



THE SECURE KITCHEN

A cookbook for hungry security practitioners

By Zilla Security and ChatGPT4

ABOUT THE AUTHOR

Hi! I'm Charlie – Zilla Security's (unofficial) Resident Culinary Cybersecurity Intern. How did I earn this esteemed title? Well, when I started my internship at Zilla, I was a relative newcomer to the cybersecurity field. Many of the terms I heard were unfamiliar to me and I needed a way to translate this new, strange language of breaches and perimeters. I love a good analogy, and while poking around conference snack tables and team calls, I realized something profound: there was the potential for a connection between my love for cooking and my emerging love for cybersecurity.

So, I turned to my friend ChatGPT to marry these two practices, and this cookbook was born.

Each dish in the following pages is inspired by stories, jokes, and the occasional security war story shared by practitioners like you.

These aren't just recipes—they're a celebration of the creativity that keeps us sane (and the snacks that keep us fed) while patching vulnerabilities at 2 a.m. I hope you enjoy the mix of flavors and metaphors as much as I've enjoyed putting them together. Who knew cybersecurity could be so delicious?

Bon appétit (and stay secure!),

Charlie, Intern Extraordinaire & Kitchen Enthusiast



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Disclaimer: These recipes and associated images were developed with ChatGPT and other AI software. Zilla Security cannot attest to the quality of the recipes contained within this cookbook. If you are brave enough to try out a recipe, take a photo and post it on LinkedIn, tagging Zilla Security for a surprise!

SECURITY SNACKS

Appetizers

**“Man-in-the-Middle”
Pigs in a Blanket**



Black Hat Bean Dip



“Man-in-the-Middle” Pigs in a Blanket

Man-in-the-Middle (MitM) Attack: A cyber attack where a malicious actor secretly intercepts and potentially alters the communication between two parties who believe they are directly communicating with each other over a private connection, when in fact the entire conversation is controlled by the attacker.

As a cybersecurity leader, I am in charge of training my team on common threats. In one particular case, I found myself faced with the task of explaining the concept of “man-in-the-middle” attacks to my coworkers. Day after day, I stood in front of them, armed with graphs, flowcharts, and slideshows. The more I tried to describe it, the more I noticed their eyes glazing over. Determined to simplify the concept, I donned an apron and looked to my kitchen for a solution. There, I found my answer. Crispy, flaky pastries enveloped juicy sausages – They were the Man-in-the-Middle Pigs in a Blanket. These seemingly innocent treats held the key to understanding the mysteries of “man-in-the-middle” attacks.

Ingredients

- 1 package of mini cocktail sausages or hot dogs
- 1 roll of puff pastry
- 1 egg, beaten (for egg wash)
- Mustard or ketchup (optional, for dipping)

Instructions:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Roll out the puff pastry on a lightly floured surface. Cut the pastry into thin, long strips, about 1 inch wide.
3. Take a cocktail sausage and place it on one end of a pastry strip. Roll the pastry around the sausage, making sure it is completely covered, leaving the ends exposed. Repeat this process for all the sausages.
4. Arrange the wrapped sausages on the prepared baking sheet, leaving a small gap between each one.
5. Brush the tops of the pastry-wrapped sausages with the beaten egg. This will give them a lovely golden color when fully baked.
6. Place the baking sheet in the preheated oven and bake for approximately 15–20 minutes or until the pastry is puffed and golden brown.
7. Remove the Man-in-the-Middle Pigs in a Blanket from the oven and let them cool for a few minutes. Serve warm with mustard or ketchup for dipping if desired.



Black Hat Bean Dip

Black Hat Hacking: The practice of unauthorized intrusion into systems or networks to exploit them for personal or financial gain. Black Hat hackers violate laws and regulations by stealing data, damaging systems, creating malware, or performing other destructive actions.

One of my favorite parts of being in a tight-knit cyber security team is the annual Halloween party. This past year, the theme was “Spooky Snacks,” where we were all tasked with bringing something related to both Halloween and work. Inspired by my passion for hacking and a desire to bring something great to the party, I decided to create “Black Hat Bean Dip”. Its creation, a homage to the world we navigated daily, was based on Black Hat Hacking— a common topic in the industry. The dip was an instant hit. Despite its creation in honor of last year’s Halloween party, it still makes regular appearances at home and in the office. Now, it can finally make appearances in yours.

Instructions:

1. In a food processor, blend black beans, chipotle peppers, minced garlic, ground cumin, lime juice, salt, and pepper until smooth.
2. Transfer to a serving bowl and stir in cilantro.
3. Adjust seasoning to taste.
4. Serve warm with crunchy tortilla or corn chips.

