

# Colin's Recipes

COLIN STURM

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# 1 Ratings Explanation

Every recipe in this cookbook has been prepared, tasted, and approved by Colin. Therefore, every recipe in this cookbook is delicious. I chose to rate all the recipes even though each recipe is delicious because while all the recipes are deserving to be included some recipes are still more tasty than others. Every recipe in this cookbook has been rated by Colin and only by Colin. Every rating is purely Colin's opinion. Some people may say "But Colin, recipe X is amazing and you only rated it a 3.5! Why would you commit such a travesty?!" Maybe it is because don't have as refined a palate as you, or maybe I was biased by the whims of my emotions, or maybe because I am a troglodyte. Regardless, a recipe with a 3.5 is still amazing and you should try every recipe in this cookbook at least once.

# 2 Salads

<b>Caprese Salad</b>	<b>Ingredients</b>	<b>Rating:</b>			
	2 medium vine ripe tomatoes	<b>Servings</b>	<b>Active Time</b>	<b>Total Time</b>	
	125 grams fresh mozzarella	2	15 minutes	15 minutes	

2 tbsp fresh chopped basil  
salt

Layer tomatoes then cheese then basil and salt to taste. [37]



Figure 1: Caprese Salad

**Cucumber  
Tomato  
Salad with  
Lime  
Dressing**

**Ingredients**

- 2 medium vine ripe tomatoes
- 1 cucumber peeled
- 1 juice of lime
- 3 tbsp olive oil or salad oil
- salt & pepper

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<b>Servings</b>	<b>Active Time</b>	<b>Total Time</b>
2	15 minutes	15 minutes

Chop tomato and cucumber. Combine all ingredients. [37]



Figure 2: Cucumber Tomato Salad with Lime Dressing

**Greek Salad**

**Ingredients**

- 4 tomatoes
- 1 green bell pepper, seeded
- 1 cucumber, peeled
- 1 small onion
- 2 tbsp olive oil
- 2 tbsp lemon or lime juice
- 200 grams kalamata olives
- 200 grams feta cheese

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<b>Servings</b>	<b>Active Time</b>	<b>Total Time</b>
4	15 minutes	15 minutes

Chop and combine all vegetables. Toss with oil and juice. Top with olives and cheese. [37]

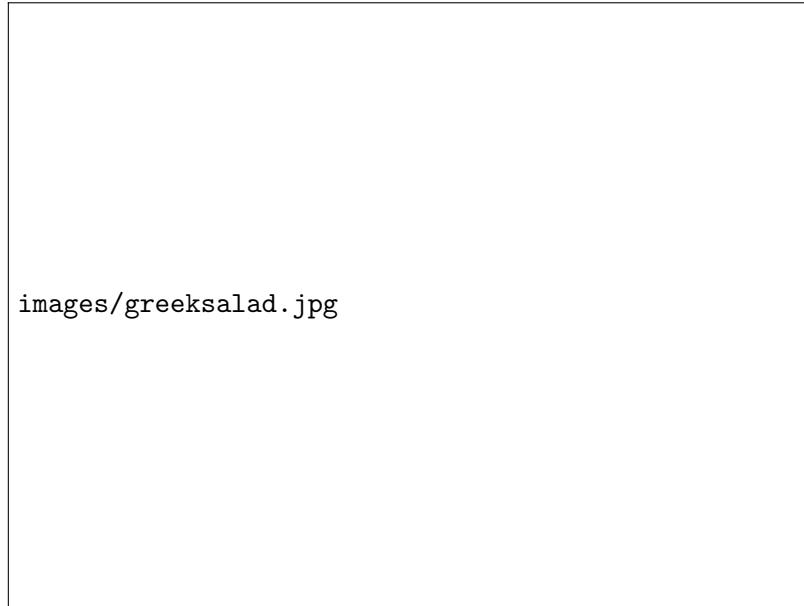




Figure 3: Greek Salad

**Ingredients**

- 1 1/2 cups fresh strawberries or raspberries
- 1/4 cup extra-virgin olive oil
- 1/4 cup red-wine vinegar
- 1 small clove garlic
- salt & pepper
- 8 cups mixed salad greens, ~150 grams
- 1 ripe mango peeled and diced
- 1 ripe avocado diced
- 1/2 cup thinly sliced onion
- 1/3 cup chopped walnuts, almonds, or hazelnuts

**Strawberry, Avocado & Mango Salad**

**Rating:**  

Servings	Active Time	Total Time
4	25 minutes	25 minutes

Purée 1/2 cup strawberries, oil, vinegar, garlic, salt & pepper for dressing. Combine salad greens, mango, avocado, onion, and nuts. Top with dressing. [30] page 90



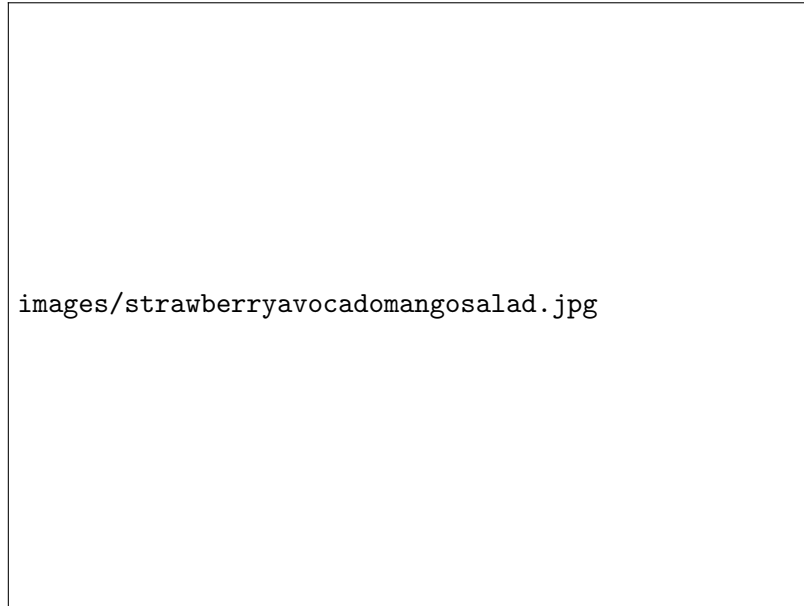


Figure 4: Strawberry, Avocado & Mango Salad

### 3 Soups and Stews

**Ingredients**

- 700 grams roast cubes
- 10 small potatoes peeled and cubed
- 6 medium carrots peeled and cut
- 6 small onions peeled and cubed
- 6 medium celery stalks cut
- 200 grams mushrooms sliced
- 5 bouillon cubes
- 2 1/2 liters water
- 1 tsp dried parsley
- pepper

**Beef Stew**

Rating:  

<b>Servings</b>	<b>Active Time</b>	<b>Total Time</b>
10	1 hour	2.5 hours

Brown the roast cubes in a large pot with oil. Combine the water and bouillon. Simmer the beef in the bouillon for 1.25 hours. Combine the vegetables and seasonings with the stew and simmer for another 1.25 hours. Pour over mashed potatoes, see recipe on page 60. [26]



Figure 5: Beef Stew

**Ingredients**

- 1 tbsp oil
- 1 medium onion chopped
- 1 tbsp chili powder
- 1 tsp ground cumin
- 2 15-ounce cans black beans or ~340 grams uncooked beans boiled for 1.5 hours
- 2 cups water
- 1/2 cup prepared salsa
- 1/4 tsp salt
- 1 tbsp lime juice
- 4 tbsp sour cream (optional)
- 2 tbsp cilantro (optional)

**Black Bean Soup**

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Servings	Active Time	Total Time
4	30 minutes	30 minutes

Sauté onions in large pot until softened. Add chili powder and cumin and cook for one minute. Add beans, water, salsa, and salt and simmer for 10 minutes. Remove from heat and add lime juice. Purée half the soup and recombine. Garnish with sour cream and cilantro. [30] page 62

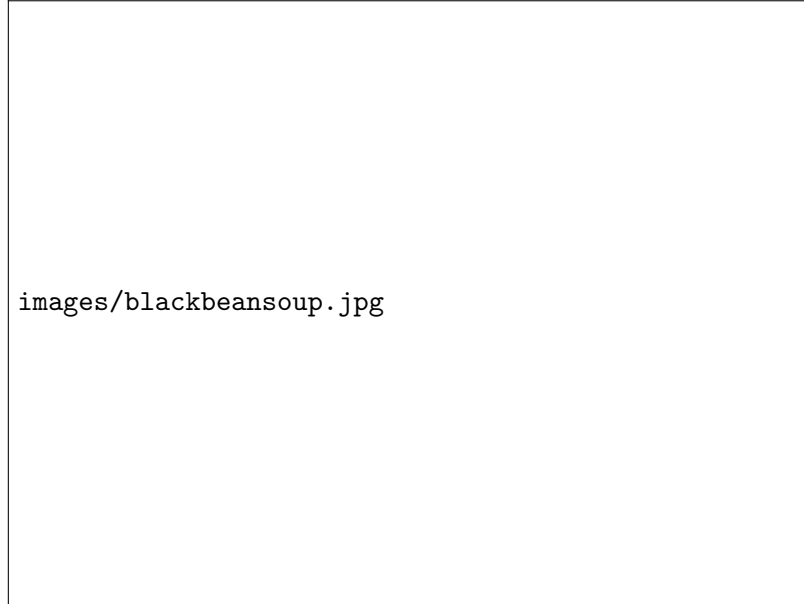


Figure 6: Black Bean Soup

**Ingredients**

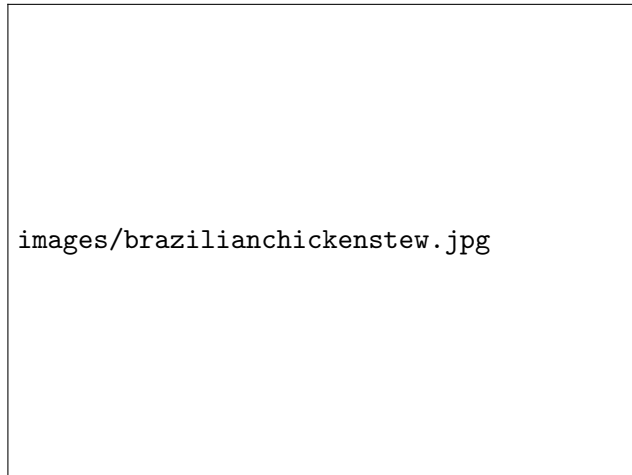
- olive oil for sautéing
- 650 grams chicken cut into bite-sized pieces
- salt & pepper
- 1 large onion chopped
- 1 red bell pepper chopped
- 4 medium vine ripe tomatoes chopped
- 1/4 cup fresh parsley
- 4 cloves garlic minced
- 3 tbsp fish sauce
- 1/4 cup roasted peanuts
- 1 3/4 cups chicken broth
- 3/4 cup coconut milk
- 1 1/2 cups uncooked brown rice (optional)

**Brazilian  
Chicken &  
Peanut Stew**

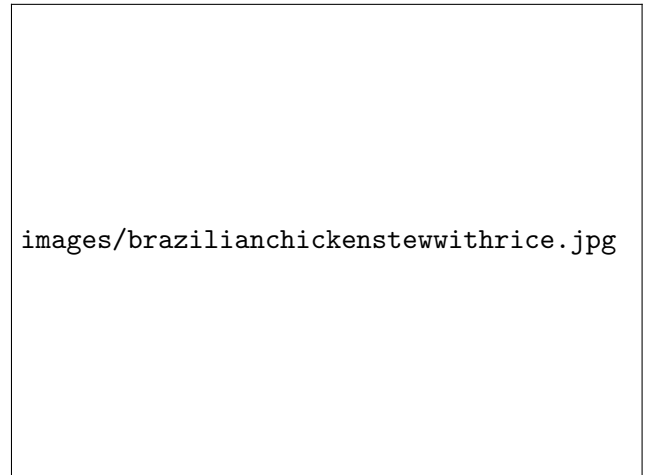
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Servings	Active Time	Total Time
4	35 minutes	35 minutes

Boil rice (optional to include rice). Sauté chicken and season with salt & pepper, about 10 minutes. Set chicken aside. In a large pot sauté onion and bell pepper, about 5 minutes. Add tomatoes, parsley and garlic, reduce to a simmer and cook stirring occasionally for 12 minutes. Meanwhile purée peanuts. Add broth, coconut milk, peanuts and fish sauce to onions and peppers and simmer stirring occasionally for 10 minutes until slightly thickened. Add the chicken and cook until heated through, about 2 minutes. [30] page 332



(a) Brazilian Chicken & Peanut Stew



(b) Brazilian Chicken & Peanut Stew with Rice

Figure 7: Brazilian Chicken & Peanut Stew

**Butternut Squash Soup with Chili**

**Ingredients**

- 1 butternut squash, about 1 kg, peeled and deseeded
- 2 tablespoons olive oil
- 1 tablespoon butter
- 2 onions, diced
- 2 garlic clove, thinly sliced
- 2 mild red chilies, deseeded and finely chopped
- 850 ml hot vegetable stock
- 4 tablespoons crème fraîche, plus more to serve

Rating:  

Servings	Active Time	Total Time
4	20 minutes	45 minutes

Heat oven to 180°C. Cut the squash into large cubes, about 4 cm across, then toss in a large roasting tin with half the olive oil. Roast for 30 minutes, turning once during cooking, until golden and soft. While the squash cooks, melt the butter with the remaining oil in a large saucepan, then add the onions, garlic and 3/4 of the chili. Cover and cook on a very low heat for 15–20 minutes until the onions are completely soft. Place the squash into the pan, add the stock and the crème fraîche, then purée with a stick blender until smooth. Serve the soup in bowls with swirls of crème fraîche and a scattering of the remaining chopped chili. [8]


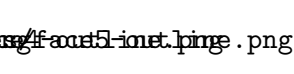


Figure 8: Butternut Squash Soup with Chili

**Ingredients**

- 5 cups ~8 medium carrots cut into medium chunks
- 1 tbsp butter
- 1 tbsp olive oil
- 1 large onion chopped
- 2 stalks celery chopped
- 2 cloves garlic crushed
- 1 tsp thyme
- 4 cups vegetable broth or chicken broth
- 2 cups water
- 1/2 cups sour cream or half and half (optional)
- salt & pepper

**Carrot Soup**

Rating:  

Servings	Active Time	Total Time
5	0 minutes	35 minutes

Briefly sauté onion and celery in butter and oil in a large pot until soft. Add garlic and thyme. Stir in carrots and broth, bring to boil, simmer for ~25 minutes or until carrots are soft. Purée. If too thick add up to 2 cups of water. [30] page 52

**Ingredients**

- oil for sauté
- 2 large leeks, white and light green parts, thinly sliced and rinsed
- 4 cups chopped cauliflower florets, ~1 medium head
- 2<sup>1</sup>/<sub>2</sub> cups milk
- 1 cup water
- 1 bay leaf
- 1 tsp salt
- 1 tsp pepper
- 3 tbsp flour
- 2 cups shredded cheddar
- 1 tbsp lemon juice

**Cheddar  
Cauliflower  
Soup**

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Servings	Active Time	Total Time
4	30 minutes	30 minutes

Sauté leeks until very soft, about 5 minutes. Add cauliflower, 2 cups milk, water, bay leaf, salt & pepper. Bring to a boil stirring often. Reduce to a simmer and cook until cauliflower is soft, about 8 minutes. Whisk remaining milk and flour. Stir in milk mixture and remove bay leaf. Cook over medium heat until soup thickens slightly, about 2 minutes. Remove from heat and stir in cheese and lemon juice. [30] page 61



Figure 9: Cheddar Cauliflower Soup



**Chicken  
Noodle Soup**

**Ingredients**

- 2 cups chopped carrots
- 2 cups chopped celery
- 2 cups quartered onion
- 2 liters chicken bouillon (1 cube per 500 ml or 2 tbsp per 500 ml)
- 1 rotisserie chicken
- ~ 250 grams egg noodles

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Servings	Active Time	Total Time
6	30 minutes	30 minutes

Boil the noodles for 5 minutes and drain and set to side. Combine entire chicken and broth and slowly boil while chopping vegetables. Remove chicken, add vegetables and noodles. Remove all meat from chicken and add to broth, vegetables, and noodles. Season to taste.



