

Recipe Cards

This is a collection of recipes that I want to have easily referenceable in my kitchen. These are printable onto 3x5 inch index cards. Beware that some of the recipes are heavily abbreviated to fit the small format, which might make them hard to follow if they are not familiar in advance.

—Olli Saarikivi

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Pantry Checklist

Refrigerator yoghurt
milk butter ricotta eggs
cottage·cheese cheeses
sour·cream potatoes
carrots celery peppers
lemons berries salsa
ketchup mustard miso
calabrian·chilies olives
gochujang capers ham
turkey·bacon beer

Counter onions garlic
bananas tomatoes wine
avocados bread tortillas
honey sweeteners


Freezer fruits veggies
fish shrimp edamame
dumplings puff·pastry

Pantry baking·powders
yeast starches gelatine
whey casein PB2 nuts
cocoa seeds oats panko
tahini silken·tofu flours
tomatoes+paste salts
sugars molasses pastas
shirataki soba grains
coconut·milk rices tea
coffee curry·roux pulses
fishes raisins stock

Spice Rack provencal
garam·masala five-spice
dashi chilli garlic onion
peppers thyme sumac
rosemary oregano cumin
cayenne turmeric ginger
cinnamon red·pepper
bay·leaves cardamom
nutmeg paprika cloves
allspice saffron anise
coriander extracts

Sauces Etc. oils vinegars
soy fish oyster hoisin
hot BBQ sweet·chili

Cured Beef Carpaccio

 1 day + 5 h

500 g beef tenderloin

2 tbsp kosher salt

1 tsp black pepper

1 tsp thyme

1 tsp rosemary

Serves 10

1. Clean, trim and pat dry tenderloin
2. Mix spices and rub onto all surfaces of tenderloin
3. Wrap in plastic and refrigerate for 24 hours
4. Remove excess spices from surface, re-wrap, and freeze for 5 hours
5. Slice semi-frozen beef into very thin slices

Serve with olive oil, flaky salt, black pepper, arugula, parmesan shavings, capers, and fresh thyme leaves.

Paneer on Tomato


V  15 min

2 ripe tomatoes
salt and pepper
6-8 oz paneer, cubed
1+2 tbsp coconut oil
1/4 tsp black mustard
seeds
1/4 tsp cumin seeds
1 sprig fresh curry
leaves, crumpled

Serves 2

1. Grate tomatoes onto serving plates and season generously with salt and pepper
2. Lightly brown paneer in 1 tbsp oil and pile onto tomato
3. Fry mustard and cumin in 2 tbsp oil
4. When mustard seeds start popping, add curry leaves and saute gently
5. Drizzle oil and spices over paneer

Scallops with Jalapeno Vinaigrette

 15 min

1 large jalapeno, seeded Serves 4

1/4 cup rice vinegar

1/4 cup olive oil

1/4 tsp Dijon mustard

kosher salt and pepper

1 tbsp oil

12 large sea scallops,
dry packed

pinch of cayenne

2 oranges, in supremes

1. Blend jalapeno, vinegar, olive oil, mustard until smooth, season with salt and pepper
2. Season scallops with salt and cayenne
3. Sear scallops in oil over high heat until well browned, 2 to 3 minutes per side
4. Arrange scallops and oranges onto plates and drizzle with vinaigrette

Thai Watermelon and Crab

 10 min

2 lb watermelon,
chopped
2 ripe tomatoes,
chopped
1 clove garlic, minced
2 tbsp lime juice
1 tsp fish sauce
fresh hot chili to taste,
minced
1/2 lb crabmeat
cilantro, for garnish

Serves 6 as appetizer

1. Add watermelon, tomatoes, garlic, lime juice, fish sauce and a conservative amount of chili to a blender
2. Blend until smooth adding cold water to get it going if necessary
3. Check for seasoning, blending in more chili as needed
4. Pour onto plates, top with a mound of crabmeat and garnish with cilantro

Wontons

 1 h 15 min

12 oz peeled shrimp

1/2 in fresh ginger

8 oz ground pork

2 scallions, finely chopped

2 tbsp cornstarch

1 tbsp oyster sauce

2 tsp dry sherry

1 tbsp soy sauce

1 tsp sesame oil

1 tsp granulated sugar

1/8 tsp white pepper

50-60 wonton wrappers

Makes 50 to 60 wontons

1. Chop shrimp into 1/2 in pieces, toss with 1/2 tsp kosher salt and let stand
2. Juice ginger and mix with pork, scallions, cornstarch, oyster sauce, wine, soy sauce, sesame oil, sugar, pepper, 1 tsp kosher salt
3. To assemble, put 1 tbsp filling on wrapper, fold into triangle, pleat to bring edges to top, press to seal, repeat for all wontons
4. To cook, add to boiling water, bring back to boil, simmer until wontons float and continue simmering for 2 minutes more

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 bags with 1 sliced lemon and tarragon
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

Salmon Pate

 150°C  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 150°C 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.

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 (§18)

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

Carrot Salad

V  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.

Spicy Corn Salad

V  15 min

2+1 tbsp olive oil
2 tbsp lime juice
1/4 tsp ground cumin
3/4 tsp kosher salt
1/3 cup red onion, diced
1 clove garlic, minced
3 cups corn (4 to 6 ears)
6 oz shishito or bell peppers, sliced
1 jalapeno, diced
1/4 cup cotija, grated
1/4 cup cilantro, chopped

Serves 4

1. Whisk 2 tbsp of oil with juice, cumin and salt
2. Add red onion and garlic
3. Salt peppers and cook over medium heat in 1 tbsp oil until tender
4. Combine corn with peppers, dressing, cotija and cilantro

Garnish with more cilantro.

Orange and Radish Salad

VG  15 min

1/3 cup lemon juice
(about 2 lemons)
2 tbsp sugar
1/4 tsp flaky salt
4 large oranges
8 red radishes
orange zest, optional

Serves 4

1. Shake together juice, sugar and salt
2. Peel oranges, slice into rounds, de-seed
3. Cut radishes into matchsticks
4. Chill all components thoroughly
5. Arrange orange rounds onto dish, top with radish and drizzle with dressing, sprinkle with orange zest
6. Finish with tiny pinch of salt

Egg Salad for Tea Sandwiches

V  15 min

2 hard boiled eggs

Serves 2

1 tbsp mayonnaise

1 tbsp yoghurt

1 tbsp Dijon mustard

1 tsp dill, minced

1 tsp parsley, minced

pinch of sugar

salt and pepper

1. Press eggs through a cooling grid
(or finely dice)


2. Add mayonnaise, yoghurt and mustard

3. Mash to desired consistency

4. Mix in dill and parsley

5. Season with sugar, salt and pepper

Potato Salads

 40 min

1. Bring to boil 1 1/2 lb cut up potatoes, 1 tbsp salt, 1/2 tbsp vinegar and 3 cups tepid water in saucepan and cook until fully tender, about 17 minutes
2. Drain and toss with 1 tbsp vinegar; spread out and cool for 10 minutes
3. Toss potatoes with dressing and season with salt and pepper to taste

Lighter Scandinavian

1/2 tbsp vinegar
1 tbsp grain mustard
2 tbsp sour cream
2 tsp olive oil
1 red onion, diced
2 scallions, sliced
2 tbsp minced dill

Spicy Kimchi

1/4 cup mayonnaise
1/4 cup yoghurt
2 tbsp sliced scallions
2 tbsp chopped kimchi
1 tbsp ketchup
2 tsp lime juice
1 tsp sriracha

Vegan Tahini

1/3 cup olive oil
1 tbsp lemon juice
1/4 cup sliced scallions
2 cloves garlic, crushed
1 tsp ground cumin
1/4 cup tahini
1/2 cup soft herbs

Summer Corn and Tomato Salad

VG  15 min

5 ears corn in husks

Serves 6

1 pint cherry tomatoes,
halved

1 lime, zest and juice

3 tbsp olive oil

salt

1/4 tsp minced hot
chile, optional

1/2 cup basil, torn

1/4 cup cilantro, torn

1. Microwave corn in husks on high for 3 minutes and shuck, or if already shucked boil or steam for 2 minutes
2. Cut kernels off cobs
3. Combine corn, tomatoes, lime and oil
4. Season to taste with salt and chile
5. Fold in herbs

Orzo, Lentil and Zucchini Salad

VG  40 min

1 cup lentils

Serves 6

1 cup orzo

1/2 cup olive oil

1/4 cup lemon juice

1/4 cup sliced pickled
pepperoncini

salt and pepper

1 lb zucchini or summer
squash, sliced

2/3 cup pistachios, chopped

3 scallions, sliced

1 cup packed herbs

1. Bring pot of salted water to boil

2. Add lentils, cook for 9 minutes, add orzo and cook until done, another 10 to 12 minutes

3. Meanwhile, combine oil, lemon juice and pepperoncini

4. Season to taste with salt and pepper, about 1/2 tsp each

5. Combine dressing with lentils, orzo, zucchini, pistachios and scallions

6. Check for seasoning

7. Fold in herbs just before serving

Brussels Sprouts Caesar Salad


V  220°C  35 min

2 lb brussels sprouts,
trimmed, 3/4 halved
and 1/4 thinly sliced
1/3 cup + 3 tbsp olive oil
salt and pepper
4 cups torn sourdough
1/2 cup grated pecorino
1 1/2 tbsp lemon juice
3 cloves garlic, grated

