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# Chapter 1

## Breakfasts

### 1.1 Boiled Egg

#### Ingredients

1. Eggs
2. Water

#### Cooking

1. Add water to a small pot.
2. Add eggs.
3. Once water gets to a boil, wait 7 to 8 minutes then take eggs out of the water and place into cold water to stop the cooking process.

# Chapter 2

## Lunch

### 2.1 Rice

#### Ingredients

- white rice:
  1. White rice
  2. Cooking oil
- yellow rice:

In addition to the ingredients from the white rice...

  1. Turmeric
  2. Cinnamon
  3. Black pepper

#### Cooking

1. Add a one to one (rice:water) ratio of water to pot.
2. Wash the rice until the water is somewhat clear. You're going to have to add and remove water a few times to achieve a non starchy and clean rice.
3. If the rice grain is thick. Let the rice rest in water for at least 10 minutes.

4. Season the pot water with a spoon of cooking oil and salt to taste. The quantity of oil can be changed depending on the quantity of rice.  
- *For yellow rice Season water with tea spoon of turmeric, cinnamon and a pinch of black pepper. All can be adjusted by eye and taste.*
5. Add rice only after the water has come to a boil and cover with a lid.
6. Turn down the heat and stir the rice occasionally to avoid burning the rice once most of the water has boiled. Try to preserve the steam by avoiding open the lid too many times as that is what cooks the rice.
7. Finally remove the heat once the rice is cooked through and through. Taste test to ensure it is cooked well before serving!

## 2.2 Potatoes and Peas sauce

### Ingredients

1. Turmeric
2. Black pepper
3. Tomato sauce
4. Pomegranate sauce
5. Chicken (of any kind)
6. Carrot
7. Frozen Green Peas
8. Potatoes

### Prep

Prepare the following:

1. A large potato (or two medium) that has been cut into cubes.
2. A cup and a half of frozen green peas.

3. 2 carrots that have been cut into cubes.
4. Dice half an onion.
5. and mince 1 cloves of garlic.

### **Cooking**

1. Add the onion, garlic and the chicken into the pot.
2. Add  $\frac{1}{2}$  spoon of black pepper powder.
3. Add 2 spoons of turmeric.
4. Add pomegranate sauce to taste.
5. Add 4 spoons of cooking oil and turn the heat onto medium.
6. Once the chicken starts to change color Add the vegetables to the pot.
7. Once the vegetables have absorbed the spices, add 5 spoons of tomato sauce.
8. Then add water to get the right texture.
9. Add about  $\frac{1}{2}$  salt to taste.
10. Let it cook for 45 to 60 minute.

## **2.3 Pomegranate Chicken**

### **Ingredients**

1. 1 Onion.
2. 2 Garlic cloves.
3.  $\frac{1}{2}$  a lemon.
4. Pomegranate sauce
5. 3 or 4 chicken legs

## **Cooking**

1. Cut an onion and 2 garlic cloves into slides and add them into a pot.
2. Add 4 spoons of oil.
3. Add the chicken into the pot and turn on the heat.
4. Once the chicken start to change color.
5. Add about half a tea cup of pomegranate sauce to taste.
6. Add salt and pepper to taste.
7. Squeeze half a lemon into all the contents of the pot. Cut slices of lemon peel to liking.
8. Add about  $1\frac{1}{2}$  cup water.
9. Let the contents cook for an hour to an hour and a half. Don't let the pot dry out, always make sure there is water in the pot boiling.

## **2.4 Ribeye Stake**

### **Ingredients**

1. Ribeye meat
2.  $\frac{1}{4}$  a stick of butter
3. 1 garlic clove
4. A bit of thyme
5. Some olive oil

### **Seasoning the Meat**

Rub a healthy amount of salt and pepper into the ribeye and that is basically it.

### **Cooking**

1. Add a small amount of olive oil to the pan, just enough to stop the stake from sticking. Make sure the pan is piping hot. *we don't want to boil the stake we want to sear it.*
2. Place stake going away from you.
3. Flip stake after 30 seconds and let it sear for another 30 seconds.
4. Turn heat down and add the butter along with the thyme.
5. Flip every minute for even cooking while basting the stake with the brown golden butter/olive oil.

## **2.5 Mashed potatoes**

### **Ingredients**

1. Potatoes
2. Butter
3. Milk
4. Salt

### **Cooking**

1. Peel the potatoes.
2. Cut into even quarters.
3. Add the potatoes to a pot.
4. Add enough water to cover the potatoes by 2 to 3cm.
5. Cover and let the potatoes boil.
6. Once the potatoes are soft enough to be stabbed though using a fork, pour the contents of the pot into a colander.
7. Add butter, salt and a dash of milk to taste.
8. Combine everything together by mashing the potatoes.



## 2.6 Pizza

### Ingredients

1.  $2\frac{1}{4}$  cups warm water
2. 1 tbsp sugar
3. 1 tbsp active dry yeast
4. 2 tbsp olive oil
5. 1 tbsp salt
6. 5 cups flour

Half the amount would be:

1.  $1\frac{1}{8}$  cups warm water
2.  $\frac{1}{2}$  tbsp sugar
3.  $\frac{1}{2}$  tbsp active dry yeast
4. 1 tbsp olive oil
5.  $\frac{1}{2}$  tbsp salt
6.  $2\frac{1}{2}$  cups flour

### Making the dough

1. Start the dough by combining the water, sugar and yeast in a large bowl and let sit for a few minutes. If the yeast goes foamy, it's alive and you're good
2. Add the olive oil and salt and the flour.
3. Add just enough additional flour to keep the dough workable (i.e. not too sticky) and kneed until you can stretch some of the dough into a thin sheet without it tearing. (NOTE: You will probably need to add a lot more flour. The quantity I give here is just a base line to get your started.)
4. Let it rise for 2 hours then divide equally and store them in the fridge (optimally for 7 days) or freezer.

## **Baking**

1. Preheat the oven at the highest temperature (ideally convection).
2. Take the cold dough out of the fridge and dust it in flour. Stretch to the size wanted.
3. Add the tomato sauce and the toppings needed.
4. until the crust is well-browned and the cheese has browned a bit (but, ideally, has not started oozing out an orange grease layer), 6-7 minutes.

## **2.7 Meat Teshreeb**

### **Ingredients**

- 1 Onion, cut into large chunks
- 4 tbsp of Tomato paste
- 4 tbsp Cooking Oil
- Iraqi bread
- Meat
- Can of chickpeas, to thicken the sauce
- Loomybsra, black spheres, need to find the English name...

### **Cooking**

1. Cut Onion, into 4 large chunks.
2. Add 4 tbsp of oil to the pot, along with the onions and meat.
3. Add water until meat is covered.
4. filter water from the chickpeas can and add the chickpeas to the pot.
5. Add in 2 pieces of Loomybsra.
6. Let it boil on a medium heat for an hour.

# Chapter 3

## Desserts

### 3.1 Hot Chocolate

#### Ingredients

For one cup

1. 1 cup of Milk
2. 1 tsp of cocoa powder
3. 1 tsp of sugar
4. 1 tsp of chocolate, nutella or otherwise

#### Cooking

For one serving:

1. Add ingredients
2. Wait for it to reach a light boil
3. Serve