

THE STRUGGELING CHEF'S COOK BOOK

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0.1 To Do

- Genral tips and debatable trueisms
 - Boiling over frying
 - Unpack carrot and potatos so that they dry instead of spoiling
 - Prefer basic seasoning - simple lets the vegetables define the taste
 - Add salt early - herbs and pepper late or after adding water to preserve flavour
 - 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 course 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.
- Dumpster diving
- Poor man's mushroom pan
- Saurkraut
- the everthing soup (incl. variations)
- Makebelieve Mashed Potato
- European Instant noodles (Reasonably fast noodles)
- Potato Salad
- Mayonaise
- Jam Juice
- Leftover's vegetable stock
- Backed Onion
- Euro Fried Rice
- Simple potato pan
- 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.