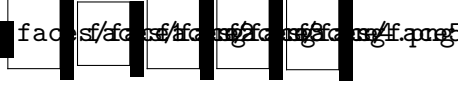
Figure 11: Chicken Noodle Soup



**Ingredients**

- 2 tbsp canola oil
- 4 small onions peeled and cubed
- 4 cloves garlic minced
- 450 grams ground beef, browned
- 2 tbsp chili powder
- 1 tbsp ground cumin
- 1/2 tsp ground coriander
- 1/3 tsp salt
- 1/3 tsp cayenne pepper to taste
- 2 cups water
- 1 large sweet potato, peeled and shredded
- 2 15-oz cans kidney beans
- 1 28-oz can crushed tomatoes
- 2 tomatoes diced (or 15-oz can diced tomatoes)
- 1 cup shredded cheddar cheese

**Classic Beef Chili**

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Servings	Active Time	Total Time
6	30 minutes	1 hour

Heat oil in large pot. Add onion and garlic and cook until softened. Add beef and cook. Stir in chili powder, cumin, coriander, salt, and cayenne, cook ~1 minute. Add water and sweet potatoes. Bring to simmer and cook stirring occasionally until sweet potato softens ~8 minutes. Add beans and tomatoes and return to simmer for ~20 minutes. Serve topped with cheese and scallions. [30] page 371



Figure 12: Classic Beef Chili

**Cream of  
Chervil Soup**

**Ingredients**

- 2 small onions chopped
- 1 tsp oil or butter
- 500 ml vegetable or chicken broth
- 200 ml cream
- 100 g or more chervil
- 2 hard boiled eggs (optional)
- salt & pepper

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Servings	Active Time	Total Time
3	10 minutes	15 minutes

Remove chervil stems and chop leaves. In a sauce pan sauté the onions with oil or butter until soft. Add chicken broth and bring to a boil. Add cream and chervil leaves. Bring to a boil and immediately remove from heat. Purée and reheat before serving. Optionally add chopped hard boil eggs to the soup. [13]



Figure 13: Cream of Chervil Soup

**Cream of  
Mushroom  
and Barley  
Soup**

**Ingredients**

1/2 cup barley or 1 cup brown rice  
6 cups chicken broth  
2 tbsp butter  
1 tbsp oil  
1 cup minced onion or chopped onion  
(~3 small onions)  
8 cups sliced white mushrooms (~800 g)  
2 stalks finely chopped celery  
1 tbsp minced sage or thyme  
2 tbsp flour  
1 cup dry sherry or white wine  
1/2 cup sour cream

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Servings	Active Time	Total Time
5	45 minutes	45 minutes

Bring barley and 1.5 cups broth to boil, cover and simmer ~30 minutes –or– Bring rice and 2 cups broth to boil, cover and simmer ~25 minutes. In large pot heat butter and oil, cook onions until soft. Add mushrooms and cook until brown ~9 minutes. Add celery, sage, salt, pepper and cook ~3 minutes. Sprinkle flour over vegetables and stir until incorporated. Add sherry and cook about 1 minute. Add remaining broth, bring to boil, simmer for ~20 minutes. Add cooked rice or barley and cook until heated through ~5 minutes. Add sour cream, garnish with chives. [30] page 64

**Lentil Soup**

**Ingredients**

2 tablespoons olive oil  
1 cup chopped onion  
1/2 cup chopped carrot  
1/2 cup chopped celery  
2 teaspoons salt  
500 grams lentils  
400 grams peeled and chopped tomatoes  
2 liters chicken or vegetable broth  
1/2 teaspoon coriander  
1/2 teaspoon cumin  
1/2 teaspoon grains of paradise

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Servings	Active Time	Total Time
6	15 minutes	55 minutes

Place the olive oil into a large 6-quart Dutch oven and set over medium heat. Once hot, add the onion, carrot, celery and salt and sauté until the onions are soft, approximately 6 to 7 minutes. Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Using a stick blender, purée to your preferred consistency. Serve immediately. [19]

**Loaded  
Baked  
Potato Soup**

**Ingredients**

- 8 medium potatoes, peeled and cubed
- 3 cups chicken stock
- 150 grams bacon diced, divided
- 2 small onions diced
- 3 tbsp butter
- 3 tbsp flour
- 1 1/2 cups milk
- 120 grams shredded cheddar cheese, divided
- pepper to taste
- 3 green onions sliced, divided (optional)
- sour cream for garnish (optional)

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Servings	Active Time	Total Time
4	30 minutes	55 minutes

Combine potatoes and chicken stock in a large pot and simmer covered for 20 minutes. Fry the bacon and set aside. Sauté onions in about one to two tablespoons of bacon grease until tender. In a small sauce pan melt butter and incorporate flour. Mix into a paste and cook for one minute. Whisk in milk slowly and simmer until thickened. Stir potatoes and if desired remove half of the potatoes to mash and then return to the pot. Stir milk sauce into potatoes. Add onion, 3/4 of the bacon and half of the sliced green onions to the potatoes. Add 60 grams cheddar cheese to potatoes. Cook mixture for a few more minutes until cheese has melted. If soup is too thick slowly stir in water to reach desired consistency. Ladle into bowls and top with cheese, green onions, bacon and sour cream. [36]



Figure 14: Loaded Baked Potato Soup



**Ingredients**

5 cups ~15 small potatoes peeled and cubed  
 1 tbsp butter  
 1 tbsp olive oil  
 1 large onion chopped  
 2 stalks celery chopped  
 3 cloves garlic crushed  
 1 Teaspoon thyme  
 4 cups vegetable broth or chicken broth  
 2 cups water  
 1/2 cup sour cream or half and half (optional)  
 salt & pepper

**Potato Soup**

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Servings	Active Time	Total Time
6	20 minutes	35 minutes

Briefly sauté onion and celery in butter and oil in a large pot until soft. Add garlic and thyme. Stir in potatoes and broth, bring to boil, simmer for ~15 minutes or until potatoes soft. Purée. If too thick add up to 2 cups of water. [30] page 52

**Ingredients**

~600 grams mixed beans (pre-packaged)  
 2 250 gram sausages  
 1 large onion, chopped  
 1 can tomatoes (450 gram)  
 1 teaspoon chili powder  
 2 tablespoons lemon juice  
 2 cloves minced garlic  
 salt, pepper, red pepper as desired

**Sausage and 15 Bean Soup**

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Servings	Active Time	Total Time
5	15 minutes	3.5 hours

Place beans in a pan, cover with water and soak overnight. Drain the beans and then add 2 liters water. Start beans simmering. Slice sausage into centimeter thick slices and fry in a pan until starting to brown. Add the sausage to the bean mix. Let simmer for 2.5 to 3 hours. Add remaining ingredients and simmer an additional 30 minutes. [22]

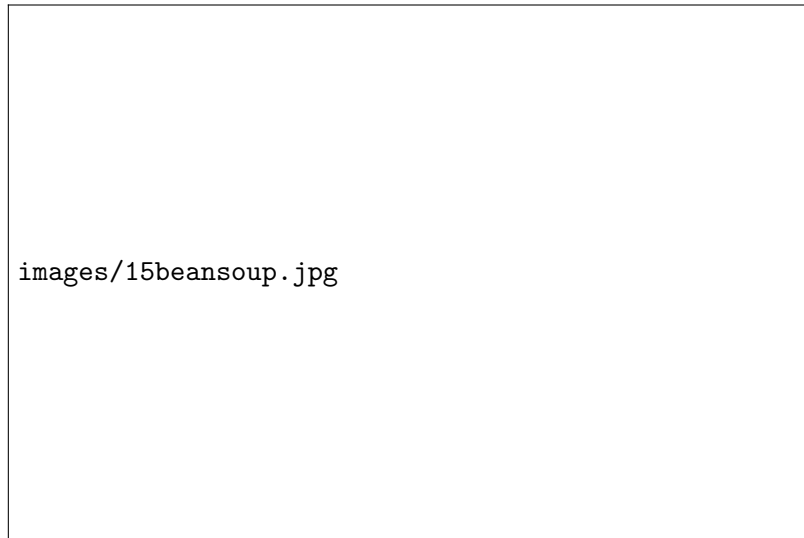


Figure 16: Sausage and 15 Bean Soup









Figure 18: Tilapia Corn Chowder

**Ingredients**

- 1 cup diced onions
- 2 cloves garlic minced
- 1/2 lb (200 g) beef
- 4 cup (1 liter) chicken broth
- 1 can kidney beans
- 1 can corn
- 3 tablespoons chopped parsley
- 38 oz (1 liter) roasted or stewed diced tomatoes
- 4 beef bouillon cubes
- 1/2 cup uncooked rice
- 1 cup cut carrots
- 1 cup celery
- 1 can green beans

**Vegetable  
Beef Soup**

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Servings	Active Time	Total Time
5	15 minutes	1 hour

In a large soup pot sauté the onions and garlic until fragrant, about 3 minutes. Brown the beef with the onion and garlic. Add everything except green beans and simmer for 30 minutes. Add green beans and simmer 10 more minutes. [1] *Added: 27/Dec/2013*  
**Notes:** Dusty sat next to me on my flight from Denver to Houston in seat 12D. We talked about many random topics and eventually discussed my recipe book. I said I would share a recipe with him in exchange for one of his favorite recipes.

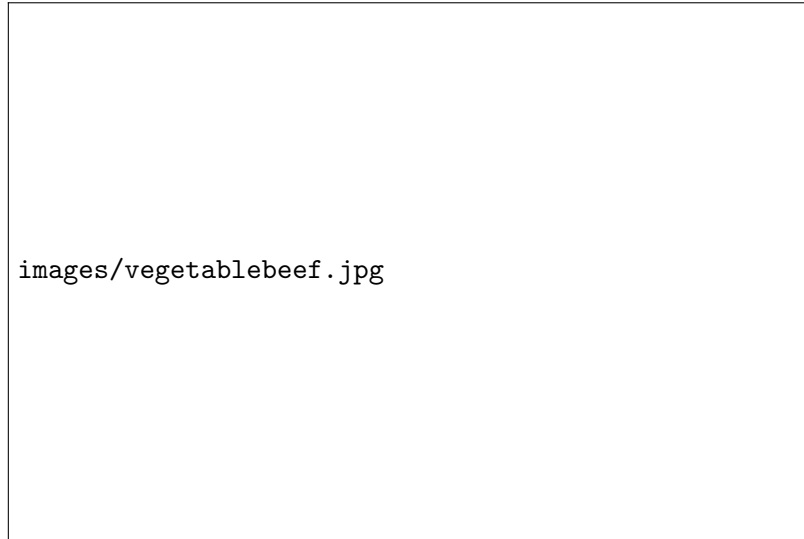


Figure 19: Vegetable Beef

## 4 Breakfast

**Chicken–  
Apple  
Sausage**

### Ingredients

- 2 teaspoons cooking oil
- 1 small onion, diced
- 1 apple, peeled and diced
- 1 pound ground chicken
- 1 tablespoon sage
- 1 tablespoon packed light brown sugar
- 1 teaspoon fennel seeds, chopped
- salt and pepper to taste

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Servings	Active Time	Total Time
4	35 minutes	35 minutes

Sauté onions in oil for two minutes. Add apples and cook another two minutes. Transfer the onion and apples to a bowl and add chicken, sage, sugar, fennel seeds, salt and pepper. Gently mix to combine. Reheat the skillet with the oil. Using a 1/3 cup measure scoop 4 portions mixture and flatten onto skillet into 3 inch patties. Cook about 3 minutes per side or until slightly brown. [30] page 462

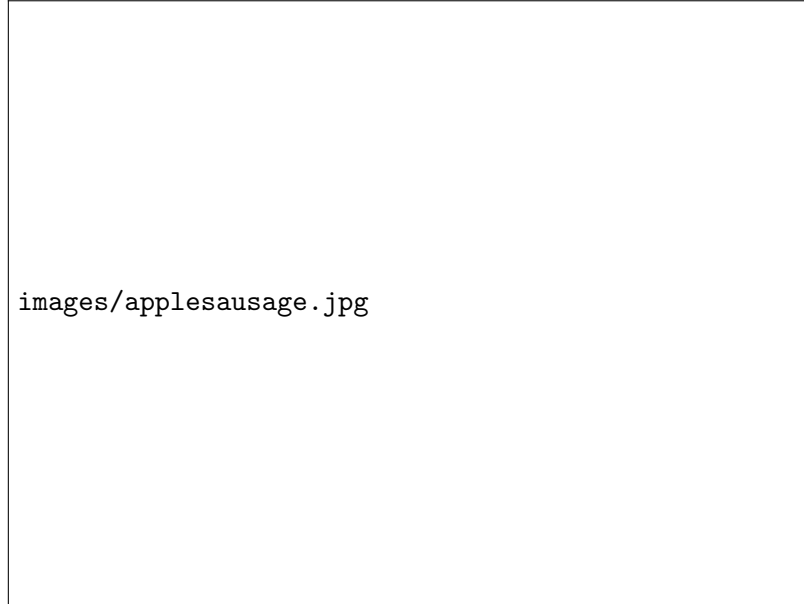


Figure 20: Chicken-Apple Sausage

**Ingredients**

**Pancakes**

- 1 1/2 cups all-purpose flour
- 3 1/2 tsp baking powder
- 1 tsp salt
- 1 tbsp sugar
- 1 1/4 milk
- 1 egg
- 3 tbsp melted butter

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Servings	Active Time	Total Time
4	10 minutes	20 minutes

In a large bowl mix the flour, baking powder, salt and sugar. Mix in the milk, egg and butter until smooth. Heat a lightly oiled skillet on medium heat. Pour approximately 1/4 cup batter onto the skillet. Brown both sides and serve with butter and syrup. [4]

**Ingredients**

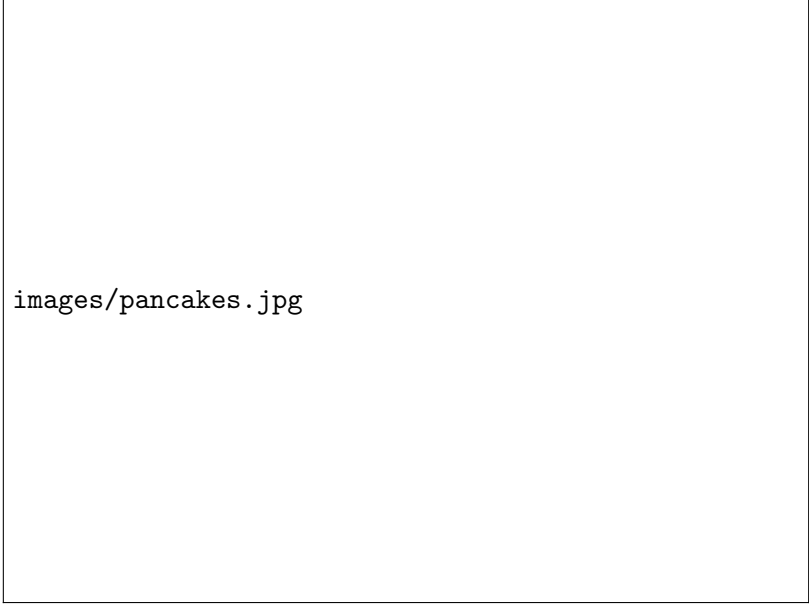
**Quiche**

- 9-inch unbaked pie shell
- 100 grams cheddar cheese
- 5 medium eggs
- 2 cups half-and-half cream or 200 ml cream with 200 ml milk
- 1 medium diced tomato
- 200 grams diced mushrooms
- 50-100 grams uncooked bacon or ham (optional)
- 1/4 tsp ground nutmeg
- salt & pepper to taste

