

Banana Almond Pancakes

V  20 min

1 banana

2 eggs

1 dl almond flour

2 dl rolled oats

1 dl milk

1 dl cottage cheese

pinch of salt

cardamom, optional

Makes 4 large pancakes

1. Blend all ingredients

2. Fry in oil on medium-high heat

Substitute half of almond flour with protein powder for fluffier pancakes.

Olive Potatoes

V  225°C  1 h

1 kg new potatoes
2 tbsp butter
3 tbsp minced dill
1/2 tsp salt
1/2 tsp black pepper
1/2 tbsp rosemary
1/2 tbsp thyme
2 cloves of garlic
2 dl black olives
1 dl heavy cream

Serves 6

1. Preheat oven to 225°C
2. Scrub potatoes and split large ones
3. Roast butter, herbs and spices for 5 min
4. Toss potatoes to coat and roast for 30 min
5. Add olives and cream and roast for 10 min

Piquant Cabbage Stew

 45 min

500 g white cabbage,
shredded

400 g ground beef

1 large onion, diced

2-4 cloves of garlic,
crushed

1 tbsp oil

2 tbsp or more sweet
chilli sauce

3-4 tbsp soy sauce

salt and pepper

Serves 4

1. Brown ground beef from one side on high
2. Add onion and cook on medium until soft
3. Add garlic and cabbage and toss until slightly softened
4. Add spices and stew on medium-low heat for at least 10 min

Lentil Soup, World's Best

V  1 h

2 tbsp coconut oil

1 large onion, diced

3 cloves of garlic, crushed

2 tsp turmeric

1 tsp ginger

1/4 tsp paprika

1/4 tsp oregano

1/8 tsp cayenne

1-2 tbsp kosher salt

800 g crushed tomatoes

3 dl red lentils

2 dl coconut cream

Serves 6

1. Rinse and drain lentils

2. Saute onion, garlic and spices until soft

3. Add 1.1 liters water and crushed tomatoes,
and bring to a boil

4. Add lentils and simmer for 30 min

5. Add cream and let sit for 5-10 min

Check for salt before serving.

Pork Chile Verde

 1 h 15 min

2 kg pork shoulder
4 tomatillos, quartered
2 Poblano peppers
2 Anaheim or Cubanelle peppers
2 serranos or jalapeños
1 white onion, chopped
6 cloves garlic
2 tsp ground cumin
big pinch of kosher salt
1/2 cup cilantro
1 tbsp fish sauce

Serves 6 to 8

1. Remove seeds and roughly chop all peppers
2. Cut pork into 2-inch chunks
3. Saute ingredients up to salt in pressure cooker
4. Once sizzling, cook for 30 minutes on high
5. Transfer pork pieces to a bowl and set aside
6. Add cilantro and fish sauce to pressure cooker and blend with an immersion blender
7. Season to taste with salt
8. Gently combine pork with sauce

Freeze & Bake Chicken Pot Pies

 400°F  1 h 30 min

1/3 cup butter

1 onion, diced

3 stalks celery, diced

3 large carrots, diced

1 cup milk

2 cups chicken broth

1/2 cup flour

1 rotisserie chicken

1 cup frozen peas

1 tsp salt

1/2 tsp pepper

3 refrigerated pie crusts

Makes 6 small pies

1. Saute butter and aromatics in a deep skillet
2. Add flour, mix well, and add cold milk and chicken broth, stirring continuously
3. Bring to boil, stirring, and cook until thick
4. Add shredded chicken, peas, salt, and pepper
5. Line pie dishes with pie crust, fill with the cooled filling and top with more crust
6. Seal edges, cut 4 slits and freeze in foil
7. Thaw frozen pies in foil for 30 min at 400°F, then bake for 35 min uncovered

Pulla

V  220°C  1h 15 min

5 dl whole milk, warm
50 g fresh yeast or 15
g dry
2 dl sugar
1 tsp salt
1 tbsp cardamom
14 dl flour
200 g butter, room
temperature
1 egg + 1 tbsp water
for egg wash

1. Mix milk, yeast, sugar, salt and cardamom
2. Add flour until a soft dough forms
3. Add soft butter and knead for 10 min
4. Let rise for 30 min until doubled
5. Form into buns and let rise covered until doubled (or overnight in refrigerator)
6. Brush with egg wash and decorate with granulated sugar or almond flakes
7. Bake for 7-10 min at 220°C

Italian Sausage Spaghetti

 2 h

1 tbsp olive oil
4 raw Italian sausage
links
1/4 cup white wine
32 oz marinara sauce
1 1/2 cups water
1 lb spaghetti
grated parmesan and
flat-leaf parsley

