

# DesertBus Survivors' Cookbook

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May 5, 2020



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**CHAPTER 1:**

# **GENERAL COOKING**

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# Salmon Rolls

-  15 min
-  8 Portions
-  chrusher

I think this counts as authentic British Columbian cuisine – smoked salmon was a common food in British Columbia long before white people showed up and the mix of ingredients from different cultures is on brand for the multicultural nature of Canadian cuisine. I want to say I got this recipe from my mum but I have no idea where she got it from.

An easy to make appetizer.

If made with wild pacific salmon and spinach tortillas it is quite colourful.

## Preparation

- 1** Spread the cream cheese on one side of each of the tortillas.
- 2** Distribute smoked salmon on top of cream cheese.
- 3** Roll the tortillas such that the cream cheese and smoked salmon are on the inside.
- 4** Slice the rolled tortillas into slices about 7 mm thick.

## Ingredients

- |       |   |
|-------|---|
| 4     | tortillas (ideally spinach ones for the green colour) |
| 250 g | Cream cheese  |
| 250 g | Smoked salmon – sliced or trimmings                   |

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# Fried Tofu

-  30 min
-  1 Portions
-  chrusher

This dish is a creation of a friend of mine who is an avid cook as a vegetarian option at his wing nights. This dish changed my opinion of tofu – it can be quite tasty when fried and appropriately seasoned!

## Preparation

- 1** Slice the tofu into strips about 5 mm thick.
- 2** Fry the tofu until golden on both sides.  
I pan fry the tofu in a small amount of vegetable oil but if you are ambitious you can deep fry the tofu.
- 3** While the tofu is frying, mix the hoisin, sriracha, sesame oil, garlic and ginger in a bowl to make a sauce.
- 4** When the tofu is cooked, dip the tofu in the sauce to coat it.
- 5** Briefly fry the greens in the same pan as you fried the tofu.
- 6** Serve the greens on the side or on top of the tofu and drizzle any remaining sauce over the greens.

## Ingredients

1 package	Firm tofu
75 mL	Hoisin sauce
50 mL	Saracha sauce
25 mL	Sesame oil
	A few pressed or finely diced garlic cloves
	A few grams of grated or finely diced ginger
	Snow peas
	Broccolini

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# Stuffed Mushrooms

⌚ 1 h  
🕒 30–35 min, 🌡 350 °F (180 °C)  
📄 BrainStew

Since this is a family recipe, the balance of ingredients depends on the taste of the person making them. This is how I like them, but more or less cheese, parsley, or garlic would not go amiss if you feel any of those things are not to your taste. Since the stuffing is made and fully cooked before it is put into the caps, taste it often to make sure it is to your liking.

Also, I used rather large mushrooms in the pictures for this recipe (sometimes called stuffing mushrooms) but usually I use smaller button mushrooms so that more people can have a taste of them. Either is fine, but the cooking time will be less for smaller mushrooms.

## Preparation

- 1 After cleaning the mushrooms, pull the stems out from the caps carefully with a light twisting motion as to not split the caps. If you split a cap and it can still hold stuffing, keep it, otherwise throw it in with the stems. Set the caps aside and gather the stems.



## Ingredients

48 oz	Mushrooms, rubbed clean with a damp paper towel
6–9 tbsp	Olive oil
6–7 cloves	Garlic, minced
1 cup	Italian seasoned bread crumbs, plus more for balancing
1/3 cup	Grated parmigiano reggiano cheese
1 tbsp	Fresh parsley, finely chopped
	Salt and Pepper to taste

Continuation

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Continuation on next page



- 2 Mince the stems finely as they will be more than half of the stuffing and you don't want it to be too chunky.
- 3 Mince the garlic and parsley as well.



