

COOKING FOR THE WORKING MATHEMATICIAN

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1. PREFACE

This cookbook is written for academics, who have little money and time for food. To make every recipe, only 16 ingredients and 8 cooking tools are required, and 16 others ingredients are optional. Every ingredient is cheap, and the required ones are available to most American academics. Every recipe can be made in under 30 minutes, with most being preparable in under 10.

I formatted the recipes to resemble mathematical proofs. Many recipes have "corollaries" which slightly modify the recipe. The 16 optional ingredients are restricted to these corollaries.

2. ALL INGREDIENTS AND TOOLS

Every recipe in this book can be made using the following ingredients:

1. Black beans
2. White beans
3. Garbanzo beans
4. Instant oatmeal (i.e. microwavable)
5. Peanut butter
6. Bananas
7. Apples
8. Tofu
9. Instant ramen
10. Coconut oil
11. Sesame oil
12. Vegetable boullion
13. Lemon pepper
14. Paprika
15. Cilantro
16. Soy sauce

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Additionally, you can change the recipes by using the following ingredients:

1. Plantains, ripe (i.e. yellow and brown coloured)
2. Oregano
3. Ground ginder
4. Cinnamon
5. Scallions

The recipes use these tools:

1. Pan
2. Pot
3. Microwave
4. Pressure cooker
5. Cutting board
6. Large bowl
7. Spatula
8. Ladel
9. Knife

3. RECIPES

Recipe 1. *Red and green garbanzo beans.*

Time: 3 minutes.

Ingredients.

1. Garbanzo beans, 1 cup.
2. Paprika, 1 tablespoon.
3. Lemon pepper, 1 teaspoon.
4. Cilantro, 4 leaves.

No tools required.

Directions.

1. Rinse garbanzo beans and scallion.
2. Cut scallion into 2cm-long pieces.
3. Mix all ingredients.

Corollary 1. *Red and green garbanzo beans with scallions.*

Rinse a scallion and cut it into 2cm-long pieces. Then add it to the beans.

Recipe 2. *Oatmeal with peanut butter and banana.*

Time: 3 minutes.

Ingredients.

1. Instant oatmeal, $\frac{1}{2}$ cup dried.
2. Peanut butter, 2 tbsp.
3. Banana.

Tools.

1. Add $\frac{1}{2}$ cup of water to the oatmeal.
2. Microwave the oatmeal.
3. Mix the peanut butter into the oatmeal.
4. Cut banana into slices using the spoon.
5. Add banana slices to oatmeal.

Corollary 2. *Oatmeal++*

Add a few dashes of ground ginger and cinnamon.

Recipe 3. *Tofu with Apples*

Time: 5 minutes.

Ingredients.

1. Extra firm tofu, half of a slab
2. McIntosh Apple, 1 apple
3. Coconut oil, a teaspoon

Tools.

1. Pan
2. Cutting board.
3. Knife.

Directions.

1. Cut the tofu and apple into small pieces, each between 1cm^2 and 2cm^2 .
2. Place tofu and apple pieces into the pan with the coconut oil.
3. Cook in pan for 3 minutes under medium-high heat while stirring every 10 seconds.

Recipe 4. *Tofu with ramen.*

Time: 10 minutes.

Ingredients.

1. Extra firm tofu, half-block
2. Instant ramen, 1 block
3. Sesame oil, 1 tbsp
4. Soy sauce, 1 tbsp
5. Lemon pepper, 1 tsp

Required tools.

1. Pan
2. Spatula
3. Filter
4. Knife

Directions.

1. Start boiling enough water to submerge ramen block.
2. Chop tofu into 1cm^2 -sized blocks.
3. Warm tofu and plantains in a pan with medium-low heat while applying the sesame oil.
4. Once the water is boiling, put the ramen in.
5. Once the ramen is breaking up into individual noodles, pour out of water over the filter.
6. Pour the ramen into the same pan as the tofu.
7. Add soy sauce and lemon pepper.

Corollary 3. *Tofu with ramen and plantains.*

Chop a plantain into slices 1cm thick and cook with the tofu.

Recipe 5. *Beans and rice.*

Time: 10 hours.

Ingredients.

1. Black beans, $\frac{3}{4}$ cup dried
2. White beans, $\frac{3}{4}$ cup dried

3. Rice, $\frac{1}{4}$ cup dried
4. Coconut oil, 1 tsp
5. Vegetable boullion, 1 cube

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Tools.

1. Pressure cooker
2. Large bowl
3. Pan
4. Pot (optional, makes boiling rice easier)

Directions.

1. Soak the beans overnight in a bowl of water. Make sure that the water line is about an inch above the beans.
2. Cook in pressure cooker by pouring the beans in it, filling it with just enough water to completely cover the beans, and cooking on medium heat. Once the pressure cooker whistles, turn it down to the lowest heat for 10 minutes.
3. Pour cold water on pressure cooker.
4. Pour out beans and rinse in cold water.
5. Rinse rice in cold water.
6. Boil rice in a pot with $\frac{3}{2}$ cups water on medium heat. Stop when all the water is absorbed by the rice, which makes it very soft, almost like sticky rice.
7. Heat beans in a pan with the oils until they're warm throughout.
8. Pour rice into pan with beans.
9. Mix remaining spices, herbs, seasonings, and sauces.

Corollary 4. *Beans and rice – earthy.*

Add 5 shakes of oregano.

Corollary 5. *Beans and rice – salty.*

Add 1 tbsp of soy sauce.

4. ABOUT THE AUTHOR

Abhinav Madahar is an undergraduate at Rutgers University studying mathematics and