

Prison Cuizine

Most prison or jail recipes are Ramen noodle or rice based and made with food items either purchased from the commissary or brought out of the kitchen or mess hall. The prison food leaves a lot to be desired so microwave cooking becomes a way of life in prison. Quite frankly some of the tastiest food I have ever eaten was cooked in the microwave by inmates. Oh, and in most of these recipes, rice can be swapped for Ramen noodles - whatever is your preference.

Many prison recipes start out with crushed Ramen noodles, mayonnaise, chili garlic sauce, crushed nacho cheese tortillas, squeeze cheese, diced peppers and onions, and the meat of your choice.

Below are but a few of the variations - some I've tried and some I haven't.

PRISON SURPRISE

Ingredients

- 1 Package Ramen (Any flavor will do)
- 1 Slice of American cheese
- 1 Can of tuna (Splurge on the White Albacore)
- Jalepenos from the jar (to taste)

Instructions:

Break up the noodles in the package and cook per the directions. While the noodles are cooking, drain the tuna and dump it into a bowl. Put in the jalepeno slices and top it all off with the slice of cheese. When the Ramen is ready, mix in the spice packet and pour the noodles into the bowl. Let it all steep for a few minutes to melt the cheese and then mix well. Voila! Prison Surprise.

PRISON PAD THAI SON

Ingredients

- One Chicken Ramen package

JAIL HOUSE RECIPES

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- Tablespoon of Franks red hot sauce
- Two Tablepoons of Peanut butter(creamy works best)

Cook your ramen, keep about 1/4 cup of water in after you drain it. Next, put the peanut butter in the bottom of your bowl and spread it around. Then put the Franks red hot in add the ramen on top. Mix it all together and wala...bomb ass prison pad thai son.

COUNTY JAIL RAMEN

Ingredients

- 1 package Ramen noodles and flavor pack
- 2 packets of mayo
- 1 packet of mackerel in oil
- 1-2 hard boiled eggs
- Optional - 2 slices of bread or a tortilla

Heat up your Ramen noodles and drain liquid. Stir in the mayo and flavor pack to taste. Add in the eggs, and mash with fork spoon till crumbled. Stir in whole mackerel package(including oil). If desired, you can combine the dish with bread or a tort to make a finger food meal. Enjoy.

INMATE MIXER

Ingredients

- One Ramen package Any flavor
- Can of Hormel Chili or any kind of chili
- Small package of Fritos or any corn chip
- Cheese if desired, grated or chopped

Boil Noodles to desired state. Drain almost all of noodles except about 1/4 of the water. Place the noodles in a bowl and mix in the seasoning packet, a can of chili, fritos or corn chips, and cheese if desired. You've now created the "Inmate Mixer," an inmate shared this with my husband while he was a guard in a prison here in Texas.

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CHICHI

Ingredients

- 2 packs of ramen noodles hot and spicy or other spicy variety
- 1/3 bottle of jalapeno squeeze cheese
- 1 summer sausage
- 1 Slim Jim (the food product, not the breaking and entering tool)
- 1 bag of instant chili (canned will work)
- 1 large bowl or small garbage bag (if you only have a regular house size one, cut the top half off)

Before you start crush the noodles while they are still in the package. Microwave a bowl of water for 2 minutes, then add both ramen noodle packets and let sit for now. (Put on a lid on the bowl if you have one.) Now, chop or dice the summer sausage and Slim Jim, and then make or heat the chili. The noodles should now be fully expanded (about 10 mins), drain ALL the water from the noodles. Dump the noodles into the garbage bag then add 1 flavor pack and 1/3 bottle of jalapeno cheese and knead the bag. Next add the meat then knead again till meat is evenly distributed. Now add the hot chili (the hotter the better). This would also be the time to add the other flavor pack if you want. I find one and a half packs to be enough but you could add more later if needed. Finally, knead the bag again and you're ready to enjoy fine prison cuisine. I can eat it all myself but it could feed 2 normal people. I recommend eating it with a spork for the authentic prison experience.

"BREAK"

Ingredients

- 2 packages of ramen, no specific flavor
- 1 small bag of nacho cheese Doritos
- 1 small summer sausage

In jail, these are made by microwaving the water and letting the ramens soak in the hot water for a while. However, you can use your stove top if you like. My buddy who was in jail for a few months told me about these and I absolutely love making them...they taste a hell of a lot better than they sound.

