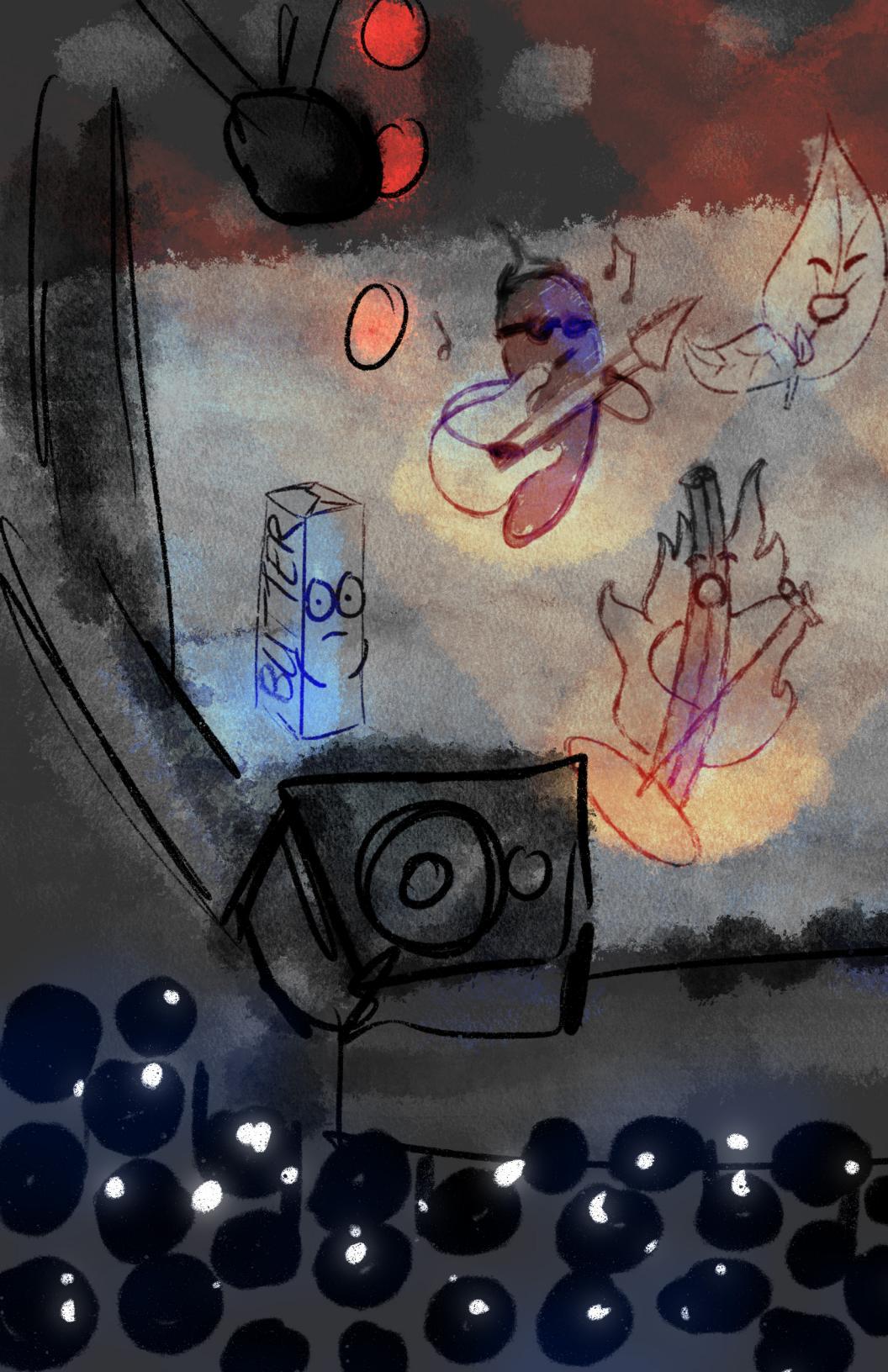
