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# Apple Roasted Chicken

## Ingredients

### Marinade

- 12 oz applesauce
- 1 tsp apple cider vinegar
- 1 tbsp brown sugar
- 1/4 tsp cinnamon
- 1 whole chicken, thawed

### Stuffing

- 1/4 small sweet onion, unsliced
- 1/2 slightly tangy red apple, cut into 1/4 inch cubes (recommended ambrosia or pink lady)
- 2 large garlic cloves, cracked
- 15 peppercorns, cracked
- butcher's twine for trussing

### Baste

- 1/4 cup butter, melted
- 1/4 tsp sage

## Preparation

1. Mix the marinade ingredients together in a bowl.
2. Wash the chicken inside and out and place into a plastic bag with the marinade for a minimum of 4 hours and a maximum of overnight. Flip once.
3. Preheat the oven to 350. Prepare stuffing. Put the onion into the cavity first, followed by garlic/peppercorns, then apple cubes. Optionally, put some of the applesauce from the bag into the cavity. Optionally, leave the applesauce on the skin for a sweeter gravy, or remove for a more savory gravy. Truss the chicken and place into a roasting pan. Put in oven.
4. Baste with butter/sage mixture 1/2 hour into bake. Repeat with drippings every 1/2h until the last 1/2h of the bake process or you have basted 3 times total, whichever comes first.
5. Bake for 2 to 2 1/2h\*, until a thermometer placed in the leg reads 165F and in breast reads 180F.

## Notes

1. I never plan for eating the stuffing in this case, so I do not check for the temp of the stuffing. However, safe consumption guidelines indicate that the stuffing should reach 165F.
2. Typically a chicken roasts for around 20-30 minutes per lb + 15 minutes until it reaches the right temperature.

*Non-recipe note: Needs review.*

# Beef and Mushroom Casserole

with cheesy cauliflower gratin

## Ingredients

- 250g ground beef
- 285g cauliflower florets
- 1/2 cup parmesan cheese
- 1 cup mushrooms, around 113g
- 1tbsp italian seasoning
- 1tbsp soy sauce
- 1 package crushed tomato
- 4 large cloves garlic
- 1/4 tsp onion powder *THIS IS A GUESS BECAUSE THE ORIGINAL RECIPE USED A FLAVORED CRUSHED TOMATO*
- 2tbsp butter
- 1tbsp oil
- salt and pepper to taste

## Preparation

- Preheat oven on broil.
- Bring 8 cups and 1tsp salt to a boil in a large pot
- Cut cauliflower florets into 1 inch pieces. Slice mushrooms. Mince garlic.
- Add cauliflower to boiling water and cook until fork tender, around 6-8 minutes. Drain

cauliflower and set aside.

- Reduce heat to medium and return pot to heat.
- Add 1 tbsp butter and melt.
- Add HALF the garlic and cook until fragrant.
- Remove the pot from heat and add the cauliflower back in. Add the rest of the butter and season with salt/pepper.
- Mash the cauliflower until mostly smooth.
- Add HALF the parmesan and mash until combined.
- While cauliflower cooks, heat a large pan over medium high heat. Add 1tbsp oil and heat. Add mushrooms. Cook until golden and tender, about 3-4 minutes.
- Add beef, then season with salt/pepper. Cook, breaking up the beef, until no pink remains, 4-5 minutes
- Drain excess fat, then return to heat
- Add 2 1/2 tsp italian seasoning, soy sauce, crushed tomatoes, remaining garlic, and onion powder. Bring to a gentle simmer, then reduce heat to medium
- Cook until no longer watery, about 5-7 minutes
- Transfer to a baking dish, smoothing out the top. Dollop cauliflower mash on top and spread evenly. Sprinkle remaining italian seasoning and parmesan on top.
- BROIL in the top of the oven until golden brown, 2-3 minutes
- Serve immediately

# Butter Chicken

“ Before cubing the chicken, it's recommended to pat it dry, heavily salt, and let it sit for 10 minutes. This draws moisture out of the chicken, not only making it easier to work with, but also allows it to more easily absorb the marinade.

