

# Recipes

chimingfish  
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HeNine  
Hiramas  
LambMower  
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# Chapter 1

## The Recipes

### Hirabread

- ⌚ 20 h
- 🕒 1 h, 🍲 280 °C
- 🕒 1 Loaf
- 📄 Hiramas

#### Preparation

- 1 Mix the rye dough and let ferment for 18 h at a falling temperature, from 30–20 °C.
- 2 Mix the wheat dough and let ferment for 18 h at 20 °C.
- 3 Knead the dough and rest for 45 min at 24 °C.
- 4 Shape the dough, let rest for 50 min at 24 °C.
- 5 Bake the dough, with seam down, and scored with a cross, starting at 280 °C, falling to 200 °C for 60 min.

#### Ingredients

- |                |                |
|----------------|----------------|
| Rye preferment |                |
| 120 g          | Rye flour 1150 |
| 100 g          | Water          |
| 8 g            | Starter        |

- |                  |                     |
|------------------|---------------------|
| Wheat preferment |                     |
| 75 g             | Wheat flour 550     |
| 75 g             | Water               |
| 0.1 g            | Fresh baker's yeast |

- |            |                     |
|------------|---------------------|
| Main dough |                     |
| 375 g      | Wheat flour 1050    |
| 125 g      | Wheat flour 550     |
| 13 g       | Salt                |
| 6 g        | Fresh baker's yeast |
| 300 g      | Water               |



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# Goulash

- ⌚ 3–5 h
- ◉ 4–5 Portions
- 📄 HeNine

## BEEF

Use a cheaper cut of meat, like thigh, flank or shoulder. You'll be stewing it to soften and adding lots of spices to maximize the taste.



## Onion

This is a pretty flexible recipe. You can use anywhere between 0.3 and 1.5 kg (per 1 kg of meat). I like a meatier version and onions make me farty.

You can also use red or white or yellow onions OR A MIX! Fuck this boi up with onions!



## Spice mix

The amounts here are eyeballed and I tend to go easy on cumin, but this mix works for me.

Because we stew the meat for a long time I try to leave the herbs and spices in larger chunks: whole juniper berries, whole bay leaf, whole peppercorns, whole slightly crushed garlic cloves; I haven't tried whole cumin and caraway, but that should also work.



I pre-mix the spices with the tomato purée and the salt before adding them to the pot: mostly because I like how it looks and also to have something to do while the meat is browning.

## Preparation

- Clean and cut the meat into walnut-sized cubes. You don't have to remove all fat and connective tissue, but the more you leave the longer it will take to render and soften.



## Ingredients

1 kg	BEEF
0.3 kg	Onion
1 tsp	Thyme
1 tsp	Dry celery leaves
1 tsp	Summer savory (is apparently what it's called)
1 tsp	Marjoram
0.5 tsp	Cumin
1.5 tsp	Caraway
1 large	Bay leaf or several small bay leaves
idk some	Whole peppercorns
7–10	Juniper berries
1.5 tbsp	Paprika
1 sprig	Rosemary
2 cloves	Garlic
1 mTc	Salt!
2 tbsp	Tomato purée

**2** Slice the onions. The onions will “melt” while they cook, so you can chop them very roughly: small onions into quarters, larger onions lengthwise into 1 cm strips. Also, you’re cleaning and slicing like a kilogram of onions; you don’t wanna finely chop that many onions, do you?

**3** Start sautéing the onions on high-mid heat on a bit of oil.

**4** When they start to brown add the meat. The meat will probably release a lot of liquid<sup>1</sup>. If that happens, raise the temperature and boil it off until it turns dark brown. This can take quite a while. Otherwise, just brown the meat.

**5** Add wine and cook until it mostly boils off.



**6** Add the spices with the salt and the tomato purée and add just enough water to cover everything.

**7** Keep simmering on low for at least 90 minutes; the longer the better. Keep adding water if too much boils off. If you’re using a pressure cooker you can shorten that time, but honestly, use the same time to get a better result.