Serves 4 to 6

1. Toss halved sprouts with 1 tbsp oil, salt, and pepper, roast at 220°C until golden, 12 to 20 minutes, tossing halfway through
2. Toss bread with 2 tbsp oil, bake until crunchy, 14 to 18 minutes, tossing halfway through
3. To make dressing combine cheese, lemon juice, garlic, 3/4 tsp salt, black pepper, and whisk in remaining 1/3 cup oil
4. Pour just enough dressing over raw sprouts, massage in, adjust seasoning, add croutons and roasted sprouts, toss well

Cucumber and Avocado Salad

 10 min

1/4 cup Miso-Sesame
Vinaigrette (§18)

1/2 tsp red-pepper flakes

2 ripe avocados, peeled
and cubed

1 lb cucumbers, thinly
sliced

2 scallions, sliced

1 tsp toasted sesame
seeds

Serves 4

1. Add vinaigrette and red-pepper flakes to cubed avocados and toss gently
2. Add cucumbers and scallions and toss together
3. Top with sesame seeds

Esquites Salad

V  20 min

2 tbsp oil

4 ears fresh corn kernels
salt

50 g crumbled cotija

1/2 cup scallions, green
parts, sliced

1/2 cup cilantro, chopped

1 jalapeno, finely chopped

1 clove garlic, minced

2 tbsp mayonnaise

1 tbsp lime juice

chile powder, to taste

Serves 4

1. Heat oil in large nonstick skillet on high heat until shimmering, add corn kernels and season with salt
2. Cook kernels until charred on one side, about 2 minutes, toss and continue until charred all over, about 10 minutes
3. Transfer corn to a large bowl
4. Add cheese, scallions, cilantro, jalapeno, garlic, mayonnaise, lime juice, and chile powder, and toss to combine
5. Season to taste with more salt and chile

Beet and Goat Cheese Salad

V  15 min

Roasted Balsamic Beets
(§11)

4 pucks Crispy Herbed
Goat Cheese (§10)

1/4 cup Blonde Balsamic
Vinaigrette (§18)

3 cups chopped frisee,
escarole, lettuces

1 cup shaved fennel

dill fronds

kosher salt

chopped pistachios

Serves 2

1. Toss greens, fennel, dill, and vinaigrette
2. Add salt and pistachios
3. Top with beets, goat cheese, more dressing and more pistachios

Gazpacho Pasta Salad

VG  1 day

8 cups Gazpacho Dress- Serves

ing (§19)

1 lb elbow macaroni

1/2 large cucumber

1/2 bell pepper

2 tbsp red onion

salt and pepper

1. Cook macaroni in salted water and drain well
2. Mix macaroni and Gazpacho Dressing (§19)
3. Refrigerate overnight or at least 5 hours
4. Finely dice vegetables
5. Mix vegetables into macaroni, reserving some for garnish
6. Season to taste, plate and garnish

Tzatziki Chickpea Salad

V  15 min

1 cup greek yogurt
1 clove garlic, grated
2 tbsp olive oil
2 tsp honey
1 lemon, juiced
salt and pepper
1 lb persian cucumbers
2 15-oz cans chickpeas
1/4 cup dill
1/4 cup mint
2 scallions

Serves 4

1. Whisk together yogurt, garlic, olive oil, honey and lemon juice
2. Season well with salt and pepper
3. Cut cucumbers into half moons, drain chickpeas, chop herbs and slice scallions
4. Add dressing and toss to combine
5. Check for seasoning
6. Drizzle with more olive oil

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

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

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.

Harissa and Hot Brown Butter

 60 min

4 cups chicken stock

Serves 4

1 lb chicken thighs or
lamb stew meat, de-
skinned and boned

1 1/2 cups pearl farro,
korkot or barley

1 tsp kosher salt

6 tbsp butter

4 tbsp olive oil

2 tbsp aleppo pepper
lavash, for serving

1. Cut meat into 1-inch cubes

2. Cook 1 cup water, broth, meat, farro and salt in a pressure cooker at high pressure for 40 minutes + a natural release


3. Mash until chicken is mostly shredded and harissa is very thick, about 2 minutes

4. Check for salt

5. Deeply brown butter and oil in saucepan

6. Mix in pepper and serve with harissa

Sabudana Khichdi

V  4 h 15 min

1 cup tapioca pearls,
rinsed (sabudana)

1/4 cup peanuts

2 tbsp ghee

1/2 tsp kosher salt

1/2 tsp cumin seeds

1 sprig curry leaves

1 to 2 hot green chilies


2 tbsp cilantro,
chopped

1 tbsp lemon juice

Serves 2

1. Soak tapioca in enough water to cover until soft, 4 hours to preferably overnight
2. Dry roast and chop peanuts
3. Saute spices in ghee for a few minutes
4. Add drained sabudana and saute on high until translucent, about 3 minutes
5. Mix in lemon juice, cilantro and peanuts

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

Healthy Turkey Chili

 160°C  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 bell pepper with a big pinch of salt 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 160°C for 1 h 30 min, stirring occasionally
7. Add more salt and cayenne to taste

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.

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

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.

Big Pot of Beans

 120°C  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 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

7. Season to taste with salt

2 tsp kosher salt

Lentil and Sausage Stew

 1 h 30 min

2 tbsp olive oil
1 lb sausages, sliced
2 cloves garlic, minced
3 carrots, finely diced
2 stalks celery, diced
1 small onion, diced
1 tbsp tomato paste
salt and pepper
3 cups chicken stock
15 oz tomato puree
2 cups lentils, rinsed
2 bay leaves

Serves 6

1. Sear sausages on in oil over medium heat
2. Add vegetables and tomato paste
3. Season with salt and pepper
4. Saute until translucent
5. Add stock, tomato puree, lentils and bay leaves
6. Bring to a boil and simmer gently under cover stirring occasionally until thick, 50 minutes
7. Discard bay leaves and check for seasoning

Garnish with grated pecorino or parmesan.

Curry Broth with Tofu and Herbs

VG  30 min

28 oz silken tofu, drained

Serves 6

2 tbsp oil

2 shallots, minced

3 cloves garlic, sliced

1 inch ginger, grated

3 tbsp red curry paste

14 oz cherry tomatoes

1 l vegetable stock

14 oz coconut milk

1/4 cup soy sauce

1 1/2 cups mixed herbs

2 scallions, sliced

1. Saute shallots in oil until softened

2. Add garlic, ginger and curry paste, and cook until fragrant

3. Add tomatoes and simmer for 5 min

4. Add stock and reduce on medium for 10 min

5. Stir in coconut milk and check for salt

6. Divide tofu into bowls, top each with 2 tsp soy sauce, black pepper and 1/4 cup herbs, ladle broth on top, and garnish with scallions

Cilantro, basil and dill work well for the herbs.

Serve with lime wedges for squeezing.

Lentil Pasta Stew

V  1 h

3 tbsp olive oil
1 onion, chopped
8 cloves garlic, smashed
1 1/2 tsp kosher salt
pepper
5 cups water
1 cup lentils
3 sprigs thyme, optional
3 bay leaves, optional
800 g crushed tomatoes
275 g penne
1/2 cup parmesan, grated

Serves 6

1. Saute onion and garlic in oil with salt and some pepper until golden
2. Add water, lentils, thyme and bay leaves
3. Bring to boil and simmer partially covered until lentils are al dente, 25 minutes
4. Add tomatoes and bring to boil
5. Cook, stirring often, until pasta is al dente, 10 to 20 minutes, adding water as necessary
6. Take off heat and discard thyme and bay leaves
7. Stir in parmesan and let sit for 3 minutes
8. Check for seasoning

Chicken and Red Lentil Soup

V  1 h

3 tbsp olive oil

2 large onions, sliced

6 garlic cloves, sliced

1 lb boneless, skinless
chicken thighs

1 1/2 cups red lentils

1 tsp turmeric

salt and pepper

1 cup mix of chopped
parsley, dill and mint

1 cup yogurt

2 tbsp lemon juice

Serves 4

1. Cook onions in oil over medium-high heat until slightly charred; add garlic and cook briefly
2. Add chicken, lentils and turmeric; season with salt and pepper; toss to combine
3. Add 8 cups water and bring to a boil
4. Simmer until lentils break down, 25 minutes
5. Remove chicken, cool slightly, shred and return
6. Add herbs and adjust for seasoning

Top servings with yogurt seasoned with lemon juice and a pinch of salt.

Freeze & Bake Chicken Pot Pies

 200°C  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. Sauté 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 200°C, then bake for 35 min uncovered

Heirloom Tomato Tart

V  190°C  1 h 30 min

Simple Pie Crust (§14)

Serves 4 to 6

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

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 190°C
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

Quiche

☐ 180°C ⌚ 1 h 15 min

1. Blind bake frozen crust 45 minutes (15 minutes at 220°C 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 180°C 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 (§18) Serves 4

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

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

Onion, Gruyere and Tomato Tart

 180°C  1 h

Vodka Pie Dough (§14) Serves 6 to 8



2 lb onions, caramel-
ized

110 g gruyere, grated

450 g cherry tomatoes

1. Fill 11 inch tart pan with dough and chill for 30 minutes
2. Blind bake at 180°C for 40 minutes
3. Mix tomatoes with 1 tbsp caramelized onion juices and pinch of salt
4. Fill slightly cooled tart with onions, cheese and tomatoes, in that order
5. Bake at 190°C until golden brown, about 30-40 minutes

French Onion Lentils and Farro

V  190°C  1 hr 15 min

2/3 batch Fast Caramelized Onions (§19)

2 cloves garlic, minced

2 tbsp dry sherry

1 1/2 cups farro

3/4 cup green lentils

6 cups vegetable broth

3 sprigs thyme

salt and pepper

2 cups grated gruyere

Serves 6–8

1. Add garlic, sherry and farro to onions
 2. Cook 3 minutes on medium-high
 3. Add lentils, broth and thyme, bring to simmer, and season with salt and pepper
 4. Bake covered at 190°C for 40–50 minutes, stirring halfway, then remove thyme
 5. Top with gruyere and broil until browned
- Add broth while baking if it looks dry.

