

# Food I Can Make in Less Than an Hour

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# Welcome

This is a book of recipes using the Bookdown package for making books and long-form reports.

## Contribute a Recipe

You can contribute a recipe by following the instructions on the GitHub repository. **Enjoy!**

Download the Book

## Contacts

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# Chapter 1

## Banana Bread

J. Wolff Banana Bread

1 loaf

90 min (30 min prep, 60 min bake)

*This recipe makes one loaf of banana bread. Bake it in a J. Wolff bread baker — although other stone breadpans should work, presumably.*

1			Preheat oven to 350 °F.
2	2-3	overripe bananas	Mash bananas in a mixing bowl until relatively smooth.
3	3/4 cup 1 tsp 2 tbs 1/3 cup	sugar vanilla oil (canola or olive) milk)	Beat sugar, vanilla, olive oil, and milk into the mashed bananas.
4	1 1/2 cup 1/3 tsp 3/4 tsp 3/4 tbs 1/4 tsp	flour baking soda salt ground cinnamon nutmeg	Add flour, baking soda, salt, cinnamon, and nutmeg. Gently mix just to incorporate — do not overmix.
5	1/2 cup	chocolate chips or walnuts	Fold in walnuts or chocolate chips (or both).
6	1/3 cup	boiling water	Pour in boiling water and mix until batter is smooth. It may be a bit watery.
7			Grease stoneware baker and pour in batter. Cook for 60-70 min (check frequently) or until a knife inserted into the bread comes out clean.

## Chapter 2

# Farmers Market Pasta

Farmers' Market Pasta

6 Portions

30 min

*Grab some stuff from the farmers' market and make this pasta. Eat it hot or cold.*

1	12 oz	cavatappi	Cook pasta according to package directions for <i>al dente</i> . Drain and transfer pasta to large bowl.
2	1 of 4 tbs 2 cup 4 clove 1 tsp 1/2 tsp	olive oil multicolored cherry tomatoes garlic kosher salt ground black pepper	Heat 1 tbs oil in a large skillet at medium heat. Add tomatoes, garlic, salt, and pepper. Cook, stirring often, until tomatoes begin to soften (2-3 min).
3	1 1	zucchini red onion, wedged	Add zucchini and onion and continue cooking until tomatoes burst and zucchini is almost tender (3-4 min).
4	1 cup	corn	Finally, add corn and cook, stirring constantly, for 1 additional minute.
5	2 cups 1 cup 3 of 4 tbs	packed arugula fresh basil, torn olive oil	Add tomato mixture to pasta. Toss with arugula, basil, and remaining olive oil.
6	1/2 cup	shaved parmesan	Top with parmesan cheese and serve warm or cold.

*nomnomnomnomnom!*

%From RealSimple

## Chapter 3

# Moroccan Lamb (or Turkey) Stew

Moroccan Lamb (or Turkey) Stew

4 Portions

1 hour

*One of my absolute favorite meals.*

1	1 lb	lamb or turkey	In a well-oiled pan, sauté meat until over medium-high heat until cooked through. Set cooked meat aside. Deglaze pan if you like, or if meat was fatty.
2	2 cups 1/2 cup	onion carrots	Add oil to pan. Chop onions vertically and carrots diagonally. Add to pan and sauté for 4-5 minutes on medium heat, or until soft.
3	3/4 tps 3/4 tps 1/2 tps 1/4 tps	cumin cinnamon coriander red pepper flakes	Add coriander, cumin, red pepper flakes, and cinnamon to vegetables, quickly mixing in spices. Sauté for 30 seconds, stirring constantly.
4	2 cups 1/2 cup 3 tbs 1 1/2 tbs 1/4 tps 15 oz	Reserved lamb/turkey broth golden raisins tomato paste grated lemon rind salt chick peas (rinsed, drained)	Add reserved meat, broth, raisins, tomato paste, lemon rind, salt, and chick peas. Bring to a boil, then reduce heat and simmer for 4 minutes (or until mixture thickens). Remove from heat
5	1/2 cup 1 tbs	chopped, fresh cilantro fresh lemon juice	Stir in cilantro and lemon juice.

## Chapter 4

# Orzo Salad

Spinach Orzo Salad

20 Portions

30 minutes

*Good to share as a holiday salad!*

1	16 oz	Orzo pasta	Cook orzo according to directions on package — slightly al dente is fine as well. Drain and rise with cold water.
2	9 oz 3/4 cup	spinach dried cranberries	Finely chop dried cranberries (craisins) and spinach. Add to orzo in a large serving bowl.
3	3/4 cup 3/4 cup 1/2 tsp 1/4 tsp	feta cheese balsamic vinaigrette dried basil white pepper, ground	Add these ingredients to the mix and toss so that greens are well-coated with the vinaigrette. Flavored vinaigrette is a nice touch (e.g., strawberry). Refrigerate if not serving immediately.
4	1/4 cup	sunflower seeds	Toss in sunflower seeds prior to serving.

*Jon's recipe is the best!!!*

## Chapter 5

# Creamy Turkey Noodle Soup

Creamy Turkey Noodle Soup

6 Servings

30 minutes

*A soup that Mimi makes after Thanksgiving.*

1	3 cups	turkey	Use leftover Thanksgiving turkey (or bake). Set aside.
2	5 tbsp 2 1 1 tbsp	butter carrots shallot celery seeds	Sauté ingredients in butter for 5 minutes.
3	1/3 cup 32 oz 1/2 cup 1/2 cup	flour chicken broth half and half milk	First stir in flour to sautéed vegetables and then add liquids and bring mixture to a boil.
4	6 oz	Reames brand noodles	Add dry noodles to soup and simmer for about 20 minutes. Cook orzo according to directions on package — slightly al dente is fine as well. Drain and rise with cold water.
5	1/4 tsp 1/4 tsp	salt pepper	Add salt and pepper to taste.

*Good to eat for... weeks?*