Ingredients

- 1 can (15 ounces) black beans, drained and rinsed
- 2 chipotle peppers in adobo sauce, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 2 tablespoons lime juice
- 2 tablespoons fresh cilantro, finely chopped
- Salt and pepper to taste

Tip: Serve with sour cream for a great flavor combination!

SECURE START

Breakfast

DDoS Donuts



Salted Hash Browns

Malware Muffins with Cream Cheese Lemon Peel Filling

Malware: Short for malicious software, this software is specifically designed to damage or infiltrate a computer system without the owner's consent or knowledge. It includes viruses, worms, ransomware, spyware, and other harmful programs that can steal or delete sensitive data, monitor user activities, and even hijack computing functions.



As a CISO, dealing with malware is a major part of the job. Even after hours of on-demand, interactive training sessions, the risks remained hard to grasp. So I devised a creative, baking-inspired approach. The "Malware Muffins" batch contained 11 with a delicious filling (safe files), but one contained an unexpected sour filling (malware). This humorous, hands-on experiment provided a memorable experience for the team, proving that the unexpected can occur even in the seemingly safe.

Ingredients

Muffins:

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1/4 cup cocoa powder
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 cup buttermilk
- 1/3 cup vegetable oil
- 1 tsp vanilla extract
- 2 large eggs

Cream cheese chocolate chip filling:

- 4 oz cream cheese, softened
- 1/4 cup powdered sugar
- 1/2 tsp vanilla extract
- 1/4 cup mini chocolate chips

Lemon peel filling:

- Zest of 1 lemon
- 1 tbsp granulated sugar

Instructions:

1. Preheat your oven to 375°F (190°C). Line a muffin tin with 12 paper liners or grease it lightly.
2. In a medium mixing bowl, prepare the cream cheese chocolate filling. Beat the softened cream cheese, powdered sugar, and vanilla extract until smooth. Stir in the mini chocolate chips. Set aside.
3. In another small bowl, mix the lemon zest and granulated sugar for the lemon peel filling. Set aside.
4. In a large mixing bowl, whisk together the flour, granulated sugar, brown sugar, cocoa powder, baking powder, baking soda, and salt.
5. In a separate bowl, whisk the buttermilk, vegetable oil, vanilla extract, and eggs until well combined.
6. Pour the wet ingredients into the dry ingredients and gently mix until just combined. Do not overmix; it's okay if there are a few lumps.
7. Scoop 1-2 tablespoons of muffin batter into each muffin cup, filling them about 1/3 full.
8. Add a small spoonful (about 1 teaspoon) of the cream cheese chocolate filling on top of the muffin batter in each cup.
9. Next add a small amount (about 1/4 teaspoon) of the lemon peel filling on top of the cream cheese chocolate filling in one of the muffin cups.
10. Continue filling the muffin cups with the remaining muffin batter, covering the fillings, and filling the cups about 2/3 full.
11. Bake for 18-20 minutes or until a toothpick inserted into the muffin (not the filling) comes out clean.
12. Remove the muffins from the oven and let them cool in the muffin tin for about 5 minutes. Then transfer them to a wire rack to cool.
13. Serve warm or at room temperature.



Salted Hash Browns

Salting and Hashing: Methods to secure passwords. Hashing transforms a password into a unique set of characters using a mathematical function. Salting adds random characters to each password before hashing, creating unique “hashes” for each user, which makes it harder for hackers to decipher original passwords even if they are identical.

A while ago, I worked as a CISO, grappling with the persistent challenge of cybersecurity. The ever-growing threats and vulnerabilities felt overwhelming, leaving me in a constant state of concern. To alleviate the stress, I turned to my favorite culinary delight—salted hash browns. As I stood in my kitchen, contemplating the intricate world of cybersecurity, the process of creating salted hash browns became a metaphor for their struggle. The incorporation of password hashing and salting would be key to fortifying our security defenses. With newfound determination, I set out to bolster our defenses, drawing inspiration from the beloved recipe for salted hash browns.

Ingredients

- 2 large russet potatoes
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons vegetable oil
- Salt for seasoning (to taste)

Instructions:

1. Peel the potatoes and rinse them under cold water to remove any dirt. Pat them dry with a clean kitchen towel.
2. Using a box grater or a food processor with a grating attachment, grate the potatoes into a bowl. Squeeze out any excess moisture from the potatoes.
3. Place the squeezed potatoes in a large bowl and add salt and black pepper. Mix well to evenly distribute the seasoning.
4. Heat the vegetable oil in a large non-stick skillet or frying pan over medium heat.
5. Once the oil is hot, add the grated potatoes to the pan, spreading them out evenly. Press down gently to create a compact layer.
6. Cook the hash browns for about 4-5 minutes, or until golden brown and crispy.
7. Carefully flip the hash browns using a spatula and cook for an additional 4-5 minutes.
8. Once both sides are crispy and golden brown, remove the hash browns from the pan and drain the excess oil on a plate lined with paper towels.
9. Season with additional salt to taste.