- 4 In a large saute pan, add enough olive oil to give a significant coating to the bottom of the pan and heat until it shimmers (this will look like little waves passing through it.) Add in the garlic and cook until slightly brown.
- 5 Throw in the mushroom stems and cook until the stems are soft and brown. Don't worry if the oil looks like it is far too much to fry so little in. The breadcrumbs will soak it up easily.
- 6 Preheat your oven to 350 °F (180 °C).
- 7 Once the mushrooms and garlic are cooked, add in the breadcrumbs, cheese, and parsley. Here is your chance to adjust. If there isn't enough oil to wet all the breadcrumbs, add more. If the breadcrumbs didn't soak up all the oil, add more breadcrumbs. Add more cheese, or parsley, or any other spices you would like at this point and keep tasting the filling until it is just right. It won't change much in baking. The stuffing should be wet enough that it holds together but only just.
- 8 In a roasting pan or two, lay out all of the caps and stuff them generously. There is usually left over stuffing when I make these, but if it seems like your using too much too quickly after the first few add some more oil and breadcrumbs to your stuffing and mix it around. In my family, the left over stuffing somehow disappears during the rest of the cooking process.



- 9** After all of the caps are stuffed, drizzle some of the remaining oil over them (or water if you are looking to cut down on fat.) Stick them in the oven and let them cook for 30–35 min or until a toothpick slides through the flesh of the biggest mushroom cap with no resistance.
- 10** Serve immediately or place in the fridge. They will keep for several days if stored in an air tight container, but are best eaten within one or two days. Reheat before serving, though sneaking a couple cold out of the fridge is still delicious.

# 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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# 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           |

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# Meatballs

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

Alternatively, you can substitute  $\frac{1}{2}$  lb ground pork and  $\frac{1}{2}$  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.  
 $\frac{1}{2}$ –1 tbsp of mixture per ball is a good size.
- 8 Get frying pan medium-hot, melt some more butter in it.

## Ingredients

- $\frac{1}{2}$  cup Milk
- $\frac{1}{2}$  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.

# 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                     |
| 2 tsp    | 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.

# Duck Confit Tacos

- 5 h
- 3 h, 250–300 °F (120–150 °C)
- 3–4 Portions
- BrainStew

You can replace ancho chilies with guajillo, or any other large, smokey dried chilies.

If you don't have rice vinegar you can substitute white vinegar or white wine vinegar.

## Preparation

### Part 1: Confit Your Duck

- 1** Get a whole duck, preferably fresh if possible. If bought frozen, let it fully defrost before attempting to confit the duck.
- 2** Remove the breast sections, wings (if using, they are not very meaty), and thighs/legs and any other meaty bits.
- 3** Take any remaining skin or fat left on the carcass and remove it. Dice the skin and fat down small and throw it in a saucepan. Return to this later.
- 4** Put your duck meat into a container where it packs tightly, but with sides higher than the meat reaches and that is oven safe. Season the duck with salt and pepper and sandwich some garlic cloves, onion or shallot pieces, fresh herbs, and other flavor-enhancers between the meat layers. Let this sit in the fridge for as long as possible (ideally overnight) before beginning the cooking process.

- 5** While the duck is resting, heat your pan of duck fat and skin, making sure to

## Ingredients

1	Duck
	Garlic
	Onion or shallots
	Herbs and spices
	Small corn or flour tortillas, soft
	<b>Pickled Onions</b>
1	Red onion, thinly sliced
2 tsp	Salt (split, you will use half and half)
1/2 cup	Sugar
1/2 cup	Boiling/very hot water
1 1/3 cup	Rice vinegar
	<b>The Filling</b>
5	Dried ancho chilies
2 cups	Boiling water
1/2 cup	Dried cherries
6 cloves	Garlic cloves, peeled
1 tsp	Dried oregano, preferably Mexican
1 tsp	Black peppercorns
1/2 tsp	Cumin seeds
1/4 cup	White-wine vinegar
1 tsp	Sea salt
	Some neutral oil
	<b>Lime Crema</b>
1/2 cup	Sour cream or creme fresh
1/3 cup	Lime juice

stir constantly<sup>1</sup>. The fat will render out of the pieces and eventually you should have golden brown duck cracklings floating in hot duck fat. Drain the cracklings and season if desired. They make a delicious snack! You can also use them as a topping for your tacos (see below continuation of this recipe). Reserve the oil in a heat proof container.