1. Completely crush the Doritos and place them into boiling water for 4 minutes, or until soft.
2. Boil the ramen
3. Dice the summer sausage
4. Drain most of the water from the ramen

5. Mix the ramen, the cheese “sauce” that is now made from the Doritos, the ramen flavor packs, and the summer sausage together in a bowl

SWEET AND SPICEY COKE RAMEN

Ingredients

- 1 pack Texas Beef Ramen (or regular beef, or asian - but Texas Beef is best)
- 1/2 to 3/4 can Coke (not diet)
- 1 pack salted peanuts
- 1 Beef stick (aka Slim Jim) –Optional–

Cook noodles. Use one of your work boots and the concrete floor of your cell to crush the peanuts inside the bag. Add about 2/3 of the peanuts and eat the rest while you’re “cooking”. Drain water from noodles, then add seasoning packet and coke. Add peanuts and optional sliced beef stick or summer sausage. Add more coke to achieve the right amount of sauce and balanced flavor.

ORANGE CHICKEN JAILHOUSE RAMEN

Ingredients

- one pack of ramen (don’t use the flavoring packet)
- 1/2 can white chicken (4 oz. can)
- cheddar cheese spread
- chili garlic sauce
- honey
- 1 small orange

Microwave ramen for 2 minutes and drain. Stir in cheddar cheese spread. Add small amount of chili garlic sauce. Add honey and chicken and juice from one orange.

PRISON BEEF AND CHILI RAMEN

Ingredients

- 1 bag of Ramen (chicken or chili)
- 1 can of chili with beans
- 1 can of beef pot roast
- 1 small bag of corn chips
- 1 small bag of doritos
- cheddar cheese, either easy cheese or shredded

Crumble corn chips and doritos. Cook noodles the same as always, drain and place pot back on stove mix in chili, pot roast, corn chips, and doritos. Then mix in as much cheese as you like. For extra kick add some hot sauce or jalapenos. The basic recipe would be ramen, corn chips, and cheese if thats all you have. All quite tasty.

Oink Oink

"A soup & pork rinds is basic, but no matter what u mix in them, they're tasty. Take a thoroughly cooked & steaming hot Ramen, strain most water, add season, add some diced spicy dill pickle, ANY kind of canned or packaged meat (even jerky) diced, a few crushed up rinds, some crushed Doritos, American cheese, a lil bit of crushed Tabasco flavord cheese-its, a spoonful of mayo. Mix. Keep it covered & let it self-cook 4 awhile. Then it can be used with tortilla chips like dip, rolled up in a tortilla (flour) for a burrito then nuked 4 20 seconds or so or gobbled with a spoon, MMMM Gooooood! D'oh"

CORRECTIONAL CAKE

Here's a "cake" recipe - a couple of bags, a plate, 2 pks of cookies, 1 tube of peanut butter, and 1 bag of m&ms

Separate the white and black cookies and scrape out the cream

Crush all the white halves and tiny bit of water - crush the rest for a crust. Get a plate and down the first layer of dry crumbs mix the cream center with the peanut butter and spread over the top. Next layer is the wet cookie mix and crush the m&ms for the top layer.

This is how they "celebrate" birthdays and the lucky ones going home.

The Spread

The main ingredient is Top Ramen soup. Use 1 soup per person (if you put a lot of extras, 2 soups for 3 people), crunch up the noodles & throw in the spices from the little packet. Don't worry about mixing flavors (it's all good). Pour noodles & spices into trash bag. Now comes the fun part you start adding all the stuff you like, cans of tuna, hot sauce, flavored popcorn, spicy cheetos, corn chips, (don't use potato chips), basically you throw in anything you can get. Then you add enough HOT water to cook the mess, tie the trash bag closed & let it cook. You spread a newspaper (AFTER it's been read) on a table & open up the trash bag & everyone grabs a spoon & you all stand around this spread - eat & talk.

CADDILAC

Take one package of hot chocolate mix and add to one cup of coffee. This is a really popular drink in prison and I still drink it at home.

BOMB CHINO

Mix one individual serving of crushed corn chips, one crushed bag of ramen noodles, one crushed bag of BBQ potato chips together in a plastic bag - thoroughly combine these fine gourmet items then add one to 1 1/2 cups of hot water to the bag, mix thoroughly, evenly and seal the bag wrapping in a towel or a month old newspaper. Let sit for 15 to 30 minutes unless you're starving. Empty the contents into a paper plate, paper bag, or anything somewhat clean. Eat with a fairly clean plastic spoon. It's a delight in convict cuisine. Add spices, meats, vegetables as available to suit your own tastes!"

