moída e mais um pouco para temperos

2 colheres de sopa de manteiga sem sal

40 g de queijo cheddar picante ralado

¹⁷ Meek: e um rapper americano, mais conhecido pelo seu nome artístico Meek Mill. (Meek Mill - Google Arts & Culture, 2022)

¹⁸ Mrs. Butterworth: é uma marca americana de xarope para panquecas.

¹⁹ Life Saver: é uma marca americana de gomas em forma de anel.

1 colher de sopa de cebolinho fresco picado e mais para guarnecer
4 fatias de bacon do bilionário (página 36), 2 inteiras, 2 cortadas

1. Numa tigela pequena, bate os ovos, 2 colheres de sopa de água, o sal e a pimenta até que as claras e as gemas estejam bem misturadas e a mistura fique com espuma. Reserva.

2. Numa frigideira antiaderente grande derrete a manteiga em fogo médio-alto, Gira a frigideira para cobrir o fundo com manteiga.

3. Quando a frigideira estiver quente e a espuma diminuir, verte a mistura de ovos no centro e inclina a frigideira em todas as direções para cobrir o fundo.

4. Quando os ovos começarem a endurecer, usando uma espátula à prova de calor, levanta delicadamente as bordas da omelete em direção ao meio, deixando o ovo cru escorrer por baixo da omelete e em direção às bordas da frigideira. Os ovos ficam prontos quando o fundo estiver firme e as bordas parecerem estaladiças (os ovos ainda irão parecer húmidos por cima), leva 3 a 4 minutos.

5. Polvilha o queijo Cheddar e o cebolinho no meio da omelete. Cozinha mais 30 segundos. Coloca 2 fatias de bacon por cima do queijo cheddar e do cebolinho.

6. Com a espátula, dobra a omelete ao meio. Inclina a frigideira para fazer deslizar a omelete em direção à borda, transferindo-a com cuidado para um prato a servir.

7. Tempera com pimenta e decora com o cebolinho e o bacon cortado. Serve quente.

OG MUNCHIES, CEREAL ROUNDUP

LUCKY CHARMS

Não estou a falar dos diamantes coloridos no teu novo grill²⁰ desenhado por Johnny Dang²¹. Este é aquele pequeno Leprechaun²² que aparece na embalagem dos Lucky Charms, e ele parece estar a fazer a sua magia para te trazer sorte. Nada é melhor do que pegar numa colher cheia de *marshmallow*. Acreditas nisso? Oh, uau. É aí que tu sabes que a boa deusa da fortuna te apoia.

HONEY NUT CHEERIOS

Há Cheerios na caixa amarela, mas estamos num nível superior. Quando uma tigela daqueles cheerios básicos não for suficiente, passemos à caixa castanha. A doçura nesses Cheerios tem gosto de ter sido picado por uma abelha e despertará o teu paladar - quando sentires aquela vontade excessiva de comer doces. Sabes o que eu quero dizer?

WHEATIES

O pequeno-almoço de campeões! Agora eles sabem que deveriam ter colocado o Big Boss Dogg naquela maldita caixa há anos. Está tudo bem, porque antes de eu entrar em campo para um daqueles jogos de celebridades, vocês sabem que eu encho uma tigela inteira. A seguir? Snoop Dogg apresenta Weedies²³. Isso é que parece apetitoso.

FRUIT LOOPS

Todas aquelas cores na minha mascote de cereal Fruit Loops, Toucan Sam²⁴, me atraíram quando eu era criança. Mas, caramba, as cores não têm todas exatamente o mesmo sabor? A melhor parte de comer aquilo é engolir logo em seguida aquele leite da cor do arco-íris. Big Snoopy ainda é uma criança no coração - não somos todos? Alguém quer Snoop Loops?

²⁰ Grill: é um tipo de joia que é usada nos dentes. Grill é muito popular e conhecido na cultura de Hip-Hop.

²¹ Johnny Dang: é um joalheiro e empresário vietnamita-americano. Ele vendeu jóias, relógios e pingentes para artistas influentes.

²² Leprechaun (Lucky the Leprechaun): Leprechaun é a mascote de Lucky Charms que simboliza boa sorte.

²³ Weedies: é um cereal que contém cannabis.

²⁴ Toucan Sam: é a mascote para os Froot Loops cereal.

MANTEIGA DE AMENDOIM CAP'N CRUNCH

Eu não sei se isto sabe a manteiga de amendoim ou a Cap'n Crunch, mas aquela doçura saborosa misturada com um pouco daquele som “crunch?” e quando derem conta, estão a acordar com um monte de migalhas no vosso colo. AVISO: Comer muitos destes cereais fará com que o teu céu da boca pareça mais seco do que um tapete queimado. Ouçam o Tha Dogg!

Almoço

Alguns dos meus almoços mais memoráveis aconteceram na minha antiga escola, a Long Beach Poly High. Mano, eu e os manos costumávamos divertir-nos durante aqueles períodos de almoço. Estávamos na cantina, e eu fazia os meus raps de estilo livre enquanto um dos meus meninos batia nas mesas para criar um ritmo. Essas são algumas das minhas primeiras memórias de realmente me tornar um rapper. Quando não estávamos a fazer rap, nós criticávamo-nos uns aos outros – fazíamos piadas sobre o que os manos tinham vestidos, como eram, o que quer que estivesse por perto naquela altura. As únicas más memórias sobre aqueles almoços na escola? A comida. Mano, as refeições na cantina eram horríveis naquela altura! Bem, podes acreditar que as minhas opções de almoço melhoraram desde que eu era um estudante que faltava às aulas. Dá uma olhada na próxima seção para ver o tipo de refeição de almoço de que gosto hoje em dia...

Salada bem cortadinha!

Uma delícia de almoço à patrão. Quando penso em gangstas famosos, penso nem mais nem menos do que em Vito Corleone, sim *The GAWDFATHER*. Mas todos nós sabemos que o Vito era um pouco gordo. Mas eu ... O Doggfather? Eles não me chamam de Slim com gangsta de Califórnia só porque sim. Mas é melhor acreditar que podes manter-te gangsta numa reunião com os chefes sem engolir um prato de macarrão. Fica com essa merda à maneira G e põe uma salada à frente deles. Mas diz-lhes, não há nada doce deste lado da

mesa. Temos aquele salame e tu já sabes que também temos aquele provolone. Então pega na faca mais afiada que tiveres e começa a cortar, *capeesh?*

PARA 2 PESSOAS

PARA O VINAGRETE:

120 ml de vinagre balsâmico

240 ml de azeite extra-virgem

1 colher de sopa de mostarda em grãos ou mostarda Dijon

1 colher de chá de orégano seco

Sal

Pimenta preta moída

PARA A SALADA:

1/2 cabeça de alface romana cortada em pequenos pedaços

1/2 pepino cortado em pequenos pedaços

1/2 tomate médio, cortado em pequenos pedaços

430-g de grão de bico enlatado, escorrido e enxaguado

160 g de azeitonas Kalamata, sem caroço e cortadas em pequenos pedaços

320g de queijo provolone cortado no meio em cubos [12-mm]

340 g de salami cortado no meio em cubos [12-mm]

PARA FAZER O VINAGRETE:

Numa pequena tigela ou jarra com tampa, junta o vinagre, o azeite, a mostarda e o orégano. Tempera com sal e pimenta. Bate bem ou fecha bem a jarra e agita vigorosamente até misturar. Prova e adiciona mais sal e pimenta, conforme necessário. Reserva.

PARA FAZER A SALADA:

1. Numa tigela grande, junta a alface, o pepino, o tomate, o grão de bico, as azeitonas, o queijo e o salame.
2. Adiciona o vinagrete (misturado ou mexendo novamente, se necessário) e mexe a salada até estar bem regada. Serve imediatamente.

O Clássico Rei César

Nada como uma salada César clássica para o almoço.

PARA 2 PESSOAS

PARA O MOLHO:

- 2 dentes de alho picados
- 2 colheres de sopa de sumo de limão espremido na hora
- 1 colher de sopa de mostarda Dijon
- 2 colheres de chá de molho *Worcestershire*
- 240 g de maionese
- 80 ml de azeite
- 15 g de queijo parmesão ralado
- 1 colher de chá de pasta de anchovas
- 1/2 colher de chá de pimenta preta moída

PARA A SALADA:

- 2 peitos de frango desossados e sem pele
- 1/2 colher de chá de sal
- 1/2 colher de chá de pimenta preta moída
- 2 cabeças de alface romana
- 40 g de *croutons*
- 15 g de queijo parmesão ralado

- 1 colher de sopa de cebolinha picada
- 1 limão cortado em fatias

PARA FAZER O MOLHO:

Em uma tigela média, bate o alho, o sumo de limão, a mostarda e o molho de *Worcestershire* até ficar suave. Junta a maionese, o azeite, o queijo parmesão, a pasta de anchovas e a pimenta. Reserva.

PARA FAZER A SALADA:

1. Coloca uma frigideira com grelhador em fogo médio-alto.
2. Salpica os peitos de frango uniformemente com o sal e a pimenta. Coloca o frango na frigideira. Grelha durante 4 a 5 minutos de cada lado, ou até que a temperatura interna atinja 75°C quando medida com um termómetro de leitura instantânea.
3. Arranja as folhas de alface romana num prato. Cobre com os *croutons* e o frango fatiado. Polvilha com o queijo parmesão e o cebolinho. Rega com o molho, servindo qualquer extra ao lado com as fatias de limão. Serve imediatamente.

O CAMINHO ALTERNATIVO

Como é que o Bigg Snoop dá um toque especial à salada César clássica? Troca aquele peito de frango por Get Tha Chip Fried Chicken Wings (página 80), e muitos deles também. Esse pedaço de carne é um pouco mais fácil de mastigar. É mais suave. Então eu viro e retiro. Arranca a carne do osso e polvilha, sim, eu disse P-O-L-V-I-L-H-A, um pouco daquela boa carne da asa ali. Sim... assim mesmo.

O Almoço Briz-eak

Vamos, mano... somos apenas nós. Tu não precisas de mentir para relaxar. Tu sabes que realmente não estás com pressa para comprar comida à hora do almoço. Tu estás a fazer

uma pausa para fumar, mano. Nós já sabemos. Tudo bem, não é? Eu não estou preocupado. Mas naqueles dias em que tu realmente precisas de trabalhar e não tens nem um minuto para ir buscar uma sandes – pega em algumas maçãs, algumas uvas, um pouco disto e um pouco daquilo, mistura com um pouco de mel e manteiga de amendoim... agora tu tens energia para lidar com teus colegas de trabalho idiotas durante o resto do dia. E hey, yo - usa algum perfume para disfarçar o cheiro na hora de voltares ao trabalho, tu queres manter esse trabalho certo? Agora tens que parecer sério e sentar-te em frente ao computador para começar a trabalhar.

Dolce, por favor apagar todos os comentários!

PARA 1 PESSOA

INGREDIENTES

- 1 maçã média, sem caroço e cortada em fatias
- 1 banana média, fatiada
- 1 cacho de uvas
- 2 colheres de sopa de mel
- 3 colheres de sopa de manteiga de amendoim

1. Espalha a maçã, a banana e as uvas num prato.
2. Rega com mel e mergulha o que te apetecer na manteiga de amendoim.

Agarra Aquela Sandes Submarina

É uma sandes submarina, uma sandes hoagie, uma sandes herói ou uma sandes po'boy? Quando tu viajas pelos EUA, como eu, realmente tudo depende de em que cidade o show está naquela noite. Mas quando tu juntas um pouco de salame, provolone e pimenta picante na sandes, com certeza tem aquele apelo gangsta. Eu como esta sandes quando estou em viagem de negócios, em modo "Não és tu que me dizes, sou eu que te digo", está a ver?

