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pressure cooker mushroom risotto

5.1.2017

ingredients

- 4 cups vegetable stock
- 1.5 lbs assorted mushrooms (a mixture is best); cleaned, trimmed and thinly sliced
- 4 Tbsp olive oil
- 4 Tbsp butter
- 1 yellow onion; chopped
- 4 garlic cloves; minced
- 1.5 cup arborio rice
- 2 tsp soy sauce; shoyu, tamari or light chinese
- 1 Tbsp light (shiro) miso
- 1/2 cup white wine or sake
- 1 oz grated high quality parmesan
- more parmesan and any finely minced herb for serving
- (optional) 1 oz dried porcini or shitake

instructions

1. If you have dried mushrooms, heat stock and allow dried mushrooms to steep until soft, about 5 minutes for porcini or up to an hour for shitakes. Remove hydrated mushrooms and roughly chop. Add mushroom scraps to the stock and allow to sit until later when the stock is added to the rice.
2. Heat olive and oil and butter in the pressure cooker and add all of the mushrooms. Cook until mushrooms have softened, but you don't need to take it until they're completely dried and browning.
3. Add onion and garlic and cook until barely softened, then add rice and cook until starting to become translucent around the edges; about 5 minutes.
4. Stir in soy/tamari and miso paste until distributed then add wine and cook until the alcohol is released; about 2-3 minutes.
5. Pour the stock into the pot through a mesh strainer and discard the mushroom scraps. Cook on low pressure for 5 minutes (10 psi on most cookers). Release steam valve and open the pressure cooker.
6. Stir in parmesan and check the seasoning.
7. Serve with extra grated parmesan and herbs at the table.

notes

Not a good choice for someone who doesn't like mushrooms. The dried mushrooms are nice but not necessary - I generally skip the extra step. Also, if the risotto comes out a little too dry, feel free to loosen it with a few tablespoons of stock or heavy cream.

mediterranean couscous salad

5.20.2017

ingredients

- 1.5 cup whole wheat couscous
- 1 english cucumber; small dice
- 1 small carton good cherry tomatoes; cut in half
- 1 red pepper; small dice (optional, as a replacement for tomatoes)
- 1 can garbanzo beans; drained
- 1/4 cup (or more) italian dressing
- 1 avocado (optional as topping)
- salt

instructions

1. Boil 1.5 cups of water with a pinch of salt in a small saucepan. Once it's boiling, add couscous and stir, take off heat and let rest for 5+ minutes with the lid on before fluffing with a fork.
2. Combine veggies and dressing to let marinate while couscous steams.
3. Top couscous with veggie salad. Top that with optional sliced avocados. Add more dressing if necessary.

notes

If really getting fancy, could add chopped parsley. If using persian cucumbers prep 2-3 instead of 1. For chickpeas, I prefer *Goya* brand.

lentil bolognese

11.4.2017

ingredients

- 3 Tbsp olive oil
- 2 carrots; small dice
- 1-2 celery stalks; small dice
- 1 onion; small dice
- 1 cup beluga (black) lentils
- 4 cups vegetable broth
- 2 Tbsp unsalted butter
- 1 Tbsp balsamic vinegar
- pasta, dried or homemade; cooked

instructions

1. Heat the oil over medium-low heat then add carrots. Cook for a couple minutes then add onions and celery and cook until golden; about 10-15 minutes.
2. Rinse lentils then add to the pot. Toss around then add the 4 cups of broth. Bring to a boil over high heat then reduce to a simmer and allow to cook for 35-45 minutes until the lentils have absorbed much of the water and are abundantly tender. This is a good time to check the seasoning.
3. Remove half the sauce to a blender or food processor and blitz to a rough paste or smooth depending on preference. Add this back to the pot along with butter and the balsamic vinegar.
4. Serve over noodles with a few cracks of fresh pepper and some chopped parsley or parmesan.

