

# Recipes

chemistring

chimingfish

ekimekim

HeNine

Hiramas

HubbeKing

LambMower

Lunik

mithodin

Roosevelt

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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.

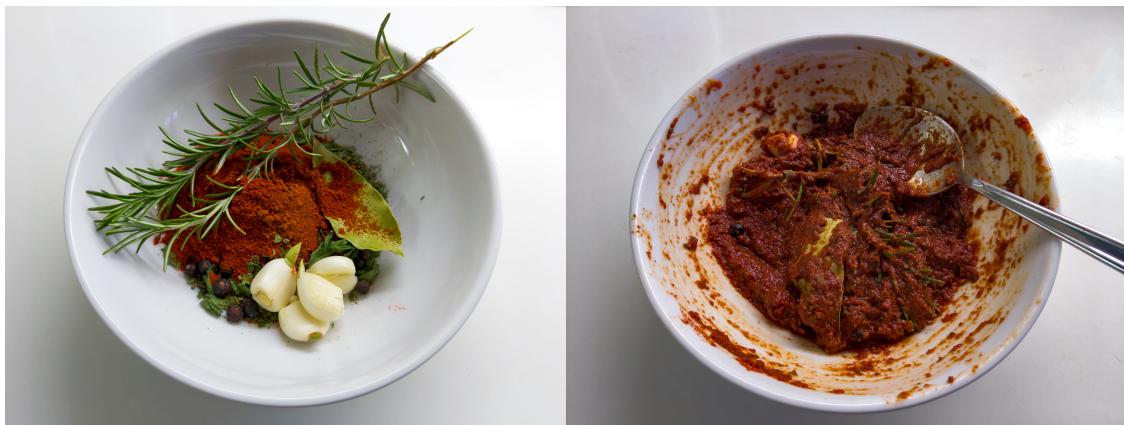
You can also use red or white or yellow onions OR A MIX! Fuck this boi up with onions!



## 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

-  2–3 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	Extra-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 (about 6 cups)
- 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.

---

# 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.

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# Pumpkin Pie

 3 h

 1 1/2–2 h,  425 °F (220 °C) lower to 350 °F (175 °C) 

 1 Pie

 Roosevelt

You can make your own crust, but my crusts aren't any better than frozen.

## Preparation

- 1 In a bowl, combine the pumpkin puree, sugar, salt, ginger, cinnamon, flour and eggs. Mix until eggs are broken up.
- 2 Add evaporated milk and vanilla extract, and mix until uniform.
- 3 Pour into the pie crust.
- 4 Bake at 425 °F (220 °C) for 15 min then bake at 350 °F (175 °C) until the crust starts to brown and the pie isn't jiggly in the center when shaken (1 1/2–2 h, depending on oven and moisture).

## Ingredients

1 1/4 cups	Pumpkin Puree (fresh is way better but additional moisture adds baking time, canned is OK, but not as good)
3/4 cup	Sugar
1/2 tsp	Salt
1/2 tsp	Ground ginger
1 tsp	Ground cinnamon
1 tsp	All-purpose flour
2	Eggs
1 cup	Evaporated milk, undiluted
1/2 tsp	Vanilla extract
9 in	Unbaked frozen pie crust

---

# Chicken Drumsticks

-  30 min
-  4–8 Portions
-  Roosevelt

Do not use light soy sauce, nor Kikkoman – actual stuff that's labeled dark soy sauce; we used Kikkoman at PAX and it didn't work as well.

You can scale this recipe a bit depending on how much you need.

## Preparation

- 1 Simmer meat in a pot for 20–25 min.

## Ingredients

- |         |                    |
|---------|--------------------|
| 4–8     | Chicken drumsticks |
| 1/4 cup | Dark soy sauce     |
| 12 oz   | Can Coke           |

---

# Tom Yum Soup

-  45 min
-  4 Portions
-  Roosevelt

I serve the soup over ramen style noodles, but I don't think that's standard.

For mushrooms I use up to 2 pounds of whatever I can find including enoki, but this is up to you.

