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Bread

Dinner Rolls

Ingredients

- 1/2 cup water - 110°F
- 1 packet active dry yeast
- 4 tbsps sugar
- 1 cup whole milk
- 4 tbsps butter, melted
- 4 tsps salt
- 4 cups all-purpose flour
- 4 tbsps Extra melted butter for brushing on top

Preparation - Dough

1. Pour the water into the bowl of a stand mixer.
2. Stir in the yeast and 2 tbsp sugar, cover the bowl with plastic wrap and set aside for 10 minutes, until frothy.
3. Heat the milk to 105°F, add to bowl with water along with the melted butter.
4. Add remaining 2 tbsp sugar and salt and stir to combine.
5. Add the flour and attach the dough hook to the mixer. Let it run on medium low for 2 to 3 minutes until the dough comes together and begins to look smooth.
6. Knead dough for an additional 2 minutes by hand, until elastic.
7. Place dough into an oiled bowl, cover with a cloth and allow to rise for 1 hour.

Preparation - Baking

1. Pre-heat oven to 400°F
2. Lightly oil 2 8x4 baking pans.

3. Take the puffed dough out of the bowl and press lightly to release the air. Pat it into a disc roughly 12" wide and divide into 16 equal triangles.
4. Roll each triangle into a ball, then shape by lightly flattening the ball, then bringing the sides of the ball up and pinching them together.
5. Place each shaped ball of dough in the pan, leaving a little space between them. Cover with plastic wrap and allow to rise for 20 to 30 minutes until doubled. Dough balls will stick together.
6. Brush the tops lightly with melted butter, then bake for 20 minutes.
7. Remove from oven and immediately brush with remaining melted butter. Remove from baking pan and allow to cool for 5 minutes before serving.

Donuts - Sugar

Donuts

Ingredients

- 2 cups bread flour
- 0.85 cups (205g) whole milk
- 3tbsp sugar
- 1.25 tsp active dry yeast
- 1/2 tsp salt
- 2 tbsp butter
- Additional sugar to coat

Preparation

1. Heat milk to 110°F
2. Add milk, sugar, and yeast to a large mixing bowl. Cover with film and allow yeast to activate for 10 minutes.
3. Add flour and salt to the yeast mixture. Combine until dough has just formed.
4. Cover dough and allow it to rest for 20 minutes.
5. Once rested, turn dough out on a lightly floured working surface. Press dough lightly into a disc.
6. Place softened butter on top of the dough, fold dough into itself, and stretch, press, and fold dough until the butter is well-combined and the dough is smooth.
7. Place dough in an oiled bowl, cover, and rise for 1 hour.
8. Once dough has risen, turn out onto a working surface, flatten, and divide into 12 parts.

9. Form each piece into a ball, poke a hole in each one, and work the hole around until each piece looks like a little volcano
10. Place donuts on a floured surface, and allow to rise for an additional 40 minutes.
11. With a floured finger, spin each donut around to coat the inside in flour and re-form the donuts
12. Heat cooking oil to ~320°F. Cook donuts in batches, turning once briefly after adding to the oil, then again once the bottom half is golden brown
13. Once both sides are golden, remove from oil, and place on a paper towel to drip.
14. While still warm and oily, coat each donut in sugar.

Frosting (Optional)

Ingredients

- 3 Tbsp melted butter
- 1.5 cups powdered sugar
- 1 tsp vanilla extract
- 3 Tbsp milk
- 1/8 tsp salt
- Sprinkles

Preparation

1. Whisk together all ingredients, reserving 1 Tbsp of milk
2. Whisk reserved milk if necessary, to thin the mixture
3. Dip one side of the donut in icing, then immediately add sprinkles

Easy Buttermilk Biscuits

Ingredients

- 2 cups all-purpose flour spooned & leveled (250 grams)
- 1 tablespoon baking powder
- 1/4 teaspoon baking soda
- 2 teaspoons sugar
- 1 teaspoon salt
- 6 tablespoons cold unsalted butter cubed (85 grams)
- 3/4 cup cold buttermilk plus more for the tops of the biscuits (180 ml)

Preparation

1. Preheat the oven to 450°F (230°C). Line a large baking sheet with parchment paper or a silicone baking mat and set aside.
2. In a large mixing bowl, whisk together the flour, baking powder, baking soda, sugar, and salt until well combined. Add the cubed cold butter and cut it into the dry ingredients using a pastry cutter (you may also use a food processor for this step) until you have small pea sized pieces of butter. Pour the cold buttermilk into the mixture and gently mix until the dough starts to come together.
3. Scoop the dough onto a lightly floured surface and gently work it together with your hands. Pat the dough into a rectangle and fold it into thirds (like a letter). Turn the dough, gather any crumbs, and flatten back into a rectangle. Repeat the folding process two more times.
4. Place the dough onto a lightly floured surface and pat it down into a 1/2-inch thick rectangle (make sure to measure!). Using a floured 2.5-inch biscuit cutter, cut out the biscuits. Make sure not to twist the biscuit cutter as you're cutting, just press the cutter

straight down and pull it straight back up.

