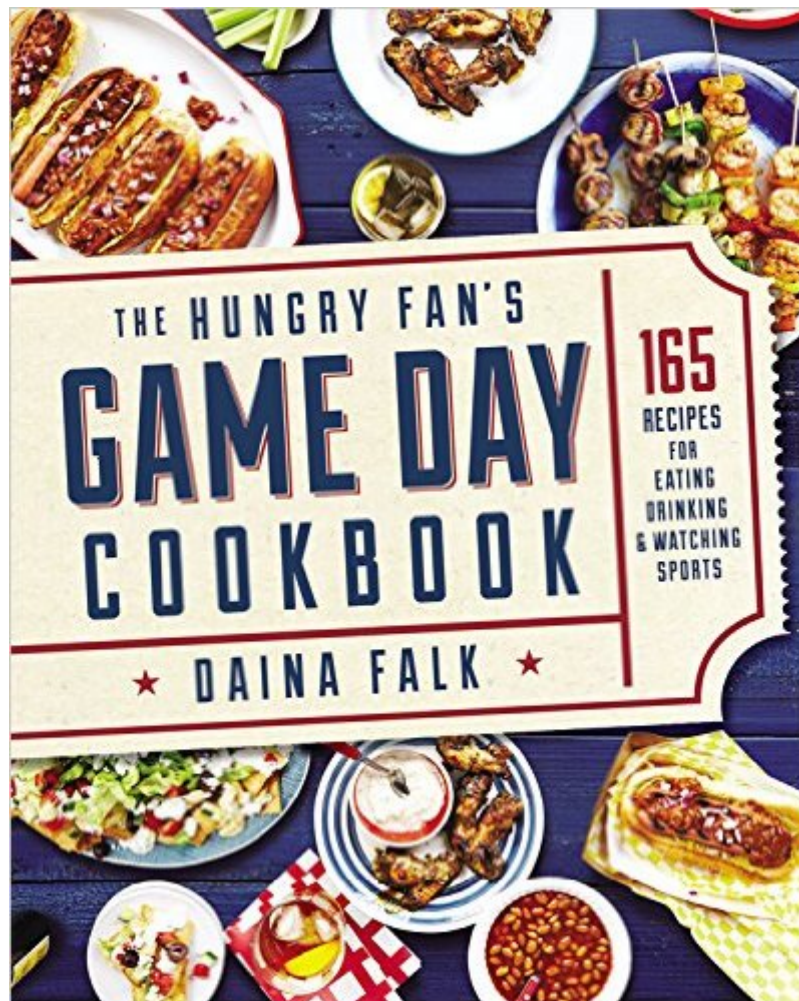


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# The Hungry Fan's Game Day Cookbook: 165 Recipes For Eating, Drinking & Watching Sports



## Synopsis

The daughter of legendary sports agent David Falk, Daina Falk spent her early years around pro athletes. Today, her love of sports is matched only by her passion for food. As the original Hungry Fan®®, Daina celebrates game day cooking at its best, from pulled pork sandwiches at the tailgate to sky-high stadium chili at home. In *The Hungry Fan's Game Day Cookbook*, Daina presents more than 100 crowd-pleasing recipes to jazz up your tailgate and score points with any home game-watching guest. Discover fresh takes on classics like Buffalo wings, sliders, and layered dips, alongside delicious dishes inspired by local fan traditions. Daina also enlisted a dream team of athletes including LeBron James, Boomer Esiason, Victoria Azarenka, and Dikembe Mutombo to contribute their signature recipes to the mix. Featuring tips on planning menus, packing snacks, and finding top stadium eats, plus fun facts, team trivia, and Daina's memories of growing up on the sidelines, this fan-friendly cookbook is an all-access pass to the ultimate game day experience.

## Book Information

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## Customer Reviews

View larger Buffalo Chicken Tacos Serves 4 These tacos were inspired by a dish served at Jay Z's 40/40 Club in Manhattan. I was there for an event with 'Uncle' Chris Doleman. I was starving, so while Chris was talking with some people, I disappeared to quickly shove about five (or more) Buffalo chicken tacos in my mouth and then returned to be sociable. (I can only hope some of the greens weren't left stuck in my teeth.) Though I literally inhaled the tacos, I was still able to taste them, and they were really good. So I thought, I could make these.

They used fried chicken in Buffalo sauce, but I prefer my chicken baked or pan sautéed. Either way, they're good. And they happen to travel well, though I would suggest bringing the individual ingredients wrapped separately and then assembling the tacos in the parking lot.