**8** Serve. I like to have some nice bread with it, but gnocchi is also an option or some other pasta. Really, any starch works.

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<sup>1</sup>Normally, this effect, called “crowding the pan,” is bad as it can ruin the sear on a good steak, but in this case, we are going to stew the meat anyway, so it doesn’t change much.

# Pasta Carbonara

- ⌚ 25 min
- ◉ 1 Human person, multiply as needed
- 📄 HeNine

## Meat

Guanciale is traditional, but pancetta also works well. In a pinch, any pork product will work, especially good-old bacon or prosciutto.

## Salt

The meat usually contains a lot of salt and so does the cheese, so you don't need to add any, BUT if you use a less salty meat it doesn't hurt to taste test.

## Cheese

I use parmigiano, because it's easier to get, but pecorino also works. You could probably get away with other cheeses as long as they melt and/or dissolve in the sauce. If you try cheddar please tell me about the results.

## Preparation

**1** Chop the onion and cut the meat into narrow strips. The thickness of the strips depends on the hardness of the meat: thin for pancetta, more cuboid for bacon or prosciutto.

**2** Sauté<sup>2</sup> the onions and the meat in a bit of oil<sup>3</sup> until they just start to brown, then cover and keep on low-to-medium heat while stirring occasionally. A brown layer should be slowly building on the bottom of your pan.

(You can use this time to prepare the sauce part and/or start cooking the pasta.)

## Ingredients

1	Small onion, the size of a medium onion
80–100 g	Meat
50ish ml	White wine
	Parmigiano to your heart's content
	Pepper just slightly over taste
1.54 ± 1.05 tbs	Parsley
2–4 tbsp	One (1) E G G.
90 g or so	Olive oil
	Spaghetti (mom's for preference, but store-bought is fine)

<sup>2</sup>The diacritic is crucial to the success of this dish.

<sup>3</sup>You can use olive oil if you can spare it, but a neutral oil like sunflower or canola works fine. Also note that if you use a fatty meat it will release its own fat so reduce the amount of oil accordingly.



**3** When the mixture is mostly brown add the wine to deglaze<sup>4</sup> the pan. Leave on low heat until most of the wine has boiled away and you have a nice brown sauce with meat chunks.

**4** Keep warm, but not simmering until you are ready to combine.

**5** Stir together the cheese, E G G, olive oil, cracked or coarse-ground pepper (pepper, pepper) and parsley in a bowl and set aside. I recommend making the dish fairly peppery, but if you don't like pepper feel free to adjust.

If you are new to cooking I would recommend you prepare this before you start other things, but if you are comfortable in the kitchen you can do it while waiting for the meat to brown.

**6** Cook the paste to desired hardness according to manufacturer's instructions. I usually go for 1 minute less than specified.

**7** Do not rinse pasta in cold water.

## Combining

**8** Add the pasta to the meat and stir in the egg mixture. We are using the heat of the pasta and the meat sauce to cook the egg, so ensure that both are still hot.

**9** Cover and meditate on the nature and moral implications of protein coagulation and its relation to emulsification for 2–3 min, or however long it takes you to prepare the table or a salad, and get everyone to come to the table, if you are sharing this wonderful meal with other people, or just relax for a bit if you're eating on your own.

**Alternative:** you can also heat the whole mixture to completely cook the egg into a more scrambled egg texture, if you prefer that.

**10** Serve. You can garnish with a bit of parsley, if you feel like it or add a bit more cheese on the top, if you feel like it doesn't already contain enough cheese.

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<sup>4</sup>While lacking in diacritics, this technique is just as important.

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# Japanese Potato and Beef Stew



1 h



1 Portions



Mithodin (from Tokyo Cult Recipes)

## Preparation

- 1 Thinly slice the beef and give it some color.
- 2 Add the potatoes (in large-ish chunks) and the onion (sliced), and give those a little bit of colour too.
- 3 Add all the fluids and the sugar; boil on a medium-low heat for 10 minutes.
- 4 Remove the lid and increase the heat to reduce the liquid down to about 2/3.