Serves 4

1. Heat oil over medium heat and sear sausages under lid for 5 min on each side
2. Move links to a plate and deglaze with wine
3. Add sauce and water and bring to a simmer
4. Slice cooled links into 4 and return to sauce
5. Simmer on low for 1 h 30 min, skimming some of the fat away after 1 h
6. Serve on spaghetti with grated parmesan and flat-leaf parsley

Genius Oatmeal

V  25 min

2 cups water

1/2 cup rolled oats

1/2 cup steel cut oats

1 cup milk

1 tbsp maple syrup

salt

Serves 2

1. Bring water and oats to a boil
2. Add milk and reduce to a bare simmer
3. Simmer for 20 minutes
4. Add maple syrup and salt to taste

Chicken Thighs with Preserved Lemon

 50 min

1 tbsp olive oil

Serves 8

8 bone-in chicken
thighs

salt and pepper

half a preserved lemon,
minced

lemon wedges

1. Heat olive oil on medium
2. Season chicken with salt and pepper
3. Cook skin side down 15 to 30 min, until deep golden brown, adjusting heat to avoid burning
4. Flip and stir in preserved lemon
5. Cook until meat closest to bone is done, about 15 min
6. Serve with pan drippings and lemon wedges

Pannukakku

V  200°C  1 h 20 min

4 dl flour

1/2-1 dl sugar

1 tsp baking powder

1 tsp salt

1 tsp cardamom or
vanilla extract

8 dl milk

3 eggs

50 g melted butter

Serves 6 to 8

1. Combine dry ingredients
2. Whisk in milk and eggs
3. Add melted butter
4. Let rest for 30 min
5. Pour into a parchment paper lined sheet pan or buttered baking dish
6. Cook at 200°C for 40 min

Bilberry Oat Pie

V  175°C  1 h

100 g butter

3/4 dl sugar

1 egg

3 dl rolled oats

1/2 dl flour

1/2-1 tsp cinnamon

1/2 tsp baking powder

4-5 dl bilberries

1/2-1 dl raspberries

sugar for sprinkling

Serves 8

1. Cream butter and sugar
2. Whisk in egg
3. Mix dry ingredients and add to wet
4. Press into bottom of 24-26 cm pie dish
5. Fill with berries
6. Bake at 175°C for 25 to 35 min, until edges are golden brown
7. Sprinkle up to 1/2 dl sugar on top, to taste

Spiced Berry Pie

V  200°C  1 h

100 g butter

1 + 1/2 dl sugar

1 + 1 eggs

2 dl flour

1/2 tsp baking powder

1 tsp cinnamon

1 tsp cloves

1 tsp ginger

3-4 dl berries

200 g sour cream

1/2 dl heavy cream

1 tsp vanilla extract

Serves 8

1. Cream butter and 1 dl sugar

2. Whisk in 1 egg

3. Mix dry ingredients and add to wet

4. Press into bottom of 24-26 cm pie dish

5. Fill with berries

6. Mix rest of ingredients, including 1/2 dl sugar and 1 egg, and pour onto berries

7. Bake at 200°C for 25 to 35 min

Healthy Turkey Chili

 325°F  2 h

1 yellow onion, chopped
1 red bell pepper, chopped
3 cloves garlic, crushed
1 lb lean ground turkey
2 tbsp chili powder
2 tsp ground cumin
1 tsp dried oregano
1/4 tsp cayenne pepper
28 oz crushed tomatoes
1 1/4 cups chicken broth
30 oz kidney beans
15 oz sweet corn

Serves 6

1. Heat oil over medium high heat in dutch oven
2. Saute onion and red pepper until soft
3. Add turkey and garlic, breaking up the meat
4. Continue cooking until meat is no longer pink
5. Add remaining ingredients
6. Bake uncovered at 325°F for 1 h 30 min, stirring occasionally
7. Add more salt and cayenne to taste

Classic Chicken Salad

 2 h

1 3/4 lb chicken breasts

Salt and black pepper

2 lemons, divided

4 sprigs of tarragon

1 tbsp minced tarragon

1/4 cup mayonnaise

1 tbsp Dijon mustard

1 tbsp minced parsley

1 tbsp minced chives

1/2 red onion, diced

2 stalks celery, diced

1 clove garlic, minced

Serves 4

1. Season chicken with salt and pepper and seal into sous-vide bags with slices from 1 lemon
2. Cook chicken in water bath at 65°C for 1 h
3. Chill chicken in ice bath for 15 min
4. Meanwhile, add 2 tbsp juice and 1 tsp zest from 1 lemon to a large bowl
5. Mix in remaining ingredients
6. Keep refrigerated until needed
7. When chicken is ready, cut into 1/2-inch cubes
8. Fold chicken gently into dressing
9. Season to taste with salt and pepper

Crepes

 15 min

1 large eggs
5/8 cups whole milk
1/2 cup flour
1/2 tbsp oil or melted
unsalted butter
pinch of salt
1/2 tbsp sugar, for
sweet crepes
1/2 tbsp minced herbs,
for savory crepes

Makes 4 to 6 large crepes

1. Blend all ingredients except herbs for 10 s
2. Add herbs (if using) and pulse to combine
3. Pour thin layer of batter into buttered pan on medium heat, swirl to spread, cook for 20 s, flip, and cook another 10 s

Fill sweet crepes with sugar and lemon juice, or whipped cream and berries; savory crepes with mushrooms and ricotta, or ham, cheese and fried eggs.