DDoS Donuts

Distributed Denial of Service (DDoS) Attacks:

A cybersecurity threat where multiple compromised systems are used to overwhelm a single system. This creates lots of traffic and can make the system unavailable or shut down. These attacks disrupt the normal functioning of the system, usually a server, causing inconvenience to its intended users.



As a Security Engineer, I am learning to deal with my fair share of cyber attacks. Things like malware, phishing scams, and brute force attacks are all bad, but DDoS attacks are the bane of my existence. Battling constant DDoS attacks left me desperate for a solution. Hours spent on futile attempts to fend off digital assaults had taken their toll on my sanity. While my mind was consumed with firewalls and countermeasures, my heart yearned for a different kind of mastery—a recipe for the perfect donut. The two seemingly unrelated challenges merged into a singular pursuit, inspiring me to devise a new creation that would come to be known as DDoS Donuts.

Instructions:

1. Preheat the oven to 375°F (190°C) and grease a donut pan.
2. In a mixing bowl, combine the flour, sugar, baking powder, salt, and nutmeg.
3. In a separate bowl, whisk together the milk, eggs, melted butter, and vanilla extract.
4. Pour the wet ingredients into the dry mixture and stir until just combined.
5. Spoon the batter into a piping bag or a large zip-top bag with one corner cut off.
6. Pipe the batter into the prepared donut pan, filling each cavity about two-thirds full.
7. Bake for 10-12 minutes, or until the donuts are golden brown and spring back when lightly touched.
8. Remove the donuts from the pan and let them cool on a wire rack.

Glaze:

1. In a bowl, whisk together the powdered sugar, milk, and vanilla extract until smooth.
2. Dip each cooled donut into the glaze, allowing the excess to drip off.
3. Place the glazed donuts back on the wire rack to set.

Ingredients

Donuts:

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/2 cup milk
- 2 large eggs
- 2 tablespoons melted butter
- 1 teaspoon vanilla extract

Glaze:

- 1 cup powdered sugar
- 2 tablespoons milk

CYBERSECURITY CENTERPIECES

Entrees

**SSL-ow Cooked
Short Ribs**



Firewall Chili

Phish(ing) Tacos

Phishing: A cyber attack where cybercriminals attempt to trick individuals into revealing sensitive information (usernames, passwords, credit cards, etc.) by pretending to represent a legitimate organization and sending messages enticing a user to click on a malicious link, which can lead to identity theft, financial loss, or other damages.

As a SOC Engineer, I have seen firsthand the deceptive and dangerous nature of phishing emails. Inspired by phishing, these tacos hide their delicious flavor behind a numbingly good disguise—Szechuan peppers. Just like the tantalizing flavor concealed behind the peppers, phishing emails hide their malicious intent behind seemingly genuine content. They may appear harmless or trustworthy, but once you take the bait, you're met with unforeseen consequences. These "Phish" tacos are sure to provide a delicious surprise to anybody brave enough to try them.



Ingredients

For the fish:

- 1 pound firm white fish filets (such as tilapia, cod, or halibut)
- 1 tablespoon Szechuan peppercorns, crushed
- 2 cloves garlic, minced
- 1 tablespoon ginger, grated
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon vegetable oil (for cooking)
- Salt and pepper, to taste

For the Szechuan slaw:

- 2 cups shredded cabbage (green or purple or a mix)
- 1 carrot, julienned
- 2 green onions, thinly sliced
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon honey (or more to taste)
- 1/2 teaspoon Szechuan peppercorns, crushed
- Salt, to taste

For serving:

- 8 small tortillas (corn or flour)
- Fresh cilantro, chopped
- Lime wedges
- Sliced jalapeños (optional, for extra heat)

Instructions:

1. Marinate the Fish: Combine peppercorns, garlic, ginger, soy sauce, vinegar, sesame oil, salt, and pepper. Pat fish dry with paper towels, then add to the marinade. Coat the fish, cover, and refrigerate for 30 minutes.
2. Make the Slaw: In a separate bowl, combine the shredded cabbage, julienned carrot, and sliced green onions.
3. Make the Slaw Dressing: In a small mixing bowl, whisk together the soy sauce, rice vinegar, sesame oil, honey, crushed Szechuan peppercorns, and a pinch of salt. Pour over the slaw mixture and toss until everything is well coated. Adjust seasoning and sweetness to your taste. Set aside.
4. Cook the Fish: Heat oil in a skillet over medium-high heat. Cook marinated fish 3-4 minutes per side until golden and cooked through. Cooking time may vary depending on the thickness of the fish.
5. Assemble the Tacos: Warm the tortillas, add fish, top with slaw, and garnish with cilantro, lime, and jalapeños. Serve immediately. peppercorns and jalapeños to suit your heat preference.