## Preparation

- 1** Heat the water in a pot and add the lemongrass, galangal, lime leaves, garlic and chilies. Simmer for 10 min.
- 2** Cut the tomatoes and onions into wedges. Add them to the pot along with the mushrooms and simmer for another 2 min.
- 3** Remove from heat and add the shrimp. The residual heat should cook or thaw whatever shrimp is being used, maybe with frozen raw shrimp you can run the heat a tiny bit.
- 4** Add the fish sauce, sugar, limes and cilantro.

## Ingredients

8 1/2 cup	Water
4 stalks	Lemongrass
1 in	Galangal
10	Lime leaves
5 cloves	Garlic
7	Dried red chilies (adjust to your heat tolerance)
	Lots of mushrooms
2	Tomatoes
1	Onion
1 lb	Shrimp
8 tbsp	Fish sauce
1 tbsp	Sugar
2	Limes (adjust depending on how sour you like it)
	Cilantro

---

# Chicken Tikka Masala

⌚ 1 h (12–24 h to marinate)

🕒 3–4 Portions

📄 Roosevelt

## Preparation

**Half a day, or overnight, before:**

**1** Mix together the garlic, ginger, turmeric, garam masala, coriander and cumin. Store half of the mix for later.

**2** Put the other half in a glass container with salt, yogurt and the chicken thighs. Cover and leave to marinate.

**When ready to cook:**

**3** Cook the oil, onion, tomato paste, cardamom and red pepper flakes in a pot until blacked and stuck to the pot.

**4** Add remaining half of the spices reserved from earlier and cook a bit more until blackened.

**5** Stir in the chopped tomato to deglaze. Add the cream and simmer for 30 min, stirring very often so it doesn't burn.

**6** While the sauce is simmering, cook the chicken under the broiler until blackened (about 10 min) on a wire rack.

There should be blackened parts on the chicken from the yogurt and spices.

**7** Add the chicken, along with a touch of cilantro, to the pot after it is done simmering and let the chicken finish cooking if needed.

## Ingredients

4 tsp	Garlic
4 tsp	Ground ginger
4 tsp	Ground turmeric
2 tsp	Ground garam masala
2 tsp	Ground coriander
2 tsp	Ground cumin
1 tbsp	Salt
1 1/2 cup	Plain, non-greek yogurt
2 lb	Chicken thighs, cut into pieces
3 tbsp	Oil or ghee
1	Onion, chopped
30 mL	Tomato paste
1/4 tsp	Cardamom
1 tsp	Red pepper flakes
28 oz	Canned chopped tomato
2 cups	Cream
	Cilantro

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# Saffron Risotto with Porcini mushrooms

- ⌚ 2 h
- ◉ 4 Portions
- 📄 mithodin (from Italien vegetarisch)

I love this one, but you can sub basically anything for the saffron and mushrooms.

Dried mushrooms work as well, but it doesn't look as nice. You can also replace risotto rice with any short-grain glutinous rice.

You can replace the broth with pre-made bullion.

## Preparation

### Broth:

- 1 Wash and/or peel the vegetables and parsley.
- 2 Put in a pot with 1.2 L of cold water and bring to a boil. Simmer for about 1 h.
- 3 Discard the vegetables, keep the liquid warm.

### Risotto:

- 4 Grate the parmesano, wash the parsley and finely chop it (including the stalks). Peel and finely dice the garlic and shallot. Clean mushrooms and slice thinly.
- 5 Melt 50 g of butter, soften the diced shallot for 5–10 min on a low heat (you don't want browning).
- 6 Add the rice, bring up the temperature while stirring, until the rice looks glassy.
- 7 Deglaze with white wine, let it evaporate.

## Ingredients

### Broth:

- 1 Carrot
- 1 Stalk of celery
- 2 Stalks of flat leaf parsley
- 1 Onion
- 1 tbsp Sea salt

### Risotto:

- 400 g Fresh Porcini mushrooms
- 1 Shallot
- 50 g Butter
- 320 g Risotto rice
- 100 mL White wine
- 0.2 g Saffron threads
- 100 g Parmigiano Reggiano
- A little bit of flat leaf parsley
- 1 clove Garlic
- 50 g Cold butter
- 2 tbsp Extra virgin olive oil
- Sea salt
- Freshly ground black pepper

- 8 Now add the broth one ladle at at time, while stirring more or less constantly.  
It's very easy to burn your rice here.