Korean Chicken and Vermicelli

 220°C  2 h

Gochujang-Ketchup Marinade (§18)

6 skinless boneless chicken thighs

1 tsp + 2 tbsp sesame oil

8 oz vermicelli

2 cups hen of the woods

1/2 cup sliced chilies

1 cup sliced green onions

1 1/4 cups chicken broth

1/4 cup rice vinegar

2 tbsp toasted sesame seeds

Serves 6

1. Marinate chicken thighs for 1 to 8 hours
2. Grease 9x13-inch dish with 1 tsp sesame oil
3. Add vermicelli, pulling apart to cover bottom
4. Scatter mushrooms, peppers and half of green onions; top with chicken smooth side up, extra marinade and a few more green onions
5. Rinse marinade bowl with broth and pour in
6. Bake at 220°C for 30 to 35 minutes until 75°C
7. Remove chicken; toss noodles and veggies with vinegar and 2 tbsp sesame oil; plate and garnish with sesame seeds and green onions

Roman Chicken with Potatoes

 220°C  1 h

2 lb chicken thighs

Serves 4

kosher salt

3 tbsp olive oil

1 lb waxy potatoes

1 tbsp fresh rosemary

4 anchovy fillets

2 cloves garlic

2 tbsp capers


3/4 cup white wine

3 tbsp wine vinegar

2 tbsp chopped parsley

1. Salt chicken and brown skin side in 1 tbsp oil from cold over medium heat, 15 minutes
2. Cut potatoes into chunks; chop rosemary and anchovies; smash garlic; toss all with 2 tbsp oil, capers and 1/2 tsp salt
3. Flip chicken and tuck in potato mixture
4. Add wine; roast until tender, 25 minutes
5. Remove chicken; add vinegar and 2 tbsp water; cook and stir occasionally until thickened, 5 minutes, adding water as needed to emulsify
6. Check seasoning, return chicken and sprinkle with parsley

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

Convection Tortilla Pizza

 200°C  15 min

1 flour tortilla

Serves 1

4 tbsp pizza sauce

1. Line a baking sheet with foil

3 tbsp grated mozzarella

2. Spray foil with oil

2 tbsp grated parmesan

3. Lay tortilla on sheet

4. Spread on pizza sauce

toppings, such as ham,
basil, cooked sausage,
pepperoni, onion,
banana peppers,
sun-dried tomatoes,
olives

5. Sprinkle on cheeses

6. Add toppings

7. Bake with convection at 200°C until well
browned and crispy, about 9 minutes

Vegetarian Reuben Sandwich

V  15 min

1/2 cup sauerkraut

1 tbsp mayonnaise

1 tbsp ketchup

1/2 tsp hot sauce

1/4 tsp ground coriander

salt and pepper

2 slices rye bread

2 slices Swiss cheese

1/2 tbsp butter


1/4 cup thinly sliced
white onion

pickles

Serves 1

1. Squeeze and drain sauerkraut
2. Combine mayonnaise, ketchup, hot sauce, and coriander; season with salt and pepper
3. Spread some dressing on both slices of bread and top each with a slice of cheese
4. Add onion and pinch of salt to rest of dressing
5. Cook slices covered, cheese up, in butter on medium-low until golden, 4 to 5 minutes
6. Top with sauerkraut, pickles, and onions
7. Close sandwich, pressing lightly to meld, and cook 1 minute more on each side

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 fettuccine 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

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 honey
fish·sauce 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

Reliable Carbonara

 30 min

2 eggs + 2 yolks

1/2 cup grated parmesan and pecorino

1/2 tsp black pepper

1/4 cup diced guanciale or bacon


2 tbsp olive oil

1/2 lb pasta

Serves 2

1. Mix eggs, cheeses, pepper in a metal bowl
2. Fry guanciale in oil over medium heat until crisp, then leave in pan with heat off
3. Meanwhile, cook pasta in salted water
4. Lift out pasta into pan with guanciale
5. Mix and scrape contents of pan into metal bowl and add 1/4 cup cooking water
6. Cook in bowl over but not touching boiling water, stirring quickly until thickened

Creamy Lemony Pasta

 15 min

1 lb short curly pasta

kosher salt

black pepper

1 large lemon, zested
and juiced

3/4 cup grated parmesan

1/4 cup labneh, greek
yoghurt or skyr

2 scallions, sliced

Serves 4

1. Boil pasta just shy of al dente and drain, reserving 1 cup cooking water
2. Combine pasta with 3/4 cup water, half of lemon juice and pepper to taste
3. Gradually add parmesan, stirring vigorously over medium-low until silky
4. Add labneh, remaining lemon juice, lemon zest and scallions, stirring until creamy
5. Adjust consistency and check seasoning

Fresh Cucumber Pasta

V  15 min

250 g spinach fettuccine

1 dl basil or mint

3 tbsp dill

2 cloves garlic

1/2 lemon

1 tbsp capers

4 tbsp olive oil

1 tsp mustard seeds

pinch of salt and sugar

1 cucumber

5 radishes

150 g feta

Serves 4

1. Put pasta to boil
2. Mince herbs and garlic; zest and juice lemon
3. Mix herbs, garlic and lemon with capers, oil, mustard seeds, salt and sugar
4. Shave cucumber into strips
5. Thinly slice radishes
6. Toss together sauce, vegetables and pasta
7. Plate and crumble feta on top

Porcini Ragù


V  45 min

40 g dried porcini
boiling water
salt and black pepper
1/4 cup olive oil
3 cloves garlic, crushed
1/2 tsp red pepper flakes
1/2 cup minced parsley
stems and leaves
1 1/2 tbsp tomato paste
250 g tagliatelle
3 tbsp cream
40 g parmesan, grated

Serves 4

1. Soak mushrooms for 10 minutes; drain reserving liquid; chop to consistency of ground beef
2. Heat oil, garlic, red pepper, parsley and 1/4 tsp salt on medium-low until garlic is lightly golden
3. Add mushrooms, tomato paste and 1 tsp black pepper; stir fry for 3 minutes; set aside
4. Boil pasta; drain reserving 1 1/2 cups water
5. Add water and 5 tbsp porcini tea to mushrooms; bring to boil; simmer for 3 minutes
6. Add pasta and finish with cream and parmesan

Chicken 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

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 spices if using) 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

Coq au Vin

 180°C  2 h 30 min

3 lb chicken dark meat

2 cups hearty red wine

1/4 lb lardons

1/2 lb mushrooms

1/2 lb frozen pearl onions

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, onions and 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 180°C for 1 hour

11. Whisk in butter and parsley

Lamb Shank Tagine

 180°C  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 180°C for 2 1/2 hours
7. Remove lamb, skim fat, add dates and raisins
8. Reduce slightly, pour over lamb and garnish with pomegranate and cilantro

Reverse Seared Steak

 120°C  50 min

1 thick steak

salt and pepper

oil


1 tbsp butter

Serves 1

1. Season generously with salt and pepper
2. Cook in 120°C oven until appropriate temperature (see below)
3. Set skillet to heat on high heat and put a plate in the oven
4. Brown steak up to 90 seconds per side
5. Rest on warm plate for 10 to 15 minutes

Temperature out of oven: 35°C for 1.25",
38°C for 1.5", 42°C for 1.75", 45°C for 2"

Twice-Seared Pork Medallions

 30 min

1 lb pork tenderloin

salt and pepper

2 tbsp olive oil

1 tbsp butter

1/4 cup cream

1 tbsp mustard, lemon
juice or calvados

parsley, chopped

Serves 4

1. Season pork with salt and pepper
2. Heat oil to shimmering over medium-high heat
3. Brown tenderloin on all sides, 6 minutes
4. Remove from heat and rest on a board
5. When slightly cooled slice into medallions
6. Boil water from butter over medium-high heat
7. Brown medallions, 2 to 3 minutes per side
8. Remove meat and deglaze with 1/2 cup water
9. Add cream and cook until slightly thickened
10. Stir in chosen seasoning, spoon over meat and garnish with parsley

Gochujang Skirt Steak



3 tbsp gochujang

3 tbsp olive oil

3 tbsp rice vinegar

1 tbsp sugar

2 tsp kosher salt

1/2 medium red onion,
grated

1 lb skirt steak,
trimmed

Serves 4

1. Combine all ingredients before steak
2. Coat steak with marinade in a bag and chill for 30 minutes to 12 hours
3. Preheat broiler with rack in highest spot
4. Broil on a foil lined baking sheet in one layer for 4 minutes, turn, and broil 3 to 4 minutes more, until medium-rare
5. Rest under foil for 10 minutes, slice against the grain and sprinkle with more salt

Turkey Meatloaf with Zucchini

 180°C  1 h 15 min

1 lb ground turkey
3/4 cup grated zucchini,
squeezed dry
2 tbsp dried onion flakes
1/3 cup quick oats or
breadcrumbs
1 large egg
1 tsp kosher salt
1 tsp marjoram
2 + 4 tbsp ketchup
1 1/2 tsp Worcestershire
sauce

Serves 4

1. Mix turkey, zucchini, dried onion, oats, egg, salt, marjoram and 4 tbsp ketchup
2. Shape into a loaf and place on a baking sheet
3. Mix 2 tbsp ketchup and Worcestershire sauce
4. Spoon sauce on top
5. Bake uncovered at 180°C for 1 hour
6. Let sit for 5 minutes before slicing