Pressure Cooker Miso Risotto

VG  25 min

6 tbsp olive oil

1 shallot, minced

3 cloves garlic, minced

2 cups risotto rice

3/4 cup dry sake

2 tsp soy sauce

1/4 cup miso paste

4 cups chicken stock

1/2 tsp lemon juice

salt

green onion or chives

Serves 4 to 6

1. Heat olive oil over medium-high heat in cooker
2. Saute shallot and garlic until translucent
3. Add rice and cook until translucent but not browned, about 3 to 4 minutes
4. Add sake and cook until alcohol dissipates
5. Stir in soy sauce and miso paste
6. Add stock and cook at 10 psi for 5 minutes, then depressurize using quick release
7. Add lemon juice and stir until creamy
8. Stir in onion and season to taste with salt

Oatmeal Pannukakku

V  200°C  35 min

2 dl oatmeal

2 dl milk

2 eggs

1 dl flour

1 tbsp sugar

1 tsp vanilla extract

1/4 tsp salt



1/2 dl nuts, chopped

2 tbsp dried cranberries or raisins

Serves 4

1. Mix together oatmeal and milk
2. Add eggs, flour, sugar, vanilla and salt, and mix thoroughly
3. Pour batter into a buttered baking dish
4. Sprinkle nuts and fruits on top
5. Bake at 200°C for 25 minutes

Healthy Imam Bayildi

VG  375°F  1 h 20 min

2 large globe eggplants

2 tbsp olive oil

cooking spray

salt and pepper

2 onions, thinly sliced

4 cloves garlic, minced

2 tsp ground coriander

1 tsp ground cumin

1/2 tsp cayenne pepper

15 oz crushed tomatoes

1/4 cup parsley, chopped

1/4 cup pine nuts, toasted

Serves 4

1. Cut eggplant into 1/4-inch slices, spray with cooking spray and season with salt and pepper
2. Bake for 30 minutes at 375°F, turning once
3. Meanwhile, cook onions in olive oil on medium-low for 15 minutes until starting to turn golden
4. Add garlic and spices, stirring until fragrant
5. Add tomatoes and heat through
6. Assemble into two layers, with sauce on bottom and top
7. Bake for 25 minutes at 375°F
8. Sprinkle with pine nuts and parsley

Pesto

V  10 min

60 g basil leaves

1/2 tsp kosher salt

30 g pine nuts

zest of 1/2 lemon

2 tsp lemon juice

1 small garlic clove

15 g parmesan

1/3 cup or 3/4 dl extra virgin olive oil

1. Process everything except oil in a food processor

2. With the food processor running, pour in olive oil and process until incorporated

3. Season to taste with salt

Omit lemon juice if using Pecorino Romano.

No-Knead Bread

VG  500/450°F  14 h

400 g bread flour
8 g salt (2 tsp kosher)
2 g instant dry yeast
(1/2 tsp) or 2.25 g
active dry yeast (heaping 1/2 tsp)
280 g warm water
1/8 tsp vinegar or lemon
juice

1. Combine dry and wet ingredients separately, then quickly mix the dough
2. Rest covered at room temperature for 12 hours
3. Dust with flour and invert onto floured surface
4. To shape, fold edge over the middle from four sides, flip loaf and tuck edges under until taut
5. Transfer into bowl with floured towel
6. Proof until doubled, about 2 hours, and pre-heat oven to 500°F 30 min before baking
7. Invert onto baking sheet, gently remove towel and cover with water-spritzed metal bowl
8. Lower temperature to 450°F, bake for 25 min with bowl, and 15 to 25 min more without

Low-Knead Bread

VG  14 h to 3 days

400 g bread flour
8 g salt (2 tsp kosher)
2 g instant dry yeast
(1/2 tsp) or 2.25 g
active dry yeast (heap-
ing 1/2 tsp)
300 g warm water
1/8 tsp vinegar or lemon
juice

This is a variation on No-Knead Bread with additional folds and higher hydration.

