

ookFellas

A Guide to Cooking for the Made Man

By Paul Nickl

Chief Wahoo

Created by Paul Nickl

Paul Nickl

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Illinois State University

Paulie and Vinnie's PRISON SAUCE

"I think, don't put too many onions in the sauce." - Paul Gurn, Graphics

Ingredients
2 tbsp. Olive Oil, divided
1/2 lb. Beef Chuck (see below), cut into 1-inch pieces
1/2 lb. Veal, cut into 1-inch pieces
1/2 lb. Pork Sausage, sweet or hot, casing removed
1/2 cup yellow or white Onion, chopped
6-8 cloves Garlic, sliced with a razor
1/2 cup red or white Wine
1/2 cup beef broth
2 (28 oz.) cans Italian-style Crushed Tomatoes

1 (8 oz.) can Tomato Paste
1/2 cup Basil Leaves, torn
Salt
Freshly-Ground Black Pepper

Graphic Design 2
Weslock Kim School of Art

Chief Wahoo


1947-2018

Introduction

mom

"Forget about your mothers and our hands."

and damn us well



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project 1

typography

Publication Project

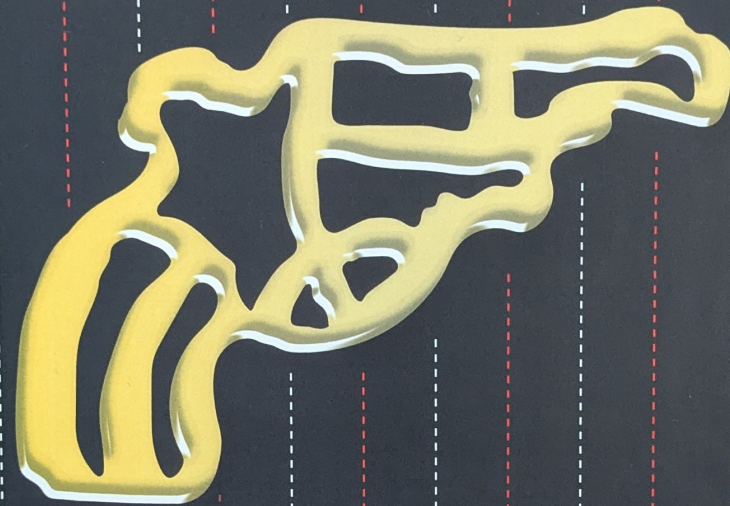
Spring 2026

Adobe Indesign

8 x 10 in

For this project, the goal was to create a themed cookbook using grids, typographic systems, and consistent hierarchies to ensure a polished and reader-friendly experience across all the pages. My project combined the aesthetics of a traditional Italian cookbook with a Mafia-inspired theme, drawing primarily from the films of Martin Scorsese and The Sopranos television series.