1. Make the sauces: Combine all the ingredients for the Buffalo sauce in a small bowl. Combine the mayonnaise and chipotle sauce in another small bowl, and mix well.
2. Season the chicken tenders all over with salt and pepper, and dredge in the flour.
3. Sauté the chicken in the garlic chili oil and canola oil in a large skillet over medium-high until cooked through, about 8 minutes. Pour in the Buffalo sauce, and sauté until the sauce coats the chicken and starts to brown. Remove from the heat.
4. To make a taco, spread 1 to 1.5 tablespoons of the chipotle mayo on a tortilla. Top with 2 chicken tenders plus a quarter of the tomatoes, cilantro, microgreens, and blue cheese. Repeat to make four tacos in all, and serve.

**Buffalo Sauce Ingredients**

- 2 tablespoons vegetable or extra virgin olive oil
- 1.5 tablespoons white vinegar
- 1.5 teaspoon cayenne pepper
- 1.5 teaspoon garlic powder
- 1.5 teaspoon Worcestershire sauce
- 2 teaspoons Tabasco sauce
- 1.5 teaspoon sea salt
- 6 tablespoons Louisiana hot sauce

**Ingredients**

- 2 tablespoons mayonnaise
- 1 tablespoon chipotle sauce, or more to taste
- 1 pound chicken tenders
- Sea salt and freshly ground black pepper
- 1 cup all-purpose flour or brown rice flour (if you're gluten-free)
- 1 tablespoon garlic chili oil, optional
- 1 tablespoon canola oil
- 4 (6-inch) flour tortillas (or corn tortillas if you're gluten-free)
- 1 plum tomato, diced
- 1 tablespoon minced fresh cilantro
- 1.5 cup microgreens
- 1.5 cup blue cheese crumbles

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**Mini Chicken and Waffles** Makes about 12

I didn't really discover chicken and waffles until I went to college in the South. But once that first bite hit my taste buds, I was hooked. When seasoned right, this combo is the perfect interplay of salty and sweet and soft and crunchy all together in one dish! Usually chicken and waffles is more of an "entrée" even a late-night bite (à la Roscoe's House of Chicken and Waffles, the late-night LA spot) and not quite fitting for a fangating spread. So I say, just like sliders, make "em mini" as in finger food and problem solved! I add a little Brie and green apple on top to create a bit more flavor, but feel free to leave them off. There's nothing wrong with keeping this dish simple.

**Friendly Fangating Tip:** I like the extra sweetness and nuttiness that whole-wheat waffles bring, and that they're a little healthier. You can also skip the molasses reduction entirely and just use maple syrup!

1. Combine the molasses, vinegar, and a pinch of salt in a small saucepan. Stir well, and then reduce over low for about 15 minutes, whisking frequently, until you have about 1/4 cup.
2. Meanwhile, combine all the ingredients for the panko mixture in a large

shallow bowl, and mix well. Combine the egg and milk in another shallow bowl. Dunk each chicken tender in the egg mixture before coating them completely in the panko mixture. 3. Combine the oils in a large skillet over medium. Add the coated chicken tenders, and pan-fry them over medium to medium-high, making sure to flip them until both sides are browned and the chicken is cooked through, 6 to 8 minutes. Remove from the heat, and cut each tender into 12 chunks, roughly the size of the waffles. 4. Warm the waffles, preferably in a toaster oven or low oven so they're warm but still have a bit of texture. 5. Sandwich a piece of chicken between two waffles, top with a wedge of apple and a wedge of Brie, drizzle with the molasses-balsamic reduction, and serve.

**Panko Mixture** 1 cup panko bread crumbs. 1/2 teaspoon sea salt. 1/2 to 1/4 teaspoon Lawry's seasoned salt, to taste. 1/2 teaspoon chili powder. 1/2 teaspoon freshly ground black pepper. 1/2 teaspoon garlic powder. **Ingredients** 2 tablespoons molasses 1/2 cup balsamic vinegar 1/2 cup balsamic vinegar 1 large egg, beaten Splash of whole milk 4 chicken tenders 3 tablespoons olive or vegetable oil 1 tablespoon sesame oil 24 whole-wheat mini waffles 1 small Granny Smith apple, cored and thinly sliced into 12 bite-sized wedges Brie cheese, cut into 12 bite-sized wedges