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Servings	Active Time	Total Time
3	15 minutes	1 hour

Preheat oven to 375°F (190°C). Line pie dish with pie shell. Add shredded cheddar cheese to pie shell. Optionally fry the bacon and break into bite size pieces. In a large bowl beat eggs and mix in half-and-half, tomatoes, mushrooms, and bacon. Salt & pepper to taste and add nutmeg. Pour mixture into the pie shell. Bake quiche for 45 minutes. [5]



images/pancakes.jpg

Figure 21: Pancakes



images/quiche.jpg

Figure 22: Quiche

## 5 *Chicken*

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Rating: 

Servings	Active Time	Total Time
3	15 minutes	1.5 hours

Prepare your grill for indirect heat. If you are using charcoal, put the coals on one side of the grill, leaving another side free of coals. If you are using a gas grill, fire up only half of the burners. If using an oven preheat to 200°C. Remove neck and giblets from cavity of chicken. Rub the chicken all over with olive oil. Mix the salt, pepper, and thyme in a little bowl, then sprinkle it all over the chicken. Make sure the beer can is open, and only half-filled with beer. If you want, you can put a sprig of thyme (or another herb like rosemary or sage) in the beer can. Lower the chicken on to the open can, so that the chicken is sitting upright, with the can in its cavity. Place the chicken on the cool side of the grill, using the legs and beer can as a tripod to support the chicken on the grill and keep it stable. If using an oven, place the chicken in a glass baking dish. Cover the grill and walk away. Do not even check the chicken for at least an hour. After an hour, check the chicken and refresh the coals if needed. Keep checking the chicken every 20 minutes or so, until a meat thermometer inserted into the thickest part of the thigh reads 160°F - 165°F. The total cooking time will vary depending on the size of your chicken, and the internal temperature of the grill. A 4 pound chicken will usually take around 1.5 hours. If you don't have a meat thermometer, a way to tell if the chicken is done is to poke it deeply with a knife (the thigh is a good place to do this). If the juices run clear, not pink, the chicken is done. [32]

### *Ingredients*

#### **Beer Can Chicken**

- 1 4-pound whole chicken
- 2 tablespoons olive oil or vegetable oil
- 1 opened, half-full can of beer
- 1 tablespoon kosher salt
- 2 tablespoons dried thyme
- 1 tablespoon black pepper



Figure 23: Beer Can Chicken

**Chicken  
Asparagus**

**Ingredients**

- 1 1/2 cups uncooked rice
- ~240 grams chicken cut into bite size pieces
- 1 clove garlic minced
- ~300 grams asparagus cut into 1-inch pieces
- 250 grams mushrooms sliced
- 2 tbsp soy sauce
- pepper to taste

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Servings	Active Time	Total Time
3	30 minutes	30 minutes

Boil rice in a 1:2 rice water ratio. Sauté chicken with garlic, about 10 minutes and set aside. Sauté asparagus for 5 to 6 minutes or until tender crisp and set aside with chicken. Sauté mushrooms until tender, about 5 minutes. Drain excess liquid and set aside with chicken. Fry rice for about 5 minutes then add chicken, asparagus and mushrooms. Cook until everything is heated through, about 5 minutes. Add soy sauce and pepper to flavor. [10]



Figure 24: Chicken Asparagus

**Ingredients**

- 1 chicken breast cubed (about 220g)
- 2 cups uncooked rice (~4.5 cups water)
- 250 grams mushrooms sliced
- 3 small onions peeled and cubed
- 8 to 10 small potatoes peeled and cubed
- ~ 300 ml crème fraîche (I used a pre mixed curry and crème fraîche product)
- ~ 2 tablespoons curry
- 300 ml of pineapple cubes (optional)

**Chicken Curry**

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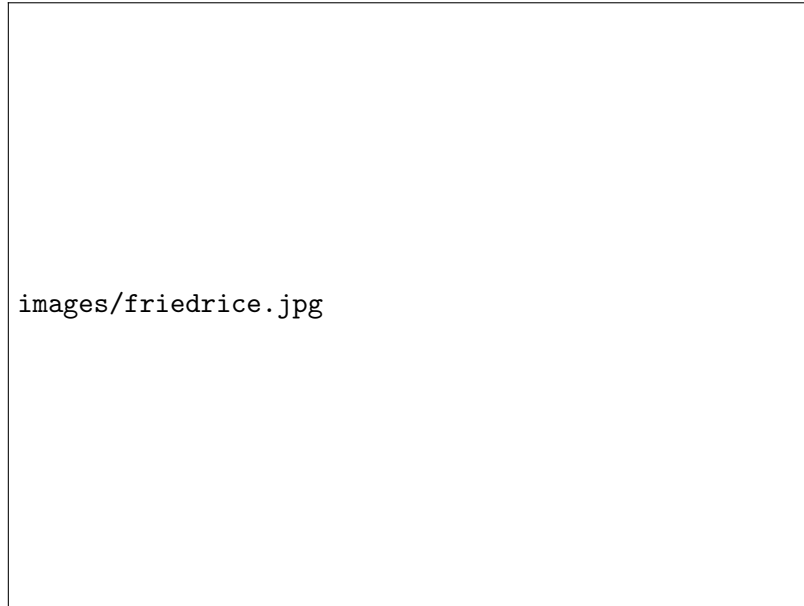


Figure 25: Chicken Fried Rice

**Ingredients**

- 400 grams chicken breast
- pepper
- salt
- oil
- Chicken with Mushroom Cream Sauce**
- 2 onion chopped
- ~400 grams mushrooms sliced
- 1/2 cup dry white wine
- 3/4 cup chicken broth
- 1/2 cup heavy cream
- 1/2 cup minced chives

Rating:  

Servings	Active Time	Total Time
4	30 minutes	30 minutes

Sauté chicken with pepper salt and oil, set aside (~15 minutes). Sauté onions for about one minute, add mushrooms for 2 minutes, add wine and simmer until reduced by about half or more. Pour in broth and reduce to half, 2 minutes. Stir in cream and chives and simmer. Return chicken to sauce and coat chicken. Cook until thoroughly heated. [30] page 318





**Lemon &  
Dill Sautéed  
Chicken**

**Ingredients**

- 1/4 cup finely chopped onion
- 3 cloves garlic minced
- 4 boneless skinless chicken breast (450 grams)
- 1/4 cup flour
- salt & pepper
- 3 tsp extra-virgin olive oil
- 1 cup chicken broth
- 2 tsp flour
- 1 tbsp fresh dill or 1/2 tsp dried dill
- 1 tbsp lemon juice

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Servings	Active Time	Total Time
4	30 minutes	30 minutes

Flatten chicken breasts to about 1/2-inch thick. Dredge chicken in flour, salt, and pepper mixture. Sauté chicken in oil about 4 minutes per side. Transfer chicken to a separate plate. To skillet add some oil and sauté onions and garlic, about 2 minutes. Then add chicken broth, 2 tsp flour, dill, and lemon juice and simmer until thickened, about 4 minutes. Return chicken and any juices to skillet and simmer until heated, 2 minutes. Salt & pepper as desired. [30] page 317



Figure 27: Lemon & Dill Sautéed Chicken

**Quick  
Chicken  
Cordon Bleu**

**Ingredients**

- 2 chicken breasts cut in half length wise  
~400 grams
- salt & pepper
- 1/2 cup shredded Gruyère or Swiss cheese  
~75 grams
- 2 tbsp cream cheese ~100 grams
- 1/4 cup bread crumbs
- 1 tbsp thyme or parsley
- 4 tsp extra virgin olive oil
- 1/2 cup chopped ham ~75 grams

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Servings	Active Time	Total Time
3	25 minutes	40 minutes

Mix all cheese in a bowl. In a separate bowl mix breadcrumbs, 0.25 tsp pepper, thyme or parsley, and 2 tsp oil. Season chicken with salt & pepper on both sides and fry chicken in oil until brown on both sides. Move chicken to oven safe dish with all sides of chicken touching each other. Coat with cheese then top with ham then breadcrumb mixture. Bake at 400°F (230°C) for ~15 minutes (until center is 165°F). [30] page 320

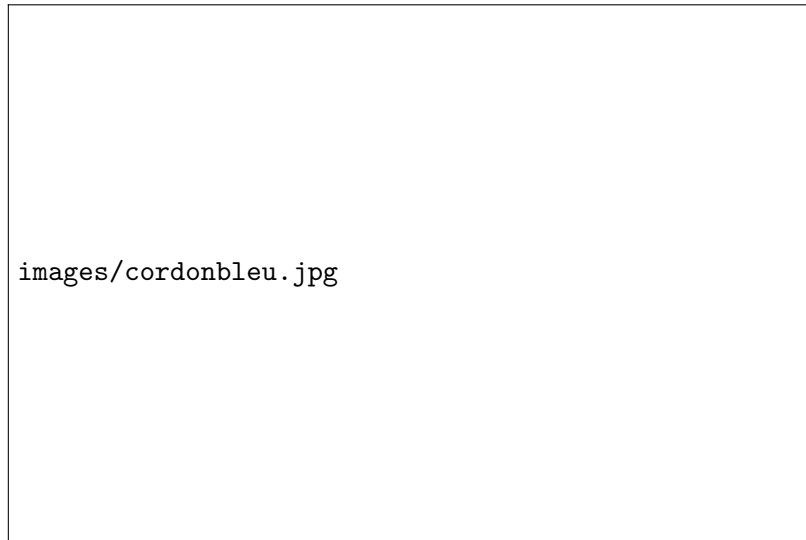


Figure 28: Quick Chicken Cordon Bleu

**Sugar Snap  
Pea and  
Chicken  
Curry**

**Ingredients**

- 2 tbsp canola oil
- 2 tbsp madras curry powder
- ~200 grams chicken breast in small cubes (or shrimp)
- ~200 grams sugar snap peas
- 1 cup coconut milk. I have been using an entire can (400 ml = 1.6 cups)
- 4 tbsp lemon juice (.25 cups)
- 1/2 tsp salt
- 1 1/2 cups brown rice (3.2 cups water)

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Servings	Active Time	Total Time
3	25 minutes	25 minutes

Heat oil in skillet over medium heat. Add curry and cook stirring until fragrant ~2 minutes. Add chicken and sauté until mostly cooked through. Add peas and cook for about 4 minutes. Stir in coconut milk, lemon juice, and salt and bring to boil and cook for about 4 more minutes. Serve over brown rice. [30] page 280

**6 Fish**

**Black Bean  
and Salmon  
Tostadas**

**Ingredients**

- 8 6-inch corn tortillas OR
- 6 8-inch flour tortillas
- 220 grams salmon or 7-ounce canned salmon
- 1 ripe avocado, diced
- 2 tbsp chopped pickled jalapeños
- 2 cups coleslaw mix
- 2 tbsp chopped cilantro
- 1 15-ounce can black beans, rinsed
- 3 tbsp sour cream
- 2 tbsp prepared salsa

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Servings	Active Time	Total Time
3	25 minutes	35 minutes

Bake tortillas until light brown on rack in upper half of oven at 375°F for 13 minutes flipping half way through. If salmon is fresh sauté the salmon. Purée black beans, sour cream, and salsa. Heat in microwave until hot, 2 minutes. Spread bean mixture on tostada, then top with salmon, avocado, jalapeños, and cole slaw. [30] page 280



Figure 29: Black Bean and Salmon Tostadas

**Ingredients**

- 1/2 onion chopped (~2 tbsp)
- 1/2 cup dry white wine
- 1 1/2 teaspoon dill
- 5 tbsp sour cream
- 1 tbsp lemon juice
- 1 1/2 teaspoon mustard
- 500 grams fresh salmon without skin

**Crust**

- 50 ml shelled pistachios
- 50 ml bread crumbs
- 1 teaspoon dill
- 1/2 teaspoon salt

**Pistachio-  
Encrusted  
Salmon  
Steaks**

Rating:  5

Servings	Active Time	Total Time
4	25 minutes	25 minutes

For sauce sauté onions, add wine, reduce to about half, add remaining ingredients, set to side.  
For crust blend all in a food processor, coat salmon on both sides, sauté in preheated oil. About 4 minutes per side. [30] page 282



Figure 30: Pistachio-Encrusted Salmon Steaks

## Sushi

**Ingredients**

2 cups uncooked rice (~ 4.5 cups water)  
 ~ 15 ml rice vinegar  
 1 cucumber  
 ~ 100 grams cream cheese (fromage  
 frais)  
 ~ 300 grams fresh raw salmon  
 wasabi  
 soy sauce  
 seaweed paper

Rating:  5-outline.png

Servings	Active Time	Total Time
3	35 minutes	35 minutes

Combine cooked rice and rice vinegar and let sit. Spread rice onto seaweed paper and place strip of salmon and strip of cucumber in center. Roll sushi and cut.

## 7 Meat

Moussaka  
Classic**Ingredients****Eggplant**

4 eggplants, peeled, cut into 1 cm slices  
 salt

**Meat Sauce**

150 ml browning oil (oil of your choice)  
 1 tablespoon butter  
 1 pound lean ground beef  
 salt to taste  
 ground black pepper to taste  
 2 onions, chopped  
 3 clove garlic, minced  
 1/4 teaspoon ground cinnamon  
 1/4 teaspoon ground nutmeg  
 2 tablespoons dried parsley  
 250 ml tomato sauce  
 250 ml red or white wine  
 1 egg, beaten

**Béchamel Sauce**

3 cups milk  
 125 ml butter  
 6 tablespoons all-purpose flour  
 salt to taste  
 ground pepper, to taste

**Toppings**

1 cup freshly grated Parmesan cheese  
 1/4 teaspoon ground nutmeg

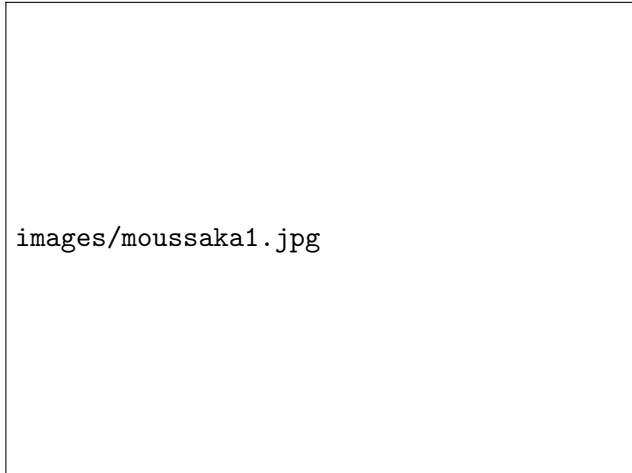
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Servings	Active Time	Total Time
6	50 minutes	1.8 hours

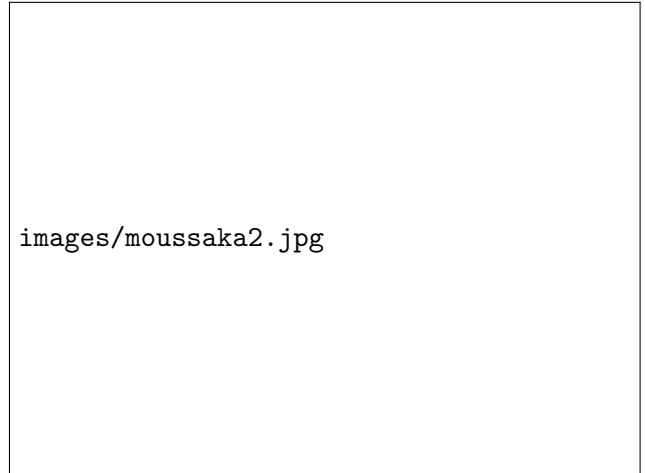
Sprinkle each slice of eggplant lightly with salt and set the eggplant aside for 30 minutes to draw out the moisture. Then in a skillet over high heat, heat the olive oil. Quickly fry the eggplant until browned. Set aside on paper towels to drain.