Tip: Adjust the level of spiciness by increasing or decreasing the amount of crushed Szechuan peppercorns and jalapeños to suit your heat preference.

Skewered Scapegoat Kebabs

Scapegoat: Sometimes cybersecurity companies, while providing good services, are unaware of their tone deafness. They might use predatory sales tactics or create unhealthy work practices, even referring to CISOs as scapegoats. Cybersecurity companies should work to empower CISOs, not blame them for security issues and use them as scapegoats.

In the world of cybersecurity, blame can fall on anybody or anything. Faulty systems, poor planning, or employees could take the blame for an entire organization's security mishaps. Some companies offer solutions for this: "Our product will prevent you from becoming a scapegoat" or "Finally you can live without fear of being axed by the shareholders." I can't stand scapegoats or the companies that foster such environments. These Skewered Scapegoat Shish Kebabs are the perfect way to express your disdain towards scapegoat culture.



Ingredients

For the Marinade:

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 3 garlic cloves, minced
- 1 tablespoon fresh oregano (or 1 teaspoon dried)
- 1 tablespoon fresh thyme (or 1 teaspoon dried)
- 1 tablespoon fresh rosemary (or 1 teaspoon dried)

- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon red pepper flakes (adjust to your spice preference)
- Salt and black pepper to taste

For the Kabobs:

- 2 pounds (900g) boneless goat meat, cut into 1-inch cubes

- Bell peppers (any color), cut into chunks
- Red onion, cut into chunks
- Cherry tomatoes
- Wooden or metal skewers

Tip: If using wooden skewers, soak them in water for 30 minutes before use to prevent burning or breaking.

Instructions:

1. In a large bowl, whisk together the olive oil, lemon juice, minced garlic, oregano, thyme, rosemary, ground cumin, paprika, red pepper flakes, salt, and black pepper.
2. Add the goat meat cubes to the marinade, ensuring they are coated thoroughly. Cover the bowl with plastic wrap and let it marinate in the refrigerator for at least 2 hours, or ideally overnight. This step will infuse the meat with wonderful flavors and tenderize it.
3. Preheat your grill to medium-high heat.
4. While the grill is heating up, prepare the vegetables. Thread the marinated goat meat, bell pepper chunks, red onion pieces, and cherry tomatoes onto the skewers, alternating between the ingredients.
5. Once the grill is hot, oil the grates to prevent sticking. Place the kabobs on the grill and cook for about 10-12 minutes, turning occasionally to ensure even cooking. Cooking time may vary depending on your desired level of doneness and the meat thickness (Recommend medium or medium-rare for the best tenderness and flavor).
6. Once the goat meat is cooked to your liking and the vegetables are slightly charred, remove the kabobs from the grill.
7. Let the kabobs rest for a few minutes before serving to allow the juices to redistribute within the meat. Serve hot with some fresh lemon wedges on the side for an extra burst of citrus flavor.

SSL-ow Cooked Short Ribs

Secure Sockets Layer (SSL): A security protocol used to establish encrypted links between a web server and a browser in online communication, ensuring that all data transmitted between the web server and browser remains encrypted and protected from access by unauthorized parties.



In the world of tech, data transfer is an extremely common occurrence. Over the years, I have learned that one of the most integral parts of that process was establishing an SSL connection. I relied heavily on SSLs to encrypt the movement of my data, whether personal or company information. But, with the advent of Transport Layer Security (TLS), SSL faded into obscurity. To celebrate SSL's legacy, my "SSL-ow Cooked Short Ribs" combine the tenderness of slow-cooked beef with a blend of flavors that celebrates the security protocol I held so dear.

Instructions:

1. Preheat the oven to 325°F (163°C).
2. Heat the olive oil in a large oven-safe pot or Dutch oven over medium heat. Brown the short ribs on all sides until they develop a rich, caramelized crust. Remove the ribs and set them aside.
3. In the same pot, add the chopped onion and garlic. Sauté until fragrant and slightly golden.
4. Add the diced carrots and celery to the pot. Stir and cook for a few minutes until they begin to soften.
5. Return the short ribs to the pot, nestling them among the vegetables.
6. In a separate bowl, mix together the beef broth, red wine, soy sauce, Worcestershire sauce, brown sugar, dried thyme, and dried rosemary. Pour this mixture over the ribs and vegetables.
7. Season with salt and pepper to taste.
8. Cover the pot with a lid and transfer it to the preheated oven.
9. Allow the ribs to cook slowly for approximately 2 to 3 hours, or until the meat becomes tender and starts to fall off the bone.
10. Once the ribs are cooked to perfection, remove them from the pot, and let them rest for a few minutes.
11. Serve hot, garnished with a sprinkle of fresh herbs, and accompanied by your favorite sides.

