

KEEFER ROURKE

PANDOC COOKBOOK

YAML RECIPES FOR ALL!

SELF-PUBLISHING CO.

THE MOST DAMAGING PHRASE IN THE LANGUAGE IS: "IT'S ALWAYS BEEN
DONE THAT WAY."

GRACE HOPPER

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*This example book is dedicated to folks
who appreciate beautiful typesetting but
hate writing extensive amounts of \LaTeX .*

Forward

THIS IS AN EXAMPLE of some text that you might want to include at the front of a recipe book. Some motivation for why the book exists, or a brief description of what's in it is a good idea.

Important: Only level 1 and 2 headings are supported by the `tufte-book` class.

Level One Heading

Level Two Heading

Units

Unit descriptions and conversions are also a good idea for inclusion as a quick reference. ¹

Unit	Description
ea.	Each. A single count of something.
g	Metric gram.
lb.	US pound.
cm	Centimeter.
mL	Milliliter.
cup	A metric cup. 250 mL.
tbsp.	A metric tablespoon. 15 mL.
tsp.	A metric teaspoon. 5 mL.
dash	A dash is $\sim\frac{1}{8}$ of a teaspoon.
pinch	A pinch is $\sim\frac{1}{16}$ of a teaspoon.
drop	A drop from a fluid microdropper, ~ 0.05 mL.
oz	US Fluid ounce. ~ 29.5 mL.

¹ Footnotes can be included like this, and will automatically be rendered as a side-note.

If you hate reading

This file can also be left entirely blank if you just want to get straight to the recipes.

Food

Vegan African Peanut Stew

SOUP: stew, vegan.

SOURCE: Adapted from All Recipes..

<https://www.allrecipes.com/recipe/265584/vegan-african-peanut-stew-in-the-instant-pot/>.

YIELDS: 4 servings.

COOKWARE: large pot, small bowl.

Times

Preparation	30 min.
Cook	2 hr.

Notes: I would probably make this spicier, but the recipe went over well with friends and we really enjoyed it.

Ingredients

- Cumin (1 ½ tsp.)—ground
- Cinnamon (½ tsp.)—ground
- Cloves (⅛ tsp.)—ground
- Cayenne pepper (¼ tsp.)—ground
- Salt (1 tsp.)
- Dried red chili flakes (1 tsp.)
- Sweet potato (2 ea.)—medium, cut to 1.5cm cubes
- Yellow onion (1 cup)—diced
- Red bell pepper (½ cup)—diced
- Garlic (4 clove)—minced
- Ginger root (one 9 cm piece)—peeled and minced
- Crushed tomatoes (one 28 oz can)
- Peanut butter (½ cup)
- Collard greens (3 cup)—chopped

- Cilantro (to taste)—chopped
- Peanuts (to taste)—chopped
- Olive oil (1 tbsp.)
- Water (2 cups)

Method

1. Mix cumin, cinnamon, cayenne, chili flakes, cloves, and salt together in a bowl. Set spice mixture aside.
 2. Heat pot to medium heat, and add olive oil.
 3. Once oil is hot, add sweet potato, onion, and bell pepper. Cook, stirring occasionally, for 3 minutes. Add a splash of water and stir if vegetables stick to the pot.
 4. Add garlic, ginger, and spice mixture to the pot. Cook and stir continually for one minute, or until aromatic.
 5. Add tomatoes and peanut butter. Stir until peanut butter is dissolved.
 6. Place the lid on the pot, and allow to simmer for about 2 hours.
 7. Serve into bowls, and top with cilantro and chopped peanuts.
-

Osaka-style Okonomiyaki

MAIN: Japanese.

YIELDS: 4 servings.

COOKWARE: large bowl, frying pan.

Ingredients

- Okonomiyaki sauce (60 mL) ¹

Substitutions:

- Barbecue sauce

- Japanese mayonnaise (60 mL)

- Egg (2 ea.)

Substitutions:

- Flax seed (1 tbsp)—ground ²

- Flour (1 cup)

Substitutions:

- Rice flour

- Water (1 ½ cup)

Substitutions:

- Dashi ³

- Green Cabbage (¼ ea.) ⁴

- White or Spanish Onion (½ ea.)

- Carrot (1 ea.)—shredded ⁵

- Green onion (2 ea.)

- Chili flakes (½ tbsp)

- Cracked pepper

- Sea salt (¼ tsp.)

- Oil (1 tbsp.)

- Bonito flakes—for garnish ⁶

Times

Preparation	15 min.
Cook	15 min.