Mas antes que exageres o estilo gangsta, certifica-te de que tens o tipo certo de pão, mano. Como os manos mais velhos, sempre apressados, me costumavam dizer quando eu era apenas um rapaz: “O segredo está no pão.” Não te surpreendas se as carnes não estiverem ao nível das do Don Corleone – contanto que tenhas uma combinação de carnes duras e picantes, macias e gordurosas e um pão fresco, vais acabar com uma sandes digna de qualquer espertalhão.

PARA 2 PESSOAS

PARA O SUB:

1 rolo italiano de 40.5-cm ou dois rolos italianos de 20-cm, espalha Maionese (opcional)
4 fatias de Mortadela Bologna
6 fatias de *capocollo* picante
6 fatias de salame curado italiano
6 fatias de salame
8 fatias de queijo provolone

PARA AS COBERTURAS:

Tomate fatiado
Alface americana picada
Cebola vermelha em fatias bem finas
Pimentos amarelos fatiados (opcional)
Azeite extra-virgem
Vinagre de vinho tinto
uma pitada generosa de orégano
Sal
Pimenta preta moída

PARA FAZER O SUB:

1. Se usares maionese, espalha (um pouco ou muito) no interior da(s) sande(s).

2. No meio do(s) rolo(s), coloca a mortadela, *capocollo* picante, salame curado italiano e salame, permitindo que as bordas se sobreponham e caiam sobre a borda da sande.
3. Coloca o provolone.

PARA FINALIZAR O SUB:

1. Cobre com tomate, alface, cebola vermelha e pimentos amarelo (se usares).
2. Salpica com azeite e vinagre tinto a gosto. Adiciona uma pitada generosa de orégano e tempera com sal e pimenta. Serve imediatamente, se fores capaz de esperar tanto tempo.

OG (Original Gangster) Sandes de Bologna Frita

Pois bem, esta sandes é um clássico de gangster certificado. Quando eu era jovem e precisava de algo para fazer um lanche, eu contava com o frigorífico para me guardar alguns restos de charcutaria. Um petisco favorito foi descoberto quando eu tive a brilhante ideia de fazer aquela Bologna numa frigideira. Frita aquele Oscar Meyer²⁵ com um pouco de queijo e estás a caminho de uma refeição perfeita, Jack! Mas agora que progredimos, como na comédia *The Jeffersons*²⁶, aquela Bologna transformou-se nas melhores carnes maturadas. Não vamos comer isto só porque precisamos. Hoje em dia comemos aquilo porque o que ficaria melhor com aquela coisa de que tanto gostamos. Talvez eu comece a fazer sandes com um pouco de queijo Gouda "fumado" agora. Estás a ver?

PARA 1 PESSOA

INGREDIENTES

²⁵ Oscar Meyer: é uma produtora americana de carnes e charcutaria. Oscar Meyer é conhecida pela sua mortadela, pelo seu bacon e presunto.

²⁶ The Jeffersons: é uma comédia sobre afro-americano. This requires a bit more information, I am sure you can find a source for this.

3 fatias de Mortadela Bologna
1 colher de sopa de manteiga sem sal
2 fatias de pão branco
1 colher de chá de mostarda amarela
3 fatias de queijo americano
Batatas fritas de churrasco, quantas tu quiseres

1. Coloca a Mortadela Bologna numa tábua e corta uma fenda do meio para a borda de cada fatia.
2. Numa frigideira de tamanho médio e em fogo médio, derrete a manteiga. Gere a frigideira para a manteiga cobrir todo o fundo da frigideira. Quando a frigideira estiver quente e a espuma tiver diminuído, acrescenta o pão. Torra levemente o pão durante cerca de 2 minutos de cada lado ou até dourar. Transfere para uma tábua de cortar e espalha a mostarda numa fatia de pão.
3. Volta a por a frigideira no lume e coloca a mortadela Bologna numa camada única. Cozinha durante 2 a 3 minutos ou até que as bordas estejam douradas e crocantes. Vira a mortadela Bologna e cobre cada fatia com queijo americano. Cozinha mais 2 a 3 minutos ou até que o queijo comece a derreter.
4. Coloca a mortadela Bologna frita e o queijo na fatia de pão torrado sem mostarda e cobre com quantas batatas fritas tu e a tua sandes conseguirem.
5. Fecha a sandes, colocando a outra fatia de pão, com o lado da mostarda para baixo, por cima. Vai embora e diverte-te à vontade.

SANDES MISSISSIPPI PEIXE-GATO

Esta receita lembra-me de uma visita à família em Mississippi. Sempre que me sento com os meus pais à mesa, podes apostar que há **PEIXE-GATO** na mesa de jantar e **HUSH**

PUPPIES²⁷ ao lado. Tem sido assim desde que me lembro. Quase todas as pessoas no **BAIRRO** em Cali tem avós que se mudaram para o Golden State²⁸ de algum lugar do Sul. Na verdade, é onde todos nós começamos.

Acredita em mim, nós também temos aquele peixe frito aqui. No entanto, quando tu estás no Mississippi a comer peixe-gato e hush puppies é como se estivesses a viajar no tempo. Ao longo dos anos, muitos jornalistas musicais comentaram que parece que tenho uma **ALMA ANTIGA** – de alguma forma ligada ao passado. Bem, se eles me vissem sentado no quintal da minha família a comer uma **SANDES DE PEIXE-GATO**, encharcada com molho picante, eles com certeza saberiam porquê.

PARA O MOLHO TÁRTARO

120 g de maionese
2 colheres de sopa de pickles de pepino picados finamente
1 colher de sopa de endro fresco finamente picado
2 colheres de chá de salmoura em pickles
Sal
Pimenta preta moída

PARA AS SANDES DE PEIXE-GATO

105 g de farinha de trigo
105 g de farinha de milho finamente moída
1/4 colher de chá de pimenta de caiena
2 ovos grandes batidos
Sal
Pimenta preta moída
230 g de filetes de peixe-gato, cortados pela metade
Óleo vegetal, para fritar

²⁷ Hush Puppies: é uma pequena bola redonda frita e saborosa feita de massa à base de milho moído.

²⁸ Golden State: Um nome para o estado americano da Califórnia.

4 rolos de pão branco e macio para as sandes

4 folhas de alface romana

Molho picante para servir (opcional)

PARA FAZER O MOLHO TÁRTARO

Numa tigela pequena, mistura a maionese, os pickles, o endro e a salmoura. Tempera com sal e pimenta. Mexe novamente para misturar.

Cobre e coloca no frigorífico até à hora de usar.

PARA FAZER AS SANDES DE PEIXE-GATO

1. Coloca a farinha de trigo numa tigela rasa. Coloca a farinha de milho e a pimenta caiena em outra tigela rasa; bate até misturar bem. Coloca os ovos numa terceira tigela rasa.

Tempera cada tigela com sal e pimenta e mistura bem.

2. Um de cada vez, passa os filetes de peixe-gato por farinha, mergulha no ovo, deixando que o excesso esorra de volta para a tigela, e cobre com a mistura com molho de milho. Reserva.

3. Numa panela funda ou fritadeira, em fogo alto, aquece 7,5 cm de óleo vegetal a 190°C. Forra um prato com papel de cozinha e reserva.

4. Deita cuidadosamente o peixe no óleo quente. Deixa o peixe fritar durante 5 - 7 minutos, virando uma vez a meio da fritura, até todas as partes se tornarem douradas. Coloca o peixe cozido no prato para escorrer o excesso de óleo.

5. Torra o pão, se é assim que tu gostas, espalha o molho tártaro nos dois lados cortados de cada rolo. Prepara cada sandes com 1 pedaço de peixe-galo e 1 folha de alface. Serve imediatamente, regado com molho picante, se quiseres.

Sandes Rainha Caribenha Cubana

Miami não é apenas a casa dos meus manos Rick Ross²⁹, DJ Khaled³⁰ e Uncle Luke³¹, mas também de alguns dos melhores clubes em que já estive. É como se Puffy³² estivesse a dar uma festa lá todos os malditos fins de semana. Miami é um lugar único nos Estados Unidos. O sabor latino é tão forte, as ilhas estão ao rubro, e a *vibe* é muito sexy. Eu adoro entrar num daqueles carros *old school* e conduzir por South Beach ou Star Island como um verdadeiro patrão. Mas não anda tudo à volta das mulheres e do tempo, mano. Quando em Roma, é melhor fazeres como eles fazem. E dos colombianos aos dominicanos e dos porto-riquenhos aos haitianos e jamaicanos, simplesmente não vais conseguir aquele sabor na comida em nenhum outro lugar. E nada revela o sabor de Miami melhor do que uma sandes Cubana à moda antiga. Coloca um monte de presunto e usa muito tempero para enriquecer o sabor. Se não tens carne de porco desfiada na mesa, é melhor reforçares no presunto. Sim, duplica o teu prazer, duplica a tua diversão. Por que não? Não por quê?

PARA 2 PESSOAS

INGREDIENTES

2 colheres de sopa de salmoura, mais 2 pickles de endro, fatiados

2 pães macios crocantes, cortados

Mostarda amarela

Maionese

8 fatias de queijo suíço

8 fatias grossas de presunto (O presunto fumado seco da marca Black Forest funciona bem)

2 chávenas de restos de carne de porco assada desfiada

55 g de manteiga sem sal e mais para untar

1. Salpica a salmoura de pickle no interior da sandes.

²⁹ Rick Ross: William Leonard Roberts é um rapper americano.

³⁰ DJ Khaled: é um DJ americano, autor e produtor musical.

³¹ Uncle Luke: Luther Roderick Campbell é um rapper americano.

³² Puffy: O produtor musical Sean Combs, também conhecido como Diddy ou Puff Daddy.

2. Espalha o interior da sande com uma fina camada de mostarda e maionese.
3. Coloca 2 fatias de queijo suíço em ambos os lados de cada rolo. Cobre o queijo uniformemente com picles em ambos os lados.
4. Coloca 2 fatias de presunto em ambos os lados de cada sandes. Cobre o presunto uniformemente em cada rolo, de um lado apenas, com 143 g de carne de porco. Pressiona as sandes juntas. Espalha o topo de cada sande com uma fina camada de manteiga.
5. Numa frigideira grande em fogo médio, derrete 4 colheres de sopa [55 g] de manteiga. Gira a frigideira para cobrir completamente o fundo com manteiga.
6. Quando a frigideira estiver quente e a espuma tiver diminuído, acrescenta as sandes. Coloca uma frigideira limpa de ferro fundido sobre as sandes ou usa um prato grande (queres pressionar as sandes uniformemente para achatá-las). Cozinha 3 a 4 minutos. Levanta a borda da sandes com uma espátula para verificar se o fundo está dourado e crocante e se o queijo está completamente derretido. Vira e cozinha mais 3 a 4 minutos, verifica as sandes novamente.
7. Retira as sandes da frigideira, corta a meio e serve imediatamente.

No Limit Sande Po' Boy

Quando tu estás no Big Easy³³, as suas longas sandes são chamadas de po 'boys. E eu passei muitos dias no Louisiana. Destaca fica com o No Limit general Master P³⁴. O grande amigo ensinou-me a lidar com o “negócio” no “espetáculo” e logo me tornei num maior peixe, mesmo num grande lago. O meu tempo em Chopper City³⁵ ensinou-me que o

³³ Big Easy é um nome mais popular para Nova Orleans, Louisiana, Estados Unidos.

³⁴ No Limit general Master P: No Limit Records foi uma editora americana fundada por Master P. Os seus álbuns foram distribuídos pela Priority, Universal e Koch Records. No final dos anos noventa, a No Limit Records teve sucesso com lançamentos como "Ghetto D" de Master P, "Tru 2 da Game" de TRU e "Da Game Is to Be Sold, Not to Be Told" de Snoop Dogg. (No Limit Top Dogg - Wikipedia, 2022)

³⁵ Chopper City é um nome para o bairro mais perigoso de Nova Orleans.

camarão não é só para mergulhar no molho. Tu podes colocá-lo num hoagie, com um pouco de maionese e, se tu puderes torná-lo como o Big ol 'Snoopy D-O-double-G, só pode fazer com que digam uhh (uhh), Na-nah na-nah (na-nah na-nah). Este sabor realmente não tem limite.

