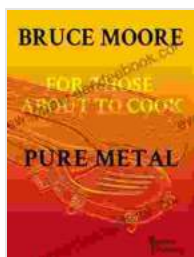


# Recipes From Your Favorite Metal Musicians

Who says metal musicians only eat raw meat and blood? These recipes from your favorite metal musicians will show you that they're just like us—they love good food. From James Hetfield's blackened salmon to Dave Mustaine's chili, there's something for everyone to enjoy.



## For Those About to Cook Pure Metal: Recipes From Your Favorite Metal Musicians by Michael Shaw

★★★★★ 5 out of 5

Language : English

File size : 13335 KB

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Lending : Enabled

Screen Reader: Supported

Paperback : 90 pages

Item Weight : 8 ounces

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Spiral-bound : 99 pages



## James Hetfield's Blackened Salmon

Ingredients:

- 1 pound salmon, skin-on
- 1 tablespoon olive oil
- 1 teaspoon blackening seasoning
- 1 lemon, cut into wedges

## Instructions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Rub salmon with olive oil and blackening seasoning.
3. Place salmon on a baking sheet and bake for 15-20 minutes, or until cooked through.
4. Serve immediately with lemon wedges.



## Dave Mustaine's Chili

### Ingredients:

- 1 pound ground beef
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (15 ounces) kidney beans, rinsed and drained
- 1 can (15 ounces) diced tomatoes
- 1 can (15 ounces) chili sauce
- 1 can (15 ounces) tomato paste
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon black pepper

### Instructions:

1. In a large pot over medium heat, brown the ground beef, onion, green bell pepper, and red bell pepper.
2. Drain off any excess grease.

3. Add the black beans, kidney beans, diced tomatoes, chili sauce, tomato paste, chili powder, cumin, salt, and black pepper to the pot. Stir until well combined.
4. Bring the chili to a boil, then reduce heat and simmer for 1-2 hours, or until thickened.
5. Serve the chili with your favorite toppings, such as shredded cheese, sour cream, and onions.



## **Zakk Wylde's BBQ Ribs**

Ingredients:

- 1 rack of baby back ribs

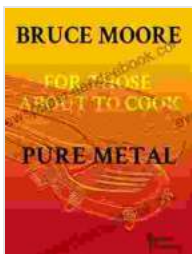
- 1 cup BBQ sauce
- 1 cup honey
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon black pepper

#### Instructions:

1. Preheat oven to 250 degrees F (120 degrees C).
2. In a small bowl, combine the BBQ sauce, honey, Dijon mustard, Worcestershire sauce, salt, and black pepper. Mix well.
3. Remove the ribs from the packaging and remove the membrane from the back of the ribs. Rub the ribs with the BBQ sauce mixture.
4. Wrap the ribs in aluminum foil and place them on a baking sheet. Bake for 2-3 hours, or until the ribs are tender.
5. Remove the ribs from the oven and unwrap them. Brush the ribs with the remaining BBQ sauce mixture.
6. Grill the ribs over medium heat for 10-15 minutes, or until the ribs are cooked through and the sauce is caramelized.
7. Serve the ribs with your favorite sides, such as mashed potatoes, coleslaw, and cornbread.



## Lars Ulrich's



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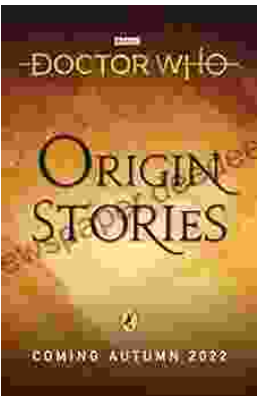
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