Wait for one batch of broth to be absorbed by the rice before adding the next.

- 9 Soak the saffron threads in a little bit of broth and near the end of the cooking process.

- 10 After about 20 min, start testing if the rice is done.

You're looking for a creamy texture with a slight bit of a bite left in the rice.

- 11 While the risotto is absorbing the water, fry the mushroom slices with the garlic in some olive oil.

- 12 Season with salt and pepper, add chopped parsley.

Keep some nice slices for garnish, add the rest to the risotto near the end of the cooking process.

- 13 Take the risotto off the heat, stir in cold butter and grated parmigiano. Rest for 3 min.

- 14 Plate up and garnish with mushrooms and some more grated parmigiano.

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# Gratin Dauphinois

- ⌚ 1 1/2 h
- 🕒 40–45 min, 🔥 160 °C (gas 4), 180 °C (350 °F) (fan)
- ◉ 6–8 Portions
- ✍ mithodin (from Just a French Guy Cooking)

It's the perfect comfort food for a cold winter day.

## Preparation

- 1 Preheat the oven to 180 °C (350 °F, 160 °C fan, gas 4).
- 2 Wash, then peel and cut the potatoes into 5 mm thick slices. Season with black pepper and salt.
- 3 Put the slices into a saucepan, add the milk, cream and bay leaf and simmer gently for about 10 min.
- 4 Lift out the potatoes with a slotted spoon into a bowl and set them aside. Season the milk and cream with the nutmeg and, if necessary, salt and pepper. Discard the bay leaf.
- 5 Layer the potato slices and cream mixture alternately in a greased ovenproof dish, seasoning lightly between the layers.
- 6 Bake in the oven for 40–45 min or until the potatoes are tender when pierced with a skewer or the tip of a knife.
- 7 Take the dish out of the oven and switch on the grill. Sprinkle over the grated cheese and grill until the top is golden and crusty.

## Ingredients

about 1 1/2 kg	Medium-sized firm-fleshed waxy potatoes
450 mL	Whole milk
450 mL	Double cream
1	Bay leaf
A pinch of freshly grated nutmeg	
40 g	Grated cheese (Le Gruyere is perfect for this; anything that will gratinate nicely)

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# Broccoli with Almonds and Garlic

-  30 min
-  4 Portions
-  mithodin (from WDR)

This recipe is notable for its ridiculous simplicity, but it's very tasty.

## Preparation

- 1 Cut off broccoli flowers, peel the large stem and cut into thin slices.
- 2 Blanche broccoli flowers and slices in boiling, salted water for no more than 5 min.
- 3 Discard the water and put broccoli into cold water to stop it cooking.
- 4 Thinly slice garlic and roast with a little bit of salt and the almond slices in olive oil.  
Be very careful not to burn the garlic, but get it golden brown.
- 5 Add in the broccoli and reheat.
- 6 Serve with a sprinkle of olive oil.

## Ingredients

- |          |                |
|----------|----------------|
| 800 g    | Broccoli       |
| 2 cloves | Garlic         |
| 30 g     | Sliced almonds |
|          | Olive oil      |
|          | Salt           |

# Cauliflower Gashi

- ⌚ 1 h
- 🕒 2 Portions
- 📖 mithodin (from 50 Great Curries of India)

You can replace fresh coconut with 500 mL of coconut milk.