5. Continue to gather any scrap pieces of dough, patting it back down to 1/2-inch thickness, and cutting it until you have 8 to 10 biscuits. I suggest trying to get as many as you can the first time, as you continue to work the dough the biscuits won't be quite as good.
6. Arrange the biscuits on the baking sheet touching each other. Brush the top of each biscuit with a little bit of buttermilk.
7. Bake for 15 to 17 minutes or until lightly golden brown. Remove from the oven and brush with melted butter, if desired. Allow to cool for a few minutes, serve, and enjoy!

Sandwich Rolls

INGREDIENTS

- 260 g 1% Milk (or half-whole half-water)
- 6 g Instant Dry Yeast (about 1 packet)
- 8 g Diastatic Malt powder (optional)
- 400 g Bread Flour (all-purpose works too)
- 10 g Honey (or sugar)
- 20 g Olive Oil
- 8 g Salt
- Egg wash: 1 egg white + spoonful of water
- Cornmeal for sprinkling

Preparation

Mix the Dough - 5:00 pm to 5:20 pm

Warm 260 g milk in the microwave for about 50 seconds. Ideally, the temperature is between 105-110 F to optimize yeast activity. Add 6 g of yeast along with 8 g diastatic malt powder and stir to combine. Let stand for 3-5 minutes until light foam surfaces and bubbles are visible.

Note: Proofing the yeast is done to test the viability of the yeast. If there is no foam surface or little bubbles the yeast is likely dead and should be discarded for new yeast.

Meanwhile, add 400 g flour, 10 g honey, 20 g olive oil, and 8 g of salt to a large mixing bowl. Once the yeast is proofed, pour in the mixture and vigorously mix the dough with your hands until no dry flour remains in the bowl and a cohesive mass forms, about 2 minutes. Cover with plastic wrap and let rest for 15 minutes.

Note: Resting will allow the flour to start hydrating all on its own, and make the dough a little bit easier to work with when we start kneading.

Kneading (Gluten development) - 5:20 pm to 5:30 pm

Once rested, turn the dough out onto a clean counter and knead for 8-10 minutes. I advise setting a timer to make sure ample time is spent kneading. Knead the dough until it is completely smooth and no longer sticky.

After kneading the dough, cut off a piece and test for gluten development by carefully stretching the dough very thin to check for a see-through 'window' before tearing.

Note: The gluten window test is the key to understanding if the flour has been hydrated enough which is how gluten is developed. If the dough tears before getting to a slightly translucent window continue kneading for another couple of minutes.

Bulk Ferment (1st Ferment) - 5:30 pm to 6:30 pm

Once done kneading, add the dough to the mixing bowl and cover with plastic wrap. Let rise until doubled in size, about 45-60 minutes though it could take longer depending on the yeast, room/dough temperature..

Divide dough + Shape Rolls + Proof (2nd Ferment) - 6:30 pm to 7:40 pm

Once doubled in size, punch the dough down and divide into 4 equal portions, roughly 175 grams each.

Using your fingertips lightly press and stretch a piece of dough into a rectangle about 8 inches wide and 1 inch thick. Tightly roll the dough from the bottom to the top. Press and seal the seam created on the bottom of the roll. Now, you should have a log of dough with the seam side down. Applying even pressure with the palm of your hands in the center of the dough begin gently rolling the log out into a cylinder, about 10 inches long.

Note: For shaping, just take a look at the video, it's hard to explain in words.

Evenly sprinkle cornmeal on two baking sheets. Shape each hoagie roll and place 2 on each baking

sheet. Cover lightly with plastic wrap or a towel and let the rolls proof until about 1.5 to 2 times in size, another 45-60 minutes.

Oven set up - 7:25 pm to 7:40 pm

With 15 minutes of proofing left, preheat the oven to 375 F. Place an oven-safe pan or another baking sheet on the bottom rack of the oven.

Note: Ice will be dropped on the hot pan to help create a steamy environment for better oven spring.

Bake - 7:40 pm to 8:00 pm

Using a razor or really sharp knife, score the hoagie rolls with one long slash at a 45-degree angle to allow for oven spring.

Whisk the egg white and spoonful of water together. Using a brush, lightly spread the egg wash on the exterior to give us a better crust. Sprinkle a little cornmeal over top. Note: At this point, you can sprinkle on toppings like sesame seeds, or herbs and spices if you would like.

Place the rolls into the oven on the middle rack and toss in 4 to 5 ice cubes on the hot pan on the preheated pan which will create steam.

Bake for 10 minutes then rotate the pan. Continue baking for another 8-10 minutes until the crust is golden brown and the internal temperature reaches 200 F.

Let cool completely on a wire rack.

