

Homemade lasagne

Ingredients:

- 9 lasagna noodles (oven-ready or traditional)
- 1 pound (450g) ground beef (or a mix of ground beef and Italian sausage)
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 (28-ounce) can crushed tomatoes
- 1 (6-ounce) can tomato paste
- 1/2 cup water
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups ricotta cheese
- 1 large egg
- 1/4 cup grated Parmesan cheese
- 3 cups shredded mozzarella cheese
- Fresh parsley, chopped (for garnish)
- Olive oil
- Salt and pepper to taste

Instructions:

- Preheat your oven to 375°F (190°C).
- In a large skillet, heat a tablespoon of olive oil over medium heat. Add chopped onions and garlic, and cook until softened and fragrant, about 2-3 minutes.
- Add the ground beef (or beef-sausage mix) to the skillet. Cook until browned, breaking it apart with a spatula as it cooks. Drain any excess fat.
- Stir in the crushed tomatoes, tomato paste, water, basil, oregano, salt, and pepper. Bring the mixture to a simmer and let it cook for about 10-15 minutes, stirring occasionally, until the sauce thickens slightly. Adjust seasoning to taste.
- In a separate bowl, combine the ricotta cheese, egg, and grated Parmesan. Mix until well combined. Season with salt and pepper to taste.
- Spread a thin layer of the meat sauce on the bottom of a 9x13-inch baking dish.
- Place three lasagna noodles on top of the sauce, slightly overlapping if necessary. Spread about 1/3 of the ricotta mixture over the noodles, followed by 1/3 of the shredded mozzarella cheese. Repeat this layering process two more times, ending with a layer of mozzarella cheese on top.
- Cover the baking dish with aluminum foil, tenting it slightly to prevent the cheese from sticking.

- Bake the lasagna in the preheated oven for 25 minutes. Then, remove the foil and bake for an additional 10-15 minutes, or until the cheese is melted and bubbly and the edges are golden brown.
- Remove the lasagna from the oven and let it cool for a few minutes before slicing.
- Garnish with freshly chopped parsley before serving. Enjoy your delicious homemade lasagna!

Gazpacho

Ingredients:

1 English cucumber
 2½ pounds ripe tomatoes, chopped
 2 fresno chiles, or ½ red bell pepper, stemmed and seeded
 ¼ small red onion, rinsed
 2 garlic cloves
 ¼ cup chopped cilantro, plus more for garnish
 3 tablespoons sherry vinegar or red wine vinegar
 ½ cup extra virgin olive oil, plus more for drizzling
 1¼ teaspoon sea salt
 ¼ teaspoon freshly ground black pepper
 Cherry tomatoes and fresh herbs, for garnish

Instructions

Finely chop ¼ of the cucumber and reserve for garnish.

Peel the remaining cucumber, cut into chunks, and transfer to a blender. Add the tomatoes, peppers, onion, garlic, cilantro, vinegar, olive oil, salt, and pepper. Blend until smooth. Season to taste and chill for at least 2 hours.

Serve the soup with the reserved diced cucumber, fresh herbs, drizzles of olive oil, and freshly ground black pepper.

Paella

Ingredients:

Produce: onion, bell pepper, garlic, tomatoes, parsley, frozen peas.

Spices: bay leaf, paprika, saffron, salt and pepper.

Saffron: this may be the most important ingredient, so it's best to buy high quality. If your grocery store doesn't carry it, try an International food market, or Amazon. If necessary, substitute 1 teaspoon saffron powder.

Seafood: jumbo shrimp, mussels, calamari.

Chicken thighs: I prefer thighs to breasts in the recipe since they don't dry out as easily during longer cook times.

Olive Oil: Spanish olive oil, or any good quality olive oil.

White wine.

Spanish Rice: See my notes below about the rice, and possible substitutions.

Chicken Broth: Authentic paella would include making your own fish stock from the discarded shells of seafood. I usually substitute chicken broth, for convenience.