In a large skillet over medium heat, melt the butter and add the ground beef, salt and pepper to taste, onions, and garlic. After the beef is browned, sprinkle in the cinnamon, nutmeg and parsley. Pour in the tomato sauce and wine and mix well. Simmer for 20 minutes. Allow to cool and then stir in beaten egg. To make the béchamel sauce, melt the butter in a large skillet over medium heat. Add flour slowly, mixing constantly until smooth. Lower the heat. Gradually pour in the milk whisking constantly until it thickens. Season with salt and pepper.

Arrange a layer of half the eggplant in a greased 9x13 inch baking dish. Cover eggplant with all of the meat mixture and then sprinkle 1/3 cup of Parmesan cheese over the meat. Cover with remaining eggplant and sprinkle the other 1/3 cup of cheese on top. Pour the béchamel sauce over the top and sprinkle with the nutmeg. Sprinkle with any remaining cheese. Bake for 1 hour at 350°F (175°C). [21, 3]



(a) Creators with Moussaka



(b) Portion of Moussaka

Figure 31: Moussaka

**Ingredients**

- 1 1/2 cups shredded zucchini (1 small)
- 1/2 cup finely diced green bell pepper
- 1 medium onion chopped
- 1 tbsp water
- 1 large egg
- 2 tbsp tomato paste
- 4 tsp mustard
- 4 tsp Worcestershire sauce
- 2 tsp dried marjoram
- 3/4 tsp salt
- 1/2 tsp paprika
- 1/4 tsp ground pepper
- 3/4 cup dry breadcrumbs
- 1 1/2 pounds ground beef
- 2 tbsp ketchup

**Smoky Meatloaf**

Rating:    

<b>Servings</b>	<b>Active Time</b>	<b>Total Time</b>
4	25 minutes	1.15 hours

Place zucchini, bell pepper, onion and water in a medium bowl and microwave on high for 4 minutes to make the vegetables tender. Drain the vegetables. Mix in egg, tomato paste, mustard, Worcestershire, marjoram, salt, paprika and pepper. Add bread crumbs and toss to combine. Add beef and gently knead with hands to combine. Form into a loaf shape on a baking sheet. Top with ketchup. Bake at 375°F for 45 minutes and let rest 10 minutes. [30] page 370





**Chicken  
Pesto**

**Ingredients**

1 chicken breast cubed (about 220g)  
 ~ 300 ml crème fraîche  
 190 grams pesto nepolitana  
 ~ 350 grams uncooked farfalle pasta

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Servings	Active Time	Total Time
3	25 minutes	25 minutes

Cook pasta and cook chicken. Combine chicken and crème fraîche and pesto over low heat. Serve sauce over pasta. [24]

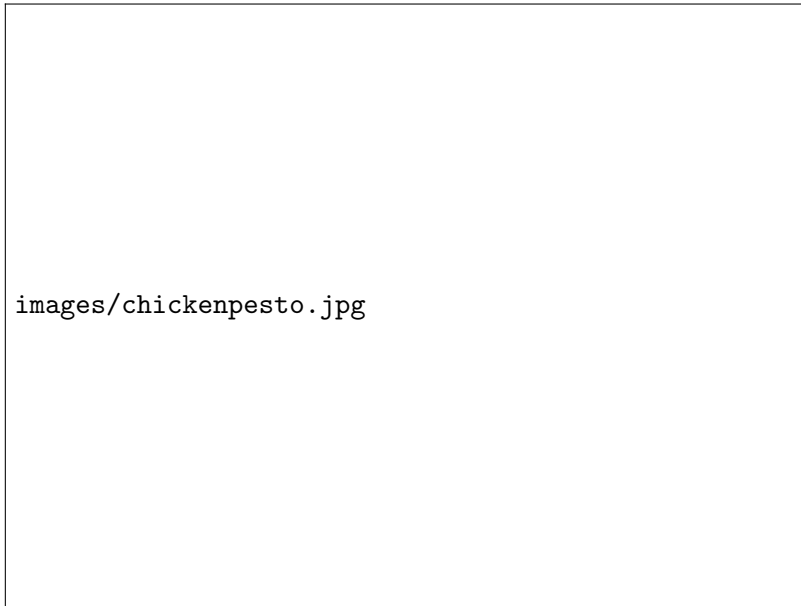


Figure 33: Chicken Pesto

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Servings	Active Time	Total Time
2	25 minutes	30 minutes

Bring a large pot of water to a boil over high heat. Add the pasta and cook until tender (7-10) minutes. Drain the pasta in a colander. While waiting for the pasta to cook, dice the onion and mince the garlic. Cook both in a large skillet with the olive oil over medium-low heat until soft, about 5 minutes. Add the diced tomatoes with juices, oregano, basil, red pepper flakes, salt, and pepper to the skillet with the onions and garlic. Stir to combine. Add the tomato paste and a 1/2 cup of water to the skillet and stir until the tomato paste is dissolved into the sauce. Turn the heat down to low. Cut the cream cheese into a few pieces and then add them to the skillet with the tomato sauce. Stir the sauce until the cream cheese has fully melted in and the sauce is creamy. Add half of the Parmesan to the skillet and stir until it is melted. Add the remainder of the Parmesan and whisk until melted. Add the fresh spinach and gently stir it into the sauce until it has wilted, 3-5 minutes. Add the pasta and stir until it is well coated in the creamy tomato sauce. Taste and adjust the salt and pepper as needed. Add sauteéd chicken if desired. [11] *Added: 29/Dec/2013* **Notes:** I doubled all the ingredients and added chicken. I had to use a very large skillet to cook the sauce and then combined everything in a massive bowl.

### Ingredients

1 Tbsp olive oil  
 1 small onion, diced  
 2 cloves garlic, minced  
 15 oz. (430 g) can diced tomatoes  
 1/2 tsp dried oregano  
 1/2 tsp dried basil  
 pinch red pepper flakes (optional)  
 salt and pepper to taste  
 2 tbsp tomato paste  
 2 oz. (50 g) cream cheese  
 1/4 cup (60 ml) grated Parmesan  
 1/2 lb. (230 g) penne pasta  
 4.5 oz. (135 g) bag fresh spinach  
 1/2 lb. (230 g) chicken (optional)

### Creamy Tomato & Spinach Pasta

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Figure 34: Creamy Tomato & Spinach Pasta

**Ingredients****Dough**

2 cups all purpose flour  
 1 pinch salt  
 1 tsp olive oil  
 3 eggs  
 2 tbsp water

**Ravioli Filling**

8 ounce ricotta cheese (250 gram)  
 4 ounce cream cheese (125 grams)  
 1/2 cup shredded mozzarella (80 grams)  
 1/2 cup shredded provolone (80 grams)  
 1 egg  
 1 1/2 tsp thyme or dried parsley

**Four Cheese  
Ravioli****Pesto–Alfredo Cream Sauce**

2 tbsp olive oil  
 2 crushed garlic cloves  
 1 jar pesto sauce (~190 grams)  
 1 pint heavy cream or crème fraîche  
 1/4 cup grated Parmesan cheese  
 1 jar marinara (~530 grams)

**Egg Wash**

1 egg  
 1 tbsp water

Rating:  5

Servings	Active Time	Total Time
5	2 hours	3 hours

For dough: mound flour and create a well in the center. Mix all other ingredients in center of flour. Slowly start to mix in flour. Knead the dough for 10 minutes until smooth. If too dry add a small amount of water. If too wet add a small amount of flour. Form the dough into a ball and wrap tightly in plastic. Let rest in refrigerator for one hour, explanation on page 83.


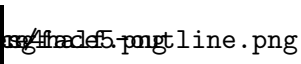
For filling: Mix all ingredients in a bowl and set aside.

For sauce: Heat oil, add garlic, pesto sauce and cook for a minute. Add cream and simmer. Add Parmesan cheese. Warm marinara sauce and add optional mushrooms and onion and tomato.

Roll out pasta to ~2 mm thick. Apply egg wash. Place spoonfuls of cheese mixture along pasta. Fold pasta over and remove air from raviolis. Cut out ravioli leaving only ~1 cm of dough on edges. Boil water. Gently add raviolis to boiling water. Boil for a few minutes or until raviolis float to the surface. Grease baking sheet. Place ravioli on baking sheet and bake at 375°F (190°C) until starting to brown ~6 minutes. Drizzle ravioli with marinara and top with pesto sauce.



Figure 35: Four Cheese Ravioli

Rating:  

Servings	Active Time	Total Time
5	1 hour	2 hours

Preheat oven to 400°F. Pierce potatoes with fork and bake until tender, about one hour. Remove and let cool for 10 minutes. Scoop out insides and mash. Gather into a mound on a counter and add egg and slowly add flour. Work the dough adding more flour until only slightly sticky. Do not overwork the dough. Make dough into a disk and cut into 4 or 8 equal pieces. Roll dough into a half to three quarter inch diameter long cylinder. Cut cylinder into three quarter inch pieces. Dimple each piece with your fingertip (Figure 36a). Boil until gnocchi floats. Optionally sauté gnocchi in olive oil to give a light brown texture.

Cook pancetta until beginning to brown. Add garlic and cook 30 seconds. Add tomatoes, sugar, crushed red pepper and cook until tomatoes are broken down, about 5 minutes. Stir in vinegar and salt and remove from heat. [30] page 238 and 249

**Ingredients****Fresh Gnocchi**

2<sup>1</sup>/<sub>2</sub> pounds potatoes (~12 medium potatoes)  
 3/4 tsp salt  
 2 medium egg yolks beaten  
 1<sup>1</sup>/<sub>2</sub> – 2 cups all purpose flour

**Gnocchi with Pancetta Sauce****Pancetta Sauce**

2 oz pancetta chopped  
 3 cloves garlic minced  
 2 large tomatoes chopped  
 1/2 tsp sugar  
 1/4 tsp crushed red pepper  
 2 tsp red-wine vinegar  
 1/4 tsp salt  
 Parmesan cheese



(a) Preparation of gnocchi



(b) Finished gnocchi

Figure 36: Gnocchi

**Ingredients**

- ~350 g rotini or fusilli
- 1 tbsp oil
- 1 medium onion chopped
- 3 cloves garlic, minced
- 250 g sliced mushrooms
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 medium diced tomatoes or 400 g can  
diced tomatoes with Italian herbs
- 200 g fresh spinach
- 1/2 tsp crushed red pepper (optional)
- 200 g ricotta cheese

**Inside-Out  
Lasagna**

Rating:                       

Servings	Active Time	Total Time
3	25 minutes	25 minutes

Cook pasta in boiling water for 9 minutes and drain. In a large skillet sauté onions and garlic in oil, 3 minutes. Add mushrooms, salt & pepper; cook until mushrooms soften, 4 minutes. Add tomatoes, spinach and crushed red pepper. Increase heat to medium high and stir occasionally until spinach is wilted, 4 minutes. Toss the sauce with the pasta. Divide and top with ricotta. [30] page 237



Figure 37: Inside-Out Lasagna

**Ingredients**

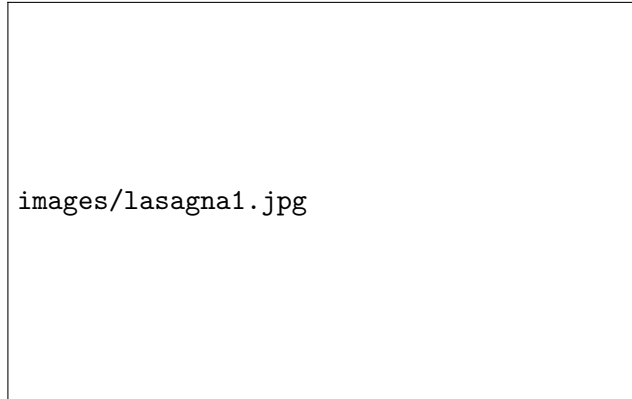
- 1/2 pound ground beef
- 1 small onion chopped
- 200 grams white mushrooms sliced
- 1 medium vine ripe tomato chopped
- 2 500 gram jars spaghetti sauce
- 9 pieces precooked lasagna noodles
- 2 250 gram ricotta
- 2 150 gram shredded mozzarella
- 1 egg
- 1 tsp oregano
- 3 tbsp fresh chopped basil or 1 tsp dry basil
- 1/2 tsp salt
- 1/2 tsp garlic
- 1/2 tsp pepper

**Lasagna**

Rating: 

Servings	Active Time	Total Time
4	25 minutes	1 hour

Brown beef, drain, add sauce (and some wine optional) and simmer. Sauté onions and add to beef sauce. Sauté mushrooms for 3 minutes then add tomatoes and sauté 3 more minutes. Add mushrooms and tomatoes to beef sauce. In separate bowl mix ricotta, one 150 gram bag mozzarella, egg, and all spices. In a 13"×9" cooking dish coat bottom with meat sauce, then three lasagna noodles not touching each other then cheese mix. Alternate meat noodles cheese until exhaust ingredients. Top with remaining meat sauce and second bag of mozzarella. Bake at 390°F (200°C) for 30 minutes.



(a) Cooked Lasagna



(b) Plated Lasagna

Figure 38: Lasagna

**Pasta  
Carbonara**

**Ingredients**

- ~350 g spaghetti
- 1 tsp olive oil
- 2 small onions chopped
- 1 minced clove garlic
- 100 g cooked bacon diced
- 2 egg yolks and 200 ml cream or 2 eggs
- 50 g Parmesan grated

Rating:  

<b>Servings</b>	<b>Active Time</b>	<b>Total Time</b>
3	10 minutes	20 minutes

Boil the spaghetti. Brown the onion and garlic in oil until soft. Add the bacon on low heat. Beat the eggs and cream. Add the eggs and cream to the onions and bacon on low heat for two minutes. Mix in some parmesan. Top spaghetti with the sauce and sprinkle with parmesan. [35]

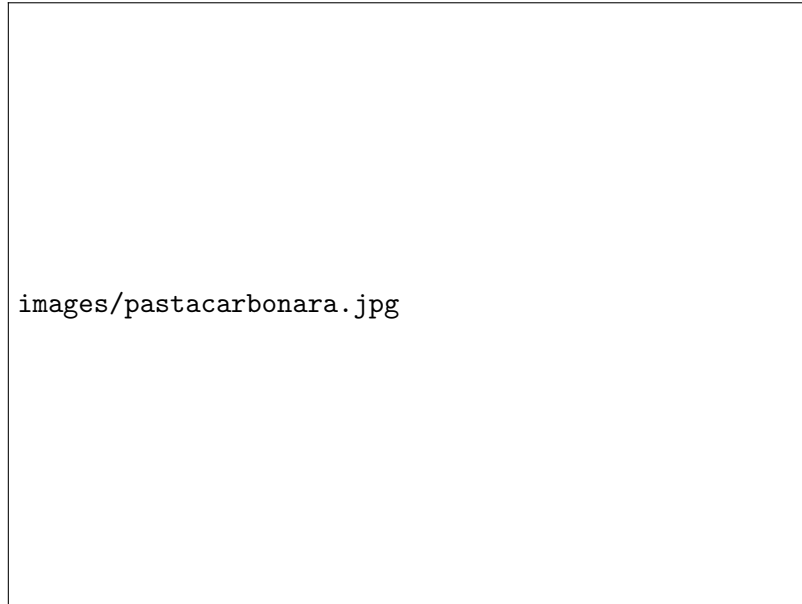



Figure 39: Pasta Carbonara

Rating:  5-outline.png

Servings	Active Time	Total Time
3	25 minutes	1 hour

**Ingredients****Béchamel Sauce**

2 tablespoons unsalted butter  
 2 tablespoons all-purpose flour  
 2 cups whole milk  
 1/4 teaspoon freshly grated nutmeg

**Filling**

3 tablespoons extra-virgin olive oil  
 1 onion, chopped  
 2 garlic cloves, finely chopped  
 300 grams spinach  
 500 grams ricotta  
 4 tablespoons finely chopped basil  
 100 grams thinly sliced prosciutto or  
 bacon (optional), chopped  
 1/4 teaspoon salt  
 1/4 teaspoon black pepper  
 250 grams Cannelloni or Lasagna  
 noodles  
 100 grams Mozzarella

**Spinach and  
 Ricotta  
 Cannelloni**

**For sauce:** Melt butter in a saucepan over moderately low heat. Whisk in flour with butter and cook roux, 2 minutes. Add milk in a stream, whisking, and bring to a boil over high heat, whisking constantly, sauce will thicken. Reduce heat and simmer, whisking occasionally, 2 minutes, then whisk in salt, pepper, and nutmeg.