Notes: In Japanese, *okonomi* means “your choice” while *yaki* means “fried”. While not strictly necessary, this is usually a cabbage pancake. Okonomiyaki is a popular street food in Osaka and can be prepared with a variety of ingredients and toppings. In Hiroshima, okonomiyaki are made by layering ingredients rather than mixing them directly into the batter.

This recipe is vegetarian, but can be made vegan. For meat-lovers, it is tasty on top of a weave of bacon or slices of pork belly.

¹ A quick sauce can be prepared easily with 1 part soy sauce, 1 part honey, 4 parts ketchup or sriracha, and 3 parts Worcestershire sauce. For the gluten intolerant, ensure you are using proper *tamari* soy sauce.

² Continually mix with a very small amount of water in a bowl until a consistency similar to egg whites is achieved. Add more water if the mixture is too dry.

³ For more flavour, use a *dashi* instead of water. This will require more prep time, as a dashi is made by soaking shiitake mushrooms and/or konbu (kelp) with warm water for approx. 4 hours.

⁴ Green, nappa, or savoy cabbage is fine. Do **not** attempt to substitute with red cabbage—the result is unsightly.

⁵ Optional; other add-ins can be used in place of or in addition to carrot.

⁶ Optional; also called *katsuoboshi*.

Preparation

1. In a large bowl, combine flour, eggs, and water. Whisk until a smooth, thin batter has formed. Mix in chilli flakes, pepper, and sea salt, then set aside.
2. Finely chop cabbage add it to batter.⁷
3. Finely chop the green onions. Add the white/light green portions of the onion to the batter, and set aside the prettier dark green portions.
4. Finely chop the half onion and add it to the batter.
5. Fold the batter over itself using a spatula (or mix with your hands) until the cabbage and other add-ins are evenly coated.⁸

⁷ For a more uniform texture, consider grating the cabbage.

⁸ The batter can hold in the fridge for a couple days, but may separate and require re-mixing.

Method

1. A small non-stick frying pan, toast black sesame seeds on low heat for 2–5 minutes, then set aside.
 2. Add oil to the pan and turn the temperature up to medium heat.
 3. Slowly add the battered cabbage mixture to the pan. Using a silicon spatula, pat down the mixture and clean up the sides to form a pancake.
 4. Cook for approximately 5–10 minutes on each side, then transfer to a cutting board.
 5. Smother the okonomiyaki with the sauce, and pipe Japanese mayonnaise onto the pancake in a chevron (back-and-forth) pattern. Use a chopstick or butter knife to draw parallel lines through the sauces to create a nice visual effect. Top the okonomiyaki with the set-aside green onions, and sesame seeds. Optinally add bonito for a fun and fishy topping that *dances* atop the sauces.
-

Bagged sake bass

MAIN: fish, Asian, sake.

COOKWARE: baking tray, small frying pan, parchment or aluminum foil.

Ingredients

- Bass (2 fillet)—2–2 ½ cm thick, skinned and boned

Substitutions (pick one):

- Cod fillet
- White fish
- Sake (2 splash)
- Garlic (2 clove)—smashed
- Ginger (1 tbsp.)—minced
- Green onion (1 ea.)—thinly sliced
- Sesame oil (1 tsp.)
- Soy sauce (1 tsp.)
- Fresh red chili pepper (1 ea.)—sliced ¹
- Black sesame seeds (1 tsp.)—toasted
- Baby bok choy ²

Substitutions:

- Mustard greens

Preparation

1. Tear two 35 cm × 45 cm pieces of foil and place a fillet in the center of each.³
2. Coat each fillet with ½ tsp. sesame oil.
3. Mince ginger and smash the garlic cloves. Slice the scallions thinly.
4. Add a smashed garlic clove, half the ginger and half the green onions to each foil boat.⁴
5. Fold three sides of the foil up like an envelope, crimping the edges to create a seal.

Times

Preparation	10 min.
Bake	20 min.

Oven settings

Starting temp.	400°F
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Notes: This steamed bass is infused with umami flavours and cooked with the French *en papillote* technique. Quite simply, cooking the fish in a bag allows you to seal in the flavours while steaming the fish.

Serve this over or alongside a bed of steamed jasmine or black rice, or with roasted sweet potato or carrots.

¹ Optional.

² Optional.

³ Parchment paper is traditionally used for this method of cooking, but it is significantly more difficult to work with.

⁴ If planning to serve in parchment, considering adding a green vegetable like baby bok choy or mustard greens to the pouch.

6. Through the open side of the envelope, add a splash of sake with half the soy sauce to each boat.
7. Fold up the remaining side of the foil and crimp to form a tightly sealed foil pocket. Carefully transfer to a baking tray.