Butter chicken

Ingredients:

For the chicken marinade:

- 1.5 pounds (700g) boneless, skinless chicken thighs or breasts, cut into bite-sized pieces
- 1 cup plain yogurt
- 2 tablespoons lemon juice
- 2 teaspoons ginger paste
- 2 teaspoons garlic paste
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon paprika or Kashmiri red chili powder
- 1/2 teaspoon ground cinnamon
- Salt to taste

For the sauce:

- 2 tablespoons ghee or butter
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1-inch piece of ginger, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground paprika or Kashmiri red chili powder
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon garam masala
- 1 (14-ounce) can crushed tomatoes
- 1 cup heavy cream
- 2 tablespoons honey or sugar (optional, adjust to taste)
- Salt to taste
- Fresh cilantro leaves, chopped (for garnish)

Instructions:

- In a large bowl, combine the yogurt, lemon juice, ginger paste, garlic paste, ground turmeric, ground cumin, paprika or chili powder, ground cinnamon, and salt. Mix well to combine.

- Add the chicken pieces to the marinade, making sure they are well coated. Cover the bowl and let it marinate in the refrigerator for at least 1 hour, or preferably overnight for best flavor.
- After marinating, preheat your oven to 400°F (200°C). Place the marinated chicken pieces on a baking sheet lined with parchment paper. Bake for 15-20 minutes or until the chicken is cooked through. You can also grill or pan-fry the chicken until cooked if you prefer.
- While the chicken is cooking, prepare the sauce. In a large skillet or saucepan, melt the ghee or butter over medium heat. Add the chopped onion and cook until soft and translucent, about 5-6 minutes.
- Add the minced garlic and ginger to the skillet and cook for another 1-2 minutes until fragrant.
- Stir in the ground cumin, ground coriander, paprika or chili powder, ground turmeric, and garam masala. Cook for another minute to toast the spices.
- Add the crushed tomatoes to the skillet, stirring to combine. Let the sauce simmer for about 10-15 minutes, stirring occasionally, until it thickens.
- Once the sauce has thickened, stir in the heavy cream and honey or sugar (if using). Season with salt to taste. Simmer for another 5 minutes.
- Add the cooked chicken pieces to the sauce, stirring gently to coat them with the sauce. Let the chicken simmer in the sauce for another 5-10 minutes to absorb the flavors.
- Garnish the butter chicken with chopped cilantro leaves before serving. Serve hot with steamed rice, naan bread, or your favorite Indian flatbread. Enjoy your delicious homemade butter chicken!

Pho

Ingredients

AROMATICS:

2 large onions , halved

150g / 5oz ginger , sliced down the centre

SPICES

10 star anise

4 cinnamon quills

4 cardamon pods

3 cloves (the spice cloves!)

1.5 tbsp coriander seeds

BEEF BONES (NOTE 1):

1.5kg / 3lb beef brisket

1kg / 2lb meaty beef bones

1kg / 2lb marrow bones (leg, knuckle), cut to reveal marrow

3.5 litres / 3.75 quarts water (15 cups)

SEASONING:

2 tbsp white sugar

1 tbsp salt

40 ml / 3 tbsp fish sauce (Note 2)

NOODLE SOUP - PER BOWL:

50g / 1.5 oz dried rice sticks (or 120g/4oz fresh) (Note 3)

30g / 1 oz beef tenderloin, raw, very thinly sliced (Note 4)

3 - 5 brisket slices (used for broth)

TOPPINGS:

Beansprouts, handful

thai basil, 3 - 5 sprigs

Coriander/cilantro, 3 - 5 sprigs (or more basil)

Lime wedges*

Finely sliced red chilli*

Hoisin sauce*

Sriracha* (for spiciness)

Instructions

AROMATICS

Heat a heavy based skillet over high heat (no oil) until smoking.

Place onion and ginger in pan cut side down. Cook for a few minutes until it's charred, then turn.

Remove and set aside.

Toast Spices lightly in a dry skillet over medium high heat for 3 minutes.

REMOVE IMPURITIES:

Rinse bones & brisket then cover with water in large stock pot.

Boil for 5 minutes, then drain.

Rinse each bone and brisket under tap water.

BROTH:

Wipe pot clean, bring 3.5 litres / 3.75 quarts water to boil.

Add bones and brisket, onion, ginger, Spices

Add onion, ginger, Spices, sugar and salt - water should just barely cover everything.

Cover with lid, simmer 3 hours.

Remove brisket (should be fall-apart tender), cool then refrigerate for later.

Simmer remaining soup UNCOVERED for 40 minutes.