## Preparation

- 1 Infuse 80 g of grated coconut in 500 mL of water for 30 min.
- 2 Put a clean piece of cloth into a sieve, filter out the coconut pieces and keep the fluid.
- 3 Heat 1 tbsp oil in a frying pan, roast the rest of the grated coconut for 2–3 min. Take out of the pan and put aside.
- 4 Add another 1 tbsp of oil and sweat off half of the onions for 2–3 min. Put onions aside.
- 5 Add another 1 tbsp of oil. Roast chilis, coriander seeds, mustard seeds, fenugreek seeds, cumin seeds, cinnamon bark, peppercorns and cloves for 30 s.
- 6 Put roasted coconut, onions, roasted spices and tamarind paste into a food processor with 125 mL and blend into a fine paste.
- 7 Heat the rest of the oil in a saucepan, sweat off ginger and garlic for 15 s. Add the rest of the onions and sweat off for another 7–8 min.
- 8 Add spice paste and sweat for another 2 min.
- 9 Add a little bit of water and the potatoes, cook for 5 min.

## Ingredients

120 g	Freshly grated coconut
7–8 tbsp	Oil
300 g	Onion, diced
5	dried red chilis
2 tsp	Coriander seeds
1/8 tsp	Mustard seeds
1/8 tsp	Fenugreek seeds
1/4 tsp	Cumin seeds
2.5 cm	Cinnamon bark
4	Black peppercorns
2	Cloves
1/2 tsp	Turmeric
1/2 tsp	Paprika powder
1 heaped tsp	Tamarind paste
2 × 1 cm	Piece of ginger, finely diced or grated
4 cloves	Garlic, finely diced
200 g	Potatoes, peeled and roughly diced
	Salt
400 g	Cauliflower, separated into large pieces

- 10 Add about 1 tsp of salt, add 125 mL of water and simmer on a medium-low heat for 6–7 min.
- 11 Add cauliflower and the coconut water you made (or coconut milk) and cook until the vegetables are soft.
- 12 Serve with rice or naan bread.

# Focaccia with Olives and Rosemary

⌚ 3 h

🕒 20–25 min, 🔥 180 °C (350 °F) 🍴, 200 °C (400 °F) 🍽, 3 ⏪

◉ 1 Focaccia

📄 chemistring

**Variations:** Infinite! Replace olives with sundried tomatoes. Add minced garlic, oregano, finely shredded asiago cheese, other herbs directly to the dough and omit olives and rosemary.

## Preparation

1 Dissolve yeast with the sugar in the lukewarm water.

2 Finely chop 2 tbsp of rosemary leaves.

3 Sieve the flour into a large mixing bowl and make a well in the center. Add the salt, dissolved yeast, chipped rosemary, and the olive oil, and knead everything into a firm, workable dough for about 5 min.

4 Cover the bowl with a dishtowel and leave the dough to stand in a warm place at a constant temperature for about 2 h.

5 Place the dough on a lightly floured work surface and knead again. Next, roll it out to form a flat rectangle 20 cm × 20 cm (8 in × 12 in). The dough should be slightly thicker at the edges than in the middle.

6 Preheat the oven to 200 °C (400 °F, fan-assisted 180 °C/350 °F, gas mark 3).

## Ingredients

7 g (1/2 tbsp)	Dried yeast
1 tsp	Sugar
150 mL (1/2 cup)	Water at room temperature
3 tbsp	Fresh rosemary
350 g (11 oz)	All purpose wheat flour
1 tsp	Salt
80 mL (1/3 cup)	Olive oil
3 tbsp	Cold pressed olive oil
approx. 15	Black olives
2 tbsp	Coarse ground sea salt
	Olive oil to grease the baking tray
	Flour for the work surface
	Baking tray

Note: this should give about 20 min to let the bread rise a second time.

- 7 Grease and lightly flour the baking tray and lay the bread on it. Using the handle of a wooden spoon (or your finger), press dents into the dough at regular intervals.
- 8 Brush the surface of the dough liberally with the cold pressed olive oil. Push an olive into each of the dents and sprinkle the dough with the coarse ground sea salt and the rest of the rosemary.
- 9 Bake in the preheated oven for about 20–25 min until golden brown.
- 10 Serve while still warm.

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# Gouda and Lentil Soup

-  45 min
-  6 Portions
-  chemistring

Recipe is easily modified. Sweet potato can be replaced by butternut squash, gouda can be replaced by old cheddar or other sharp cheese, lentils can be replaced by chick peas (or bean of choice), canned tomatoes or other vegetables (peppers, carrots) can be added as desired.