1. Make the dough as in No-Knead Bread
2. After 30 min, using wet hand lift, stretch and fold over an edge; rotate and repeat 4 to 6 times to work all the way around the dough
3. Repeat folds 4 to 6 times over 2 to 3 hours
4. Resting: in refrigerator overnight or up to 3 days, then at room temperature 3 to 10 hours; or at room temperature for 10 hours
5. Shape, proof and bake as in No-Knead Bread

Salmon Pate

300°F  50 min

1 lb salmon fillet
zest of 1 lemon
2 tsp lemon juice
1 shallot, minced
1 tbsp capers, minced
2 tbsp herbs, minced
4 oz cold smoked salmon
2 tbsp soft butter
4-5 tbsp mayonnaise
2 tbsp sour cream
1 tbsp Dijon mustard
salt and pepper

Serves 4 in a main, 8 in an appetizer.
Good herbs: tarragon, parsley, dill and chives.

1. Rub salmon with salt and oil and bake salmon at 300°F for 15 min or until just done
2. Let rest for 20 to 30 min
3. Meanwhile, mince cold smoked salmon and smoothly combine with everything else
4. Add cooled baked salmon and mix thoroughly
5. Chill for at least 4 hours

Use as filling for sandwiches, cream puffs or crepes.


Rich Salad Dressings

V  10 min

Base	Aromatics	Sweetness	Acid	Oil
Soaked nuts	Herbs	Sugar	Citrus juices	Canola
Miso	Spices	Honey	Pickle brine	Olive
Sun-dried tomatoes	Garlic	Balsamic →	Vinegar	Avocado
	Ginger	Mirin	Pineapple	Walnut
Yoghurt	Sesame oil	Jam		Omit with
Avocado	Chili paste	Maple syrup		fatty base
Nut butter	Mustard	Molasses		
Silken tofu	Fish sauce			

1. Process all ingredients except oil in food processor
2. Pour in oil with food processor running and let run until creamy
3. Adjust consistency and season to taste with salt

Fruit Posset

V  4 h 45 min

Puree

2 cups diced fruit

1 tsp sugar

Cream

1/2 cup sugar

2 cups heavy cream

1/4 tsp vanilla extract

1/4 cup lemon juice

Topping

2/3 cup diced fruit

1 tsp white sugar

Serves 4. Great with berries or stone fruit.

1. Macerate fruit with sugar for 1 hour, then blend and refrigerate
2. Bring cream and sugar to boil, then maintain a steady simmer for 5 min
3. Whisk in vanilla, lemon and 1/3 cup puree, and let cream cool for 15 min
4. Pour puree and then cream into 4 glasses
5. Chill for 3 hours and macerate topping
6. Spoon topping onto cooled possets

Quick Pastas

 20 min

1. Cook sauce ingredients in proper order and boil pasta just short of al dente
2. Toss pasta in sauce, adding pasta water as necessary, plate and garnish

Aglio e Olio olive·oil
garlic chili parsley

Con le Sarde fennel
onion garlic anchovy
raisins saffron white·wine
sardines pine·nuts chili
breadcrumbs

B3S3 butternut·squash
shallot sage butter
lemon parmesan

Pomarola cherry·tomatoes
garlic basil parmesan

Scampi olive·oil shrimp
garlic chili white·wine
butter lemon·juice
lemon·zest parsley

All'Amatriciana guan-
ciale chili white·wine
crushed·tomatoes
pecorino·romano

Al Limone butter garlic
lemon·zest lemon·juice
pepper parmesan

Puttanesca garlic an-
chovies chili capers
olives crushed·tomatoes
parsley parmesan

Al Tonno garlic chili
crushed·tomatoes tuna
fish·sauce parsley

Lighter Fettucine Alfredo

V  30 min

140 g parmesan

2 tbsp heavy cream

1 large egg

1 tsp cornstarch

2 tbsp olive oil

1/2 tsp lemon zest,
grated

salt and lots of pepper

1 lb fresh fettuccine

1 clove garlic, minced

2 tbsp butter

Serves 4

1. Whisk together cheese, cream, egg, cornstarch, oil, lemon zest, salt and pepper
2. Boil fresh fettucine for 45 seconds and drain, reserving 2 cups cooking water
3. Toss pasta with garlic and butter
4. Whisk 1 1/2 cups pasta water into cheese
5. Transfer to pasta pot and cook on medium-high until thickened, about 45 seconds
6. Toss pasta in sauce, adjust consistency

Tangzhong Pain de Mie

V  350°F  3h 30 min

Tangzhong

30 g flour

150 ml milk

Dough

350 ml lukewarm milk

85 g soft butter

15 g salt

35 g sugar

35 g potato flour


565 g bread flour

2 tsp instant yeast

Makes one 13"x4"x4" Pullman loaf.