## Ingredients

### Spices

- 1 tbsp garam masala
- 1 tbsp cumin
- 1 tbsp ground coriander
- 1 tsp smoked paprika
- 1 tsp ground ginger
- 1/2 tsp cayenne

### Main

- 2 lbs chicken breast, cubed
- 1 cup plain full fat yogurt
- 6 cloves of garlic, minced
- 4 tbsp extra virgin olive oil
- 1 tbsp butter
- 1 medium onion, diced
- 14 oz crushed tomato
- 1 cup coconut milk or heavy cream
- basmati rice, to serve
- naan, to serve

# Preparation

1. Combine the spice mixture in a small bowl
2. In a large bowl, combine the chicken, yogurt, half of the garlic, and half of the spice mixture
3. Marinade for at least 15 minutes, or overnight
4. Once chicken is ready, heat 2 tbsp oil and butter in a large skillet
5. Transfer the chicken to the skillet and cook in batches over medium high heat, only until starting to char on the outside
6. Remove charred chicken from pan and place in slow cooker, along with any excess marinade from the bowl
7. Add the remaining oil to the pan, then add the diced onion, garlic, and remaining spices. Cook until fragrant, 3-4 minutes, stirring frequently
8. Add the crushed tomato to the pan, and deglaze the crust that has formed on the bottom
9. Pour the contents of the pan into the slow cooker. Scrape as much of the remaining crust from the bottom as you can
10. Add the coconut milk / heavy cream to the slow cooker.
11. Cook on high for 2 hours, the low for an additional 2. For all-day cooking, cook on low for 6 hours then switch to warm
12. Serve with rice and naan

*Credit to Morgan Eisenberg for the basis of this recipe*

# Chicken Garlic Mushroom Cream Sauce

## Ingredients

- 2 chicken breasts
- 1 tbsp olive oil
- 4 tbsp butter
- 2 cups cremini or white mushrooms, around 250 grams
- 3-4 cloves garlic, minced
- 1 tsp fresh rosemary, chopped
- 1 tbsp flour
- 1/4 cup chicken broth
- 1/4 cup white wine
- 1/2 cup heavy cream
- 1/2 cup parmesan
- salt and pepper to taste

## Preparation

- Salt the chicken and allow to sit for 10 minutes. Remove the salt and flatten
- in a large skillet over med high heat, add the chicken breasts and cook until done. Remove chicken from pan.
- In the same pan, add the butter and melt. Add the mushrooms and cook until browned and they start to release their liquid, around 5-6 minutes
- While the mushrooms cook, slice the chicken into strips.
- Add the garlic and rosemary, stir for around 30 seconds.
- Add the flour and stir for one minute.
- Add chicken stock, white wine, and cream. Stir to combine and add the cheese. Add pepper.



Add salt if needed. (taste first)

- Add sliced chicken to pan and bring to a simmer. Cook until the sauce thickens slightly.  
Serve immediately over pasta or rice.

# Chili

## Ingredients

- 1 large sweet onion, chopped
- 1 large bell pepper, chopped
- 2 tsp chopped garlic
- 2 tbsp olive oil
- 2 cups white button mushrooms, finely chopped
- 2 28oz cans tomato sauce
- 1 6oz can tomato paste
- 1 lb ground beef or ground pork/beef mix
- 1 can red kidney beans, drained and rinsed
- 1 can white kidney beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 cup frozen corn
- 2 tsp smoked paprika
- 1 tsp chipotle chili powder
- 1 tsp cumin
- 1 tsp cayenne (optional)
- Salt and pepper to taste
- 2 cups cooked long grain rice

## Preparation

1. Brown the ground meat in a cast iron pan and set aside
2. In a large dutch oven, saute the onions and peppers in olive oil until the onions are semi-transparent, about 3-5 minutes
3. Add the garlic and saute for another minute
4. Add the tomato sauce and tomato paste. Mix until the tomato paste is well combined