Ingredients

- 2 pounds of beef short ribs
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 4 cloves of garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 cup beef broth
- ½ cup red wine
- 2 tablespoons soy sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoons brown sugar
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper to taste

Rootkit Ravioli

Rootkit: A type of malware that provides a hacker with root access to a computer or network. They're typically installed secretly, and are designed to hide their activity remains undetected. Rootkits can be used to intercept and change system functions, create a backdoor for remote control, steal data, or other malicious activities.

Rootkits are valuable in hacking and cybersecurity as small packets of information that can be used to remotely access or control systems/networks. These raviolis are my version of a rootkit. Filled with ricotta cheese, basil, and garlic, they pose no threat to your systems or networks. When paired with a delightful red sauce, these raviolis make no secret of their simple and savory deliciousness - unlike rootkits, hidden to cause harm.



Ingredients

Pasta dough:

- 2 cups all-purpose flour
- 3 large eggs
- 1/2 teaspoon salt

Filling:

- 1 cup ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- 1 clove garlic, minced
- Salt and pepper to taste

Sauce:

- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 can (400g) crushed tomatoes
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions:

1. In a large mixing bowl, combine the flour and salt. Make a well in the center and crack the eggs into it. Slowly mix the eggs into the flour until a dough forms. Knead the dough on a floured surface for about 5-7 minutes until smooth. Wrap in plastic wrap and let it rest for 30 minutes.
2. In a separate bowl, combine the ricotta cheese, parmesan cheese, basil, parsley, minced garlic, salt, and pepper. Mix well until all the ingredients are evenly incorporated. Set aside.
3. Divide the rested dough into two equal portions. Roll out one portion on a floured surface until it's thin and translucent. Repeat with the other portion.
4. Place teaspoon-sized dollops of the filling onto one rolled-out pasta sheet, leaving space between each dollop. Moisten the edges of the pasta with water and carefully place the second rolled-out sheet on top. Press around the fillings to seal the ravioli. Use a ravioli cutter or a knife to cut out individual ravioli.
5. Bring a large pot of salted water to a boil. Add the ravioli and cook until they float to the top, usually 2-3 minutes. Remove them with a slotted spoon and set aside.
6. In a saucepan, heat the olive oil over medium heat. Add the chopped onion and minced garlic, sautéing until they become translucent. Pour in the crushed tomatoes and dried oregano. Season with salt and pepper. Simmer for about 10 minutes, allowing the flavors to blend.
7. Place the cooked ravioli on individual plates. Spoon the tomato sauce over the ravioli and garnish with some additional grated Parmesan cheese. Serve hot and enjoy!



Firewall Chili

Firewall: A system that monitors and controls incoming and outgoing network traffic based on set security rules. It acts as a barrier between a trusted network (like personal or corporate machines), and an untrusted one (usually the internet), and helps to block malicious traffic or attempts to breach the system.

Working in cybersecurity, I'm always looking for creative ways to explain complex concepts. Inspired by the robust defenses we build to protect our networks, I crafted a chili that embodies the strength and spice of a well-constructed firewall. This hearty chili, packed with beef, beans, and a kick of heat, is designed to defend your taste buds just like our firewalls protect data.

Instructions:

1. In a large pot or Dutch oven, heat the olive oil over medium heat. Add the diced onion and bell pepper and sauté until softened, about 5 minutes.
2. Add the ground beef to the pot and cook until browned, breaking it apart with a spoon, about 7-10 minutes. Drain any excess fat.
3. Stir in the minced garlic, chili powder, cumin, paprika, oregano, cayenne pepper (if using), salt, and pepper. Cook for 2-3 minutes until fragrant.
4. Add the kidney beans, black beans, diced tomatoes, tomato paste, and beef broth. Stir to combine.
5. Bring the chili to a boil, then reduce the heat to low. Cover and let it simmer for at least 30 minutes to allow the flavors to meld. For a richer flavor, simmer for up to an hour.
6. Taste and adjust seasoning with additional salt and pepper if needed.
7. Ladle the chili into bowls and add your favorite toppings, such as shredded cheese, sour cream, chopped green onions, fresh cilantro, or avocado slices.

