



By the Authors of **STORMY SOPHIE**
Stella and Phillip
LEMARQUE

THE
TWO

Two Decadent Recipes
You Can Make
In Your Own Kitchen

And the True Stories
Behind Their Creation

FAVORITE

RECIPES

OF

MICHAEL
JACKSON



SCANDALOUSLY GOOD!

**The Two Favorite Recipes
of
Michael Jackson**

Stella and Phillip Lemarque



Baba Rum International Publishing

The Two Favorite Recipes of Michael Jackson © 2018 Stella and Phillip Lemarque

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the authors.

Baba Rum International Publishing

Los Angeles, California

For more information or to contact the publisher visit bonjourneverland.com

The essays in *The Two Favorite Recipes of Michael Jackson* are creative nonfiction. They are based on the authors' true experiences but include dialog and fictional elements.

Editorial and book design by Longhare Content & Editorial Services

The Two Favorite Recipes of Michael Jackson

You are asking yourself, How does *she* know? Who is this—the cook!

Yes, the cook.

My name is Stella Lemarque. I created these dishes especially for Michael at Neverland, and here is my story.

I grew up in Paris, the City of Lights—your typical Parisian girl. Yes, yes, in France we love our food. Food is a big part of the French culture. In my life, I have learned skills that have helped me cultivate a unique style of cooking.

For a year, I worked at the side of one of the most famous chefs in the world, Roger Vergé, at his restaurant Le Moulin de Mougins. I was introduced to Provençale herbs, the cornerstone of French cuisine, which add myriad sparkles in your mouth. My time with Roger provided me with the knowledge to use the finest and freshest—and organic—ingredients to produce a plethora of pleasures during dining experiences.

I enjoy mixing colors on my plates, which adds visual excitement to the guests' taste buds. I receive great pleasure in serving others and watching them enjoy the meals I prepare with passion and love of food. Along with Phillip, my husband of twenty-five years, I started working in Southern California in the heart of Hollywood. Our patrons were predominately celebrities and dignitaries who frequented our restaurant, the Bicycle Shop Café, in West Los Angeles. I was the chef.

I began receiving many requests for private parties, both large and small, varying from glamorous venues to intimate events at celebrities' homes. I told my husband, "With your genuine smile, you will be a perfect Maitre D' to deliver my crafted dishes—We make the perfect couple."

The perfect couple? Better than perfect!

I am Phillip Lemarque, Maitre D', husband, and partner to Stella, the Stellar Chef of the Stars.

Remember the '80s?—It was the time of our lives. Stella's idea was sheer genius. We left the restaurant business and set ourselves up as a dynamic duo.

Our passion for food and constant requests from the world of the super rich led us to the strangest adventures. For five years, we operated in a domain hidden from the daily lives of ordinary people. During those super-fun years, we were among the few ever to lift a corner of the amazing curtain, behind which lay Neverland Ranch and the private life of the king of pop.

Michael's complete disregard for the time of day had some interesting turns of events for us! But his taste buds were so developed he was able to appreciate the difference between corn from Arkansas and corn from Ohio. With his joy at discovering new foods, new flavors, new aromas he bonded with Stella and joined in her quest for perfection.

Below are two of Michael Jackson's favorite dishes, created by Stella, Chef to the Stars, with Michael's collaboration.

Bon appetit!

The Recipes

[Chinese Chicken Wings](#)

[Michael's Mac & Cheese](#)

Chinese Chicken Wings

Behind the scenes...

The three guests eat dinner by themselves. Michael has been at Neverland all day, but he never shows up for dinner. Why? Michael is in the theater with the kids watching the three stooges.

Later, after the guests have gone and our day is done, the house phone rings. Stella walks past the kitchen threshold. “Phil, can you pick up the phone? I am getting my purse. I am pooped it’s 11:30. Time to go home.”

Another ring.... It is persistent. I lift the telephone receiver off its cradle on the wall. “Yes, who..., Michael. Yes, What? Chicken wings—You must be kidding.”

Stella looks at me with arched eyebrows. “For Michael,” she asks, “he wants to eat?”