5. Add the spices to the sauce mix
6. Add the ground meat, mushrooms, beans, and spices to the sauce mix
7. Cover and simmer on low heat for 1 hour, stirring every 15 minutes.
8. At the 45 minute mark, stir in the frozen corn
9. Serve with rice

# Crepes

## Ingredients

- 2 Eggs
- 1.25 cups mil
- 1 cup flour
- 1 tbsp sugar
- 1/8 tsp salt

# Dill sauce - quick

## Ingredients

- 90ml sourcream
- 1tsp chicken concentrate
- 1/4 cup water
- 1/2 tbsp dijon
- 2 tsp fresh dill
- Chicken breasts

## Preparation

- Prepare chicken
- Assuming you add everything to pan and cook on med until slightly thickened
- Best cooked on pan after chicken

# Honey Baked Salmon in foil

## Ingredients

- 1/4 cup honey
- 3-4 cloves garlic
- 1tbsp olive oil
- 1tbsp white wine vinegar
- 1 tbsp fresh thyme OR 1 tsp dried thyme
- salt and pepper, to taste
- 1 lb salmon

## Preparation

- Preheat oven to 375 degrees fahrenheit
- In a small bowl, whisk together honey, garlic, olive oil, white wine vinegar, thyme, salt and pepper.
- Place salmon on tinfoil baking sheet and spoon mixture over. Fold foil over salmon to create a pouch.
- Bake salmon for 20-25 minutes until at least 125 degrees fahrenheit in the thickest portion of the fish.
- Serve immediately

# Italian sausage and vegetables

## Ingredients

- 375g mild italian sausage
- 375g spicy italian sausage
- 2 tbsp olive oil
- large sweet bell pepper, diced
- large sweet onion, diced
- 1 tsp basil
- 1 tsp oregano
- 1/4 cup sherry cooking wine
- rice to serve

## Preparation

1. Heat oil in a large skillet on medium-high heat
2. Saute onion and pepper until tender-crisp, 2-3 minutes
3. Add sausage meat one package at a time, breaking into small pieces. Cook until browned
4. Add basil and oregano and combine
5. Add white wine and reduce for about 5 minutes
6. Season with pepper
7. Serve over rice

# Lemon Chicken in Dill Cream Sauce

## Ingredients

### Chicken

- 2 chicken breasts
- salt and pepper to taste
- 1 tbsp oil
- 2 tbsp butter
- 1 tbsp honey
- 1/2 tsp oregano
- 1/2 tsp dried basil
- 1/2 tsp garlic powder

### Dill sauce

- 1 tbsp butter
- 2 tbsp minced garlic
- 1/2 cup chicken stock
- 2/3 cup heavy cream
- 2 tbsp lemon juice from fresh lemon
- 1 tbsp chopped fresh dill

## Preparation

- Preheat oven to 375



- Salt the chicken and let sit for 10 minutes. Remove salt and flatten
- Mix the oregano, basil, and garlic powder in a small bowl. Add pepper to the flattened chicken and dust with the spice mixture.
- Combine butter and oil in a hot oven safe skillet. Once butter is melted, add the honey
- Cook chicken for 2-3 minutes on each side. The chicken will not be fully cooked. Remove from pan and set aside.
- Add butter and minced garlic to the pan and saute until garlic is fragrant
- Add chicken broth, heavy cream, and lemon juice to pan and stir over medium heat for 2-3 minutes
- Return chicken to pan and transfer to preheated oven. Bake for 10-15 minutes until chicken is 165 degrees fahrenheit measured in the thickest part of the breast
- Remove from oven, spoon sauce over chicken and add chopped dill
- Optionally, slice the chicken into strips or serve whole
- Add pepper and serve immediately

# Lentil Stew

## Ingredients

- large onion, chopped
- 2 medium carrots, chopped
- cup frozen corn (optional)
- teaspoons olive oil
- teaspoon chipotle chili powder
- garlic cloves, chopped
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 carton (32 ounces) chicken or vegetable broth
- 3/4 cup dried lentils, rinsed
- 14oz can crushed tomatoes
- 4 cups yellow potato, cubed
- 1 can of black beans
- Salt & Pepper to taste

