

Beginners Guide to Ewok Cuisine

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Writing this cookbook was met with much resistance from certain Ewoks who, under the circumstances, disagree with certain ingredients used in this piece; however I personally found that publishing this work would serve great purpose for those across the galaxy interested in Ewok cuisine.

Throughout this cookbook, you'll be able to find a plethora of authentically produced recipes ranging from flavorful meat dishes, complementary sides, and droid recipes that never fail to impress dinner guests. In addition, due to the rarity of some of the meats used in the meals provided, I've included a guide to cooking and preparing the meats mentioned later on in the book.

Culinary art is undoubtedly a valuable part of Ewok culture, and the delectable recipes found in this book are merely peaks into the greater cuisine of the Ewok populus. Through these recipes users will truly be able to immerse themselves in Ewok culture, and consequently be able to appreciate the years of culinary art present in Ewok history.

With that, I invite all readers to blissfully enjoy the recipes found within this book.

- Logray

R2-D2 Pasta Salad with Green Onion Dressing

Ingredients:

Dressing Ingredients:

- ❖ *One astromech droid.*
- ❖ *½ cup olive oil*
- ❖ *1 bunch green onions*
- ❖ *1 small clove garlic*
- ❖ *1 ½ tablespoons white wine vinegar*
- ❖ *1 teaspoon Dijon mustard*
- ❖ *2 tablespoons sour cream*
- ❖ *Salt and ground black pepper*

Pasta Salad Ingredients:

- ❖ *12 ounces bow tie pasta*
- ❖ *3 tablespoons vegetable oil*
- ❖ *1 red onion*
- ❖ *1 red pepper*
- ❖ *1 yellow pepper*
- ❖ *1 orange pepper*
- ❖ *1 cup chopped fresh parsley*
- ❖ *Salt and ground black pepper*
- ❖ *1 cup shredded, unsweetened coconut, toasted*

Instructions:

For the green onion dressing:

Heat a grill. Drizzle 1/2 teaspoon of olive oil over the white portion of the green onions. Place the white bottoms of the green onions on the hot grill and grill until they are slightly softened and charred. Put the grilled whites of the green onions, the green onion tops, garlic, white wine vinegar, Dijon mustard and remaining olive oil in a blender; puree until smooth. Transfer the mixture to a bowl and stir in the sour cream. Season the dressing with salt, and black pepper, to taste. Set the dressing aside.

For the pasta salad:

Heat a grill. Place the cooked pasta in a large bowl, toss with 2 teaspoons of vegetable oil. Drizzle the remaining 1 teaspoon of vegetable oil over the red onion rings and season with salt. Place the red onions on the hot grill and grill until softened, approximately 10 minutes, remove the onions from the grill. Coarsely dice the grilled red onions. Prepare the droid ahead of time by carefully disconfiguring it. Once the droid is disconfigured, add in Radar Eye, Shoulder Hub, and Shoulder Hydraulics into a large, water-filled pot. Once the water is boiling, cook the droid for 10 minutes, or until tender. Add the chopped red onions, red pepper, yellow pepper, orange pepper, chopped parsley, droid pieces, and green onion dressing to the pasta. Mix to incorporate all ingredients. Season the pasta with salt, and pepper, to taste. Garnish with toasted coconut.

Crispy Droid-Cake Sliders with Citrus Glaw

Ingredients

Citrus Glaw Ingredients:

- ❖ *1 red cabbage, shredded*
- ❖ *1 ½ tablespoons raw sugar*
- ❖ *1 teaspoon sea salt*
- ❖ *½ cup fresh parsley leaves, minced*
- ❖ *¼ cup mayonnaise*
- ❖ *1 tablespoon Dijon mustard*
- ❖ *1 tablespoon poppy seeds*
- ❖ *1 lemon, juiced*
- ❖ *1 lime, juiced*
- ❖ *Freshly cracked black pepper*

Droid-Cake Sliders Ingredients:

- ❖ *1 droid of choice (for the purpose of this recipe I have chosen to use an astromech droid)*
- ❖ *1 tablespoon extra-virgin olive oil*
- ❖ *1 rib celery, finely diced*
- ❖ *1 red chile, minced*
- ❖ *1 clove garlic, minced*
- ❖ *¼ teaspoon cayenne pepper*
- ❖ *¼ teaspoon celery seeds*
- ❖ *¼ teaspoon sea salt*
- ❖ *Freshly cracked black pepper*
- ❖ *⅓ dry bread crumbs*
- ❖ *¼ cup fresh parsley leaves, minced*
- ❖ *1 tablespoon heavy cream*
- ❖ *1 tablespoon Dijon mustard*
- ❖ *3 green onions, thinly sliced*
- ❖ *1 egg, beaten*
- ❖ *2 tablespoons all-purpose flour, plus more for flouring your hands*
- ❖ *Candla oil*
- ❖ *8 onion buns*

Instructions

For the Citrus Slaw:

To a large bowl, add the cabbage, 1 tablespoon of the sugar and 1/2 teaspoon of the salt. Toss, cover and refrigerate for 30 minutes to brine. Toss in the parsley right before adding the dressing. Into a jar, add the mayonnaise, Dijon, poppy seeds, lemon juice, lime juice, the remaining 1/2 tablespoon sugar, 1/2 teaspoon salt and lots of freshly cracked pepper. Close the jar and shake until well mixed. Pour the dressing onto the slaw and toss to combine.

For the Droid-Cake Sliders:

Heat the olive oil in a pan over medium heat. Throw in the celery, chile, garlic, cayenne, celery seeds, salt and freshly cracked pepper and saute for 3 to 4 minutes. Remove from the heat and cool. In a big bowl, add the droid, breadcrumbs, parsley, cream, Dijon, green onions and egg, and mix. Add the cooled garlic-chile mixture and mix again. Lightly flour your hands and shape the droid mixture into small patties. Dredge them in flour and then place in the freezer for 10 minutes to firm up. Heat the canola oil to 350 degrees F in a large frying pan. Fry until crispy and heated through, 5 to 7 minutes. Drain. Place a patty onto a slider bun and top with some of the slaw.

Slow Cooker Pulled Droid

Ingredients

- ❖ 1 (15 ounce) can tomato sauce
- ❖ 3 tablespoons chili powder
- ❖ 3 tablespoons light brown sugar
- ❖ 2 teaspoons ground coriander
- ❖ 1 teaspoon ground cumin
- ❖ 1 (3-pound) droid shoulder (or skirt)
- ❖ Kosher salt and freshly cracked black pepper
- ❖ 5 cloves garlic, minced or grated
- ❖ 2 yellow onions, diced
- ❖ ¼ cup fresh lime juice

Instructions

Combine the tomato sauce, chili powder, brown sugar, coriander and cumin in the base of your slow cooker. Stir to combine and distribute the spices evenly.

Sprinkle the droid pieces with salt and pepper and place it in the slow cooker. Using tongs, turn the pieces to coat it evenly in the sauce. Add in the garlic and onions, stir again. Place the lid on the slow cooker and cook until the pieces are tender and beginning to fall apart, on low 8 to 10 hours or on high 4 to 6 hours.

Transfer the droid pieces to a serving bowl. Allow to cool slightly, and then shred using 2 forks, removing any excess parts.

Skim any excess parts off of the sauce remaining in the slow cooker. Stir in the lime juice and season with salt and pepper. Add the shredded droid pieces back into the slow cooker and mix it with the sauce that was created during the cooking. You can store the droid in its sauce for 3 to 4 days.

Preparing Meat: dry heat

Roasting

Step 1: Prepping the Meat

Once you have caught your meat, you must start the prepwork for the roasting process. For the purpose of this meal I will be using Luke Skywalker meat, however many other types of human meat can be substituted for similar results. Roasting is good for large cuts of meat, so the larger the better! First, we will start by preheating our oven for 20 minutes.

Step 2: Avoiding Common Mistakes

Never take your meat straight from refrigeration to the oven. Instead, let your meat come to room temperature. Master meat chefs know that tying up your meat to wooden poles to keep it from escaping is a great way for your meat to adjust to room temperature.