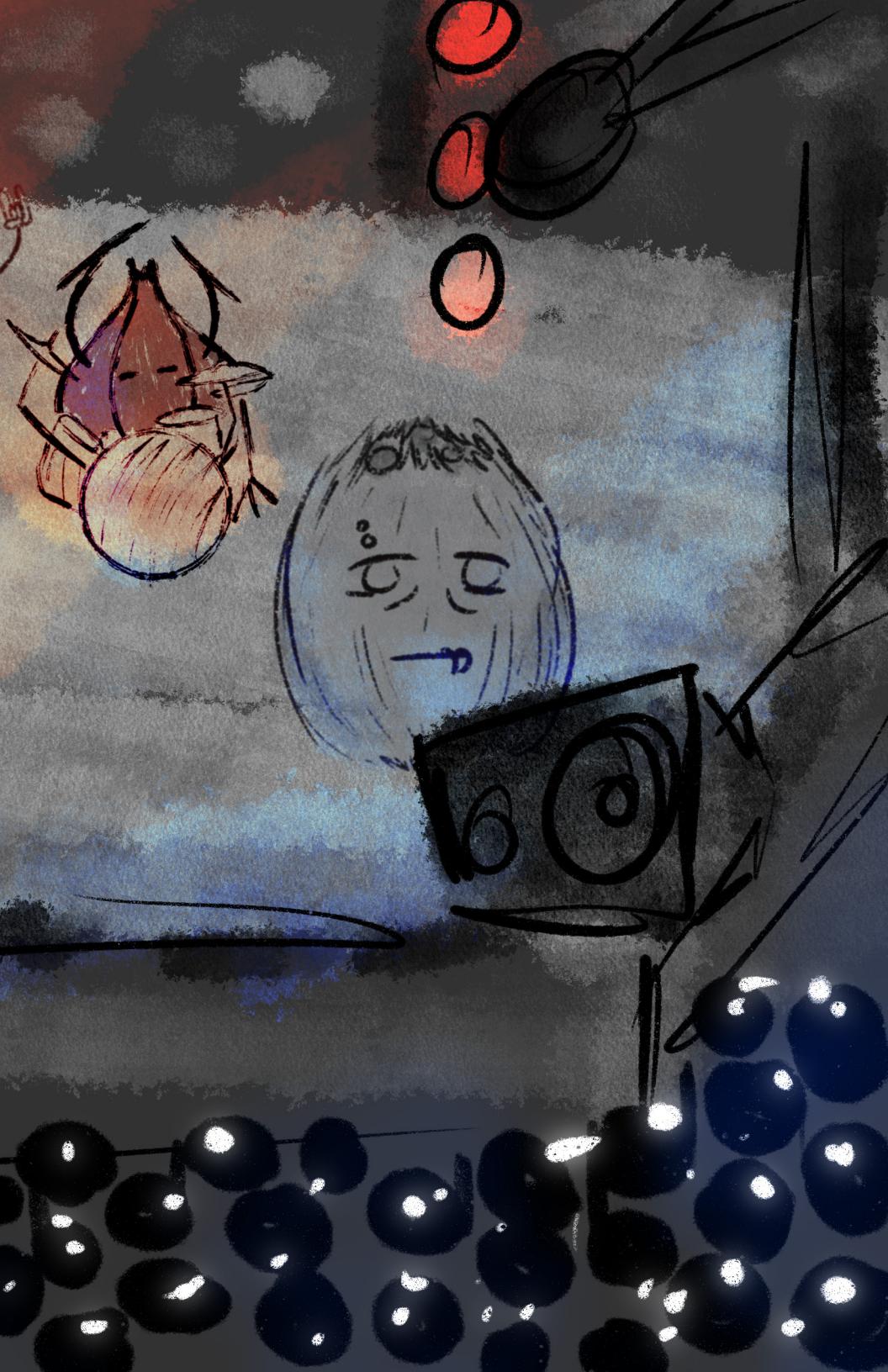