## Preparation

1. Heat a large pot over medium heat. Add oil and cook onions and carrots for 3 minutes, or until slightly softened
2. Add chili powder, garlic, cumin, and oregano, and cook for 1-2 more minutes, until fragrant
3. Stir in broth, lentils, and beans, and bring to a boil
4. Reduce heat to medium low and simmer, covered, for 20 minutes
5. Stir in crushed tomatoes and potatoes. Add salt and pepper
6. Simmer for 15 more minutes. Add corn at 10 minutes remaining if desired.

# Nashville chicken v2

## Ingredients

### For the Fried Chicken

- 1/2 cup buttermilk
- 1 tbsp hot sauce
- 1/2 cup all-purpose flour
- 2 tsp cornstarch
- 2 tsp seasoned salt
- 1.5 tsp paprika
- 1 tsp cayenne pepper
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder

### For the Nashville Hot Mixture

- 1/4 cup used cooking oil
- 4 tsp cayenne pepper
- 1 tsp brown sugar
- 1/4 tsp chili powder
- 1/4 tsp garlic powder
- 1/4 tsp smoked paprika

## Preparation

## For the Fried Chicken

- In a medium sized bowl, whisk together buttermilk and hot sauce and set aside.
- Next add flour, cornstarch, seasoned salt, paprika, cayenne pepper, black pepper, garlic powder and onion powder to a paper bag and shake to mix well.
- Dip each piece of chicken into seasoned flour and then into buttermilk then back into seasoned flour thoroughly coating each piece. Then add each piece to baking sheet to rest.
- Finish coating all chicken and let sit for 15-20 minutes until coating has set.
- While coating sets, add 2 - 2 1/2 inches of oil to a cast iron skillet or heavy bottom skillet and heat over medium high heat. Also turn on oven to 275 degrees.

“Toss a speck of flour in the oil, if it sizzles, the oil is ready

- Fry four pieces at a time on each side. Make sure you don't overcrowd the pan.
- After each side has turned slightly golden, put the top on the skillet to steam the inside of the chicken ensuring doneness. After a couple of minutes, remove the top and continue to fry until the crust is crispy again and completely golden brown.
- Remove chicken from oil and place on paper towels or rack to drain. Once completely drained, place the fried chicken on a parchment paper covered baking sheet add to warmed oven while finishing the other chicken pieces.
- Fry the remaining chicken pieces and repeat steps of draining and adding to oven.

## For the Hot Chicken Preparation

- Once you are done frying all chicken and it is in the oven, whisk together 1 cup of the frying oil you already used to fry the chicken, cayenne pepper, brown sugar, chili powder, garlic powder and smoked paprika until combined.
- Remove chicken from the oven and brush the hot mixture over all of the pieces of chicken.

# New York Pizza

## Ingredients

### Yeast bloom

- 1 tsp active dry yeast
- 1 tsp sugar
- 1/4 cup water 105°F

### Dough

- 2 cups 105°F water
- 1 tbsp sugar
- 1 tbsp salt
- 1/4 cup olive oil
- 5 cups bread flour

### Sauce

- 28 oz whole San Marzano tomatoes
- 1/4 cup olive oil
- 1/2 tsp sugar
- tsp dried oregano
- 1/2 cup tomato paste

### Cheese (per pizza)

- 1/4 cup grated parmesan
- 6oz whole milk low moisture mozzarella

# Preparation

1. Bloom yeast
2. Add remaining dough ingredients and mix until smooth and just a bit sticky
3. Divide into 4 parts, roll into smooth balls and allow to rise in the fridge for 48 hours
4. Assemble on a surface dusted with semolina or cornstarch
5. Bake on high on a pre-heated pizza stone for 5-6 mins

# Porcupine Meatballs

## Ingredients

- 1 1/2 lb ground beef
- 2/3 cup rice
- 1/2 cup water
- 1 small onion chopped very finely
- 1tsp seasoning salt
- pepper, to taste
- vegetable oil
- 1 small can crushed tomato
- 1 cup water
- 2tsp worchester sauce