Roasted Beef Tenderloin


 230°C  2 h

4 lb beef tenderloin,
trimmed and tied
2 tbsp unsalted butter,
melted
1 tbsp soy sauce
2 tsp Worcestershire
sauce
1 tsp granulated sugar
kosher salt
coarsely ground pepper
chopped parsley

Serves 8 to 12

1. Take beef out 1 h in advance and pat dry
2. Place beef on foil lined large sheet pan
3. Mix butter, soy sauce, Worcestershire sauce, sugar and spread evenly over beef
4. Sprinkle on 1 tsp salt and pat on 2 tsp pepper
5. Roast until 50°C for medium-rare, 25 to 30 min (check at 20 min)
6. Transfer beef with foil and juices to a cutting board; let rest 15 to 20 min
7. Slice beef, arrange on platter, pour over juices, sprinkle with parsley

Butter Chicken

 30 min

400 g chicken thighs
100 g fat free yogurt
1 + 1 tsp oil
1 large onion, diced
4 cloves garlic, crushed
2 tsp garam masala
1 tsp turmeric
1/2 tsp cayenne pepper
salt and pepper
400 g crushed tomatoes
200 g evaporated milk
2 wedges Laughing Cow

Serves 2

1. Remove skin and bones from chicken, cut into bite-size pieces, and mix with yogurt, garam masala, and a pinch of salt
2. Brown chicken in 1 tsp oil on both side over high heat and remove from pan
3. Saute onions with remaining spices in 1 tsp oil until starting to brown
4. Add garlic and cook until fragrant
5. Add tomatoes and simmer for 5 minutes
6. Add milk, cheese and chicken
7. Simmer until chicken is cooked for 5-7 minutes

Oven-to-Pan Velvet Chicken

 135°C  1 h 15 min

4 boneless, skinless
chicken breasts
2 tsp kosher salt
2 tbsp butter, melted
1 tbsp flour
1 tsp cornstarch
1/2 tsp ground black
pepper
1 tbsp vegetable oil

Serves 4

1. Poke breasts with fork and sprinkle with salt
2. Bake, covered with foil, skinned side down at 135°C until 60°C, about 30 minutes
3. Mix butter, flour, cornstarch, and pepper
4. Pat dry, brush flat side with half of batter and brown in oil over high heat, 3 to 4 minutes
5. Brush with remaining batter, flip and cook over medium until 68°C, 3 to 4 minutes more
6. Rest 5 minutes before serving

Serve with Warm Tomato Vinaigrette (§18).

Chicken Miso Meatballs



 220°C  20 min

1/4 cup whole milk
3 tbsp white miso
1/2 tsp garlic powder
2 tsp grated ginger
1 tsp kosher salt
3/4 tsp black pepper
1/2 cup panko
1 lb ground chicken

Serves 4

1. Combine milk, miso, garlic, ginger, salt, pepper, and panko in a large bowl
2. Add ground chicken and mix until sticky
3. Shape into 12 golf-ball-size meatballs
4. Bake at 220°C for 18 minutes

Harissa-Honey Pork Tenderloin

 190°C  35 min

1 pork tenderloin

1 tsp kosher salt

black pepper

1/4 cup harissa

2 tbsp honey

2 tsp oil

Serves 3

1. Cut pork tenderloin in half, pat it dry and season with salt and pepper
2. Mix harissa and honey
3. Rub thin layer onto pork
4. Brown well in oil and remove to plate
5. Coat in remaining harissa-honey mixture and return to wiped pan
6. Roast until 60°C in thickest parts, 8 to 12 minutes, rest 10 minutes and slice

Gochujang-Glazed Pork Chops

 135°C  1 hr 15 min

4 boneless pork chops

Serves 4

4 tsp gochujang

4 tsp miso

1 tbsp soy sauce

1 tbsp maple syrup

1 tbsp orange juice

1 clove garlic, minced

1/2 tsp salt

1 scallion, thinly sliced

1. Mix gochujang, miso, soy sauce, maple syrup, orange juice and garlic

2. Sprinkle chops with salt

3. Brush tops with 1/3 of the glaze

4. Roast chops on a rack at 135°C until 57°C inside, 40–45 minutes

5. Brush tops with remaining glaze and broil until slightly charred, 3–6 minutes

6. Rest 5 minutes and sprinkle with scallion

Mustard Chicken Thighs

📏 230C ⌚ 5 hr

8 skin-on chicken thighs

1/2 cup dijon mustard

1/4 cup brown sugar

1/4 cup red wine vinegar

1 tsp mustard powder

1 tsp salt

1 tsp pepper

1/2 tsp ground chipotle

pinch cayenne

4 cloves garlic, minced


1 onion, sliced into rings

2 tsp vegetable oil

Serves 8

1. Slash each thigh twice to bone
2. Combine dijon, sugar, vinegar, mustard, salt, pepper, chipotle, cayenne and garlic
3. Add chicken and marinate 4 hours to overnight
4. Scatter onion rings on oiled foil-lined sheetpan, top with chicken, and brush with oil
5. Roast at 230°C until well browned, 35–45 min
6. Plate chicken and onions, reduce drippings by half, skim the fat, and spoon over chicken

Juicy Taco Chicken

 30 min


1 1/2 lb boneless, skinless chicken thighs
3 cloves garlic, crushed
1 lime, juiced
1 tbsp vinegary hot sauce, e.g. Crystal
1 tsp onion powder
2+2 tbsp neutral oil
1 tsp kosher salt
1/2 tsp black pepper
1/2 cup water or beer

Serves 4

1. Toss chicken, garlic, lime juice, hot sauce, onion powder, 2 tbsp oil, salt and pepper
2. Brown chicken in 2 tbsp oil
3. Transfer chicken to cutting board and deglaze pan with water or beer
4. Chop chicken and return to skillet
5. Cook for 3 minutes, stirring to coat

Serve with tortillas, white onion and cilantro.

Salmon Poke

 20 min

1 lime, zest and juice
1/2 inch ginger, grated
2 tbsp Miso-Sesame
Vinaigrette (§18)
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 with Soy Reduction (§18) over rice.

Egg and Tomato

V  15 min

4 eggs

1/2 tsp kosher salt

seasonings, such as sugar,
white pepper, sesame
oil, cooking wine, fish
sauce

1 tbsp water

1/2 tsp cornstarch

1 tbsp ketchup

2+1 tbsp oil

1 scallion, sliced

2-4 tomatoes, chopped

Serves 2

1. Beat together eggs, salt and seasonings
2. Combine 1 tbsp water, cornstarch and ketchup
3. Heat 2 tbsp oil over medium-high heat
4. Fry scallions until aromatic
5. Add eggs and scramble until just set
6. Remove eggs from pan
7. Cook tomatoes in 1 tbsp oil until saucy
8. Add slurry and cook until thickened
9. Stir in eggs

Mushroom Stroganoff

V  30 min

1 onion, finely diced
1 1/2 lb mixed mushrooms, sliced
2 tsp olive oil
2 sprigs thyme
2 cloves garlic, minced
1/2 cup white wine
1 cup porcini tea
2 tbsp soy sauce
1 1/2 tsp dijon mustard
1/2 cup creme fraiche
salt and pepper

Serves 4

1. Cook onion, mushrooms and 1/2 cup water in non-stick skillet on high until water is gone
2. Stir in oil, thyme, garlic and a pinch of salt
3. Cook on medium-high stirring occasionally until well browned, 10 minutes
4. Deglaze with wine and add tea, soy sauce
5. Reduce until slightly thickened, 5 minutes
6. Stir in mustard and creme fraiche
7. Season to taste with salt and pepper

Garnish with paprika and chopped parsley.

Egg en Cocotte

☐ 180°C ⌚ 30 min

1. Grease ramekin, spoon in filling, crack in egg, drizzle with 2 tsp cream, season with salt and pepper
2. Bake at 180°C in boiling water bath until whites are just set, 15 minutes

Crab Imperial

50 g crabmeat
1 tbsp mayonnaise
1 tsp dijon mustard
1 tsp minced parsley
1 tsp sliced scallion
pinch cayenne
salt and pepper
old bay, for garnish

Florentine

2 tbsp Creamed Spinach
nutmeg, for garnish

Double Up


1 tbsp finely diced
red onion
1 tbsp creme fraiche
salt and pepper
1 tbsp roe, for garnish

(§11)

Classic Salmon

1 tbsp minced shallot,
sauteed in butter
1 tbsp creme fraiche
1/2 tsp chopped dill
1/8 tsp lemon zest
salt
50 g smoked salmon,
for garnish

Scallops with Preserved Lemon

 20 min

2 tbsp butter

2 sprigs rosemary

2 cloves garlic, minced

1 lb bay scallops

1 tbsp minced pre-
served lemon

kosher salt and pepper


1 tsp lemon juice

chopped fennel fronds
or parsley

Serves 2

1. Brown butter in non-stick pan on medium
2. Add rosemary and garlic, cook until fragrant, then lower heat to medium-low
3. Add scallops, preserved lemon and a large pinch of salt and cook, stirring, until scallops are just opaque, 2 to 4 minutes
4. Let sit off heat for a few more minutes
5. Add pepper, lemon juice and more salt
6. Garnish with fennel fronds or parsley