Desserts

Banana Muffins

Ingredients

- 1 1/2 cups flour, spooned and flattened
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 3 spotty bananas
- 6 tbsp melted butter
- 2/3 cups brown sugar
- 1 egg, room temperature
- 1 tsp vanilla extract
- 2 tbsp milk

Directions

- preheat oven to 425 Fahrenheit
- Mix flour, baking soda, baking powder, salt, cinnamon, nutmeg in a bowl.
- whisk dry ingredients until mixed and set aside
- mash banana into a bowl. Add to mixer bowl.
- add melted butter, sugar, vanilla, egg, milk to the mixer bowl and mix
- add dry ingredients to the bowl and mix until combined
- spoon into 12 liners
- bake for 5 minutes at 425
- reduce heat to 350 and cook for another 16-18 minutes until a toothpick inserted in middle

comes out clean

Chocolate Chip Cookies - Cakey 01

“ 375°F, 11 mins

Dry

- 2.25 Cups (338g) flour
- 1 tsp baking soda
- 1 tsp salt
- 2 cups chocolate chips

Wet

- 213g (1 cup) brown sugar
- 170g (.75 cups) butter
- 3 eggs
- 1 tsp vanilla extract

Classic blueberry muffins

Original recipe yields 12 servings [Ingredient Checklist](#)

½ cup butter

2 cups all-purpose flour

1 ¼ cups white sugar

2 eggs

½ cup milk

2 teaspoons baking powder

½ teaspoon salt

1 ½ cups fresh blueberries

Preheat oven to 350 degrees F (175 degrees C). Grease and flour muffin pan or use paper liners.

Sift flour, baking powder and salt together and set aside.

Step 2 Cream butter and sugar until light and fluffy. Add eggs and beat well. Add milk and flour mixture. Beat until combined. Stir in blueberries.

Step 3 Fill muffin cups 2/3 full. Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes.

Easy Carrot Cake

Ingredients

Cake Batter

- 2 cups (260 grams) all-purpose flour
- 2 teaspoons baking soda
- 1/2 teaspoon fine sea salt
- 1 1/2 teaspoons ground cinnamon
- 1 1/4 cups (295 ml) canola or other vegetable oil
- 1 cup (200 grams) granulated sugar
- 1 cup (190 grams) lightly packed brown sugar
- 1 teaspoon vanilla extract
- 4 large eggs, at room temperature
- 3 cups (300 grams) grated peeled carrots, 5 to 6 medium carrots
- 1 cup (100 grams) coarsely chopped pecans
- 1/2 cup (65 grams) raisins

Icing

- 8 ounces (225 grams) cream cheese, at room temperature
- 1 3/4 cups (140 grams) powdered sugar
- 1/3 cup (80 ml) heavy whipping cream
- 1/2 cup (50 grams) coarsely chopped pecans, for topping cake

Preparation

Batter

1. Position a rack in the middle of the oven. Grease two 9-inch round cake pans, line the bottom with parchment paper and then grease the top. Or grease and flour the bottom and sides of both pans.
2. Heat the oven to 350 degrees Fahrenheit (176C).
3. Whisk flour, baking soda, salt, and cinnamon in a medium bowl until very well blended.
4. In a separate bowl, whisk the oil, granulated sugar, brown sugar, and vanilla.
5. Add the eggs, one at a time, whisking after each one.
6. Switch to a large rubber spatula. Scrape the sides and bottom of the bowl, then add the dry ingredients in three parts, gently stirring until they disappear and the batter is smooth.
7. Stir in the carrots, nuts, and raisins.

Bake

1. Divide the cake batter between the prepared cake pans.
2. Bake until the tops of the cake layers are springy when touched and when a toothpick inserted into the center of the cake comes out clean, 35 to 45 minutes.
3. Cool cakes in the pans for 15 minutes, then carefully turn the cake layers out onto cooling racks. Remove the parchment paper and cool completely. If you find that a cake layer is sticking to the bottom of the pan, leave the cake pan upside down and allow gravity to do its thing.

Ice

1. In a large bowl, beat the cream cheese with a handheld mixer on medium speed until creamy, about 1 minute.

2. Beat in the powdered sugar, a 1/4 cup at a time, until fluffy.
3. Pour in the whipping cream. Beat on medium speed for 2 to 3 minutes, or until the frosting is whipped and creamy. This frosting resembles the texture of whipped cream. Chill covered until ready to frost the cake.
4. When the cake layers are completely cool, frost the top of one cake layer, and place the second cake layer on top.
5. Add the remaining frosting to the top of the carrot cake and use a butter knife or small spatula to swirl the frosting around. Leave the sides of the cake unfrosted. Finish with a handful of nuts on top.

