

THE STRUGGELING CHEF'S COOK BOOK

Michel

24th August 2025

Contents

0.1 To Do	1
1 RECIPES	2
Makebelieve Mashed Potato	3
2 WISDOM AND OPINION PIECES	4

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.

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.