## Preparation

- 1** In a pot, melt butter over medium-high heat. Add onions and celery and sauté for 3 min or until softened.
- 2** Stir in sweet potatoes and cumin, sauté for 2 min.
- 3** Add broth and bring to a boil. Reduce heat and simmer, covered, for 8–10 min or until potatoes are tender.
- 4** In a blender (or with hand/stick blender), puree soup until smooth. Return to pot.
- 5** Stir in lentils, cook on medium heat for 2 min or until heated through.
- 6** Remove from heat and stir in  $\frac{1}{2}$  of the gouda (and all of the spinach leaves, if using). Season to taste with salt and pepper.
- 7** Ladle soup into bowls and sprinkle each serving with remaining gouda and tomatoes.

## Ingredients

1 tbsp	Butter
1 cup	Chopped onion
1 cup	Thinly sliced celery (or baby spinach leaves)
4 cups	Peeled diced sweet potato
$\frac{1}{2}$ tsp	Ground cumin
4 cups	Low sodium chicken broth
19 oz (540 mL)	Can lentils, drained and rinsed
1 cup	Shredded gouda cheese, divided
	Salt and pepper to taste
$\frac{1}{2}$ cup	Grape or cherry tomatoes, quartered

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# Shrimp and Feta Casserole

- 45 min
- 15 min, 350 °F (180 °C)
- 4 Portions
- chemistring

Lazy version: use pre-cooked thawed shrimp. Add shrimp and feta cheese to sauce and simmer on stove until warmed through – not as pretty, but just as tasty.

## Preparation

- 1 Melt butter in large frypan. Sauté onions and garlic over medium-high heat, 4 min or until soft.
- 2 Add tomatoes and their juice, tomato sauce, wine, parsley, and oregano. Heat to boiling.
- 3 Reduce heat and simmer, uncovered, 10 min or until slightly thickened. Stir occasionally.
- 4 Add shrimp to sauce. Spoon into 2-quart (2 L) shallow casserole. Scatter the cheese over the top, press lightly into sauce.
- 5 Bake in 350 °F (180 °C) oven 15 min or until shrimp are pink and casserole is heated through.
- 6 Garnish with chopped black olives if desired. Serve with crusty bread.

## Ingredients

2 tbsp (30 mL)	Butter
1	Medium onion, finely chopped
1/2 bunch	Green onions, finely chopped
1 clove	Garlic, minced
14 oz/398 mL	Diced tomatoes (1 can)
7.5 oz/213 mL	Tomato sauce (1 can)
1/4 cup (50 mL)	Dry white wine
3 tbsp (45 mL)	Chopped parsley
1/2 tsp (2 mL)	Dried oregano leaves, crushed
1.5 lb (750 g)	Fresh, or frozen and thawed, large shrimp, shelled, deveined
8 oz (250 g)	Feta cheese, coarsely crumbled
	Black olives, chopped (optional)

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# Espresso Brownies

⌚ 45 min

🕒 30 min, 🍯 350 °F (180 °C) 🍴

◉ 20 Brownies

📄 chemistring

If the amount of coffee overwhelms you, you can cut back by 2 or even 4 tablespoons of espresso powder. The brownies will still taste terrific!

**Variation:** Recipe can be converted to green tea blondies by replacing espresso powder with 2–3 tbsp matcha (green tea) powder and using white chocolate chips.

## Preparation

**1** Preheat oven to 350 °F (180 °C). Butter a 9 in square pan.

**2** In a large bowl, beat together melted butter and sugars. Add vanilla, salt, and eggs. Beat until well blended. Stir in espresso powder, flour, and baking powder, mixing until smooth. Fold in chocolate chips. Pour batter into pan.