PUNK COOKBOOK

A Cookbook By Alex Godfroy





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SPICY GARLIC NOODLES

Don't
be lazy, make
your own noodles! Other-
wise, Lo Mein, Flat Rice, or Chow Mein
noodles can do if you REALLY don't have time...

Homemade Thick Noodles:

- 2 medium yukon gold potatoes, peeled and quartered
- 1.5 cups (250g) potato starch
- ½ cup (75g) corn starch
- ¾ cup (175mL) room temp water,
- 2.5 qt (2.2L) water, plus more for boiling noodles

1. Add water to a large sauce pot and bring it to a boil.
2. Put the potatoes into the pot, and cook until tender.
3. Mash the potatoes as finely as possible.
4. Mix corn starch, potato starch, and room temperature water together and work the dough until smooth, approx. 2 minutes.
5. With a knife, divide each piece into 16 pieces, roll each piece into 6 inch long pieces. (A REAL 6 inches, though you can make them skinnier and longer if you're weird)
6. In a large pot, bring water to a boil, and add the noodles in. Don't be a dingsus and break them, as the noodles are delicate before they are cooked.

- When the noodles begin to float, notice the change in color and texture. They will swell, so be sure to stir the water to keep them from sticking.
- Test a noodle, by tasting it, once it is clear/opaque. When the noodles have finished cooking, strain and toss in sauce.

OPTION 1:



- 4 cloves garlic
- 2 green onion, finely chopped
- 1.5 tablespoons (12g) gochugaru
- 1.5 teaspoons crushed (7g) red pepper
- ½ teaspoon (3g) sugar
- 1.5 tablespoon (22g) dark soy sauce
- 1 tablespoon (17g) regular soy sauce
- 1 tablespoon(17g) chinese black vinegar
- ½ teaspoon (3g) MSG
- 2 teaspoon (10g) sesame seeds, lightly ground
- 1/3 cup (75g) vegetable oil

- IN A SMALL SAUCE POT OR SAUTE PAN, HEAT VEGETABLE OIL UNTIL IT IS VERY HOT.**
- COMBINE ALL INGREDIENTS EXCEPT OIL IN A LARGE HEAT PROOF BOWL.**
- ONCE THE OIL IS HOT, AROUND 300-350 FAHRENHEIT. POUR YOUR HOT OIL INTO THAT BOWL AND MIX.**
- ALLOW TO SIT FOR 5 MINUTES BEFORE TOSSED NOODLES.**

OPTION 2B

- 1 tablespoons (18g) gochujang
- 3 tablespoons (37g) sriracha
- 3 tablespoons (50g) soy sauce
- 1 tablespoons (17g) dark brown sugar
- 4 tablespoons (75g) tahini
- 3 cloves garlic, finely chopped
- 1 teaspoon toasted (7g) sesame oil
- 1 teaspoon (3g) finely ground sichuan peppercorns
- 2.5 tablespoons water

- 1. IN A LARGE BOWL, ADD ALL THE THE iNGRDiENTS AND MiX UNTiL WELL COMBiNiED. (YES, iT'S THAT SiMPLE)**
- 2. RESEReVE SAUCE UNTiL YOU ARE REAdY TO TOSS iN YOUR NOODLES.**

OPTION 3B

- 1 cup (26g) korean chilies
- 4 green onions
- 15 cloves garlic
- 3 inch knob ginger, peeled
- 1 cup (240ml) water
- 1 cup (240ml) vinegar
- 1 cup (240ml) fish sauce
- 1/2 cup (105g) vegetable oil
- 1/2 cup (100g) white sugar



1. IN A LARGE BOWL, ADD ALL THE THE INGREDIENTS AND MIX UNTIL WELL COMBiNED. (YES, IT'S THAT SiMPLE)
2. RESERVE SAUCE UNTIL YOU ARE READY TO TOSS IN YOUR NOODLES.



OPTION 1



OPTION 3



OPTION 2

To be a bit less boring, you can add:

- Toasted sesame seeds
- Green onion, thinly sliced
- Gochugaru

ENJOY!

STUPID EASY CHICKEN

STIR FRY

Sauce:

- 1 tablespoon (15g) of regular soy sauce
- 1 tablespoon (15g) dark soy sauce
- 1 tablespoon (20g) fish sauce
- 2 tablespoons (35g) oyster sauce



In the small bowl, add all the ingredients and whisk until combined. That's your sauce.

Stir Fry:

- Vegetable Oil for cooking
- 8oz (227g) chicken thighs, cut into small pieces
- 1-2 shallots, thinly sliced
- 8 cloves of garlic, thinly sliced
- 1 red Fresno chili, deseeded & finely chopped
- 2 Thai chilies, finely chopped
- 8 oz (27g) wide or broad dried rice noodles (rehydrated)
- 1 cup (13g) Thai Basil leaves
- Fish Sauce to Taste
- Salt

Instructions :