1. Microwave tangzhong for 1+1 min
2. Combine everything and knead for 10 min
3. Allow to rise in greased bowl for 1 h 30 min, until puffy but not quite doubled
4. Shape into log and move to buttered pan
5. Let rise until just below the lip of the pan, 45 min to 1 hour
6. Bake at 350°F for 25 min with lid and 20 more without

Noodles in Pan Fried Sauce

 20 min

1. Stir fry and simmer ingredients in order, leaving garnishes for plating
2. Meanwhile, boil noodles and then toss with the sauce, plate and garnish

Pad Thai scallions gar-
lic eggs napa·cabbage
bean·sprouts shrimp
tamarind·paste nam·pla
honey vinegar chili
peanuts cilantro limes

Dan Dan chili·oil vine-
gar soy·sauce sugar
garlic ground·pork
pickled·mustard·tuber
peanuts sichuan·pepper

Zha Jiang diced·pork
ginger shaoxing·wine
bean·sauce onion

Lo Mein cabbage shi-
itake scallions garlic
white·pepper sesame·oil
soy·sauce shaoxing·wine

Mie Goreng garlic shal-
lot chili shrimp cabbage
molasses oyster·sauce
soy·sauce sesame·oil

Creamy Vegan Tomato Soup

VG  20 min

1 tbsp olive oil

1 cloves of garlic, grated

1/2 small onion, sliced

1/2 tsp oregano

1/4 tsp red pepper flakes

crustless slice of bread,
torn into small pieces

28 oz (800 g) canned
peeled tomatoes

1 cup water

3 tbsp olive oil

salt and pepper

Serves 2 to 3

1. Saute garlic, onion, oregano and red pepper in oil until softened
2. Mash in bread and tomatoes
3. Add water and simmer for 5 minutes
4. Blend soup until smooth and drizzle in olive oil with blender on high

Garnish with herbs and more olive oil.

Pressure Cooker Rice and Beans

VG  30 min

2 tbsp oil

1 onion, chopped

1 1/4 cups chicken
stock

1 tsp salt

1 cup rice

15 oz canned beans

Serves 4

1. Saute onion until soft

2. Add stock, salt, rice and beans

3. Cook on high for 3 minutes, natural re-
lease 15 minutes

4. Fluff

Quick Chicken Couscous

 20 min

1 1/4 cups couscous
1/2 tsp kosher salt
3 tbsp olive oil
skinless chicken breast
1/2 red onion, diced
1 cup chicken broth
2 cups vegetables, diced
1/2 tsp smoked paprika
1/2 tsp turmeric
2 tbsp italian parsley

Vegetables: zucchini, green beans, bell pepper,
green onions

Serves 2

1. Mix couscous, salt and olive oil, and level off
2. Salt chicken and brown one side over high heat
3. Flip, add onions and sear other side
4. Dice chicken and return to pan
5. Add broth, vegetables and spices
6. Bring to boil, pour over couscous and cover
7. After 5 minutes stir in parsley and adjust salt

Garnish with crumbled feta or yoghurt sauce.

Cream Biscuits

V  400°F  25 min

2 dl flour

2 tsp baking powder

1/2 tsp kosher salt


1 tsp sugar

1 1/2 dl heavy cream

Serves 2

1. Whisk together dry ingredients
2. Stir in cream until just combined
3. Turn out onto floured surface
4. Fold until just cohesive and flatten to an even 1/2-inch thickness
5. Cut out biscuits, gather scraps and repeat
6. Bake in 400°F oven for 12-15 minutes

Sausage Gravy

 20 min

1 lb breakfast sausage

or

1/2 lb each sausage
and mushrooms

1 tbsp oil

1/4 cup flour

2 cups cold milk

salt and pepper


with plain sausage:

sage, red pepper,
marjoram, thyme

Serves 4

1. Brown sausage (and mushrooms if using) in oil over high heat
2. Reduce heat to medium
3. Stir in flour and cook for 1 minute
4. Add milk and stir constantly until smooth
5. Cook stirring frequently until thickened
6. Season and adjust consistency with milk

Broiled Sandwiches

 15 min

1. Assemble onto sliced bread from ingredients in order
2. Cook under broiler until cheese melts, but before edges burn

Pizza tomato·paste
diced·pepperoni oregano
grated·mozzarella

Tomato olive·oil gar-
lic tomato parmesan
grated·mozzarella

Turkey butter mus-
tard turkey tomato
dill·havarti

Croque Monsieur but-
ter mustard ham nut-
meg gruyère

Hawaiian butter ketchup
canadian·bacon pineap-
ple monterey·jack

Apple&Swiss mayon-
naise mustard ham ap-
ple swiss

Tuna-Artichoke may-
onnaise black·pepper
tuna artichoke·hearts
cheddar

Rarebit mix·(mustard
grated·cheddar beer
cayenne garlic·powder)

Sausage-Pepper butter
sausages pickled·onion
roast·red·peppers
grated·mozzarella

Hollandaise Sauce

V  10 min

2 egg yolks

1 tbsp lemon juice

1/2 tsp dijon mustard

6 tbsp salted butter


cayenne or hot sauce

Serves 2-3

1. Melt the butter
2. Whisk yolks, lemon juice and mustard in double boiler over barely simmering water
3. Slowly whisk in butter until sauce is thick
4. Whisk in cayenne or hot sauce

Keep the sauce warm in the double boiler, whisking occasionally, until ready to use.