PARA 4 PESSOAS

PARA O CAMARÃO:

140 g de farinha de trigo
140 g de molho de milho amarelo
1 colher de chá de pimenta caiena
1 colher de chá de alho em pó
Sal
Pimenta preta moída
240 ml de leiteiro
1 quilo de camarão, descascado e limpo
Óleo de canola para fritar

PARA OS PO' BOYS:

4 rolos de sandes brancas crocantes, cortados ao meio
Maionese
Molho picante
1 tomate médio, fatiado
45 g de alface americana picada
Picles, para servir

PARA BATER O CAMARÃO:

1. Numa tigela grande, mistura a farinha, a farinha de Milho, a pimenta caiena e o alho em pó. Tempere com sal e pimenta. Mexe novamente até estar bem misturado.

Transfere para um prato raso grande. Coloca outro prato raso grande ao lado da mistura de farinha e adiciona o leiteiro. Coloca uma grelha ou frigideira ao lado dos dois pratos; este será o lugar onde colocarás o teu camarão cozido.

2. Mergulha completamente o camarão no leite de manteiga. Trabalhando com um punhado de camarões de cada vez, retira o camarão do leiteiro e deixa o excesso escorrer de volta para o prato. Passa o camarão na mistura de farinha, cobrindo cada camarão completamente. Coloca o camarão cozido na grelha ou assadeira e repete com os restantes camarões. Reserva.

PARA FRITAR O CAMARÃO:

1. Numa frigideira funda, em lume alto, aquece 2 em [5 cm] de óleo de canola a 190°C. Coloca uma grelha sobre um prato ou forra uma panela com papel castanho e reserva.
2. Trabalhando em lotes, adiciona cuidadosamente o camarão ao óleo quente, cuidado para não aglomerar, caso contrário, eles ficarão gordurosos.
3. Frita o camarão 3 a 4 minutos, até dourar. Assim que o camarão estiver pronto, usando uma escumadeira grande ou um passador, transfere o camarão para a grelha ou bandeja preparada para escorrer.

PARA FAZER A SANDES PO' BOYS:

1. Torra os rolos de sandes, se gostares deles torrados.
2. Espalha maionese e molho picante em ambos os lados cortados de cada rolo.
3. Prepara cada sandes com camarão frito, tomate e alface. Serve imediatamente com pickles e molho picante extra.

OG MUNCHIES – AJUNTAMENTO DE BATATAS FRITAS

BATATAS FRITAS COM SABOR A CHURRASCO DA MARCA LAY’S – E não para. Essas batatas fritas de churrasco são a versão mais chique das batatas que costumávamos comer na loja da esquina. Mas confia que vais ficar satisfeito. Se tu fores bom com isso, podes esmigalhá-los e cobrir as tuas asas de frango frito.

TIRAS DE MILHO COM SABOR A MEL E CHURRASCO DA MARCA FRITO’S – O melhor lanche. O sabor do churrasco é o melhor dos melhores e as tiras de milho são bem crocantes. Eu nunca posso comer apenas um ou dois – devem ser quatro ou cinco, ou o pacote inteiro.

PRINGLES – Não há nada como uma batata frita de OG. Muito antes de terem um milhão de sabores diferentes, a Pringles introduziu a sua famosa batata frita sabor a sal no mercado vendendo-as em lata. Eu entendo como eles fizeram isso de forma tão diferente com a sua embalagem. As latas vazias também eram um bom lugar para guardar o dinheiro extra do saco de papel. Todos sabem do que estou a falar.

FLAMIN’ HOT CHEETOS – Já sabes. A comida popular do bairro. Qualquer gueto nos EUA. Mas, assim como o meu mano, Darius, perguntou-me naquele programa de TV *Atlanta*, “Que sabor é um Flamin’ Hot Cheeto?” Mentis questionadoras querem saber!

BATATAS FRITAS E SALSA – Nós estamos na Califórnia onde há muita população mexicana. Comemos tacos e tudo isso com esses manos. Eles apresentam-nos a comida mexicana e, sempre que queremos petiscos, não conseguimos dizer que não!

Ch 2. Translation Analysis

Translators must identify what the target audience is in order to accurately translate the source text. The source text is written for the speakers of English as the author and the speakers of English have common linguistic knowledge of the source text language. The readers of the target text are often in different social and cultural backgrounds from those of the source text, and their linguistic knowledge and cultural customs are different from those of the source text readers. When interpreting the source text, the translator should aim to make the source text explicit for target readers. It is also the translator's task to consider the acceptability of the translation for target readers, yet the translation needs to preserve the authenticity of the source text. Translators should determine which translation method is most suitable to convey the content of the messages of the source text in the target language. In terms of culinary translations, cookbooks do not only focus on language itself, but also on food and culture. "The translator has to imagine the situation in the target language and culture, so that one can come up with a translation that TT readers can understand, use and which leads to properly cooked food' (Kreeseboom, 2010:26). In fact, the translation of Snoop Dogg's cookbook is established by the characteristics of readers, who determine how the text is to be translated. However, the translators must take into account that various readers have varying levels of experience when approaching this cookbook.

In term of this translation project, the target readers of the source text are young and fans of Snoop Dogg, which I would argue is similar to the target readers of the target culture: Portuguese youngsters, familiar with American pop culture and fans of hip pop music, Snoop Dogg's music in particular. For this reason, the target text uses the informal pronoun of the second person singular "tu" instead of the formal second person pronoun to make the book more accommodating to the target readers and to maintain the same informal tone of the source text. Even assuming that this group of youngsters may have some relevant knowledge of American pop culture, it is also necessary to provide additional information for cultural references, should there be a group of target readers who are unfamiliar with these American references. Therefore, footnotes have been added in the translation. For example, in the section *In My Pantry* (p.10), a cooking ingredient

called “Crystal Hot Sauce” (qtd in Dogg, 2018:12) is mentioned. It is a local product from the United States and European readers may not be familiar with the brand. It became important to add a footnote in order to explain that this is the brand of a product. A footnote is used for Crystal Hot Sauce because readers might confuse it with a person’s name instead of a brand name. Footnotes are convenient for readers who are not familiar with American culture to understand the translation. By using footnotes proficiently as an auxiliary translation technique, translators can better solve cultural communication issues. Additionally, it is unusual to include footnotes for this specific target audience. However, as the translator of this project, it was inevitable to compromise in order to retain these cultural references in the target text to disclose Snoop Dogg’s social and cultural identity. Moreover, it is essential to mention that there are references which originated from outside the scope of academic sources, which is because Snoop Dogg and the cultural references mentioned in this cookbook stem from pop culture. Popular culture is widely articulated via media platforms, for example, radio, television, movies, the music industry, social media sites and websites owned by corporations. It became a challenging task to search for academic references for these. Therefore, references have been selected from reliable sources such as, Revolt TV and VH1, to ensure the accuracy of the information.

It is also interesting to mention the name of this recipe, *Ashford and Simpson Eggs* (p.35). “Ashford and Simpson” refers to a husband-and-wife duo from the United States. They rose to fame in the 1980s which might not be recognised by today’s youngsters. Snoop Dogg employs a metaphor in the recipe title to suggest how well cheese and eggs go together. The recipe also mentions “Magic and Kareem” and “Cheech and Chong” (qtd in Dogg, 2018:35). “Magic and Kareem” refers to famous NBA players and “Cheech and Chong” refers to the iconic comedy duo who gained success in the 1970s. These names are considered to be less recognisable for young European readers. The target text maintains the tone of voice of the author, especially when translating English slang and specific American food or brand names. The target text keeps the original phrases, and later provides meanings in the target language. For these reasons, footnotes are adopted to explain what these phrases mean for a Portuguese audience to better understand the intended metaphor. Other than footnotes, parentheses are also used in this translation. An example would be “Grande Maçã (Nova Iorque)” and “Cidade Dos Anjos (Los Angeles)”.

The use of parentheses is adopted for these definitions as they are brief and simple and can thus be included in the body of the text. Hence, for these purposes, it seems more suitable to explain the meaning of longer definitions in footnotes, but parentheses are more appropriate for shorter definitions.

Furthermore, it becomes challenging when encountering words and phrases which the translator finds it difficult to translate into the target language. In this stance, translators may make use of parallel texts to help them find a suitable translation. From the perspective of translation, Hartmann has defined the use of parallel texts as “a systematic analysis of parallel texts from corresponding genres in particular pairs of languages it is possible to generate matching words and their collocations which can be codified as translation equivalents in bilingual dictionaries” (Hartmann, 1994:291). One of the examples from this translation project would be the term “maple syrup”. The strategy used by the translator to ascertain the Portuguese equivalent was searching on grocery stores websites, such as *El Corte Inglés* and *Continente*. Another example would be a phrase, “one thing for sure, two things for certain”. This phrase requires the translator to be creative instead of translating literally. It is important to interpret the meaning and deliver the corresponding connotation in the target text. The phrase was translated to “uma coisa é certa e duas coisas também”; explicitly conveys the context and preserves the authenticity of the source text without offering a literal translation. Another example would be a phrase that says, “Let me sprinkle you with a little game right quick” (qtd in Dogg, 2018:12), it translates to “Deixa-me salpicar-te com uns pozinhos de perlimpimpim”. In the source text, the author suggests the use of seasoning salt is going to elevate the flavour of a dish. In the target text, the phrase transposes the intended metaphorical impact of “a little game” with “imaginary powder of wonderful effects” (pozinhos de perlimpimpim).

On the other hand, analysing the text type also involves considering the author's intent. It helps the translator to determine the structure and linguistic approach of the target text. The translator must identify the motivation of the source text (and the target text), so as to find out the difference of motivation for the target text. The analysis of the source text allows the translator to determine the feasibility of translation strategies, to analyse how the

information in the source text reflects the author's intent, and which should be adjusted according to the appropriateness of the target text.

Katharina Reiss suggests there are three text types, which are informative, expressive and operative (Reiss, 1981:125). In this case, this cookbook includes features of all of the text types mentioned previously in Chapter 1.3. First of all, the recipe section and cooking instruction can be considered informative. The objective for cookbooks is to enlighten the reader about different food preparation procedures, and to offer readers cooking instructions, so it also has an operative dimension. However, this cookbook functions differently to other publications in the genre. Each recipe is accompanied with a short paragraph of the author's comical anecdotes and personal stories. Although this is a cookbook, it also functions as a biography of Snoop Dogg within a cookery book. By being both informative and expressive, this idiosyncratic cookbook can be said to perform both practical and imaginative functions.

Second of all, it is evident that this cookbook also contains texts that serve various purposes, for instance, when an informational text has expressive aspects. For example, the introduction section *Welcome to My Kitchen* (p.8), “whether that’s getting creative with some backstage vittles’ or remaking and remixing that one recipe...” (qtd in Dogg, 2018:8) — an informative text yet it could be read as an expressive text given the extensive use of metaphors. The phrase “*remaking and remixing*” (qtd in Dogg, 2018:8) is usually associated with music production, yet Snoop Dogg is using this phrase to metaphorically connect music and cooking. Thus, Snoop Dogg is further emphasising the uniqueness of this cookbook. Moreover, the author mentions his personal experiences and how they have influenced his cookbook: “from Moscow to Munich, Mississippi to Morocco, and Japan to the Motherland” (qtd in Dogg, 2018:8). The second paragraph of the introduction starts with this sentence that serves as an informative text, and it also has the function of anticipating that the recipes in this cookbook are influenced by these mentioned places from the globe. It further indicates the celebrity personality and the multicultural characteristics of Snoop Dogg, making the recipes more captivating for readers.