## Ingredients

5–10	Potatoes
1	Onion
200 g	Beef
350 mL	Dashi
50 mL	Soy sauce
50 mL	Sake
50 mL	Mirin
2 tbsp	Cane sugar

# Pražen krompir

⌚ 1 h

🕒 Idk, how much do you like potatoes? Portions

📄 HeNine

This is a side dish that goes well with a nice roast or a Carniolan sausage. Or eat it on its own, I'm not your mom.

## Potatoes

Get the butteriest yellow potatoes you can find. Other potatoes may work, but you'll get pretty poor results with the starchier varieties.

## Onion

Yellow or white works fine, red will completely ruin the color.

## Preparation

1 Put whole, unpeeled, potatoes in water and bring to a boil. Boil until soft (test with fork or knife, knork is fine, spork is not; should take about 35 min.)

(You can cook the potatoes well in advance and letting them cool makes them easier to peel.)

2 Peel the potatoes. Cut them into mouthful-sized chunks. Slice the onion into rings or semi-circles.

3 In a pan, fry the onion on high in a bit of oil until it starts to brown. Keep lightly stirring it so it browns, but doesn't burn, until most of it has at least some browning.

4 Add the potatoes and salt, and lower the heat. Here is the tricky part: start stirring and scraping the potatoes off the bottom of your pan. You will not be able to get it ALL off and you should start to build a nice brown crust of potato on the bottom of your pan. THIS IS GOOD<sup>5</sup>.

While you do this, your potatoes will probably start to disintegrate into a chunky mash potato consistency. Keep stirring and building the crust until it's nice and thick and feels like you will DEFINITELY not be able to scrape that off.

<sup>5</sup> Just make sure it doesn't burn. It's a delicate balance and I would recommend starting on low heat and raising it until it just starts to brown.

## Ingredients

2–3 Medium potatoes  
1 Medium to large onion  
Salt and pepper



5 Remove from heat, add the pepper<sup>6</sup> and give it one last stir. Cover with a lid and wait.

6 The moisture will redistribute and soften your delicious potato crust. You should now be able to peel it off and mix it into the rest of potato-oniony goodness. If it doesn't come off: cover and wait a bit longer.

7 Serve.

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<sup>6</sup>Pepper, pepper.

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# Cookies

- ⌚ 15 min
- 🕒 10 min, 🌡 175 °C
- ◉ some Cookies
- 📄 LambMower

## Preparation

- 1 Melt the butter.
- 2 Whisk together the brown baking sugar, egg and vanilla sugar.
- 3 Add the butter once it's not too warm (don't want scrambled eggs) and whisk together.
- 4 Add salt and baking soda.
- 5 Add the flour one cup at a time. Once the dough is like a giant fudgeball, add your chocolate to the dough and work that over.



## Ingredients

300 g	Butter
2.25 dL	Sugar
2.5 dL	Brown baking sugar
2	Eggs
3 tsp	Vanilla sugar
7.5 dL	All-purpose Flour
1 tsp	Salt
1 tsp	Baking soda
200 g	Chocolate of choice that's been chopped chunky (I used baking milk chocolate)

- 6 Form dough into balls – about a tablespoon each – and put them on a baking sheet covered in parchment paper. Press each ball down lightly.
- 7 Put into oven at 175 °C for 10 min. Cookies are brittle when they come out, so wait a minute before transferring to a cooling rack.



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# Brownies

- ⌚ 45 min
- 🕒 30 min, 🍯 160 °C 🥚, 180 °C 🌄
- ◉ some Brownies
- 📄 HeNine (from Backen mit Liebe)

## Preparation

**1** Preheat the oven to 180 °C. Line 18 cm × 18 cm (or equivalent) pan with parchment paper.

**2** In a double boiler melt butter and chocolate, mix in both types of sugar, and the salt.

Wait for the mixture to cool a bit so it doesn't cook the eggs.