**6** Once the duck has rested, remove the herbs and other seasonings. Pack the duck meat in tightly and cover with the duck fat. If the duck fat has solidified, gently warm it before using. Ideally the duck fat will cover all of the meat. If it does not, either supplement with store bought duck fat, or with a neutral oil.

**7** Cook at 250–300 °F (120–150 °C), or whatever heat just barely gets the oil bubbling. Cook for at least 3 h and remove the meat from the oil before it solidifies again. Pull the meat off of the bones carefully, and keep the duck fat if desired for future Confit cookings.

## Part 2: The Tacos

**8** Make the pickled onions. First, rub the onions with half of the salt and let sit for 10 min. While they sit, mix everything but the vinegar together and stir until the solids dissolve. Once everything is dissolved, add the vinegar.

**9** After the 10 minutes, pat off excess moisture and salt from the onions with a paper towel and put in the brine. Soak for 1 h. They can also be stored for months in the brine.

**10** Prepare the chilies and cherries. Toast the chilies in a dry pan over medium heat for 5 min to release oils.

**11** Pour 2 cups of boiling water over them and let soak for 15 min. Also soak the cherries in some warm water as the chilies soak.

**12** Make the chili paste. Strain the chilies (reserving the liquid) and the cherries (don't save this liquid). Throw everything but the neutral oil and duck into a food processor. Blend until you get the consistency of tomato paste or chunky mashed potatoes. Add that leftover chili water as needed to get to the right thickness.

**13** Finish filling. Warm your duck confit to room temperature and break/shred into chunks. Heat about 2 tbsp of your neutral oil in a pan, ideally cast iron or other non-stick style. Depending on the amount of duck confit you have, add around 1/2 cup of the chili paste to the pan and heat until fragrant.

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<sup>1</sup>If you're worried about burning, you can add a bit of water at the start and boil it off as the fat starts to render out.

**14** Add duck and coat. If you need additional paste to coat the duck (or to add the correct amount of heat/flavor desites), add it a teaspoon at a time and let heat up before tasting again and adjusting.

**15** Assemble tacos. Place duck on taco (optionally on a bed of greens either with or without the taco shell), drizzle with lime crema, top with onions, and sea salt (if desired).

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## Sautéed Potatoes

# 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>2</sup>.

### Ingredients

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

<sup>2</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.



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.

5 Remove from heat, add the pepper<sup>3</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>3</sup>Pepper, pepper.

# Gratin Dauphinois

1 1/2 h  
 40–45 min, 160 °C , 180 °C (350 °F) , 4   
 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



**CHAPTER 2:**

# **Soups**

---

# 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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# 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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# 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  |

---

# 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

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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

**1** 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.

**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.

## 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



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.

---

# 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)                    |

## **CHAPTER 3:**

# **RICE 'N' STUFF**

---

# Beans and Rice

-  35 min
-  2 Portions
-  chrusher

## Preparation

- 1 Cook rice your preferred method (I cook mine on the stove with one part rice to two parts water plus a dash of salt).
- 2 Dice onion and green pepper before adding them to an oiled frying pan on medium heat.
- 3 Peel and finely dice the garlic before adding them to the frying pan a few minutes after the pepper and onion.
- 4 Drain and rinse the black beans before adding them to the pan a few minutes after the garlic.
- 5 After a minute or two, add 250 mL water then the vinegar and seasoning as well as the tomato, diced.
- 6 Let the mixture cook on medium heat until most but not all of the water has boiled away.
- 7 Serve the bean-vegetable mix on top of the rice.