Simple Pie Crust

V  1 h 15 min

150 g flour

1/4 tsp salt



10 tbsp cold unsalted
butter

2 to 4 tbsp cold water

Makes enough for one 9-inch pie

1. Cut butter into small cubes
2. Pulse flour and salt in food processor
3. Add butter and pulse until coarsely mixed
4. Slowly pulse in water until dough just comes together and is moist but not wet
5. Gather into ball and refrigerate wrapped at least 1 hour and up to 2 days

Heirloom Tomato Tart

V  375°F  1 h 30 min

simple pie crust

500 g ripe heirloom
tomatoes

1/4 cup pesto

3/4 cup mozzarella,
shredded

2 tbsp fresh basil and
oregano, finely chopped

3 large eggs

1/3 cup heavy cream


1/2 tsp kosher salt

1/2 tsp black pepper

Serves 4 to 6

1. Cut tomatoes into 1/2-inch slices and put into colander to drain
2. Roll out dough and fit into 9-inch pan, allowing edges to rise above the rim
3. Prick all over with a fork
4. Blind bake for 15 minutes in 375°F
5. Whisk together eggs, cream, salt and pepper
6. Spread in pesto; sprinkle in mozzarella and herbs; layer in tomatoes; and pour in custard
7. Bake 35 minutes until filling is set

Miso-Sesame Vinaigrette

VG  350°F  10 min

2 tbsp sesame seeds

Makes about 1 1/2 cups of dressing

2 cloves garlic, smashed

1. Toast sesame seeds at 350°F for 5 minutes

1 small shallot, chopped

2. Blend garlic, shallot, soy, vinegars, miso and sugar until homogeneous

2 tbsp soy sauce

3. Blend in oil until emulsified

2 tbsp white wine
vinegar

4. Stir in sesame oil and toasted seeds

2 tbsp balsamic

Can be stored in refrigerator for 3 weeks.

1 tbsp miso paste

1 tbsp brown sugar

1/2 cup canola oil

2 tbsp sesame oil

Lemony Asparagus Soup

V  15 min

1 bunch asparagus,
chopped

2 shallots, chopped

2 tbsp olive oil

1/2 dl parsley

1 lemon

1/2 tsp sugar

1/2 l chicken stock

150 g creme fraiche

salt and pepper

Serves 4

1. Saute asparagus and shallots until soft

2. Grate the peel off the lemon

3. Add parsley, lemon peel and sugar

4. Add half of chicken stock, bring to boil
and simmer for 5 minutes

5. Blend until smooth, add creme fraiche
and adjust consistency with more stock

6. Season with lemon juice, salt and pepper

Peaches in Muscat

VG  2 h

4 ripe peaches

1/2 cup sweet Muscat

Serves 4

1. Peel and slice peaches over a bowl (to catch juices)
2. Stir in Muscat and refrigerate for 2 to 6 hours

If peaches are hard to peel, loosen skins in boiling water.

Serve alone or with whipped cream or ice cream.

Braised Peppers and Onions

VG  40 min

2 tbsp oil

3 large bell peppers

1 large onion

2 cloves garlic

2 tbsp ground cumin

2 bay leaves

1/2 tsp kosher salt

black pepper

Serves 4–6 as a side

1. Heat oil in large pot over medium heat
2. Cook all vegetables and spices, stirring occasionally, until tender but not browned, about 30 minutes

Lower heat if necessary to prevent browning.

Potato-Leek Soup

V  45 min

2 tbsp unsalted butter

2 large leeks

1 quart chicken stock

2 medium russet potatoes

1 bay leaf

salt and pepper

1 cup sour cream

1/2 tsp nutmeg

Serves 6

1. Clean and chop leeks and potatoes
2. Saute leeks until very soft, 10-15 minutes
3. Add stock, potatoes and spices
4. Bring to boil and simmer until potatoes are very soft, about 15 minutes
5. Discard bay leaf, add cream and nutmeg
6. Blend until smooth and adjust for salt

Serve with sliced chives or scallions.

Green Goddess Dressing

V  15 min

1 cup parsley
1 cup spinach
2 tbsp tarragon
3 tbsp chives
1 clove garlic
1 tsp fish sauce
3 tbsp lemon juice
4 tsp vinegar
1/2 cup neutral oil
1/2 cup mayonnaise
salt and pepper

Makes 1 1/2 cups

1. Combine everything before mayonnaise
2. Blend until smooth
3. Add mayonnaise
4. Blend until combined
5. Season with salt and pepper

Best when fresh, but will keep a couple of days in refrigerator.