Includes 10 Recipes a Wiseguy Can't Refuse

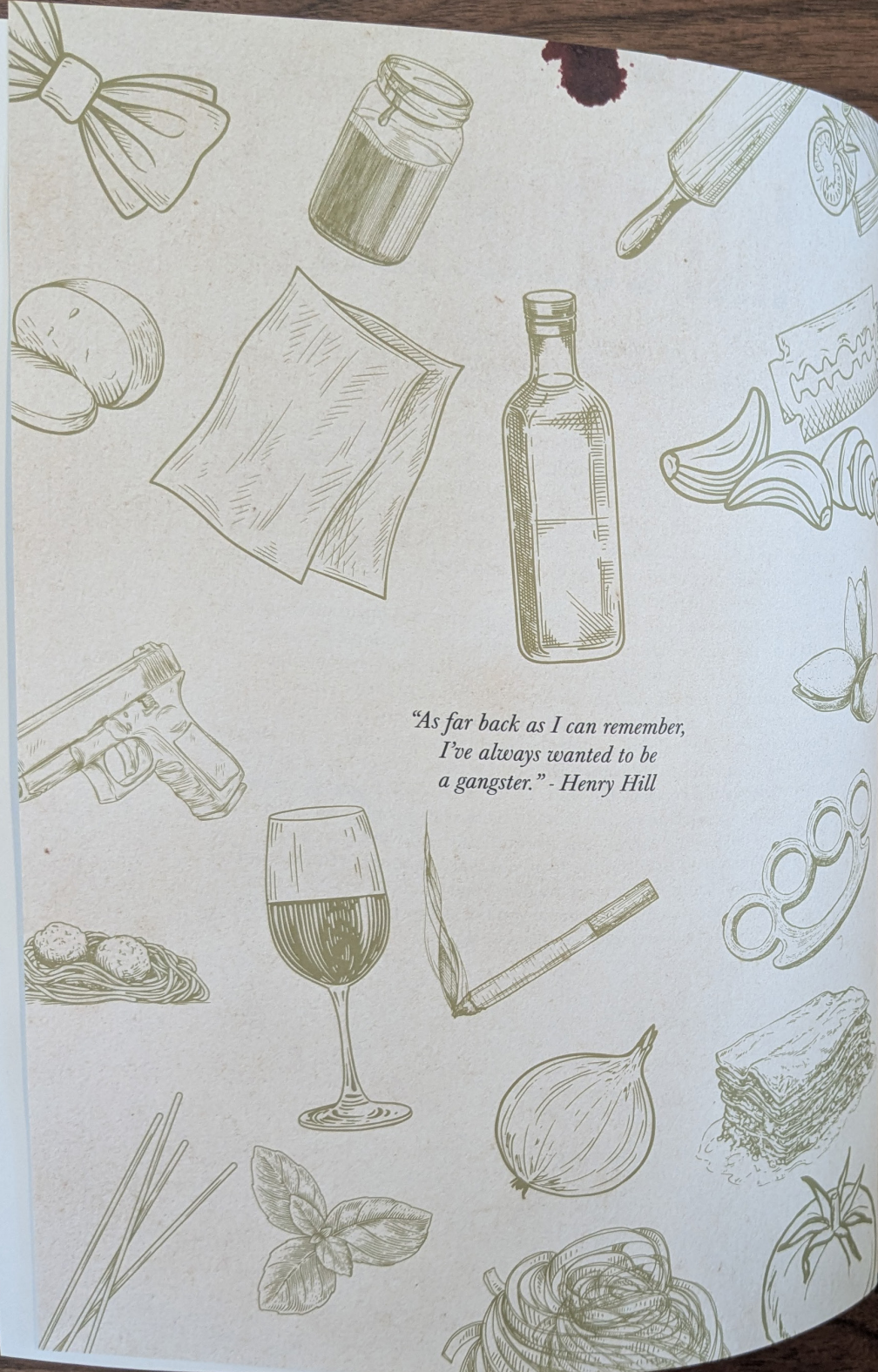


CookFellas







A Guide to Cooking for the Made Man

By Paul Nickl



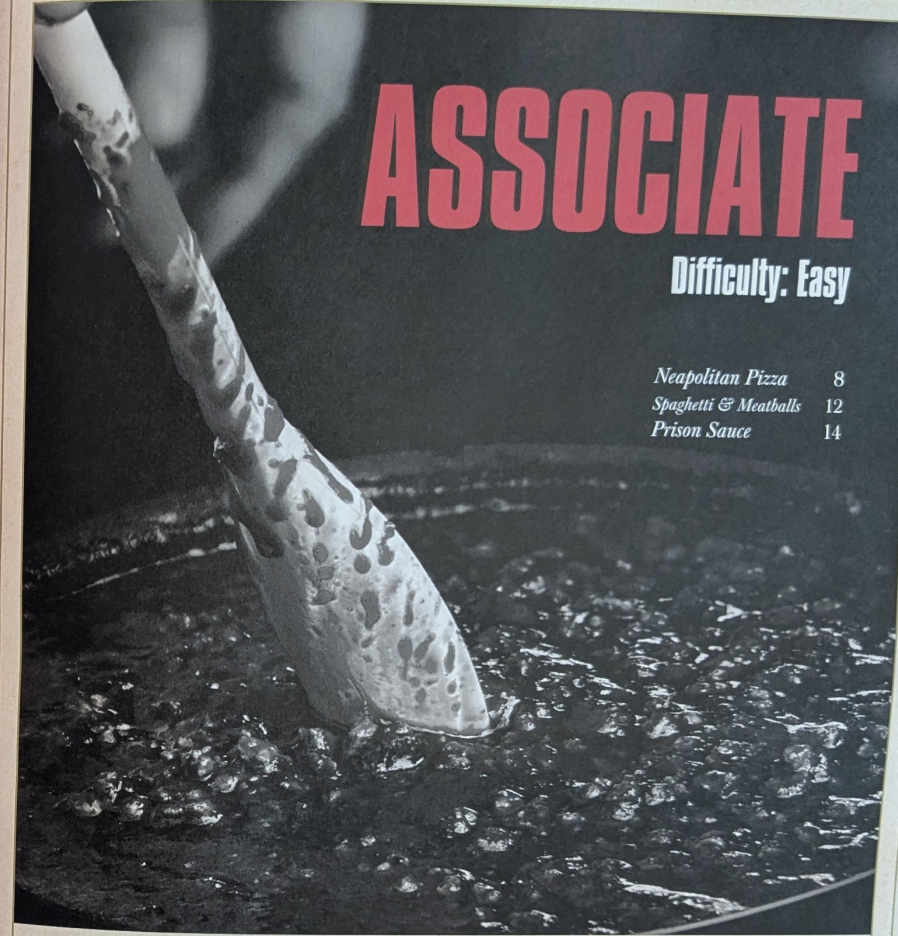
*"As far back as I can remember,
I've always wanted to be
a gangster." - Henry Hill*

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*"Vinnie, don't put too many onions in the sauce."
- Paul Cicero, Goodfellas.*



ASSOCIATE

Difficulty: Easy

<i>Neapolitan Pizza</i>	8
<i>Spaghetti & Meatballs</i>	12
<i>Prison Sauce</i>	14

By far, the easiest recipes in this goddamn cookbook. Here, what you'll find is pretty standard stuff. Intended for our associates and schmucks without a drop of Italian blood in them. We're talking Pizza and Spaghetti & Meatballs, that sort of thing. Shit any wannabe Wiseguy could make. Relax, don't get ahead of yourself. This is your foot in the door. If you can make these recipes better than your dead grandmother, maybe you can advance to become a soldier and beyond. Always remember, this family comes before everything else. Everything.



Paulie and Vinnie's PRISON SAUCE

"Vinnie, don't put too many onions in the sauce." - Paul Cicero, Goodfellas.

In prison, dinner was always a big thing. Wiseguys had a pasta course and then they had a meat or a fish. Paul Cicero, who was doing a year for contempt, did the prep work. He had a wonderful system for doing the garlic. He would use a razor and he would slice it so thin that it would liquefy in the pan with just a little oil. This classic dish was made using the bare essentials and not too many onions.



1 hour

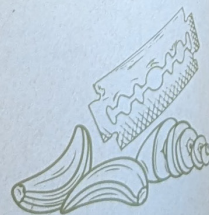


Makes 4 Servings

Ingredients

- 2 tbsp. Olive Oil, divided
- 1/2 lb. Beef Chuck (stew beef), cut into 1-inch pieces
- 1/2 lb. Veal, cut into 1-inch pieces
- 1/2 lb. Pork Sausage, sweet or hot, casing removed
- 1/2 cup yellow or white Onion, chopped
- 6-8 cloves Garlic, sliced with a razor
- 1/2 cup red or white Wine
- 1/2 cup beef broth
- 2 (28 oz.) cans Italian-style Crushed Tomatoes

- 1 (6 oz.) can Tomato Paste
- 1/2 cup Basil Leaves, torn
- Salt
- Freshly Ground Black Pepper



Images: SheKnows

Step I: Heat 1 tablespoon of the oil in a large stockpot over medium-high heat.

Step II: Add the beef, veal, and sausage. Cook for 3-5 minutes until browned on all sides. Stir frequently, breaking up sausage as it cooks.

Step III: Using a slotted spoon, remove the meat and set aside. Reserve the drippings.

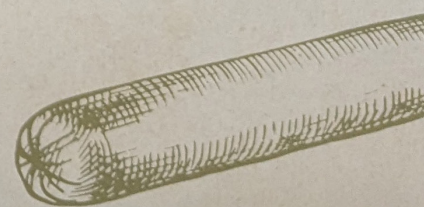
Step IV: Add the remaining oil and reduce the heat to low. Add the onion and garlic and let cook for 10-12 minutes, until soft and caramelized. Stir frequently, don't rush.

Step V: Add the wine and increase heat to medium-high. Cook until the wine has almost evaporated. Add the broth and bring to a simmer.

Step VI: Return the meat to the pan and add the crushed tomatoes and tomato paste.

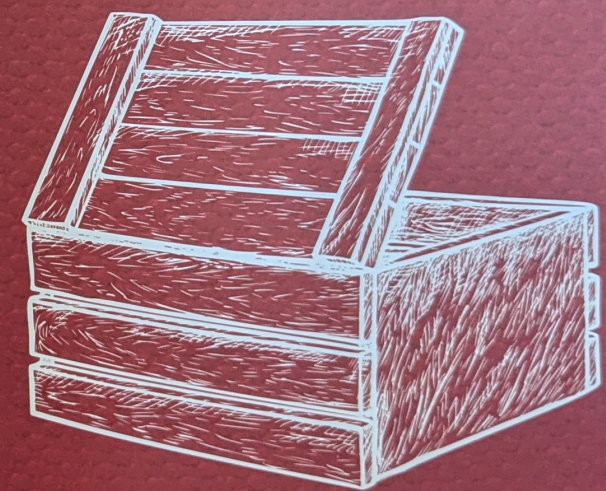
Step VII: Let sauce return to a simmer. Reduce heat to medium and simmer for 1 hour until sauce is nice and thick.

Step VIII: Season to taste with salt and pepper. Garnish with fresh basil before serving.





“Hey, Tommy, if I was gonna break your balls, I’d tell you to go home and get your shinebox. Now go home and get your fucking shinebox.”
- Billy Batts, Goodfellas