Strain broth into another pot, discard bones and spices. Should be about 2.5 litres / 2.65 quarts (10 cups), if loads more, reduce.

Add fish sauce, adjust salt and sugar if needed. Broth should be beefy, fragrant with spices, savoury and barely sweet.

ASSEMBLE:

Prepare rice noodles per packet, just prior to serving.

Place noodles in bowl. Top with raw beef and brisket.

Ladle over about 400 / 14 oz hot broth - will cook beef to medium rare.

Serve with Toppings on the side!

Smoked Salmon Pasta

Ingredients

- **1 lb.** spaghetti
- **1/2** red onion, chopped
- **2** cloves garlic, minced
- **1/4 c.** white wine
- **3/4 c.** heavy cream
- Juice of 1/2 lemon
- Kosher salt
- Freshly ground black pepper
- **1/2 lb.** smoked salmon, cut into bite size pieces
- **1/4 c.** capers, drained
- **2 tbsp.** freshly chopped dill, plus more for garnish

Directions

- In a large pot of salted boiling water, cook pasta according to package directions until al dente. Drain, reserving 1/2 cup pasta water, and return to pot.
- In a large skillet over medium heat, heat oil. Add onion and cook until soft, 5 minutes, then add garlic and cook until fragrant, 1 minute more. Add wine and cook until almost completely reduced, 5 minutes. Add heavy cream and lemon juice and cook until thickened, another 5 minutes. Season with salt and pepper.
- Add salmon, capers, and dill and cook until salmon is warmed through, 2 minutes, then toss sauce and pasta together. Add 1/4 cup pasta water if sauce is too thick. Garnish with more dill to serve.

Taco

INGREDIENTS

1 tablespoon olive oil
1 pound lean ground beef
2 teaspoons chili powder
2 teaspoons cumin
1/2 teaspoon oregano
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon black pepper
2 tablespoons tomato paste
1/2 cup water
For serving the tacos
8 Corn or flour tortillas
Lettuce finely chopped
Shredded Mexican cheese blend or cheddar cheese
Tomatoes chopped
Chopped red onions

INSTRUCTIONS

- Heat the olive oil in skillet over medium high heat. Add the ground beef and cook until browned, about 5-7 minutes. Drain any fat.
- Add the chili powder, cumin, dried oregano, garlic powder, salt, pepper, tomato paste and water. Stir to combine and continue cooking over medium-low heat until the sauce has thickened, about 3-5 minutes
- Serve warm over tortillas with lettuce, tomatoes, cheese and red onions, or your other desired toppings.

Creamy Steak Fettuccine

Ingredients

- Kosher salt
- **12 oz.** fettuccine
- **1 lb.** sirloin steak
- **2 tbsp.** vegetable oil
- Freshly ground black pepper
- **2 tbsp.** butter
- **2** cloves garlic, minced
- **2 tbsp.** all-purpose flour
- **2 c.** milk
- **1/2 c.** freshly grated Parmesan
- **1 tbsp.** freshly chopped parsley
- **1 1/2 c.** halved cherry tomatoes
- **4 c.** baby spinach
- **2 tbsp.** balsamic glaze (1/3 c. balsamic vinegar simmered for about 10 minutes)

Directions

- In a large pot of boiling salted water, cook pasta until al dente according to package directions. Reserve ½ cup pasta water before draining. Return pasta to pot.
- Coat both sides of steak with oil and season generously with salt and pepper. In a large skillet over medium-high heat, cook steak to desired doneness, 4 minutes per side for medium-rare. Transfer to a plate to let rest for 10 minutes. Thinly slice steak.
- In skillet, melt butter over medium heat. Add garlic and cook until softened and fragrant, 1 to 2 minutes. Whisk in flour and cook 1 minute more, then slowly add milk, whisking to break up lumps, and simmer until thickened, 5 minutes. Add Parmesan and parsley and season with salt and pepper. Add tomatoes and cook until bursting, 2 to 3 minutes.
- Add cooked pasta and ¼ cup reserved pasta water to skillet and toss to combine, adding more pasta water as needed. Add spinach and toss until wilted.
- Top with sliced steak and drizzle with balsamic glaze.