**3** Mix in the vanilla, eggs and the yolk.

**4** Sift in the flour and cocoa powder. Stir just enough to combine all the ingredients.

**5** Pour the mixture into the pan and smooth it out. Bake for 30 min or until a toothpick stuck in the middle comes out with moist crumbs.

Unlike cakes, the brownies should still be a bit moist in the center, so take them out before they bake completely through. If the toothpick comes out with a smear of dough, though, give it a bit more time.

**6** Let the brownies cool for a bit, then turn them out onto a cooling rack.

**7** After they are completely cooled cut them into cuboids of desired size. It is recommended that you put them in the fridge overnight to let the moisture redistribute a bit.

## Ingredients

100 g	70% dark chocolate
110 g	Butter
125 g	Sugar
100 g	Brown sugar
1 pinch	salt
1 tsp	Ground vanilla (or vanilla sugar)
2	Eggs
1	Yolk
120 g	Flour
3 tbsp	Cocoa powder

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# Chorizo Stew

- ⌚ 5 h
- ◉ 4 Portions
- 📄 lunik

## Preparation

- 1 Melt butter in pot over medium/medium-high heat.
- 2 Chop chorizo in to 1 cm thick rings and add to pot. Add garlic cloves, if using.
- 3 Fry chorizo until it starts to brown. Stir occasionally to ensure that chorizo is cooked evenly.
- 4 Add chopped onions and stir until onion starts to soften.
- 5 Chop and add potatoes. Add boiling water to pot until ingredients are just submerged.
- 6 Stir and reduce heat to a bare simmer. Cover and leave to cook for 3–4 h, stirring occasionally.
- 7 Add salt and pepper to taste and serve.

## Ingredients

- |          |   |
|----------|---|
| 1        | Chorizo ring ( 225 g)                         |
| 1 kg     | Potatoes (something waxy that will stew well) |
| 2        | Medium white onions                           |
| 50 g     | Butter  |
| 2 cloves | Garlic (optional)                             |
|          | Salt and pepper (to taste)                    |

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# Grand Marnier Strawberries

ekimekim

## Preparation

- 1 Take as many strawberries as desired, cut off tops and cut each in half from top to bottom.
- 2 Place face-up in a shallow bowl.
- 3 Add Grand Marnier Cordon Rouge to bowl until strawberries covered.
- 4 Cover with cling wrap and place in fridge for at least a few hours.
- 5 When ready, pour off the Grand Marnier and enjoy your delicious Grand Marnier infused strawberries.

## Ingredients

Strawberries  
Grand Marnier Cordon Rouge

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# Fairy Bread

- ◎ 1 Slice
- 📄 ekimekim

## Preparation

- 1 Take sliced white bread. Butter thickly.
- 2 Cover in Hundreds and Thousands, then tilt bread vertically to let excess sprinkles fall away.
- 3 Cut diagonally and serve.

## Ingredients

- 1 slice White bread  
Hundreds and Thousands  
(google tells me these are  
also known as  
"Nonpareils")

# Mushroom Carbonara

- 20 h
- 4–6 Portions
- chimingfish (from Bonappetit)

I usually up the mushrooms to 2 lb because I like having a higher shroom:pasta ratio. Also, I can never find orecchiette, so I usually substitute in mediumish sized shells.

## Preparation

- 1 Set a large pot of water to boil, salting the water when boiling.
- 2 Meanwhile, tear off and discard the stems of the mushrooms and tear the mushrooms into halves or quarters. Lightly smash and thinly slice the garlic, finely chop the shallots, and coarsely chop the parsley.
- 3 Heat another large pot over medium high heat for 3 min (Dutch ovens work well here). Add the olive oil and mushrooms, and toss to coat. Cook, stirring every 4–5 min or so, until mushrooms are golden brown, 13–18 min. Note that the mushrooms will release a lot of liquid, and you want to cook at least most, if not all of it off.
- 4 Meanwhile, put the egg yolks, egg, Parmesan, and pepper in a bowl and whisk together until combined. Set aside.
- 5 Once the mushrooms have been cooking for 10 min, add your pasta to the salted boiling water. Cook until 2 min short of *al dente*.
- 6 After the mushrooms have finished browning, add the garlic, shallots, and 1 1/2 tsp salt to the mushrooms. Cook, stirring often, for 1 min.
- 7 Once pasta is 2 min off *al dente*, reserve 2 cups of pasta water, then drain the pasta.
- 8 Add the pasta and 1 cup of water to the mushrooms, and cook over medium-low heat for 2 min, stirring often. After this, remove from heat and let cool for 1 min.