Third of all, this cookbook has a commercial purpose and it can thus be considered an operative text. Its purpose is to urge the reader to purchase a certain type of food and ingredients. For instance, there are two pages of *Top of the Spots* (p. 18-19) that convey information on several restaurants in Los Angeles and New York that Snoop Dogg recommends personally. He introduces *Roscoe's* (qtd in Dogg, 2018:19), *Randy's Donuts* (qtd in Dogg, 2018:19), *The Serving Spoon* (qtd in Dogg, 2018:19), etc. Some of these names may not appeal to European readers as much as they do to American readers. Furthermore, another example would be when Snoop Dogg writes “you can’t go wrong with that McCormick Brand” (qtd in Dogg, 2018:12), it can be interpreted as a commercial discourse to persuade the readers to purchase the McCormick Brand seasoning which functions as a product placement. Product placement is a marketing technique where products are incorporated into another production to function as an advertisement.

It is difficult to translate recipes and other food writings considering these would require the translator to pay attention to the relationship between food and culture. Both instructional and expressive discourses must be dealt with by the translator. For this translation project, the translator had to produce a legible target language that satisfies the target reader stylistically while also maintaining the authenticity of the source text, such as keeping the idiomatic expressions and comical aspect of the source text. In this case, Snoop Dogg employs a lot of African American slang and expressions which were troublesome to translate. Complications may arise while translating from one culture to another, and some of the slang and phrases might not exist in the target language’s culture. I will now provide a few examples to illustrate some of the translation challenges experienced by the translator in this project.

Example: *when that cock-a-doodle doos* (Source text)

quando o galo canta (target text)

The translator must pay attention to the use of culture specific expressions, expectations, norms, and conventions of verbal and nonverbal behaviour in the source text. The phrase of the example above is a conventional English expression to imitate the crowing sound

roosters make. The target text translates this phrase to “when the rooster sings” to emphasise the intended impact of imitating roosters as there is no equivalent in the target language. However, this concept of translating culture specific items is a little blurry. To begin with, the word "cultural-specific" is ambiguous because nearly all linguistic rules might be construed as part of a culture. This cookbook contains several culturally relevant phrases that do not have equivalents in the target language. The translator must take into account that the target readers may not be familiar with these culturally relevant items included in the source text, and to successfully convey the meaning into the target language.

Example: 2 cups [280 g] all-purpose flour, plus more for the work surface. (Source text)

[280 g] de farinha de trigo e mais para a superfície de trabalho. (Target text)

“The problem that different measurement systems provide is probably the most systematic, since its fixed nature makes it possible to convert a measure into another system with the help of a conversion table” (Kohler, 2011:3). It is important for the target audience to have a clear converted measuring system while reading this cookbook since the source text offers both the metric system and imperial system. Thus, as the translator, the decision is to only keep the metric system references in the target text. In fact, this strategy enables the target reader to carry out the instructions effectively and adequately, since the target reader can easily measure the amounts and will not be misled by the use of cups. Moreover, it might become a problematic decision for the translator to decide whether or not to remove the imperial system in the target text. Furthermore, this strategy can only be applied to this genre of cookbook. Hence managing both imperial and metric systems in one recipe shall likely be the most challenging part for the translators. Fortunately, the source text had also given measuring methods in the metric system, which has made the measurement part of translation straightforward.

Names of various foods were another culture-specific occurrence that featured frequently in the original text. It is because most of the components are traditional, as previously said, the source text readers are very likely to be familiar with these names and have special

connotations for them. The target readers, on the other hand, may not share the same understandings of these connotations.

Example: 8 thick slices ham (Black Forest works well) (Source text)

8 fatias grossas de presunto (O presunto fumado seco da marca Black Forest funciona bem) (Target text)

The challenge here is to accurately translate *Black Forest* into target language. According to Ami D. Sperber's studies on cross-cultural translation, "the additional challenge is to adapt it in a culturally relevant and comprehensible form while maintaining the meaning and intent of the original items", (Sperber, 2004:124). Considering *Black Forest* is a type of German ham, it is more appropriate to translate *Black Forest* in a cultural translation method, by describing what *Black Forest* is in the target text. This is more likely to be understood among target readers, and it correctly conveys the meaning in the source text.

Example: the baddest clubs (Source text)

Alguns dos melhores clubes (Target text)

The word "baddest" (qtd in Dogg, 2018:58) is a made-up superlative form of the word "bad", while the correct form is "worst". Ironically, the word "baddest" is a slang often used to describe "the best of something". Contrarily, the word "bad" does not have a paradoxical meaning in the target language. Therefore, the target text chooses to employ the adaptation and domestication strategies to translate this phrase, which becomes "some of the best clubs", which maintains Snoop Dogg's intended meaning.

Another challenge encountered in the process of translating this cookbook relates to linguistic features. One of the linguistic features that stood out in the source text is imperative verbs. Imperative verbs add to the operative text by giving the reader instructions to follow. The translator should consider how important imperative verbs are for the target text to have the same effect on its readers as the source text does. Therefore,

by adapting imperative verb form equivalency and retaining the imperative verb forms in the target language, the translator is able to maintain its accuracy to the source text.

Example: “A million dollars isn't cool. You know what's cool? A billion dollars.” Now eat up and go get that! (Source text)

“Um milhão de dólares não é fixe. Sabes o que é fixe? Mil milhões de dólares.” agora acaba a tua comida e vai buscar o bilhão de dólares! (Target text)

There are formal and informal imperative verbs in Portuguese, as the translator of this source text, the task was to decide which imperative verbs to use for these sentences. In this case, the informal imperative was used which accommodates the source text in order to maintain the author's original tone of voice, to portray Snoop Dogg's recognisable lingo. Here in the sentence, ‘*to eat up*’ (qtd in Dogg, 2018:36) is a slang term which means to eagerly consume something, which is fairly informal for this genre, nonetheless this particular lingo attributes to Snoop Dogg's personality.

For example: *capeesh?* (Source text)

capeesh? (Translated version)

In the recipe *Chop it Up! Salad* (p.45), Snoop Dogg writes “*capeesh?*” (qtd in Dogg, 2018.45), which is a slang way to ask “do you understand?” It is an American slang influenced by the Italian language. The decision to keep “*capeesh?*” in the target text is because there is no equivalent term in target language that can offer the same effect. Since slang cannot be translated word for word, the translator must have the knowledge of both the source and target languages in order to determine the equivalent meanings. Translators must first comprehend any unfamiliar slang before translating them. It is vital to understand what is culturally appropriate during the translation process.

For example: *WAKEY, WAKEY, EGGS AND BACY* (Source text)

WAKEY, WAKEY, OVOS E BACY (Translated version)

“Wakey, wakey, eggs and bakey” (Dogg, 2018:34) is something people say to wake someone up gently and implies that breakfast is ready, including bacon and eggs. In this case, the author wrote bacon as “bacy”, which is another variation of “bakey”, but he spelt it with a ‘c’ to emphasise the crispiness of the bacon. This also serves as a word play that Snoop Dogg is well known for. For example, in his song *Next Episode (2000)*, the lyrics says “sippin’ on gnac”, which is a form of word play that was shortened deliberately to fit the rhythm and rhyme, and the phrase initially means “sipping on cognac”. Referring back to “WAKEY, WAKEY, EGGS AND BACY” (Dogg, 2018:34), Snoop Dogg has shortened the word “bacon” to “bacy” in order to create a rhyme with the word “wakey”.

For example: Serve with Ashford and Simpson Eggs (opposite) and toast. (Source text)

Sirva com ovos Ashford and Simpson (ao lado) e torradas. (Translated version)

Ashford and Simpson are two American musicians and they released a song named *Ain’t No Mountain Enough (1967)* and Nickolas Ashford called it the “Golden Egg” because he felt that could be their entry to Motown (a black record label company in the US) (McCann, 2022). Snoop Dogg decided to name one of the recipes with *Ashford and Simpson* which carries the meaning of “Golden Egg”, also functions as a metaphor to suggest that the music duo is a continual and guaranteed success. It signifies that the eggs paired with toast is a food combo as good as the music duo. Meanwhile, “golden egg” also has another meaning in culinary terms. It is scrambled without breaking the shell, which means the egg is solid. The opposite of “golden egg” is scrambled egg without the shell.

In conclusion, and looking at the examples analysed above, it can be said that the translator, in general, avoids keeping specific aspects of the source text, choosing to use foreignisation or domestication strategy for the benefit of the Portuguese reader and the practicality of the text in the target culture. Examples above also illustrate the foreignisation strategy used for English slang in order to maintain the authenticity of the source text. It was challenging to translate this cookbook because of the ways some

phrases are written in the source text, it was written in Snoop Dogg's signature lingo combined with African American slang, as well as the language used in Rap culture which is highly influenced by the African American culture. Not only does Snoop Dogg use slang words and phrases in his rap music, but he also wrote this cookbook with slang terms, which emphasises the authenticity and cultural background of his cookbook. Besides, slang differs from language to language and cannot be translated literally.

Conclusion

This translation project is accompanied by a thorough analysis of the cookbook — From Crook to Cook. The project identifies the main complexities of this field of study and approaches to solving them. The primary difficulty of translating the cookbook is that the source text is written in an informal language register. It also contains cultural references that may not exist in the target language. The analysis and paratext in the previous chapters have given examples on this matter. In terms of translating the selected chapters, it is imperative to employ the different methods mentioned previously. Those approaches allow translators to accurately translate the source text into the target language by incorporating the appropriate cultural background knowledge. Nonetheless, this translation process required a good understanding of the source text before translating it into the target language without altering the principal meaning.

In the context of this cookbook, it is important that the chapters were translated considering American English slangs, as well as cultural references and culture specific items, in order to deliver an acceptable target text. It was difficult to determine which particular phrases or words should be kept in the source text and which should be translated in the target text. Assuming that the target audience should have some knowledge on Snoop Dogg's frequent use of slang, puns and the language of rap music, yet some of the sentences remained difficult for Portuguese readers to understand after being translated. In order to further explain the terms in target text, footnotes were important in offering back stories to the terms that Snoop Dogg has used before. To be able to complete the translation, it was required to have knowledge and familiarity of both

languages and cultures. The cities and towns that were mentioned in the source text might convey an extended meaning; however the target readers may be unfamiliar with those.

This cookbook performs differently compared to others in the same genre. It has a distinctive personality to the recipes as well as entertaining anecdotes from the author's life. Snoop Dogg establishes his unique style of speech through the use of slang and word play. This creative and unique cookbook has successfully transferred the author's lyrics writing techniques for rap music into writing recipes. The words and phrases seen in this cookbook may appear strange if they were written by another author, as some of the phrases are referring to song lyrics written by Snoop Dogg. The cookbook could be considered as a diary and as a written documentary of the influential Jamaican-American rapper, which may explain the reason for writing in a less formal manner. The translation preserves the source text's style, choice of words and phrases. However, it was a challenge to translate some of Snoop Dogg's troublesome words and phrases into Portuguese.

In sum, food culture and culinary art are parts of our society which gives culture a meaning, since different cuisines signify different identities of one's social class, ethnicity, race, age, and possibly gender. This cookbook serves as an example for this argument. This cookbook is not merely a recipe book, the text invites the readers to embark on an adventure in the world of Snoop Dogg, offering recipes, stories and personal experiences told directly by the author. For this reason, the translation should capture the aesthetic intention and artistry based on the understanding of the original text and convey the rhetorical effect of the source text to the maximum extent on the basis of ensuring the acceptability and intelligibility of the translation.

Annex

OPENING WORDS BY Martha Stewart

SNOOP AND I HAVE a special bond that dates back to when he first appeared on the Martha Stewart Show in 2008. Our relationship was born from our connection to food as we whipped up some cognac mashed potatoes and green brownies! It was only natural that we would reconnect by collaborating on VH1's Martha and Snoop's Potluck Dinner Party. Working with Snoop in the kitchen has been a remarkable learning experience for me. Not only has he taught me new lingo and cultural references, he surprised me with his unique cooking techniques and recipes. I can't wait for him to share them with the world in this fun, one of a kind cookbook!