**For cannelloni:** Heat oil in a large skillet over moderately high heat until hot but not smoking, then sauté onion and garlic, stirring occasionally, until lightly browned, about 5 minutes. Add spinach and sauté, stirring, until just wilted, about 3 minutes. Remove from heat and cool completely. Stir together ricotta, basil, prosciutto (if using), salt, pepper, and spinach mixture. Preheat oven to 190°C. Either spoon mixture into cannellonis or use a piping bag (or a plastic bag with corner cut off) or wrap mixture with soft lasagna noodles. Pour a thin layer of Béchamel sauce into a large glass cooking dish (9"x13"). Arrange cannellonis onto glass cooking dish. Cover the cannellonis with the remaining sauce and top with mozzarella. Cover dish with aluminum foil and bake for 25 minutes. Remove foil and bake another 10 minutes. Makes approximately 18 cannellonis. [16]





Figure 40: Spinach and Ricotta Cannelloni

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Servings	Active Time	Total Time
4	35 minutes	1 hour

Boil water and have a large ice bath ready. Core tomatoes and with a knife make an X in the bottom. Boil for 2 minutes and ice bath for 1 minute. Over a sieve remove skins, cut tomatoes crosswise and remove seeds. Squeeze out any extra juice from peel and seeds and return to tomatoes. Coarsely chop the tomatoes. Heat oil in large pot. Add garlic, onion, bell pepper, carrots and salt and cook until soft, about 10 minutes. Stir in tomato paste and oregano and cook until starting to brown, about 3 minutes. Pour in wine and vinegar and simmer about 2 minutes. Add tomatoes and juice and gently simmer until tomatoes are broken down, about 25 minutes. Stir in basil and pepper. Purée to desired consistency. Always use glass containers if storing sauce for later consumption, explanation on page 82. [30] page 252

### Ingredients

2 kilograms vine ripe tomatoes (12 medium)  
 2 tbsp olive oil  
 2 heads garlic minced  
 4 medium onions diced  
 1 bell pepper diced  
 1 large carrot diced  
 1 tsp salt  
 1/4 cup tomato paste  
 1 tsp dried oregano  
 1/2 cup red wine  
 2 tbsp red-wine vinegar  
 2 tbsp dried basil  
 pepper

### Tomato Sauce



(a) Finished Sauce



(b) Plate of Pasta and Sauce

Figure 41: Tomato Sauce

## 9 *Slow Cooker*

### Ingredients

- 3 lbs. bone-in chicken thighs or drumsticks, skin removed
- 14 oz. can diced tomatoes with Italian seasoning
- 6 oz. can tomato paste
- 1 cup chicken broth
- 1 onion, sliced
- 4 cloves garlic, minced
- 1 green bell pepper, chopped
- 1 cup sliced mushrooms
- 1/2 cup dry red wine
- 1 tsp. dried Italian seasoning
- salt and pepper to taste
- 2 Tbsp. cornstarch, optional
- 3 Tbsp. water
- 750 grams pasta, penne or fusilli recommended

### Chicken Cacciatore

Rating:  

Servings	Active Time	Total Time
6	20 minutes	7.5 hours

Place all ingredients except cornstarch in a 4 to 5 quart slow cooker. Cover and cook on low for 6 to 8 hours. For a thicker sauce add cornstarch water mixture 15 minutes before completion. Serve over penne pasta if desired. []




Figure 42: Chicken Cacciatore

**Ingredients**

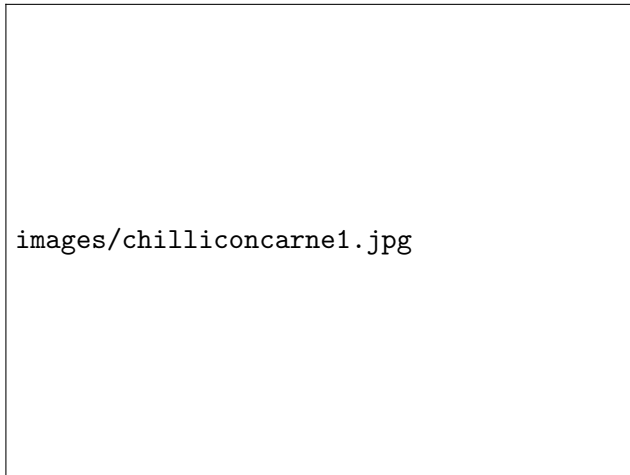
- 2 tablespoons olive oil
- 2 large onions, diced
- 3 large garlic cloves, chopped
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1 kilogram lean minced beef
- 400 grams can chopped tomatoes
- 2 beef stock cubes
- 2 large red peppers, deseeded and cut into chunks
- 10 sun-dried tomatoes about 100 grams
- 3 × 400 gram cans red kidney beans, drained
- 200 grams cheddar cheese, optional
- 1 avocado, optional
- 100 grams sour cream, optional
- Tortilla chips, optional

**Chili Con Carne**

Rating: 

Servings	Active Time	Total Time
6	30 minutes	9 hours

Fry your onions in a pan for 8 minutes, then add your garlic, chili powder, cumin and oregano and cook for a minute. Add the meat and cook until brown. Place the meat mixture into your slow cooker with the tomatoes, peppers, sun-dried tomatoes and beans. Crumble in the stock cubes and season to taste. Cook on Low for 8–10 hours. Serve in a bowl with optional cheese, avocado and sour cream. [9]



(a) SubCaption




(b) SubCaption

Figure 43: Chili Con Carne

**Taco  
Chicken  
Bowls**


**Ingredients**

- 1.5 lbs. (700 g) chicken (any portion)
- 16 oz. (480 ml) jar salsa
- 15 oz. (450 ml) can black beans, drained
- 1/2 lb. (240 g) frozen corn
- 1 Tbsp chili powder
- 1/2 Tbsp cumin
- 1/2 Tbsp minced garlic
- 1/2 tsp dried oregano
- 1/2 tsp cayenne pepper
- 1/2 tsp salt
- to taste cracked pepper
- 2 cups (420 g) dry rice
- 8 oz. (230 g) shredded cheddar
- bunch cilantro (optional)

Rating:  5 half.png

<b>Servings</b>	<b>Active Time</b>	<b>Total Time</b>
6	10 minutes	7 hours

Add everything except the rice, cheese, and cilantro to the slow cooker along with 1/4 cup (60 ml) of water. Give everything a good stir and make sure the chicken is covered in the mixture. Cook on low for 7 hours. Near the end of the cooking time, cook the rice according to the package directions. At the end of 7 hours stir the slow cooker mixture with a fork to shred the chicken. The chicken should be super tender and will shred easily. Build the taco bowls by placing rice on the bottom, then the taco chicken mix, shredded cheese and fresh cilantro. [12] *Added: 06/Nov/2013* **Notes:** This is the first time for me to use the site BudgetBytes. I really like the low cost and tastiness of this recipe.



images/tacochickenbowls.jpg

Figure 44: Taco Chicken Bowls

## 10 *Tex-Mex*

### *Ingredients*

5 large flour tortillas  
 ~220 grams chicken diced  
 taco or fajita seasoning  
 1 medium tomato  
 1 medium onion  
 1 green pepper  
 jalapeño  
 cheese  
 guacamole  
 sour cream

### **Chicken Quesadillas**

**Rating:**  images/rating5.png

Servings	Active Time	Total Time
3	25 minutes	25 minutes

Sauté chicken with seasoning. Place tortilla in buttered skillet and ingredients on top of tortilla. Top with second tortilla and flip. [37]

**Enchiladas**

**Ingredients**

**Enchilada Sauce**

- 4 tablespoons vegetable oil
- 2 tablespoons flour
- 3 tablespoons chili powder
- ~350 ml tomato sauce
- 1.5 cups water
- 1/4 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

**Enchiladas**

- 8 tortillas
- 1/2 kg beef
- ~400 grams cheddar cheese
- 1 small onion peeled and cubed

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Servings	Active Time	Total Time
4	30 minutes	50 minutes

Heat oil and stir in flour and chili powder and cook until lightly brown but don't burn the sauce. Stir in tomato sauce and water and all seasonings and salt to taste and keep over low heat. Brown beef, drain beef, mix a small amount of the sauce with the beef and mix in sautéed onions. Roll beef into tortilla and place in 13"×10" cookware, add sauce and cheese to top. Roll cheese and raw onions into tortilla and repeat steps for cheese enchiladas. Bake in oven at 350°F (175°C) for 15–20 minutes.

**Guacamole**

**Ingredients**

- 2 ripe avocado diced
- 1 plum tomato diced
- 1 small onion diced
- 1 tsp chili powder
- 1/2 tsp salt
- 1/2 tbsp lemon juice
- tortilla chips

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Servings	Active Time	Total Time
2	10 minutes	10 minutes

Thoroughly mix all ingredients except chips. Dip guacamole with tortilla chips. [37]

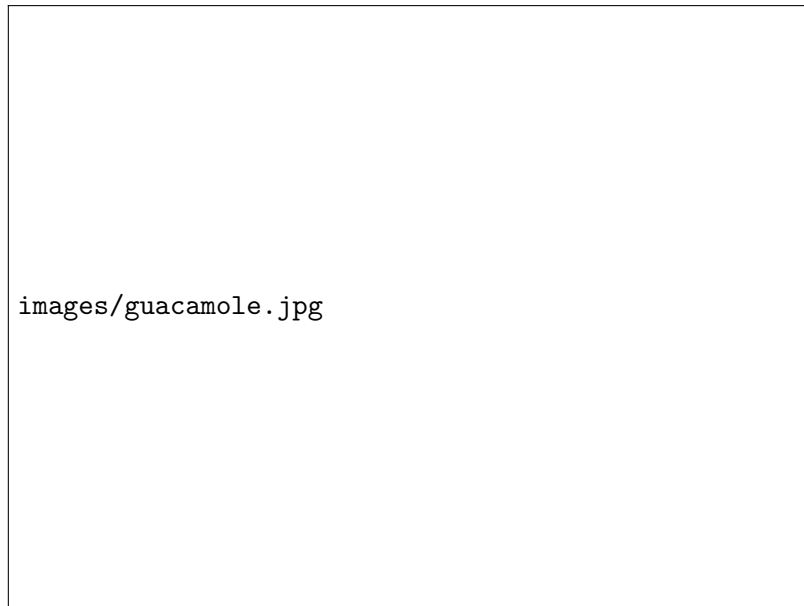


Figure 45: Guacamole

**Ingredients**

**Nachos**

- 1 bag of chips
- 1 large tomato diced
- 2 small onions peeled and cubed
- ~200 grams beef browned and drained
- ~200 grams shredded cheddar cheese
- 15 ounce can black beans
- sour cream (crème épaisse)
- guacamole

Rating:  5-outline.png

Servings	Active Time	Total Time
2	20 minutes	40 minutes

Place chips on a large baking sheet. Top with meat, beans, vegetables, cheese. Bake at 375°F (190°C) for 20 minutes. [10]

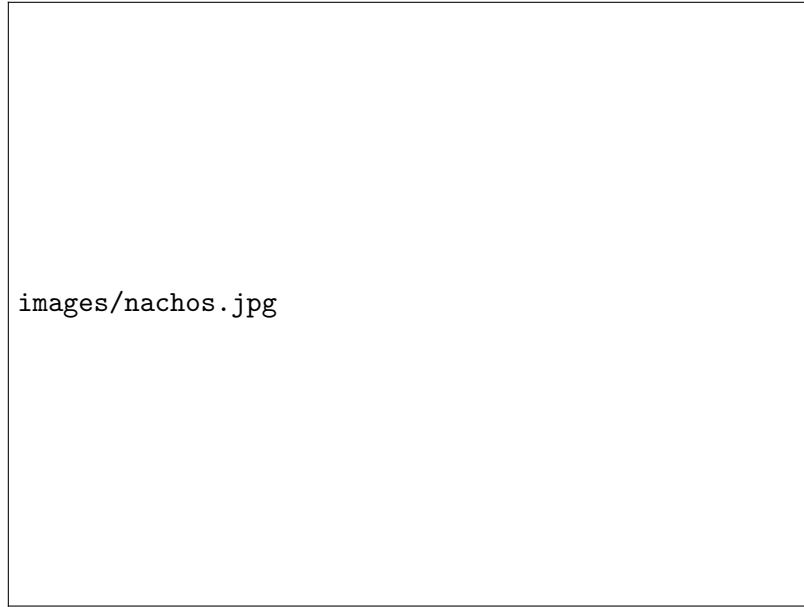


Figure 46: Nachos

**Ingredients**

**Tacos**

- 450 grams beef
- 3 tbsp water
- 1 packet taco seasoning
- 1 package of 12 small taco shells
- 1 small onion
- 1 large tomato
- 2 cups shredded Cheddar cheese
- 20 grams lettuce (optional)
- 100 grams sour cream (optional)

Rating:  5-outline.png

Servings	Active Time	Total Time
3	15 minutes	15 minutes

Bake taco shells at 125°F (125°C) for 15 minutes. Brown the beef and drain excess fat. Add water and taco seasoning to beef and stir. In the taco shells layer beef then cheese then vegetables. Top with sour cream and guacamole, recipe on page 54. Serve with re-fried beans, recipe on page 70. [37]

# 11 Vegetarian

## Ingredients

- 2 cups uncooked rice
- 1 cup lentils (~240 g)
- 4 cups water
- 1/2 tsp salt
- 1/2 tsp ground turmeric
- 1 tbsp oil
- 1/2 tsp ground cumin seeds
- 1 large onion chopped
- 4 cloves garlic crushed
- 1 tbsp minced ginger
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- 2 mangoes peeled and diced
- 1/2 cup fresh cilantro

**Indian  
Mango Dal**

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Servings	Active Time	Total Time
3	30 minutes	40 minutes

Boil rice. Combine lentils, water, 1/2 tsp salt, and turmeric in a medium pot, boil, simmer covered for ~15 minutes. Meanwhile, in small skillet heat oil, add cumin and onion and sauté till soft. Add garlic, ginger, coriander, cayenne, and 1/2 tsp salt. Stir for one minute. Stir the garlic mixture and mangoes into the lentils. Return to simmer and cook until lentils fall apart ~15 minutes. Stir in fresh cilantro. Serve over rice. [30] page 263



Figure 47: Indian Mango Dal



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Servings	Active Time	Total Time
4	30 minutes	30 minutes

Combine broth, sherry or wine, soy sauce, 1 table-  
 spoon cornstarch, sugar and crushed red pepper in a  
 small bowl. Set aside. Cut tofu into 3/4 inch cubes,  
 pat dry and sprinkle with salt. Place remaining 2  
 tablespoons cornstarch in a large bowl, add the tofu  
 and gentle toss to coat. Heat 1 tablespoon oil in  
 a skillet or medium-high heat. Add tofu and cook  
 undisturbed for 3 minutes until browned. Gently  
 turn and cook stirring occasionally until browned  
 all over, about 3 more minutes. Transfer to a plate.  
 Reduce heat to medium and add remaining oil, garlic  
 and ginger. Cook until fragrant about 1 minute.  
 Add broccoli and water, cover and cook stirring once  
 or twice until tender-crisp, about 3 minutes. Stir  
 broth mixture and then add to skillet. Cook until  
 sauce thickens, about 2 minutes. Return tofu to pan,  
 toss to combine with broccoli and sauce. Boil rice  
 noodles for 3 minutes and drain. Top noodles with  
 stir-fry. [30] page 259