Vary the amounts of garlic, seasoning and vinegar to taste.

## Ingredients

- |                        |  |
|------------------------|--|
| 1 can                  | Black beans  |
| 1                      | Green pepper   |
| 1 small                | Red onion  |
| 1                      | Tomato   |
| A few cloves of garlic |  |
| 125 mL                 | Rice   |
| 500 mL                 | Water  |
| 5 mL                   | Balsamic vinegar   |
| 1 mL                   | Salt   |
| 5 mL                   | Cajun seasoning or similar spice mix (it should have some cayenne or other chillies in it to provide some hotness) |



# 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.

# The Coker's Cajun Jambalaya

- 2 h
- 12 Portions
- Xelareko

This recipe again uses a mixture of spices, including that old standard Tony's Creole Seasoning along with various Paul Prudhomme spice mixes. Feel free to use other mixes you can get your hands on, or make you own spice mix. If you can find the Prudhomme spices and not the Tony's, then at least buy the Redfish Magic which can substitute for all three if you don't want to buy more than one mix.



Also, this dish can be made vegan friendly by leaving the andouille out. You could also up the amount of vegetables to double what is called for here if you want it to make up for the lack of meat.



## Preparation



**1** Chop the onions, pepper and celery into half inch pieces and throw them all in a bowl together. Pour enough oil over them to coat them and leave a small pool at the bottom of your bowl. Season with 2 tbsp of Vegetable Magic. Let sit for about 30 min.



**2** Place a pot that can hold at least 2 gallons of liquid on a medium heat. Pour the vegetables and all the oil that comes with them. If the oil from the vegetables doesn't fully grease the bottom of your pot, add more until it does. Sauté the vegetables until they are soft and translucent.

**3** Add in the water, vegetable stock, vegetable bullion cube, 1 1/4 cup of oil, bay leaves, and all of the other spices. Remember to add in some salt and pepper at this point, but don't go too heavy on the salt as most of the spice mixes have salt in them already.

## Ingredients

### Spices

8 tbsp	Tony's Creole Seasoning, split in half
2 1/2 tbsp	Garlic powder
2 1/2 tbsp	Onion powder
2 tbsp	Cayenne pepper
2 tbsp	Paul Prudhomme's Vegetable Magic
2 tbsp	Paul Prudhomme's Redfish Magic
1/2 tbsp	Paprika
2-3	Bay leaves
	A small dash of Gumbo File (optional)
1	Vegetable bullion cube
	Salt and pepper to taste (we used 3/4 tsp salt and 1 tbsp of black pepper)

### All the rest

5 medium	Bell peppers
5 stalks	Celery
1 1/2 medium	Onions
1 1/4 cup	Neutral oil, preferably canola, plus more to coat vegetables and bottom of pot
6 cups	Rice
8 cups	Vegetable broth
4 cups	Water
3 lb	Andouille, sliced into bite sized rounds
1/4 cup	Thinly sliced scallions
1/4 cup	Roughly chopped parsley



- 4 Once the water is boiling, stir in the rice slowly. Make sure that the vegetables get evenly mixed throughout the rice and then reduce the heat to medium low. Stir very occasionally, making sure not to scrape the bottom of the pot. Rice may stick to the bottom and possibly burn, but don't worry. That is usual and adds to the taste of the jambalaya.
- 5 Cook until the water has been absorbed and the rice is soft. If the water evaporates before the rice is soft enough, feel free to add more water. Finding the right balance of heat and water for this process is finicky and will depend on the proportions you are making.
- 6 Once the rice is cooked, add in the andouille, scallions and parsley and mix, again being careful not to scrape the over cooked rice off of the bottom of the pan. Season with further salt and pepper if needed.
- 7 Serve hot and store the inevitable left overs in air tight containers in the freezer or fridge.

# 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.

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# 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

---

## 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>1</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

### 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) |
|         | <b>Optional:</b> Bananas for serving      |

<sup>1</sup>If you want less heat.