Introduction

Welcome to My Kitchen

Man, I must've been around the world and back hundreds of times during the course of damn near three decades. I spend more than half of my life on the road. And while it's hard being away from the Cali weather and of course, the green that my home turf offers, I've grown quite fond of getting up and getting out to mingle with the many fans I'm lucky enough to have earned around the globe.

From Moscow to Munich, Mississippi to Morocco, and Japan to the Motherland, it's always so surprising to see fans across the world inspired by that West Coast way we living. Like for real, they be knowing our swag, our slang, and our whole get down – and sometimes they don't even be knowing the language.

But the food on the road? Well, that's hit or miss at best. Combine that with Tha Dogg not being the most adventurous, Anthony Bourdain-type when it comes to grub, doesn't always make for the most splendid of occasions, ya dig? That's why when I hit certain cities, I know to hit certain spots where they got the right heat and flavors.

I'm far from a young pup. And like a real seasoned playa, my tastes have evolved over the years. But while I've learned how to get down with that top-notch luxury cuisine, I'm still prone to keep it way hood with some of those LBC classics.

One thing for sure and two things for certain, a Dogg's gotta eat and one way or another, we make it happen. Whether that's getting creative with some backstage vittles or remarking and remixing that one recipe I picked up on the road when I'm back at the crib in Killa Cali.

That's why it's really a no brainer to throw together some of the best from my kitchen and share it with you. From breakfast goodies to late night munchies, there's just enough out of my stash to make sure that you're covered no matter the occasion.

We got all that good good here ready to burn – weighed and bagged for your own kitchen. What's always up in my fridge and pantry, a few Jamaican-inspired editions from my time in the islands, a couple of Down South soul staples, and some inside never-before-shared recipes from the Broadus fam to you. And it ain't just about the grub. You can't have the bites without the beats, so I got the playlists ready to rock for you and yours while you get ta whipping on that stove top.

Trust your big homie. This is the best cookbook ever made. And now it's in your hands. So put one in the air right quick...contemplate the possibilities and then figure out whatcha gonna make first!

In My Pantry

1. Lemon Pepper – I can't handle no bland chicken, so I like to throw a little lemon pepper on my wings. Shout out to my man Rick Ross – he knows what's up with that lemon pepper! You can't go wrong with that McCormick brand.
2. Seasoning Salt – Let me sprinkle you with a little game right quick. Seasoning salt is a blend of paprika, turmeric, onion, and garlic, a classic you can add to anything. In

the Boss Dogg's kitchen, the pantry wouldn't be complete without it! Splurge a little and get you some of that Lawry's.

3. Hot sauce – I'm down with all kind of sauces as you can see, but hot sauce has gotta be the most essential. Now everybody's got their favorite brand, but Tha Dogg's got a thing for Crystal. That's Louisiana's finest right there! A splash of that goes with anything – you can put it in a sandwich, on some chicken, on top of a pizza. Whatever you add it to, it's gonna kick it up a notch.
4. Maple Syrup – It wouldn't be the breakfast of champions without maple syrup. Whether you got some pork on your fork or a stack of pancakes, nothing tops it all off like a stick of butter and some warm maple syrup. Let that Aunt Jemima soak in and then prepare to get your chow on.
5. Soy Sauce – Traveling the world put me on to a lot of fine Asian cuisines – noodles, rices, sushi, and a whole lot more. Nothing goes better with that egg fried rice or sashimi than some soy sauce. You can go ahead and mix it with some of that wasabi, too – just keep that ratio right or your sinuses will be acting crazy!
6. Honey – Ain't nuthin' more important to the Top Dogg than his vocal chords, and as a live performer, I gotta keep those in tip-top shape. A couple veterans in the game taught me the key to keeping your vocals right is some fresh honey and warm tea. I've kept the honey on deck ever since. I like that raw and unfiltered honey, 'cause I'm raw and unfiltered my damn self!
7. Tuna – Whether you're mixing it up with some mayo or grilling it in a bomb tuna melt, a can of this stuff will never steer you wrong. I'm also trying to keep my diet right, especially now that I'm going hard in the yard with my gym regimen. Fish is meant to be real good for you, so I get mines from some tuna!

8. Ketchup – I love to get down on the grill, and what barbeque is complete without ketchup? Picture that – burgers, hot dogs, sausages – and no ketchup to smother on top? Just some meat in a dry-ass bun? Nah, not in the Dogg’s household. Keep the ketchup close, and make sure it’s Heinz. Yeah, don’t cheat yourself; treat yourself.
9. Instant Macaroni and Cheese – Homemade mac and cheese is always gonna be the ultimate, but sometimes you need the quick fix. If you ain’t prepared to wait for that made-from-scratch mac to simmer and bake, reach for that Kraft and pull out a pot. Boom, you got some cheesy goodness in a matter of minutes.
10. Pop Tarts – I say they’re for the kids or my grandson when he stops by, but I enjoy one of these toasted treats once in a while. They got every flavor under the sun these days, but I say keep it original and get chocolate fudge. Sometimes you gotta stick with the classics, ya dig?

In My Fridge

1. Eggs – Eggs are good any way – scrambled with some cheese, fried in a sandwich, or in one of my chronic omelets. If you got a saltshaker handy, you can even boil that thang. Now that will leave you highly satisfied.
2. Cheddar Cheese – I done came a long way from eating that government-issued cheese, but I remember it well! I’ll still mess around and throw some Cheddar in a lot of my cooking; you’ll find my Squad Up Chili Cheese Fries (page 166) and Booted and Looted Nachos (page 168) come fully loaded with the stuff. One way or another, Bigg Snoop Dogg is all about getting that cheese!
3. Milk – Remember in *Friday* when my man Cube ran out of milk and had to put water on his cereal? That’s never happening in my household. I keep the milk on deck since I’m always ready for a big bowl of Snoop’s Loops. Miss me with that almond or soy

milk. I like mine's ice cold – skim or 2% is just fine.

4. Ranch Dressing – Another condiment of choice, I'm starting to adapt to eating vegetables and salads and all that, but I'm gonna need some ranch to give all those greens some extra flavor. That creamy dressing is exactly what I need to make all that plant food a little more tasteful. As far as what kind, Hidden Valley is the way to go. Their ranch is real cool and smooth – a li'l something yours truly.
5. Dill Pickles – What comes with every deli sandwich you've ever seen? That pickle, Jack! Whether it's pastrami piled high or classic roast beef, you know you gotta have that pickle on the side. The same is true when I make one of my Caribbean Queen Cubanos (page 58) at home. I like to throw that pickle on there to complete the whole thing.
6. Barbecue Sauce – As I said, I like to helm the grill once in a while and get my Iron Chef on. Another essential component of any barbecue is this sauce. Whether you're marinating your meat in it or just throwing a dollop on top, barbecue sauce gives you that sweet, tangy taste I can't get enough of. The best sauce out there, you ask? Well, you're gonna have to holler at my Uncle Reo about that. Please believe Reo's Ribs held it down with the finest sauce in the land.
7. Mustard – Nah, I'm not talking about my producer partna "Mustard on the Beat," I'm talking about that Heinz mustard, that French's mustard, that mellow yellow. It's another condiment you gotta have, you understand me? Mustard also sets my OG Fried Bologna (page 50) off just right. It ain't complete without it!
8. Moët – Sometimes you just gotta embrace that rap star lifestyle. I like to enjoy a glass of bubbly now and then, and when I do, I gotta have the best. That's why I keep a bottle of Moët chilled – I stay ready to get it poppin'.

9. Orange Juice – I'm kinda on my li'l health kick right now and drawn more to the green variety. But hey, you know there ain't nuthin' like OJ. You have to keep a jug of this at play at all times. You never know when you might need to mix it with some Moët or better yet... gin. Yeah you saw that one coming right?
10. Butter – The key to all good cooking – butter, and lots of it. And I'm not talkin' about that low-fat vegetable spread. I'm talking about that real deal Holyfield that's churned and yellow and ready to sizzle on the pan. A stick or two is always gonna be found at Snoop's spot.

Top of the Spots

These are my main get downs to get my grub on. Of course, most of these fall into my backyard – the CITY OF ANGELS. No need for Yelping when you come to MY city. But the Dogg does get out... and me and the BIG APPLE go way back. So I got one of those in the chamber for you as well.

1. ROSCOE'S – Shit, ever since I've been in Hollywood I've been going to Roscoe's. I was first introduced to it when I was working with Dr. Dre on *The Chronic*. And Roscoe's has always been good to me. Man, people never thought chicken and waffles could work, but they broke the code. Their food is so good and we love the way they expanded. Now everyone around the world is fiendin' for chicken and waffles. Well, I've tried this pairing all over and I'ma let you know – you gotta come to one of the Roscoe's locations in L.A. to get that real deal Holyfield. That buttery waffle and those succulent wings are so good, my man President Obama had to get him some! Now three wings and a waffle is known as the Obama Special. Can you dig that?
2. RANDY'S DONUTS – Inglewood! Always up to no good. When you see that giant donut, you know you all in the I. This iconic place is just a few blocks away from my L.A. compound so I'm always down to run and go grab a couple boxes and get the homies right before a Madden tourney. Randy's don't try too hard to give you

all those fancy pastries; they give you the flavors you love and they do it right. So grab a maple bar, a chocolate ring, or both if it's a cheat day. Whatever you pick up at Randy's, you're gonna leave sweetly satisfied.

3. **FATBURGER** – The late, great Biggie said it best...If you wanna flirt her, take her to Fatburger. An L.A. staple long before In-N-Out was all the rage. Whenever all the rappers used to come to L.A. for The Source Awards, you knew where to find them...the Fatburger by the Beverly Center. But they just might get jacked if they didn't check in. It's still the City of Angels and constant danger.
4. **THE SERVING SPOON** – This little-known food spot is really a ghetto superstar and has the best breakfast in the city! Salmon croquettes, chicken wings, grits, and, of course, those cheesy eggs. But don't even think about trying to slide in Sunday morning after church. That thang is all of the way packed like the club be on Saturday night. But it's worth it.
5. **THE W HOTEL NEW YORK CITY** – New York, New York, big city of dreams. Yeah, if you know my history then you know that the East Coast has love for Snoop Dogg. Out of any place outside of Killa Cali, I've hit the city that never sleeps the most over the last three decades. I know it well. Since a Dogg's gonna roam, The W Hotel, smack dab in the middle of the Big Apple, is like my second home. I pretty much stay room serviced up really, but I feel like I'm set up like a real boss in the back of the dining room. I've got my go-to order and they always know what it is right when Tha Dogg walks through the door. Now that's service.

Breakfast

Morning, scrubs! Time to wake yourself up, and what better way than with the most important meal of the day? When it comes to kicking the day off, I've always been a cereal guy. I've been known to keep a box of Lucky Charms or Cheerios close, and I even mentioned them in a couple of my rhymes back in the day. Don't get it twisted though, 'cause I can do a lot more than dust off a box of Frosted Flakes. I've been whippin' up some eggs since I was a youngster — in fact, I used to work the breakfast shift at

McDonald's as a kid. The supervisor would call me Young Eggs 'cause I could crack the eggshell with one hand — you better ask somebody! I still be putting that skill to good use when I'm cheffin' in the kitchen, putting together a hearty breakfast for my grandson. This chapter has a few Dogg-approved recipes to kickstart your day, so rise and shine and let's get cookin'...

Tha Smoovie

You've probably noticed I've been going bodyguard-hard in the gym. Yeah, I've been hitting the weights, running drills, and taking care of the mind, body and spirit. I also gotta make sure I finish a workout with my favorite smoothie — I don't just be smokin' green, I drink my greens, too!

INGREDIENTS

- 2 cups [40 g] fresh spinach
- 1 medium orange, peeled and quartered
- 1 medium banana, sliced
- 2 cups [480 ml] coconut water
- 2 Tbsp protein powder (optional)

In a blender, combine the spinach, orange, banana, coconut water, and protein powder (if using). Blend on high speed until smooth and creamy. Serve immediately.

