

# Baseball player doubles as culinarian

By Chris Campbell  
Staff reporter

Cody Wolfe, business junior, can be found devoting the majority of his time to baseball-related activities. Wolfe has come to Southwestern in an effort to help revive the baseball program after a 67-year hiatus.

However, there's far more than meets the eye when it comes to Wolfe's skills off the field. In fact, you may very well find him in his second natural element – the kitchen.

"It all started at a young age for me," said Wolfe.

Every great cook was once an apprentice in need of an expert, and Wolfe didn't have to look far for his role model.

"I would always watch my dad cook dinner every night. I would always ask him questions just trying to learn from him," said Wolfe. "My childhood revolved around family and baseball. I would go to school, baseball practice and then I would come home and talk with my family about the day while we were in the kitchen watching my father cook dinner."

Cooking was a hobby that eventually developed into a full-fledged passion for Wolfe.

"Cooking is fun to me because it reminds me of a science experiment," said Wolfe. "If you follow the instructions, you can create something amazing."

Wolfe is not the type to brag, but he speaks highly of his homemade Cajun chicken pasta, which happens to be his signature dish.

"Right now, my personal favorite dish to cook is my Cajun chicken pasta, which consists of chicken prepared in Cajun seasoning pan seared for about ten minutes then added to chopped bell peppers and mushrooms, all over linguine pasta," said Wolfe. "I've managed to make the flavors all blend together, which makes the food taste great."

Wolfe makes it sound quite simple, but the process is admittedly a bit more complex than one might assume.

"First, you need to boil some water and put however much linguine pasta you want in the container once it comes to a boil. You apply Cajun seasoning to cut pieces of chicken while you melt a tablespoon of butter in a pan," said Wolfe. "While that is getting hot you chop up three bell peppers without seeds. I usually



TOP LEFT: Cody Wolfe cuts chicken for his signature "bang bang" chicken. Wolfe learned to cook from his dad at a young age.

BOTTOM LEFT: Wolfe's "bang bang" chicken sits on display after one of his cooking sprees. The chicken gets its name from its "bang bang" sauce, made from sweet chili sauce, mayonnaise and honey.

TOP: Wolfe prepares his "bang bang" chicken for a baseball teammate. Though Wolfe is at SC for baseball, cooking is another great passion of his.

Chris Campbell/Staff photographer



dice up some green onion tips to throw in there for flavor. Once the pan is hot, you place the chicken on the pan and continue to move them around for five to seven minutes – but never let the chicken sit too long, because that is when you begin to get that burnt or over-cooked taste that nobody enjoys."

Wolfe has mastered the art and purpose of preparing a variety of dishes in recent years, but he is also quick to admit his flaws. He encourages other individuals to never shy away from failure because it is inevitable in the process of improving any craft.

"When I first started I was so bad. I was burning everything and getting frustrated because I wanted to be successful," said Wolfe.

But every moment in which one fails

is one moment closer to a breakthrough, and, for Wolfe, his patience paid off in due time.

"Then it just clicked for me. I began to just simply have fun with what I was cooking, but remained serious with the work as well," said Wolfe. "There is almost a guarantee that if you were to walk in on me cooking, I am dancing and singing to loud music, just trying to remain comfortable in a potentially stressful environment."

The key for Wolfe was to combine balance and fun simultaneously. "I think so many people have challenges with cooking largely because they are scared to mess up the food or are afraid to waste the ingredients," said Wolfe. "Personally, it's so important to remain calm and accept the challenge, because anybody can

make great food if they are determined to accomplish it."

The native of Owasso, Okla., grew up with food as a means to express creativity and culture. "In my opinion, there is no place like it. It's just a town that loves everybody and drinks plenty of sweet tea," said Wolfe. "Surrounding myself with great people in a fast growing community has inspired me to be the best person that I can be."

That sense of family has inspired Wolfe to perfect his family's very own distinctive recipe.

"It's called 'bang bang' chicken, which takes almost an hour to create," said Wolfe. "It is chicken battered and fried with panko crumbs over a bed of rice, and then you drizzle the 'bang bang'

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## Wallingford chef brings Texas food to residence hall

By Jordan Hall  
Staff reporter

Nothing on earth is as savage as a hungry college student, and no one knows this better than Levi Watts, psychology/criminal justice/philosophy and religion freshman. He is known as Wallingford's Chef.