**Ingredients**

- 1/2 cup vegetable or chicken broth
- 1/4 cup dry sherry or wine
- 3 tbsp reduced sodium soy sauce
- 3 tbsp cornstarch, divided
- 2 tbsp sugar
- 1/4 tsp crushed red pepper (optional)
- ~350 g firm water packed tofu, drained
- 1/4 tsp salt
- 2 tbsp oil
- 1 tbsp minced garlic
- 1 tbsp fresh minced ginger
- 1 head broccoli or 6 cups broccoli florets
- 3 tbsp water
- 250 g rice noodles

**Tofu &  
 Broccoli  
 Stir-Fry**



Figure 48: Tofu & Broccoli Stir-Fry

# 12 Side Dish

## Ingredients

- 1 tbsp extra-virgin olive oil
- 1 small onion chopped
- 1 tbsp fresh oregano or 1 tsp dried oregano
- 1/2 cup white wine or chicken broth
- 500 grams green beans trimmed
- 1 medium squash or zucchini halved and cut into 1-inch pieces
- 1 cup halved cherry tomatoes or grape tomatoes
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 cup shredded Parmesan cheese

### Braised Green Beans & Summer Vegetables

Rating:   5-outline.png

Servings	Active Time	Total Time
3	10 minutes	30 minutes

Sauté onions and oregano until soft, about 2 minutes. Add wine or broth and bring to boil. Add green beans and simmer for 10 minutes covered stirring once or twice. Add squash or zucchini and tomatoes. Cover and cook until vegetables are tender, 8 to 10 minutes. Season with salt & pepper and sprinkle with Parmesan. [30] page 130



Figure 49: Braised Green Beans & Vegetables

Rating:  5-outline.png

Servings	Active Time	Total Time
2	10 minutes	1.2 hours

Preheat oven to 400°F (205°C). Cut the acorn squash in half, lengthwise, from stem to end. Use a spoon to scoop out the seeds and stringy stuff in the center of each half. Score the insides of each half several times with a sharp knife. Place each half in a baking pan, cut side up. Add about a centimeter of water to the bottom of the baking pan so that the skins don't burn and the squash doesn't get dried out. Coat the inside of each half with a half tablespoon of butter and add a tablespoon of brown sugar to each half. Bake in the oven for 1 hour to 1 hour 15 minutes, until the squash is very soft and the tops are browned. Spoon any buttery sugar sauce that has not already been absorbed by the squash over the exposed areas. [33]

**Ingredients**

<b>Classic</b>	1 acorn squash
	1 tablespoon butter
<b>Baked Acorn</b>	2 tablespoons brown sugar
<b>Squash</b>	salt and pepper to taste



Figure 50: Classic Baked Acorn Squash

**Corn Cakes  
and Black  
Bean Salsa**

**Ingredients**

- 1 cup brown rice
- 2 tsp minced garlic
- 1 tsp thyme
- 1 cup corn or ~285g can corn
- 1 cup breadcrumbs
- 1/2 tsp salt
- 1/2 tsp pepper
- 3 medium eggs
- oil for frying
- 1 15oz black beans
- 1 cup tomato salsa

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Servings	Active Time	Total Time
3	25 minutes	45 minutes

Cook rice adding garlic thyme and scallions to the water. Remove from heat. Stir in corn breadcrumbs salt & pepper. Let stand about 5 minutes Whisks eggs in a separate bowl and then add to rice mixture and mix together and mash with fork until the mix holds together. Shape into 8 patties and fry in hot oil for three minutes on each side. Mix black beans and tomato salsa for black bean salsa. [30] page 270

**Creamy  
Mashed  
Potatoes**

**Ingredients**

- 1 kg potatoes peeled and chopped, ~ 10 small to medium potatoes
- 50 ml cream cheese
- 50 ml sour cream
- 3 tbsp butter
- 1/2 tsp garlic salt & pepper

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Servings	Active Time	Total Time
4	10 minutes	25 minutes

Boil potatoes for about 12 minutes. Mash potatoes and mix in all ingredients. [10]



Figure 51: Creamy Mashed Potatoes

**Fried  
Eggplant  
(Aubergine)**

**Ingredients**

- 1 large aubergine, sliced
- 1 tsp salt
- 1/2 cup flour
- 1/2 cup oil
- 2 tbsp honey

Rating:  

<b>Servings</b>	<b>Active Time</b>	<b>Total Time</b>
2	15 minutes	1.25 hours

Place sliced aubergine on a plate and sprinkle with salt. Let sit for one hour so salt can absorb some of the moisture. Dab the salt and water from the aubergine with a paper towel. Coat slices with flour and fry in 2 centimeter deep hot oil until browned. Flip and fry other side. Lace with honey. [10]



Figure 52: Fried Aubergine

**Macaroni and Cheese**

**Ingredients**

- 2 cups elbow macaroni (~350 grams)
- 1 1/2 cups cottage cheese
- 1 cup milk
- 1 tbsp flour
- 1 cup shredded Cheddar cheese (~200 grams)
- 1/4 tsp grated nutmeg
- 1/4 tsp salt
- 1/8 tsp cayenne pepper
- pepper
- (optional) 2 tbsp grated Parmesan cheese
- (optional) 2 tbsp breadcrumbs

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Servings	Active Time	Total Time
4	15 minutes	1 hour

Boil macaroni until al dente, 8 to 10 minutes. Drain and rinse with cold water. Purée cottage cheese until smooth. Heat 3/4 cup milk in saucepan. Mix 1/4 cup milk with flour until smooth. Stir into hot milk the flour mix, cottage cheese, Cheddar, nutmeg, salt, cayenne and pepper. Mix until close to homogeneous. Put macaroni in 2 quart baking dish and pour cheese mixture on top and stir. Optionally top with Parmesan and breadcrumbs. Bake at 375°F for about 35 minutes or until bubbling and brown.

[30] page 232



Figure 53: Macaroni and Cheese

Rating:  5-outline.png

Servings	Active Time	Total Time
2	10 minutes	35 minutes

**Ingredients**

**Mushroom Risotto**

- 1 tablespoon butter
- 200 grams white mushrooms, chopped
- 100 ml white wine, optional
- 1 L chicken or vegetable stock
- 1 small onion, chopped
- 300 ml risotto
- 80 ml freshly grated Parmesan cheese
- salt & freshly ground black pepper

Bring stock to a simmer in a saucepan. Melt the butter in a large skillet over medium-high heat. Add mushrooms and onions and sauté about 5 minutes. Add the risotto and stir to combine. Add white wine (or equivalent stock), bring to a boil, and reduce liquid by half, about 3-4 minutes. Add simmering stock, 100 ml at a time, stirring enough to keep the risotto from sticking to the edges of the pan. Stir the rice almost constantly - stirring sloughs off the starch from the rice, making the creamy sauce you're looking for in a risotto. Wait until the stock is almost completely absorbed before adding the next 100 ml. This process will take about 25 minutes. The risotto should be just cooked and slightly chewy. Stir in the Parmesan cheese and season to taste with salt and pepper. [34]

images/mushroomrisotto2.jpg

images/mushroomrisotto.jpg

(a) Mushroom Risotto Cooked

(b) Mushroom Risotto Plate

Figure 54: Mushroom Risotto

**Potato Wedges**

**Ingredients**

6 to 8 medium potatoes cut into thin wedges (700 grams)  
 1/3 cup olive oil  
 salt & pepper  
 dill  
 oregano

Rating:  5-outline.png

Servings	Active Time	Total Time
3	10 minutes	45 minutes

Oil baking sheet. Spread potato wedges evenly over baking sheet. Coat with oil and spices. Bake at 400°F for 20 minutes. Scrape wedges free from baking sheet and redistribute evenly. Continue baking another 15 minutes. [37]



Figure 55: Potato Wedges

**Ratatouille à la Casablancaise**

**Ingredients**

1 large eggplant (600 grams) peeled and cut into 1/4-inch cubes  
 1 1/2 tsp salt  
 3 tbsp olive oil  
 1 medium yellow squash or zucchini peeled and cut into 1/4-inch cubes  
 1 red bell pepper diced  
 3 medium tomatoes peeled seeded and diced  
 2 cloves garlic  
 1 1/4 tsp ground cinnamon  
 1 tsp sugar  
 pepper

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Servings	Active Time	Total Time
4	25 minutes	55 minutes

Place eggplant on baking sheet and sprinkle with salt. Let stand 30 minutes then rinse and pat dry. Heat oil in skillet over medium-high heat and cook eggplant, squash, and bell pepper until soft, 8 to 10 minutes. Separately fry tomatoes, garlic, cinnamon, sugar, 1/2 tsp salt, and pepper until tomatoes start to break down, 3 to 5 minutes. Add to eggplant mixture and stir to combine. Cool to room temperature. [30] page 128



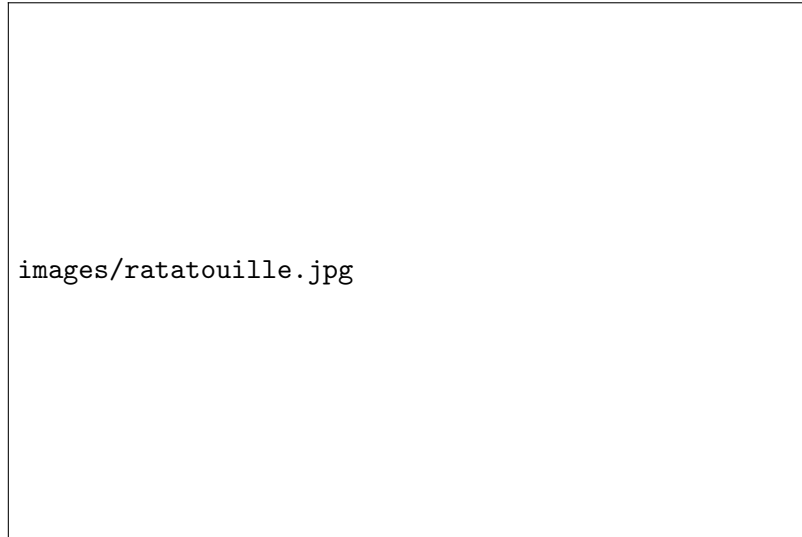


Figure 56: Ratatouille à la Casablancaise

**Ingredients**

1 kg red skin potatoes cut into 1/2-inch pieces with skin on  
 1/2 cup pickle juice  
 1/2 cup mayonnaise  
 1/4 cup milk or buttermilk  
 2 tbsp dill  
 3 tsp Dijon mustard  
 1 tsp sugar  
 1 tbsp pepper  
 3 hard boiled eggs peeled and chopped  
 1/2 cup onion chopped  
 4 small dill pickles chopped (~ 1/4 cup)

**Red Skin Dill  
Potato Salad**

Rating:  faces/5-outline.png

Servings	Active Time	Total Time
6	20 minutes	40 minutes

Boil potatoes for about 10 minutes. Drain and transfer to a large bowl. Drizzle pickle juice over potatoes and toss gently. Allow to cool. In medium bowl mix mayonnaise, milk, dill, mustard, sugar, and pepper. Pour mixture over potatoes. Add eggs, onions, and pickles and toss to blend. Serve at room temperature or cooled in the refrigerator. [18]

**Ingredients**


500 g fresh green beans trimmed  
 olive oil  
 2 cloves garlic minced  
 salt & pepper  
 4 tbsp pine nuts  
 1 tsp lemon juice  
 100 grams bacon or ham prosciutto (optional)  
 1/4 cup shredded Parmesan cheese (optional)

**Sautéed  
Green Beans  
and Pine  
Nuts**

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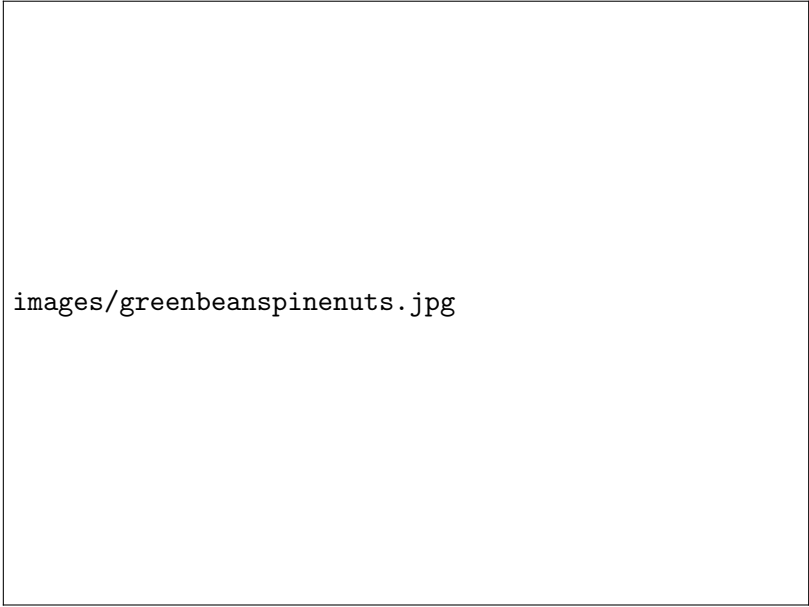
Servings	Active Time	Total Time
3	10 minutes	20 minutes

Boil the beans for 4 minutes until crisp-tender and drain. Heat oil in skillet and add garlic, salt, pepper, and beans. Cook stirring for 4 minutes. Add pine nuts and cook until nuts starting to brown. Season with lemon juice. Top with optional fried bacon or prosciutto or optional Parmesan cheese. [10]



images/redskindillpotatosalad.jpg

Figure 57: Red Skin Dill Potato Salad



images/greenbeanspinenuts.jpg

Figure 58: Sautéed Green Beans and Pine Nuts

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**Ingredients**

**Seasoned Rice**

- 2 cups dry rice
- 4 cups water
- 1 onion chopped
- 1 tomato chopped
- garlic
- chili powder
- paprika
- thyme

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Servings	Active Time	Total Time
4	5 minutes	25 minutes

Combine all ingredient, bring to boil, simmer for ~20 minutes. [37]

**Ingredients**

**Skillet Seared Tomatoes with Melted Gruyère**

- 2 tbsp extra-virgin olive oil
- 3 medium vine ripe tomatoes or 4 large plum tomatoes, ripe but firm, halved lengthwise
- 2 tbsp finely chopped flat-leaf parsley
- 1 medium garlic clove, minced
- 1/2 tsp sugar (optional)
- 1/2 tsp kosher salt
- 1 tsp pepper to taste
- 3/4 cup Gruyère, Comte, fontina, or mozzarella cheese

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Servings	Active Time	Total Time
3	5 minutes	20 minutes

Heat a 12-inch skillet over medium heat until hot. Add oil and arrange tomatoes cut-side down in skillet. Cook uncovered until just tender and underside darkens, 10 to 15 minutes. Meanwhile, mix parsley and garlic. Carefully turn each tomato over. Reduce heat to medium-low. Sprinkle each tomato with sugar (optional), salt & pepper, and equal portions of the garlic mix and equal portions of the cheese. Cover and cook until cheese is melted, about 2 minutes. Serve warm. [30] page 159



Figure 60: Skillet Seared Tomatoes with Melted Gruyère

**Ingredients****Casserole**

2.6 lb (1.2 kg) sweet potato, peeled and cubed  
 1/2 cup (120 ml) white sugar  
 2 eggs  
 1/2 teaspoon salt  
 4 tablespoons butter, softened  
 1/2 cup (120 ml) milk  
 1/2 teaspoon vanilla extract

**Sweet  
Potato  
Casserole****Topping**

1/2 cup (120 ml) packed brown sugar  
 1/3 cup (80 ml) all-purpose flour  
 3 tablespoons butter, softened  
 1/2 cup (120 ml) chopped pecans

Rating:  5-outline.png

Servings	Active Time	Total Time
6	30 minutes	1 hour

Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash. In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract. Mix until smooth. Transfer to a 9x13 inch baking dish. Preheat oven to 325 degrees F (170 degrees C). In medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture. Bake in the preheated oven 30 minutes, or until the topping is lightly brown. [6] *Added: 28/Nov/2013*