Steak Frites

Ingredients

2 to 3 russet potatoes, scrubbed, and sliced into desired fries shape

peanut oil for frying, vegetable or canola work too

kosher salt and freshly ground black pepper

parsley, extra virgin olive oil, and parmesan to toss with fries, optional

1 pound steaks of choice (we are using a bavette cut), ribeye steak, bavette, hanger steak, sirloin, new york strip, etc.

1 tablespoon avocado oil or high smoke point oil to sear steak

2 tablespoons unsalted butter

2 large garlic cloves

2 rosemary sprigs

Horseradish Cream Sauce, for serving

Instructions

- Prep and make your fries. Scrub and wash your potatoes and slice them into your desired shapes, I like mine in between a shoestring and smaller than a wedge.
- Place your cut potatoes in a bowl with ice water. This helps get out the starch and helps get it crispy. Soak for about 30 minutes and up to 2 hours.
- Place your potatoes on paper towels and pat dry completely. Heat a deep-fryer, or a deep cast iron and fill it with peanut oil or vegetable oil (any neutral oil will do) to about 300°F, about 5-6 minutes. While it's heating up, line a baking sheet with paper towels.
- First fry. Add in your fries with a slotted spoon in batches for your first fry into the hot oil. You don't want color on the fries, just for them to be tender inside, about 10 minutes. Then transfer to your baking sheet and transfer to the refrigerator for 30 minutes and up to 1 hour.
- At this point, take out your steaks to room temperature. Season with salt and pepper. *TIP: I find the fries really get crispy this way, but you can eliminate both the wait time for soaking, and wait for in the fridge after the first fry if you prefer, it will still be delicious. 😊
- Second fry. When it's time for your second fry, heat up that same oil to about 400°F, and take your cold fries (from the fridge) and this time you are going to brown them and make them super crispy, in batches being sure not to overcrowd the pan. Once your desired crispness, place on new paper towels on the parchment sheet to shake off any excess oil.
- Transfer to a mixing bowl and toss with salt, pepper, a drizzle of olive oil, chopped parsley and parmesan, toss and set to the side.
- Sear steak. Now, it's time to make our steak. Take your steak and heat a cast iron skillet until piping hot. Add in your steaks and sear on medium high heat for about 4-5 minutes to get a nice char. This will vary depending on your size of steak, though. Then flip.
- Once flipped, add in your butter, rosemary and garlic cloves. Baste your steak until fully cooked to your liking (I like medium rare which is around 135°F). Let rest for about 10-13 minutes and slice against the grain.
- Serve! Transfer your sliced steak to a plate and finish off with your french fries and Horseradish Cream Sauce.

One-Pan Salsa Verde Shrimp & Rice

Ingredients

- **1 tbsp.** extra-virgin olive oil
- **1** small onion, chopped
- **1** poblano pepper, seeds removed and chopped

- 2 cloves garlic, minced
- 1 c. long grain white rice
- 2 c. low-sodium vegetable broth
- 1/2 c. (4-oz.) salsa verde, store-bought or homemade
- Kosher salt
- Freshly ground black pepper
- 1 lb. shrimp, cleaned and tails removed
- 1 1/2 tsp. cumin
- 1/4 c. freshly chopped cilantro
- Juice of 1 lime, plus more wedges for serving

Directions

- In a large deep skillet over medium heat, heat oil. Add onion and pepper and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more.
- Add rice and toss to toast for 1 minute. Add broth and salsa and season with salt and pepper. Bring to a boil, then reduce heat to a simmer. Cook, covered until rice is almost cooked through and with just a slight bite to it, about 12 minutes, stirring occasionally to make sure rice isn't sticking to bottom of pan.
- In a medium bowl, add shrimp and season with cumin, salt, and pepper. Add shrimp to skillet and stir into rice. Cover and continue cooking until rice is completely tender and shrimp is pink, about 5 minutes.
- Add cilantro and lime juice and season with salt and pepper to taste. Serve with lime wedges.

Bibimbap

Ingredients

Rice:

3 cups short grain rice

Meat:

8 ounces thinly sliced tender beef (rib eye, sirloin, etc. or ground beef)

1.5 tablespoons soy sauce

2 teaspoons sugar

2 teaspoons sesame oil

2 teaspoons rice wine

1 teaspoon minced garlic (This recipe needs 2.5 teaspoons minced garlic in total. Mince it all at once for efficiency.)