Step 3: Cooking the Meat Evenly

Use a wide roasting pan to make sure your meat cooks evenly. As I mentioned before, I am using Luke Skywalker meat, so my pan will be selected based on the size of meat I've chosen. Meat racks always help in terms of hot air circulation around the roast, and can be substituted with vegetables if you don't have access to racks.

Step 4: Tying the Roast

Usually, the roast is tied when successfully caught. However, when cooking, make sure to tie several ropes around your meat, as this ensures your meat will cook evenly throughout and decrease the chances of your meat escaping.

Step 5: Keep it Juicy

Juicy meat is always better, so make sure to keep your meat juicy by covering it with butter or oil. Additionally, this will help any seasoning you apply, stick.

Step 6: Adding Seasoning

After capturing your meat, a very physical ordeal, it is likely your meat will be sweaty. While adding butter and oil can reduce the taste of nasty sweat, adding additional seasoning to your meat can enhance flavoring, and reduce the taste of sweat.

Step 7: Roast!

Next, you will cook the roast to meet the expectations of your recipe, which may vary. Keep in mind, some cook high and fast, while others cook low and slow. One expert tip is that you lose 50% heat each time you open the oven, and additionally hear penetrating screams from your meat as it cooks. So keep that door closed!

Step 8: Test and Run

A huge issue many cooks face is being able to identify when the meat is done. Using a thermometer, test your meat approximately 30 minutes before it is estimated to be done cooking. Once the roast reaches the correct temperature, which varies by recipe, take it out of the oven and let the meat rest. Expert tip: insert thermometer into the thickest part of meat. For example, in Luke Skywalker meat, the meat of choice for this instruction, I would insert the thermometer into the gluteus maximus.

Step 9: Enjoying your Work!

After your roast has rested for at least 10-15 minutes, you're welcome to cut in, and enjoy!

Preparing Meat: dry heat

Broiling

Step 1: Preheat and Prep

The obvious first step in preparing your meal is catching your meal! Once this has been completed, place your meat in the fridge to let it cool. For the purpose of this instruction, we will be using Luke Skywalker meat. Per your recipe, to prepare your meat, pull it from the fridge and season it accordingly. Then, turn on your broiler. I recommend using a broiling pan, as this will allow for even cooking and catch any drippings. Remember to keep a timer nearby.

Step 2: Under the Broiler

Broiling your meat works best when the meat is closest to the broiler (roughly 2-4 inches). After sliding your meat under the broiler, set a timer. Following the time in your recipe, make sure to flip your meat once it is cooked halfway through. Expert tip: depending on your oven, keeping the door open may help when broiling, just make sure to keep an eye out for escaping meals!

Step 3: Timing, timing, timing!

A few minutes before your predicted completion time, check your meat for doneness. Using an instant-read thermometer is recommended. Just remember, your meat's temperature will rise by a few degrees once taken out of the oven.

Step 4: Letting the meat rest

Although your meat may look scrumptious, make sure to let it rest after removal from the oven. I recommend letting the meat sit for at least 5 minutes before cutting in.

Step 5: Enjoying your work

Make sure to slice your meat against the grain, slicing across the narrow part of your meat first. Then be sure to top with your favorite seasonings and sauces, especially if you're looking to eliminate that sweaty taste that forms from the process of trying to catch your meal. Lastly, enjoy! Afterall, it's not everyday you can catch such a good meal!

Preparing Meat: moist heat

Braising

Step 1: Preparation

For starters, you'll want to make sure to season your meat, to get any taste of sweat that forms from catching your meat out. Next, get your pan nice and hot. I recommend using a deep pan and adding some oil to the bottom. It should be noted that while there are many meat selections that can be substituted for these instructions, I am using Luke Skywalker meat.

Step 2: Sear the Meat

Next, add the meat to your pot and begin to sear it. You want your meat to be dark brown on all sides. Once this occurs, remove the meat, and set it aside. It should be noted that during the searing part, excruciating screams may be heard.

Step 3: Prepare your complementary veggies

Braising your meat always incorporates veggies! Add your veggies to your pan after removing your meat, and get them nice and brown.

Step 4: Deglaze

When the veggies are soft, deglaze the pan with wine!