Fish in Salty Tomato Sauce

 25 min

4 (8-oz) white fish fillets
(e.g., cod, halibut)

kosher salt and pepper

1/4 cup olive oil

1 small onion, minced

4 cloves garlic, sliced

1/4 tsp red-pepper flakes

4 cups cherry tomatoes

1/2 cup white wine

1/2 tsp sugar, if tomatoes
are out-of-season

3-4 basil leaves, torn

Serves 4

1. Fry salted and peppered fish in oil on high heat until it releases, 1 minute, set aside
2. Cook onion, garlic and red-pepper flakes on medium until translucent, 5 minutes
3. Add tomatoes, wine and sugar, and cook covered until tomatoes burst, 5 minutes
4. Uncover, add 1/2 cup water and 1 tsp salt, and boil for 5 minutes more
5. Add fish browned side up, cover, and cook 3 to 4 minutes until just cooked through
6. Garnish with torn basil

Roasted Vegetables and Mozzarella

 220°C  1 h

1 1/2 lb carrots, peeled
4 shallots, peeled
kosher salt and pepper
2 + 3 tbsp olive oil
1 cup panko bread crumbs
2 tbsp grated parmesan
2 cloves garlic, minced
1/4 tsp red-pepper flakes
6 oz mozzarella, chopped
1/4 cup green olive slices
1 to 2 tbsp lemon juice
1/3 cup basil, dill, mint

Serves 4

1. Halve or quarter carrots into long sticks and cut shallots into 1/2 inch wedges
2. Toss with salt, pepper and 2 tbsp olive oil
3. Roast for 25 minutes at 220°C, rotating once
4. Mix bread crumbs, parmesan, garlic, red-pepper flakes, remaining 3 tbsp oil and a pinch of salt
5. Sprinkle mozzarella and olives over carrots and shallots, then top with bread crumb mixture
6. Roast until golden brown, 12 to 15 minutes
7. Drizzle on lemon juice and garnish with herbs

Tomato Egg Drop

V  30 min

3 large eggs, beaten
neutral oil
pinch salt, white pepper
3 tomatoes
1 scallion, thinly sliced
1 cup chicken stock
1/2 tbsp cornstarch + 1
tbsp water
1 pinch MSG
1 tsp sesame oil
1 tbsp ketchup
1 tsp salt, 1/2 tsp sugar

Serves 2

1. Beat eggs, 1 tsp oil, salt and white pepper
2. Peel tomatoes and cut into wedges
3. Cook scallions on medium-high in 1 tbsp oil until barely golden
4. Add tomatoes; cook until they start to soften
5. Add stock, bring to boil, thicken with slurry
6. Add MSG, sesame oil, ketchup, salt and sugar
7. Off heat pour egg on top as thin blanket
8. Wait 1 minute; cook on medium-low until set

Garnish with scallion and serve with white rice.

Double-Glazed Salmon

📏 150°C ⌚ 50 min

1. Brine 4 salmon fillets in 2 l water, 1/4 cup salt, 1/4 cup sugar, 15 minutes
2. Combine glaze, whisk until smooth, cook until thick, and set aside 2 tbsp
3. Pat fillets dry, brown flesh sides in oil, and flip, 2–3 minutes
4. Brush on 2 tbsp glaze, roast at 150°C until 50°C inside, 10–15 minutes
5. Brush on remaining glaze and sprinkle with 1 tbsp minced parsley

Maple & Smoke

1/3 cup wine vinegar
3 tbsp maple syrup
4 tsp soy sauce
1 1/2 tsp cornstarch
1/8 tsp liquid smoke

Ginger & Cider

1/3 cup apple cider
3 tbsp cider vinegar
2 tbsp sugar
4 tsp soy sauce
1 1/2 tsp cornstarch
1-inch ginger, smashed

Lemon & Thyme

1/4 cup lemon juice
3 tbsp water
2 tbsp sugar
4 tsp soy sauce
1 1/2 tsp cornstarch
6 sprigs thyme

Crispy Herbed Goat Cheese

 250°C  1 h 20 min

200 g panko bread
crumbs
550 g goat cheese
1 tsp oregano
3-4 tbsp fresh chives
4 tbsp fresh thyme
1/2 tsp black pepper
3 eggs
1 tbsp dijon mustard

Serves 6

1. Process breadcrumbs until fine
2. Mix goat cheese, herbs, and pepper
3. Form into 12 pucks and freeze 20 minutes
4. Dip pucks in beaten egg and dijon, coat with panko, and freeze 20 minutes more (or until later use)
5. Bake 7-10 minutes at 250°C (11 minutes if fully frozen)

Crispy Halloumi and Beans

V  30 min

olive oil

Serves

1 lb cherry tomatoes

2 cloves garlic, minced

1 tbsp chopped parsley

1 tsp honey

1/2 tsp oregano or
thyme

15 oz can white beans



salt and pepper

8 oz halloumi, sliced

1/2 lemon

1. Cook tomatoes, garlic, parsley, honey and oregano in 2 tbsp olive oil over medium heat until tomatoes soften, 10 minutes
2. Add drained beans and cook 3 minutes
3. Season to taste with salt and pepper
4. Top with halloumi and broil until crispy, about 5 minutes
5. Squeeze lemon over the pan and drizzle with more honey and olive oil

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

Healthy Imam Bayildi

VG  190°C  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 190°C, 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 190°C
8. Sprinkle with pine nuts and parsley

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

Mediterranean Roast Cauliflower

V  260°C  40 min

1 cauliflower

Serves 4

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

1. Cut cauliflower into 8 wedges

2. Toss cauliflower with oil, salt and pepper

3. Roast cauliflower at 260°C, flipping once,
about 20 minutes until tender

4. Mix remaining ingredients and season
with salt and pepper

5. Plate cauliflower and spoon on dressing

Thanksgiving Dressing

 120°C  2 h 45 min

3/4 cup unsalted butter
1 lb day-old white bread
2 1/2 cup chopped onion
1 1/2 cup sliced celery
1/2 cup chopped parsley
2 tbsp minced sage
1 tbsp minced rosemary
1 tbsp minced thyme
2 tsp kosher salt
1 tsp black pepper
2 1/2 cup chicken broth
2 large eggs

Serves 8

1. Tear bread into 1 inch chunks and bake at 120°C until dry, about 1 hour
2. Lightly brown onions and celery in butter
3. Toss bread with vegetables, herbs, salt, pepper, and 1 1/4 cups broth
4. Combine remaining 1 1/4 cups broth and eggs
5. Fold custard into bread and transfer to buttered baking dish
6. Bake covered with foil at 180°C for 40 minutes
7. Bake uncovered for 40 minutes more, until browned and crisp

French Lentils

VG  40 min

3 tbsp olive oil

1 onion, finely diced

2 cloves garlic, minced

1 carrot, finely diced

2 1/4 cup Le Puy lentils

1 tsp thyme

3 bay leaves

1 tbsp kosher salt

Serves 6

1. Saute vegetable until soft

2. Add 6 cups water, lentils, thyme, bay leaves and salt

3. Bring to boil

4. Cook at a fast simmer until lentils are tender, 20 to 25 minutes

5. Drain excess water if necessary

Creamed Spinach

V  2 h

3 tbsp butter

2 shallots, minced

2 cloves garlic, minced

2 lb curly spinach

1 tbsp flour

1 1/2 cups heavy cream

1/2 cup whole milk

1/4 tsp nutmeg

1/4 cup creme fraiche



salt and pepper

(1 cup parmesan)

Serves 4

1. Saute shallots and garlic until softened, wilt in spinach
2. Add flour and cook until incorporated, stir in heavy cream and milk
3. Cook at a bare simmer, stirring occasionally, until soft, about 1 1/2 hours
4. Stir in nutmeg and creme fraiche
5. Season with salt and pepper
6. Optionally, broil on parmesan until browned

Pomegranate Brussels Sprouts

VG  220°C  30 min

1.5 lb brussels sprouts, Serves 4

halved

3 tbsp olive oil

salt and pepper

1/4 cup chopped wal-
nuts

3 tbsp pomegranate
seeds

1 tsp pomegranate
molasses

flaky salt

1. Toss brussels sprouts with oil
2. Season well with salt and pepper and toss
3. Roast on sheet pan until deeply brown, about 30 minutes, flipping halfway through
4. Meanwhile, toast walnuts in the same oven until aromatic, about 5 minutes
5. Toss brussels sprouts with walnuts and pomegranate seeds
6. Sprinkle on molasses and flaky salt

Broccoli Aligot

V  30 min

5 to 6 cups broccoli,
shaved dark green
tops only (about 4
large heads)

4 tbsp butter

3/4 tsp kosher salt

1 cup cream

170 g low-moisture
mozzarella, grated
salt and pepper

Serves 4

1. Shave dark green tops of florets (5-6 cups)
2. Cook broccoli and salt in butter over medium until softened, 6 to 8 minutes
3. Add cream and simmer for 5 minutes
4. Blend broccoli mixture until completely smooth, adding cream as needed
5. Add cheese in handfuls, stirring vigorously until integrated and stretchy
6. Season with more salt and pepper

Braised Cabbage

 160°C  2 h 35 min

1 medium green cabbage (about 2 lbs)
1 onion, sliced thick
1 carrot, sliced
1/4 cup chicken stock
1/4 cup olive oil
salt and pepper
red pepper flakes

Serves 6 to 8

1. Cut cabbage through core into 8 wedges and arrange as one layer into baking dish
2. Top with onion, carrot, stock, oil, salt, pepper, and red pepper flakes
3. Cook tightly covered for 2 hours, turning wedges after 1 h, adding water if dry
4. Uncover, increase heat to 210°C and roast 15 minutes more until browned

Serve warm or at room temperature.