When Watts is cooking, everyone in Wallingford can smell it. The aroma in the building is strong. If you follow it to its source, you will see a 200-pound man in a white chef hat and apron. Watts always has a big smile, and he seems happiest covered in grease and charcoal.

David Green, computer science freshman, said, "Levi fed me burgers on a day when I was hungry and out of money. It was the first time I ever had food from Texas and I loved it. I'll be there any time Levi cooks."

Alex Antoon, undeclared freshman, said, "Levi's grilling kind of reminds me of the tailgating back home for the LSU games."

Watts learned to cook from his mother when he was eight. He's from a small town in Texas called Chester. He brought his rib recipe to Southwestern, where uses ranch and Texas joy sauce.

"At home, I cooked every night," said Watts. "Here, I cook once every two weeks because my resources are limited."

Watts uses charcoal to grill. He usually cooks by himself in front of Wallingford and near Winfield Lake. Watts specializes in pork chops, ribs, burgers and hotdogs.

Watts says he cooks because "It's a great way for everyone to try my food, eat good, and have fun." Watts already went to Walmart in preparation for this weekend's cookout.

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WOLFE CONTINUED FROM PAGE 4 together correctly, it will rock your taste buds, which is why we dubbed it our "bang bang" sauce."

Such a combination of ingredients may cause others to be skeptical, but Wolfe thinks otherwise. "Yes, at first it doesn't sound appealing, but when blended

## Cook shares savory hobby

By Stephen Gibbs  
Staff reporter

Zavyar Swain, undecided freshman, brought his passion of cooking to Wallingford Hall. Swain has been cooking since he was young.

"It all started growing up in Dallas Texas. I was raised with six other siblings," said Swain. "My mother introduced cooking into my life at a very young age, so it just stuck to me ever since."

Swain's favorite dish to cook is Rotel dip.

"I'm a dangerous man with some Rotel in my pot," said Swain.

Swain said that he would reveal the secrets to his dip, made with ground beef, nacho cheese, diced tomatoes, milk and chips.

"First, you open your ground beef and put it inside a pan that is heating at 250°F," said Swain. "At the same time, you need to be heating up your cheese. Then, mix it with the diced tomatoes and a cup of milk. The ground beef would finish first, and when it does, you're going to have to drain out of the grease and then pour the ground beef into the cheese pot."

Swain said that the next step is to stir all of the ingredients together and pop open the chips to enjoy the dip.

"I don't see myself cooking for a business in the future – it doesn't get that good," said Swain. "With cooking being a survival action for me, I prefer doing something else in the future besides cooking."

To pay for ingredients, Swain usually has everyone who wants to eat his food pitch in an even amount of money to reach the total amount. Swain said he could remember a time when he was making breakfast for his siblings the butter in a pan popped and splashed all over his wrist.

"I don't necessarily watch food shows, but when I'm scrolling down my Twitter page and I run into a cooking video I immediately click on it," said Swain. "Although copper pans and pots are nice

to use, stain and steel metal pans and pots are the best.

Swain said he has made many friends from sharing his talent of cooking. "There are only a few spots that I cook at down here at Southwestern," said Swain, mentioning Wallingford kitchen and a friend's house. "But when I'm at home in Dallas, I could be mistaken as a house-to-house chef."

Travon Crockett, sports management freshman, bragged on Swain's abilities. Crockett said he has eaten Swain's food



Zavyar Swain prepares a dish in Wallingford Hall's kitchen. Swain said that his favorite dish to cook is Rotel dip, though he said he cannot cook as much as he would like while at school.

Stephen Gibbs/Staff photographer

multiple times.

"Last week, I pitched in \$10 in order for Swain to make a big pan of spaghetti for me and three others," said Crockett. "The dish that I want to ask Swain to cook is chicken tetrazzini with garlic bread."

"A tip to pass on to the next chef is, when in doubt, always season your meat at before cooking," said Swain.

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will lead to the ultimate pursuit of happiness. "You don't need money to be happy. As long as your soul is happy, you can consider life well spent."

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