## Ingredients

1 1/2 lb	Crimini or button mushrooms
6 clove	Garlic
2	Medium shallots
1 cup	Parsley leaves with tender stems (about 1/2 bunch)
5	Large egg yolks
1	Large whole egg
4 oz	Store-bought pre-grated Parmesan, plus more for serving
1 1/2 tsp	Freshly ground black pepper, plus more for serving
1/2 cup	Sxtra-virgin olive oil
1 lb	Orecchiette
	Kosher salt

- 9 Add  $\frac{1}{2}$  cup of the pasta water to the egg mixture, and whisk to combine.
- 10 Gradually add the egg mixture to the pasta, stirring vigorously, and add some more pasta water if the sauce is still too thick.
- 11 Stir in the parsley, salt to taste, and serve with more Parmesan/pepper.

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## Yogurt-coconut chicken

# Digaag Qumbe

- ⌚ 1 1/2 h
- 🕒 6–8 Portions
- 📄 chimingfish (from Bonappetit)

I've never actually tried serving over spinach, I usually just do rice. Also, I usually leave out the ghee, and I use plain Greek yogurt.

## Preparation

- 1 Remove seeds and membranes from the bell pepper and, optionally<sup>7</sup>, jalapeños, and coarsely chop both along with tomatoes.
- 2 Blend tomatoes, bell pepper, and jalapeños in a blender or food processor until almost smooth; set aside.
- 3 Heat oil in a large pot over medium. Add chopped onion and finely chopped garlic and cook, stirring often, until beginning to soften; about 5 min.
- 4 Add peeled and finely chopped ginger, cumin, curry powder, turmeric, and cardamom; season generously with salt. Cook, stirring, until very fragrant; about 1 min.
- 5 Add reserved tomato mixture to pot and stir well to combine. Stir in yogurt and tomato paste, cover pot, and simmer 10 minutes.
- 6 Add potato – peeled and cut into 3/4 in cubes – and carrot – peeled, cut into 1/4 in-thick coins – and continue to cook, stirring occasionally, until vegetables are nearly tender, 15–18 min.

<sup>7</sup>If you want less heat.

## Ingredients

- 3 Medium tomatoes
- 1 Red bell pepper
- 2 Jalapeños
- 1/2 cup Extra-virgin olive oil
- 2 Onions
- 2 Large garlic cloves
- 1 1 in piece fresh ginger (about 1 tbsp)
- 1 tbsp Curry powder
- 1 tbsp Ground cumin
- 1 tsp Ground turmeric
- 1/4 tsp Ground cardamom
- Kosher salt
- 1 cup Plain yogurt
- 1 tbsp Tomato paste
- 1 Yukon Gold potato
- 1 Carrot
- 2 lb Skinless, boneless chicken thighs
- 1 14 oz can of coconut milk
- 3 tbsp Ghee (optional)
- 1 cup Cilantro, plus whole leaves for serving
- Steamed rice and/or spinach (for serving)
- Optional:** Bananas for serving

**7** Add chicken cut into 1 in pieces, coconut milk, ghee (if using), and 1 cup coarsely chopped cilantro. Stir to combine, then simmer until chicken is tender and sauce thickens, about 20 min.

(Make sure to simmer with an uncovered pot here to allow water to evaporate off.)

