

MOSH POTATOES





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RECIPES, ANECDOTES, AND MAYHEM
FROM THE HEAVYWEIGHTS OF HEAVY METAL



STEVE “BUCKSHOT” SEABURY

FOREWORD BY CHRIS CAFFERY

INTRODUCTION BY LUKE TOBIAS

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This book is dedicated to my wife, Lisa. She is my total inspiration, and without her, life would be a mistake. I look forward to sharing charming adventures with our first daughter, Emma. This is rock 'n' roll.





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EDITOR'S NOTE

When I was just a snot-nosed little punk, my Aunt La La turned me on to AC/DC's "Highway to Hell" at my grandparents' house. I was completely blown away by their music, the album cover, and the brilliant lyrics. How could you not be? Angus Young and Bon Scott are true rockers! When I grow up I want to be just like them.

During my teenage years in high school I started to play the bass guitar in my first band, Torment, and worked at various restaurants slinging pizzas, cooking up pasta, flipping burgers, and washing dishes. Playing metal with the band or cranking metal in the kitchen was a good day to me. Heavy metal music and food . . . what could be better?

Once I went to college, I realized campus food didn't taste anything like my parents' cooking. Actually it was some of the worst food I'd ever eaten. Just nasty! I quickly turned my dorm room into a prison kitchen. With the help of a coffeemaker, an electric skillet, a mini fridge, and a toaster oven, I could turn frozen pizza into something you might find in the West Village. My friends and I would buy cheap food, steal items from the mess hall on campus, and eat like kings in my dorm room. Mix some spices with a little Mad Dog 20/20, *Headbangers Ball* on MTV, and a 12-pack of cheap beer gave us a great meal.

In 1996, I packed up my one suitcase and moved to New York City. I got hired as an intern for a record company. I couldn't believe it. I'd actually found my dream job. Life was good. I told myself if you can't get signed by a record company you might as well intern for one. Most of my friends and family thought I was crazy, and maybe I was, but I ran with the opportunity and never looked back. I moved into a studio apartment in Queens with my only possessions: a TV, a stereo, a sleeping bag, my guitar, and a chair. That's it. For six months I slept on the floor like a dog and showed up to work with a smile.

I would take the subway from Penn Station to Canal Street five days a week to my office. For five bucks a day I would eat like a king. In that area I would find the most amazing Chinese food, Mexican food, and Italian food. My taste buds jumped into overdrive. Every night I would crank out to my favorite bands on tour and experience all kinds of food from every culture in the world. I love great music and I love better food!!! You can only do this in New York Rock City!

A foodie friend of mine named Rev. Ciancio writes a blog called Burger Conquest and his Glorious Pursuit of Delicious Burgers. If you are a sucker for a good burger, then this is the only site you need in your life. One night over a couple of beers, he turned me on to this gem in Chicago called Kuma's Corner. This restaurant is not only the best place to get your grub on, but it also cranks out the most awesome tunes. Chef Luke is such a badass; he names his burger recipes after some of his favorite metal bands. There is nothing better than Chef Luke's Neurosis Burger with an ice-cold beer. I knew when I was putting together this book I had to get him to write the intro. I am so glad he did.

During my time spent in Queens I got to become friends with this guitar slinger named Chris Caffery. I knew this guy could play guitar like nobody's business, but I never knew he was a chili-head. One day while we were enjoying a tasty beverage and chowing down on some bar food, he takes out of his duffle bag a spaghetti sauce jar filled with hot sauce. He cracks it open, and the smell was so heavenly. I don't know about you, but I'm a sucker for a good hot sauce. A great hot sauce can make a rubber tire taste good. Chris tells me this story about how he had been working on his sauce for some time and had just now perfected it. I had to agree with him 100 percent. It was the best hot sauce I have ever had. After washing down my meal, I had to ask him if he would like to submit a recipe for this book and to write the foreword.

Throughout the years working in the music industry I have traveled throughout the United States and Europe. I have experienced many different cultures and foods that are truly out of this world. I have been extremely lucky to work with some of the greatest bands in rock 'n' roll. I have developed amazing friendships with these

artists and have learned that I'm not the only one who loves cranking out the tunes, cooking crazy meals, and eating great food.

Mosh Potatoes is a backstage pass into the kitchens of some of the best musicians in heavy metal music. Some of these rockers could outcook any old Top Chef.