Step 5: Start Braising

Add the meat to the pot with veggies and begin the braising process!

Step 6: Add Liquid

Add water halfway up the meat and bring to a boil, then to a simmer. When it starts to simmer, add your flavoring of choice! Now cover the meat and let it sit at a low simmer.

Step 7: Cook the Meat

Cooking low and slow allows the meat to become tender and delectable! Note that while cooking the liquid levels need to remain the same, so add liquid as needed. It could take the meat 1 ½ to 3 hours to become tender, but once it's tender, it's done!

Luke Skywalker Pot Pie

Ingredients

- ❖ 2 cups diced peeled potatoes
- ❖ $\frac{3}{4}$ cup sliced carrots
- ❖ 1 cup butter, cubed
- ❖ $\frac{2}{3}$ cup chopped onion
- ❖ 1 cup all-purpose flour
- ❖ $\frac{3}{4}$ teaspoon salt
- ❖ 1 teaspoon dried thyme
- ❖ $\frac{3}{4}$ teaspoon pepper
- ❖ 3 cups chicken broth
- ❖ 4 cups cubed cooked Luke Skywalker
- ❖ 1 cup frozen peas
- ❖ 1 cup frozen corn
- ❖ 4 sheets refrigerated pie crust

Instructions

Preheat the oven to 425° and place potatoes and carrots in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, covered, 8-10 minutes or until crisptender; drain.

In a large skillet, heat butter over medium-high heat. Add onion; cook and stir until tender.

Stir in flour and seasonings until blended. Gradually stir in broth and milk. Bring to a boil, stirring constantly; cook and stir for 2 minutes or until thickened. Stir in Luke Skywalker meat, peas, corn and potato mixture; remove from heat.

Unroll a pie crust into each of two 9-in. pie plates; trim even with rims. Add Skywalker mixture. Unroll remaining crusts; place over filling. Trim, seal and flute edges. Cut slits in tops.

Bake 35-40 minutes or until crust is lightly browned. Let stand 15 minutes before cutting.

Traditional Luke Skywalker Meatloaf

Ingredients

- ❖ 3 slices of bread
- ❖ 1 large egg, lightly beaten
- ❖ $\frac{2}{3}$ cup 2% milk
- ❖ 1 cup shredded cheddar cheese
- ❖ 1 medium onion, finely chopped
- ❖ $\frac{1}{2}$ cup finely shredded carrot
- ❖ 1 teaspoon salt
- ❖ $\frac{1}{4}$ teaspoon pepper
- ❖ 1 to 1 $\frac{1}{2}$ pounds ground Luke Skywalker meat.
- ❖ $\frac{1}{4}$ cup packed brown sugar
- ❖ $\frac{1}{4}$ cup ketchup
- ❖ 1 tablespoon prepared mustard

Instructions

Preheat the oven to 350° and Tear bread into 2-inch pieces; place in a blender. Cover and pulse to form coarse crumbs; transfer to a large bowl. Stir in egg, milk, cheese, onion, carrot, salt and pepper. Add Luke Skywalker meat; mix lightly but thoroughly. Transfer to a greased 9x5-in. loaf pan.

In a small bowl, mix glaze ingredients; spread over loaf. Bake for 60-75 minutes or until a thermometer reads 160°. Let stand for 10 minutes before slicing.

Zucchini Boats with Luke Skywalker Meat

Ingredients

- ❖ 2 medium zucchini
- ❖ $\frac{3}{4}$ ground Luke Skywalker meat
- ❖ 1 small onion, chopped
- ❖ $\frac{1}{2}$ cup chopped fresh mushrooms
- ❖ $\frac{1}{2}$ cup chopped sweet red pepper
- ❖ $\frac{1}{2}$ cup chopped green pepper
- ❖ 1 cup shredded cheddar cheese, divided
- ❖ 2 tablespoons ketchup
- ❖ Salt and pepper for taste

Instructions

Trim the ends off the zucchini. Cut zucchini in half lengthwise; scoop out pulp, leaving 1/2-in. shells. Finely chop pulp.