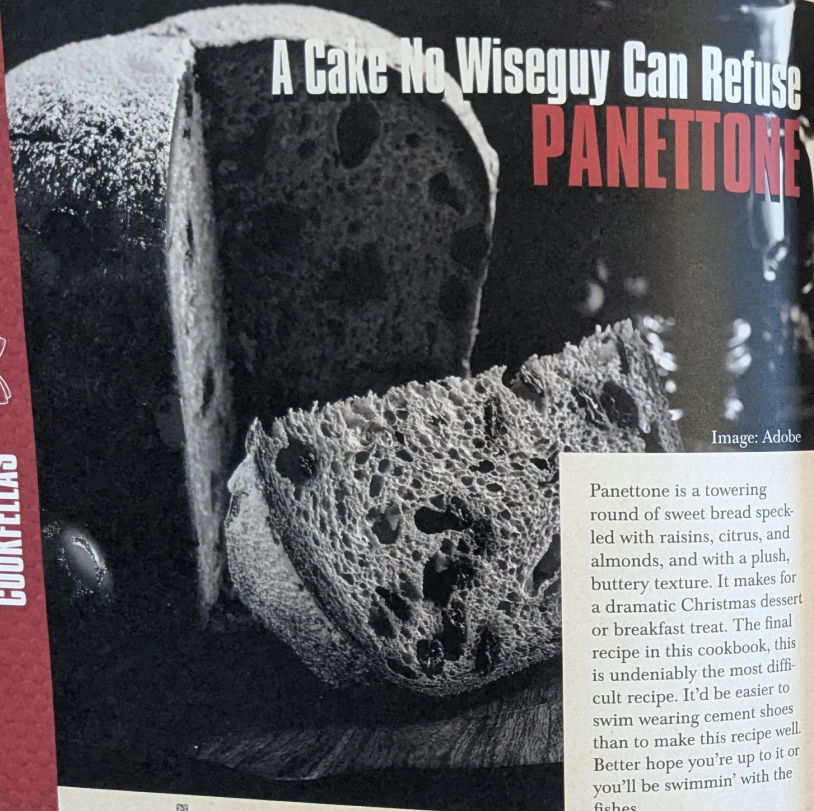


Image: Adobe

A Cake No Wiseguy Can Refuse PANETTONE

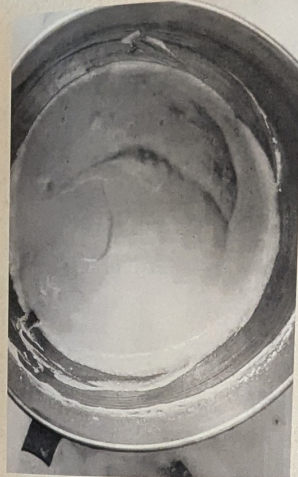
Panettone is a towering round of sweet bread speckled with raisins, citrus, and almonds, and with a plush, buttery texture. It makes for a dramatic Christmas dessert or breakfast treat. The final recipe in this cookbook, this is undeniably the most difficult recipe. It'd be easier to swim wearing cement shoes than to make this recipe well. Better hope you're up to it or you'll be swimmin' with the fishes.

16 hrs. Makes 12 Servings

Ingredients

- For the Dough and Sponge:**
 5 cups All-Purpose flour, divided
 1 tbsp. Instant Yeast
 2/3 cup Water
 5 large Eggs
 1 Orange, finely grated
 1/3 cup Sugar
 2 tsp. Vanilla
 1 1/2 tsp. Fine Sea Salt
 12 tbsp. Room Temperature Unsalted Butter, to make the dough
 1 tbsp. Cold Unsalted Butter, for the top of the dough

- For the Fruit and Nuts:**
 1/2 cup each Dark Raisins, Golden Raisins, and Candied Orange Peel
 1/4 cup Dark Rum
 1/4 cup Hot Water
 1/2 cup Slivered Almonds, optional



On Day 1:

Step I: In the bowl of a stand mixer, stir 1 cup flour and 1 tablespoon instant yeast together until blended. Add the water and mix with a spoon. It should be the consistency of thick cake batter. Cover the bowl with plastic wrap and let rise for 45 minutes. The starter should double in size.

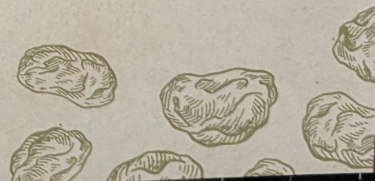
Step II: In a small bowl, stir the dark raisins, golden raisins, candied orange peel, rum, and water together. Cover with a plate and let soak overnight. Measure and set aside almonds (optional).

Step III: In a bowl, whisk the remaining flour and salt together until blended.

Step IV: Once the sponge has risen, transfer the bowl to a stand mixer fitted with the paddle

attachment. Set it on medium speed, and add the eggs to the sponge one at a time, until each is incorporated. Continue at medium speed and add the orange zest, sugar, and vanilla. Drop the mixer to low speed and gradually add about 2 1/2 cups of the flour mixture. Mix for two minutes or until blended. You may need to scrape the sides of the bowl. The dough should be very soft and stretchy. On low speed, gradually add the remaining 1 1/2 cups of flour until it is incorporated.

Step V: Switch to the dough hook. Knead on low for 8 minutes or until the dough is very smooth and elastic. Stop 2-3 times to push down any dough that creeps up on the hook. With the mixer on low, gradually add the butter, a few tablespoons at a time, until it is incorporated. Continue to mix for 3 minutes until the dough is silky and shiny.



project 2

graphic design history

Chief Wahoo Zine

Spring 2025

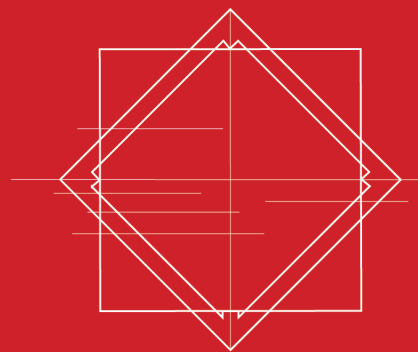
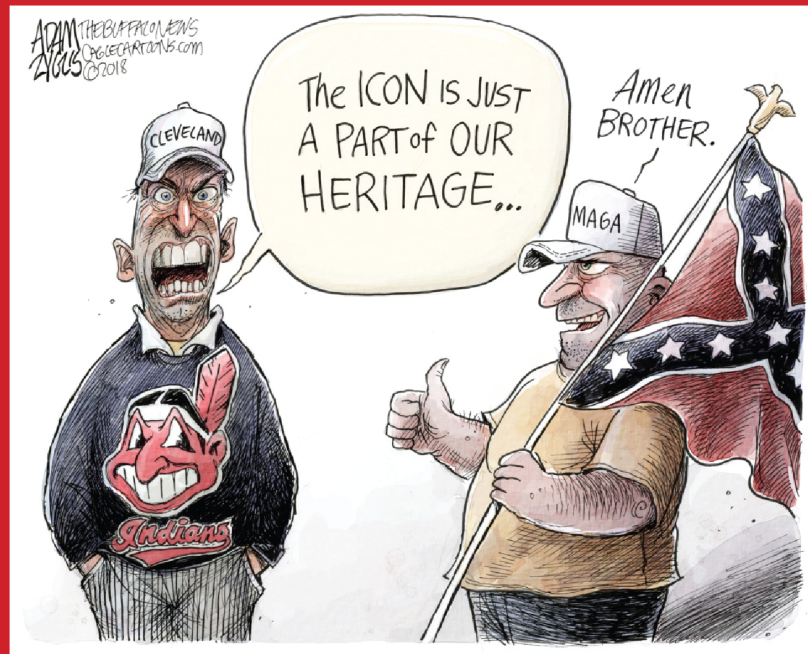
Adobe Indesign

8.5 x 5.5 in

For this project, the goal was to create a zine that discussed a topic from the history of design. I chose to cover the mascot of the former Cleveland Indians, Chief Wahoo and the controversy surrounding this inappropriate usage of Native American imagery in sports.

The zine focuses on how this imagery functioned as a design symbol, the criticism it received, and the broader cultural conversation about representation and identity in visual design.

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ART 216 - Graphic Design History
Spring 2025
Illinois State University



The Problem with



Chief Wahoo

Created by Paul Nickl



Introduction

Throughout their history as the Cleveland Indians, Chief Wahoo, the Indians' primary mascot and logo, was a symbol of controversy.

The debate surrounding Chief Wahoo and the use of Native American imagery in sports began in the late 1960s. Both Native Americans and non-natives opposed the mascot, believing it to be a racist depiction of Native American culture that perpetuated negative stereotypes.

