

Watch Prodigy Of Mobb Deep Make Prison BBQ Salmon

[youtube id="wKaARdTHaJY"] Prodigy of Mobb Deep's [*Commissary Kitchen: My Infamous Prison Cookbook*](#) is the rapper's new book of recipes he learned while being incarcerated. He went to prison for four years on a weapons charge and during that time he picked up cooking techniques designed for the situation. Being born with Sickle cell anemia forced him to pay close attention to his diet in order to avoid pain. In the above video, he makes the BBQ salmon for Vice's Munchie's channel and explains that the recipes can be useful to anyone who has to cook in limited circumstances like college students. The recipes can also be made using fresh ingredients instead of the canned goods used by prison cooks.