Skillet-Roasted Brussels Sprouts



V  20 min

1 lb small brussels
sprouts, halved
5 tbsp olive oil
1 tbsp lemon juice
salt and pepper
1/4 cup grated
pecorino

Serves 4

1. Arrange sprouts into 12-inch skillet, cut sides down and drizzle with oil
2. Cover and cook on medium-high for 5 minutes
3. Uncover and cook 2 to 3 minutes more until deeply browned
4. Season with lemon juice, salt and pepper
5. Plate and sprinkle with pecorino

Oven Ratatouille

VG  200°C  2 h

1/3 cup olive oil
8 cloves garlic, smashed
2 large onions
1 1/2 lbs eggplant
2 lbs tomatoes
2 small zucchinis
2 bell peppers
2 tsp herbes de provence
1/8 tsp red pepper flakes
1 bay leaf
2 tbsp basil and parsley
1 tbsp vinegar

Serves 6 to 8

1. Cut all vegetables into 1-inch cubes
2. Saute onions and garlic in oil until softened
3. Add eggplant, tomatoes and spices; season with salt and pepper
4. Bake uncovered for 45 minutes
5. Mash into a sauce; add zucchini and peppers
6. Bake 25 minutes more
7. Remove, cover and let stand for 15 min; then discard bay leaf
8. Add basil, parsley and vinegar; season to taste

Tender Green Beans in Tomato

VG  135°C  1 h 30 min

5 tbsp olive oil

1 onion, chopped

4 cloves garlic, minced

pinch cayenne pepper

1 1/2 cups water

1/2 tsp baking soda

1 1/2 lbs green beans

1 tbsp tomato paste

14 oz diced tomatoes

salt and pepper

1/4 cup chopped parsley

red wine vinegar

Serves 4 to 6

1. Trim green beans and cut into 2-inch pieces
2. Saute onion in 3 tbsp oil until softened, add garlic and cayenne, and cook 30 seconds more
3. Add water, baking soda, and green beans
4. Simmer on medium-low for 10 minutes
5. Add tomato paste, tomatoes, salt and pepper
6. Bake covered at 135°C for 40 to 50 minutes
7. Season with vinegar and more salt as needed
8. Stir in parsley and drizzle with remaining oil

Roasted Balsamic Beets

V  190°C  1 h 30 min

1 1/2 lb beets

olive oil

salt

2 tbsp white balsamic
vinegar

Serves 6

1. Wrap pairs of beets in foil with olive oil and salt
2. Roast at 190°C for 45-60 min
3. Cool, peel, and cut into bite-size pieces
4. Marinate with olive oil, salt, pepper, and white balsamic vinegar

All-Purpose Enriched Dough

V  7 h

250 g whole milk

50 + 500 g flour

4 large eggs, chilled

2 tbsp oil

50 g sugar

10 g salt (1.5 tsp kosher)

1 1/2 tsp instant yeast

113 g unsalted butter,
chilled and diced

Makes enough for 2 loaves

1. Cook milk and 50 g flour on medium heat whisking constantly until very thick
2. Cover and cool to room temperature, 45 min
3. Mix in ingredients up to yeast on low with dough hook until combined, 3 min, scrape and mix on medium-low until elastic, 12 to 15 min
4. Scrape and add butter in two batches on low until fully combined, 10 min, scrape and mix on medium-low until very elastic, 10 to 15 min
5. Form into ball and rise at room temperature for 30 min, then in refrigerator for 4 to 24 h

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.

Cream Biscuits

V  200°C  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 200°C oven for 12-15 minutes

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.

Gullichsenin Letut

V  1 h 10 min

4 dl flour

1 tsp baking powder

1/2 tsp salt

5 dl milk

3 eggs

30 g butter, melted

250 g soft quark

1/2–1 dl club soda

Serves 6

1. Combine flour and baking powder
2. Add half of milk and mix well, then rest of milk, eggs, butter and quark
3. Let stand for at least 30 minutes
4. Add club soda
5. Fry in oil and butter

Serve with: manchego and berries / gouda and fig jam / sour cream and lemon curd / sugar and lemon juice

Hamburger Buns

V  180°C  2 h 30 min

All-Purpose Enriched
Dough (§12)


1 egg, beaten

3 tbsp white sesame
seeds

Makes 10 buns

1. Line two large baking sheets with parchment and spray with oil
2. Deflate dough and portion into ten pieces
3. To shape, do folds to create smooth surface, pinch into bulb and roll with seams down
4. Place on sheets, sprinkle water around and proof covered until not springing back, 2 hours
5. Brush buns with egg and sprinkle with sesame
6. Bake at 180°C rotating after 13 minutes until deeply browned, 18 to 22 minutes

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 (heaping 1/2 tsp)



300 g warm water

1/8 tsp vinegar or lemon juice

This is a variation on No-Knead Bread (§12) 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

No-Knead Bread

VG  260°C  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 260°C 30 min before baking
7. Invert onto baking sheet, gently remove towel and cover with water-spritzed metal bowl
8. Lower temperature to 230°C, bake for 25 min with bowl, and 15 to 25 min more without

Potato Flat Bread

V  260°C  30 min

3 dl potato puree

1 1/2 tsp kosher salt



1 egg

3 dl flour

Serves 4

1. Mix all ingredients until thoroughly combined, but don't knead
2. Portion in mounds onto parchment papered baking sheet
3. Flatten with floured hands
4. Prick all over with a fork
5. Bake at 260°C until well browned in spots, about 15 minutes

Tangzhong Oat and Carrot Rolls

V  190°C  2 h

35 g + 415 g flour

170 g + 170 g milk

2 dl grated carrot

10 g salt (1 1/2 tsp kosher)

10 g molasses (2/3 tbsp)

1/3 dl oil

2 dl rolled oats

2 1/4 tsp instant yeast

1/2 dl bran

egg wash

Makes enough to fill 2 baking sheets

1. Cook 35 g flour and 170 g milk on medium heat whisking until thickened
2. Whisk in remaining milk, carrot, salt, molasses, oil and rolled oats
3. Mix in combined bran, remaining flour and yeast, and knead until very elastic
4. Let rise until doubled or in refrigerator overnight, shape, and proof until puffy
5. Brush with egg wash, sprinkle with rolled oats and bake at 190°C until golden, 15 minutes

Tangzhong Pain de Mie

V  180°C  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 180°C for 25 min with lid and 20 more without


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

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

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

Spiced Fruit Torte

V  180°C  1 h 15 min

1/2 cup salted butter
3/4 to 1 cup sugar
1 cup flour
1 tsp baking powder
1 to 2 tsp spices
2 eggs
1 to 1.5 lb juicy fruit
sugar and lemon juice

Serves 8

1. Cream soft butter with sugar
2. Beat in eggs, then flour, baking powder, spices
3. Spoon batter into 8–10 inch springform pan
4. Place fruit on top, possible skin side up
5. Sprinkle with sugar and lemon juice to taste
6. Bake at 180°C until light golden, about 1 hour


Original: purple plums, cinnamon

Holiday: poached pears, cardamom, citrus zest

Italian: peaches, almond extract, 33% cornmeal

Forest: raspberries, thyme, 33% almond meal

Lemon Ricotta Pancakes

 30 min

3/4 cup flour
1 1/2 tsp baking powder
1 tsp kosher salt
1/4 cup sugar
1 lemon
1 1/2 tsp vanilla extract
3 eggs
3/4 cup ricotta
1/4 cup buttermilk
2 tbsp melted butter
more butter for cooking

Makes 8 to 10 small pancakes

1. Whisk together flour, baking powder, and salt
2. Rub lemon zest into sugar, then whisk in remaining wet ingredients
3. Stir in flour mixture until smooth
4. Heat and butter pan on medium-low
5. Drop scant 1/4 cup batter onto griddle; cook until golden brown and bubbly, 2-3 minutes
6. Flip, cook other side for 2 minutes
7. Repeat with remaining batter

Serve with Blueberry Syrup (§18).

Lemon–Olive Oil Tart

V  180°C  1 h 15 min

Olive Oil Tart Shell

(§14)

1 cup sugar

2 tbsp flour

1/4 tsp salt

3 eggs

3 egg yolks

1 tbsp lemon zest

1/2 cup lemon juice

1/4 cup good extra-
virgin olive oil

Serves 8

1. Whisk together sugar, flour, salt, eggs, yolks, lemon zest and juice
2. Cook on medium stirring constantly until thickened, about 5 minutes
3. Whisk in oil
4. Strain into tart shell
5. Bake at 180°C until set, 8 to 12 minutes

French Apple Cake

 180°C  1 h 45 min



4 cups baking apples
2 tsp apple cider vinegar
1 cup flour
1 tsp baking powder
1 tsp kosher salt
1 stick butter, soft
1/2 cup white sugar
2 tbsp light brown sugar
2 eggs, warm
3 tbsp dark rum
1/2 tsp vanilla extract
3 tbsp white sugar

Serves 8

1. Grease 8-inch pan and line with parchment
2. Peel and cube apples; toss in vinegar
3. Mix flour, baking powder, salt
4. Beat butter and sugars until fluffy
5. Beat in eggs one at a time
6. Mix in rum, vanilla, and half of flour mixture
7. Fold in remaining flour first and then apples
8. Transfer to pan and top with 3 tbsp sugar
9. Bake at 180°C for 45 minutes and cool for 30

Serve with powdered sugar, rum whipped cream.