Pie dough

Ingredients

- 2 1/2 cups flour (12.5 Oz)
- 2 tbsp sugar
- 1 tsp salt
- 1.25 cups butter (10 oz) cut into small chunks. Do not freezer chill.
- 6 tbsp cold water

Directions

- combine 2/3rd of the flour and all the butter in the mixer bowl and mix until the flour and butter starts forming small chunks
- sprinkle remaining flour overtop and mix until incorporated
- sprinkle water in and fold until a ball forms
- divide in half. Cover tightly in plastic and chill for at least two hours
- roll flat one by one.

Shortbread - Piped

Ingredients

- 2 cups hard margarine
- 115g icing sugar
- 64g corn starch
- 450g flour
- 1 tsp vanilla extract
- Maraschino cherries

Preparation

“ Preheat oven to 350°F

1. Cut about 20 cherries in half, then each half into quarters
2. Cream margarine
3. Add sugar to margarine, slowly, until well combined
4. Add corn starch to margarine, slowly, until well combined
5. Add flour to margarine, slowly, until well combined
6. Add vanilla extract to mixture and combine
7. Mix until consistency is similar to whipped cream
8. Drop or pipe onto a baking sheet, and add some cherries to the top
9. Bake for 11-12 minutes

Strawberry Glaze

Ingredients

- 1 cup strawberries, mashed
- 1 cup sugar
- 3tbsp corn starch
- 3/4 cup water

Preparation

1. Combine sugar and cornstarch in a saucepan
2. Stir in water and mashed berries
3. Bring to a boil, stirring constantly
4. Boil for 3 minutes, stirring constantly
5. Remove from heat, transfer to a bowl and cool for 15 minutes

“ For more color, add a few drops of red food coloring between steps 3 and 4.

Sugar Cookies - Eggless

Ingredients

- 225g butter - room temperature
- 200g powdered sugar
- 450g all-purpose Flour
- 1/2 tsp baking powder
- 1 tsp salt
- 4 tbsp milk or water
- 1 tsp vanilla extract

“ Preheat the oven to 180 C/ 356 F

1. Sift flour with baking powder and salt - set aside.
2. Cream butter and powdered sugar until light and fluffy.
3. Add the vanilla and milk/water - mix well.
4. Lastly, add flour in two batches - bring it all together.

“ If cookie dough feels dry, add one additional tbsp of milk/water (no more).

5. Wrap the cookie dough in cling wrap and chill until firm.
 6. Roll chilled cookie dough about 1/4 inch thick on a lightly floured surface with cookie cutters of your choice.
 7. Place on a cookie tray and bake on the middle shelf for 8 to 10 minutes.
-

Depending on thickness these can take up to 12 minutes. You only need a slight color on the edges.

Tiramisu

Ingredients

- 1.5 cups espresso or strong coffee
- 6 Tbsp liqueur or rum
- 40 ladyfinger biscuits
- 6 egg yolks
- 3/4 cup sugar
- 16 oz mascarpone
- 2 cups heavy cream
- 3 Tbsp cocoa powder
- Chocolate shavings

Preparation

1. Fill a medium pot with water and bring to a light simmer
2. In a medium bowl, combine coffee and half of the liqueur
3. Dip 20 of the 40 ladyfingers quickly into the coffee mixture, both sides, and place into a 9x13 baking dish
4. In a medium glass bowl, whisk together egg yolks and sugar
5. Place the egg mixture, still in the bowl, on top of the simmering water. Continue to whisk for 10 minutes, until the mixture is light in color and the sugar is fully incorporated.
6. Remove the egg mixture from the heat and whisk for a few more minutes, until the mixture cools somewhat
7. In a large glass bowl, combine mascarpone and remaining liqueur
8. Using an electric mixer, add the cooled egg mixture to the bowl with the mascarpone and beat until well combined
9. In the bowl of a stand mixer, beat heavy cream until it forms stiff peaks. Start on low, do

not exceed medium speed for stable cream

10. Gently fold half of the whipping cream into the egg/mascarpone mixture, then proceed to combine the other half. Do not overfold.
11. Spread half of the cream mixture into the baking dish and spread evenly
12. Dip the remaining 20 ladyfingers into the coffee mixture as per step 3, and place atop the layer of cream
13. Spread remaining cream on top of the second layer of ladyfingers
14. Chill overnight. Dust with cocoa powder or chocolate shavings

Chocolate Chip Cookies

Ingredients:

- 338 grams of flour (use the scale)
- 1 teaspoon (1 tsp) of baking soda
- 1 teaspoon (1 tsp) of salt
- 2 cups of chocolate chips
- 213 grams of brown sugar (use the scale)
- 170 grams of butter
- 3 eggs
- 1 teaspoon (1 tsp) of vanilla

Wet ingredients

1. Pre-heat the oven to 375°
2. Measure the butter and the brown sugar into the bowl of the mixer
3. Turn the mixer on and get them all mixed up together
4. Crack 3 eggs into a bowl and whisk them up until the whites and yolks are all mixed together
5. Pour the eggs into the mixing bowl with the butter and sugar and mix it all up
6. Once the eggs are mixed up, add the vanilla and mix it up too