“Yeah, it’s security. They convey Michael’s request for your chicken wings.”

“Darn it! Our boss has absolutely no concept of time. We had dinner for him ready all night long. When we are on our way home—he wants to eat.”

“I will help you. We can get the wings ready in a jiffy, let’s get to it.”

CHINESE CHICKEN WINGS

Prep time: 10 mins
Cook time: 40 mins
Total time: 50 mins

Serves: 3-4 guests
Count: Approximately 1 dozen wings

INGREDIENTS

- 1 lbs chicken wings, tips removed
- 2 cloves garlic, smashed
- 1 Tbsp grated ginger
- 1 1/2 tsp five-spice powder
- 2 tsp chili garlic sauce
- 3 tsp hoisin sauce
- 2 Tbsp sesame oil
- 3 Tbsp soy sauce
- 3 Tbsp unseasoned rice vinegar
- 2 Tbsp brown sugar
- 3 Tbsp each chopped scallions, carrot, celery finely chopped
- 3/4 tsp sea salt
- Lemon wedges and sesame seeds for garnish

THE STEPS

- 1** Whisk all the ingredients (except wings and garnish) together in a bowl.
- 2** Wash and dry the wings with paper towels, place the chicken wings in a large Ziploc bag, and pour marinade over. Seal and turn several times to coat.
- 3** Chill at least 1 hour (overnight is best).
- 4** When ready preheat oven to 350°. Place chicken wings on a lined baking tray with foil or parchment, reserving marinade.
- 5** Bake for 35 minutes, or until the wings are golden and crispy. Baste generously with marinade once or twice during baking. Turn the wings a couple times as they cook to prevent sticking.
- 6** Strain and place the leftover marinade into a saucepan over medium heat. Add 1/4 cup of water, stir, and bring to a boil. Allow to bubble for 5–10 minutes, until the sauce reduces and thickens. Add more water if it's too thick.
- 7** Remove from oven, set on serving dish and sprinkle the chicken wings with sesame seeds and scallions. Serve with sauce and lime wedges.

Michael's Mac & Cheese

Behind the scenes...

The first time we served this dish to Michael, his reaction was instantaneous: "Stella, this mac and cheese is incredible. I never had a mac and cheese like this one before. It's delicious. It's the very best I ever had."

"I am glad, Mr. Jackson, that you enjoy my dish. I wasn't sure of your personal taste."

"It's great! From now on it's Michael's Mac & Cheese. Thank you."

"Michael, your name is branded on this recipe. It's yours, all yours." Stella raises a thumb up. Michael answers with a thumb up. "To you, Stella. I love your cooking."

This recipe is delicious in its simplicity. This is what Michael liked the most. In many ways, Michael was a such extravagant man in everything, but when it came to food and for some reason still unexplained to me, Michael was so down to earth. I guess that is what I liked and appreciated the most about him.

As a child, macaroni and cheese was his favorite dish. To find out that he liked my Mac & Cheese over his mother's was quite an exciting surprise. Each time we had kids at the ranch, Michael made sure to ask me to make his favorite Mac & Cheese for his guests.

This quick and easy recipe is sure to win the hearts of anyone. All the ingredients are available at your local market, and the Béchamel, or white sauce, is the easiest you will ever make.

Prep time: 20 mins
Cook time: 30 mins

Total time: 50 mins
Servings: 6-8

INGREDIENTS

- 1 lb. dried elbow pasta
- 4 Tbsp (1 stick) unsalted butter, chopped into cubes about the size of dice
- 4 Tbsp all-purpose flour
- 2 cups whole milk or chicken broth
- 2 cups Gruyere cheese, grated
- 1 Tbsp dry mustard
- 1/4 tsp paprika
- Salt and pepper to taste
- 2 cups extra-sharp cheddar cheese, grated
- 2 cups pepper jack cheese, grated
- 1 1/2 cups Panko
- 2 Tbsp butter, melted
- 2 Tbsp onion powder

