

Cooking the Movies!

Prison Sauce from the Movie Goodfellas

This meat sauce is a product of teamwork by the beloved mobsters Vinnie, Paulie, and Johnny in the popular hit Goodfellas. This hearty sauce is for all the Goodfellas fans. Serve with your favorite pasta.

Serves 6–8 | Prep. time 20 minutes | Cooking time 4 hours 20 minutes

Ingredients

Sauce

2 tablespoons olive oil, more if needed
3 pounds veal shanks
3 pounds beef shanks
1 pound Italian pork link sausages, mild or hot
3 small onions, diced thinly
3 cloves garlic, peeled and paper-thin sliced
2 tablespoons tomato paste
¼ cup dry red wine
4 (28-ounce) cans Italian tomatoes
1 teaspoon dry basil
1 teaspoon dry oregano
Kosher salt and freshly ground black pepper (to taste)

Meatballs

1 pound ground beef
1 pound ground veal
1 tablespoon Italian seasoning
1 onion, diced thinly
2 garlic cloves, minced
¾ cup regular breadcrumbs
2 large eggs, beaten
½ cup fresh Italian parsley, chopped
1 cup freshly grated parmesan
Salt and freshly ground black pepper

Pasta

1 pound dried spaghetti or other favorite pasta

Freshly grated parmesan cheese, for serving

Fresh basil leaves for serving

Directions

1. Warm the olive oil in a large heavy-bottomed saucepan over medium heat.
2. Season the beef and veal generously with salt and pepper. Working in batches so the pan is not overcrowded, brown the meat for about 4-5 minutes on each side or until well colored. Remove from pan and set aside.
3. Add more oil if needed and brown the Italian sausages. Remove from pan and set aside.
4. Reduce heat to medium-low, add olive oil if needed, and add the onions and garlic to the pan. Sauté until fragrant and tender, about 2-3 minutes. Add the tomato paste and red wine and stir well.
5. Using a mesh strainer over the saucepan and add the tomatoes through the strainer to remove seeds and crush the tomatoes.
6. Add the basil and oregano and season with salt and pepper to taste. Stir a few times with a wooden spoon.
7. Add back the browned beef, veal, and pork sausages to the pan. Stir and let simmer the sauce over low heat for 3 to 4 hours, until the meat is tender.
8. In the meantime, prepare the meatballs. In a bowl, add the ground meats and all remaining ingredients for the meatballs. Mix thoroughly with hands until all the ingredients are well combined.
9. To make even meatballs, use an ice cream scooper to make about 12 well-rounded meatballs.
10. After 3 hours, remove the beef and veal shanks from the saucepan and let cool on a plate. When cooled enough, pull and shred the meat from the bones with forks or hands. Put the meat back into the sauce and add the meatballs.
11. Let simmer until the meatballs are cooked through, about 45 minutes.
12. When ready to serve, prepare the pasta according to package directions and add to a pasta serving dish. Pour the sauce over and serve with some freshly grated parmesan on the side. Garnish with basil leaves if desired.

Coconut Shrimp from the Movie Forrest Gump

Bubba was so adorable with his never-ending monotone ramble in the Tom Hanks picture Forrest Gump. He named all the possible recipes to prepare from shrimp, which inspired Forrest Gump to start his own shrimp company in honor of his late friend. Enjoy this lovely coconut shrimp recipe to relive this all-time-favorite movie.

Serves 1–2 | Prep. time 10 minutes | Cooking time 2 minutes

Ingredients

Shrimp

$\frac{3}{4}$ cup Hefeweizen beer or similar German-style beer
 $\frac{1}{4}$ cup all-purpose flour
 $\frac{1}{2}$ pound medium raw shrimp, peeled and deveined
 $\frac{3}{4}$ cup Bisquick
 $\frac{1}{4}$ teaspoon cayenne pepper
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon seasoning salt
1 cup shredded coconut
Vegetable oil for frying

Sauce

$\frac{1}{2}$ teaspoon Cajun seasoning, or to taste
 $\frac{1}{4}$ cup orange marmalade