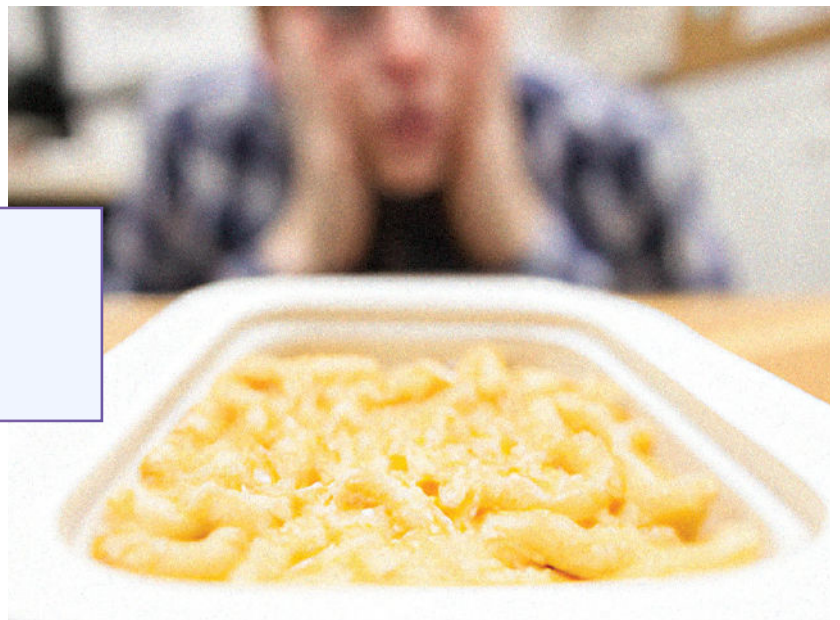
Ingredients

- 1 lb ground beef
- 1 large onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) diced tomatoes
- 1 can (6 oz) tomato paste
- 2 cups beef broth
- 1 packet Zilla Security's chili seasoning
- 1/2 tsp cayenne pepper (optional, for extra heat)
- Salt and pepper to taste
- 2 tbsp olive oil
- Optional toppings: shredded cheese, sour cream, chopped green onions, fresh cilantro, avocado slices

SUPPORT SYSTEMS

Side Dishes

**Misconfigured Mac
and Cheese**



**Infinite Identity
Sauce**

Misconfigured Mac and Cheese

Misconfiguration issues: Incorrect setups of IT systems, which can leave them vulnerable to unauthorized access and potential breaches. They can occur in various forms like improperly set security controls, unnecessary default features, open cloud storage, unprotected files and directories, or the use of default usernames and passwords. Misconfiguration issues can expose sensitive data or system controls, making an easy target for cyber attacks.

As a cybersecurity consultant, I frequently tackle misconfiguration issues which can create security risks. My friend Alice's company had problems with misconfigured permissions, giving outdated accounts access to sensitive data. Explaining this challenge proved to be a struggle, as she was very confused by the concept. As a result, I created "Misconfigured Mac n Cheese." This dish, with various pasta shapes, symbolizes the need for flexibility and correct configuration, highlighting the critical importance of proper access control in cybersecurity.

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Cook the pasta according to their individual package instructions. Drain and set them aside.
3. In a large saucepan, melt the butter over medium heat. Add the flour and whisk until smooth to create a roux.
4. Gradually pour in the milk while whisking continuously to prevent lumps. Cook the mixture until it thickens, stirring frequently.
5. Reduce the heat to low and add the shredded cheddar cheese, grated Parmesan cheese, garlic powder, salt, and black pepper. Stir until the cheeses melt, creating a smooth and creamy sauce.
6. Add the cooked pasta mix to the cheesy sauce, stirring well to coat every pasta shape with the rich flavors.
7. Transfer the macaroni mixture to a baking dish. For optional extra crunch and texture, sprinkle bread crumbs evenly on top of the macaroni mixture. Bake for 20–25 minutes, or until the top turns golden and bubbly.
8. Remove from the oven, let it cool slightly, and serve hot.

Tip: This Mac and Cheese is supposed to be misconfigured! Feel free to use any/all pasta on hand, especially any leftover uncooked pasta lying around in your pantry.



Ingredients

- An assortment of different pasta shapes (macaroni, penne, fusilli, bowtie, or any other favorites)
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 cups milk
- 2 cups shredded cheddar cheese
- 1 cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup breadcrumbs (optional)



Infinite Identity Sauce

Identity and Access Management (IAM): The systems and processes used to control, manage, and secure access to an organization's resources. It involves authenticating user identities, authorizing their access to certain resources, and managing roles and permissions.