I've personally prepared all the recipes you see here in my home. I hope you as a fellow foodie and a fan of rock 'n' roll will enjoy these as much as my wife and I do.

Beers Up!

Steve "Buckshot" Seabury





F⊕REW⊕RD

I was really stoked when I heard that Steve was putting this book together. I was excited that he asked me to submit a recipe. I was ecstatic and flattered when he asked me to write this foreword.

It's Thanksgiving night 2009, and I am currently traveling with the Trans-Siberian Orchestra. Even on a tour with amazing catering, I still find the urge to cook for myself. Sometimes I even make some of my classic ramen noodle recipes before I headline an arena show in front of 15,000 people. I find it both relaxing and a way for me to always remember where it was that I came from and to never take things for granted. It also stirs up some incredible memories of the last twenty-five years on the road and beyond. As a kid I was volunteered to be the family chef at a young age. My mother and father worked full-time so I was handed food and basically taught myself. It wasn't perfect every time, but that is what cooking is about. Trial and error. I learned to cook almost anything. Whether it was lasagna or stuffed shells, baked chicken or ham, soups or sauces . . . I could cook just about anything by the time I was eighteen.

As time went on and I began to travel, I would pick up recipes on the road. If I ate something I liked, I would try to find out what was in it, how it was done. During tough times I became the master of low-budget cooking for many people. Ten-dollar meals that would feed an entire band. These would be huge pots of soup, pasta meals, shepherd's pie, and many more. Sure, we had more than ten dollars, but we had to have something left over for the vodka!!! I also had the misfortune of finding out that there would be times when food was not as much fun going out as it was going in. After many bouts with food poisoning and other stomach illnesses I always seem to revert back to cooking for myself! We had a running joke on tour about a bus that one of our catering companies bought. We would say, "Poison bought them that bus . . . *food poison!*"

Inside this book you will find that many of us musicians are just as creative in the kitchen as we are in the studio. That cooking is an art. Whether it is an extravagant meal like steak and lobster or a simple appetizer like squeeze cheese and Bugles (a late-night favorite amongst myself and half-baked partners in crime), I have found that many of my friends on the road have different specialties and meals they like to share. Steve has managed to assemble many of them here in this book. I have cooked up several Thanksgiving dinners from scratch at home. Not this year, since tomorrow I have two shows, and I am excited to perform. Afterwards, I'll head back to my tour bus and make some day-after-Thanksgiving turkey sandwiches. Grab some left-over turkey and gravy, cook the Stove Top stuffing, add cole slaw, cranberry sauce, and oh yes: the instant Mosh Potatoes . . . enjoy!!!

Chris Caffery, lead guitarist of Trans-Siberian Orchestra



INTRODUCTION

I've lost my mind. Clearly, I've gone off the deep end. I'm up to my arms in grease and beef, it's eight-thirty on a Saturday night, and the line is out the door and around the block. It looks like any other show you've been to. A small dark room, hundreds of people smashing up against each other, screaming at the top of their lungs, swilling beer and headbanging. Priest's "Painkiller" is blasting from the speakers in the room at full volume. I am the sous chef at Kuma's Corner in Chicago. We've been cranking out the best burgers in the country for the last few years and every night is a performance. Our kitchen is tiny, probably smaller than your kitchen at home. And whether we are debuting a new burger special like the Agenda of Swine or the Eyehategod, or hosting a listening party for a local band on the brink of success, there are two reasons we are here. Food and metal.

If you've ever been to any show that is hosted outdoors or, better, at a large-scale festival, maybe you've had the honor of being allowed backstage and having a look around. In my experience, there are a couple of things that are constants in the backstage areas of outdoor shows. Buses, beer, and grills. The latter two being, by far, the most essential. Take a walk and you'll hear the howls of camaraderie, breathe in the smoke-filled air, and smell the cornucopia of sensations rising from the smoldering coals of the grill. Burgers, steaks, ribs . . . it's summertime. Everyone is hungry, and everyone has their recipe. Their top-secret ingredient that makes *their* barbeque sauce better than everybody else's. And nine times out of ten, it's a strictly guarded secret. It's like someone took the Colonel, strapped an axe on him, got him drunk, and sent him into battle to defend the honor of the coveted eleven herbs and spices.