Pressure cooker recipe: 1. Cook veggies in base of the pressure cooker on “sauté” mode with the top off. Stir often so the vegetables don’t burn, until browned and soft. 1. Add lentils and 2.5 cups of the hot broth to the pressure cooker. Cover and set to 15 minutes on high pressure. Manually release pressure with a rag over the steam output. 1. Remove and blend half the sauce then put back into the pot. Stir in butter and balsamic and season to taste.

notes

Can use any type of broth. Mushroom or chicken broth would be nice. For boxed pasta I prefer *De Cecco* brand and a shape without holes or tubes for the sauce to get stuck in. Good options are farfalle, oriechette or fettuccine. Also goes really well over roasted spaghetti squash.

daily daal

2.9.2018

ingredients

- 8 oz red lentils (about 1 heaping cup)
- 2 Tbsp neutral cooking oil (e.g., avocado)
- 10 black peppercorns
- 5 cloves
- 1 onion; small dice
- 2.5" ginger; finely mined or grated
- 5 garlic cloves; peeled
- 1 tsp chili powder
- 1 scant tsp coriander
- 1/2 tsp turmeric
- 1 tsp salt
- 1 14oz can plum tomatoes
- cayenne pepper (optional)
- handful of cilantro; rinsed and roughly chopped (optional)
- one recipe basmati rice
- lemon (optional)

instructions

1. Rinse red lentils until water runs clear. Put in tall pot and cover with 2.5 cups cold water.
Bring to a boil then reduce heat, cover, and simmer for 10-15 minutes.
2. While lentils are cooking, heat the oil in a new pan over medium-low heat. When hot, add peppercorns and cloves and cook until fragrant - about 30 seconds. Add onions and cook while stirring often for 8-10 minutes or golden. Add the ginger and crush in the garlic (I use a press) and cook for 2-3 minutes until fragrant but not burnt. Tip in spices and salt and stir to coat.
3. Add can of tomatoes, crushing with your hands as they go in (granny style) or crush with wooden spoon in pan.
Bring to a boil then simmer for 5 minutes. Cover and simmer 5 more.
4. Once the sauce has darkened and thickened a little bit start adding in the lentils with a slotted spoon.
If it's too thick, thin with some of the lentil cooking liquid. I found that mine typically doesn't need any additional liquid.
5. Simmer on low heat for 10 more minutes, uncovered if looking to thicken the sauce.
Taste and adjust seasoning.
Add cayenne if it could use some spice. Add lemon juice for acid if needed.
6. Serve with basmati rice or Jeff's naan and a sprinkle of chopped cilantro.

Notes

Might want to remove cloves and peppercorns before serving if they're too powerful.

steamed basmati rice

2.9.2018

ingredients

- 1 cup basmati rice
- 1.5 cups just boiled water
- 1-2 Tbsp neutral oil
- 1 pinch salt (3/4 tsp salt)
- spices: panch puran (ideal), cloves, cinnamon stick, black peppercorns, cumin seeds, mustard seeds, curry leaves (all optional)

instructions

1. Rinse rice under cold water a few times or until it runs clear. Cover in cold water and let sit for at least 20 minutes, ideally 40 minutes, up to one hour.
2. Heat oil in a broad pan (at least 12-14"). If using spices, add to the hot oil and fry until fragrant.
3. Add drained rice and the salt and toss to coat. Dump in just boiling water and bring pan to an aggressive boil.
4. Once boiling, cover, turn heat down to low and let cook for 10 minutes.
5. Keeping top on, remove from heat and let steam in residual heat for another 10 minutes.
6. Serve with tasty curries.

notes

Some combinations of aromatics I enjoy are a cinnamon stick and cloves, or cumin or mustard seeds and curry leaves. Can be scaled 100% when doubling, but reduce to 2.5 cups boiling water.