THE HUNGRY FAN'S GAME DAY COOKBOOK by Daina Falk is the perfect cookbook for any sports fan. I enjoyed Daina Falk's introduction. Her father was a sports agent. Thus, she literally grew up around sports. She tells the story of how she came up with the "Hungry Fan" website, in addition to some other interesting background information. I love the concept of this cookbook. Many of the recipe contributors are athletes; in those recipes, Falk wrote a paragraph about that contributor. She also has Tasty Tidbits information about various athletes. Being a Chicagoan, one of my favorite contributors is Michael Jordan. I love Daina's story about the chocolate-chip cookies. I also enjoy the Jordan's Meat-Lover's Flatbread recipe. The book is nicely laid out and easy to follow. It is full of beautiful images. She gives great tips throughout the book. The recipes are wonderful. I love that she includes condiment recipes if you want to get away from the preservatives in store bought brands. This is an excellent cookbook for any kitchen. It would make a great gift for any sports fan. I could easily see this as a go-to gift for my friends and family. Complimentary copy provided in exchange for an honest review.

This is a beautifully written and designed cookbook. There is a wide variety of recipes that expand on the traditional "sports party" food. The photography is exceptional. The graphics and other design elements make this a fun book to just browse through even when you are not looking for a

new recipe. The anecdotes and stories about the athletes who contributed to the book add to the interest level but do not detract from the purpose -- a really exceptional cookbook that just happens to incorporate sports elements. Released just in time for football season, I know it will get lots of use in the near future!

Late fall through winter, it seems, that sports fans can't get enough of their favorite teams. Of course, watching a game isn't complete without a tailgate party, or a big spread in front of the television. Generally, the food served isn't froufrou food; rather, it's hearty, stick to the ribs, man-food. Calorie counting is not allowed, and eating too much is part of the ritual. While some sports fans serve the same foods over and over, Daina Falk's excellent cookbook, *The Hungry Fan's Game Day Cookbook: 165 Recipes for Eating, Drinking & Watching Sports* includes new, innovative and luscious dishes to serve sports fans on any occasion. The book is well organized, and the layout is cleverly laced with sports jargon and top-of-the-line pictures throughout. The best part, of course, is the amazing variety of fabulous dishes that will make any sports fan swoon, even if his team happens to be losing. Above each recipe is an explanation, story, or vignette, which makes the book fun to read. There are hints on making some of the dishes a little healthier without ruining them, and the recipes are unique and innovative. No recipes for mini hot dogs with barbecue sauce, or frozen Buffalo wings -- the recipes are for hearty dishes people (men, women, sports fans, and everyone else) will actually want to eat. The Bacon Hummus is incredible and not to be missed. If you don't try the Peanut Butter and Bacon Burgers, you'll really be the loser. There are easy-to-follow recipes for dips, chicken wings, sliders, burgers, sandwiches, quesadillas, and nachos in flavors you've never dreamed of, and hearty desserts like Guinness Cupcakes with Bailey's Frosting which have become a favorite (and perfect for St. Patrick's Day, too). This book is highly recommended for anyone who likes to cook good food for sports events. Most of the recipes are easy and many have minimal ingredients. There are enough recipes to keep everyone busy throughout the entire sports season. Special thanks to NetGalley for supplying a review copy of this cookbook.

The main feature that separates this cookbook from others is it includes recipes from some famous athletes like Michael Jordan, Dikembe Mutumbo, Robert Griffin III, and Boomer Esiason to name a few. And while the book does include recipes that you would expect at a sports gathering such as chicken wings, chili, burgers and sandwiches, there are some recipes that while they sounded appealing might have been better suited for a non-sports themed type of cookbook. There's a good

amount of photos and interesting tidbits about the recipes throughout the book. Most of the ingredients for recipes can be found at the supermarket but there were some that you might have to search for at a gourmet store or online. Overall this is a decent cookbook that left me with some recipes that I am excited to try including Mediterranean Nachos, Fig And Prosciutto Flatbread, and Buffalo Chicken Tacos. I won this cookbook in a giveaway and that is my fair and honest review.

Do you love food? How about sports? Then The Hungry Fan's Game Day Cookbook is for you. It is chocked full of mouthwatering recipes, great stories, and fantastic photos. My PDF copy I received is now highlighted throughout with my notes. Ms. Falk has combined her love of food, sports and her experience of growing up the daughter of a sports agent into a great tailgating resource. One of the recipes that really caught my eye was Honey Sriracha Teriyaki Drumsticks. I have a newly acquired interest in Sriracha. This looks like a great recipe to explore that interest. The stories that accompanied the recipes are entertaining. I especially enjoyed the Michael Jordan watch story. I received a free copy of the book from NetGalley in exchanged for my honest review. Thank you.

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