Dry ingredients

1. Measure all the flour into a big blue bowl
2. Add the baking soda and the salt to the flour and mix it up
3. Once the wet stuff is all mixed up, add the dry stuff. One spoon at a time at the start, then more and more
4. Measure 2 cups of chocolate chips into a measuring cup
5. Once the cookie dough is all mixed up, add the chocolate chips and mix them up on low

Cooking steps

1. Spoon a little bit of dough into a ball, and put the ball on a cookie sheet
2. Put 12 cookie balls on the sheet.
3. Bake the cookies for 11 minutes

Mains

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

Mains

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
- tspried oregano
- tbsp 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

Pasta

Garlic chicken rigatoni

Ingredients

- 8 oz rigatoni
- 1/4 cup sun dried tomatoes (no oil)
- 1/2 cup boiling water
- 2 chicken breasts, cubed
- 1 tbsp olive oil
- 2 tbsp butter
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 2 tbsp flour
- 3 cups button mushrooms, quartered.
- 2 tsp minced garlic
- 1 tbsp dried parsley
- 1/4 cup chicken broth
- 1/4 cup white cooking wine
- 1/4 tsp basil
- 1/8 tsp red pepper flakes
- salt & pepper
- 1/4 cup grated parmesan

Preparation

1. Cook pasta as per package instructions
2. In a small bowl combine sun dried tomatoes and boiling water. Let stand for 5 minutes, then drain and chop
3. Combine flour, garlic powder, and 1/4 tsp salt. Toss chicken in flour mixture

4. Heat a skillet to medium-high. Add 1 tbsp oil to skillet and sear chicken until browned and fully cooked. Remove chicken from pan
5. Reduce heat to medium. Wipe extra oil clean, and add 2 Tbsp butter.
6. Cook mushrooms until liquid evaporates and mushrooms begin to brown, about 10-15 mins
7. Add broth, wine, parsley, remaining seasonings, and chopped tomatoes. Bring to a boil
8. Add chicken and heat through
9. Stir pasta into sauce mixture. Add cheese and toss to coat

Homemade Baked Mac And Cheese

Ingredients

- 8oz cavatappi noodles
- 1/2 tbsp extra virgin olive oil
- 3 tbsp butter (for sauce)
- 2 tbsp + 2 tsp flour (2.6 tablespoons)
- 1 1/2 cups whole milk
- 1/2 cups heavy cream
- 2 cups sharp cheddar shredded
- 1 cup Jarlsburg Swiss shredded
- salt and pepper to taste
- 3/4 cup panko breadcrumbs
- 2tbsp butter melted (for topping)
- 1/4 cup parmesan butter shredded
- 1/8 tsp smoked paprika

Preparation

- Preheat oven to 350 degrees fahrenheit
- Cook the pasta to 1 minute shy of al dente
- Remove pasta from heat and drain the water
- Drizzle pasta with olive oil
- Melt butter in a deep saucepan, dutch oven, or stock pot
- Whisk in flour over medium heat and continue whisking for one minute
- Gradually whisk in milk and cream until nice and smooth. Continue whisking until you see

bubbles on the surface and continue whisking for another 2 minutes.

- Add salt and pepper
- Slowly add 2/3rds of the sharp cheddar and jarlsburg swiss into the roux. Keep whisking until creamy and melted.
- Stir the cooled pasta into the cheese sauce until the pasta is fully coated.
- Pour half the pasta and sauce mixture into the baking dish. Top with the remaining 1/3rd of the sharp cheddar and jarlsburg swiss. Top with the remaining pasta.
- Combine panko crumbs, parmesan, melted butter, and paprika. Sprinkle over top of the noodles
- Bake in oven for 30 minutes until bubbly and golden brown

Spaghetti with tomato cream sauce

Ingredients

- Spaghetti
- 1 tbsp butter
- 2 cloves of garlic, minced
- 1 small onion
- 14 oz crushed tomato
- 1/2 tsp basil
- 1/4 tsp oregano
- 1/4 tsp parsley
- 1/2 tsp red pepper flakes
- Salt & pepper
- 1/2 tsp balsamic vinegar
- 1/8 cup heavy cream
- 3/8 cup milk
- Grated parmesan cheese for serving

Preparation

- Cook pasta as per package directions
- In a medium saucepot, saute onion and garlic in butter until translucent
- Add crushed tomato. Stir in spices, salt, and pepper
- Cover and simmer for 20 minutes
- Add balsamic vinegar, cream/milk, and heat through
- Serve topped with cheese

