

Written by Tim Murphy  
Tuesday, 30 April 2013 12:33

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Just in time for Fathers’ Day and Graduates, writer Tim Murphy has penned two more titles in his “Cookbooks for Guys” series. For fish and seafood and lovers there is “Flannel John’s Pirate Galley Cookbook - Coastal Cuisine and Maritime Meals from Oceans, Lakes and Rivers.” For the backwoods, rustic soul there is “Flannel John’s Mountain Man Cookbook - Frontier Food from the Hills, Country and Backwoods.”

How did “Cookbooks for Guys” get started and just who is Flannel John?

“It started with friends complaining about food at hunting and fishing camp. Guys need more than just beef jerky, cheese puffs and beer to exist but often we’re too lazy or impatient,” says author Tim Murphy. So he launched “Flannel John’s Hunting & Fishing Camp Cookbook” in October 2013. This first book cracked Amazon.com’s “Top 1%” Sales category in six weeks. The book features over 130 recipes, some as simple as two ingredients. The book covered breakfast, burgers, dinners, snacks, venison, desserts, breads, appetizers and beverages.”

“The one thing you always need at the cabin, camp, RV or fishing shanty is good food. These recipes can be prepared quickly and taste great,” said Murphy. “You don’t have to be an expert cook or master chef. This is the perfect cookbook for a beginner or novice to make rib-sticking meals with a bare-bones kitchen set-up.”

Who is Flannel John? “He is equal parts Babe Winkelman, Red Green, Ted Nugent and crusty mountain man,” said Murphy. “Born in northern Wisconsin and raised in Michigan’s Upper Peninsula, he has hunted and fished in 40 states, Canada and Mexico. He is a true character.”

A second book was released in February 2013 “Flannel John’s Woods & Water Cookbook: Critters, Fritters, Chili & Beer.” Picking up where the first book left off this book focused on wild game and some decidedly “rustic” meals including Mountain Bear Stew, Rasta Mon Squirrel and Rattlesnake Chili. There were dozens of traditional dishes too including burgers, stews, corn breads, chilies and chicken.

“The Pirate Galley Cookbook focuses on seafood, lake and river fish recipes with a touch of southern cooking,” said Murphy. “If you like albacore, lobster, sea bass, crab, lake trout, salmon

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and walleye this is for you. It covers dishes from the Great Northwest, Alaska, the Gulf, Caribbean, Mid-Atlantic, Great Lakes, New England and the Bayou.”

“The Mountain Man Cookbook goes real old school with recipes that go as far back as the mid-1800s. It features pioneer recipes and country staples like corn pone, hard tack, rhubarb cake, venison stew and sourdough plus new twists on older dishes.” Both new releases feature over 110 recipes.

Tim Murphy is a graduate of Western Michigan University and a former resident of Storm Lake, Iowa. He worked at Buena Vista College as a Residence Hall Director, Assistant Activities Director and counselor. This 23-year radio veteran spent 17-years hosting morning radio shows in several Michigan cities including Holland, Muskegon, Traverse City, Saginaw and Houghton plus Fargo, ND, Stevens Point, WI. and Ketchikan, AK. Murphy has had a long career as a freelance and comedy writer. His work has appeared in dozens of outlets including Backwoods Home Magazine, The Porcupine Press U.P. Magazine, National Lampoon, The Traverse City Record Eagle and ABC Radio Network. At the moment he lives in Oregon with his wife Lisa Marie Costanzo.

All four Flannel John books are available through Amazon.com, createspace.com and at flanneljohn.com. For additional information on the books, to interview the author or to inquire about wholesale book pricing, contact Tim Murphy at (701) 238-1775 or by e-mail at shamrockarrow@gmail.com. During May, 25% of profits from online orders of all four books will be donated to The Maslow Project. This group helps homeless kids from infants to 21. The Maslow Project provides food, clothing, counseling, laundry facilities and even art therapy for their clients. Details can be found at [www.maslowproject.com](http://www.maslowproject.com).

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