If you are reading this book, I'm sure you are familiar with at least some of the legends who have contributed their recipes. Whether you've stood at the front of the stage and thrown your neck out headbanging to "Into the Pit," or gotten your ass

kicked moshing to “I Will Be Heard,” you’ve never had the opportunity that you have right now. Take this chance to look into a secret society of headbanging chefs from around the world. They are opening their backstage to you.

Chef Luke Tobias, Kuma’s Corner, Chicago



**⊕ OPENING
ACTS**



BLACK BEAN AND CORN SALSA

Lita Ford

This salsa is awesome with your favorite margarita and tortilla chips. I also love it in the morning with scrambled eggs and melted cheddar cheese wrapped in a flour tortilla. I love the smells of all the different ingredients. It stays fresh a long time if refrigerated and wrapped up tight. It's mouthwatering and spicy—great for parties too!

THIS FEEDS MY WHOLE FAMILY, WITH ENOUGH FOR LEFTOVERS

Two 15-ounce cans black beans, drained and rinsed

1 tomato, finely diced

Kernels cut from 2 ears corn

4 jalapeño chiles, seeded and finely diced

½ red onion, finely diced

¼ cup minced fresh cilantro

¼ cup fresh lime juice

1 teaspoon ground cumin

4 teaspoons olive oil

Salt

Mix together all the ingredients and chill for at least 1 hour.

Chow Down.



PARTY POTATOES

Tyler Connolly, *Theory of a Deadman*

The first time I had Party Potatoes was at my wife's parents' house on Vancouver Island. Took one bite and thought, *This is the bomb!!* These go with any dish and are great as a morning hangover remedy. The only thing missing from this rock 'n' roll staple is waking up next to Giada De Laurentiis from the cooking channel. Which I obviously have done.

SERVES 6

- One 3-pound bag frozen hash browns
- Two 10.75-ounce cans condensed cream of mushroom soup
- ½ cup melted margarine
- 2 cups sour cream
- 2 cups grated cheddar cheese

Take the frozen hash browns out of the bag to thaw out a bit. Mix the soup, margarine, and sour cream in a casserole dish. Mix in hash browns and then the cheese. Bake at 350°F for 30 to 45 minutes. Eat, then partyyyyyyyyyy!



ROCK 'N' ROLLY GUACAMOLE

Jeff Pilson, *Dokken/Dio*

The secret to great guacamole is really quite simple: nice, ripe, tasty avocados! You never want the other ingredients to overshadow the avocado taste, just enhance it. I don't make my guacamole very spicy. I prefer a very avocado-rich flavor, so the spice is mild. But if you do like it spicier, just add a bit of cayenne pepper, serrano chiles, or a spicier chili powder. Do enjoy. This is addictive!!

THIS FEEDS THE BAND AND CREW FOR THE AFTER-SHOW PARTY

- 3 large or 4 medium ripe Hass avocados
- 1/2 small ripe tomato
- 4 small green onions (scallions)
- 1/4 to 1/3 bunch of cilantro (healthy sprigs)
- 1/2 clove garlic
- 1/2 lime
- 2 tablespoons LaVictoria Mild Green Taco Sauce (very important!)
- 1 1/2 teaspoons chili powder
- Salt and pepper

Scoop the avocados out of the shells with a spoon and save at least one or two of the pits, as we'll use them to preserve the guac when we store it.

Chop the tomato into fine bits, and avoid the watery parts with the seeds (they could add too much moisture to the guacamole and make it too runny).

Chop the green onions (use about half the stalk as well).

Chop the cilantro into small pieces, avoiding their stems (removing the leaves before you chop is easiest).



Combine the avocados, tomato, green onions, and cilantro in a bowl that has been swiped with a bit of fresh garlic (just a very mild coating). This is preferred to actually adding garlic, as that tends to be too strong.

Now squeeze the lime, not completely, just moisten the mixture mildly, and add the taco sauce.

Put the chili powder on top and begin to mash. A potato masher works well to start, then as it gets fine you can mash with a fork.

Add salt and pepper to taste. But remember that if you're serving with tortilla chips, they tend to be very salty, so you may wanna test with tortilla chips. Now pig out!!!!

To store the guacamole, immerse the pits you put aside earlier into the mixture. Cover and refrigerate. The pits help ease the browning that tends to happen to guacamole left overnight. Should last at least another day or so.

