

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 vegetable 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

MAKEBELIEVE MASHED POTATO

Serves 1-2.

- 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 alongside the onion and protein.

EUROPEAN, REASONABLY FAST NOODLES

Serves 1.

- 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.

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.