THA FLIP

Mix it up with pineapple, apples, kale, or whatever you got on deck. The point is to get the fuel to get you through your day.

Not Ya Mamma's Corn Muffins

I got a lot of love for the corn bread at Roscoe's, especially with a little butter and some jelly. I even took my man Larry King to the Hollywood location one time, and had to put

him up on how good that corn bread is. Don't get it confused though — my homemade corn bread muffins are nothing to play with! I put 'em up against anyone's, so go ahead and taste for yourself. What makes 'em so good? Maybe it's that sour cream in the mix. I know what you're thinking — “Corn bread and sour cream?” Don't knock it 'til you've tried it.

SERVES 6 TO 8 MAKES 12 MUFFINS

INGREDIENTS

1 cups [140 g] all-purpose flour
2/3 cup [90 g] yellow cornmeal
1 1/2 tsp baking powder
1/2 tsp salt
1/4 tsp baking soda
4 Tbsp [55 g] unsalted butter, at room temperature
1/4 cup [50 g] granulated sugar
2 large eggs
1/2 cup [120 ml] whole milk
2/3 cup [160 g] sour cream, or full-fat plain yogurt

1. Preheat the oven to 425°F [220°C], with a rack in the middle position. Butter or insert liners into a 12-cup muffin tin and set aside.
2. In a small bowl, whisk the flour, cornmeal, baking powder, salt, and baking soda to combine.
3. In a medium bowl, combine the butter and sugar. Using a handheld electric mixer or a stand mixer with the paddle attachment, beat on medium speed until creamy. Add the eggs and beat until golden and blended. Stir in the milk and sour cream.

4. Gradually add the dry ingredients to the wet. Gently mix or beat at low speed until just combined, being careful not to over-mix (the batter should be very thick).
5. Spoon the batter into the prepared muffin cups, filling each about three-fourths full.
6. Place the muffin tin in the oven and bake for 16 to 18 minutes, rotating the muffin tin halfway through the baking time to ensure even cooking. The muffins are done when they are golden brown and a toothpick inserted into the centre of the muffins comes out clean.
7. Remove the muffin tin from the oven and place it on a wire rack. Let the muffins rest for 5 minutes, or until cool enough to touch. Remove from the pan and serve warm.
8. Store the muffins at room temperature, in an airtight container or ziplock bag, for up to 3 days, or in the freezer for up to 2 months.

Stack'd Up Flap Jacks

I like my pancakes just like I like my money—stacked high to the ceiling. This pancake recipe is always worth whippin' up. Just make sure you got plenty of butter and Aunt Jemima on deck because nothing takes these pancakes to the next level like a drizzle of that sticky, sweet syrup. Ya dig?

SERVES 4 TO 6

INGREDIENTS

2 1/2 cups [300 g] cake flour or all-purpose flour

3/4 tsp salt

2 1/2 Tbsp granulated sugar

2 1/2 Tbsp baking powder

2 large eggs

2 tsp pure vanilla extract

1 3/4 cups [420 ml] whole milk

5 Tbsp [75 g] sour cream

6 Tbsp [90 g] unsalted butter, melted, and cooled slightly, plus 1 Tbsp butter for the pan and more for serving
Maple syrup, for serving

1. In a medium bowl, whisk the flour, salt, sugar, and baking powder. Set aside.
2. In a large bowl, whisk the eggs, vanilla, milk, and sour cream until frothy. Add the melted butter and whisk again.
3. Using a sieve, sift the dry ingredients over the wet and gently fold with a rubber spatula to combine. Do not overmix; stop when the batter is still a bit lumpy and thin.
4. Place a large skillet over medium- to medium-high heat and add 1 Tbsp of butter. Swirl the pan to cover the bottom completely. Once the skillet is hot and the foam has subsided, pour 1/4 -cup [60-ml] portions of batter into the pan. Cook until the bubbles in the center of the pancakes burst, and when you lift an edge with your spatula it looks lightly brown. Carefully flip and cook the other side until golden.
5. Serve immediately with butter and some Aunt Jemima.

THA FLIP

Go straight bananas by putting 3 or 4 this slices of that fruit right on the pancake before it starts bubbling.

Cinnamon Rollin'

I'm always down for a treat with a little cinnamon in it to mix things up. Cinnamon Toast Crunch is cool when I'm in my cereal mode, but there's no better cinnamon snack than these rolls. I'm telling you—these things are sweet and spice and everything nice. Get you

one—matter fact, get two! And don't trip on that bourbon; it ain't gonna get you pulled over. It's just enough to give it that special twang.

SERVES 6 TO 8

MAKES 12 CINNAMON ROLLS

FOR THE DOUGH:

1/4 cup [60 ml] whole milk

2 1/4 tsp instant yeast

2 Tbsp granulated sugar

1 large egg

2 Tbsp unsalted butter, at room temperature

2 1/2 cups [350 g] all-purpose flour

1 tsp salt

3 Tbsp unsalted butter, melted

FOR THE CINNAMON FILLING:

2/3 cup [130 g] packed brown sugar

1 tsp ground cinnamon

FOR THE BOURBON GLAZE:

1 cup [120 g] confectioners' sugar, plus more as needed

2 Tbsp heavy cream, plus more as needed 2 Tbsp bourbon

TO MAKE THE DOUGH:

1. Oil a large bowl and set aside.

2. In a small saucepan over medium heat, combine 1/2 cup [120 ml] of water and the milk. Heat for 2 to 3 minutes until warm. Transfer the warmed liquid to a large bowl and sprinkle on the yeast to activate (it should start foaming).
3. Add the sugar, egg, and softened butter. Stir until well combined and smooth.
4. Gradually add the flour and salt. Stir to combine until a wet dough begins to form. Transfer the dough to the bowl of a stand mixer with the dough hook attachment. Beat at medium speed for 6 to 7 minutes. Alternatively, transfer the dough to a floured surface and knead for 8 minutes until a sticky ball begins to form. Transfer the kneaded dough to the prepared bowl and cover with plastic wrap or a warm cloth. Let sit for 1 to 1 1/2 hours until the dough doubles in size.

TO MAKE THE CINNAMON FILLING:

In a small bowl, stir together the brown sugar and cinnamon until well blended. Set aside.

TO MAKE THE BOURBON GLAZE:

In a small bowl, stir together the confectioners' sugar, cream, and bourbon until smooth, adding more cream or sugar, as needed, so the mixture is easily drizzled. Set aside.

TO MAKE THE CINNAMON ROLLS:

1. Preheat the oven to 350°F [180°C], with a rack in the middle position. Butter a 9-by-13- in [23-by-33-cm] baking dish and set aside.
2. Place the dough on a lightly floured surface and roll it into a 6-by-18-in [15-by-46-cm] rectangle. Brush the dough with the melted butter.

3. Sprinkle the cinnamon filling evenly over the dough. Starting at the 18-in [46-cm] edge, tightly roll the dough into a log. When you reach the end, moisten the edge with water before sealing the roll. Cut the roll crosswise into 12 slices and arrange them in the prepared baking dish, cut-side down.
4. Place the dish in the oven and bake for 25 minutes, rotating the dish halfway through the baking time to ensure even cooking. The cinnamon rolls are done when they are golden brown.
5. Remove the rolls from the oven and drizzle the glaze over the warm rolls. Serve immediately.
6. The cinnamon rolls will keep at room temperature in an airtight container or ziplock bag for 3 days, or in the freezer for up to 2 months.

SOUL FOOD

BISCUITS WITH THA THICKNESS GRAVY

SERVES 6 TO 8

MAKES 10 BISCUITS

If you've been DOWN SOUTH then you ate this on plenty of daybreaks. This is that real soul food classic. The key here is to get those biscuits FLUFFY. And that gravy, well that's gotta be like that humid air of a DIRTY SOUTH summer—extra, super thick. But eat too much of this and you might as well just take your ass right back to bed. This ain't for THE MEEK. It'll put your ass right back to sleep.

FOR

THA BISCUITS

2 cups [280 g] all-purpose flour, plus more for the work surface
1 cup [120 g] cake flour
1 ½ Tbsp granulated sugar
1 Tbsp baking powder
¾ tsp salt
2 ¼ cups [540 ml] heavy cream
1 large egg
¼ sp salt

FOR

THA THICKNESS GRAVY

1 lb [455 g] breakfast sausage
¼ cup [35 g] all-purpose flour
1 cup [240 ml] whole milk
1 cup [240 ml] heavy cream
Cracked black pepper

TO MAKE THA BISCUITS

1. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, whisk the all-purpose flour, cake flour, sugar, baking powder, and salt to combine. Add the cream. Using a wooden spoon, or your hands, combine the wet ingredients into the dry until a shaggy dough forms.
3. Transfer the dough to a lightly floured work surface and knead it a few times until it is smooth and no longer shaggy, re-flouring your work surface, if necessary. Gently pat the dough into a rectangle about 1 in [2.5 cm] thick. Using a 3-in [7.5-cm] biscuit

cutter dipped in flour, cut out biscuits from the dough rectangle and place them on the prepared sheet. Collect the scraps, re-pat, and cut, as needed.

4. Place the biscuits, on the baking sheet, into the freezer and freeze for 1 hour.
5. Preheat the oven to 425°F [220°C], with a rack in the top third of the oven.
6. In a small bowl, whisk the egg and salt until well blended. Remove the biscuits from the freezer and brush the tops of the frozen biscuits with the egg wash.
7. Place the biscuits in the oven and bake for 5 minutes. Decrease the temperature to 400°F [200°C] and bake for about 13 minutes more, rotating the pan halfway through the baking time to ensure even cooking. The biscuits are ready when they are golden brown on top and lightly browned on the bottom. Remove the biscuits from the oven and let them sit for 1 to 2 minutes on the baking sheet until they are easy to handle.
8. To serve, break the biscuits apart with your hands, spread with butter, and top with sausage gravy.
9. The biscuits will keep at room temperature in an airtight container or ziplock bag for 3 days, or in the freezer for up to 2 months

TO MAKE THE THICKNESS GRAVY

1. Heat a large skillet over medium heat. Crumble the sausage into the skillet. Cook for about 10 minutes until the meat is no longer pink, using a wooden spoon to break it up and stir occasionally.
2. Sprinkle the sausage with the flour. Cook until the flour absorbs the fat, about 1 minute. Slowly dribble in the milk and cream, stirring constantly. Raise the heat to medium-high and simmer for 5 to 10 minutes until thickened, stirring constantly.

3. Season with pepper (salt isn't necessary; the sausage should be salty enough) and serve immediately with the biscuits.
4. The gravy will keep tightly covered in the refrigerator for up to 3 days. Gently rewarm on the stovetop over medium heat, or in the microwave.

OG BREAKFAST

WAKEY, WAKEY, EGGS AND BACY

My kids are grown and up outta the crib now. But when they were younger, I used to love it when my wife would hit them with that classic breakfast: eggs, bacon, and toast. You can bet that I'ma sneak in right beside them, PJs on and everything, and make sure I get a plate of that as well. Good morning sunshine! We ain't talking Denny's or IHOP here. We talking your mom, my mom, shit, everyone's mom knows how to whip up this one real quick. And if you ain't telling time with a sundial, you can always get this one cracking for the squad after one of them late night sessions, ya dig?

Crispy Bacon

Make sure you fry that bacon hard. We stay crispy on this side.

SERVES 4

INGREDIENTS

8 slices thick-cut bacon

1. Lay 4 bacon slices in a single layer in a large skillet. Line a plate with paper towels and set aside.
2. Turn the heat under the skillet to medium. Cook for 4 to 5 minutes until brown and crispy. Flip and cook the other side for 4 to 5 minutes until crispy. Transfer to the prepared plate and repeat with the remaining bacon slices.
3. Discard or save the grease in an airtight jar for later use.
4. Serve with Ashford and Simpson Eggs (opposite) and toast.