Notes

- This is a half recipe and makes just enough for 2 adults and a little one

Creamy Sun-dried Tomato Pesto and Italian Sausage Pasta

Ingredients

- 1 pkg Mild Italian Sausage
- 170g (6oz) rigatoni
- 1 Zucchini
- 2 handfuls Baby Spinach
- 1 small Onion
- 2 cloves Garlic
- 1 1/2 tbsp Chicken Broth Concentrate
- 1/2 cup Sundried Tomato Pesto
- 1 tbsp Flour
- (possible) 1/4 tsp onion powder
- 1/2 cup Milk
- Parmesan (for sprinkling)
- Chili flakes (for sprinkling)

Preparation

1. Add 10 cups of water and 2tsp salt to a large pot
2. Add rigatoni and cook to package directions
3. Reserve 1/4 cup pasta water and drain. Return pasta to same pot, off heat
4. Roughly chop spinach. Cut zucchini into 1/2 inch rounds and quarter. Dice onions 1/4 or

1/2

5. Heat a large pan over medium high heat. Add 1/2tbsp oil and zucchini, cook to tender crisp.
6. Season with salt and pepper, and set zucchini aside
7. Heat the same pan over high heat. Cook meat until no pink remains.
8. Add onions and cook for another couple of minutes as the meat gets crispy.
9. Add garlic/salt/pepper/onion powder and cook until fragrant, 30 seconds
10. Add flour and stir until coated
11. Add milk, broth concentrate, pesto to the pan
12. Bring to a simmer and cook until sauce thickens, 1-2 minutes
13. Add zucchini and spinach. Cook, stirring often, until spinach wilts
14. Add sauce, reserved pasta water to rigatoni
15. Serve and sprinkle parmesan/chili flakes over top.

Sides

Caesar Salad

- this is provided so I remember it is an option.

Ingredients

- Romaine lettuce
- Croutons
- Cheese, either parmesan or mozzarella
- Caesar Salad dressing
- An egg-safe dressing for Robyn

Preparation

- Chop the lettuce into large pieces, between 1 and 2 inches across.
- Sprinkle some croutons in
- Sprinkle some grated cheese on top
- Mmmmm
- Alternatively, buy a salad kit

Garlic and Parmesan Roasted Carrots

Ingredients

- 1 lb medium carrots, trimmed and cut in half lengthwise
- 2tbsp extra-virgin olive oil
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 1/4 cup grated parmesan cheese
- 3-4 cloves garlic, minced

Preparation

- Preheat oven to 425 degrees fahrenheit
- Line a large baking sheet with parchment paper
- Toss carrots, oil, salt, and pepper together in a large bowl
- Transfer to prepared baking sheet and roast for 10 minutes
- Turn carrots and sprinkle with parmesan and garlic
- Roast until carrots are tender and cheese is melted, about 10 more minutes

Rice with chicken stock

Ingredients

- 1 scoop (rice measuring cup)
- 2 tsp Bovril chicken stock

Directions

- Rinse one scoop of rice.
- Place in rice cooker pot and add water up to the 1 line
- Mix 2 tsp Bovril chicken stock into the water.
- Place pot into rice cooker and cook using the plain rice setting.

Roasted Broccoli With Parmesan

Ingredients

- 1 1/2 pounds broccoli, cut into florets of even size
- 3-4 tablespoons extra virgin olive oil
- Juice from half a lemon, about 1tbsp
- Salt to taste
- 3-4 garlic cloves
- Freshly ground black pepper
- 1/4 cup grated parmesan cheese, or to taste

Preparation

- Preheat oven to 425 degrees fahrenheit
- Toss broccoli and garlic with olive oil, lemon juice, salt
- Arrange florets in a single layer on a baking sheet with parchment paper
- Roast for 20 minutes
- Toss with parmesan and black pepper
- Serve immediately

Spicy Cavatappi

Ingredients

- 2 cups cavatappi pasta
- 2 Tbsp butter
- 1/2 tsp italian spice mix
- 1/2 tsp dried chives
- 1/4 tsp crushed red pepper flakes
- 1/3 cup shredded grana padano

Preparation

1. Cook pasta to package instructions
2. Drain, add butter and mix until melted
3. Add spices and cheese, combine

Stovetop Rice

Ingredients

- 1/2 cup rice
- 3/4 cup water (rice to water ratio is 1:1.5)

Directions

- put unrinsed rice and water together in a pot
- bring rice and water to a simmer over medium high heat, uncovered.
- when the rice and water is foamy with a few bubbles, turn it down to low and cover tightly with a lid.
- cook for 12 minutes. Do not lift the lid.
- when done, take off the heat and let stand, lid on, for 5 minutes.
- open the lid and let steam off, and add any spices or flavorings, such as butter and garlic and salt.

