

# The Hungry Cookbook

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For the Hungry.  
By the Hungry.

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Welcome!

## Part I

# Chicken Recipes

## 1 Peri Peri Marinade

- 1 cup olive oil
- $\frac{1}{2}$  cup white vinegar
- 8 bird-eye chillis
- 8 cloves garlic
- 2 medium onions
- 4 teaspoons dried oregano
- 4 teaspoons paprika
- 2 teaspoons sugar
- 4 teaspoons salt
- 2 teaspoons pepper
- 1 roasted pepper
- 1 lemon, juiced

## 2 Chicken Burgers

## 3 Paella

*For the Sofrito:*

- 3 dried ñora peppers or 4 ancho chilies (1 1/2 ounces total; 50g), optional; see note (Spanish dried ñora peppers add an earthy note to the sofrito; ancho chilies are a close approximation, though they have more heat. You can also omit the peppers entirely.)
- 1/4 cup (60ml) extra-virgin olive oil
- 3 medium cloves garlic, minced
- 2 medium yellow onions (3/4 pound; 300g), finely diced
- One large (8-ounce/225g) red pepper, stemmed, seeded, and finely diced
- Kosher salt
- 1 tablespoon (15ml) tomato paste

*For the Paella:* - 1 tablespoon (15ml) extra-virgin olive oil - Kosher salt - ~~2 bone-in, skin-on chicken thighs (1 pound; 450g)~~ - 1/3 cup sofrito (3 ounces; 85g) - 1/4 teaspoon sweet smoked Spanish paprika (pimentón

dulce) - Pinch saffron threads - 2 1/2 cups (590ml) boiling hot white chicken stock or low-sodium broth, vegetable stock, or water, plus more as needed - 3/4 cup (5.25 ounces; 150g) short-grain Spanish rice, such as Bomba and Calasparra - 6 large shelled shrimp - Lemon wedges, for serving

## 4 Jerk Chicken

### 4.1 Overview

-kenji's writedown -Another on by Kwame Onwuachi, recipe here

### 4.2 ingredients

- 6 whole Scotch bonnet peppers (see note)
- 6 scallions, roughly chopped
- 1 (2-inch) knob fresh ginger, roughly chopped
- 6 garlic cloves
- 2 tablespoons freshly picked thyme leaves
- 1 tablespoon ground allspice
- 1 teaspoon freshly grated nutmeg
- 2 tablespoons dark brown sugar
- 1/2 cup soy sauce
- 2 tablespoons zest and 1/4 cup juice from about 4 limes
- 1/4 cup olive oil
- Kosher salt and freshly ground black pepper
- 1 large whole chicken, back removed, split in half along breastbone (4 to 4 1/2 pounds, see note)
- 1/4 cup whole allspice berries
- 3 dozen dried bay leaves (about 2 loosely packed cups)

### 4.3 Directions

1. Combine peppers, scallions, ginger, garlic, thyme, allspice, nutmeg, brown sugar, soy sauce, lime zest and juice, olive oil, 2 teaspoons black pepper, and 1 tablespoon kosher salt in the work bowl of a food processor or the jar of a blender. Blend until a rough purée is formed, about 1 minute.
2. Place chickens in a large bowl or baking dish. Pour marinade over chickens and turn until thoroughly coated. Divide chicken and marinade between two gallon-sized zipper-lock bags, or place in a large baking dish and cover tightly with plastic wrap. Place whole allspice berries and bay leaves in a gallon-sized zipper-lock bag and fill with water. Refrigerate chicken and bay leaves at least 10 hours and up to 1 day.
3. When ready to cook, remove chicken from bags, allow excess marinade to drip off, and transfer to a large plate. Light one half chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and pile the coals against one wall of a kettle grill. Alternatively, set the leftmost burners of a gas grill to medium-high heat. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Set bottom and lid vents to half open.
4. Drain bay leaves and allspice berries in a fine mesh strainer. Spread 2/3rds of bay leaves evenly over the cooler side of the grill (it's ok if some allspice berries fall through) in a pattern just large enough to fit the chickens. Lay the chickens over the bay leaves skin side up with the legs pointed towards the hotter side of the grill. Place 1/3 of remaining bay leaves over hot side of grill and immediately cover, with the vent above the chicken. Cook for 15 minutes.
5. Open lid and place half of remaining bay leaves and allspice berries on hot side of grill directly above the coals. Immediately cover and cook for another 15 minutes. Open lid, add 15 new coals to the pile of hot coals, then place remaining bay leaves and allspice berries on hot side of grill directly above the

coals. Cover and continue to cook until the coolest part of the chicken breast registers 145°F on an instant read thermometer, about 20 minutes longer.