Ashford and Simpson Eggs

Honestly, I don't even understand why you'd wanna eat eggs without cheese. The perfect food duo. Good for first thing when you open your eyes when that cock-a-doodle doos, or right before you shut it down and the sandman takes over. The two go together like peanut butter and jelly, like Magic and Kareem, like Cheech and Chong.

SERVES 4

INGREDIENTS

8 large eggs

6 Tbsp [90 ml] whole milk Salt Cracked black pepper

2 Tbsp unsalted butter

1 cup [80 g] shredded Cheddar cheese

1. In a medium bowl, combine the eggs and milk. Season with salt and pepper. Using a fork, beat well to combine.
2. In a large skillet over medium-high heat, melt the butter. Swirl the skillet to cover the bottom completely.

3. Once the skillet is hot and the foam has subsided, pour in the eggs. While the eggs cook, using a heat-proof spatula, slowly drag the edges of the egg toward the center, making large waves in the pan until the curds are almost set, 2 to 3 minutes.
4. Remove the pan from the heat and sprinkle on the cheese. The cheese should melt after a minute or so. Taste and season with more salt and pepper, as needed. Serve immediately with Crispy Bacon (opposite) and toast.

Billionaire's Bacon

This is for when you on some real player shit and ain't got time for that regular swine. I've heard this called Millionaire's Bacon—some black pepper for that smoke, a little fire from some red pepper flakes, and a heap of brown sugar like D'Angelo, and you've just fried up a pile of Uncle Snoopy's Billionaire Bacon. Like my guy Justin Timberlake, as my other homie Sean Parker, said in that Zuckerberg flick *The Social Network*, "A million dollars isn't cool. You know what's cool? A billion dollars." Now eat up and go get that!

SERVES 4

INGREDIENTS

1/2 cup [100 g] packed light brown sugar

1 tsp cracked black pepper

1 tsp red pepper flakes

8 slices thick-cut bacon

1. Preheat the oven to 400°F [200°C], with a rack in the top third of the oven. Line a baking sheet with aluminum foil, place a wire rack on top of the foil, and set aside.
2. In a small bowl, stir together the brown sugar, black pepper, and red pepper flakes.

3. Lay the bacon slices on the rack. Spread the brown sugar mixture evenly over the bacon.
4. Place the baking sheet in the oven and bake for 25 to 30 minutes, rotating the baking sheet halfway through the baking time to ensure even cooking. The bacon is done when it's crispy and glazed.
5. Remove the baking sheet from the oven and cool the bacon for 5 minutes on the rack. Serve warm with Ashford and Simpson Eggs (page 35) or in the Mile-High Omelet (page 39).

Mile-High Omelet

So now you sittin' on some stacks with that Billionaire's Bacon and thinking, *What could possibly come next?* Yes, a wise man named Meek once said there were levels to this shit . . . even breakfast. So let's take it up a notch, why don't we? Keep the fire on that pan, chop some onions, break that bacon into bits, crack some eggs, and baby we can whip it. Whip it right. Right into the pan that is. Now grab Mrs. Butterworth and douse that omelet with more flavor than a Life Saver. This a big-timer's breakfast feast. So don't cheat yourself; treat yourself.

SERVES 2

INGREDIENTS

- 4 large eggs
- 1/2 tsp salt
- 1/2 tsp cracked black pepper, plus more for seasoning
- 2 Tbsp unsalted butter
- 1/2 cup [40 g] shredded sharp Cheddar cheese
- 1 Tbsp chopped fresh chives, plus more for garnishing

4 Billionaire's Bacon slices (page 36), 2 whole, 2 chopped

1. In a small bowl, whisk the eggs, 2 Tbsp of water, the salt, and pepper until the whites and yolks are well combined and the mixture is frothy. Set aside.
2. In a large nonstick skillet over medium-high heat, melt the butter. Swirl the skillet to coat the bottom.
3. When the skillet is hot and the foam has subsided, pour the egg mixture into the center and tilt the skillet in all directions to cover the bottom.
4. As the eggs start to set, using a heat-proof spatula, gently lift the edges of the omelet toward the middle, letting the uncooked egg flow beneath the omelet and toward the edges of the skillet. The eggs are done when the bottom is set and the edges look crisp (the top will still look wet), 3 to 4 minutes.
5. Sprinkle the Cheddar and chives down the middle of the omelet. Cook for 30 seconds more. Place 2 slices of bacon on top of the Cheddar and chives.
6. With your spatula, fold the omelet in half. Tilt the skillet to slide the omelet toward the edge, carefully transferring it to a serving plate.
7. Season with pepper and garnish with chives and the chopped bacon. Serve warm.

OG MUNCHIES, CEREAL ROUNDUP

LUCKY CHARMS

This ain't talkin' about those colorful diamonds in your new Johnny Dang–designed grill.

This that little leprechaun, and he seems to be really on to something. Ain't nothing like

getting a whole spoonful of marshmallows. Can you believe it? Oh, wow. That's when you know that good ol' Lady Luck has got your back.

HONEY NUT CHERRIOS

Now there's Cheerios in the yellow box, but we on a higher level. When a bowl of those dry-ass Os won't do the trick, get down with the brown. I'm talking about those Cheerios in the brown box. That li'l bee stung those Os with that sweetness that makes your taste buds pop—when you get that special craving. Know what I mean?

WHEATIES

The breakfast of champions! Now they know they should've had the Big Boss Dogg on that damn box years ago. That's all right though, cuz before I get out on the court for one of those celeb games, you know I grab me a bowlful. Next up? Snoop Dogg presents Weedies. Now that's got a ring to it.

FRUIT LOOPS

All those colors drew me in when I was a kid on my Toucan Sam shit. But, damn, don't all the colors taste the exact same? The best part about eating this is slurping up that rainbow-colored milk right after. Big Snoopy's still a kid at heart—aren't we all? Snoop Loops anyone?

PEANUT BUTTER CAP'N CRUNCH

I don't know if these actually taste like peanut butter or Cap'n Crunch, but that savory sweetness mixed with a little of that "you hear me" and next thing you know, you're waking up with a bunch of crumbs in your lap. **WARNING:** Eating too many of these bad boys will have the top of your mouth feeling rawer than a carpet burn. Listen to Tha Dogg!

Lunch

Some of my most memorable lunches took place at my old high school, Long Beach Poly High. Man, me and the homies used to have a blast during those lunch periods. We would be hanging out in the canteen, and I would buss my freestyle raps while one of my boys banged on the tables to create a beat. Those are some of my earliest memories of really getting down as a rapper. When we weren't rapping, we would bag on each other – joke about what the homies were wearing, what they looked like, whatever was around at the time. The only bad memories about those school lunches? The actual food. Man, those cafeteria meals were nasty back then! Well, you can best believe my lunch options have improved since I was a student ditching classes. Peep this next section to see the kind of midday meals I be enjoying nowadays...

Chop it Up! Salad

A boss midday delight. When I think of famous gangstas, I think of none other than Vito Corleone, yeah The *GAWDFATHER*. But we all know that Vito was a little too gordo. But me... The Doggfather? They don't call me Slim with the tilted brim just because. But best believe you can keep it gangsta at a meeting with the bosses without slurping up a plate of pasta. Keep that shit all the way G and pull out a salad on they asses. But let 'em know, ain't nothing sweet on this side of the table. We got that salami and you already know that we gettin' that provolone, too. So grab the sharpest knife you got and get ta choppin', *capeesh?*

SERVES 2

FOR THE VINAIGRETTE:

½ cup [120 ml] balsamic vinegar
1 cup [240 ml] extra-virgin olive oil
1 Tbsp whole-grain or Dijon mustard
1 tsp dried oregano

Salt

Cracked black pepper

FOR THE SALAD:

½ head romaine lettuce, chopped

½ cucumber, chopped

½ medium tomato, chopped

1 15-oz [430-g] can chickpeas, drained and rinsed

½ cup [160 g] Kalamata olives, pitted and chopped

1 cup Provolone cheese [320 g] cut into ½-in [12-mm] cubes

1 cup salami [340 g] cut into ½-in [12-mm] cubes

TO MAKE THE VINAIGRETTE:

In a small bowl or jar with a lid, combine the vinegar, olive oil, mustard, and oregano.

Season with salt and pepper. Whisk, or cover the jar and shake vigorously, until combined.

Taste and add more salt and pepper, as needed. Set aside.

TO MAKE THE SALAD:

1. In a large bowl, combine the lettuce, cucumber, tomato, chickpeas, olives, cheese and salami.
2. Add the vinaigrette (shaking or whisking again, if needed) and toss the salad until well coated in the dressing. Serve immediately.

The King Classic Caesar

Nothing like a classic Caesar for lunch.

SERVES 2

FOR THE DRESSING:

2 garlic cloves, chopped
2 Tbsp freshly squeezed lemon juice
1 Tbsp Dijon mustard
2 tsp Worcestershire sauce
1 cup [240 g] mayonnaise
1/3 cup [80 ml] olive oil
1/2 cup [15 g] grated Parmesan cheese
1 tsp anchovy paste
1/2 tsp cracked black pepper

FOR THE SALAD:

2 boneless skinless chicken breasts
1/2 tsp salt
1/2 tsp cracked black pepper
2 heads romaine lettuce
1/2 cup [40 g] croutons
1/2 cup [15 g] grated Parmesan cheese
1 Tbsp chopped chives
1 lemon, cut into wedges

TO MAKE THE DRESSING:

In a medium bowl, whisk the garlic, lemon juice, mustard, and Worcestershire sauce until smooth. Whisk in the mayonnaise, olive oil, Parmesan cheese, anchovy paste, and pepper. Set aside.

TO MAKE THE SALAD:

1. Place a grill pan over medium-high heat.

2. Sprinkle the chicken breasts evenly with the salt and pepper. Place the chicken in the pan. Grill for 4 to 5 minutes per side, or until the internal temperature reaches 165°F [75°C] when measured with an instant-read thermometer. Let cool completely. Slice each breast into 6 pieces.
3. Arrange the romaine lettuce leaves on a platter. Top with the croutons and sliced chicken. Sprinkle with the Parmesan cheese and chives. Drizzle with the dressing, serving any extra on the side with the lemon wedges. Serve immediately.

THA FLIP

How does Bigg Snoop put a spin on the classic Caesar? Swap that chicken breast for Get Tha Chip Fried Chicken Wings (page 80), and plenty of ‘em, too. That piece of meat is a little bit easier to chew. It’s smoother. So I flip it and strip it. Yank that meat off the bone and sprinkle, yes I said S-P-R-A-N-K-L-E, some of that good ol’ wing meat on there. Yeah... just like that.

The Lunch Briz-eak

C’mon dog... it’s just us. You ain’t gotta lie to kick it. You know you really ain’t rushing out to get food on your lunch break. You just dippin’ out for a quick smoke sesh cuz. We already know. That’s cool, do you. I ain’t trippin’. But on those days when you really gotta get some work done and ain’t got even a minute to grab a sammich – grab some apples, some grapes, a little of this and a little of that, mixed with some honey and peanut butter... now you got the energy to deal with your punkass coworkers for the rest of the day. And hey, yo – spray a little something on yourself before you dip back in, you wanna keep that job right? Now pop your collar and make that laptop do what it does.

SERVES 1

INGREDIENTS

- 1 medium apple, cored and sliced into wedges
- 1 medium banana, sliced
- 1 bunch of grapes
- 2 Tbsp honey
- 3 Tbsp peanut butter

1. Spread the apple, banana, and grapes on a plate.
2. Drizzle with honey and dip whatever you're feeling into the peanut butter.