Soups

Beef Stew

Ingredients

- 1 pkg bacon
- 1 lb stewing beef, cubed
- 1-2 tbsp of olive oil
- 2-3 carrots (weigh this)
- 1 large onion
- 4-6 garlic cloves
- 2 tbsp flour
- 4 cups beef stock, reduced salt
- 1 cup red wine, probably cabernet sauvignon
- 2 tbsp tomato paste
- 1 tbsp liquid oxa
- 1 tbsp fresh thyme or 1 tsp dried thyme
- 1 tsp dried parsley
- 2 bay leaves
- 200g mushrooms, quartered
- 2 tbsp butter
- (optional, pick 1) Potatoes, cubed
- (optional, pick 1) 1/2 cup barley

Preparation

1. Preheat oven to 400
2. Bake bacon for 20 minutes
3. Reserve bacon fat in a container and set aside. Crumble bacon and store in fridge.
4. Adjust oven temperature to 300, or preheat the slow cooker.

5. Pat beef dry with paper towel
6. Heat pan over med high heat. When hot, add 1 tbsp of olive oil and cook the beef until browned. DO NOT CROWD the beef. Cook in 2 rounds if needed. Transfer beef to an oven safe pot or slow cooker.
7. Add some bacon fat to the pan, enough to soak up the 2tbsp of flour
8. Add red wine and use to deglaze/capture the flour/bacon fat mixture
9. Add red wine/flour/bacon fat mixture to pot/slow cooker
10. Add beef stock/tomato paste/spices to pot or slow cooker
11. Cook for 2 1/2h. (possibly more with the slow cooker)
12. If using oven, remove the pot at this time. In either case, remove the bay leaves.
13. Take some leftover bacon fat and cook the vegetables until tender crisp. Add garlic during the last minute of cooking, reserving some for the mushrooms. Add this mixture to the slow cooker with 1/2h remaining or 20 minutes on the stove.
14. If using barley, add in 1/2h before the end of cooking. Adjust liquid by an extra 1 1/2 cups to account for absorption.
15. If using potatoes, consider roasting in the oven for the maillard effect and adding at the end.
16. Around 10-15 minutes before the end, cook quartered mushrooms in a pan with butter. Add these as a topping.

Chicken and dumpling soup

1.5 lb (700g) boneless skinless chicken thighs 1 bottle (750mL) white wine (could replace with water or stock 1 carton (32 oz, 946mL) chicken stock 8 oz (227g) white mushrooms 2 bunches green onions 1 lb (454g) carrots 3-4 garlic cloves 12 oz (340g) green beans 6 egg yolks 3/4 cup (177mL) cream 1 lemon flour oil salt pepper dry herbs

For the dumplings

2 cups (230g) cake flour 2 teaspoons baking powder 1/2 teaspoon salt 1 teaspoon garlic powder 2 tablespoons melted butter milk or water fresh sage, rosemary, thyme, parsley or any combination thereof

Cut each thigh into 4-6 pieces. Season heavily with salt, pepper and dry herbs, then toss the pieces with enough flour to coat. Cut the mushrooms in half or quarters (remember they'll shrink in half when cooking), thin-slice the onions and reserve the green slices for garnish at the end, peel and thick-slice the carrots, smash and peel the garlic cloves.

Heat a film of oil in a large pot, then lay in the chicken piece by piece to keep them from sticking to each other. Keep your heat high enough to brown the chicken but don't let anything burn — low and slow is fine. When the bottoms of the pieces are brown, you should be able to scrape them off the pan with a wooden spoon and flip them.

When the chicken pieces are brown on all sides, push the chicken over to one side and drop in the mushrooms. Stir the mushrooms around and let them brown a moment. Stir in the sliced onion whites and let them cook for a moment. Deglaze with the entire bottle of wine. Stir in the carton of stock, garlic, carrots and a pinch or two of salt. Cover and simmer for about 45 minutes until the carrots are almost soft.

While you're waiting, slice the green beans into small piece. Separate out the egg yolks (eat the whites for breakfast tomorrow) and beat them smooth with the cream.

When the carrots feel almost done, stir in the green beans — they'll need about 30 minutes total.

Now is when you want to mix up the dumpling batter. Finely chop a big pile of fresh herbs and zest the lemon. Throw all that in with the cake flour, baking powder, salt and garlic powder. Stir in the melted butter until it seems to disappear. Stir in just enough milk or water (no more than a cup, 237mL) to get you a shaggy, sloppy dough — if you over-mix, the dumplings will be tough. Form the dough into rough, small balls.

When the green beans are 15 minutes away, drop the dumplings in the soup, make sure the heat is high enough that the broth is bubbling, cover and let the dumplings steam at least 10 minutes before you check on them. When they double in size and look cooked, they're cooked — don't overcook them or they'll get dense.

Kill the heat and wait for bubbling to stop, then stir in the liaison (yolk and cream mixture). Turn the heat back on to a bare simmer and cook for a couple minutes until you see the yolks cook and slightly thicken the broth — be careful not to overcook or the eggs will go gritty. Taste the soup for seasoning and add any needed salt, a little lemon juice to taste, and the reserved onion greens.