coconut baked oatmeal

9.18.2018

ingredients

- 1 Tbsp coconut oil (or other neutral oil to grease baking pan)
- 3 ripe bananas
- 2 eggs
- 1/3 cup shredded, unsweetened coconut
- 1/4 cup brown sugar
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/2 tsp kosher salt
- 1 can coconut milk
- 2 1/4 cup rolled oats (not quick cooking)
- blueberries, strawberries, raspberries, blackberries; washed (optional)
- coconut whipped cream (optional)

instructions

1. Preheat the oven to 375F (without convection) and melt coconut oil (or replacement) to grease baking dish.
2. Smash bananas in large mixing bowl. Combine all ingredients up to rolled oats and mix well. Spoon in oats and stir to combine.
3. Bake for 45 minutes. Remove and let cool for a couple minutes before digging in. Optionally, top with fruit and coconut whipped cream.

notes

Can be served warm or cold. Keeps for a few days in the fridge.

turmeric immune soup

11.5.2018

ingredients

- 2 tsp olive oil
- 4 carrots; small dice
- 4 celery stalks; small dice
- 2 smallish white, sweet or spanish onion; small dice
- 2-3 inches garlic; minced
- 6-8 garlic cloves; minced
- 3 tsp ground turmeric
- 1/2 tsp red chili flakes
- 1 1/3 cup dried orzo
- 8 cups vegetable broth
- 2 Tbsp light miso
- 1 Tbsp apple cider vinegar
- 1/4 cup parsley, flat or curly; chopped

instructions

1. Heat a broad based pot over medium high heat. Add olive oil, then onion, carrot and celery. Cook until onion is very translucent, about 5-10 minutes. Add garlic, ginger, turmeric and chili flakes and cook until fragrant, about a minute. Add broth and bring to boil.
2. Once at a low boil, add orzo and cook stirring intermittently until almost al dente; 7-10 minutes. In a small bowl, combine miso paste and vinegar. Ladle in 2-3 Tbsp broth and stir until dissolved. Add back into pot, then take off heat.
3. Check seasoning and add salt or pepper as needed. Stir in parsley and serve.

notes

Goes well with a crusty bread. Also stores well, but orzo will get plump and absorb lots of the broth.

coconut rice

6.21.2019

ingredients

- 2 cup jasmine rice; thoroughly rinsed
- 1 14 oz can of coconut milk
- 1.5 cup water
- 1 tsp salt
- 3 Tbsp shredded coconut; plus more, toasted for a garnish if desired

instructions

1. Combine in a rice cooker and stir.
2. Cook on sweet setting, or just the white setting if sweet is not an option.
3. Fluff and stir to combine the shredded coconut which will have floated to the top.

notes

High quality coconut milk makes a massive difference. I really like Thai Kitchen brand, and dislike Trader Joes.

pasta e ceci (pasta and chickpea soup)

7.11.2019

ingredients

- 3 Tbsp olive oil
- 3 stalks celery; medium dice
- 4 carrot; medium dice
- 1 yellow onion; medium dice
- 2 Tbsp tomato paste
- 8 cups vegetable stock (I prefer better than bouillon)
- 2 15 oz cans chickpeas; drained and rinsed
- 8 oz. small pasta (cavatelli, ditalini or oriechette)
- kosher salt and freshly ground black pepper, to taste
- 2 Tbsp parsley; minced plus a little more for topping
- parmesan cheese for serving; microplaned or grated

instructions

1. Heat oil in a large saucepan or pot over medium-high; add rosemary, celery, carrot, and onion and cook until soft, 8-10 minutes.
2. Mix tomato paste into the veggies stirring continuously for 1 minute as it cooks.
3. Add stock and chickpeas; simmer 5 minutes. Remove half the chickpea and vegetable mix and purée until smooth; return to pan and bring back to a boil.
4. Add pasta and cook until al dente, 10 minutes; season with salt and pepper.
5. Stir in parsley. Serve with parmesan cheese and extra parsley.