**Ingredients**

6 medium to large potatoes (6–8 oz each)  
 1 tablespoon extra-virgin olive oil  
 salt and pepper to taste  
 3/4 cup cottage cheese  
 4 oz creamy goat cheese, cut into pieces  
 1/2 cup chopped scallions  
 2 tablespoons fresh chopped parsley

**Twice-  
Baked Goat  
Cheese  
Potatoes**Rating:  5.png

Servings	Active Time	Total Time
6	15 minutes	1 hour

Pierce potatoes all over with a fork and microwave on medium heat turning once or twice for 20 minutes or until soft. Preheat oven to 425°F (215°C). Cut off the top quarter lengthwise of the potato. Scoop out the inside of the potato and place in a medium bowl. Mix together the remaining ingredients with the potatoes in the bowl. Return mixture to the potato shells. Place the filled potato shells on a baking sheet or baking dish. Bake for 40 minutes. [30] page 146

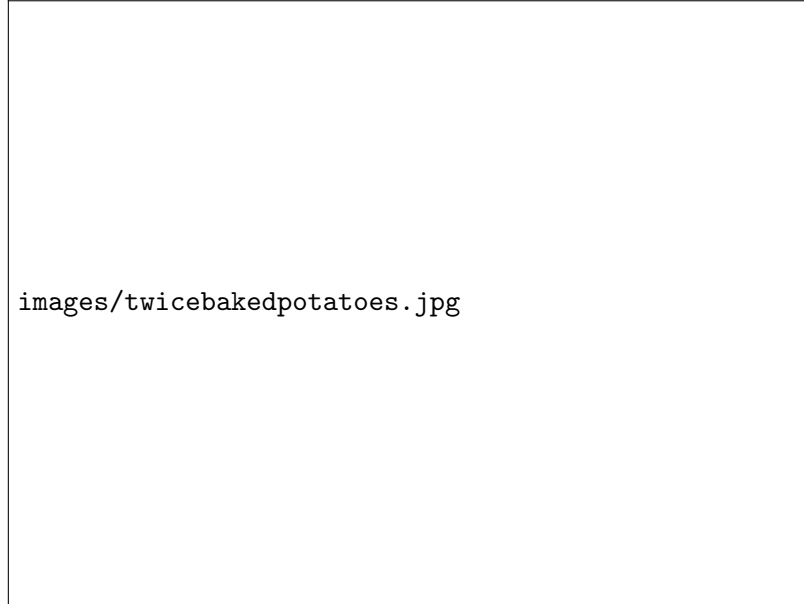


Figure 61: Twice-Baked Goat Cheese Potatoes

**Vegetarian  
Re-fried  
Beans**

**Ingredients**

- 500 grams dry pinto beans or equivalent
- 2 tbsp minced garlic, divided
- 1 medium tomato diced
- 2 tbsp ground cumin
- 1 tbsp chili powder
- 2 tbsp olive oil
- salt

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Servings	Active Time	Total Time
6	30 minutes	3.5 hours

To quickly prepare beans, boil the beans with an inch excess of water and then let soak in the same water for about an hour. Drain beans and return to the same pot, explanation on page 82. Cover beans with two inches of water and add 1 tbsp garlic, tomato, cumin, and chili powder. Cover, bring to a boil and reduce to a simmer for two hours. Drain the beans setting the excess liquid to the side. Add remaining garlic, oil, and salt to taste and mash the beans. Add bean liquid to adjust beans to desired consistency. Optionally place over low heat for 30 minutes stirring occasionally. [7]

# 13 Grains

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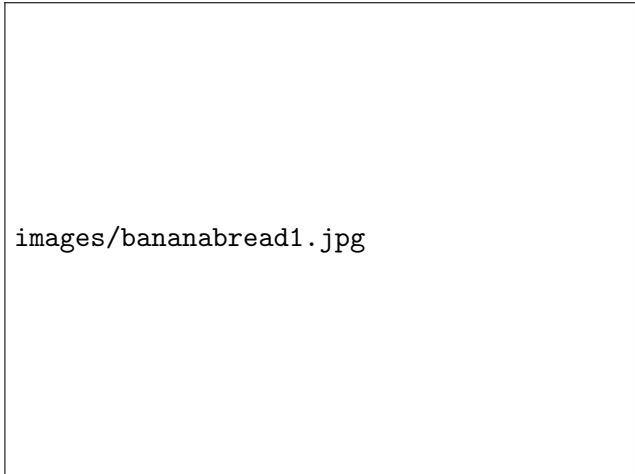
Servings	Active Time	Total Time
6	15 minutes	1.5 hours

Mash bananas in a bowl. Add dry ingredients to a separate medium bowl and mix thoroughly. In a separate medium bowl mix sugar, butter, and eggs. Add dry ingredients to wet ingredients and mix until homogeneous. Add bananas to the dough and mix thoroughly. Optionally add nuts and mix thoroughly. Pour dough into a lightly greased 9"×5" bread pan. Bake at 350°F (175°C) for 1 hour or until a toothpick inserted and removed from the bread comes out clean. [14]

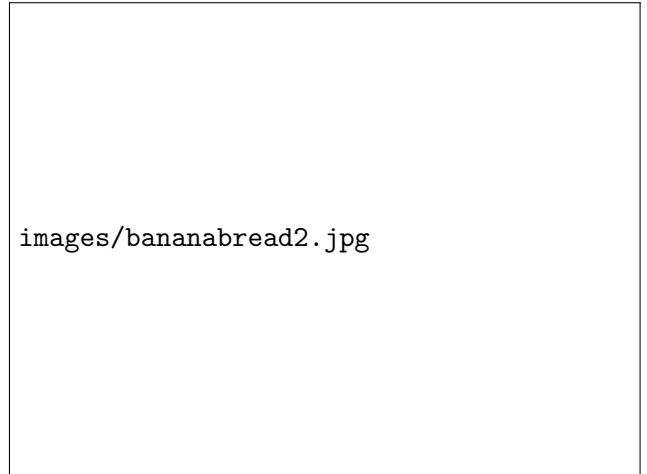
**Ingredients**

- 3/4 cup sugar
- 1/4 cup melted butter
- 2 medium eggs
- 1 tsp baking soda
- 1 tsp salt
- 1 1/2 cups flour
- 3 ripe or overripe bananas
- 8 tbsp broken pecans (optional)

**Banana Bread**



(a) Cooked Banana Bread



(b) Sliced Banana Bread

Figure 62: Banana Bread

**Honey Oat Quick Bread**

**Ingredients**

- 1 1/8 cups oats (1cup plus 2 tbsp) I used an oat raisin mixture
- 1 1/3 cups whole wheat flour
- 1 cup all purpose flour
- 2 1/4 tsp baking powder
- 1/4 tsp baking soda
- 1 1/4 tsp salt
- 8 oz (1cup) plain yogurt
- 1 large egg
- 1/4 cup canola oil
- 1/4 cup clover honey or any honey
- 3/4 cup low fat milk

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Servings	Active Time	Total Time
6	30 minutes	1.5 hours

Preheat oven to 375°F (190°C). Coat 9"×5" loaf pan with cooking spray and coat sides and bottom with oats. Stir wheat flour, flour, baking powder, baking soda, and salt in large bowl. Using a fork in a separate bowl beat 1 cup oats, yogurt, egg, oil, honey until blended. Stir in milk. Stir yogurt mix into flour mix and incorporate the two but don't over mix causing toughness. Pour into pan spreading to edges. Bake for 40 to 50 minutes or until a toothpick comes out clean. Let stand 15 minutes. Remove from pan and let cool another 45 minutes. [30] page 186

**Zucchini Bread**

**Ingredients**

- 1 1/2 cups flour
- 1/2 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon
- 1 cup sugar
- 2 medium eggs
- 1/2 cup vegetable oil
- 1 tsp vanilla extract
- 1 cup small grated zucchini (1 medium zucchini)
- 1/2 cup chopped pecans or walnuts (optional)
- 1 cup dried cranberries, raisins or chocolate chips or combination (optional)

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Servings	Active Time	Total Time
6	20 minutes	1.67 hours

Thoroughly mix the flour, baking soda, baking powder, salt and cinnamon in a large bowl, explanation on page 82. In a separate bowl beat the eggs and add the oil, sugar, vanilla and zucchini and mix thoroughly. Fold the liquid mixture into the dry mixture. Add optional nuts and raisins. Pour into a lightly greased 9"×5" loaf pan. Bake at 350°F (175°C) for one hour or until an inserted toothpick can be removed cleanly. Allow to cool in pan for 20 minutes. [25]



# 14 Desserts

## Apple Pie

### Ingredients

- 1/2 cup sugar
- 1/2 cup packed brown sugar
- 3 tbsp all-purpose flour
- 1 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- 8 cups thinly sliced peeled apples ~5 medium granny smith apples
- 1 tbsp lemon juice
- 1 pre-made pie crust
- 1 cup granola cereal
- 1 tbsp butter
- 1 tbsp honey

Rating:  

Servings	Active Time	Total Time
6	20 minutes	1.2 hours

In a small bowl mix sugars, flour and spices. In a large bowl toss apple slices with lemon juice. Add sugar mixture to apples in batches while tossing apples to coat with sugar mixture. Place pie crust in a 9-inch pie pan. Add apple mixture on top of pie crust. Sprinkle cereal and any remaining apple mixture over the top of the apples. Cover the pie with aluminum foil and bake for 35 minutes at 275°F (190°C). Extract pie from oven and remove foil. Sprinkle the pie with honey and melted butter. Return uncovered pie to oven and bake for 10 to 15 minutes until golden brown at 400°F (205°C). [10, 20]

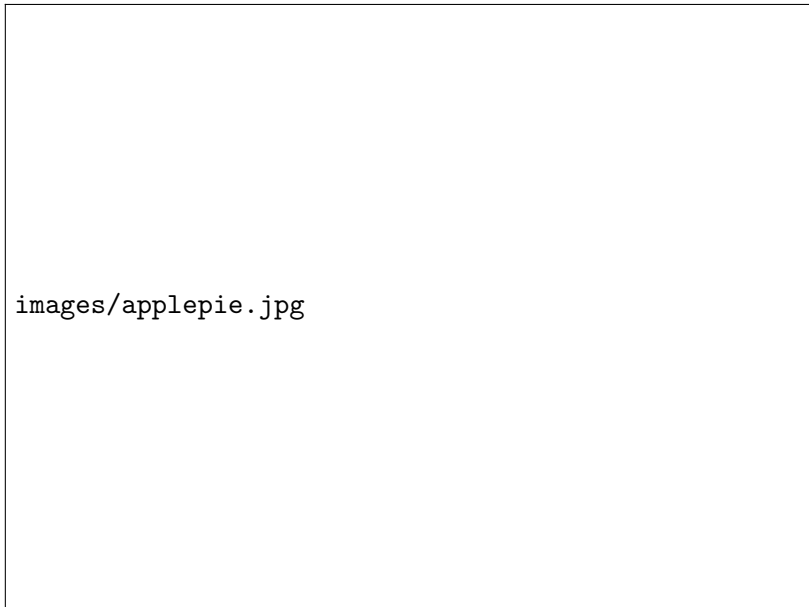


Figure 63: Apple Pie

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Servings	Active Time	Total Time
40	20 minutes	1 hour

Preheat oven to 375°F (190°C). Line 2 baking sheets with parchment paper or coat with cooking spray. Spread rolled oats and nuts on a non-greased baking sheet and toast until lightly browned, 5 to 7 minutes. Combine raisins and water. Bring to a simmer over low heat and cook until raisins plump, about 10 minutes. Drain raisins and discard liquid. In a small bowl mix flour, baking soda, baking powder, salt, cinnamon and cloves. In a large bowl beat sugar, apple butter (or sauce), oil, eggs and vanilla until light and fluffy, about 5 minutes. Stir in flour mixture and oats and nuts and mix well. Drop the dough by rounded teaspoonfuls onto the baking sheets about 2 inches apart. Bake the cookies one sheet at a time until lightly browned, 8 to 10 minutes. Transfer to a wire rack and allow to cool. [30] page 431

**Ingredients**

- 3 cups rolled oats
- 1/3 cup chopped walnuts or pecans
- 1 cup raisins
- 1 cup water
- 2 cups all-purpose flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1 1/2 cups sugar
- 1/2 cup apple butter or apple sauce
- 1/4 cup canola oil
- 3 medium eggs
- 1 tsp vanilla extract

**Chewy  
Oatmeal  
Raisin  
Cookies**

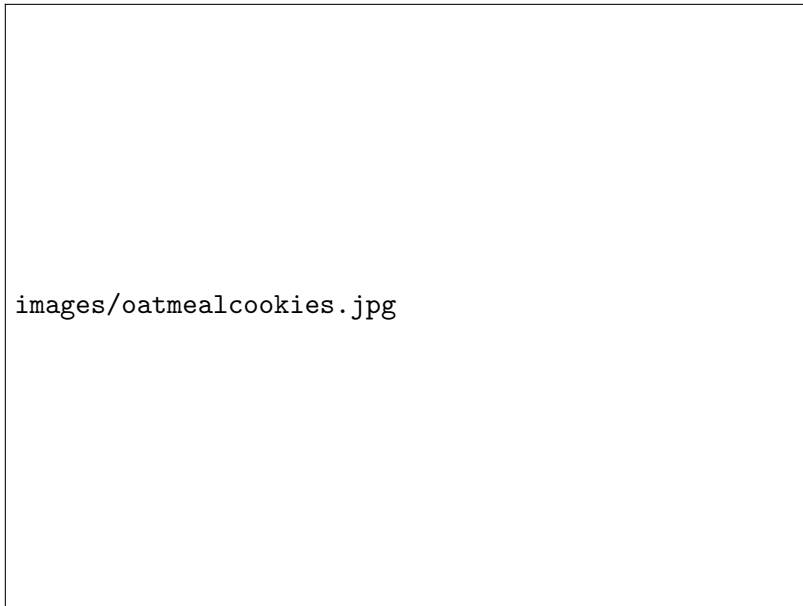


Figure 64: Chewy Oatmeal Raisin Cookies

**Chocolate  
Chip Cookies**

**Ingredients**

- 1/2 cup oats
- 1/2 cup whole-wheat pastry flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/3 cup light brown sugar
- 4 tbsp honey
- 3 tbsp butter
- 3 tbsp canola oil
- 1 1/4 tsp vanilla extract
- 1 large egg
- 3/4 cup pecans coarsely chopped
- 1 cup bittersweet chocolate chips or chocolate chunks


Rating:  

Servings	Active Time	Total Time
20	30 minutes	50 minutes

Grind or process oats in a blender until a fine powder. Whisk oats, flour, baking powder, baking soda, and salt. In large bowl beat sugar, honey, butter, oil, and vanilla until combined. Beat in egg until combined. Add dry ingredients and beat until combined. Stir in pecans and chocolate chips. Refrigerate for at least one hour or overnight. Preheat oven to 375°F. Drop tablespoons of dough onto baking sheet at least 2 inches apart. Bake cookies until golden brown, 7 to 9 minutes. [30] page 429



Figure 65: Chocolate Chip Cookies

Rating:  5 half.png

<b>Servings</b>	<b>Active Time</b>	<b>Total Time</b>
40	30 minutes	1 hour

**Ingredients**

- 1 cup sliced almonds
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 19 tablespoons (2 sticks plus 3 Tbsp.)  
unsalted butter, at room temperature
- 1 cup packed light brown sugar
- 1/2 cup sugar
- 2 large eggs, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract (optional)
- 1/2 teaspoon coconut extract (optional)
- 1 cup white chocolate chips
- 1 cup semisweet chocolate chips
- 2 cups sweetened flaked coconut

**Coconut–  
Almond  
Chocolate  
Chip Cookies**

Place almonds in a single layer in a dry skillet; cook over low to medium heat, stirring often, until lightly toasted and fragrant, about 5 minutes. Transfer almonds to a bowl to cool. When cool enough to handle, roughly chop almonds. Place racks in upper and lower thirds of oven and preheat to 350°F. Line two large baking sheets with parchment. In a small bowl, whisk together flour, baking powder and salt. In a large bowl, using an electric mixer on medium-high speed, beat butter with both sugars until light and fluffy, about 3 minutes. Scrape down sides of bowl and beaters. Beat in eggs and extracts. Stir in flour mixture on low speed until combined. Stir in almonds, all chocolate chips and coconut. Spoon dough by rounded tablespoons, 2 inches apart, onto baking sheets. Bake until edges are brown, 12 to 15 minutes, switching sheets from top to bottom and front to back halfway through. Let cookies cool on sheets on wire racks for 5 minutes, then transfer cookies to racks to cool completely. Repeat with remaining dough. [28]

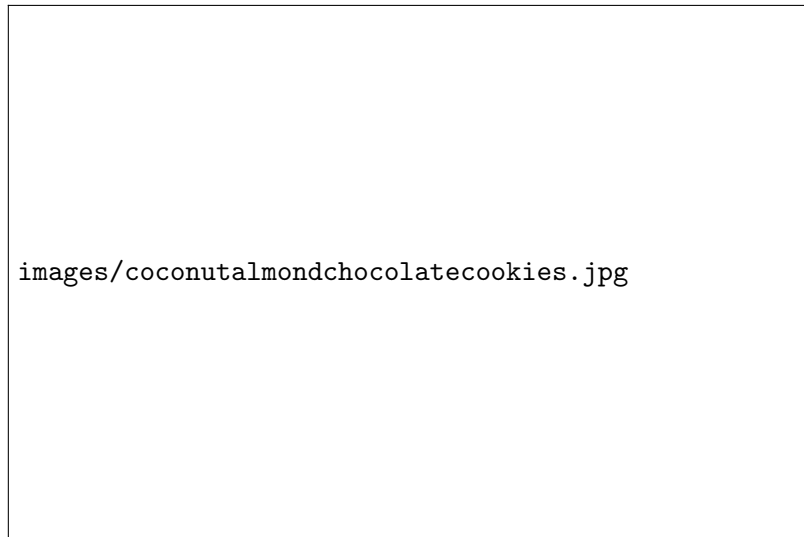


Figure 66: Coconut–Almond Chocolate Cookies



Rating:  5 half.png

Servings	Active Time	Total Time
12	30 minutes	50 minutes

Preheat oven to 350°F (175°C) and lightly grease a muffin pan with some butter or use a non-stick muffin pan.