1. IN A WOK, ADD ENOUGH OIL TO COAT THE BOTTOM; ONCE IT BEGINS TO SMOKE, ADD CHICKEN PIECES, SEAR THEM FOR ABOUT 2 MINUTES AND STIR FRY; ONCE IT STARTS TO GET SOME COLOR AND IS COOKED THROUGH, ABOUT 4 TO 5 MINUTES, REMOVE THE CHICKEN AND PLACE IN A SMALL BOWL.
2. RE-OIL THE WOK; ONCE HOT, ADD THE SHALLOTS, SEASON LIGHTLY WITH SALT, AND STIR FRY FOR ABOUT 2 MINS, OR UNTIL IT STARTS TO TURN TRANSLUCENT; THEN ADD THE GARLIC AND STIR FRY FOR ABOUT 2 MINUTES, OR UNTIL FRAGRANT. NEXT, ADD THE FRESNO CHILI AND THAI CHILLIES, AND STIR FRY FOR 30 SECONDS. ADD YOUR NOODLES AND YOUR CHICKEN AND STIR FOR 1 OR 2 MINUTES.
3. ONCE THE VEGGIES GET EVENLY DISTRIBUTED, ADD YOUR SAUCE; LET IT BOIL WHILE TOSSED AND STIR-FRYING ABOUT 45 SECONDS. NEXT, ADD THE THAI BASIL, AND MIX THEM UNTIL THEY BEGIN TO ITT, SERVE IN A BOWL WITH GARNISH.



CHURRO FRENCH TOAST STICKS

- $\frac{1}{2}$ loaf unsliced bread *sliced bread is ok too*
- $\frac{1}{3}$ cup (80ml) milk
- 2 whole eggs
- 1 tablespoon (12g) sugar
- $1\frac{1}{2}$ teaspoons (4g) ground cinnamon
- Pinch of salt
- Unsalted butter for cooking
- Maple syrup for serving



Cinnamon Pepper Sugar:

- $\frac{1}{2}$ cup (100g) sugar
- 2 teaspoons (4g) ground cinnamon
- 1 teaspoon finely (2g) ground black pepper



Instructions :

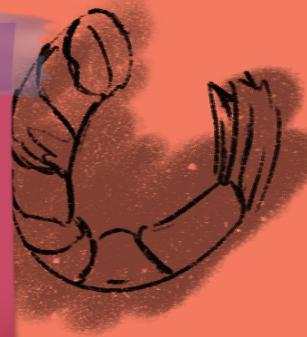
1. Begin by cutting 1/2 of a loaf of bread into 1 inch batons, by slicing 1 inch thick slices, then cutting into 1 inch thick sticks.
2. In a small mixing bowl, prepare cinnamon pepper sugar by whisking together sugar, cinnamon, and finely ground black pepper.
3. In a separate small mixing bowl, whisk together 2 eggs, sugar, and cinnamon until fully combined. Once combined, whisk in milk until homogenous.
4. Heat a pan over medium high heat. While the pan is heating, melt a pad of butter in the pan.
5. While heating, begin to soak all sides of your breadsticks in the egg mixture. Ensuring they are fully coated.
6. Add sticks to the hot pan and cook on all sides for about 1 minute or until golden brown.
7. Once sticks are cooked, toss in the cinnamon pepper sugar mixture and serve with a side of maple syrup for dipping.

SHRIMP COCONUT

RED CURRY

DON'T WANNA COOK EVERYDAY? JUST MEAL PREP THIS AND FREEZE IT IN PORTIONS TO EAT WHENEVER YOU WANT. MAKE IT BIG, MAKE IT LAST

- $\frac{1}{2}$ tablespoon (9g) coconut oil or vegetable oil
- 2 medium shallots, finely diced
- 5 cloves garlic, minced
- 1-inch knob galangal or ginger, peeled and grated
- Salt, to taste
- 3 ounces (87g) red curry paste
- Salt to taste
- 2 cups (475 ml) shrimp or chicken stock, plus more if needed