Protein Banana Bread

V  180°C  2 h

1 1/2 cups bananas
1 1/2 cups greek yogurt
1/4 cup applesauce
3 tbsp honey
3 eggs
1 1/2 tsp vanilla extract
1 1/2 cups w.w. flour
1 1/2 cups protein powder
2 1/4 tsp baking powder
3/4 tsp baking soda
1/2 tsp salt
1 1/2 tsp cinnamon

Makes one large loaf

1. Mash bananas and whisk together with yogurt, applesauce, honey, eggs and vanilla extract
2. Combine dry ingredients and add to wet
3. Stir until just combined
4. Fold in any mix-ins
5. Bake in loaf pan at 180°C for 50–60 minutes
6. Cool in a pan for 10 minutes, then on a wire rack until completely cool

Mix-ins: walnuts, chocolate chips, blueberries

Choux Pastry

V  200°C  20 min

1 cup (235 g) water or
milk

6 tbsp (85 g) unsalted
butter, diced

2 tsp sugar, optional

1/2 tsp kosher salt



130 g flour

4 large eggs (200 g)

Makes 18 puffs

1. Bring water, butter, sugar to boil on high heat
 2. Mix in flour off heat
 3. Cook on medium-high until 80°C
 4. Beat with paddle in stand mixer until 60°C
 5. Beat in eggs one at a time
 6. Pipe and coat with cooking spray
 7. Bake at 200°C until golden, about 25 minutes
 8. Dry in cooling, cracked oven for 30 minutes
- Can wait for 2 hours in piping bag before baking.

Olive Oil Tart Shell

VG  180°C  45 min

1 1/2 cups flour

5 tbsp sugar

1/2 tsp salt


1/2 cup olive oil

2 tbsp water

Makes a 9-inch tart

1. Whisk together flour, sugar and salt
2. Mix in oil and water
3. Press into 9-inch tart pan
4. Bake crust at 180°C for 30 to 35 minutes, rotating once, until browned and firm

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

Vodka Pie Dough



2 1/2 cups flour

1 tsp table salt

2 tbsp sugar

12 tbsp cold butter,
diced

1/2 cup cold lard, in
chunks


1/4 cup cold vodka

1/4 cup cold water

Fills two 11-inch tart pans

1. Mix 1 1/2 cups flour, salt and sugar in food processor
2. Add fats and process until homogenous and starting to clump
3. Scrape sides, add remaining flour and pulse 4 to 6 quick times
4. Sprinkle on vodka and water, fold together with spatula
5. Refrigerate for 45 minutes

Whole Wheat Olive Oil Pie Crust

VG  1 h 15 min

3/4 cup water

2 tsp vinegar or lemon
juice

200 g whole wheat
flour

115 g all purpose flour


3/4 tsp salt

1/4 cup olive oil

Fills two 9–10-inch tart pans

1. Mix water and vinegar, set aside
2. Mix dry ingredients in food processor
3. Turn on and pour in olive oil
4. When combined, pour in water mixture and let run until dough forms a ball
5. Knead on floured surface until just smooth
6. Divide, press flat and wrap in plastic
7. Rest 1 hour or refrigerate up to 3 days

Yeastied Pie Crust

V  1 h 30 min

1/2 cup warm water

1 egg, warm

1/4 cup olive oil

1 1/2 tsp instant yeast

1 cup whole wheat
flour

1 cup all purpose flour


3/4 teaspoon salt

Fills two 10-inch tart pans

1. Beat together water, egg and olive oil
2. Stir in combined dry ingredients
3. Knead on floured surface until just smooth
4. Let rise in oiled and covered bowl until doubled in size, about 1 hour
5. Deflate, divide, cover and rest 5 minutes
6. Roll out into thin rounds and line pans

Use or freeze immediately. Bake from frozen.

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

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.

Tart Panna Cotta

V  4 h 20 min

1/2 envelope gelatin,
just over 1 tsp

3 tbsp water

1 1/4 cups heavy cream

1/4 cup sugar

2 strips lemon peel

tiniest pinch salt

1/8 tsp vanilla extract

1/4 cup buttermilk

1 1/2 tsp lemon juice

Serves 4

1. Bloom gelatin in water for 10 minutes
2. Bring cream, sugar, lemon peel, salt and vanilla to a bare simmer on medium heat
3. Add bloomed gelatin and whisk until fully dissolved
4. Stir in buttermilk and lemon juice
5. Strain and portion into serving bowls
6. Chill for 4 hours or preferably overnight

Champagne Sabayon

V  15 min

3 yolks

75 g sugar

125 ml champagne

small piece lemon rind

400 g mixed berries,
such as raspberries
and blueberries

Serves 4

1. Prepare double boiler
2. Whisk together yolks and sugar off heat
3. Add champagne and lemon, and whisk until sugar has dissolved
4. Cook, whisking constantly, until mixture foams and thickens, about 10 minutes
5. Pour over berries in serving dishes
6. Optionally, brown surface with blow torch

Jello Pudding

V  2 h

1 cup milk

4 tsp cornstarch

2 tbsp sugar

small pinch of salt

Vanilla

1 tsp vanilla extract

1/2 tsp butter

Chocolate-Orange

remove 1 tsp cornstarch

2 tbsp cocoa powder

1 tsp orange blossom water

a few chocolate chips

Serves 2

1. Whisk together dry ingredients
2. Whisk dry ingredients into milk
3. Whisk over medium-high heat until thickened
4. Whisk in extracts and fats
5. Pour into serving bowls
6. Let cool until steaming stops and cover, or leave uncovered to allow a skin to form
7. Refrigerate until wobbly, about 2 hours

Italian Meringue

V  20 min

100-180 g sugar, less
for softer meringue
enough water to moisten
sugar

3 egg whites

a few drops of lemon
juice or vinegar

Makes 2 cups

1. Bring sugar and water to boil, stirring over high heat; continue cooking without stirring until 116°C, brushing down sides
2. Meanwhile whip egg whites and acid on medium to soft peaks
3. Slowly pour syrup into meringue while whipping on medium
4. Whip on high to desired stiffness

Zabaglione

V  30 min

3 egg yolks

40 g sugar

1/2 dl marsala or other
sweet wine

pinch of salt

lemon juice, to taste

Makes 1 cup

1. Whisk yolks and sugar until smooth
2. Add wine and salt
3. Cook in double boiler whisking constantly until foam thickens and holds shape for 8 seconds, 5–8 minutes
4. Continue whisking off heat until desired serving temperature
5. Season with lemon juice 1/2 tsp at a time

Semifreddo

V  9 h

2 cups Italian Meringue Serves 8

(§15)

1 cup Zabaglione (§15)

1 cup heavy cream

1 tbsp powdered sugar

1/8 tsp salt


1 tsp vanilla or other
extract

1/2 cup grated choco-
late, meringues, etc.

1/3 cup curd or puree

1. Whip cream, sugar and salt to soft peaks
2. Fold extracts and Italian Meringue into Zabaglione, followed by whipped cream
3. Grate or crumble and fold in mix-ins
4. Layer into lined pan with curd, puree and/or additional mix-ins
5. Freeze overnight

Natasha

 5 min

3 cl seabuckthorn
liquour

2 cl raspberry infused
mezcal

2 cl lemon juice

2 cl pink peppercorn
simple syrup

Serves 1

1. Rim a glass with fine sugar
2. Shake all ingredients with ice
3. Strain into glass

Extra-Light and Foamy Eggnog

V  15 min

4 eggs, separated

70 g sugar

350 ml whole milk

240 ml heavy cream

240 ml dark rum,
brandy, or a mix

freshly grated nutmeg,
to garnish

Serves 6 to 8

1. Whip egg whites to soft peaks, add half of sugar and whip to stiff peaks
2. Separately, beat egg yolks with rest of sugar until pale yellow and ribbonary
3. Mix in milk, cream and alcohol
4. Fold in egg whites
5. Ladle into goblets and grate on nutmeg

For more complexity, age in refrigerator for up to a year and blend with a fresh batch.

Figgy Christmas Star Filling

VG  30 min

200 g dried figs,
roughly chopped

3 dl water

1 dl sugar

1 stick cinnamon


1/4 dl amaretto

1 tbsp cornstarch +
1 tbsp water

Makes 2 cups

1. Bring figs, water, sugar, cinnamon to boil
2. Simmer for 20 minutes, until figs are soft
3. Remove cinnamon
4. Blend until mostly smooth
5. Mix cornstarch with water
6. Stir slurry into the filling, bring to boil and cook for 1 minute, stirring constantly

Gin Graved Salmon

 1 day

800 g salmon fillet,
deboned
1/4 dl gin
2 tbsp kosher salt
2 tsp granulated sugar
1 tbsp crushed juniper
berries

Serves 12

1. Place salmon onto parchment stacked on foil and raise the edges to contain the gin
2. Pour gin all over the salmon
3. Mix all spices and sprinkle onto salmon
4. Wrap tightly and place in plastic bag
5. Refrigerate under light weight for 1 to 1 1/2 days
6. Wipe and cut into thin slices

Rice Porridge

V  45 min

1 1/2 dl short grain
rice

8 dl whole milk

1/2 tsp kosher salt

Serves 2

1. Add all ingredients into pressure cooker
2. Cook at high pressure for 1 minute and natural release for at least 30 minutes
3. Depressurize and stir until smooth
4. Season to taste with more salt

Dried Fruit Soup

VG  20 min

250 g dried fruits, such
as raisins or apricots

7 dl water

1/2 dl sugar

1 stick cinnamon


2 tbsp cornstarch +
1/2 dl water

1 tbsp lemon juice

Serves 4

1. Bring fruit, water, sugar and cinnamon to boil
2. Simmer until fruit is softened, about 10 minutes
3. Remove cinnamon
4. Mix cornstarch, water and lemon juice
5. Stir slurry into soup, bring to boil and cook for 1 minutes, stirring constantly