**Crust:** Combine flour, powdered sugar, and butter in a large bowl. Using your hands, mix until dough forms a ball. Place a scoop, 1-2 tablespoons of dough in each muffin cup and press down with your thumbs to form a mini pie shell. Place in the oven and bake for 8-10 minutes. Remove from oven and use the back of a spoon to squish down the center if crust rose. Place back in the oven for 2-4 minutes or until edges just start to lightly brown. Place on a cooling rack for 10 minutes, then carefully remove mini crusts from muffin pan and place on cooling rack for an additional 5 minutes. Be very careful with these fragile crusts.

**Filling:** In a medium sized bowl, combine cream cheese, sugar, and vanilla and beat with an electric mixer or with a spoon until smooth. Spoon into a pastry bag or zip-lock bag with tip of one of the corners cut off and fill pie crusts or simply spoon the filling into the crusts. Top each tart with prepared fruit.

**Optional Glaze:** Combine the limeade, cornstarch, lime juice, and sugar in a small saucepan and cook over medium heat until clear and thick, about 2 minutes. Let cool. With a pastry brush, glaze the tarts.

This recipe could also be created into a 12-inch tart with the same ingredients. [38]

## Ingredients

### Crust

1 1/2 cups all-purpose flour  
 1/2 cup powdered sugar  
 1 1/2 sticks or 3/4 cup unsalted butter,  
 room temperature and cut into pieces

### Filling

8 oz package cream cheese, softened  
 1/2 cup granulated sugar  
 1 tsp vanilla extract  
 Assorted fresh fruit, blueberries,  
 raspberries, strawberries, kiwi, etc.

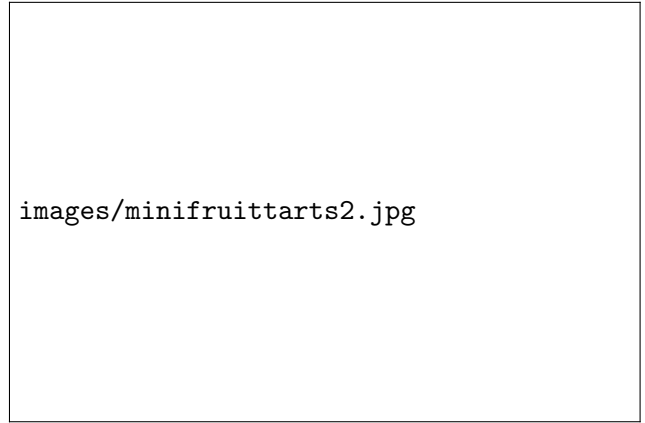
### Optional Glaze

1 (6-ounce) can frozen limeade  
 concentrate, thawed  
 1 tablespoon cornstarch  
 1 tablespoon fresh lime juice  
 1/4 cup granulated sugar

## Mini Fruit Tarts



(a) Group Of Tarts




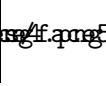
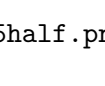

(b) Single Fruit Tart

Figure 68: Mini Fruit Tarts

**Ingredients**

- 2 cups all purpose flour
- 2/3 cup whole-wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 2 cups packed light brown sugar
- 1/2 cup natural peanut butter
- 1/4 cup canola oil
- 2 large eggs
- 1/2 tsp vanilla powder
- 5 tsp water
- 1/3 cup chopped unsalted peanuts

**Peanut  
Butter  
Cookies**

Rating:    

Servings	Active Time	Total Time
20	30 minutes	50 minutes

Whisk flours, baking soda and baking powder and salt in medium bowl. Combine sugar, peanut butter, oil, eggs, water, and vanilla in large bowl and beat until smooth. Stir in dry ingredients until just combined. Roll dough into 1-inch balls and place 2 inches apart on a greased cookie sheet. Flatten with a fork and add peanuts to top. Bake at 350°F (175°C) for 8 to 10 minutes. [30] page 430

**Pumpkin Pie****Ingredients**

1.25 kg uncooked pumpkin section  
 without seeds, ~3 cups mashed cooked  
 pumpkin  
 ~1 cup water for cooking pumpkin  
 1 cup sugar  
 4 large eggs  
 1 12 oz can and 1 5 oz can evaporated  
 milk, 580 ml lait concentré  
 1½ tsp ground cinnamon  
 1 tsp ground cloves  
 1 tsp nutmeg  
 ½ tsp ground ginger  
 ½ tsp vanilla extract (optional)  
 ½ tsp salt (optional)

Rating:  faces/faces/faces/faces/faces-5-outline.png

Servings	Active Time	Total Time
16	30 minutes	2 hours

Place the pumpkin in a microwave safe container with an inch or so of water at the bottom. Microwave for about 30 minutes with an 1100 watt microwave. Check after 25 minutes to see if pumpkin is tender. Continue to cook until pumpkin is tender. The pumpkin could also be cooked in the oven or steamed. Dispose of the cooking water. Remove and dispose of the pumpkin skin. Drain the pumpkin of excess water. Blend the pumpkin in a large bowl. Add all the remaining ingredients. Blend thoroughly. Note that the mixture will be quite runny. Add pumpkin mixture to a pastry lined eight inch pie dish until mixture is about a quarter to half inch from the top of the dish. Bake at 410°F (210°C) for 15 minutes. Then turn the heat down to 375°F (175°C) and bake an additional 45 to 60 minutes. Check the pie is done by inserting a butter knife to the pie. If the knife is removed and the knife remains clean then the pie is complete. This recipe makes two eight inch pies. Excess pumpkin mixture can be baked in a dish without a crust or can be used for muffins or french toast. [29]

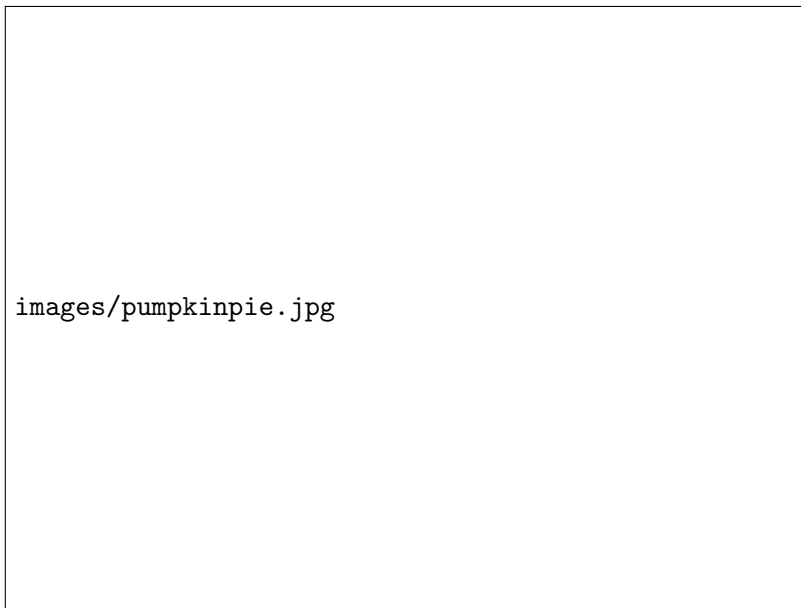


Figure 69: Pumpkin Pie




## 15 Drinks

**Margarita**

**Ingredients** *2 6-ounce Drinks*

150 ml tequila  
 120 ml freshly squeezed lime juice  
 60 ml simple syrup, recipe follows  
 10 ml orange liqueur  
 sugar-salt for rim (optional)

Rating:  5 .png


Servings	Active Time	Total Time
2	5 minutes	5 minutes

Simple syrup is equal portions of sugar dissolved in hot water (1 cup to 1 cup). Shake all liquids together with ice. Place empty glass rim in equal portion mixture of sugar and salt (optional). Garnish with lime. [17]

**Sweet Tea**

**Ingredients**

2 liters water, divided  
 4 small tea bags  
 6 – 8 tbsp sugar

Rating:  5 .png

Servings	Active Time	Total Time
5	10 minutes	10 minutes

Boil approximately 1 liter water. Remove from heat and add tea bags. Allow to steep for 4 minutes. Remove bags. Add sugar and stir to dissolve. Add remaining water and refrigerate. Optionally add ice instead of remaining water for immediate consumption. [37]

## 16 Simple Meals

Main	Sides
Frozen pizza	Baked potato
Peanut butter and jelly	Salad
Ramen	Sautéd zucchini
Rotisserie chicken with vegetables	
Spaghetti	

## A *Cooking Tips*

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Why do beans cause flatulence?

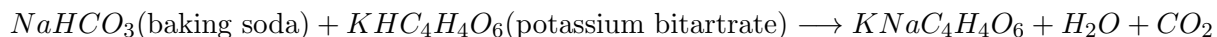
Soaking beans overnight or for eight hours is the preferred method for preparing beans. Boiling beans and letting them soak is the faster method that isn't quite as effective as soaking. Soaking or boiling beans has a two fold benefit. First, the beans become more tender and start to come out of their shells. Second, the gas culprit oligosaccharide found in beans and most starchy foods migrates into the water. Oligosaccharides are large sugar molecules and humans are not equipped with an enzyme that breaks down the sugar. Because of the large size of oligosaccharides, the sugar is not able to absorb in the stomach lining so the sugar passes through to the gastrointestinal tract where bacteria already found in the GI tract break down the sugar. As bacteria break down the sugar the bacteria release gas, primarily hydrogen nitrogen and carbon dioxide and a small amount of methane as a by product, which are all odorless gases. A few particular foods such as garlic, onions, and cabbage have a high sulphur content. The vitriol smell is what gives gas a foul smell. Sulphur is just one of the few ingredients that cause human gas to have an unpleasant smell. Hydrogen sulfide gas and mercaptans which contain sulphur and indole and skatole which contain nitrogen are the main contributors to the undesirable smell or human gas. [2]

Tomatoes

Tomatoes are technically classified as a fruit but are considered a vegetable for culinary purposes. Growers sometimes pick tomatoes at an unripe stage (green in color) and ripen the tomatoes in storage using ethylene. Ethylene is produced naturally by tomatoes and is the triggering device for tomatoes to ripen. Tomatoes ripened in this fashion tend to have less flavor and are not as bright red in color. Tomatoes are naturally acidic and therefore should be stored in a non-reacting glass container. If crushed tomatoes are stored in a metal container then chemicals will leach into the sauce. [40]

Why are baking powder and baking soda important for bread recipes?

Baking powder and baking soda are both leavening agents (cause foaming action) that cause batters to rise when baked. The leavening is caused by a chemical reaction which releases carbon dioxide into the batter and also causes existing bubbles to expand which are formed from beating ingredients such as eggs. Therefore the baking powder and and baking soda should be well mixed with the dry ingredients for uniformity and added to the liquid just before baking so formed bubbles stay trapped in the dough. Baking powder can either be fast acting or double acting. Double acting creates initial bubbles but also reacts again when heated. Baking powder consists of a base typically sodium bicarbonate also known as baking soda, one or more acids such as cream of tartar also known as potassium bitartrate, and a filler like corn starch. The inert cornstarch is used to absorb moisture to extend shelf life and add substance to the acid and base making measurements easier. Once water is added to baking powder one of the acids and base react to form the carbon dioxide.



Baking soda is added to neutralize acids added by the recipe and also adds tenderness with some leavening. Too much baking powder or baking soda can cause the product to be bitter tasting. The recipe could also rise too rapidly and fall due to escaped gas. Cakes will be more coarse and have a fragile crumb. The general rule is one to two teaspoons of baking powder leavens one cup of flour. [23]

Why must one knead pasta dough and allow pasta dough to rest for one hour?

Flour containing gluten is required to make pasta. Gluten is a protein composite found in foods processed from wheat. Gluten is what gives dough its elasticity helping to keep the shape of the dough and yield a chewy texture. Kneading is necessary to extract gluten from the flour and distribute gluten throughout the dough mixture. As the components of gluten come in contact with each other a cross-linked matrix of gluten is created. The gluten matrix causes dough to be elastic and traps carbon dioxide in leavened dough. Allowing dough to rest after kneading reduces the elasticity of the dough as the gluten matrix slowly breaks apart. Rolling unrested dough can be difficult because the elasticity causes shrinking resulting in thicker than desired dough. Sufficiently rested dough will not quickly fill a hole left by an inserted finger. [39]

### *Substitutions*

1 cup apple butter	1 cup apple sauce with a pinch of cinnamon, cloves and nutmeg	For a quick substitution microwave the apple sauce with spices for about 5 minutes on high.
1 tbsp yeast	1 tbsp baking soda and 1 tsp lemon juice	This substitution is useful for people with a yeast allergy or if yeast isn't readily available. Mix the baking soda with the dry ingredients and the lemon juice with the wet ingredients. Then combine dry and wet ingredients. No need to allow the dough to rise because the baking soda will react with the lemon juice to create the carbon dioxide in the dough immediately. The downside will be the product will have a more biscuity taste than if the recipe was made with yeast.

## **B** *Useful Conversions*

---

### *Sizes*

$1\frac{1}{2}$  – 2 small = 1 medium  
 $1\frac{1}{2}$  – 2 medium = 1 large  
 3 – 4 small = 1 large

### *Temperature*

275°F = 135°C  
 300°F = 150°C  
 325°F = 165°C  
 350°F = 175°C  
 375°F = 190°C  
 400°F = 205°C  
 425°F = 220°C

*Volume*

1 ounce	=	2 tbsp
1 tbsp	=	3 tsp
1 tbsp	=	15 ml
1 cup	=	16 tbsp
1 cup	=	240 ml

*Weight*

1 pound	=	454 grams
1 kilogram	=	2.2 pounds

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