**3** Bake about 30 min, or until tooth pick inserted in center comes out clean. Cool completely in pan.

**4** Lightly dust top with powdered sugar, and cut into bars – makes 20 brownies.

## Ingredients

3/4 cup	Butter
1 cup	Brown sugar, lightly packed
1/2 cup	Granulated (white) sugar
1 tsp	Vanilla
1/4 tsp	Salt
3	Eggs
1/2 cup	Instant espresso coffee powder (not dissolved)
1 cup	Flour
3/4 tsp	Baking powder
3/4 cup	Chocolate chips
	Powdered sugar (optional)

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# Pea Soup

- ⌚ 2 h (Requires soaking overnight)
- 🕒 4 Portions
- 📄 HubbeKing

## Preparation

- 1 Soak peas in plenty of water (10–12 cups) overnight.
- 2 Add peas and water into a big pot and bring to a boil.
- 3 If using non-smoked pork, fry pork in a frying pan until browned.
- 4 Sweat (gently fry until softened and translucent) onion in frying pan.
- 5 Add pork, onion, and spices to pot.
- 6 Reduce to a simmer, simmer for 1–2 h, until desired consistency reached.
- 7 Taste for seasoning, add salt & freshly ground black pepper if needed.
- 8 After ladling into bowls, garnish with mustard and finely chopped yellow onion (optional).

## Ingredients

1 lb	Dried peas
10 cups	Water
1 lb	Pork shoulder, optionally smoked, cut into 1/4 inch cubes
1	Yellow onion, chopped
2 tsp	Salt
2 tsp	Dried marjoram
1 tsp	Dried thyme
1 tbsp	Mustard
	Salt & freshly ground black pepper, to taste
	Additional yellow onion (garnish)
	Mustard (garnish)

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# Blueberry Crumble

⌚ 45 min

🕒 25 min, 🔥 400 °F (205 °C) 🍽

◉ 4–6 Portions

📄 HubbeKing

## Substitutes:

Muscovado sugar can be substituted with light brown sugar, or raw cane sugar.

Potato starch can be substituted with powdered sugar, use less muscovado sugar if so.

## Preparation

- 1 Preheat oven to 400 °F (205 °C).
- 2 Chop pecans roughly.
- 3 Mix room temperature butter, flour, rolled oats, baking powder, pecans, and  $\frac{1}{2}$  cup light muscovado sugar in a bowl along with a pinch of salt.
- 4 Mix well by hand until a smooth dough forms.
- 5 Add blueberries to a pan, sprinkle over 2–3 tbsp light muscovado sugar and 1 tbsp potato starch, mix gently.
- 6 Spread dough mix over the berries. Doesn't need to be super even.
- 7 Bake for 25 min.
- 8 Serve warm (not hot) or cold with lightly whipped cream or vanilla ice cream.

## Ingredients

1 lb	Blueberries
2 1/2 oz	Pecans
7 tbsp	Butter, room temp
1/2 cup	Flour
1/2 cup	Rolled oats
1 tsp	Baking powder
1/2 cup + 3 tbsp	Light muscovado sugar
1 tbsp	Potato starch
1 pinch	Salt

## For serving:

Whipped cream  
or vanilla ice  
cream

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# *Hubbe's Famous Lasagna*

-  3 h
-  40–60 min,  375 °F (190 °C) 
-  3–4 Portions
-  HubbeKing

The cheese sauce also makes for a VERY good mac'n'cheese, just combine the cheese sauce with an amount of partially cooked noodles, add to a suitably shaped dish, cook in oven, topped with some grated cheese and breadcrumbs. Good stuff.

Both the meat and cheese sauces can be used separately or combined as sauce for all sorts of stuff, like pasta or risottos. Cooking is like 40% trying stuff and seeing if it works out.

In case of leftover sauces, combine them into one and store in a container. Reheat later, serve with pasta, or rice, or some other carbohydrate. It's a good, cheesy sauce, Bront.

Sauce consistency is tricky to describe, but by trying different consistencies out you'll start to figure out what works and what results in dry lasagna and what results in pasta soup.

## Cheese

For cheese sauce use gouda, edam – pick one you like, so long as it melts. For topping mozzarella works, but so does literally any other.

**Important:** Cold milk, for real. Cold milk + hot roux = no lumps. SCIENCE!

## Herbs

Besides listed herbs, you can use other herbs, if you want. I'm not a cop. Chives are real good though.