THE STEPS

- 1** Preheat oven to 400° and grease a 3 qt baking dish (9x13). Set aside.
- 2** While water for pasta is coming to a boil, grate cheeses. Divide cheeses into two sections. Approximately 4 1/2 cups for the sauce, and 1 1/2 cups for the topping.
- 3** Cook macaroni according to the package directions, keeping them al dente. Drain and rinse pasta under cool water, then transfer to large mixing bowl while still very warm. Toss with 2 Tbsp (30g) butter until butter is melted and pasta is evenly coated. Set aside.
- 4** Place Panko in a medium bowl. Pour 2 Tbsp melted butter into bowl with Panko and toss. Set Panko mix aside.
- 5** Place flour, butter, and milk or broth into a sauce pan all at once over a medium heat. Whisk constantly, gently heating the sauce until it bubbles and starts to thicken.
- 6** Once the white sauce starts to thicken, use a wooden spoon to stir, ensuring you get to the very edges of the pan.
- 7** Continue to heat over medium heat, whisking very often, until the sauce is very thick.
- 8** Remove the pan from the heat and pour in your seasonings—onion powder, dry mustard, paprika, salt and pepper. Stir in 4 1/4 cups of shredded cheese a handful at a time.
- 9** Add cheese sauce to pasta in large mixing bowl, stirring to combine fully. Pour pasta mixture into the prepared baking dish.
- 10** Combine the remaining cheeses with the Panko breadcrumbs and sprinkle on top.
- 11** Bake for 20 to 30 minutes, until cheesy bubbly and lightly golden brown. Let rest 10 minutes before serving.

FIVE CHEESE VARIATION

- Replace cheese amounts with the following:
- 2 cups sharp cheddar cheese, shredded
- 1 cup Emmental cheese, shredded
- 1 cup Muenster cheese, shredded
- 1 1/2 cups Gruyere cheese, shredded
- 1/2 cup mozzarella cheese, shredded

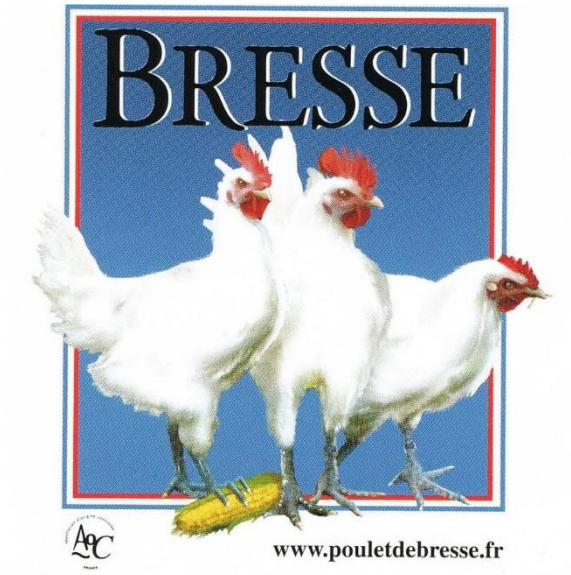
Historical Note about the Origins of Mac & Cheese

Italy is the birthplace of this all-American dish? Nope. Thomas Jefferson discovered it in...you guessed it! While in Paris trying to sway the king of France, Louis XV, to give the Americans money and troops for their revolution, he fell in love with the dish and brought it back to the soon-to-become United States of America.

Where Do All Those Ingredients Come From?

Chicken

Poulet de Bresse is chicken from Bresse, a northeastern French province. The epicure and



gastronome Brillat-Savarin of the 19th century dubbed the Bresse chicken the “queen of poultry—the poultry of kings.” Today, the chicken is under government control as AOC—

Appellation d’Origine Controlée—and the Poulet de Bresse has the reputation of being the best quality table chicken in the world. Michael had the chicken flown in from Bresse to be served at Neverland Ranch. Neverland Ranch was on the list of the extraordinary customers when approximately only 100,000 birds were exported every year.

