

Table of Contents for Rachael Ray's "30-Minute Meals 2"

*Prepared by Dave Liske, Tecumseh, Michigan, June 2003
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This is an unofficial table of contents for Rachael Ray's "30-Minute Meals 2" (Copyright 2003, Lake Isle Press, ISBN 1891105108). Ms. Ray had no part in the compilation of this table of contents and, as far as I know, has not seen it.

The preparation of this table of contents came from my own desire to have a complete table of contents for my copy of the book. I've decided to release this publicly for the benefit of the book's other readers.

"30-Minute Meals 2" was published with a table of contents but it's not any kind of an actual TOC. There are what may be termed "section headers" in the single-page table of contents in the front of the book. These can be seen in bold text within the table of contents within these pages. There are also three pages containing menus labeled as "Rachael's Favorites", "Meat-Free Meals" and "Yes, The Kids Will Eat It". However, as the book contains approximately 280 recipes, the organizational information in the front of the book is far from complete. The book is also touted as being arranged as a grouping of menus, none of which are listed anywhere. In this table of contents the recipes are listed within numbered menus (of which there are 100), with menu titles where given in the book.

This table of contents is in four sections:

1. Table Of Contents, page 2
A complete TOC, broken down as per the "section headers" in the book's actual TOC, and then further arranged within the individual menus. Episode numbers are also included for menus and recipes which could be found in the episode listing.
2. Alphabetical Recipe Listing, page 11
A listing of all the recipes in the book in alphabetical order.
3. Further Readings, Viewings, and The Knife, page 18
A listing of Ms. Ray's other works, including information on her favorite knife.
4. Appendix A, "A Collection of Limericks by Flarn", page 19
A tongue-in-cheek limerick by one of Rachael Ray's fans, lampooning those who would have Ms. Ray change to fit their own views.

This may very well turn into a continuous "work-in-progress" depending on how I use it, what other readers think of it, and of course, if Ms. Ray ever sees it. In view of this, please send corrections and suggestions to delmar@mvps.org.

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Further Rachael Ray Readings, Viewings, and The Knife

Books

1. Entertaining: Rachel Ray's 30-Minute Meals, Copyright October 2003, Lake Isle Press, ISBN 1891105116
2. 30-Minute Meals 2, Copyright May 2003, Lake Isle Press, ISBN 1891105108
3. Veggie Meals, Copyright June 2001, Lake Isle Press, ISBN 189110506X
4. Comfort Foods, Copyright January 2001, Lake Isle Press, ISBN 1891105051
5. Rachael Ray's Open House Cookbook, Copyright February 2000, Lake Isle Press, ISBN 1891105043

Videos

1. 30 Minute Meals, Volume 1, VHS Format, 3 tapes, Food Network SKU #FNMER4163
2. 30 Minute Meals, Volume 1, VHS Format, 3 tapes plus "30-Minute Meals", Food Network SKU #FNMER4180
3. 30 Minute Meals, Volume 2, VHS Format, 3 tapes, Food Network SKU #FNMER4167
4. 30 Minute Meals, Volume 2, VHS Format, 3 tapes plus "30-Minute Meals", Food Network SKU #FNMER4181
5. 30 Minute Meals, Fasta Pasta, VHS Format, Food Network SKU #FNMER4161
6. 30 Minute Meals, A Little Spice Is Nice, VHS Format, Food Network SKU #FNMER4162
7. 30 Minute Meals, Fast and Light, VHS Format, Food Network SKU #FNMER4160
8. 30 Minute Meals, Vegging Out, VHS Format, Food Network SKU #FNMER4164
9. 30 Minute Meals, The Superior Sandwich, VHS Format, Food Network SKU #FNMER4165
10. 30 Minute Meals, Party Preparation, VHS Format, Food Network SKU #FNMER4166

Television

1. "30-Minute Meals", Food Network
2. "\$40 A Day", Food Network

The Knife

1. Wusthof 7-inch Santoku Knife, Hollow Edge, Food Network SKU #FNMER4184

Appendix A: A Collection of Limericks by Flarn

This piece was posted by Rich "Flarn" Ruksenas in the "30-Minute Meals" forum on foodnetwork.com, from his location somewhere on the planet Mars ...

Having some fun with 30 Minute Meals. Now....let's not get all...ya know.....bent.

There once was a cook named Ray,
Who cooked scallops, in the oven, all day,
Sugary sweet,
Like a marshmallow peep,
And blackened to a pale indigo gray!

1 cup sugar to 1 slice of bread,
French toast that is heavy, like lead,
Her sweet tooth is large,
As big as a barge,
1 serving, you'll know you've been fed!

Zucchini is like pepperoni,
And pilaf is like Rice-a-Roni,
If you make a wish,
She'll disguise a dish,
That curry in a hurry's a phony!

Beef Burgundy can't be made quick,
With Rachael, it's lickety-split,
Flank steak in wine,
It looked more like brine,
2 more hours, would do the trick!

The stir-fry was crowding the pan,
All that steam, required a fan,
Cooking with wok,
With way too much stock,
Is like, beef chow mein in a can!

Portobellos are beefy, ya know,
And cumin is smoky, ('zat so!)
Anchovies are nutty,
Her dumplings are putty,
Why doesn't she make sloppy joe?

I wonder which knife, that she uses,
To whack all the garlic, she abuses,
It relieves stress,
But, makes a mess,
Half the bulb, in this case, she loses!

Rachael Ray has a big garbage bowl,
Too much food, goes in that black hole,
Call the contractor,
Install a compactor,

Cleanup that's easy's the goal!

Baked 'taters were swimming in grease,
Where was the pork-fat police?
She doesn't drain,
Or try to explain,
What makes, a sausage, Cherise!

Boneless and skinless are tenders,
As food, they are great pretenders,
Taste real bland,
Dry as desert sand,
Her recipes, for these, are never-enders!

Her burgers are too big to eat,
Texas, doesn't have that much meat,
It stretches yer jaw,
You eat it raw,
Crushed red pepper flakes, added for heat!

Mussels open, when dead, I suppose,
Or is it correct when they close,
You will not like these,
When you get, the heaves,
and chills and a big runny nose!

She once called out "Yummo! Delish!"
She's not a big fan, of fish,
Big "Ta Da!" factor,
She's such an actor,
Good food, is all that you wish!

Rachael Ray has two shows, not one,
I guess, it doubles her fun,
30 minutes to braise,
40 dollars to raise,
Gotta go, my limericks are done!

Flarn
From: Mons Olympus, Mars