notes

For pasta e ceci “Minestrone Style” add: - 2 cloves garlic; thinly sliced - 1 large zucchini; small dice - 1 Tbsp shiro miso paste - An extra cup or two of broth

almond flour pumpkin muffins

2.16.2021

ingredients

- 2 cups almond flour
- 1.5 cups old fashioned rolled oats
- 1/2 tsp kosher salt
- 2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground cloves
- 1/2 cup walnut chunks
- 2 Tbsp small chocolate chips (optional, to add to half)
- 1 can (14 oz) pumpkin puree
- 6 oz butter; melted
- 1/2 cup maple syrup
- 3 eggs

instructions

1. Preheat oven to 350F.
2. Whisk together the dry ingredients and the wet ingredients separately (larger bowl for the dry). Add the wet to the dry and mix until just combined.
3. Setup muffin tin with 12 cups and fill the batter to the brim. If using chocolate chips, stop halfway through filling the cups and mix the chocolate into the batter until evenly distributed before finishing filling.
4. Once preheated, cook for 30-32 minutes. Let cool in the tin for a minute or two until cool enough to handle then carefully remove and place on a cooling rack. Once completely cooled (30-60 minutes), stored in a sealed container in the fridge.
5. When ready to eat, microwave for 20-30 seconds (depend on microwave, we have a weak one so use 30 seconds).

notes

The 3 tsp (1 Tbsp) of spices (cinnamon, ginger, cloves) can be replaced with 3 tsp of pumpkin spice powder. Or even easier, 3 tsp of cinnamon. Any combination of autumnal spices will be fine. I add a few chocolate chips to the top of the chocolate chip muffins before cooking as a flag. A flaky sea salt before baking could also be nice.

congee (savory rice porridge)

12.15.2022

ingredients

- 1 cup cooked rice
- 2 cups broth (or water, or half/half)
- splash of shoyu; about 1 tsp
- dash of sesame oil
- sesame seeds
- (optional) 1 green onion; greens thinly sliced
- (optional) roasted squash
- (optional) white pepper
- (optional) chili crunch oil
- (optional) pickled radish

instructions

1. Blend cooked rice and broth until smooth with some chunks of suspended rice. 15-30 seconds on high.
2. Pour into a saucepan and cook for 5 minutes to allow the rice to absorb some of the broth and thicken.
3. Serve with green onions and shoyu plus other optional toppings.

notes

Serves 2.

mochi corn cake

12.15.2022

ingredients

- 2.5 cups corn kernels, preferably fresh cut from 2-3 cobs
- 1/2 cup full fat coconut milk
- 1/4 cup butter, melted and cooled slightly, plus more for greasing baking pan
- 3/4 scant cup granulated sugar
- 2 large eggs
- 1/2 tsp vanilla extract
- 2 cups glutinous rice flour (I use Koda Farms Blue Star Mochiko)
- 1 tsp baking powder
- 1/2 tsp salt

instructions

1. Preheat oven to 350F non-convection. Grease a 8x8 or 9x9 square or round pan. Blend corn and coconut milk until very smooth. Blend in the other ingredients until smooth. Pour into greased baking tray and knock out bubbles.
2. Bake for 45 minutes to 1 hour. Let cool completely then cut. Store on counter up to 24 hours or fridge for longer.

notes

Reference: <https://www.foodnetwork.ca/recipe/sweet-corn-mochi-cake/>

okonomiyaki (cabbage pancakes)

12.15.2022

ingredients

- 4-5 cups cabbage; thinly sliced
- 1 large carrot; shredded
- 1 cup flour; 1/4 cup at a time
- 2 Tbsp shoyu (soy sauce)
- 1 Tbsp sesame oil
- 1/2 cup water
- 2 eggs
- 2 green onion; white and green separated
- neutral oil; e.g., avocado oil
- kewpie mayonnaise
- sriracha

instructions

1. Make the wet batter by whisking together eggs, water, sesame oil and shoyu.
2. Add flour 1/4 cup at a time while whisking until smooth. Add shredded cabbage, carrot and onion whites.
3. Let sit for a few minutes for the flour to hydrate. Cook over medium heat with 1 Tbsp neutral oil per pancake.
4. Optionally drain on a paper towel then serve with a drizzle of kewpie and sriracha and the remaining green onions.

