

## 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

## 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 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

# 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 (heap-  
  ing 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 release 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

 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

V  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

V  500°F  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 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

6. Discard onion, orange and bay leaves

2 bay leaves

2 quarts chicken stock

7. Season to taste with salt

2 tsp kosher 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

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.

# Thanksgiving Dressing

 250°F    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 250°F 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 350°F for 40 minutes
7. Bake uncovered for 40 minutes more, until browned and crisp

## 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

# 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

## 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

## 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

## 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



# Spiced Fruit Torte

V  350°F  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 350°F 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

# Natasha

 5 min

3 cl raspberry infused  
seabuckthorn liquour  
2 cl 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

# 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

## Caramelized Onion, Gruyere, Tomato Tart

 350°F  1 h

1 vodka pie dough

Serves 6 to 8

2 lb onions, caramelized

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 350°F 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 375°F until golden brown, about 30-40 minutes

## 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

## Reverse Seared Steak

 250°F  50 min

1 thick steak

salt and pepper

oil


1 tbsp butter

Serves 1

1. Season generously with salt and pepper
2. Cook in 250°F (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"

## 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

## Egg Salad for Tea Sandwiches

V  15 min

2 hard boiled eggs  
1 tbsp mayonnaise  
1 tbsp yoghurt  
1 tbsp Dijon mustard  
1 tsp dill, minced  
1 tsp parsley, minced  
pinch of sugar  
salt and pepper

Serves 2

1. Mash together eggs, mayonnaise, yoghurt and mustard
2. Mix in dill and parsley
3. Season with sugar, salt and pepper



# Choux Pastry

V  400°F  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 400°F until golden, about 25 minutes
8. Dry in cooling, cracked oven for 30 minutes

Can wait for 2 hours in piping bag before baking.

# 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

## 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

## Convection Tortilla Pizza


 400°F  15 min

1 flour tortilla  
4 tbsp pizza sauce  
3 tbsp grated mozzarella  
2 tbsp grated parmesan  
toppings, such as  
ham, basil, cooked  
sausage, pepperoni,  
onion, banana  
peppers, sun-dried  
tomatoes, olives

Serves 1

1. Line a baking sheet with foil
2. Spray foil with oil
3. Lay tortilla on sheet
4. Spread on pizza sauce
5. Sprinkle on cheeses
6. Add toppings
7. Bake with convection at 400°F until well browned and crispy, about 9 minutes

# 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

## 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 Makes 2 cups

3 dl water

1 dl sugar

1 stick cinnamon

1/4 dl amaretto

1 tbsp cornstarch +

1 tbsp water

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

## Potato Flat Bread

V  500°F  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 500°F until well browned in spots, about 15 minutes

# Rutabaga Casserole

V  350°F  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 350°F 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  350°F  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 350°F 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.

## 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

## 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



# 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

## Pomegranate Brussels Sprouts

VG  425°F  30 min

1.5 lb brussels sprouts,  
halved

3 tbsp olive oil

salt and pepper

1/4 cup chopped wal-  
nuts

3 tbsp pomegranate  
seeds

1 tsp pomegranate  
molasses

flaky salt

Serves 4

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

# 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

# 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

# Hamburger Buns


V  350°F  2 h 30 min

1 batch All-Purpose En-  
riched Dough, chilled  
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 350°F rotating after 13 minutes until deeply browned, 18 to 22 minutes

# Seafood and Bean Stew

 30 min

1 tsp lemon zest

1 tsp paprika

2 cloves garlic, grated

1/4 tsp kosher salt

3/4 tsp black pepper

1 lb shrimp or white fish

4 tbsp butter

2 large leeks, sliced

15 oz white beans, rinsed

2 cups chicken stock


2 tbsp parsley, minced

2 tbsp lemon juice

Serves 4

1. Toss together ingredients up to seafood
2. Melt butter in a large pot
3. Cook seafood over medium-high heat until just done, 2 to 3 minutes
4. Lift seafood aside leaving butter in pot
5. Add leeks and season with salt and pepper
6. Cook over medium heat until soft, 5 minutes
7. Add beans and broth
8. Bring to boil and simmer for 8 to 10 minutes
9. Stir in seafood, parsley and lemon juice
10. Season with more salt and pepper

# 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



# 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.

# 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 stock, 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

📏 350°F ⌚ 30 min

1. Grease ramekin, spoon in filling, crack in egg, drizzle with 2 tsp cream, season with salt and pepper
2. Bake at 350°F 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

### 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

## 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

# Thai 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.

## 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

# 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



# Sticky Coconut Chicken and Rice

 375°F  45 min

1 1/2 lb chicken thighs

Serves 4

3 tbsp oil

2 tsp kosher salt

1/2 tsp black pepper

2 tbsp minced ginger

1 tbsp minced garlic

1 1/2 cups sushi rice

1 3/4 cups chicken broth

14 oz coconut milk

1 bell pepper, chopped


1/2 cup roasted cashews

3 scallions, thinly sliced

1. Remove any bone and skin from chicken and cut each thigh in two; roughly chop cashews
2. Season chicken with 1 tsp salt
3. Brown chicken in oil in dutch oven, set aside
4. Add ginger and garlic and cook until fragrant
5. Stir in rice, and add remaining ingredients
6. Arrange chicken on top and bring to boil
7. Bake covered at 375°F until all liquid is absorbed and chicken is cooked, 25 minutes

Garnish with herbs, such as cilantro and parsley.  
Serve with hot sauce.

## Bay Scallops with Preserved Lemon



 20 min

2 tbsp butter  
2 sprigs rosemary  
2 cloves garlic, minced  
1 lb bay scallops  
1 tbsp minced preserved 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

# Tangzhong Oat and Carrot Rolls

V  375°F  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 375°F until golden, 15 minutes

# 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

## Braised Pork Arrabbiata


 350°F    3 h 30 min

2 lb pork shoulder,  
mostly trimmed  
salt and pepper  
2 tbsp olive oil  
10 cloves garlic, smashed  
1 1/2 tsp red pepper  
flakes  
42 oz fire roasted  
tomatoes, crushed  
1 cup red wine  
5 sprigs basil

Serves 8

1. Season pork with salt and pepper
2. Brown pork in oil over medium-high
3. Cut heat, add garlic and red pepper, and stir until aromatic
4. Add tomatoes, red wine and basil
5. Bring to boil and braise covered at 350°F until fully tender, 2 1/2 to 3 hours
6. Shred meat into bite-sized pieces and stir into the sauce

# Drunken Beans

 2 h 30 min

1 lb dry pinto beans  
1/4 lb bacon, sliced  
1 onion, chopped  
4 cloves garlic, chopped  
2 jalapeno or serrano  
peppers, chopped  
handful cilantro, leaves  
picked and stems  
finely chopped  
2 tomatoes, chopped  
salt  
1 bottle beer

Serves 8

1. Soak beans overnight
2. Cook bacon until rendered, lift out and add onions, garlic, peppers and cilantro stems
3. Cook until softened and beginning to brown
4. Stir in tomatoes, beans and enough soaking liquid to cover by 1 inch
5. Season generously with salt
6. Bring to boil and simmer until tender, adding water if necessary, 1 to 1 1/2 hours
7. Add beer and simmer until creamy, 40 minutes
8. Stir in bacon, cilantro leaves and more salt