

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



FOOD TRUCK!

If you are new here - welcome! I have a cookbook that recently came out. You can download a copy, you can enter this into your browser:

<https://gumroad.com/mybizzykitchen>

We thank you for your support!



A couple years ago I did work for Certified Angus Beef. I met one of their culinary chef's Michael, and when we started talking he asked where I lived. I told him and he said "you have to check out Chicago Culinary Kitchen in Palatine - best BBQ I've ever tasted.



Fun fact is I love food trucks. The first time my husband and I went to Austin I had a list of trucks I wanted to visit - sadly most of the trucks OPENED at 11 p.m. when the bars were jumping. The only food truck I went to the whole time was selling Lobster rolls - in Austin!

Anywho, Friday night I had a chance to visit their food truck and it did not disappoint. I bought the pulled pork and brisket sandwich and both were spectacular. I ate 1/3 of each and gave the rest to my son in law to try. If you live in the Chicagoland area, definitely check them out. I am kicking myself that it took me two years to try it!

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GRILLED CHUCK ROAST

"Biz - you can't grill chuck roast to medium. You are supposed to only braise it and cook it low and slow." I know that's what most people will say.

However, I discovered that cooked to medium, this chuck roast stands up to a ribeye in both texture and flavor and it's spectacular.

There is a sweet spot though. I've tried cooking to medium rare/rare and the result was that it took a long time to chew, no matter if I cut it across the grain.

Medium is perfection. This chuck roast cost me \$4.79 at Mariano's and it came in at 1.2 pounds. I used Hardcore Carnivore Black Rub - it's one of my favorite rubs and [you can find it here](#). (not sponsored - I just love it!)

Ingredients

- 1 - 1.5 pound chuck roast
- 1 tablespoon Hardcore Carnivore Black

Instructions

Heat grill to medium high heat. I have a gas grill and the grill temperature was 400. Remove chuck roast for an hour to come to room temperature.

Season right before grilling. Grill for 5 minutes a side in one direction, then 5 minutes in opposite direction (to get grill marks). This took me 20 minutes, but what you are looking for is an internal temperature of 120. Pull off the grill and let sit 20 minutes before slicing. Perfection!



I have a whole blog post about how to cook the perfect steak and how to cut across the grain - you can check out [that post here](#).



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

Today is tax day, and while I had to pay a lot of taxes, I am still so happy with my decision to leave my day job.

It's easy to play it safe for fear of the unknown. But when I decided last October what would be the downside of giving it a go, my quick answer was "just find another job!"

Luckily things are going smoothly and I am still earning a living. I had someone reach out to me telling me that they wished I didn't "sell" so much on my IG. But the truth is, without that additional income, I wouldn't be able to provide you with the recipes. I worked on my blog for ten plus years before I started earning a penny and I am happy to say that my effort was worth the wait. You are never obligated to buy anything - I am looking at you Mom! Love you!

I had a lovely Zoom call with my late husband's family. Yesterday when I was cleaning the basement I found a plastic bag with a drawstring and was like "what the hell is that?" It was the last outfit my husband wore to the hospital before coming home from hospice.

Dang. Grief can strike at any moment, no matter how long it's been.

And while I talk about my husband in a positive light, in all honesty he could be a dick sometimes - ha! But after death, all the good memories float to the top, and those I remember most. ♥

In case you missed it this week:

[Buttermilk Blueberry Muffins](#) - taste like coffee cake!

[Detroit Style Pizza](#)

[Cherry Tomato Soup](#) - quick 20 minute blender soup!

Until next time friends, Be Kind, Be Fearless, Have Hope - Love, Biz

BUTTERMILK BLUEBERRY MUFFINS

DETROIT STYLE PIZZA

CHERRY TOMATO BLENDER SOUP



MY BIZZY KITCHEN DISCOUNT CODES MAY

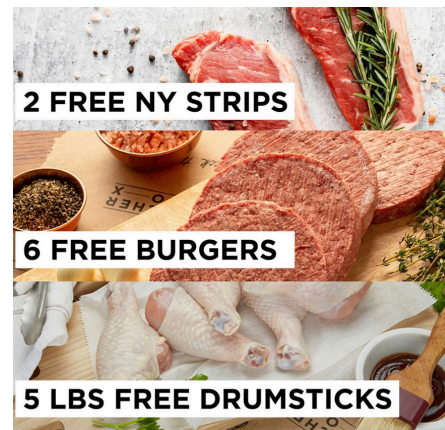
Butcher Box is a meat subscription company. They offer top quality meat and you can pick and choose what to get in your box and how often you get it.

LET'S GET READY TO BUNDLE! Right now Butcher's Box is offering their BBQ Bundle - Two New York strips, 6 burgers and FIVE pounds of chicken legs with your first order. To check it out, [click this link](#) to get the offer. Love the quality of their proteins!

GoHydrate Use code [Bizzy to save 10% percent](#). I love this stuff and literally would not drink water without it. I use one packet per 64 ounces of water.

Petal Sparkling Botanical is a super refreshing sparkling water that is my go to when I am not drinking. Although, side note, it is great with vodka - ha! Use [code Biz to save 20%](#). They are now in Mariano's too!

Thrive Market is a new one! It is an online shop that has 1000's of products from organic produce, beauty products, supplements. [Use this link](#) to get a free gift with membership - it's \$59.95 per year (average \$5 a month) but most people save \$32 on average per box.



nutreat!

Nutreat is my new favorite treat. I used to be team salty all the way, but when I want a sweet treat, I reach for NuTreat. It is line of low glycemic, fiber-rich puddings that have been clinically proven to keep your blood sugars in check while helping your gut health. And they are delicious! [Click this link to try them and get free shipping using code: mybizzykitchen](#)



cooking classes!

Hannah and I had our second cooking class, and well, let's just say there were technical difficulties. 🤖

The zoom had an echo, I was trying to use my iPhone as the main camera and somehow when I recorded the class, every time it was in speaker mode when Hannah and I were cooking, it just showed my name and no video - gah!

Because of the difficulties my whole start to the class was a bit clumsy to say the least.

But from a touch a failure promotes growth and I am confident this week's class will go forward without a hitch. At least I am putting that out in the universe - ha!

Our next class is Company Salisbury Steak - one of my late husband's favorite dishes and because I am a food blogger and always trying new stuff, he'd have to remind me over and over again to make this for him.

Classes are \$20 a class, or for more bang for your buck, you can become a subscriber for \$40 a month to join all four classes, for a 50% savings.

You can check out the two remaining classes for May. Next Monday I'll have the schedule up for June.

And thanks to everyone who still gave us a good review on the last class - much appreciated! Hugs, Biz and Hannah