On the other hand, fans of the Indians fought for the continued use of the mascot despite the controversy, claiming the logo was instead a light-hearted tribute to Native American culture.

The debate finally came to a close after several decades in 2018 with the official retirement of Chief Wahoo and later the Indians' rebranding as the Guardians.

However, the controversy surrounding the use of Native American imagery in sports is still ongoing.

The Debate

Arguments Against

The ensuing debate against the usage of Native American imagery began around the late 1960s and continues to this day. Chief Wahoo has received particular criticism with many Natives and non-natives opposed to the usage of Chief Wahoo because it misappropriated images of Native American culture. Logos like Chief Wahoo do not accurately depict Native Americans but are instead offensive and inaccurate and the most basic images of Native Americans that have engrained themselves into the public consciousness (Smith.)

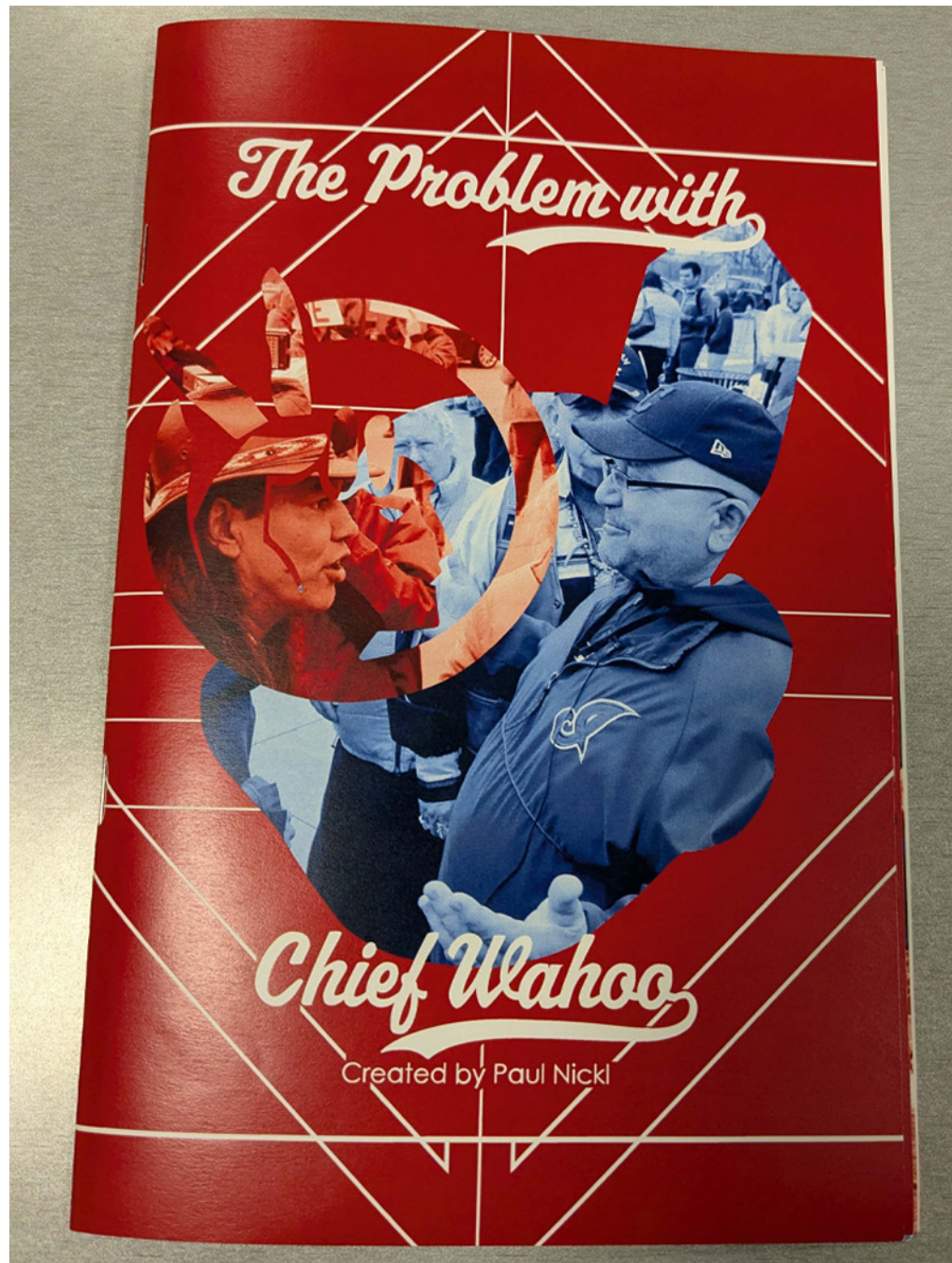
Opponents argue that Chief Wahoo and other logos like it perpetuate stereotypes that depict Natives as "stoic warriors" and "vicious combatants." They are warriors battling settlers and soldiers, they are savages, and they are uncivilized barbarians. These are unfair generalizations but they have nevertheless stuck and will continue to thrive if logos like Chief Wahoo were to be kept in place. It is also because logos like Chief Wahoo were tolerated and Cleveland came so attached by Chief Wahoo that society had come to associate Native American culture as a historical relic that has ceased to exist (Jacobs and Taylor.)



As a result, Native Americans are prohibited from participating as full citizens in US democracy and their sense of identity is damaged. It is because of the popularity of baseball in America and the widespread recognition of Chief Wahoo that non-natives don't grasp a sufficient understanding of the struggles and battles that Native Americans had and still endure. They instead only have a surface understanding of Native American culture that is relegated to stereotypes presented by Chief Wahoo. Opponents began challenging the Indians' logo in the 60s and early 70s with a noteworthy opponent being the American Indian Association (AIM) (Smith.)



AIM's fight against the Cleveland Indians and Chief Wahoo date all the way back to AIM's original founding in 1973 and despite AIM's persistence to bring Wahoo down, little progress was made (Smith.) Protests were done in regards to Wahoo's continued usage over the years, including two separate incidents in the late 90s where protesters burned effigies of Chief Wahoo outside of the Indians' home field, Jacobs Field (Guggenheim.)



project 3

digital media 2

Portfolio Website

Fall 2025

HTML & CSS

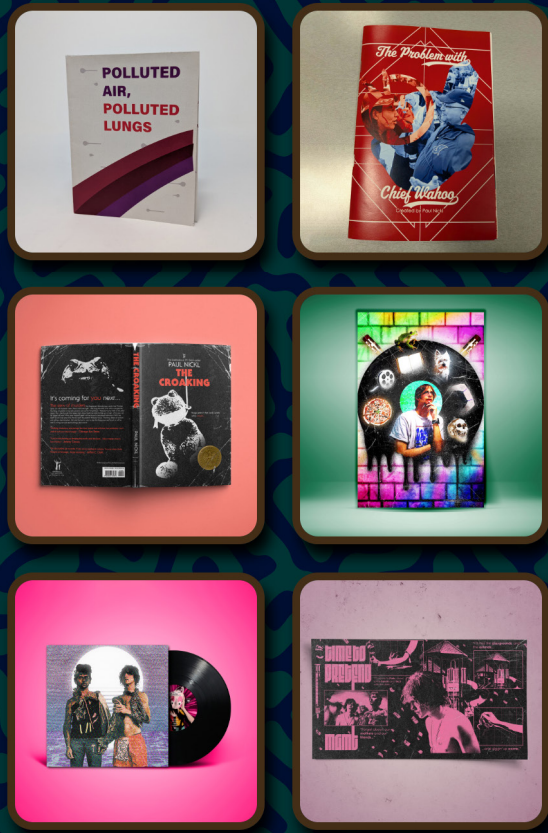
paulnickldesign.com

For this project, the goal was to design and develop a website consisting of a homepage and six pages showcasing graphic design projects. A primary focus was maintaining visual and structural consistency across the entire site, which was achieved through the use of a persistent header and footer on every page. Additionally, the site incorporates interactive elements to enhance usability and engagement, including a dropdown navigation menu and hover effects within the portfolio overview section.