1 tablespoon chopped scallion (This recipe needs 4 tablespoons, 1 or 2 scallions depending on the size, in total. Chop them all once for efficiency.)

pepper to taste

Vegetables and eggs:

8 ounces mung bean sprouts (sukju, 숙주) or soybean sprouts (kongnamul, 콩나물) - see more vegetable options below.

1 bunch spinach, about 8 ounces

2 small cucumbers, about 5 ounces

4 ounces mushrooms (shiitake, white, cremini, etc.)

2 medium carrots, about 5 ounces
1.5 teaspoons minced garlic, divided
3 3 tablespoons chopped scallion, divided
sesame oil
sesame seeds
salt
4 eggs - optional
cooking oil
More vegetable options
8 ounces Kongnamul (soybean sprouts)
10 ounces mu (Korean radish)
Bibimbap sauce
4 tablespoons gochujang, 고추장
2 teaspoons sugar - adjust to taste, 1-3 teaspoons
1 tablespoon sesame oil
1 tablespoon water

Instructions

Rice:

Cook the rice, without soaking and using a little less water than the amount you normally use. The rice for bibimbap should be a little drier than usual for best results.

Meat:

Beef: Cut into thin 2-inch long strips. Mix in 1.5 tablespoons of soy sauce, 2 teaspoons of sugar, 2 teaspoons of sesame oil, 2 teaspoons of rice wine, 1 tablespoon of chopped scallion, 1 teaspoon minced garlic, 1/2 sesame seeds and a pinch of pepper. Marinate for 20 minutes. Sauté in a skillet for 2-3 minutes over high heat.

Vegetables:

Bean sprouts: Bring 2 cups of water to a boil. Add the bean sprouts and briefly blanch, about 1 minute, flipping over once. Drain quickly and shock in cold water to stop cooking. Drain again. Toss with 1/2 teaspoon of minced garlic, 1 teaspoon of sesame oil, 1/2 teaspoon of sesame seeds, and salt (about 1/2 teaspoon).

Spinach: Blanch the spinach in salted boiling water only until wilted, about 40 seconds. Drain quickly and shock in cold water. Squeeze out water. Cut into 3-inch lengths. Toss with 1 tablespoon of chopped scallion, 1/2 teaspoon minced garlic, 1 teaspoon of sesame oil, 1/2 teaspoon of sesame seeds and salt (about 1/2 teaspoon).

Cucumbers: Cut the cucumbers in half lengthwise and then thinly slice crosswise. Generously sprinkle salt (about 1/2 teaspoon) over sliced cucumbers and set aside for 10 - 15 minutes. Squeeze out excess liquid. Toss with 1 tablespoon of chopped scallion, 1/2 teaspoon minced garlic, 1 teaspoon sesame oil and 1/2 teaspoon of sesame seeds.

Mushrooms and carrots: Thinly slice the mushrooms and carrots. Sauté each vegetable in a lightly oiled skillet for 1 - 2 minutes over medium-high heat, sprinkling with salt (about 1/4 teaspoon).

More vegetable options:

Kongnamul (Soybean sprouts): Bring 2 cups of water to a boil. Add the soy beansprouts and boil for 2-3 minutes. Drain quickly and shock in cold water to stop cooking. Drain again. Toss with 1/2 teaspoon of minced garlic, 1 teaspoon of sesame oil, 1/2 teaspoon of sesame seeds, and salt (about 1/2 teaspoon) to taste.

Musaengchae (spicy radish salad): Cut 10 ounces of Korean radish (mu) into matchsticks. Add 2 tablespoons of chopped scallion, 1 tablespoon of gochugaru, 1 teaspoon minced garlic, 1/2 teaspoon salt (or more to taste), 1 teaspoon sugar, and 1 teaspoon sesame seeds. Mix everything well.

Optional Eggs:

Fry the eggs sunny side up or to your preference.

Bibimbap sauce:

Combine all of the sauce ingredients in a small bowl and mix thoroughly.

Assembling:

Place a serving of rice in a big bowl. Nicely arrange a small amount of each prepared vegetable and beef over the rice. Drizzle a little sesame oil over. Top with an optional fried egg and serve with the sauce.

For dolsot bibimbap: Lightly oil a stone or earthenware bowl with a teaspoon of sesame oil over medium heat. Add a serving of cooked rice and arrange the toppings on top. Cook for several minutes until the rice sizzles.