**Preparation****Creating meat sauce**

- 1** Chop onion and garlic (crush the garlic if you want, that's easier).
- 2** Heat frying pan to medium-high.
- 3** Add crushed tomatoes to medium-sized pot, along with  $\frac{1}{2}$ –1 can of water. Place pot on stove; begin gentle simmer.
- 4** Add frying lubricant of choice to hot frying pan (vegetable oil, olive oil, butter, you do you).
- 5** Add onion to frying pan, gently fry until translucent.
- 6** Add garlic and ground beef to frying pan. Fry until nicely browned.
- 7** Spice the ground beef:
  - Paprika, like lots. Couple of tablespoons?
  - Salt, pepper, allspice. You'll wanna add a little bit, let soak for a minute, taste, and adjust to taste.
- 8** Once happy with spices, splash in a few tablespoons of soy sauce for salt, umami, and also to deglaze pan a bit.
- 9** Remove ground beef from frying pan, scrape into pot alongside tomato/water mixture.
- 10** Add some red wine OR balsamic vinegar into sauce, along with herbs of choice, but be cautious. Some herbs have a surprising amount of taste to them when added into a sauce and could overpower the meat/tomato goodness (LOOKING AT YOU, OREGANO).

Like a couple pinches to a teaspoon or so of each herb is probably fine though?

**CONGRATULATIONS, you have meat sauce. Taste for seasoning.**

**Ingredients**

1–2 packages	Lasagna sheets
1 lb	Ground beef (lean)
1 lb	Crushed tomatoes (1 $\frac{1}{2}$ –2 cans) [14 floz or so?]
1	Medium yellow onion OR 2 shallots
2–14 cloves	Garlic, to taste
2 tbsp	Butter (preferably unsalted, but not a big deal)
2 tbsp	All-purpose flour
1–2 cups	Milk (cold)
$\frac{1}{2}$ lb	Semi-hard cheese Additional cheese for topping
	Salt
	Pepper (ground)
	Paprika
	Allspice (ground)
	Oregano (dried)
	Basil (dried)
	Soy sauce
	Red wine OR
	Balsamic vinegar
	Ground nutmeg

## Creating cheese sauce

- 11 Grate cheese.
- 12 Get out a whisk.
- 13 Add a medium-sized pot onto the stove, crank heat onto high.
- 14 Melt 2 tbsp of butter into pot.
- 15 Once molten, add 2 tbsp of all-purpose flour. Stir gently for a minute, on high heat.
- 16 Begin adding COLD milk, little by little.

## **DO NOT. STOP. STIRRING.**

The milk will HAPPILY burn quite quickly if you do.

- 17 Once you've added 2 cups of milk, or the cheese sauce reaches a nice consistency, turn heat down to low.
- 18 Gently simmer milk sauce for a few minutes.
- 19 Take sauce off heat. Add some spices.
  - Salt and pepper, a couple pinches. Use more salt if you used unsalted butter.
  - Pinch or two of nutmeg. No more. Too much and the nutmeg will overpower everything in the lasagna and you will be left with a cheesy nutmeg pasta cake.

- 20 Add your grated cheese and stir with a whisk until sauce has no lumpy bits.
- 21 If the cheese sauce is too thick, add more cold milk, return to low heat and bring back up to a simmer – if the cheese sauce is too thin, simmer for a few additional minutes.

**CONGRATULATIONS – cheese sauce has occurred. Taste for seasoning.**

## CONSTRUCTING LASAGNA

**22** Heat oven to 375 °F (190 °C).

You know how this works, right? Layering sauce and sheets. Pretty straight-forward stuff.

**23** Begin with a bottom layer of meat sauce in your chosen pan. This is to help the lasagna not stick to the pan. You can also grease the pan if you want, but that will make the final product more greasy.