In the world of web applications and user management, identities are extremely important. There are countless configurations and access permissions that can be applied to a single identity. This makes IGA implementations seem endless, as permissions are always changing, audits are always happening, and users are always being added or removed. Just like IGA implementations, this pasta sauce can last forever. Once made, its leftovers can be saved and used later as a starter, making this sauce effectively infinite.

Instructions:

1. In a large saucepan, heat the olive oil over medium heat. Add the chopped onion and minced garlic. Sauté until the onion becomes translucent and the garlic becomes fragrant.
2. Add the crushed tomatoes, tomato paste, dried basil, dried oregano, dried thyme, sugar, red pepper flakes, salt, and pepper to the saucepan. Stir well to combine all the ingredients.
3. Bring the sauce to a gentle simmer. Reduce the heat to low and let it cook for about 20–30 minutes, stirring occasionally to prevent sticking. This will allow the flavors to meld together and the sauce to thicken.
4. Once the sauce has reached your desired consistency and flavor, remove half of it from the saucepan. This portion will be your “Infinite Pasta Sauce Starter.”
5. If serving immediately, prepare your favorite pasta according to package instructions. Top pasta with Infinite Pasta Sauce Starter.
6. If saving for later use, let the Infinite Pasta Sauce Starter cool down completely. Transfer it to a sealable container and store it in the refrigerator or freezer until your next pasta sauce batch.

Tip: Starter sauce can be added during step 2, and can be mixed in with additional tomato paste and herbs/spices. Doing this will infuse the flavors from the starter into the new batch of sauce, creating a new iteration of the infinite identity sauce!

Ingredients

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 can (14 oz) crushed tomatoes
- 1 can (6 oz) tomato paste
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon sugar
- 1/2 teaspoon red pepper flakes (adjust to taste)
- Salt and pepper, to taste

DEFENDER DELIGHTS

Desserts

Domain Dump Cake



**Compliance
Cupcakes**



Buffer Overflow Chocolate Lava Cake

Buffer Overflow Attack: A type of security breach where an attacker overloads a buffer, which is a temporary data storage space, with more data than it was designed to hold. The excess data can overflow into adjacent buffers, which can corrupt or overwrite valid data. Buffer overflow attacks can lead to system crashes, data breaches, or give attackers unwarranted control over systems.

As a professional in the cybersecurity industry, I've dealt with my fair share of hacking attempts, the most frustrating being buffer overflows. Not only do these attacks completely fill the memory of my buffers, but they also corrupt and destroy data stores adjacent to the buffer itself—two birds with one stone. While eating one of my favorite desserts, Chocolate Lava Cake, I noticed that it had some strikingly similar characteristics to buffer overflow attacks. Not only did it explode with flavor upon the first bite, but it also managed to coat most of my surroundings in splattered, molten chocolate. After this rather messy fiasco, I decided to create my own chocolate lava cake recipe that could mimic the effects of a buffer overflow attack.



Ingredients

- 1 cup unsalted butter
- 8 ounces semi-sweet chocolate, chopped
- 4 large eggs
- 1 ½ cups granulated sugar
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ¾ cup all-purpose flour

Instructions:

1. Preheat the oven to 425°F (220°C). Grease and lightly flour six ramekins or individual-sized baking dishes.
2. In a microwave-safe bowl, melt the butter and chopped chocolate together. You can either use the microwave in short bursts or a double boiler on the stovetop. Stir until smooth and set aside to cool slightly.
3. In a separate mixing bowl, whisk together the eggs, sugar, vanilla extract, and salt until well combined.
4. Slowly pour the melted chocolate mixture into the egg mixture, stirring continuously until fully incorporated.
5. Gradually add the flour to the batter and mix until just combined. Be careful not to overmix.
6. Divide the batter evenly among the prepared ramekins, filling them about three-quarters of the way.
7. Place the ramekins on a baking sheet and bake in the preheated oven for about 12–14 minutes. The edges should be set, but the center will still be slightly jiggly.
8. Carefully remove the lava cakes from the oven and allow them to cool in the ramekins for a few minutes.
9. To serve, you can either invert the ramekins onto serving plates or serve them directly in the ramekins. If using the invert method, run a knife around the edge of each cake to loosen it before turning it over.
10. Dust the lava cakes with powdered sugar and garnish with fresh berries or a scoop of ice cream, if desired. Serve warm and enjoy!



Domain Dump Cake

Domain: Areas of a network or system that are governed by the same security policy or have the same level of trust. For example, if an organization separates different departments (e.g., finance, human resources, and marketing) into different domains, each could have specific security rules and access permissions.