6. Uncover grill and wait five minutes until coals are hot again (if using gas grill, increase heat to high). Carefully lift the chicken off the bay leaves and transfer it to the hot side of the grill skin side up. Using tongs, drop the bay leaves into the grill directly onto the coals or burners so that they smoke. Cook the chicken until lightly charred, about 3 minutes. Flip chicken and continue to cook until skin is crisp and charred and coolest part of breast registers 150 to 155°F on an instant read thermometer, 4 to 6 minutes longer. Transfer to a large platter, allow to rest 5 minutes, and serve.

## 5 Panang curry

1 1/2 lbs chicken thigh boneless, cut into bite size pieces 1 white onion finely chopped 5 cloves garlic minced 1 green bell peppers chopped 1 red bell peppers chopped 1/2 inch galangal roughly sliced 1 inch lemongrass roughly sliced 1 tablespoon coconut oil small jar Thai Panang curry paste measured to about 4 1/2 tablespoons 1 tablespoon unsweetened peanut butter 2 teaspoon fish sauce 1 pinch nutmeg powder optional Salt to taste if required 2 teaspoon palm sugar or brown sugar 6-8 kaffir lime leave crushed 2 cups coconut milk thick 1/4 cup Thai basil leaves

### 5.1 for the paste

INGREDIENTS 17 to 20 (2- to 3-inch-long) prik haeng (dried hot red chiles), halved and seeds discarded 4 teaspoons coriander seeds 2 fresh lemongrass stalks, 1 or 2 outer leaves discarded (or use reserved bottoms from iced lemongrass tea, page 160) 1 teaspoon whole black peppercorns 4 teaspoons finely chopped peeled fresh or thawed frozen greater galangal (sometimes called kha) 6 (4-inch-long) fresh or frozen Kaffir lime leaves (sometimes called bai makroot), finely chopped 2 tablespoons chopped fresh cilantro roots or stems 5 small shallots, chopped (6 tablespoons) 1/4 cup chopped garlic 15 to 20 (1-inch-long) red prik kii noo (fresh bird's-eye chiles) or serrano chiles, finely chopped 2 teaspoons ga-pi (Thai shrimp paste) 1/2 teaspoon salt

## 6 Teriyaki Glazed Salmon Cucumber Avocado Rice Bowl

- 4 salmon fillets, about 5 ounces (140g) each
- Kosher salt and freshly ground black pepper
- 1 tablespoon (15ml) vegetable or canola oil
- 4 cups cooked white or brown rice (about 680g cooked rice)
- 1 avocado, diced
- 1 Persian or Japanese cucumber, diced
- 6 to 8 scallions, thinly sliced
- 1/2 cup (120ml) homemade or store-bought teriyaki sauce
- Furikake and/or toasted sesame seeds, for serving (see note)

## 7 Easy Chicken, Avocado, and Fried Egg Sandwich Recipe

- 8 boneless and skinless chicken thighs
- 3 lemons
- 3/4 cup plus 2 tablespoons grapeseed oil
- 1 tablespoon poultry seasoning
- 2 teaspoons paprika
- 1 1/2 teaspoons cayenne
- 5 sprigs thyme, leaves picked and chopped, plus 2 whole sprigs
- 3 sprigs rosemary, leaves picked and finely chopped, plus 1 whole sprig
- kosher salt and freshly ground black pepper, to taste
- 4 garlic cloves, peeled and smashed

- 1 jalapeño, stemmed and thinly sliced
- 1 medium red onion, thinly sliced
- 2 avocados, halved, pitted, and scooped
- 4 large eggs
- 1 pound manchego, grated
- 1 loaf 7-grain bread, sliced into 8 (½-inch) thick slices

## 8 Shakshuka

- 3 tablespoons extra-virgin olive oil
- 1 large onion, halved and thinly sliced
- 1 large red bell pepper, seeded and thinly sliced
- 3 garlic cloves, thinly sliced
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- 1 teaspoon cayenne, or to taste
- 1 (28-ounce) can whole plum tomatoes with juices, coarsely chopped
- ¾ teaspoon salt, more as needed
- ¼ teaspoon black pepper, more as needed
- 5 ounces feta cheese, crumbled (about 1 1/4 cups)
- 6 large eggs
- Chopped cilantro, for serving
- Hot sauce, for serving

## 9 BBQ Chicken Wings

### 9.1 PASTE

- 1 medium onion , peeled and quartered
- 10 cloves garlic , peeled
- 2 fresh red chillies , stalks removed
- olive oil

### 9.2 HERBS AND SPICES

- 10 sprigs fresh thyme or lemon thyme , leaves picked
- 10 sprigs fresh rosemary , leaves picked
- 1 small bunch fresh coriander
- 10 bay leaves
- 1 teaspoon cumin seeds
- 2 tablespoons fennel seeds
- 2 tablespoons smoked paprika
- 6 cloves

### 9.3 TO FINISH

- 2 oranges , zest and juice of
- 200 g soft brown sugar
- 6 tablespoons balsamic vinegar
- 200 ml tomato ketchup
- 2 tablespoons Worcestershire sauce
- 2 teaspoons English mustard
- 200 ml apple juice

