

THE STRUGGELING CHEF'S COOK BOOK

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To Do

- Dumpster diving
- Saurkraut
- 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.

Part I

RECIPES

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.

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.

3 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.

4 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.

5 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.

6 Roasted Onion

- Onions
- 1 or 2 apples - prefer boskoop
- Rosemary
- Salt and pepper to taste

Cut unpeeled onions in halves and apples in to boat shape slices. Sprinkle rosemary, salt, and pepper. On payday you may add some butter aswell. Put them into a preheated oven at 473K until golden. Note that onions will leak at lot of water.

7 Scottish Barley Broth

- green lentils
- onions
- celery
- carrots
- turnips
- garlic
- parsley
- salt and pepper to taste
- stock
- barley

Usually, this recip would contain meat - tradiotionally mutton or lamb.

THIS RECIPE MIGHT BE REDUNDANT - just soup?

8 Vegetable stock

- Carrots
- Celery
- Onion
- Garlic
- Parsley
- Juniper
- Bay leave
- Thyme
- Salt

Ideally these are leftovers you've been collecting in your freezer from other meals. Tops of carrots, celery leaves and less pretty pieces are ideal.

Chop all vegetables and add to a big pot. You can saute them briefly before adding water - this will infuse more taste but make a more cloudy stock.

Cover vegetables by about 3/2 of their volume in water. Let them boil and then simmer for 2 hours. You should reduce by half. Finally strain, making sure to press any juices out of the vegetables. You can reduce further after this point.

Keeps in the fridge for days, or freeze for months.

Part II

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.