Method

1. Heat the oven to 400°F.
2. Meanwhile, heat a small pan over medium heat and toast the sesame seeds for 1–2 minutes.
3. Bake the fish for 15–20 minutes, until the fish is opaque and cooked through.
4. Serve directly in the foil, or pierce the bag to release the steam and carefully transfer to a plate.⁵
5. Sprinkle with black sesame seeds as a garnish.

⁵ Foil isn't the prettiest to serve, but parchment can look nice on a plate when sliced open with a sharp knife. Slicing the pouch at the table will allow guests to enjoy the aromas as they are released.

Drinks

Dry Manhattan

COCKTAIL: whisky, classic, dry.

YIELDS: 1 drink.

Ingredients

- Rye whisky (2 oz)
- Dry vermouth (1 oz)
- Angostura bitters (2 dash)
- Maraschino cherry (1 ea.)
- Orange peel—twist ¹
- Ice—cracked; large cubes

Method

1. In a cocktail shaker combine rye and vermouth.²
2. Stir quickly with cracked ice.
3. Strain into a chilled coup or whisky tumbler filled with large ice cubes.
4. Garnish with a maraschino cherry and/or orange peel twist.

Notes: This cocktail is batch-friendly, and will hold without refrigeration. Great to gift, or just to have on hand for an easy drink.

The use of rye in this Manhattan results in a drier, spicier cocktail, complimented very well by dry vermouth.

Traditional Manhattan cocktails call for sweet vermouth, and may substitute rye for bourbon to make a sweeter, mellower drink.

¹ Optional.

² If using a whisky tumbler, this drink can be made directly in the glass. Add large ice cubes first, then measure rye and vermouth into the tumbler and stir.

Toronto

COCKTAIL: whisky, fernet, classic, dark.

SOURCE: *Cocktail Bill Boothby's World Drinks and How to Mix Them*, (1930).

YIELDS: 1 drink.

Ingredients

- Rye whisky (2 oz)
- Fernet-Branca (¼ oz) ¹
- Simple syrup (¼ oz)
- Substitutions:*
- Orange liqueur (any) ²
- Angostura bitters (2 dash)
- Orange peel
- Ice—cracked; large cubes

Method

1. In a cocktail shaker, combine rye, Fernet-Branca, syrup, and bitters.
2. Stir with ice for 20 seconds (don't shake).
3. Strain into a whisky tumbler with large ice cubes. Alternatively, serve in a chilled coup glass with no ice.
4. Squeeze and twist an orange peel over the glass and drop as a garnish.

Notes: A dry, mildly bitter variation on the *Old Fashioned*, distinguished by the addition of Fernet-Branca. Sugar cuts the somewhat medicinal profile of the Fernet-Branca, and the rye whisky complements its bitterness for a sophisticated overall drink.

¹ Fernet is a style of *amaro* bitter originating from Italy. It is flowery, medicinal, and has a bold peppermint flavour.

² Rather than using simple syrup, I enjoy Triple Sec, for a less sweet/syrupy mouthfeel, and fruitier orange notes.

G & T

COCKTAIL: gin, classic.

Ingredients

- Gin (2 oz)¹
- Tonic water (2–6 oz)²
- Lemon peel—twist
- Ice—small cubes

Method

1. Fill a high ball glass with ice cubes.
2. Measure 2 oz gin into the glass.
3. Pour tonic into the glass over a bar spoon to preserve effervescence.
4. Garnish with a lemon twist.

Notes: Gin and tonic, unsurprisingly, are what make this drink. The best G & T is made with good gin, and good tonic.

¹ London dry designated gins are generally recommended.

² Fever tree is a good brand.

Tom Collins

COCKTAIL: gin, classic.

SOURCE: Jerry Thomas, 1876.

YIELDS: 1 drink.

Ingredients

- Old Tom Gin (2 oz) ¹

Substitutions:

- London Dry Gin ²

- Lemon juice (1 oz) ³

- Simple syrup (½ oz)

- Sparkling water (2–4 oz)

Substitutions:

- Club soda

- Ice—medium cubes

Method

1. Add ice to a highball glass.
2. Combine gin, lemon juice, and simple syrup in the glass and stir.
3. Pour sparkling water over a bar spoon to preserve effervescence.

Notes: Quite simply, gin and sparkling lemonade.

This drink's name may come from the use of Old Tom, and serving in a Collins glass (highball). The true origins of the name are neglected by history though.

¹ Old Tom Gin is sweeter than London Dry, but dryer than Genever gin.

² Historically, Old Tom gin is used, though London Dry may be easier to come by and is also very nice.

³ Fresh is best.

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