notes

I like this served with a little kimchi.

red lentil coconut curry

12.15.2022

ingredients

- 2 Tbsp coconut oil
- 1 onion
- 2 cloves garlic; crushed or minced
- 2" knob of ginger; minced
- 1 cup split red lentils (masoor dal); well rinsed
- 1 14oz can crushed tomato or similar
- 1 cup cilantro stems
- 1/4 cup cilantro leaves
- 1 14 oz can coconut milk; full fat
- 2.5 cups water
- (optional) 2-3 oz baby spinach
- 1 tablespoon curry powder
- 1 pinch red pepper flakes
- 1/2 lemon
- (optional) 1 side of steamed basmati rice

instructions

1. Preheat saucepan over medium heat. Add the onion and fry for 8 minutes, sitting frequently, until soft and caramelized. Add curry powder, pepper flakes, garlic and ginger and fry for 2 more minutes, stirring continuously.
2. Add lentils and stir through for 1 minutes, then add tomatoes, cilantro stems, water, 1 tsp salt and a big grind of pepper.
3. Add the coconut milk, reserving a few Tbsp if desired for finishing. Bring to a boil then simmer for 25-30 minutes, until the lentils are soft but still holding a little shape. Fold in spinach and take off heat once fully wilted. Season with salt, sugar as needed and lemon juice.
4. Top with fresh cilantro and optional reserved coconut milk.

notes

- Probably good to double
- Could probably use a whole bin of spinach.
- By far, my favorite canned tomatoes are Bianco Dinapoli

sushi bowl

12.15.2022

ingredients

- 3 rice cooker cups of white short or medium grain rice
- 4 Tbsp rice vinegar
- 3 Tbsp (scant) sugar
- 1 tsp kosher salt
- approx 2x2" kombu (optional)
- 4 Tbsp kewpie mayonnaise
- 2 Tbsp sriracha or similar hot sauce
- 12-16 oz smoked slab salmon
- avocado; sliced
- 1 cucumber thinly sliced and tossed with small amount of salt (optionally sugar), or 1 recipe of "smashed cucumbers" - below
- nori slices to make little sushi tacos
- pickled red onion, radish or jalapeño
- white and black toasted sesame seeds
- broiled asparagus

instructions

1. Start by cooking the rice in a rice cooker on the white or sushi setting. Make rice seasoning while it cooks by combining and stirring the rice vinegar, sugar and salt in a small mason jar.
2. When the rice finishes cooking lay it out into a non-metallic broad bowl or even a glass tray and distribute the rice seasoning as evenly as possible. Carefully fold to combine. Fan with a sheet pan if possible to help cool the rice faster.
3. If you're feeling lazy you can mix it into the rice cooker directly and leave it open to cool a bit.
4. Spicy mayo is just mixing together the mayonnaise and sriracha. With kewpie mayo it should be drizzle-able.
5. Break apart salmon and place on top of some rice, then add all the toppings you'd want.

notes

Pretty much any vegetable works with this. Sometimes I add seared mushrooms or tofu. Fake crab works great too.

white bean lemon kale soup

12.15.2022

ingredients

- 2 tablespoon olive oil
- 2 medium yellow onion; small dice
- 2 medium carrot; small dice
- 2 stick celery; small dice
- 4 cloves garlic; minced
- chili flakes or aleppo pepper to taste
- 2-3 sprig fresh rosemary; minced
- 3-4 cans navy beans; drained and rinsed (or 1-2 lbs soaked overnight and pressure cooked 20 min, natural pressure release)
- 8 cups vegetable stock
- 2-4 tablespoons fresh lemon juice
- sea salt and ground black pepper to taste
- 6 cups packed chopped lacinato or curly kale (roughly 2 small bunch)
- 1/2 cup flat leaf parsley leaves; chopped