**24** If in doubt, use more sauce. Saucier lasagna is moister lasagna is more delicious lasagna.

**25** Cover meat sauce layer with lasagna sheets, and cover those sheets in cheese sauce.

**26** Cover cheese sauce layer with lasagna sheets, and cover those sheets in meat sauce.

For additional structural integrity, alternate directions for the lasagna sheets by 90° each layer

**27** Continue until one of the following occurs:

1. You run out of sheets.
2. You run out of one of the sauces.
3. You run out of space in the pan.

Make sure you have enough cheese or meat sauce to properly cover the top layer of sheets (if you wanna be FANCY you can use BOTH SAUCES on top).

**28** Cover the top sauce layer in cheese.

**29** Insert completed lasagna into hot oven, approximately in the middle of the oven.

**30** Wait 40–60 min, until lasagna is bubbly and the cheese on top is nicely browned.

Depending on what exact lasagna noodles you're using, you may need more or less time. Some noodles need lots of time to not be chewy, some need real little.

Consult packaging for noodles, it usually knows what it's talking about.

For longer cooking time, adjust temperature downwards and/or move lasagna lower in the oven to prevent the top cheese layer from burning

**31** Remove lasagna from oven, and cover with foil.

**32** Wait 15–30 min before slicing and serving.

**33** Eat with chosen delicious drink, optionally ketchup as a condiment if you're into that thing, I don't judge.

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# Meatballs

- 🕒 45 min
- 🌐 2–3 Portions
- 📄 HubbeKing

Alternatively, you can substitute 1/2 lb ground pork and 1/2 lb ground veal.

Serve with mashed potatoes.

Optionally, gravy.

Optionally, lingonberry jam.

## Preparation

- 1 In a bowl, mix milk and breadcrumbs until combined, then let sit.
- 2 Chop the onion.
- 3 Melt a bit of butter in the frying pan with some vegetable oil. Sweat the onion a bit in the pan, until translucent.
- 4 Add onion and some of the fat to the bowl with the breadcrumb mixture. Add the ground meat, egg, mustard, and spices. Mix well.
- 5 If brave, taste for seasoning and adjust accordingly.
- 6 Lay out some parchment paper.
- 7 With wet hands, roll meatball mixture into lots of small balls.  
1/2–1 tbsp of mixture per ball is a good size.
- 8 Get frying pan medium-hot, melt some more butter in it.

## Ingredients

- |         |  |
|---------|--|
| 1/2 cup | Milk   |
| 1/2 cup | Breadcrumbs  |
| 1       | Yellow onion   |
| 1 lb    | Ground beef (high fat content, get that good 20% fat stuff if you can) |
| 1       | Egg  |
| 1 tbsp  | Mustard (I usually use dijon, but you do you)                          |
| 2 tbsp  | Paprika  |
| 1 tsp   | Ground allspice  |
|         | Salt (to taste)  |
|         | Pepper (to taste)  |
|         | Butter (for frying)  |
|         | Vegetable oil (also for frying)  |
|         | Cast-iron frying pan (guess what, for frying)                          |

- 9 Fry balls in batches for a few minutes per side, until nice and brown. Move balls into an oven-safe pan as you cook them. Keep the pan in a low oven as you cook the rest of the balls.

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## Crispy Oat Cookies

# Havreflarn

⌚ 30 min

🕒 6–8 min, 🌡 400 °F (205 °C) 🍯

◉ some Cookies

📄 HubbeKing

### Preparation

- 1 Preheat oven to 400 °F (205 °C).
- 2 Melt 7 tbsp of butter in a pan.
- 3 Mix sugar, flour, oats, and baking powder in a bowl until well combined.
- 4 Add 2 eggs to bowl and mix.
- 5 Add melted butter to bowl and mix until fully combined.
- 6 Cover baking trays or cookie sheets with parchment paper.
- 7 Plop down cookie batter onto trays/sheets in balls about 1 tablespoon at a time, leaving plenty of space between each cookie-to-be.
- 8 Bake for 6–8 min, until cookie is flat, golden, and brown around the edges.

### Ingredients

7 tbsp	Butter
1 cup	Sugar
3 tbsp	Flour
1 3/4 cup	Rolled oats
2 tsp	Baking powder
2	Eggs