Replace fish sauce with 2 anchovy fillets.

Coq au Vin

 350°F  2 h 30 min

3 lb chicken dark meat
2 cups hearty red wine
1/2 lb frozen pearl onions
1/4 lb lardons
1/2 lb mushrooms
2 carrots, diced
3 cloves garlic, crushed
2 sprigs thyme
1 bay leaf
1 cup gelatinous broth
2 tbsp butter, cubed
3 tbsp parsley, minced

1. Marinate chicken in wine, at least 30 minutes
2. Render lardons in dutch oven, set aside
3. Dry chicken, brown in rendered fat, season with salt and pepper, set aside
4. Brown mushrooms and then carrots
5. Add garlic for 1 minute
6. Deglaze with wine
7. Add lardons, thyme, bay leaves and stock
8. Reduce by one third
9. Nestle in chicken thighs skin exposed
10. Braise uncovered in 350°F for 1 hour
11. Whisk in butter and parsley

Saaristolaisleipä

 175°C  3h 30 min

3 tsp instant yeast

1 1/2 dl beer malts

1 1/2 dl bran

1 1/2 tsp kosher salt

2 dl rye flour

5 dl wheat flour

5 dl piimä

1 dl treacle

1 espresso shot + 2 tbsp
treacle

Makes 1 large loaf

1. Mix all dry ingredients

2. Whisk together piimä and treacle

3. Heat wet ingredients to 42 degrees°C

4. Add dry ingredients into wet ingredients
and mix until fully combined

5. Rise until doubled, about 90 minutes

6. Bake at 175°C for 1 h 30 min, brush with
espresso treacle mixture and bake for 30
minutes more

Quiche

☐ 350°F ⌚ 1 h 15 min

1. Blind bake frozen crust 45 minutes (15 minutes at 425°F if not frozen)
2. Cook raw meats, saute vegetables that release moisture
3. Mix 3 eggs, 1 1/2 cup whole milk, salt, pepper (optionally heat to 50°C)
4. Fill and bake at 350°F until temperature reaches 75°C, about 35 minutes

Lorraine pancetta onion
gruyère paprika nutmeg

Florentine butter shallots
spinach gruyère

BLB bacon bell-pepper
leek gruyère thyme

LASS leek asparagus
garlic smoked-salmon
gruyère dill

Greek ground-lamb
onion garlic rosemary
mint olives feta

Vahvero chanterelles
red-onion garlic gouda
chives

Kinkku smoked-ham
bell-pepper onion emmental
parsley

Gallic goat-cheese thyme
lemon-zest scallions
parsley

Dandy mushroom onion
garlic blanched-dandelion
gruyère

French Macaroni Casserole

 30 minutes

3 cups mornay sauce

1 1/2 cups macaroni

1 tbsp olive oil

1 large onion

1 rib celery

1 small carrot

3 cloves garlic

1 lb ground beef

3 tbsp fresh oregano,
parsley and basil

1/2 cup crushed tomatoes

2 tbsp grated parmesan

Serves 4

1. Cook macaroni

2. Saute vegetables in olive oil

3. Add meat and season with salt and pepper

4. Cook, breaking apart, until no longer red

5. Add herbs and tomatoes


6. Cook for 5 minutes

7. Combine with macaroni and transfer into
7-by-10 inch baking dish

8. Pour hot mornay sauce on top

9. Sprinkle parmesan and broil until browned

Mornay Sauce

 10 min

3 tbsp butter

1/4 cup flour

2 cups milk

2 cups shredded
cheddar

white pepper

nutmeg

cayenne

Yields 3 cups

1. Melt butter over medium-high heat
2. Whisk in flour
3. Cook until flour is cooked
4. Whisk in cold milk
5. Cook, whisking constantly, until thick
6. Add cheese and stir until melted
7. Add spices to taste and check for salt

Mediterranean Roast Cauliflower

 500°F  40 min

1 cauliflower

3+3 tbsp olive oil

salt and pepper

1 tbsp vinegar

1 tbsp honey

2 tbsp capers

1/4 cup pine nuts,
toasted

1/4 cup raisins

2 tbsp parsley, minced

Serves 4

1. Cut cauliflower into 8 wedges
2. Toss cauliflower with oil, salt and pepper
3. Roast cauliflower at 500°F, flipping once, about 20 minutes until tender
4. Mix remaining ingredients and season with salt and pepper
5. Plate cauliflower and spoon on dressing

