

My recipes

Angus Rush

May 4, 2019

Contents

1	Introduction	3
1.1	General information	3
2	Salad	4
2.1	Caesar salad dressing	4
2.2	Tabbouleh	4
3	Sandwiches	6
3.1	Tuna melt	6
4	Pasta	7
4.1	Spaghetti all'arrabiatta	7
4.2	Spaghetti aglio e olio	7
4.3	Penne with blue cheese and mushrooms	8
4.4	Puttanesca	8
4.5	Pasta con le sarde	9
4.6	Pasta Al Limone	9
4.7	Spaghetti al tonno	10
4.8	Spaghetti with meatballs	10
4.9	Pasta with butternut squash	11
4.10	Ricotta gnocchi	11
5	Miscellaneous	13
5.1	Shakshuka	13
5.2	Sausage, peppers, and onions	13
5.3	Colcannon Hash	14
5.4	Meatballs ala Kurt	14
5.5	Mushroom ragù	15
5.6	Beef, beer, and bean chili	15
5.7	Chicken Tikka masala	16

1 Introduction

It should go without saying that pretty much every recipe here will contain salt and pepper. I won't list them in the ingredients unless the optimal amounts are unintuitive.

1.1 General information

Food	Safe internal temperature
Chicken	75°C
Egg	65°C

Boiling times for common vegetables (approx. 1cm chunks)

2 Salad

2.1 Caesar salad dressing

From [10].

Ingredients.

- 3 Tbsp + $\frac{1}{2}$ cup EVOO
- 2 medium cloves garlic, minced as finely as possible
- 1 oz Parmesan, finely grated
- 1 egg yolk
- 1 Tbsp juice from 1 lemon
- 5 anchovies, as finely minced as possible
- 1 tsp Worcestershire sauce

Directions.

1. Add egg yolk, lemon juice, anchovies, Worcestershire sauce, garlic, and Parmesan to a bowl, and whisk together. Whisking constantly, drizzle in EVOO. Salt and pepper to taste.

2.2 Tabbouleh

From [2].

Ingredients.

- $\frac{3}{4}$ lb (about 340g) ripe plum tomatoes, finely diced
- 2 cups finely chopped flat-leaf parsley
- $\frac{1}{4}$ cup dry bulgur wheat
- 1 cup finely chopped mint leaves
- 2 spring onions, finely chopped
- 5 Tbsp EVOO
- 2 Tbsp fresh squeezed lemon juice
- $\frac{1}{4}$ tsp ground coriander seed, and a pinch ground cinnamon

Directions.

1. Add tomatoes, together with 1 tsp of salt, to a strainer suspended over a bowl. Let drain for around 20 minutes, until about $\frac{1}{4}$ cup of liquid has collected in the bowl.
2. Add parsley, together with 1 tsp of salt, to a second bowl, and let sit for 20 minutes. Blot with paper towels to dry.

3. Boil $\frac{1}{2}$ cup of accumulated tomato juice, and add to the bulgur. Cover and let set approximately 30 minutes, until the bulgur has absorbed the tomato juice and become tender. Drain excess liquid.

4. Combine

- tomatoes
- parsley
- mint
- bulgur
- scallions
- olive oil
- lemon juice
- coriander seed and cinnamon

and season.

3 Sandwiches

3.1 Tuna melt

Ingredients.

- 1 can tuna
- 2 Tbsp mayonnaise
- $\frac{2}{3}$ tsp smoked paprika
- $\frac{1}{3}$ tsp cayenne pepper
- 1 dash Worcestershire sauce
- 2 slices of good bread, about 1 inch thick
- $\frac{1}{2}$ cup grated cheddar

Directions.

1. Pre-heat oven to 325° F.
2. In a bowl, lightly mix tuna, mayonnaise, smoked paprika, cayenne, and Worcestershire sauce. Salt and pepper to taste. Leave medium-sized lumps of un-broken-up tuna—don't over-mix!
3. Spoon on top of sliced bread and spread even. Cover with grated cheddar, and sprinkle over a shake of paprika for appearance.
4. Bake for about 7 minutes, until cheese is melted.

4 Pasta

Some general tips.

Tip 4.0.1. When you boil pasta, don't throw away the water. It's full of starch, and a great way to make oil-based or oil-heavy sauces cling to pasta when boiled down a bit.

4.1 Spaghetti all'arrabiatta

Ingredients.

- 1 medium clove of garlic
- $\frac{1}{2}$ cup EVOO
- Roughly 1 tsp red pepper flakes
- 1 can tomatoes, broken up by hand
- 1 large serving of pasta
- A few springs parsley, chopped, plus more to garnish

Directions.

1. In a large skillet, cook garlic and red pepper flakes in EVOO over medium low heat until lightly golden.
2. When garlic is finished, start cooking pasta and stir in tomatoes to saucepan. Bring to a simmer.
3. When pasta is cooked, transfer it to skillet. Turn heat to medium and cook an additional minute. Serve, garnishing with a glug of fresh olive oil.