**8** Season with salt. Divide rice among bowls. Spoon chicken, vegetables, and sauce over. Top with cilantro leaves.

**Optional:** Serve with a banana.

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# Apple Muffins

⌚ 1 h  
🕒 20–24 min, 🍎 350 °F (175 °C) 🍔  
◉ 18–20 Muffins  
📄 chimingfish (from The Girl Who Ate Everything)

I usually cut down the granulated sugar to 1.5 cups.

Any baking apple will do here, although Granny Smith is probably a good standby?

Also, I'd say that a mixer isn't strictly necessary here, although it is nice if you have one.

## Preparation

- 1 Preheat oven to 350 °F (175 °C) and line muffin pan with 18–20 paper liners.
- 2 With a mixer, cream together sugar, eggs, oil, and vanilla. The mixture should be a pale yellow.
- 3 In a separate bowl, whisk together flour, baking soda, salt, and ground cinnamon.
- 4 Add dry ingredients to creamed mixture and mix until combined. The batter will be very thick almost like the texture of cookie dough. Mix in the diced apples. The dough will loosen up a bit when the apples are mixed in.
- 5 Fill paper liners almost to the top, about 3/4 of the way full. Sprinkle each muffin top generously with brown sugar.
- 6 Bake at 350 °F (175 °C) for 20–24 min.

## Ingredients

2 cups	Granulated sugar (1.5 for a less sweet muffin)
2	Large eggs
1 cup	Vegetable oil
1 tbsp	Vanilla extract
3 cups	All-purpose flour
1 tsp	Salt
1 tsp	Baking soda
1 tsp	Ground cinnamon
3 cups	Peeled, cored, diced apples (around 3 apples)
	Brown sugar for topping (around 1/2 cup)

# Chicken Gyros

⌚ 2 h

◉ 4–5 Gyros

✍ chimingfish (from The Girl Who Ate Everything)

I usually cook the chicken using my broiler.

If you're using a regular to particularly thick chicken breast, I recommend either butterflying it or pounding it thin with the flat side of a meat tenderizer before marinating it so that it'll cook more quickly and evenly later.

Finally, the tzatziki can be made further ahead of time and the chicken can be marinated for longer than an hour if desired.

## Preparation

### Tzatziki sauce

**1** Shred the cucumber or chop in food processor. Wrap in a towel and squeeze to remove as much water as possible.

**2** Mix together the yogurt, shredded cucumber, garlic, white wine vinegar, salt and pepper to taste, and lemon juice. Drizzle lightly with olive oil.

**3** Refrigerate for at least 30 min before serving to allow the flavors to meld.

### Chicken

**4** Combine the garlic, lemon juice, red wine vinegar, olive oil, yogurt, oregano, and salt and pepper to taste in a medium bowl. Whisk together until mixed well.

**5** Add the chicken pieces to the bowl and mix well to coat.

**6** Cover and refrigerate for about 1 h.

## Ingredients

### Tzatziki sauce:

- |       |                                    |
|-------|------------------------------------|
| 1 cup | Plain Greek yogurt                 |
| 1     | Regular cucumber peeled and seeded |
| 1 tsp | Minced garlic                      |
| 1 tsp | White wine vinegar                 |
|       | Salt and pepper                    |
|       | Squeeze of fresh lemon juice       |
|       | Extra virgin olive oil             |

### For the chicken:

- |          |                                   |
|----------|-----------------------------------|
| 1 1/4 lb | Boneless skinless chicken breasts |
| 2 tsp    | Minced garlic                     |
|          | Juice of 1 lemon (2–3 tbsp)       |
| 2 tsp    | Red wine vinegar                  |
| 2 tbsp   | Extra virgin olive oil            |
| 2 tbsp   | Plain Greek yogurt                |
| 1 tbsp   | Dried oregano                     |
|          | Salt and pepper                   |

### To assemble:

- |                                  |
|----------------------------------|
| Pita bread                       |
| Fresh tomatoes, seeded and diced |
| Red onion, sliced thin           |
| Feta cheese, crumbled            |

- 7 Cook the chicken as desired, either in the skillet or with the broiler.
- 8 Once the chicken is completely cooked through, transfer to a plate and let rest for 5 min.