$\frac{1}{4}$  in-thick coins – and continue to cook, stirring occasionally, until vegetables are nearly tender, 15–18 min.

- 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.

**CHAPTER 4:**

# **PASTA**

---

# The Alleluia Family Christmas Sauce

-  10 h+
-  1 Item
-  BrainStew

This is a recipe that is made yearly, and has been for generations. Due to that history, there are no real measurements and there are many optional steps or choices. I have tried to preserve the spirit of the recipe as much as possible.

## Preparation

This is an optional starting step implemented by Xela and Brainstew.

**1** Add the tomato paste and a small amount of liquid from the tomatoes into a small separate pan and caramelize until it is almost burnt.

This adds a huge depth of flavor that mimics letting the sauce itself get nearly burnt to bring out the sugars in the tomato sauce, but has a bit less risk of actually burning the sauce.

**2** Dice, smash, or otherwise pulverize at least 5 cloves of garlic. Cover the bottom of your large sauce pot with oil, and fry the garlic until just golden and fragrant.

While the garlic is frying, break down the tomatoes either using a potato masher or your hands until they are not whole, but still chunky. They will break down further as the sauce cooks.

**3** Once the garlic is fried, carefully add the tomatoes (the oil may splatter at you), potato, carrot, onion, bay leaves, and any fresh herbs you may be using.

## Ingredients

- |           |   |
|-----------|---|
| 5 × 28 oz | Canned Whole Tomatoes, Ideally San Marzano with DOP mark            |
| 1–2 cans  | Tomato Paste  |
| 5 cloves  | Garlic  |
|           | Olive Oil (Good quality, but not great)                             |
| 3         | Large Bay Leaves (dried)  |
|           | Dried Italian Herbs (optional, which ones you choose are up to you) |
|           | Fresh Basil (optional, could use all fresh herbs as well)           |
| 1         | Large Potato, peeled  |
| 1         | Large Carrot, peeled  |
| 1         | Large Onion, peeled   |
|           | Meatballs, cooked (Ideally, the Alleluia family recipe)             |
|           | Sausage, cooked (Ideally, both Hot and Sweet Italian Sausage)       |

The potato here is used to absorb acid, the onion to add onion flavor, and the carrot for sweetness.

- 4** Reduce (stirring occasionally as needed, depending on heat) until the sauce has lost a couple of inches of liquid and the flavor of the onion and fresh herbs have infused completely into the sauce.

You may need to stir occasionally depending on how high you make the heat, and the higher you cook it the faster this process will go.

- 5** Once the onion flavor is coming through, add any dried herbs you would like.

- 6** At this point the sauce should be like a thick soup. Add in your tomato paste (raw or pre-caramelized) which will further thicken the sauce.

Continue reducing until the sauce has thickened to just about your desired consistency. The sauce will continue to reduce, so it is okay if it still is a bit loose. Make sure the tomato paste has lost its raw, tart flavor.

Between Steps 5 and 6, you will likely be reducing the sauce in this phase for around 5 hours.

- 7** Fish out the carrot, onion, potato, and any whole herbs. If you are not a meat-person, the sauce is now complete.

- 8** If you are making this with sausage or meatballs, you will now need to add in the meat. You should end up with enough space within the sauce to just barely stir the sauce without breaking up the meatballs and sausage.

Turn the heat down to low, and keep a tight eye on the sauce as it continues to cook. Stir the sauce occasionally to avoid burning, and make sure you are careful not to crush any of the meatballs.

This process can take as long as you are willing to give it. The longer you cook, the more meaty complex flavor the sauce will have. I suggest you allow the sauce to cook for as long as you have time.

This step is likely to also take around 5 h or longer.

- 9** Remove the meatballs and sausage into a separate container.

Serve the sauce over manicotti or other pasta dishes with the meatballs and sausage on the side.