4.2 Spaghetti aglio e olio

Ingredients.

- 4 medium cloves of garlic, thinly sliced
- $\frac{1}{2}$ cup EVOO
- 1 large serving of pasta
- red pepper flakes

Directions.

1. In a large skillet, cook garlic and red pepper flakes in EVOO over medium low heat until lightly golden.
2. Meanwhile, cook pasta in a small amount of water. Salt water fairly heavily.

3. When garlic is cooked, transfer pasta and about $\frac{1}{2}$ cup of starchy water to skillet. Turn heat to high and toss rapidly to emulsify the starchy water and oil. Serve, garnishing with a glug of fresh olive oil.

4.3 Penne with blue cheese and mushrooms

Ingredients.

- 1 glug EVOO
- 1 knob butter (optional)
- 1 container of mushrooms (ideally shiitake, but chestnut works too), sliced into thin strips
- 1 medium onion, thinly sliced
- One serving fusili, penne, or similar
- 75g of blue cheese such as Farmhouse Blue

Directions.

1. Saute mushrooms with EVOO, butter, and coarsely ground black pepper on medium-high heat until they release their juices and begin to brown. Add onions and more pepper, and sauté until golden brown.
2. Meanwhile, boil penne in salted water. When just shy of al dente, drain and add to onions and mushrooms, along with about 1 cup of the starchy water. Add blue cheese and stir vigorously to dissolve in the starchy water, then reduce until a creamy sauce is formed. Season with lots of pepper.

4.4 Puttanesca

From [9].

Ingredients.

- 1 handful spaghetti
- 6 Tbsp EVOO
- 4 medium cloves garlic, thinly sliced
- 4–6 anchovies, minced
- red pepper flakes
- 1/4 cup capers, minced
- 1/4 cup sliced black olives
- 1 can peeled tomatoes
- 1 oz Parmesan cheese, finely grated
- Parsley (optional)

Directions.

1. Boil pasta in as small an amount of water as possible¹ with a pinch of salt
2. Simultaneously, cook anchovies and garlic in EVOO over medium heat until garlic is lightly golden, then add capers and olives. Add tomatoes and simmer lightly.

¹This concentrates the starch from the pasta, see [Tip 4.0.1](#). There's a *ton* of olive oil in this sauce.

3. When pasta is slightly undercooked, add it, along with some pasta water, to the sauce. Cook, stirring, until pasta is done.
4. Serve with parsley, EVOO, and Parmesan to garnish.

4.5 Pasta con le sarde

From [4]

Ingredients.

- 1 handful spaghetti
- $\frac{1}{4}$ cup evoo
- 1 cup yellow onion, finely diced
- 1 cup fennel bulb, finely diced
- 2–3 medium cloves garlic, thinly sliced
- 1 anchovy fillet
- $\frac{1}{4}$ cup golden raisins
- Small pinch saffron
- $\frac{1}{4}$ cup wine
- 8 oz sardines (2 tins)
- $\frac{1}{4}$ cup toasted pine nuts
- Toasted breadcrumbs to garnish

Directions.

1. Boil pasta water
2. Sauté onion, fennel, and red chili flakes in EVOO on medium heat with a generous pinch of salt until soft, about 10 minutes.
3. Add anchovy, garlic, and golden raisins, and cook about 1 minute, then add wine and saffron, and reduce until wine has almost evaporated. Add about $\frac{1}{2}$ cup of boiling water and pine nuts.
4. Cook pasta until just shy of al dente. Add sardines and break up, then stir in pasta.

4.6 Pasta Al Limone

From [1].

Ingredients.

- 5 Tbsp unsalted butter
- 1 medium lemon's worth of zest, plus juice
- 1 medium clove garlic, minced
- 2 handfuls
- 1 oz. Parmesan cheese, finely grated

Directions.

1. Melt butter in medium skillet over medium heat. Add lemon zest when butter begins to foam, cook 1–2 minutes, then remove from heat.
2. Meanwhile, in a small amount of water, cook pasta with salt until not quite al dente.

3. Add pasta and about 1 cup of starchy water to butter/zest mixture and cook over medium high heat.
4. Add Parmesan and toss to combine. The pasta water, butter, and Parmesan should combine to create a creamy, emulsified sauce.
5. Season with salt, pepper, and lemon juice (~ 1 Tbsp) to taste.
6. Serve, topping with more Parmesan and lemon zest.

4.7 Spaghetti al tonno

From [5].

Ingredients.

- 2 Tbsp EVOO
- 1 anchovy, chopped
- 2 Tbsp capers, chopped
- 3 medium cloves garlic, minced
- $\frac{1}{2}$ cup dry white wine
- 1 can peeled tomatoes
- red pepper flakes
- $\frac{1}{4}$ tsp dried oregano
- 1 can tuna, drained
- $\frac{1}{4}$ cup chopped italian parsley
- large handful (12 oz) spaghetti
- Parmesan cheese

Directions.