instructions

1. Heat the oil in a medium-large soup pot over medium heat. Add the onions, carrots, and celery to the pot and stir. Sauté the vegetables until lightly softened and translucent, about 5 minutes.
2. To the pot, add the garlic, chili flakes, and rosemary. Stir and cook until garlic is fragrant, about 30 seconds. Add the navy beans to the pot and stir. Add the vegetable stock to the pot and stir once more. Bring the soup to a boil.
3. Once boiling, ladle 1/3 to 1/2 of the soup into an upright blender. Add the lemon juice to the blender as well. Carefully bring the speed of the blender up to high and blend until this portion of the soup is totally liquified. Pour this liquified portion back into the pot. Season the soup with salt and pepper.
4. Add the kale to the pot and bring the soup to a boil. Once the kale is slightly wilted and bright green, season the soup once more with salt and pepper, if you find it necessary. Stir in the chopped parsley as well. Serve the soup hot.

notes

Goes well with toasted rustic bread.

apple cheddar crisp salad

12.16.2022

ingredients

- 1 small shallot, minced
- 3 Tbsp apple cider vinegar
- 1/2 tsp smooth dijon mustard
- 1 Tbsp mayonnaise
- 6 Tbsp extra virgin olive oil
- salt and pepper
- 1 cup (115 grams or 4 ounces) sharp cheddar; coarsely grated
- 1 cup sliced almonds
- 2 Tbsp (15 grams) powdered sugar
- 1/4 tsp kosher salt
- 1/4 tsp ground cayenne
- 5 ounces (140 grams) kale leaves, any variety, cut into thin ribbons
- 1 large crisp apple; halved, cored, and cut thin

instructions

1. Heat oven to 400F.
2. Make cheddar crisps and sugared almonds: Line a large (half-sheet size) rimmed baking sheet with parchment paper. Scatter cheddar evenly over half the parchment, in about a 8×12-inch, 1/4-inch thick rectangle. Sprinkle with a little cayenne or black pepper.
3. Rinse almonds under cold water and shake off excess liquid. In a bowl, toss wet almonds with powdered sugar, salt, and 1/4 teaspoon cayenne until evenly coated. Spread on second half of parchment-covered baking sheet in a thin, even layer, leaving an inch around it bare, so it can spread.
4. Bake almonds and cheddar together for 4 to 9 minutes, until the cheese is melted into a lacy, evenly deep golden brown crisp and the almonds are dark at the edges and lightly golden throughout. Watch it closely. Both the cheddar and the almonds will go from not-yet-golden to perfectly bronzed to burnt in what feels like a one-minute period. Check it at 4 minutes, then every minute or two thereafter until the pan is just right. Remove and let cool while you finish the salad.
5. Finish the dressing. To the shallots and vinegar in the bowl, whisk in dijon, mayo or yogurt, then drizzle in olive oil, whisking the whole time. Season dressing with salt and lots of freshly ground black pepper.
6. Assemble. In a large wide bowl or salad plate, toss greens with 2/3 the dressing to start, then tasting and adding the rest if you wish. Arrange the apple over the greens, fanning out slices. Break off clustered of almonds from the baking sheet and scatter them over the salad. If the cheddar crisp seems very oily, you can blot it with a paper towel, before tearing or cutting it into large bite-size pieces and scattering them over the salad. Season the salad with additional salt and pepper and serve right away.

notes

The nuts can be stored in an airtight container at room temperature for a week. The cheese crisps are best kept the fridge, lightly covered. The dressing will keep for several days in the fridge. Washed and blotted dry kale keeps in the fridge for several days. The method for candied sliced almonds is ridiculously good.