Get That Bread Sub

Is it a sub, a hoagie, a hero, or a po'boy? When you get around the country, like yours truly, it really all depends on what city the show is in that night. But when you throw some salami, provolone, and spicy peppers on it, it's for sure got that gangsta appeal. I eat this when I'm on some straight business mode, "you ain't tellin' me; I'm tellin' you" type of thang. But before you keep it way too G, make sure you got the right kind of roll, neffew. Like the older homies hustling on the block used to tell me when I was just a young pup: "It's all about that bread." Don't trip if your meats ain't on Don Corleone level – as long as you got a combo of some hard and spicy, soft and buttery cuts and a fresh roll, you'll end up with a sandwich worthy of any wise guy.

SERVES 2

FOR THE SUB:

- 1 16-in [40.5-cm] Italian roll or two 8-in [20-cm] Italian rolls, split Mayonnaise (optional)
- 4 slices mortadella or bologna
- 6 slices hot coppa
- 6 slices soppressata
- 6 slices salami
- 8 slices provolone cheese

FOR THE TOPPINGS:

Sliced tomato

Shredded iceberg lettuce

Thinly sliced red onion

Sliced banana peppers (optional)

Extra-virgin olive oil

Red wine vinegar

Generous pinch of oregano

Salt

Cracked black pepper

TO MAKE THE SUB:

1. If using, spread some mayonnaise (a little or a lot) on the insides of the sandwich roll(s).
2. Down the middle of the roll(s), layer the mortadella, coppa, soppressata, and salami, allowing the edges to overlap and drape over the edge of the sandwich.
3. Layer on the provolone.

TO FINISH THE SUB:

1. Top with tomato, lettuce, red onion, and banana peppers (if using).
2. Sprinkle with olive oil and red wine vinegar just the way you like it. Add a generous pinch of oregano and season with salt and pepper. Serve immediately, if you can wait that long.

OG Fried Bologna Sandwich

Now this is a certified hood classic. When I was a young'in in need of something to snack on, I could count on the fridge to hold me down with some leftover cold cuts. A favorite munchie was discovered when I had the bright idea of throwing that bologna in a frying pan. Fry that Oscar Meyer up with some cheese and you're on your way to a bomb meal, Jack! But now that we moved on up, like *The Jeffersons*, that bologna turned into the finest aged meats. We ain't eating this just cuz we have to. These days we eat it because what would go better with that thang we love to do so much. Maybe I'll start making it with some "smoked" Gouda now. Get the picture?

SERVES 1

INGREDIENTS

3 slices bologna

1 Tbsp unsalted butter

2 slices white bread

1 tsp yellow mustard

3 slices American cheese Barbecue potato chips, as many as you want

1. Place the bologna on a cutting board and cut one slit from the middle to the edge of each slice.
2. In a medium skillet over medium heat, melt the butter. Swirl the skillet to cover the bottom completely. When the skillet is hot and the foam has subsided, add the bread. Lightly toast for about 2 minutes per side, or until golden. Transfer to a cutting board and spread the mustard on one slice of bread.
3. Return the skillet to the heat and add the bologna in a single layer. Cook for 2 to 3 minutes, or until the edges are golden and crisp. Flip the bologna and top each slice with the American cheese. Cook for 2 to 3 minutes more, or until the cheese starts to melt.

4. Place the fried bologna and cheese on the toasted bread slice without mustard and top with as many chips as you and your sandwich can handle.
5. Close the sandwich, placing the other bread slice, mustard-side down, on top. Go to town.

MISSISSIPPI CATFISH SANDWICH

This one right here reminds me of visiting the family down in Mississippi. When I sit down with my folks there, you can bet there's some **CATFISH** on the dinner table and some **HUSH PUPPIES** on the side. It's been that way for as long as I can remember. Damn near everyone in the **HOOD** in Cali got grandparents that moved to the Golden State from somewhere in the South. Matter of fact, that's where we all started off at.

Trust me, we got that fried fish over here, too. When you in Mississippi eating that catfish and hush puppies though, it's like you're tapped in to a time long before. Over the years, many music journalists have commented that I seem to have an **OLD SOUL** – somehow connected to the past. Well, if they seen me sitting up in my family's yard eating a **CATFISH SANDWICH**, doused with hot sauce, they would damn sure know why.

FOR THE TARTAR SAUCE

½ cup [120 g] mayonnaise
2 Tbsp finely diced bread-and-butter pickles
1 Tbsp finely chopped fresh dill
2 tsp bread-and-butter pickle brine
Salt
Cracked black pepper

FOR THE CATFISH SANDWICHES

¾ cup [105 g] all-purpose flour

¾ cup [105 g] finely ground cornmeal

¼ tsp cayenne pepper

2 large eggs, beaten

Salt

Cracked black pepper

2 8-oz [230 g] catfish fillets, halved

Vegetable oil, for frying

4 soft white sandwich rolls

4 romaine lettuce leaves

Hot sauce for serving (optional)

TO MAKE THE TARTAR SAUCE

In a small bowl, stir together the mayonnaise, pickles, dill, and pickle brine. Season with salt and pepper. Stir again to combine. Cover and refrigerate until ready to use.

TO MAKE THE CATFISH SANDWICHES

1. Place the flour into a shallow bowl. Place the cornmeal and cayenne into another shallow bowl; whisk to combine. Place the eggs into a third shallow bowl. Season each bowl with salt and pepper and whisk to combine.
2. One at a time, dredge the catfish fillets in the flour, dip into the egg, letting the excess drip back into the bowl, and coat with the cornmeal mixture. Set aside.
3. In a heavy-bottomed pot or deep fryer over high heat, heat 3 in [7.5 cm] of vegetable oil to 375°F [190°C]. Line a plate with paper towels and set aside.
4. Carefully add the fish to the hot oil. Fry for 5 to 7 minutes, turning once about halfway through the cooking time, until golden brown all over. Transfer the cooked fish to the prepared plate to drain.

5. Toast the sandwich rolls, if that's how you like them, and spread tartar sauce on both cut sides of each roll. Assemble each sandwich with 1 piece of catfish and 1 lettuce leaf. Serve immediately, doused with hot sauce, if you like.

Caribbean Queen Cubano

Miami is not only the home turf of the homies Rick Ross, DJ Khaled, and Uncle Luke, but also to some of the baddest clubs I've been to. It's like Puffy is throwing a party there every damn weekend. That place ain't like nowhere else in the States. The Latin flavor is so heavy, the islands are in effect, and the vibe is real sexy. I love getting in one of those old schools and driving around South Beach or Star Island like a real boss players. But it ain't all about the women and the weather bro bro. When in Rome, you better do it how they do it. And from the Colombianos to the Dominicanos and the Puerto Ricans to the Haitians and Jamaicans, you just ain't gonna get that food flavor nowhere else. And nothing says Miami flavor better than an old-fashioned Cubano sandwich. It's heavy on the ham and all gas on the flavor. If you ain't got any shredded pork on deck, better double up on that ham. Yeah, double your pleasure, double your fun. Why not, not why?

SERVES 2

INGREDIENTS

2 Tbsp pickle brine, plus 2 dill pickles, sliced
2 crusty soft rolls, split
Yellow mustard
Mayonnaise
8 slices Swiss cheese
8 thick slices ham (Black Forest works well)
2 cups leftover roasted shredded pork
4 Tbsp [55 g] unsalted butter, plus more for spreading

1. Sprinkle the pickle brine on the insides of the sandwich rolls.
2. Spread the insides of the rolls with a thin layer of mustard and mayonnaise.
3. Lay 2 Swiss cheese slices on both sides of each roll. Top the cheese evenly with pickles on both sides.
4. Lay 2 ham slices on both sides of each roll. Top the ham evenly on each roll, on one side only, with 1 cup of pork. Press both sides of each sandwich together. Spread the top of each sandwich with a thin layer of butter.
5. In a large skillet over medium heat, melt 4 Tbsp [55 g] of butter. Swirl the skillet to cover the bottom completely.
6. When the skillet is hot and the foam has subsided, add the sandwiches. Place a clean cast iron skillet on top of the sandwiches, or use a large weighted plate (you want to press the sandwiches down evenly to flatten them). Cook for 3 to 4 minutes. Lift the edge of the sandwich with a spatula to check that the bottom is golden brown and crisp and the cheese is completely melted. Flip and cook for 3 to 4 minutes more, checking again.
7. Remove the sandwiches from the skillet, cut in half, and serve immediately.

No Limit Po' Boy

When you down in the Big Easy, their long sandwiches are called po' boys. And I've spent many a day down in Louisiana. Shout out to the No Limit general Master P. The big homie taught me how to handle the "business" in "show business" and soon I became the biggest fish, even in a big pond. My time in Chopper City taught me that the shrimp ain't just for dippin. You can throw it on a hoagie, with a little mayonnaise and, if you can make it like Big ol' Snoopy D-O-double-G, it just might make 'em say uhh (uhh), Na-nah na-nah (na-nah na-nah). This taste really has No Limit.

SERVES 4

FOR THE SHRIMP:

1 cup [140 g] all-purpose flour
1 cup [140 g] yellow cornmeal
1 tsp cayenne pepper
1 tsp garlic powder ^[11]_[5FF] Salt
Cracked black pepper
1 cup [240 ml] buttermilk
1 lb shrimp, peeled and deveined
Canola oil, for frying

FOR THE PO' BOYS:

4 crusty white sandwich rolls, split
Mayonnaise
Hot sauce
1 medium tomato, sliced
1 cup [45 g] shredded iceberg lettuce
Pickle relish, for serving

TO BATTER THE SHRIMP:

1. In a large bowl, stir together the flour, cornmeal, cayenne, and garlic powder. Season with salt and pepper. Stir again to combine. Transfer to a large shallow dish. Place another large shallow dish next to the flour mixture and add the buttermilk to it. Place a wire rack or pan next to the two dishes; this will be where you set your battered shrimp.
2. Toss the shrimp fully in the buttermilk. Working with about a handful of shrimp at a time, lift the shrimp out of the buttermilk and let any excess drip back into the dish.

Dredge the shrimp in the flour mixture, coating each shrimp completely. Place the battered shrimp on the wire rack or pan and repeat with the remaining shrimp. Set aside.

TO FRY THE SHRIMP:

1. In a deep skillet over high heat, heat 2 in [5 cm] of canola oil to 350°F [190°C]. Set a wire rack over a plate or line a pan with brown paper and set aside.
2. Working in batches, carefully add the shrimp to the hot oil, careful not to crowd, otherwise they'll become greasy.
3. Fry the shrimp for 3 to 4 minutes, until golden brown all over. Once the shrimp are done, using a large slotted spoon or spider, transfer the shrimp to the prepared rack or pan to drain.

TO MAKE THE PO' BOYS:

1. Toast the sandwich rolls, if you like them toasted.
2. Spread mayonnaise and hot sauce on both cut sides of each roll.
3. Assemble each sandwich with fried shrimp, tomato, and lettuce. Serve immediately with pickle relish and extra hot sauce.

OG MUNCHIES – CHIP ROUNDUP

LAY'S BARBECUE POTATO CHIPS – And it don't stop. These barbecue potato chips are the fancier version of the cheap ones we used to eat from the corner store. But trust they get the job done. If you're nice with it, you can crumble these up and coat your fried chicken wings.

FRITO'S HONEY BBQ FLAVOR TWISTS – The Ultimate snack. The barbecue flavor is off the hook and the twists are real crunchy. I can never have just a handful or two – it's gotta be four or five, or the entire bag.

PRINGLES – Ain't nuthin' like an OG chip. Long before they had a million different flavors, Pringles was putting their super salt in the game via a can. I dig how they did it so different with their delivery. The empty cans were also a good place to store that extra paper-bag money. So y'all know what I'm talking about.

FLAMIN' HOT CHEETOS – You already know. The hood staple. Every ghetto USA. But just like my guy Darius asked me on that TV show *Atlanta*, “What flavor is a Flamin' Hot Cheeto?” Enquiring minds wanna know!

CHIPS AND SALSA – We in Cali with the Mexicans rolling deep. So we eatin' tacos and all of that right with these homies. They put us up on game and, every time we get the munchies, we giving it up!

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