Paul Nickl

Graphic Designer

PORTFOLIO



ABOUT

Paul Nickl is a graphic design student currently in his third year at Illinois State University. Some of his projects have tackled social issues such as the misappropriation of Native American imagery, as well as environmental issues like air pollution.

Much of his work features a grainy/threshold aesthetic inspired by grunge and brutalist design, especially in his personal projects. Outside of his work, Paul loves music and film. Paul is always available for new opportunities for work. Feel free to email him.

Thank you for checking out some of the work he has done.

[View Resume](#)

[BACK TO HOME](#) | [RESISTANCE ZINE](#) | [WAHOO ZINE](#) | [HORROR COVER](#) | [SELF-PORTRAIT](#) | [MAFIA COOKBOOK](#) | [MGMT BRUTALISM](#)

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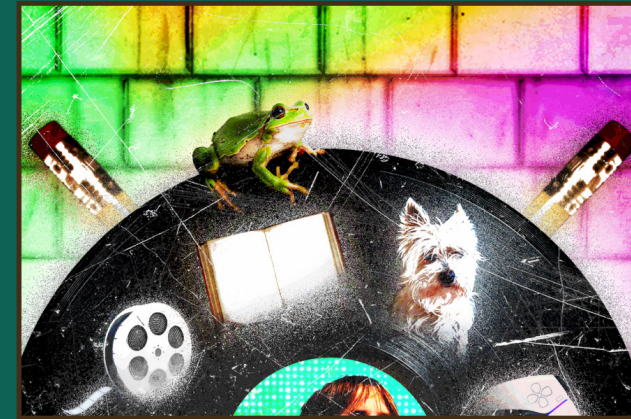


DIGITAL-SELF PORTRAIT

PhotoShop, 2025

11 x 17 in

For this project, I created a self-portrait using imagery to show who I am and my interests. A key focus of this project emphasized on making the composition coherent. All of the images I used are supposed to reflect my interests, such as the vinyl record encompassing all of the images reflecting my love of music and the skull reflecting my love for the horror genre. To create a sense of unification, I adjusted the curves of all of the images and added filters like gaussian blur and thresholds and played around with blending modes to give all the images a washed out, spray-painted look.



[BACK TO HOME](#) | [RESISTANCE ZINE](#) | [WAHOO ZINE](#) | [HORROR COVER](#) | [SELF-PORTRAIT](#) | [ALBUM COVER](#) | [MGMT BRUTALISM](#)

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project 4

graphic design 2

Netflix Series Project

Spring 2025

Adobe Photoshop

15 x 27 in

For this project, the goal was to develop a concept for a fictional series on Netflix with a clear theme and genre. The project required creating a title of no more than six words, designing a title card, and producing two supplementary images such as visuals for the opening credits.

My series is a horror–mystery centered on a frog serial killer. The overall aesthetic draws heavily from Film Noir and classic horror films, using dark tones, dramatic lighting, and unsettling imagery to create a tense, eerie atmosphere that reflects the series' disturbing premise.

N SERIES

A FROG at the DOOR

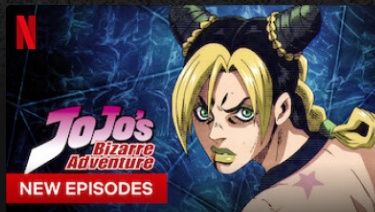
TOP 10 #1 in TV Shows Today

Following a series of gruesome murders, a small town detective uncovers similar murders from years ago by the mysterious Frog Killer. The frog was never caught. Is it a copycat or has the amphibious killer come back with a vengeance?

[▶ Play](#) [i More Info](#)



Popular on Netflix







project 5

graphic design 2

Symbols of Resistance Zine

Spring 2025

Adobe Illustrator

11 x 17 in

For this project, the goal was to develop three symbols for a social/environmental/or political issue of our choosing. The first part of the project focused on the development of the symbols, ensuring they were scalable and original and the second part of the project focused on creating the layout of the zine and creating a pattern using our symbols.

Each year, 7 million people die from exposure to pollutant particles in the air.

An estimated 91% of the world's population live in areas where air quality exceeds the WHO's limit guidelines.