## Preparation

- Mix ground beef, rice, water, onion, seasoning salt, pepper in a bowl
- Form mixture into about 1 1/2 inch balls, this should make a little more than 20
- Heat large skillet with lid over medium heat, add oil
- When oil is hot, add meatballs
- Cook the meatballs until browned, turning occasionally.
- When meatballs are well browned, add crushed tomato, water, and worchester sauce to pan.  
Spoon mixture over meatballs
- Bring to a boil, then turn down to med low and cover. Cook, opening to flip and pour sauce over meatballs occasionally, for about 30 minutes, until meatballs are 165 internally and sauce is thick
- Serve warm

# Pot Roast

- WIP
- notes from my first attempt!

## Ingredients

- 3lb chuck roast
- 2 tbsp canola oil or other high smoke point oil (not olive or butter)
- 1 tbsp garlic, chopped loosely
- 1 sweet onion, chopped loosely
- 2 medium carrots, unpeeled chopped loosely
- 2 tbsp fresh thyme
- salt & pepper to taste
- 2 cups crisp semisweet red wine (used barefoot merlot in first attempt)
- 2 cups beef stock

## Preparation

- Begin preheating cast iron pan on 4, it needs to be evenly heated. Let it heat up at least 15-20 minutes as you do other prep work.
- Bring meat out and allow to warm as you do other prep work.
- Chop vegetables and garlic. Strip half the thyme leaves and reserve some sprigs for the crockpot. You can add the crockpot thyme to the crockpot now.
- Increase heat to 6-7 and add oil.
- Remove meat from wrapping and pat dry. Add salt and pepper to taste and sprinkle some thyme leaves on.
- When the oil is hot, add the meat and sear on each exposed side for 3 minutes until the maillard reaction has happened.
- Remove the meat and put it in the crockpot. (I split the roast in half to ensure it wasn't too



tall)

- Allow the cast iron pan to cool off just a little bit, so the garlic won't burn.
- Set stove temperature to medium low. Add the garlic and a little bit more oil. Cook until fragrant.
- Add the vegetables and cook for 2 minutes. Add half of the wine and scrape up the browned bits from the pan.
- Add the stock and cook until the onions are starting to look translucent.
- Pour pan contents into the crock pot. Add remaining cup of wine (or a third cup of beef stock) into the crockpot as well.
- Set crockpot to cook on low for 8 hours. Check regularly to stir and flip the meat.

# Shepherd's Pie

## Ingredients

- 1 large sweet onion, chopped
- 2 large carrots, coarsely grated
- 1 cup frozen corn
- 2 lbs yellow potatoes, cubed
- 1 tbsp fresh thyme leaves
- 1 tbsp fresh rosemary leaves, finely chopped
- 4 large garlic cloves, chopped
- 1 lb ground beef
- 6 oz tomato paste
- 1 cup chicken stock
- 1/4 cup butter
- 1/4 cup grana padano, grated
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1/2 tsp garlic powder
- salt & pepper

## Preparation

- Pre-heat oven to 350°F
1. Place diced potatoes in a large pot. Add water and 2tsp salt and boil until tender, about 12 minutes.
  2. Heat a large skillet over medium heat. Add oil, and cook onion and carrot for about 3-4 minutes, until onion is translucent.
  3. Add garlic and fresh herbs and cook for another 2 minutes until fragrant.
  4. Push vegetables to the outside edge of the pan, and add beef to the center. Cook beef

until browned, keeping the vegetables to the outside.

5. Once beef is cooked, combine beef and vegetables. Add tomato paste and mix until combined.
6. Add chicken stock and vinegar, and mix well to combine. Bring to a boil, then turn off heat. Add salt to desired taste.
7. Add frozen corn to beef mixture.
8. Once potatoes are cooked, add butter, garlic powder, and grana padano and mash until creamy. Season with pepper.
9. Transfer beef mixture to a casserole dish. Top with potatoes and bake for 30 minutes.