In a skillet, cook ground Luke Skywalker meat, zucchini pulp, onion, mushrooms and peppers over medium heat until meat is no longer pink; drain. Remove from the heat. Add 1/2 cup cheese, ketchup, salt and pepper; mix well. Spoon into the zucchini shells. Place in a greased 13x9-in. baking dish. Sprinkle it with remaining cheese.

Bake, uncovered, at 350° until zucchini is tender, 25-30 minutes.

Traditional Ewok Cornbread Dressing

Ingredients

- ❖ 16 ounces of dry cornbread mix
- ❖ 2 tablespoons butter
- ❖ ½ cup chopped celery
- ❖ 1 small onion
- ❖ 2 eggs, beaten
- ❖ 2 cups chicken stock
- ❖ 2 tablespoons dried sage
- ❖ Salt and pepper for taste

Instructions

Any good captive dish is incomplete without a complimentary side dish to go along with it. For Traditional Ewok Cornbread Dressing, prepare the dry corn bread mix according to package directions. Cool and crumble and preheat the oven to 350 degrees F. In a large skillet over medium heat, melt the butter and saute the celery and onion until soft. In a large bowl, combine the celery, onions, 3 cups crumbled cornbread, eggs, chicken stock, sage and salt and pepper to taste; mix well. Place into a prepared dish and bake at 350 degrees F for 30 minutes.

Grilled PattyPan Squash with Hot Chorizo Vinaigrette

Ingredients

- ❖ 8 pattypan squash, trimmed, cut in half along scalloped edge
- ❖ Kosher salt, for taste
- ❖ 1 tablespoon olive oil
- ❖ 6 ounces fresh, raw chorizo sausage (made of Han Solo meat)
- ❖ ¼ cup extra-virgin olive oil
- ❖ ⅓ cup sherry vinegar
- ❖ 1 tablespoon chopped fresh mint, plus more for garnish

Instructions

One of the most popular dishes amongst Ewoks is Grilled PattyPan Squash, especially when made with Hot Chorizo Vinaigrette. While the vinaigrette can incorporate many different meat substitutions, for the purpose of this recipe's instruction, I will be using Han Solo meat.

Place squash cut side up on a paper towel-lined baking sheet. Generously sprinkle with kosher salt. Let it sit for 15 minutes to extract some moisture from the squash.

Heat a heavy skillet over medium heat; add olive oil and ground Han Solo chorizo. Cook until chorizo is very well browned, 6 to 8 minutes, breaking up the meat into fine pieces with a wooden spoon as it cooks. Remove from heat. Leave about 2 tablespoons of rendered fat in the pan; remove the rest. Stir olive oil, vinegar, and freshly sliced mint into the Han Solo chorizo mixture.

Preheat an outdoor grill for medium-high heat and lightly oil the grate. Blot off moisture from squash with a paper towel.

Grill squash rounds, turning them often, until tender and nicely charred, about 3 minutes total per side. Transfer to a serving dish. Top with warm chorizo vinaigrette. Garnish with more chopped mint.

Cheesy Potato Pancakes

Ingredients

- ❖ 4 russet potatoes, peeled and grated
- ❖ 2 eggs
- ❖ ½ cup milk
- ❖ 1 cup all-purpose flour
- ❖ ½ cup grated Parmesan cheese
- ❖ ½ cup shredded Cheddar cheese
- ❖ ¼ cup real bacon bits (Optional)
- ❖ 1 teaspoon onion salt
- ❖ 1 teaspoon baking powder
- ❖ 1 teaspoon salt
- ❖ ½ teaspoon ground black pepper
- ❖ ¼ cup corn oil
- ❖ 2 tablespoons butter

Instructions

Another fan favorite, Cheesy Potato Pancakes are best served with Droid recipes, as their flavor provides a savory taste for eaters.

Start by mixing together the potatoes, eggs, and milk in a large bowl.

Stir flour, Parmesan cheese, Cheddar cheese, bacon bits, onion salt, baking powder, salt, and black pepper into potato mixture using a fork.

Heat corn oil and butter in a large skillet over medium heat.

Spoon about 2 tablespoons of potato mixture, per patty, into the skillet. Cook patties until golden brown, about 4 minutes per side.

Drain cooked pancakes on a paper towel-lined plate.