POLLUTED AIR, POLLUTED LUNGS

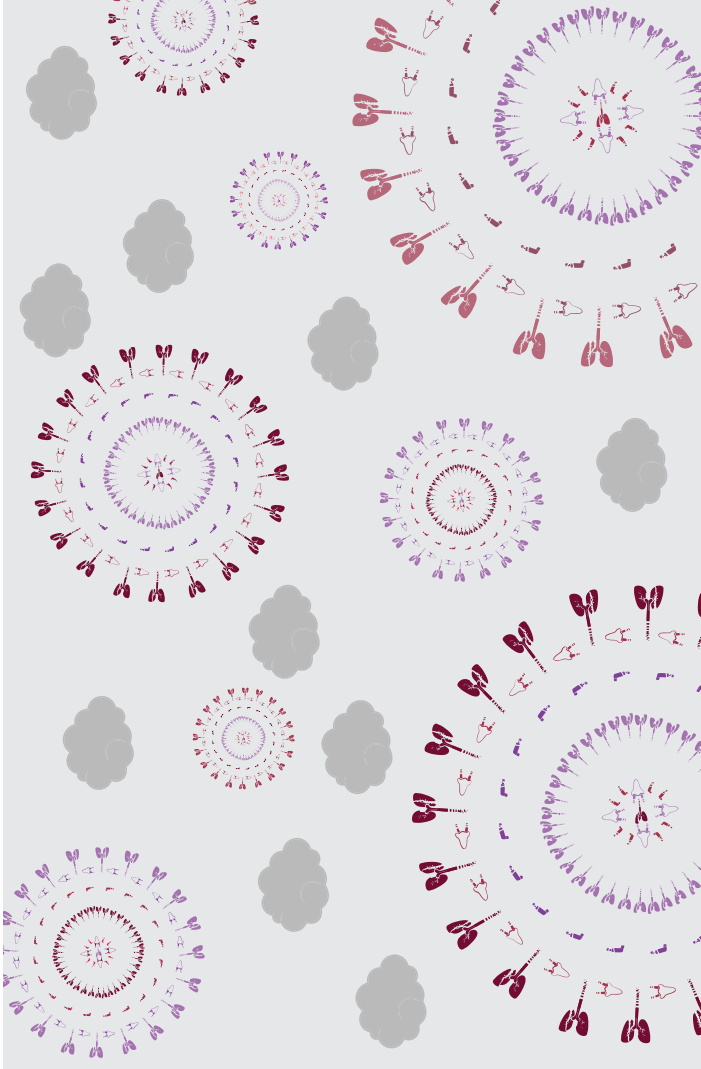
Paul Nickl

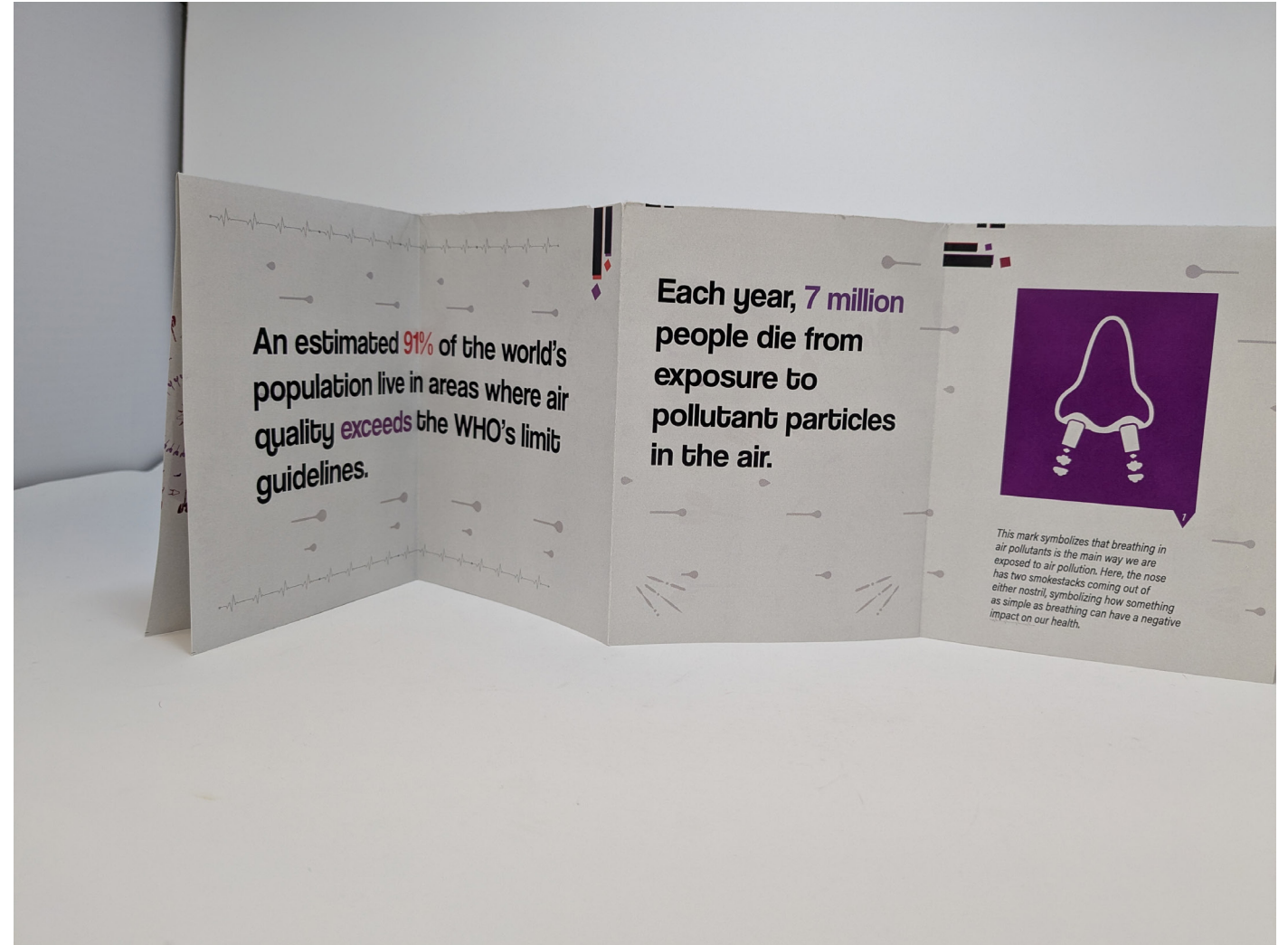
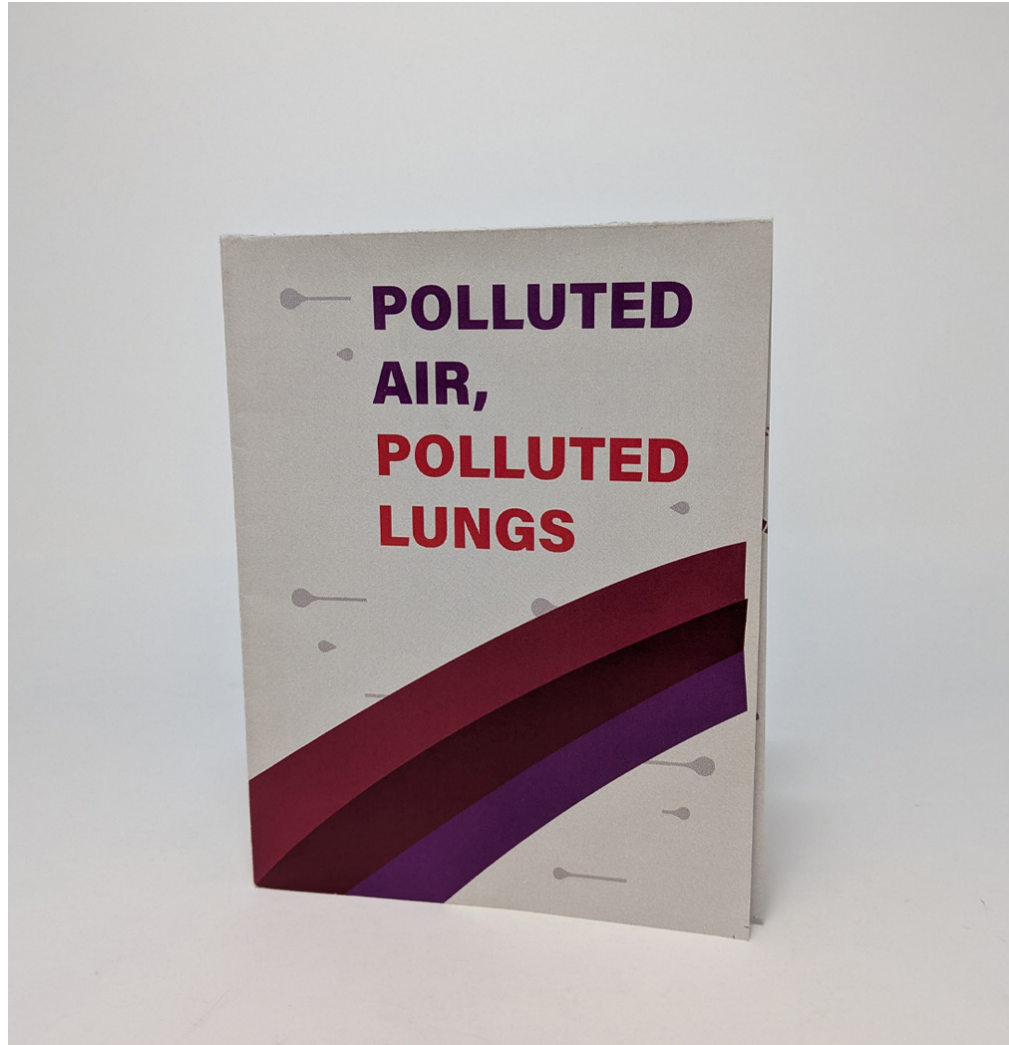
Graphic Design 2
Winsook-Kim School of Art