Corn

Michael’s taste buds were so sensitive, he could differentiate between corn from Ohio or corn flown in directly from local farms in Chester Esau, Arkansas. Michael’s delight was to eat one ear at a time, slathered in butter and sprinkled with Fleur de sel from Guérande.

Neverland Popcorn

Also drawn from bags labeled Chester Esau, Michael’s popcorn was seasoned with Beurre D’Isigny, an incredible gourmet butter from France, and a touch of Fleur de sel. A delight enjoyed and praised by Neverland guests.

Fleur de sel

Fleur de sel (flower of salt) from Guérande (a region in Brittany, France) was the only salt served at Neverland Ranch. Fleur de sel is the thin and delicate crust that forms on the surface of seawater as it evaporates. It’s used by chefs as a finishing salt to flavor and garnish food. The name comes from the flower-like patterns of crystals formed in the salt crust.

Panko

Panko comes from Japanese cuisine. It is made from a special kind of white bread without

crusts. Regular breadcrumbs are made by toasting stale bread and crumbling and rolling it with a rolling pin. Panko is lighter, crispier, and airier than regular breadcrumbs.

Panko works well with fried foods—it will not absorb as much oil, making dish not as heavy as it would be with the regular bread crumbs. You can use Panko to thicken soups and sauces, and it is great in veggie burgers.

For your next casserole topping: Panko mixed with Parmesan cheese and a few Provençal herbs, bake—et voila!

Where to find Panko: Asian markets, very often at Ralph's or Von's, even at 99 cent stores.

Panko is made with wheat flour, yeast, oil and salt. It is not gluten-free.

Dairy

What a dairy cow eats can depend on where she lives and the time of year. A typical cow might have hay or grain or soybeans for her supper, and what she eats flavors her milk. Milk from grass fed cows is best. Borden is one of the best milk product brands in the USA and all over the world. The imperative reason behind their success is that they have always maintained the quality of the milk regardless of cost.

What's Next?

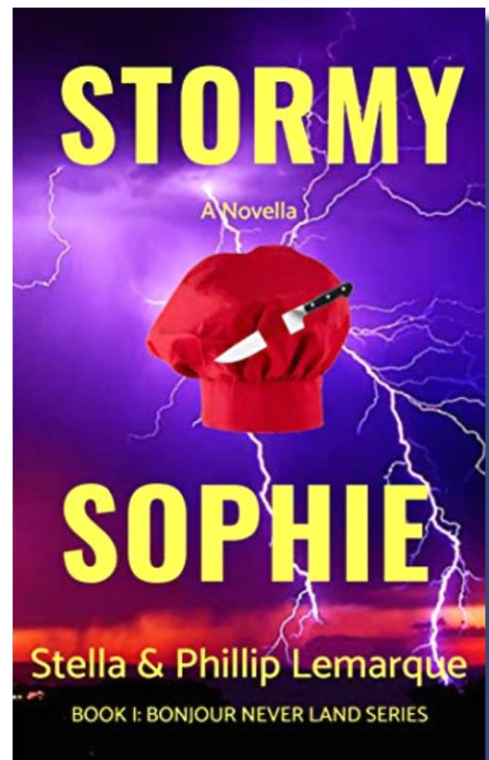
While in residence at Neverland Ranch we had the opportunity to cook for some of the most famous people in the world—Sophia Loren, Gregory Peck, Liz Taylor, and many more. A surprise visit by President Reagan and wife Nancy made for an interesting lunch affair. To wet your appetite for some of our very special dishes, as prepared for our very special guests, we will take you into a world hidden from the eyes of the common folks.

Cookbook of the Filthy Rich

We will be issuing ebooks featuring recipes and stories about our celebrated dinners, starting with *Marlon Brando's Extravagant Dinner*.

Bonjour Never Land

For more fun adventures, *Bonjour Never Land* is a fictional romp through the private lives of the rich and famous, based on our own true life adventures. *Stormy Sophie*, the first in the five-book series, tells the story of Pierre, a down and out restaurateur, and Sophie, his no-nonsense soulmate who comes to the rescue. Together they are a perfect couple—of scoundrels!



[Order Now](#)