# Turkey Dinner

## Ingredients

### Brine

- Turkey (1 lb/person minimum)
- 1L (1 pkg) Vegetable stock
- 1 shallot
- 12 cracked peppercorns
- 1-2 bay leaves
- 1-2 fresh sage leaves
- 1 sprig fresh thyme
- 1 sprig fresh rosemary
- Water until turkey is covered
- Salt
- Salt/Water ratio is 1/4 cup salt per litre of water

### Turkey / Stuffing

- 1 Large Onion
- 2-3 Celery Sticks
- 2 Tbsp Fresh Rosemary
- 2 Tbsp Fresh Sage
- 2 Tbsp Fresh Thyme
- 1 bag cubed breadcrumbs
- 3/4 cup butter
- 1 whole brined turkey

# Directions

## Brine

- Remove turkey from packaging the night before roasting
- Wash turkey thoroughly
- Add turkey to pot
- Add vegetable stock, shallot, cracked peppercorns, bay leaves, sage, thyme, rosemary to pot
- Create brine from water and salt, using the ratio provided above. Continue creating and adding brine until the turkey is covered as much as possible. You will likely need between 4-6 litres to achieve this.
- If you have time, it blends better in warm or hot water, but the water **MUST BE CHILLED** before pouring over the turkey.
- Leave in the brine solution overnight, at least 12h but no more than 24h

## Turkey / Stuffing

- Remove turkey from brining solution around 1 hour prior to roasting. Rinse thoroughly and pat dry (do not rub) with a paper towel.
- Allow around 20 minutes per lb to roast, 1h to prep stuffing, and 1h for final preparations
- Strip the fresh spices off the branches and chop finely
- Dice the onions and the celery into small pieces, about 1/2cm in size
- Melt 1/4 cup of the butter on a large non-stick pan
- Cook the celery and onions until the onions become translucent
- Add the spices and adjust the ratio to taste
- Remove from heat and place in a large bowl, salvaging as much butter as possible
- Add cubed breadcrumbs to bowl and mix thoroughly
- Put the stuffing into the main cavity of the turkey. Optionally, place into neck cavity
- Melt another 1/4 cup butter and paint onto the turkey with a basting brush
- Truss the turkey, then place tinfoil on the wingtips and tent the breast with tinfoil, allowing space for air circulation, shiny side out
- Cook at 350F for around 20 minutes per lb

- Baste once an hour, using the remaining 1/4 cup of butter for the first round of basting.  
Remove the tinfoil tent during the last 1/2h of roasting
- The turkey is done when the breast reaches 165F and the leg reaches 180F. Allow to rest for 1/2h while the rest of the dishes are completed, then carve.

# Waffles

## Traditional

### Ingredients

- 2 cups flour
- 4 tsp baking powder
- 2 tbsp sugar
- 1/2 tsp salt
- 2 eggs
- 1/2 cup canola oil
- 1 3/4 cup milk
- 1/2 tsp vanilla

### Preparation

1. In a large mixing bowl, whisk together the flour, baking power, sugar, and salt
2. In a medium mixing bowl, crack and whisk eggs thoroughly
3. Add the oil to the eggs and whisk together
4. Add the milk and vanilla to the oil/egg mixture and whisk together
5. Add the wet ingredients to the dry ingredients. Combine until just mixed, the lumpier the batter is, the better
6. Cook on waffle iron, setting 5. Use 1 cup of batter for one waffle

## Egg-free variety

### Ingredients

- 1.5 cups flour
- 3 tsp baking powder
- 1 tsp vanilla extract
- 2 tbsp sugar
- 1.5 cups plus 2 tbsp milk
- 2 teaspoon vinegar
- 6 tablespoon melted butter
- $\frac{1}{4}$  tsp salt

## Preparation

1. Combine dry ingredients
2. Combine wet ingredients
3. Form a well in the dry ingredients and add the wet ingredients
4. Mix thoroughly with a hand mixer