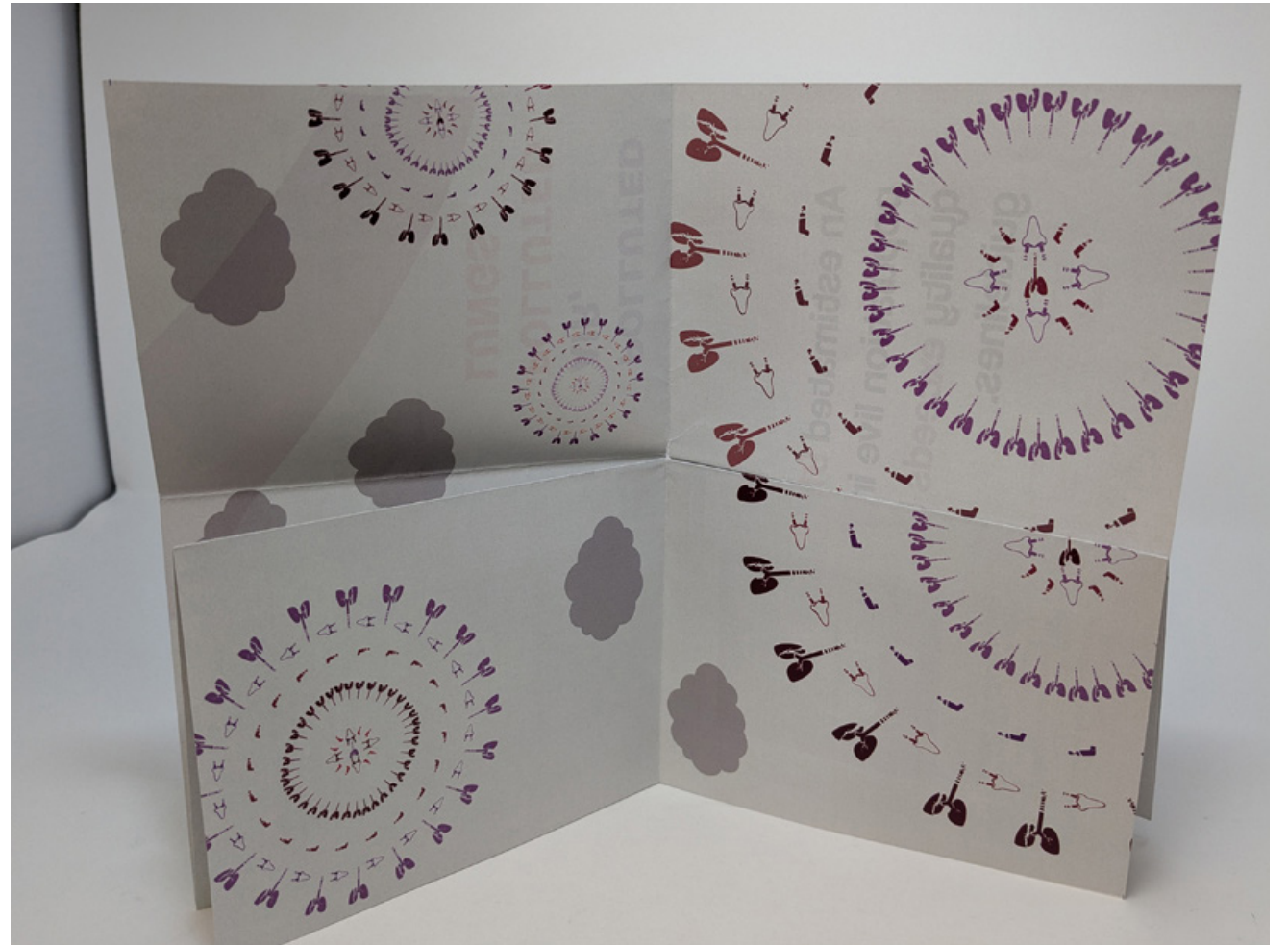
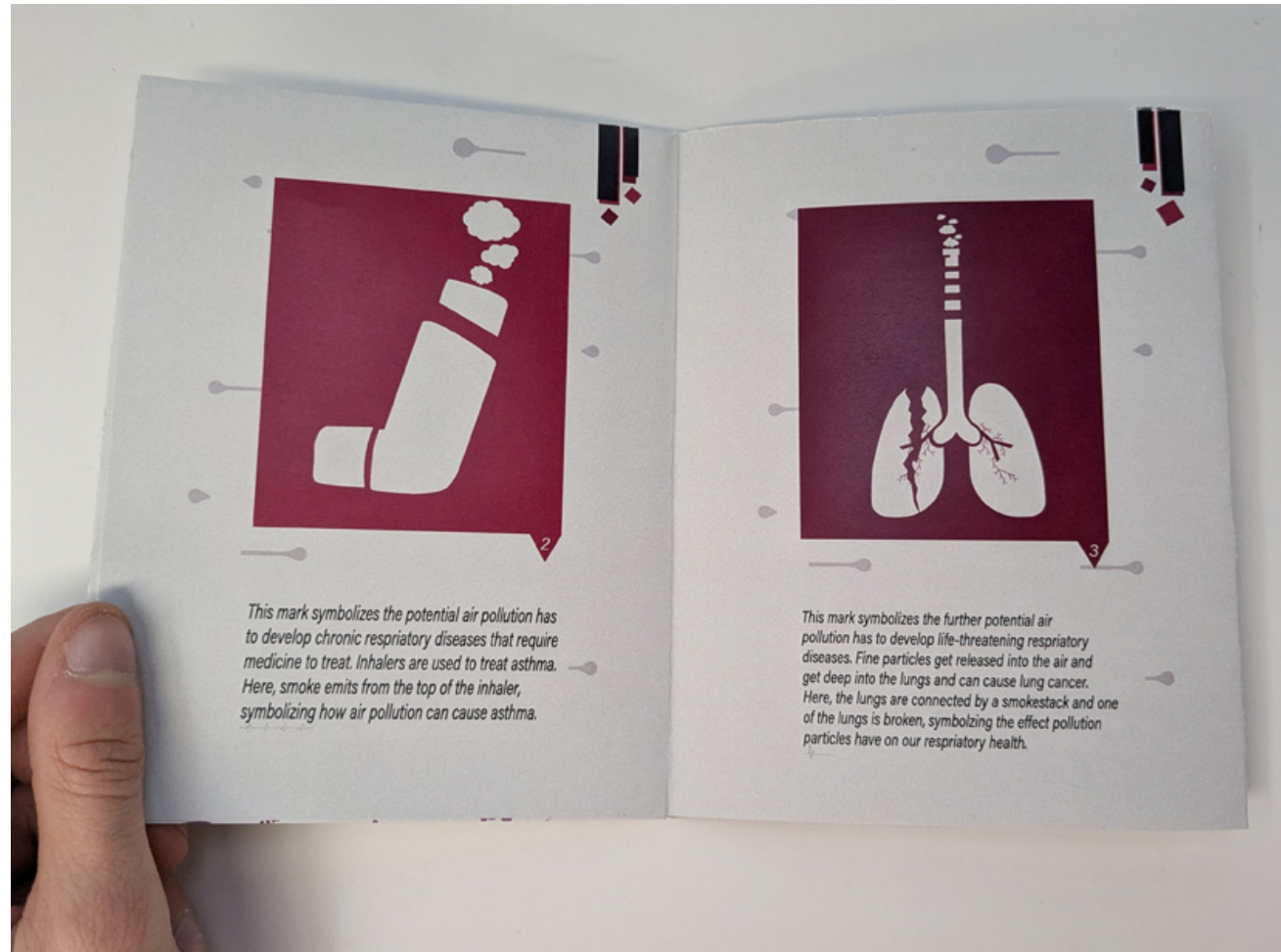
This mark symbolizes that breathing in air pollutants is the main way we are exposed to air pollution. Here, the nose has two smokestacks coming out of either nostril, symbolizing how something as simple as breathing can have a negative impact on our health.

This mark symbolizes the potential air pollution has to develop chronic respiratory diseases that require medicine to treat. Inhalers are used to treat asthma. Here, smoke emits from the top of the inhaler, symbolizing how air pollution can cause asthma.