## 10 Tandoor Chicken

### 10.1 Ingredients

- Ginger garlic paste - 1 tablespoon.
- Garam masala powder - 1/2 tea spoon.
- Cumin powder - 1 tablespoon.
- Red chili powder - 2 tablespoons.
- Red color water - 1 tea spoon.
- Salt - to taste.
- Turmeric powder - 1/4 tea spoon.
- Yogurt - 6 tablespoons.
- Chat masala - 1 tea spoon.
- Coriander powder - 1 tea spoon.
- Chicken legs - 6 numbers.
- Kasuri methi powder (dry fenu greek leaves powder) - 1/2 tea spoon.
- Lemon juice - 1 number.
- Oil - 2 tablespoons.
- Pepper powder - 1/2 tea spoon.
- Mixed vegetable - 150 grams.

### 10.2 Method

- Clean and cut 2 or 3 long slits on each piece.
- Apply salt, chili powder and 1/2 lime juice all over the chicken and keep aside for 15 minutes.
- Make marination with coriander powder, cumin powder, red chilies, kasuri methi, turmeric powder, garam masala powder, red color, salt and mix well with yogurt.
- Apply it all over the chicken making sure to apply well between all the slits and inside.
- Preheat your oven to 425-degrees and cook for 25 to 35 minutes till the chicken is tender.
- Remove from oven and serve hot.
- garnished with sliced onions and lime wedges and also can be heated on a griddle if serving later.

## 11 Smacked Cucumber

- ginger
- garlic
- Sesame seed
- soy
- chili oil

## 12 Poblano Mole

## Part II

## Sous Video

- You Can Cook Frozen Food Sous Vide Without Defrosting! Here's How
- Sous Vide Cooking Times

## Part III

# Appendix

## 13 Groceries

### 13.1 2020-05-02

- ☐ onions
- ☐ potato starch
- ☐ chicke breast
- ☐ leeks
- ☐ rice syrup
- ☐ dates
- ☐ bananas
- ☐ butter
- ☐ rosemary
- ☐ onions
- ☐ juices
- ☐ corn
- ☐ milk
- ☐ prawns
- ☐ chicken thighs
- ☐ ziploc bag medium
- ☐ bagels
- ☐ watermelon
- ☐ pineapple
- ☐ scallion
- ☐ oranges
- ☐ ground lamb

### 13.2 Done

- ☒ bananas
- ☒ scallions
- ☒ pretzel buns
- ☒ juice
- ☒ Pineapple
- ☒ blood orange sodas
- ☒ rice
- ☒ corn
- ☒ chili peppers; habaneros
- ☒ red peppers
- ☒ milk
- ☒ eggs
- ☒ boneless and skinless chicken thighs
- ☒ ground chicken
- ☒ ground lamb
- ☒ carrots
- ☒ asparagas
- ☒ Coffee
- ☒ Watermelon
- ☒ chicken wings

- ☒ garlic
- ☒ tomatoes
- ☒ curry leaves
- ☒ mace
- ☒ star anise
- ☒ large tupperware
- ☒ elderberry syrup
- ☒ two medium oninons

### 13.3 Anywhere

~~[-]~~ green salad ~~[-]~~ brown parchment paper - [x] bread - [x] shallots - [x] sausages - [x] cilantro - [x] garlic - [x] soy sauce

### 13.4 2020-02-16

#### 13.4.1 Done

- ☒ thyme
- ☒ rosemary
- ☒ limes
- ☒ dish soap
- ☒ dove soap sensitive
- ☒ ziplock bags
- ☒ toothpaste
- ☒ wet pack for Swiffer wet jet
- ☒ jam
- ☒ dates
- ☒ eggs
- ☒ fingerling potatoes
- ☒ red peppers
- ☒ brocolli
- ☒ 8 chicken thighs + 8 legs
- ☒ ginger
- ☒ thyme
- ☒ garlic
- ☒ green onions
- ☒ lentil chips
- ☒ limes
- ☒ bananas
- ☒ oranges
- ☒ milk
- ☒ rosemary
- ☒ bread
- ☒ basil
- ☒ habanero
- ☒ yoghurt
- ☒ 2 lemons
- ☒ prawns
- ☒ shallots
- ☒ tomatoes
- ☒ jalapenos
- ☒ chicken
- ☒ one scotch bonnet
- ☒ berries



- ☒ asparagus
- ☒ eggs
- ☒ peppers

### 13.5 Recurring

- ☒ coffee
- ☒ gloves
- ☒ sponges
- ☒ oat milk
- ☒ eggs
- ☒ paper towel
- ☒ toilet paper
- ☒ baby wipes
- ☒ clorox
- ☒ swipper wet wipes

### 13.6 later

- trash can for office
- bathroom cleaner
- Clorox
- paper towelsl
- toothpaste
- portable vacuum
- yoga mats
- whiskey glasses
- cushions
- table cloths

### 13.7 Home Depot

- blinds