Rutabaga Casserole

V  180°C  2 h 40 min

1 kg rutabagas, peeled
and roughly diced
2 dl heavy cream
2 eggs
1 1/2 tsp kosher salt
1 tsp ginger
1/4 tsp allspice
1/4 tsp nutmeg
3/4 dl dark syrup
butter and breadcrumbs,
for topping

Serves 8

1. Boil rutabaga in salted water until soft, about 30 minutes
2. Save 1 dl cooking water and drain rutabaga
3. Puree rutabaga
4. Combine ingredients up to syrup, check for salt and adjust consistency with saved water
5. Transfer to buttered baking dish, top with butter shavings and breadcrumbs and shape surface with a spoon
6. Bake at 180°C for 2 hours

Creamy Mushroom Salad

V  1 h

1 lb mixed mushrooms, Serves 8

finely diced

1 shallot, minced

1 tbsp minced chives

1 dl heavy cream



1 dl creme fraiche

1 tsp vinegar

salt and pepper

1. Cook mushrooms in a dry pan on medium heat until they release water
2. Simmer slowly for 5 minutes
3. Drain and reserve liquid for another use
4. Whip cream to soft peaks
5. Mix all ingredients with cooled mushrooms and season with salt and pepper
6. Rest in refrigerator for 15 minutes

Coastal Bread

V  180°C  4 h

25 g instant yeast, about
3 tbsp

3 dl beer malts

3 dl wheat bran

3 dl rye flour

10 dl wheat flour

1 l piimä or kefir

3 dl dark syrup

2 tbsp kosher salt

1/2 dl dark syrup + 1 dl
water, for brushing

Makes enough for 3 pans of 1 1/2 liters each

1. Mix yeast, malts, bran and flours
2. Heat piimä, syrup and salt to 42°C
3. Add dry ingredients and mix until fully combined, but don't knead
4. Let rise covered in a warm place for 1 1/2 hours, or overnight in refrigerator
5. Ladle into buttered pans leaving 1/4 free
6. Let rise until the dough fills the pans
7. Bake at 180°C for 1 1/2 hours, brushing loaves with syrup-water mixture after 1 hour

Coastal bread is at its best after 1 to 2 days.

Glögi Syrup

VG  40 min

1 cup water
2 cups sugar
1 inch ginger, sliced
2 strips orange peel
2 sticks cinnamon
2 star anise pods
2 tsp whole cloves
1 tbsp cardamom seeds

Makes 2 cups

1. Bring all ingredients to a boil
2. Let steep under a lid for 30 minutes
3. Strain out spices and bottle up

Will keep in refrigerator for up to 6 months.

Other spices to try: nutmeg vanilla allspice
pink peppercorns bay leaves juniper berries

Piimäjuusto

V  7 hours

1 1/2 l whole milk
1/2 l piimä or kefir
100 g sour cream
2 small eggs
1 tsp kosher salt

1. Bring ingredients to room temperature
2. Combine piimä, sour cream and eggs
3. Bring milk to 95°C, stirring constantly
4. Take off heat and stir in piimä mixture
5. Rest under a lid in warm place until whey has separated, 1 to 2 hours
6. Lift curds into cheese cloth lined strainer, spreading the salt in between the layers
7. Cover with cloth and set in refrigerator under a light weight for 6 to 12 hours

Mustard

V  20 min

100 g mustard powder

Makes 3 dl

1 dl sugar

1 tsp salt

2 dl cream

1 tbsp oil

1 egg

1 tbsp white wine
vinegar

1. Whisk together mustard powder, sugar and salt
2. Whisk in cream, oil and egg
3. Bring to boil, scraping bottom to prevent burning
4. Let boil for a moment until mixture thickens
5. Add vinegar

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.

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

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.

Miso-Sesame Vinaigrette

VG  180°C  10 min

2 tbsp sesame seeds

2 cloves garlic, smashed

1 small shallot, chopped

2 tbsp soy sauce

2 tbsp white wine
vinegar

2 tbsp balsamic

1 tbsp miso paste

1 tbsp brown sugar

1/2 cup canola oil

2 tbsp sesame oil

Makes about 1 1/2 cups of dressing

1. Toast sesame seeds at 180°C for 5 minutes

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

3. Blend in oil until emulsified

4. Stir in sesame oil and toasted seeds

Can be stored in refrigerator for 3 weeks.

Green Goddess Dressing

 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.

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

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.

Nobis Dressing

 10 min


1 egg
1 tbsp Dijon mustard
1 tbsp + 1 tsp red wine
vinegar
1 tbsp fresh lemon juice
1/8 tsp garlic, grated
1/3 cup + 1 tbsp canola
oil
1 tbsp chopped chives
1/4 tsp kosher salt
freshly ground white or
black pepper

Makes 3/4 cup

1. Soft boil or poach the egg
2. Blend all ingredients until thick and creamy

Use as salad dressing, for dipping artichokes, over asparagus or on grilled fish.

Blueberry Syrup

 15 min

2 cups blueberries

1 tbsp lemon juice

1/3 to 1/2 cup maple
syrup

Yields about 1 1/4 cups

1. Cook 1 cup blueberries and lemon juice on medium heat until some berries pop, about 2 min
2. Reduce heat, simmer and stir occasionally for 5 min, until thickened
3. Stir in 1/3 cup syrup for compote, 1/2 cup for thinner sauce
4. Add remaining blueberries and simmer until thickened, 5 minutes

Ají Verde

 10 min

1/2 cup mayonnaise

1 jalapeno, seeded

3 tbsp minced cilantro

2 tbsp grated cotija

2 tbsp lime juice

1 tbsp huacatay paste

1 clove garlic

Makes 3/4 cup

1. Combine all ingredients in blender

2. Process until smooth, about 1 minute

Huacatay can be found jarred. If unavailable, increase the cilantro to 5 tbsp.

Warm Tomato Vinaigrette

V  20 min

2+2 tbsp olive oil

1 shallot, minced

2 tsp grated ginger

1/8 tsp ground cumin

1/8 tsp ground fennel

350 g cherry tomatoes,
halved

1/4 tsp kosher salt

1 tbsp vinegar

1 tsp brown sugar

2 tbsp chopped cilantro

Makes about 2 cups

1. Cook shallot, ginger, cumin, and fennel in 2 tbsp oil over medium until fragrant
2. Add tomatoes and salt, and cook until softened, 3 to 5 minutes
3. Add vinegar and sugar and season with salt and pepper
4. Cover to keep warm until serving
5. Stir in cilantro and remaining oil

Blonde Balsamic Vinaigrette

V  10 min

1/4 cup white balsamic Serves 6

vinegar

1 tbsp minced shallot

1/2 tsp kosher salt

1 3/4 tbsp grainy mustard

black pepper

1 1/4 tbsp honey

1 cup extra virgin olive
oil

1. Whisk together all ingredients except oil

2. Slowly stream in oil while whisking

Helen's Grilling Glaze

VG  5 min

1 tbsp soy sauce
1 tbsp dijon mustard
1 tbsp pomegranate
molasses
1 tbsp zaatar
1/2 cup oil
2 garlic cloves

Makes 1/2 cup

1. Grate garlic discarding large pieces
2. Add everything into a squeeze bottle and shake to combine

Gochujang-Ketchup Marinade

VG  5 min

1 tbsp minced ginger
4 cloves garlic, minced
1/4 cup rice vinegar
2 tbsp soy sauce
1 tsp kosher salt
1 tbsp brown sugar
1/4 cup ketchup
1 tsp sesame oil
2 tbsp gochujang

Makes 1 cup

1. Mix ginger, garlic and vinegar
2. Wait 30 seconds to let the acid denature a protease in the ginger
3. Mix in remaining ingredients

Braised Peppers and Onions

VG  40 min

2 tbsp oil

Serves 4–6

3 large bell peppers

1. Heat oil in large pot over medium heat

1 large onion

2. Cook all vegetables and spices, stirring occasionally, until tender but not browned, about 30 minutes

2 cloves garlic

2 tbsp ground cumin

2 bay leaves

Serve in hot dogs, sandwiches, or as a side.

1/2 tsp kosher salt

black pepper

Fast Caramelized Onions

VG  30 min

3 lb onions, sliced
through root

3/4 cup water

2 tbsp oil

3/4 tsp kosher salt

1/8 tsp baking soda +
1 tbsp water

1. Boil onions, water, oil and salt covered in non-stick skillet over high heat until water has evaporated, about 10 minutes
2. Uncover and reduce heat to medium-high
3. Cook without stirring for 30 seconds, scrape up fond, stir and press onions down
4. Repeat step 3 until onions are well browned and a bit sticky, about 15 to 20 minutes
5. Combine baking soda and water, stir into onions, and cook until solution evaporates, about 1 minute

Hot Green Spice Blend


VG  5 min

2 parts freeze dried
chives
2 parts freeze dried
shallots
2 parts whole green
peppercorns
1 part dried minced
garlic
1 part green chile flake

1. Crush peppercorns and garlic
2. Add remaining ingredients
3. Grind until fine

Use on eggs, potatoes or pan-seared chicken, mix into sour cream for a dip, or inside a grilled cheese.

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

Gazpacho Dressing

VG  15 min

1/2 cucumber, peeled

1 1/2 bell pepper

1 jalapeno

1 green onion

2 cloves garlic, peeled

2 1/2 lb ripe tomatoes

5 basil leaves

1/2 tsp black pepper

2 tsp kosher salt

1/2 cup wine vinegar

1/2 cup olive oil

Makes 8 cups

1. Chop vegetables

2. Add all ingredients into a blender

3. Add 1-2 tsp sugar if tomatoes are not very sweet

4. Blend until smooth

5. Strain

6. Season to taste