This mark symbolizes the further potential air pollution has to develop life-threatening respiratory diseases. Fine particles get released into the air and get deep into the lungs and can cause lung cancer. Here, the lungs are connected by a smokestack and one of the lungs is broken, symbolizing the effect pollution particles have on our respiratory health.







project 6

graphic design 2

Olympics Branding Project

Spring 2025

Adobe Illustrator

For this group project, the goal was to create the branding for the 2040 Olympic games held in Karaj, Iran. This involved researching the culture and visual traditions of Karaj as well as past Olympics logos to determine our design direction. Our deliverables included the final logo, logo animation, pictograms, posters, and mockups for merchandise, event tickets, and athlete passes. In addition to putting together the final presentation and process book, I was responsible for designing the final logo and the animation, with the logo taking inspiration from tulips' significance in Iranian culture and the fonts inspired by Kufi script give the logo a traditional look.







Cc
حیدرزم

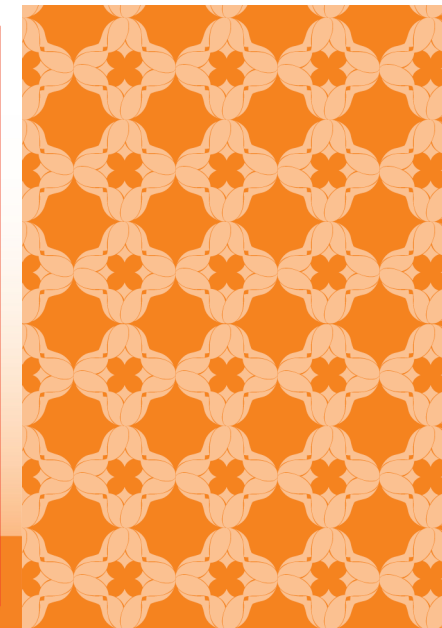
Behrouz Soltani

Coach
حیدرزم
Iran
پارچه‌ها



COH OLV IBC MPC

A2 **R**



July 12th 11AM G26



Cycling (Mountain Bike)
Alburz Mountains
Karaj, Iran



Gate: B
مزاورد
Block: 123
کولب
Row: A
فیدکتر
Seat: 1
جل کنص

Unauthorized resale prohibited
Ticket for use exclusively by (or by guests of):



July 15th 1PM B12




Rhythmic Gymnastics
Oasis Arena
Karaj, Iran



Gate: C
مزاورد
Block: 099
کولب
Row: B
فیدکتر
Seat: 1
جل کنص


Unauthorized resale prohibited
Ticket for use exclusively by (or by guests of):


Aa
راکب شروزو

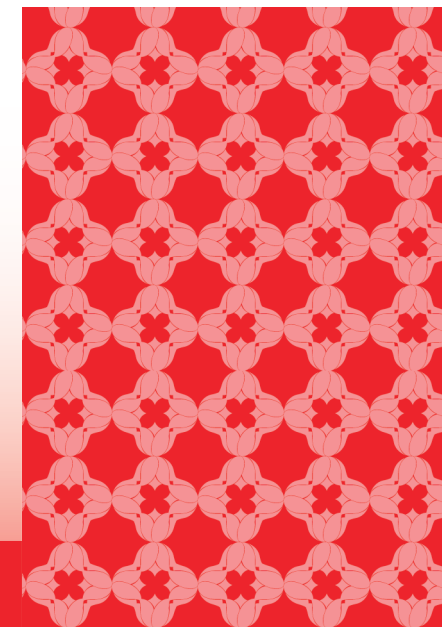
Soudabeh Bagherpour

Olympic Athlete
کعبه‌پور راگب شروزو
Iran
پارچه‌ها



ATH OLV IBC MPC

A2 **R**



Karaj Iran 2040



project 7

digital media 1

Digital Self Portrait

Spring 2025

Adobe Photoshop

11 x 17 in

For this project, the goal was to create a coherent self-portrait that visually reflects my interests. Each image reflects something about myself, such as the vinyl that frames the image reflects my love of music and the skull reflects my interest in horror. To create a sense of unification, I adjusted the curves of all of the images and added filters like Gaussian blur and thresholds. I also played around with blending modes to give all the images a washed out, spray-painted look.



project 8

personal project

MGMT Brutalism Poster

Fall 2025

Adobe Photoshop

12.8 x 7.2 in

For this personal project, I wanted to explore Brutalist design while combining it with my interest in music. I created a desktop poster for my favorite song, “Time to Pretend” by MGMT. The images from the song’s music video alongside stock images reflect the lyrics and the song’s strong sense of nostalgia. I also experimented with texture, using scratched overlays and threshold filters to create a grunge-inspired aesthetic. These elements help give the poster a worn, aged appearance that visually reinforces the themes of fading youth and the nostalgic sound present in the song.

TIME TO PRETEND

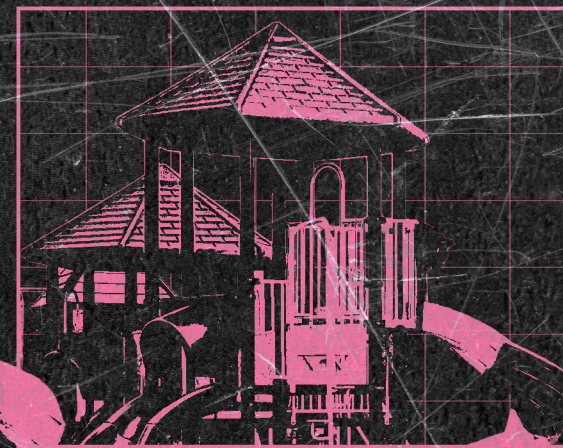
"I'll move to **Paris**, shoot some **heroin**, and **fuck** with the stars..."



MOM

"Forget about, our **mothers** and our **friends**..."

"I'll miss the **playgrounds**, and the **animals**..."



...and diggin' up **worms**."



project 9

typography

Expressive Type Project

Spring 2026

Adobe Illustrator

18 x 24 in

For this work in progress project, the goal was to design a poster based on an object you hold significant and use type to visually tell a personal story. My project is based on music's importance in my family, with the first part of the poster being based on an MP3 player and showing the idea that music is relaxing for me and that my music taste largely derives from my parents. The second part is based on an SD card and shows memories of songs/bands I heard growing up, with a brain in the middle of the poster split into sections and each section is a genre/era of music. Additionally, the poster was supposed to have some kind of dimensional aspect and for mine, the SD card slides into the MP3 player in a manner similar to a vinyl sleeve.

ookFellas

A Guide to Cooking for the Made Man

By Paul Nickl

Chief Wahoo

Created by Paul Nickl

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Illinois State University

KARAU

Paulie and Vinnie's PRISON SAUCE

"I think, don't put too many onions in the sauce." - Paul Gurn, *Goodfellas*

Ingredients

- 2 tbsp. Olive Oil, divided
- 1/2 lb. Beef Chuck (see below), cut into 1-inch pieces
- 1/2 lb. Veal, cut into 1-inch pieces
- 1/2 lb. Pork Sausage, sweet or hot, casing removed
- 1/2 cup yellow or white Onion, chopped
- 6-8 cloves Garlic, sliced with a razor
- 1/2 cup red or white Wine
- 1/2 cup beef broth
- 2 (28 oz.) cans Italian-style Crushed Tomatoes
- 1 (8 oz.) can Tomato Paste
- 1/2 cup Basil Leaves, torn
- Salt
- Freshly-Ground Black Pepper

Chief Wahoo



1947-2018

Introduction

TIME TO DREGNO



mom

"Forget about your mothers and our hands."

Graphic Design 2
Wesley Kim School of Art