# 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>1</sup> the onions and the meat in a bit of oil<sup>2</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>1</sup>The diacritic is crucial to the success of this dish.

<sup>2</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>3</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>3</sup>While lacking in diacritics, this technique is just as important.

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# 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

## 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

heat for 2 min, stirring often. After this, remove from heat and let cool for 1 min.

9 Add 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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# *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.**

### **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.



**CHAPTER 5:**

# **BAKING AND DESSERTS**

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# 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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# Neapolitan Pizza Dough in/on your Oven

- ⌚ 2 h (overnight raise)
- 🍕 2 Pizza
- 📝 BrainStew (from Serious Eats)

If you are making pizza for a group, double this recipe at least. The written proportions will feed 1–2 people depending on how much pizza those people eat.

**Special Equipment:** A cast iron skillet. Larger skillets will make bigger pizzas.

## Preparation

**1** Combine/whisk the dry ingredients together. Either by hand, or with a mixer and a dough hook attachment, slowly add in the water until no dry flour remains. Let the dough rest for 10 min.

**2** After the rest, keep kneading the dough until a sticky dough that barely pulls away from the bowl sides forms. This should take around 10 min. You may need more water, or more flour. Add just a little flour at a time (a tablespoon or so) if the dough is too wet.

If you're unsure if the dough is finished, you can try the window-pane method. Let the dough rest for a couple of minutes, then tear away a small ball. Try stretching this small ball into a thin sheet using your fingertips. If you can almost see through it like a window pane before any holes form, then you're good to go. Otherwise, knead for 5 more "turns" and let rest again to check.

**3** Roll this dough up into a tight ball, lightly oil and place in either a large bowl with a tight cover or divide into a couple of ziptop bags. Leave the dough out on the counter overnight, or put into the fridge for up to 72 h. If you are going the counter route, make sure your dough has room to expand up to 3×.

**4** When you are ready to use your dough, turn on the broiler in your oven and put one rack at the highest spot, or if your oven doesn't have a broil setting preheat

## Ingredients

20 oz (4 cups)	Flour, ideally 00 but standard all purpose or bread flour is fine
0.3 oz (about 2 1/4 tsp)	Kosher salt
0.2 oz (about 1 tsp)	Instant yeast
0.2 oz (about 2 tsp)	Sugar
12 oz	Water Semolina (optional) for sprinkling

your oven to the highest temperature.

**5** Prepare your toppings. Neapolitan pizzas traditionally have chunks of buffalo or fresh mozzarella, hand crushed canned tomatoes with a little salt and pepper, some fresh basil, and a drizzle of good olive oil. But you do you! If you are going with fresh mozzarella, make sure to dry it out a bit by pressing it between two paper towels under a heavy plate. You may want to strain your canned tomatoes as well to reduce soupiness.

**6** Stretch your dough into a thin disk that just fits into your cast iron. This style of pizza is not meant to have a very thick crust, but try to avoid having any holes in the dough. You may not need all of the dough for one pizza, so split it as needed.

**7** Heat your cast iron to the highest temperature that won't cause your fire alarm to go off on the stove.

**8** Once the pan is very hot, sprinkle some semolina or standard flour on it, and drop your dough disk onto the flour. Let the dough cook until the bottom has just started to get some brown color to it, but isn't fully browned.

**9** Quickly top your pizza. You can do this while the dough is cooking, but it does make checking the bottom side of the dough a bit harder to pull off without making a mess.

**10** Pop your pizza into the top of your oven, directly underneath the broiler if using it. Keep an eye on it during this process, and turn the pan or move it further from the heat to avoid burning. Once the crust on top has browned nicely, you have yourself a delicious pizza!

# 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).

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

## 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.

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.

---

# 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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## 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          |

# 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  $\frac{3}{4}$  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 $\frac{1}{2}$ cup)

---

# 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

---

# 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)

# 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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# 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

---

# 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

---

# 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")



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