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Are You Ready for Some Football Food? Fire Up Your Super Bowl Party with “Flannel John’s Tailgating Grub & Couch Potato Cookbook”

Football and food go hand and hand, or rather hand and mouth. Author Tim Murphy understands the connection between the national obsession and gastronomic perfection. That is why he has penned another in his series of “cookbooks for guys” with “**Flannel John’s Tailgating Grub and Couch Potato Cookbook – Food for the Football Fanatic.**” (\$9.95)

“Whether you’re in the parking lot of the stadium, hunkered-down in the man cave with friends or flying solo in that old recliner, the right food makes the game that much better,” says Murphy.

The 140+ recipes for snacks, drinks, desserts and main munchies in the book are definitely infused with the spirit of the gridiron, past and present.

“This is football food for football fans,” says Murphy. “You’ll find items like Cheesehead Straws, Long Bomb Nachos, World League Wings, Frozen Tundra Chili, Razorbacks in a Blanket, Woody’s Buckeyes, Gang Green Punch and Seven Blocks of Granite Dip.”

Written by Tim Murphy

Monday, 13 January 2014 10:59

Does Murphy have a favorite?

"Two actually," he says. "I grew up in Chicago so I had to give a nod to Mr. Ditka with 'Da Coach's Pork Chops'. I also named a dessert for one of the greatest football monikers of all time, Emerson Boozer. That is just a rock solid, tough, snot-knocking name and player. He played for the Jets in the seventies. So I've named the 'Emerson Booze Balls' after him. Perhaps I should have named a side of beef dish after him."

Tim Murphy has written ten "cookbooks for guys" with another dozen planned over the next two years. He has focused on hunters, campers, single guys, mountain men, the kitchen-challenged, hot dog lovers and wild game enthusiasts. His "Cookbooks for Guys" series started out as a bit of a joke for deer camp friends, but has blossomed into a cottage industry.

"I wrote the first one for friends. They would show up at deer camp or the fishing cabin with beef jerky, a block of cheese and a case of beer. Aside from the olfactory assault and possible heart-stopping properties, the camp needed food with substance. They needed dishes that were easy and quick to prepare from breakfast and lunch, to dinner, snacks and sides. The first one sold so well, I know I was on to something. Cookbooks aimed at guys, their lifestyles and tastes."

Murphy's second "Non-Flannel John" book, The Tube Steak Boogie being the first, will be out January 31st, 2014. It's called "**The Rock & Roll Cookbook - You Cook Me All Night Long**" followed in March by "**Flannel John's Bacon and Burgers Cookbook.**"

His other titles include:

Flannel John's Woods and Water Cookbook

"Critters, Fritters, Chili and Beer"

(\$7.95)

Flannel John's Pirate Galley Cookbook

"Coastal Cuisine and Maritime Meals from Oceans, Lakes and Rivers"

(\$7.95)

Flannel John's Mountain Man Cookbook

"Frontier Food from the Hills, Country and Backwoods"

(\$7.95)

Flannel John's Hearty Bowl Cookbook

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"Soup, Stew, Chili and Chowder"

(\$7.95)

Flannel John's Single Guy Cookbook

"Simple Recipes with Six Ingredients or Less"

(\$7.95)

The Tube Steak Boogie Cookbook

"A Celebration of Hot Dogs, Sausage, Brats & Kielbasa"

(\$7.95)

Flannel John's Hunting Cabin Cookbook "Venison, Fowl & Wild Game"

(\$7.95)

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Flannel John's Cookbooks for Guys Anthology

"Selected Recipes from the First Eight Books in the Series"

(Double-Sized \$12.95)

Who is Flannel John? "Flannel John is based on a few old hunters I knew from Michigan's upper peninsula," says Murphy. "I wanted to honor their spirit and what they taught me. He is part Babe Winkelman, Ted Nugent, Red Green, Grizzly Adams and crusty mountain man."

Who is Flannel John? "Flannel John is based on a few old hunters I knew from Michigan's u

Tim Murphy is a graduate of Western Michigan University. This 24-year radio veteran spent

17-years hosting morning radio shows in Alaska, Wisconsin, North Dakota, and Wyoming plus several Michigan cities including Holland, Muskegon, Traverse City, Saginaw and Houghton. 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. He lives in Seaside, Oregon with his wife LisaMarie Costanzo.

All ten books can be found at Amazon.com and at www.flanneljohn.com. For additional

The Essential Super Bowl Party Food Book is "Flannel John's Tailgating Grub & Couch Potato Cookbook"

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information on the books, to interview the author, request photos and graphics contact Tim Murphy at (701) 238-1775 or at shamrockarrow@gmail.com

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