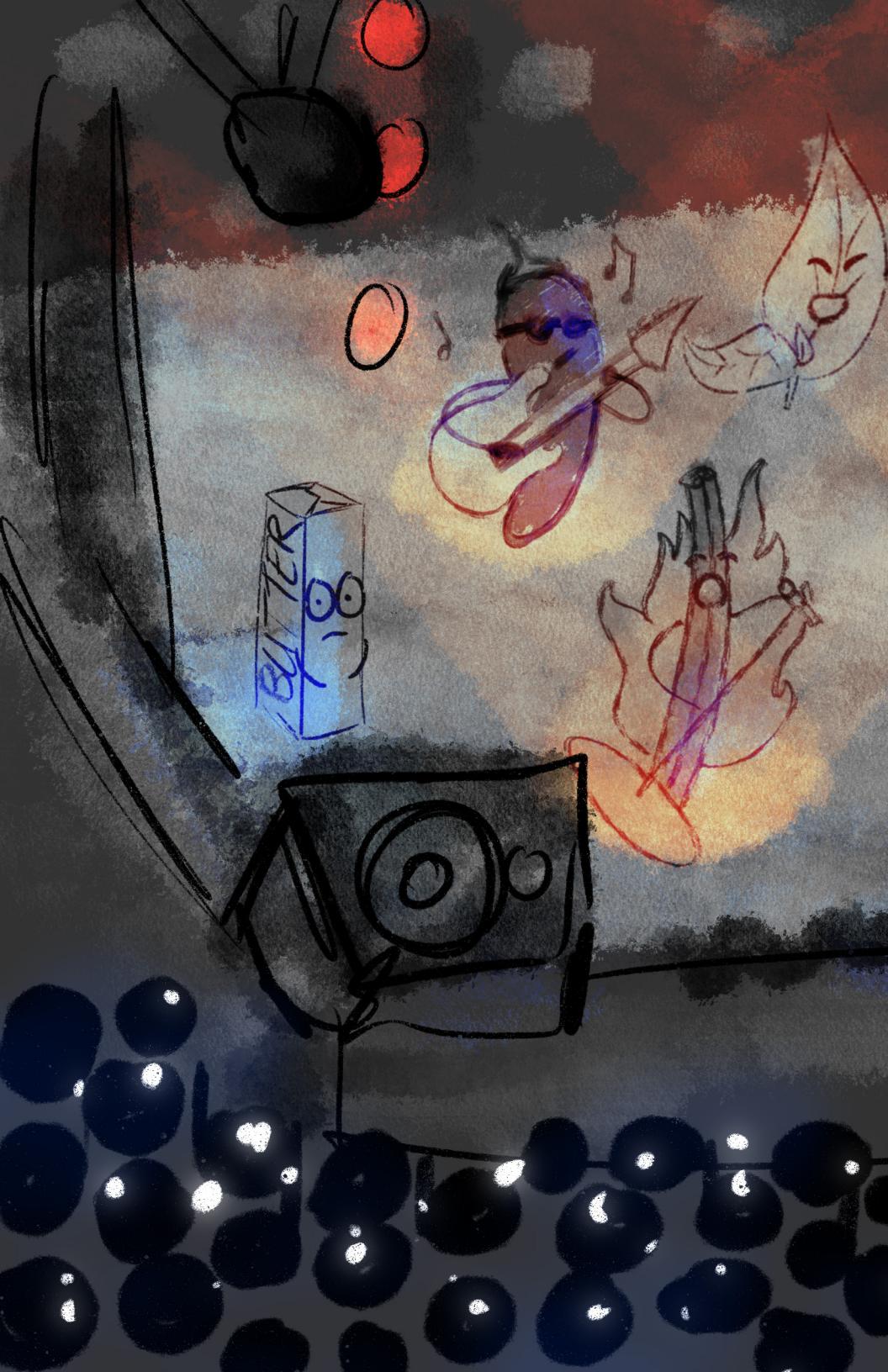


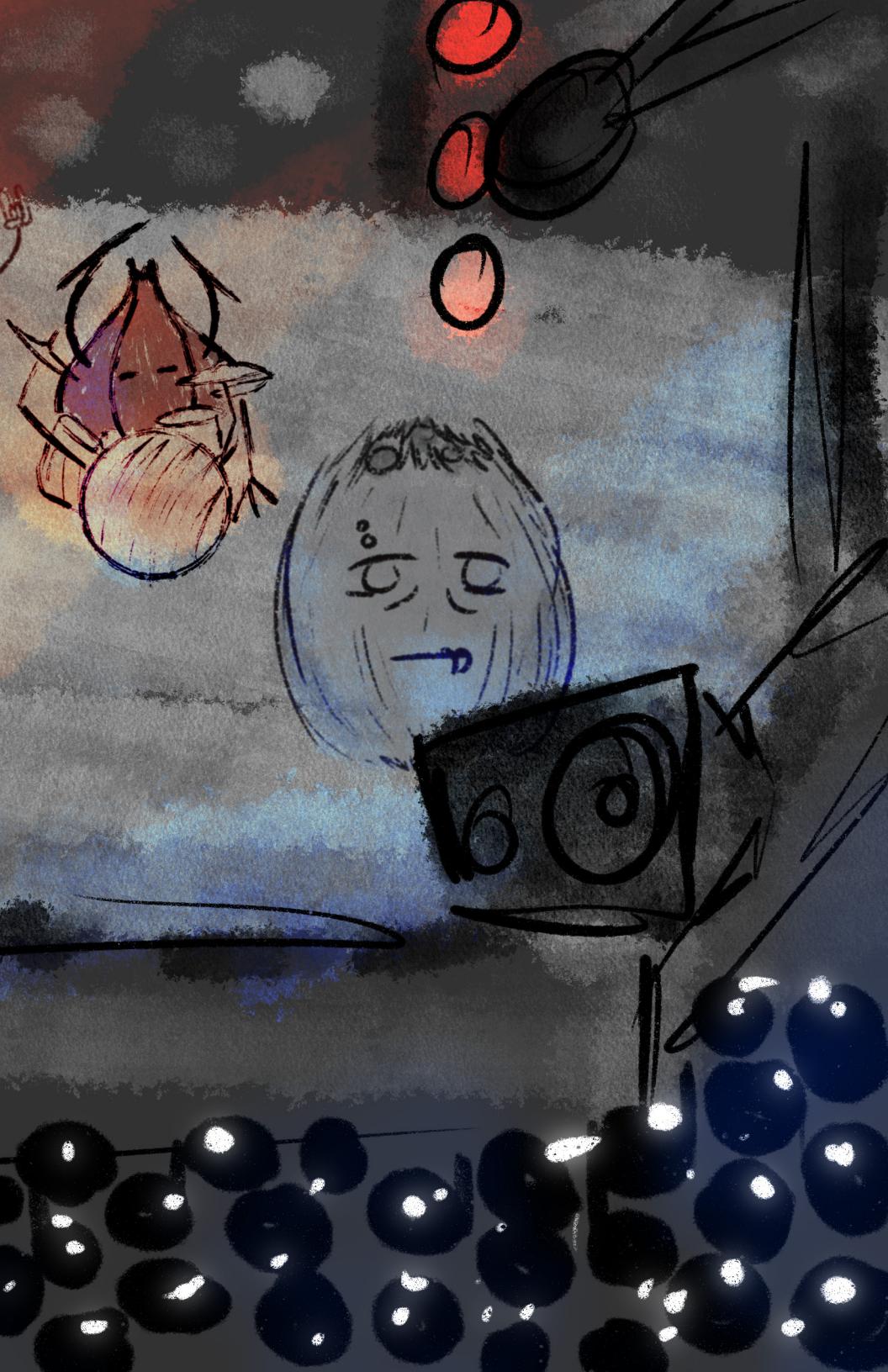
- 2 1/2 tablespoons chopped palm sugar (optional, not included in nutritional facts)
- 2 pounds (900g) shrimp, peeled and deveined
- 1 1/2 cups (350ml) light coconut milk
- 8 makrut lime leaves
- 3 tablespoon fish sauce, plus more to taste (optional)
- Cooked rice, to serve
- 2 limes, cut into wedges, to serve



Instructions :

1. Heat coconut oil in a medium-sized pot, set to medium heat until melted. Add shallots, garlic, galangal, and season to salt. Cook for 2 minutes, or until fragrant and softened.
2. Add the red curry paste, stirring into the aromatics and pressing into the pan in an even layer. Cook until it begins to stick to the bottom of the pan.
3. Deglaze the pan by adding in shrimp stock, scraping the bottom of the pan to release the fond. Stir in the palm sugar, if using and bring up to a simmer, stirring to melt the sugar into the sauce.
4. Reduce the heat to low and add in the shrimp. Stir to combine and add in an additional cup of stock or water, if needed, so the shrimp are mostly covered in liquid. Bring to a boil over medium high. Reduce the heat to low and simmer for 5-8 minutes or until the shrimp is just cooked through and pink.
5. Add coconut milk and lime leaves, stir to combine and cut off the heat. Season to taste with fish sauce or salt.
6. Serve with rice and lime wedges.
7. The curry can be cooled completely and then stored in the refrigerator for 2-3 days and reheated before serving with rice.
8. To store for a month, cool the curry completely before vacuum sealing in 1 serving size bags. Alternatively you can store 1 serving size in a quart ziptop bag. Lay the bags flat and store them in the freezer stacked on top of each other. When ready to serve, heat a large pot of water until it steams. Turn off the heat and add a bag. Heat for 5-10 minutes or until everything is hot and the sauce is loose again.





This cookbook regroups some of my favorite recipes, that I wanted to share with my community. Rock along to some local punk bands, and eat some good yummy food.

Much love, and enjoy the show!

-Alex G.

ISBN 978-0-620-00000-0



A standard 1D barcode representing the ISBN 978-0-620-00000-0. The barcode is composed of vertical black lines of varying widths on a white background. Below the barcode, the numbers "9 780620 000000" are printed, with a small "9" preceding the ISBN number.