Cream of Chicken

Ingredients

- 1lb chicken breast
- 3 carrots
- 3 celery sticks
- 1 med or large sweet onion
- 1/4 cup butter
- 1/3 cup flour
- 4 cups chicken stock
- 1/2 tsp thyme
- 1/2 tsp parsley
- salt and pepper to taste
- 1tbsp white wine
- 1/4 cup heavy cream
- Loaf of bread for dipping

Preparation

- Salt the chicken for 10 minutes, flatten, and grill on the cast iron pan until cooked through. Slice or shred into bite sized pieces and set aside
- Slice carrots and celery, and dice the onion into small 1/4 to 1/2 inch pieces
- Melt the butter in a dutch oven
- Over medium heat, cook the vegetables with the lid on for 12 minutes
- Remove the lid and add the flour. Mix until coated and cook for one additional minute
- Add the chicken stock and stir while bringing the soup to a boil
- Turn down the heat to medium
- Add the thyme, parsley, salt, and pepper. Add the tbsp of white wine.

- Cook on medium, with the lid off and stirring frequently, for 15 minutes
- Add prepared chicken and heat through.
- Take off heat and add the heavy cream. Serve immediately with sliced bread.

Garlic Rosemary Cream of Chicken with Rice

Ingredients

- 2 tbsp butter or olive oil
- 1 onion, diced
- 2 med carrots, sliced
- 2 med celery stalks, sliced
- 1 leek, green part sliced into quarter rings
- 6 cloves garlic
- 1/4 cup flour
- 5 1/2 cups chicken stock
- 1 lb chicken breasts
- 1 cup uncooked basmati rice
- 1 tbsp fresh rosemary
- 2 bay leaves (omit if making homemade stock)
- 2 cups plain milk
- salt and pepper to taste
- Crusty bread

Preparation

- Salt the chicken and let sit for 10 minutes, then remove the salt and flatten
- Add pepper to the chicken and cook on a cast iron pan until cooked through. Remove and cube into bite sized pieces.
- Melt butter or oil in a large stockpot over medium heat.
- Add onion and saute for 4 minutes, stirring occasionally

- Add carrot, celery, and garlic and saute for 3 more minutes
- Add flour and saute for 1 minute, stirring frequently
- Gradually add chicken stock, stirring frequently
- Add rosemary and optional bay leaves
- Cook on med-low for 20 minutes with lid on, stirring occasionally
- Add rice and cook on med-low for additional 20 minutes with the lid on, stirring regularly to prevent sticking
- 10 minutes before the rice is done, add the leeks
- Remove bay leaves if used
- Add chicken and milk. Heat through
- Add salt and pepper to taste
- Serve warm with crusty bread for dipping

Sweet Tomato Basil Soup

Ingredients

- 2 Tbsp olive oil
- 1 Tbsp butter
- 1 large onion, finely chopped
- 1 large clove garlic, chopped
- 2 Tbsp flour
- 3 cups chicken stock
- 28 oz diced tomatoes
- 1 tsp dried thyme
- 1 Tbsp dried basil
- 1 Tbsp sugar
- 1/4 tsp salt
- 1/4 tsp pepper

Preparation

1. Heat oil and butter in a large nonreactive pot over medium-low heat.
2. Saute onion and garlic until soft, 8-10 minutes. Take care not to burn garlic.
3. Add flour to onions and garlic, and stir until well coated.
4. Add stock, tomatoes, basil, sugar, salt, and pepper to pot.
5. Increase temperature to medium-high and stir frequently until boiling.
6. Reduce heat to medium-low, cover and simmer for 40 minutes, stirring occasionally.
7. Remove from heat. Transfer liquid to a blender or food processor and puree until smooth.
Puree in batches if necessary.
8. Return soup to the original pot. Add cooked noodles, gnocchi, or serve plain.

White bean and sausage soup

Preface

This is an experimental recipe.

Ingredients

- Ukrainian Sausage
- 2 Carrots
- 2-3 Celery sticks
- Small Onion
- 2-3 Yellow Potatoes
- 1 can white beans (drained)
- 3 cups chicken/vegetable stock
- 1 tbsp Fresh Thyme or 1 tsp dried thyme
- Salt, to taste
- Pepper, to taste
- 1/8 tsp Chili Flakes

Directions

- Make mirepoix out of carrots, celery sticks, onion
- dice potatoes

- loosely chop spinach
- Saute Ukrainian sausage, set aside
- Saute mirepoix in 1tbsp butter until tender-crisp, about 3-4 mins
- Add white beans, diced potato, chick/veg stock, seasonings
- Simmer until potato and veg soft, about 20-25 mins
- Blend half the soup, return to pot with the rest
- Add spinach and sausage, heat through until spinach wilts

Spice Blends

Chorizo Seasoning

“ One serving, appropriate for 1/2lb of ground pork

- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp oregano
- 1/4 tsp smoked paprika
- 1/4 tsp cumin
- 1/4 tsp kosher salt
- 1/8 tsp teaspoon black pepper
- 1/8 tsp teaspoon coriander