Lamb Shank Tagine

 350°F  3 h

4 lamb shanks

1 tsp each cumin, cinnamon, coriander, garlic

1 tbsp each paprika, ginger + pinch cayenne

2 medium onions, sliced

1 1/2 tbsp tomato paste

3 cups gelatinous stock

24 dates, pitted

1/2 cup golden raisins


1/2 cup pomegranate

cilantro

Serves 4 generously

1. Season lamb generously with salt, pepper and mixed dry spices, set aside for 1 hour
2. Brown lamb over medium heat in dutch oven
3. Set lamb aside and lightly brown onions
4. Add tomato and 8 finely chopped dates, and cook for 1 minute
5. Add lamb and stock and bring to boil
6. Braise with lid at 350°F for 2 hours 30 minutes
7. Remove lamb, skim fat, add dates and raisins
8. Reduce slightly, pour over lamb and garnish with pomegranate and cilantro

Snap Pea-Chicken Salad

 40 min

1 boneless, skinless
chicken breast
1 lb sugar snap peas
3 tbsp roasted white
sesame seeds
1/3 cup Miso-Sesame
Vinaigrette

Serves 2

1. Bring chicken and water to cover by 1 inch to boil over medium-high heat, lower heat to gently simmer for 10 minutes, turn off heat and cover for 10 minutes
2. Meanwhile, blanch peas for 90 seconds, shock, dry, trim and slice on a diagonal
3. Cool chicken in ice water and shred
4. Combine chicken, peas and dressing

Poached Chicken Breast

 1 h 15 min

2 l cold water

15 g salt

700 g chicken breast,
with bone and skin
preferably

aromatics, such as a
scallion and a knob
of ginger

Serves 4

1. Bring water, salt, chicken and aromatics to 65°C over medium-high heat
2. Adjust heat to maintain temperature between 65-70°C
3. Cook until chicken reaches 65°C in thickest part, about 1 hour
4. Strain broth and save for another use

Big Pot of Beans

 7 h

1 lb dried beans

salt, olive oil

aromatics, such as garlic,
onion, celery, carrot

herbs, such as thyme,
sage, oregano, rose-
mary, bay leaves

meat, such as cured
sausage, smoked pork,
or a Parmesan rind

fresh herbs, celery leaves,
red pepper, scallion,
red onion, flaky salt

Serves 8

1. Pick over, rinse and soak beans in salted water for 4 to 8 hours (optional for black beans, black-eyed beans and lentils)

Quick soak: bring to boil and wait 1 hour

2. Combine drained beans, salted water to cover by 3 inches, oil, aromatics, herbs and meat
3. Simmer, skimming and adding water as necessary, until fully tender, anywhere from 30 minutes to 3 hours

Oven method: cook covered at 250°F/120°C

4. Garnish with fresh herbs, alliums and spices

Pressure Cooker Black Beans

 60 min

1 tbsp oil

Serves 8

2-3 chorizos or other
cured sausages,
chopped

1. Heat oil in pressure cooker

2. Brown sausage

1 lb dried black beans

3. Add all ingredients

1 onion, split in half

4. Cook at high pressure for 40 minutes

6 cloves garlic

5. For creamy beans release pressure naturally, or quick-release for firmer beans

1 orange, split in half

2 bay leaves

6. Discard onion, orange and bay leaves

2 quarts chicken stock

2 tsp kosher salt

7. Season to taste with salt

Soy Reduction

 2 h

3 dl tamari

3 dl cheap sake

85 g sugar


5 g kombu

15 g dried shiitakes

10 g bonito flakes

1. Simmer all ingredients for 10 minutes
 2. Cover and let steep for 1 hour
 3. Strain into a non-stick skillet
 4. Reduce to a syrup, until a drop smeared onto a chilled plate holds its shape, about 15 minutes
 5. Transfer to measuring cup to cool
 6. Transfer cooled syrup into squeeze bottle
- Steep aromatics again for pickling eggs.

Salmon Poke Bowl


 20 min

1 lime, zest and juice
1/2 inch ginger, grated
2 tbsp Miso-Sesame
Vinaigrette
1/2 apple
1/4 cucumber
1 scallion
1/2 lb sushi salmon
1 tsp sesame seeds
salt and pepper

Serves 4

1. Mix zest, juice, ginger and vinaigrette
 2. Peel and dice apple and cucumber
 3. Thinly slice scallion
 4. Trim and dice salmon into large cubes
 5. Combine all ingredients
 6. Season to taste with salt and pepper
- Serve over rice drizzled with Soy Reduction

Carrot Salad

 15 min

1 cup pineapple or
orange pieces
1/2 cup golden raisins
1/4 cup yogurt or
mayonnaise
1 tbsp orange zest
salt
4 cups grated carrots,
about 6 medium

Serves 4

1. Optionally, soak raisins in hot water for 15 minutes
2. Combine everything but carrots
3. Season to taste with salt
4. Fold in carrots

Ideally refrigerate for 1 hour before serving.