egg drop soup

12.16.2022

ingredients

- 4 cups vegetable stock; I prefer Better than Bouillon
- 1/2 tsp toasted sesame oil
- 1/2 tsp salt
- 1/8 tsp sugar
- 1/4 teaspoon MSG
- 1/8 tsp white pepper
- 1/2 tsp turmeric
- 3 Tbsp cornstarch; mixed with 1/3 cup water
- 3 eggs; lightly beaten

instructions

1. Bring the stock to a simmer in a medium soup pot. Stir in the sesame oil, salt, sugar, white pepper, and MSG. Add in the turmeric.
2. Taste the soup, and adjust the seasoning if needed.
3. Add the cornstarch and water mixture. Make sure the cornstarch and water is mixed well, as the cornstarch settles very quickly. Stir the soup continuously as you drizzle in the slurry, or you'll get clumps of cooked starch in your soup.
4. Use a ladle to stir the soup in a circular motion, and slowly drizzle in the egg until you have added it all.
5. Ladle the soup into bowls, top with scallions if desired, and serve hot.

notes

The speed which you stir while pouring the egg in determines the size of the egg flowers. I prefer large clumps of egg so tend to stir very slowly after some has set.

pancakes two ways

12.16.2022

ingredients

- 1.5 cups flour (225 g)
- 0.5 cup almond flour (60g)
- 1/4 tsp salt
- 2 tsp baking powder (12 g)
- 1 Tbsp sugar
- 2 eggs
- 1.5 cups almond milk
- Toppings: strawberry, banana, chocolate chips

instructions

1. Mix wet and dry separately then bring together until just hydrated. Don't over mix, small clumps are ok.
2. Cook over medium in cast iron or non-stick with some butter.

notes

There are many ways to make pancakes... this is my favorite. Another option is banana pancakes which have good flavor but worse texture:

- 3 ripe bananas
- 3 eggs
- almond flour
- 1 scant tsp baking powder
- salt (optional)
- neutral or coconut oil

Smash bananas until they're pudding. Mix in the eggs. Add flour until good pancake consistency (maybe 1/4 to 1/2 cup). Add baking powder and stir or whisk in. Add a pinch of salt if desired. Cook with oil.

egg foo young (hong kong furong omelet)

12.24.2022

ingredients

- 6-8 oz shrimp; peeled and deveined and patted dry
- 1 cup mung bean sprouts
- 3 green onion; sliced into 2" chunks, white parts sliced in half lengthwise.
- 4 eggs
- 1/2 tsp toasted sesame oil
- salt
- sugar
- corn starch
- white pepper
- (optional) 1/4 cup water
- (optional) 2 tsp sugar
- (optional) 2 tsp oyster sauce
- (optional) 1 tsp soy sauce

instructions

1. Prepare the shrimp. mix shrimp with 1/8 tsp salt, 1/8 tsp sugar, 1/2 tsp corn starch and a few cracks of white pepper.
2. Prepare the eggs. In a large bowl, mix eggs, sesame oil, 1/2 tsp salt, 1/2 tsp sugar, and a few cracks of white pepper. Mix 2.5 tsp of corn starch with 1 Tbsp water then mix into egg mixture for 30 seconds.
3. (optional) Make the sauce. Mix the water, sugar, oyster sauce and soy sauce in a small saucepan and heat over medium-low. Simmer for 2-3 minutes until the sauce reduces by about half. Turn off heat and set aside.
4. Heat a ~10" pan (or wok) over high heat into very hot then add 1 Tbsp of oil and cook the shrimp for about 20-30 seconds a side. Just enough to bring them to 75% cooked.
5. Place the par-cooked shrimp in the egg mixture with sprouts and green onion and mix well. Wipe out the pan and reheat over high. Once hot add 2-3 Tbsp oil and then add the egg mixture, spreading it to about 8-9" in diameter.
6. When the eggs are almost cooked through and nicely browned, carefully flip and cook the other side for 1-2 more minutes.
7. Remove from the pan and serve with the sauce as a drizzle.

notes

A classic Christmas Eve dinner.