

Recipes

Various Artists

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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 °C to 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 |



Goulash

- 3 h to 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.

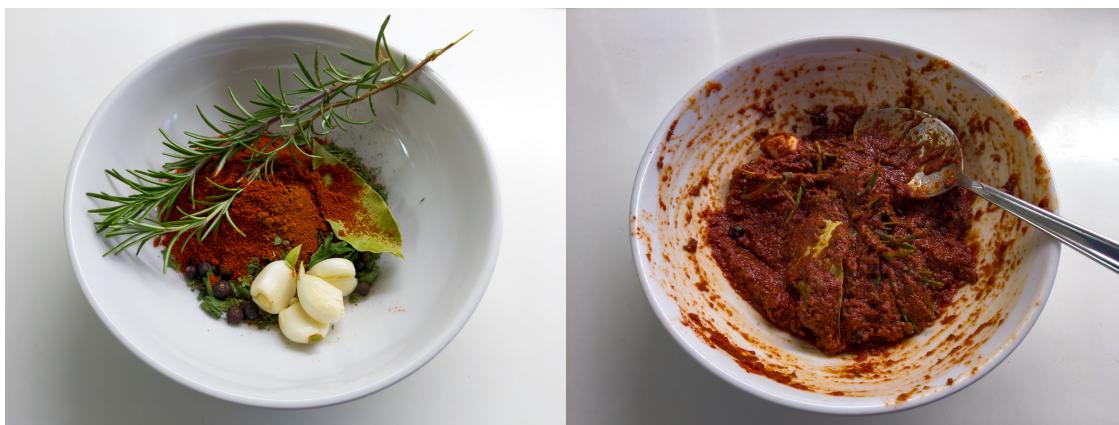
You can also use red or white or yellow onions OR A MIX! Fuck this boi up with onions!



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 liquid¹. 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.

¹Normally, 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 Sauté² the onions and the meat in a bit of oil³ 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 g to 100 g 50ish ml	Meat White wine Parmigiano to your heart's content Pepper just slightly over taste
1.54 ± 1.05 tbs	Parsley
2–4 tbsp 90 g or so	One (1) E G G. Olive oil Spaghetti (mom's for preference, but store-bought is fine)

²The diacritic is crucial to the success of this dish.

³You 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 deglaze⁴ 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 min to 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.

⁴While lacking in diacritics, this technique is just as important.

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 GOOD⁵.

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 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 pepper⁶ 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.

⁶Pepper, pepper.

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.
- 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.

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)

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