Directions

1. Rinse the shrimp and pat dry.
2. Add the Bisquick and beer to a mixing bowl. Mix well.
3. To another mixing bowl, add the flour, garlic powder, seasoning salt, and cayenne pepper. Mix well.
4. Add the coconut to another bowl. Dip the shrimp first in the flour mixture, then the beer mixture, and finally the coconut to coat well.
5. In a frying pan, heat the oil and fry the shrimp for 45–60 seconds per side until golden brown. Drain over paper towels.
6. Add the sauce ingredients to a mixing bowl. Mix well.
7. Serve the shrimp with the sauce.

Fried Green Tomato Grilled Cheese from the Movie

Fried Green Tomatoes

Fried green tomatoes add extra cinema flavor to this cheesy grilled sandwich. It has crunchiness and tartness that will make you nostalgic. Love Fried Green Tomatoes! Love grilled cheese!

Serves 4 | Prep. time 10 minutes | Cooking time 10–15 minutes

Ingredients

½ cup flour
2 large eggs, beaten
2–3 medium to large green tomatoes, sliced ¼ inch thick
Salt and cracked pepper to taste
2 tablespoons butter
1–2 cups panko breadcrumbs
Oil for frying
8 slices crusty French bread
8 slices Pepper Jack cheese

Directions

1. Season the tomato slices liberally with salt and pepper.
2. Add the panko, eggs, and flour to three separate bowls. Dip the tomato slices in the flour, then eggs, then panko to coat evenly.
3. Heat 1 inch of oil over medium heat in a medium saucepan or skillet.
4. Add the tomato slices in batches and fry 2 minutes per side until evenly golden.
5. Drain over paper towels, sprinkle with salt.
6. Butter 4 of the bread slices and top with cheese slices.
7. Top with 2 tomato slices and another cheese slice. Top with the remaining bread slices.
8. Heat the sandwiches in a lightly greased saucepan over medium heat. Cook until evenly brown on both sides. Serve warm.

Homemade Twinkies from the Movie WALL-E

Twinkies from this emotional comedy movie always make us remember the cute WALL-E and his cockroach friend who loved binging on Twinkies.

Yield 16 | Prep. time 5–10 minutes | Cooking time 20 minutes

Ingredients

Cake

5 large eggs, white and yolks separated
1 pinch cream of 1 tablespoon vanilla extract
¼ teaspoon salt
½ teaspoon baking powder
1 cup granulated sugar
1 cup cake flour

Filling

¼ cup water
¾ cup granulated sugar
1 teaspoon vanilla extract
1 tablespoon light corn syrup
3 large egg whites
1 pinch cream of tartar

Directions

1. Preheat the oven to 375°F. Grease two mini cake pans for twinkies with some cooking spray or melted butter.
2. Whisk the egg whites in a mixing bowl until peaks form.
3. Whisk the yolks and vanilla in another bowl.
4. Add the salt, baking powder and sugar into the yolk mixture.
5. Add the flour and combine well.
6. Fold in the egg whites with a spatula until well combined.
7. Add the batter to the pans and fill each cavity to ¾ full and bake until golden brown, about 6-8 minutes. Test doneness with a wooden toothpick, it should come out clean when inserted in the middle of the cake
8. Cool down completely on a wired rack before filling.
9. To a saucepan, add the filling ingredients EXCEPT for the egg whites and the cream of tartar. Warm on low heat and stir until the sugar dissolves. Remove from heat and let cool down.

10. Add the egg whites and cream of tartar to a mixing bowl and beat on high speed until stiff peaks form. You can use a hand-held mixer or a stand mixer with the whisk attachment.
11. Fold-in the egg whites to the filling mixture once it has cooled down. Mix until well combined. The filling should be fluffy.
12. Add the filling to a piping bag with a simple medium-sized round tip. Pipe the filling in the 3 small holes in the middle of each Twinkie. Serve and enjoy!

All the recipes are from Derek Moore's Cookbook *Cooking the Movies*. Click [here](#) or on the cover to learn more!