Don't let this recipe's name deter you! This cake is reminiscent of a delicious fruit cobbler, but much easier to make. If your pantry is running low, and you are craving a sweet treat, this cake is sure to please. Drawing inspiration from the intricate nature of domains, this cake contains a myriad of distinct parts unified under a single virtual roof. Every delicious bite is a reminder that, much like a well-designed domain, the sum of its parts can truly be greater than its individual components.

Instructions:

1. Preheat your oven to the temperature specified on the cake mix package.
2. Prepare the cake batter according to the instructions on the package. Mix it thoroughly to ensure all the ingredients are well combined.
3. In a greased baking dish, spread the fruit pie filling evenly on the bottom.
4. Pour the prepared cake batter over the fruit pie filling, covering it completely.
5. In a separate bowl, combine the crushed cookies or graham crackers, shredded coconut, and chopped nuts.
6. Add 1/4 cup of your preferred liqueur to the dry mixture, and stir well to combine. This will infuse the cake with a boozy flavor.
7. Sprinkle the boozy mixture evenly over the cake batter.
8. Drizzle the melted butter over the top of the cake mixture, ensuring it is evenly distributed.
9. Place the baking dish in the preheated oven and bake according to the instructions on the cake mix package, or until the cake is golden brown and a toothpick inserted into the center comes out clean.
10. Once baked, remove the cake from the oven and let it cool slightly.
11. Serve warm, with a dollop of whipped cream or a scoop of ice cream if desired.

Tip: This cake is designed to be thrown together quickly (the ingredients are “dumped” into the pan) so don't worry if the ingredients aren't evenly spread out.

Ingredients

- 1 package of your favorite cake mix (flavor of your choice)
- 1 can fruit pie filling (flavor of your choice)
- 1 cup crushed cookies or graham crackers
- 1 cup shredded coconut
- 1 cup chopped nuts (e.g., walnuts or pecans)
- 1/2 cup melted butter
- 1/4 cup your preferred liqueur (e.g., rum, Kahlua, or amaretto)
- Whipped cream or ice cream for serving

Compliance Cupcakes

SOX Compliance: SOX, or the Sarbanes-Oxley Act (SOX) of 2002, is a U.S. federal law that sets requirements for all U.S. public company boards, management, and public accounting firms. It aims to protect investors and the public by increasing the accuracy and reliability of corporate disclosures. It requires accurate financial records, establishing internal controls and procedures for financial reporting, and regular reviews of these controls. Failure to comply can result in severe fines or imprisonment.



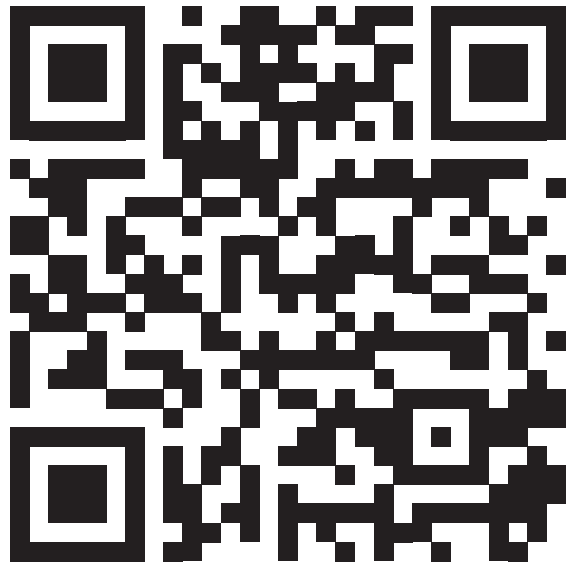
Throughout my organization, SOX compliance holds immense significance. Understanding the importance of adhering to the rules and regulations, we have assembled a team of consultants and specialists who work tirelessly to ensure our company operates in strict accordance with SOX guidelines. As a testament to our success in maintaining compliance, we have established a tradition of hosting small celebrations after each audit, where we come together to rejoice in our accomplishments. At these festive occasions, a special treat known as “Compliance Cupcakes” took center stage, symbolizing our commitment to maintaining a culture of compliance.

Instructions:

1. Preheat oven to 350°F (175°C) and line a cupcake pan.
2. Whisk flour, baking powder, and salt in a bowl.
3. In a separate bowl, cream together butter and sugar, then add eggs and vanilla.
4. Gradually add dry ingredients and milk to the butter mixture, alternating, until combined.
5. Spoon batter into liners, filling two-thirds full.
6. Bake for 18-20 minutes, then cool on a wire rack.
7. Decorate with compliance-themed toppers.

Ingredients

- 1 ½ cups all-purpose flour
- 1 ½ tsp baking powder
- ¼ tsp salt
- ½ cup softened unsalted butter
- 1 cup granulated sugar
- 2 large eggs
- 1 tsp vanilla extract
- ¾ cup whole milk



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