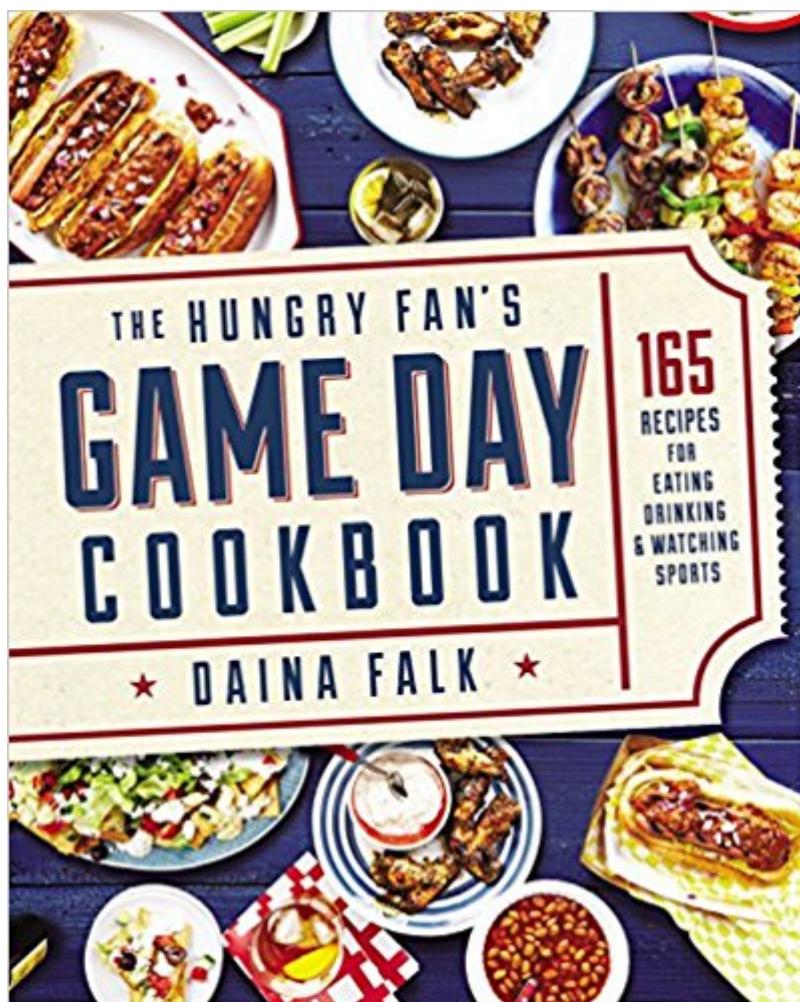


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# The Hungry Fan's Game Day Cookbook: 165 Recipes For Eating, Drinking & Watching Sports



## 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.

## 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 tablespoon 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.

1½ tablespoons white vinegar. ½ teaspoon cayenne pepper. ½ teaspoon garlic powder. ½ teaspoon Worcestershire sauce. 2 teaspoons Tabasco sauce. ½ 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 ½ cup microgreens ½ cup blue cheese crumbles

[View larger](#) 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 (e.g. 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 à la à laem mini à la à as in finger food à la à 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 ½ 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. 1/4 to 1/2 teaspoon chili powder. 1/2 teaspoon freshly ground black pepper. 1/4 to 1/2 teaspoon garlic powder. Ingredients 2 tablespoons molasses 1/4 cup balsamic vinegar 1/4 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

"Regardless of culinary preferences or skill level, every hungry sports fan can find something appealing in this go-to guide for game days all year long." *Publisher's Weekly* "Readers in search of new ideas for game-day entertaining will appreciate this book's blend of classic and contemporary recipes..." *Library Journal*

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