

# THE STRUGGELING CHEF'S COOK BOOK

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## 0.1 To Do

- Dumpster diving
- Barley soup
- Oellebroed
- the everthing soup (incl. variations)
- Potato Salad
- Mayonaise
- Jam Juice
- Leftover’s vegtable stock
- Holiday oats
- The fridge raid (fried everything with potato or pasta)
- Poor knights
- Pancakes the correct way
- Buy barley, buck-wheat and the like in bulk from bakery suppliers.

# Chapter 1

## RECIPES

## 1.1 Makebelieve Mashed Potato

- 1-2 Onions
- 1 handfull of protein - suggested: white beans(precooked), sausage, smoked tofu..
- flour
- Cooking oil
- salt and pepper to taste

Heat oil 'til sizzeling, then add onions and protein and fry until golden. Cover in layer of flour, add salt, and slowly add water while continuously stirring until you reach a desired texture.

Sprinkle with pepper and eat hot.

Can be made more interesting by adding buckwheat, or rice, or similar and frying that along side the onion and protein.

## 1.2 European, Reasonably Fast Noodles

- Bouillon cube or powder - stock also works.
- The thinnest pasta you can buy. Something like Macaroni also works - but need to be boiled.
- Any vegetables you have.
- Garlic
- Cooking oil

Chop veggies and garlic into smallest possible pieces add to boiling water with bouillon cube and oil. Add noodles, and let it sit under a lid for a few minutes.

## 1.3 Käsekuchen of the impatient

- Quark, 500g
- Eggs, 4
- Pack of pudding powder
- Wheat semolina, 80g
- Sugar, 150g
- backing powder, 1 teaspoon
- oats

Mix everything but the oats. If you have any berries or similar you can also add them here. Cover the bottom of a springform. Add the quark mixture and bake at 180C until golden on top and solid in the middle.

## 1.4 Poor Man's Mushroom Pan

- Mushroom - edible
- Onion
- Flour
- Frying oil
- Water, mil or bouillon as needed
- Salt and pepper to taste

Fry onions and mushrooms until brown. Add flour and slowly keep frying. Pour in water, milk or bouillon until reaching the texture of a thick sauce. Add salt and pepper to taste. Serve with, rice, pasta, buckwheat.

## 1.5 Euro Fried Rice

- Leftover rice
- Onion
- Carrot, maybe mushrooms
- Other leftover vegetables
- Egg
- Bay leave
- Pepper and salt

Fry eggs as you like - remove from pan. Fry onions, and potentially mushrooms, add rice and keep frying. Add vegetables, bay leave, salt and pepper, and put a lid on. Serve with eggs on top.

## 1.6 Simple potato pan

- Onions
- Potatoes
- Protein - like egg, sausage, precooked beans or similar
- Leftover vegetables
- Cooking oil
- Bay leave
- Salt and pepper

Fry onions and protein in a pot or sauce pan. Add finely cubed potatoes, pepper, salt and bay leave, and put on a lid. Let them boil as such - you can add a spoon of water, if your potatoes are pretty dry.

Check with knife, whether potatoes are close to done. Add remaining vegetables and finish boiling without lid.



## 1.7 Sauerkraut

- 1 cabbage
- 3/2 to 2 teaspoons of salt per 500g of cabbage.
- herbs: I reccomend mustard seeds and juniper.

Rise cabbage thoroughly. Then cut into small pieces - leaving one leaf per glas aside.

Mix the cut cabbage with the salt and let it rest for at least a quarter of an hour. Then stomp / massage it for several minutes. A considerable amount pof liquid should be release. Add any extra herbs you like.

When placing the cabbage in sterile glasses, cover it with this liquid. You can now use the leftover leaf to cover the cabbage. You can weigh it down further by adding a clean rock on top.

Let it ferment for 1 to 4 weeks at roomtemperature depending on taste. You can check it regularly.

## 1.8 Everything Soup

# Chapter 2

## WISDOM AND OPINION PIECES

- Prefer boiling over frying food, if you have little of it.
- Unpack carrot and potatoes so that they dry instead of spoiling
- Prefer basic seasoning - you don't want to overpower the natural flavour of the ingredients.
- Add salt early - herbs and pepper late or after adding water to preserve flavour.
- In soup salt the water to the desired degree. Everything will be salted thus.
- Never fry garlic if you want garlic taste.
- Salads are a waste of money - they don't fill you, go bad easy, and your body is bad at breaking down uncooked vegetables anyways.
- Don't buy milk unless you specifically need it. Oats are fine without. We're living in a recession.
- slight variations can make you think you eat different meals.
- Prefer coarse oats and wholegrain flour as they are more filling.
- Olive oil is for the upper class.
- Always boil extra rice, potato or pasta for later use.