ICE

Buy several frosted honey buns from the commissary. Coat one bun with peanut butter and jelly. Place another on top and do the same, then another and another and another. Heat in the microwave for a few seconds to soften the buns, grab a spoon and enjoy.

JAILHOUSE TAMALES

I ate a recipe similar to this in county jail. Take a bag of fritos corn chips, & a bag of spicy hot cheetos (you can use doritos too, or any spicy chip), crunch them up as much as you can. Mix them together in a chip bag. Add just enough hot water to turn it into a thick mush. Knead the bag to mix the contents well, drain off any water (if you do it right there shouldn't be any). Roll the mix up in the chip bag in the shape of a tamale, & let it cook (sit). After about 5min, tear the bag open & pour some hot sauce over it & dig in. Or roll it up in tortillas bought from the commissary. It comes pretty close to tasting like a tamale.

SPREAD#2

Ingredients:

3 or 4 packs of cooked ramen
(flavor of your choice)

- spreadable cheese
- refried beans
- chopped up salami
- jalapenos
- corn nuts
- crunched up corn chips
- pickles
- soy sauce

Directions:

- Mix all together and enjoy!

Frito Chili Pie

Serving Size: 1

Ingredients:

1 cup of Fritos Corn Chips
1/2 cup Sharp Cheddar Cheese
1 cup Chili

Directions:

Place Fritos corn chips in a bowl or soup mug (do not crush; just push down and break them slightly to make room for other ingredients)

Place shredded cheddar cheese on top of corn chips

Pour heated chili over the top (the heated chili will melt the cheese)

Stir slightly to mix ingredients and serve!

Chicharones ala Barras

(for folks who like it hot)

Ingredients:

1-2 bags of pork skins (hot and spicy)
1 pkg. Tortillas (flour or optional)
1/2 can 12 oz. V-8 juice
1 bottle squeeze cheese (with jalapeno optional)
1 cup dried refried beans for spreading
1-2 jalapenos or 1 pkg. Spice mix (Spicy Ramen noodles)

Crush pork skins in bag, pour 1/4 cup water, with juice to cover, yet not drown pork skins. Dice jalapeno peppers, or if desired spice mix. Mix and leave in hot pot 15/20 minutes or until moist. Add cheese mix or squeeze cheese as garnish. Make sure to drain off extra water. Leave five minutes more. To avoid sogginess of tortillas, prepare a cup of dried refried beans then spread them over the tortillas before adding chicarones to avoid wear and tear. Place your tortillas or tacos in pot for a few minutes to heat.

The taste is awesome - Bon appétit!

Chocolate covered Cherry Vanilla Pie

Crust: 1 pound bag vanilla wafers finely crushed
6 little Debbie oatmeal pies
2 spoons butter
water

Mix first three ingredients, kneading with hands and adding water until you have a firm dough ball. Press into large bowl about 3/4 of the way up to form the crust. Set aside.

Filling: 3 pkgs. powdered milk
2 pkgs. Cherry Cool Off drink mix
2 pkgs. sweetener
2 pkgs. vanilla cappuccino
1/4 can of Sprite

In a large bowl, using two spoons held in the same hand, separated by your finger (like a mixer), whip filling ingredients into a thick, smooth mixture (3-5 minutes). Pour into crust, let set until firm.

Topping: 2 melted Hershey bars or Hershey Syrup

When pie has set, cover in chocolate and enjoy.

Strawberry Cheesecake

Ingredients: 2-3.2 oz packets of powdered milk
5- pkgs. powdered lemon Cool Offs
1 - cup sugar or 8 packets of sweetener
1- 8 oz. can vanilla Ensure
1 - 16 oz. squeeze bottle of strawberry preserves
1- pkg. of Graham crackers or 16 oz. of Vanilla Wafers

Line a bowl with Graham crackers or vanilla wafers for the crust. In a mixing bowl, pour in powdered milk and the Cool Offs. Stir. Pour in Ensure and sugar or sweetener. Be sure to stir at all times. The mixture will be thin for a few moments, and then begin to thicken. Pour the mixture over the pie crust and let sit for at least 30 minutes or until it sets well. Pour preserves on the top and spread.

Let set for a few minutes, cut and eat.

Options: Garnish with orange slices or substitute peach or black cherry Cool Off mixes. Use 2 small pkgs. of cocoa and add a little water for a chocolate cheese.