1. Boil pasta water.
2. On medium heat, cook anchovy, capers, and red chili flakes in EVOO until anchovies break down a bit and chili flakes infuse into oil, about 2 minutes. Then add garlic, let cook for about 1 minute.
3. Add wine, reduce by about $\frac{3}{4}$. Then add tomatoes and bring to a simmer. Add parsley and tuna, and season with salt and pepper.
4. Add pasta to boiling water with a pinch of salt. Cook until just shy of al dente, then strain and add to sauce.
5. Serve, garnishing with grated Parmesan, parsley, and EVOO.

4.8 Spaghetti with meatballs

Ingredients.

- 1 tbsp EVOO
- $\frac{1}{3}$ medium onion, very finely chopped
- $\frac{1}{2}$ tsp red chili flakes
- 3 medium cloves garlic

²Don't use canned crushed tomatoes. They are preserved with sodium citrate in order to keep the clumps of tomato intact, which isn't what we want here.

- 1–2 Tbsp tomato paste
- 1 can whole peeled tomatoes, crushed²
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 pinch MSG (optional)
- 2 meatballs from [Recipe 5.4](#).
- 1 large serving of pasta (about $\frac{2}{5}$ of a bag/box)

Directions.

1. Sauté onion and chili flakes on medium low heat with around 1 Tbsp of salt until onion is browned and softened, about 7 minutes. Add garlic and sauté for about 2 additional minutes until the raw smell is gone, then turn up the heat to medium high and add tomato paste. Cook about 5 minutes, then add tomatoes. Add basil, oregano, MSG and season with salt and pepper. Add meatballs if frozen and simmer for 10–20 minutes, depending on the canned tomatoes. Add almost cooked pasta and serve.

4.9 Pasta with butternut squash

From [8].

Ingredients.

- 2 Tbsp EVOO
- 1 pound butternut squash (about $\frac{1}{2}$ large squash), cut into 1cm cubes
- 2 Tbsp unsalted butter
- 1 small shallot, finely minced
- 1 handful sage leaves or \approx 1 Tbsp dried sage if necessary
- 1 Tbsp juice from 1 lemon
- 1 lb pasta (ideally orecchiette)
- 1 oz Parmesan, finely grated

Directions.

1. Heat olive oil in large stainless steel skillet until barely smoking, then add squash. Season with salt and pepper. Cook until well-browned and squash is tender, about 5 minutes. Add butter and shallots and cook until butter is lightly browned and shallots are translucent, about 2 minutes. Add sage and stir in. Remove from heat and stir in lemon juice. Set aside.
2. Cook pasta in a small amount of water with a pinch of salt until just shy of al dente. Drain pasta. Reserve starchy water.
3. Add pasta and some starchy water to skillet and bring to a simmer over high heat. Cook until pasta is al dente, stirring and adding water as necessary. Remove from heat and stir in Parmesan and season with salt and pepper. Plate, garnish with more Parmesan, and serve.

4.10 Ricotta gnocchi

Ingredients.

- 340g Ricotta
- 30g grated parmesan

- 120g flour, plus some extra
- 1 whole egg plus 1 yolk

Directions.

1. In a

5 Miscellaneous

5.1 Shakshuka

Adapted from [6].

Ingredients.

- 3 Tbsp EVOO
- 1–2 medium onion, sliced
- 2 red/orange/yellow bell pepper, sliced
- 2–3 cloves garlic, thinly sliced
- $1\frac{1}{2}$ Tbsp paprika (smoked or not, preferably a mixture)
- 2 tsp Cumin
- $\frac{1}{2}$ tsp turmeric
- 1 can tomatoes
- parsley
- 2 eggs
- olives, feta, artichoke hearts
- Good bread

Directions.

1. Heat EVOO over high heat in a deep skillet until almost smoking, then add onions and peppers and cook, not stirring, until lightly charred. Stir and repeat a few more times, until well-cooked
2. Add garlic and cook ~1 minute, until fragrant. Add spices (and more EVOO if dry) and cook about one minute, till infused into oil. Then add tomatoes and reduce heat to a bare simmer.
3. Add some parsley and season with salt and pepper.
4. Break as many eggs you want (generally 2–4) on top, cover skillet, and simmer until cooked (internal temp. 63°C minimum.)
5. Top with remaining parsley and olives, feta, and artichoke hearts.

5.2 Sausage, peppers, and onions

Ingredients.

- 6 sausages
- 3 onions, chopped into ~2cm squares
- 3 bell peppers, chopped into ~2cm squares
- 1 Tbsp EVOO
- 1 Tbsp Herbes de Provence

Directions.

1. Brown sausages in sauté pan over high heat. Remove and cut into bite-sized pieces
2. Turn heat to medium-high and add EVOO, peppers and onions. Cook until well-browned, then add Herbes de Provence and sausage.

5.3 Colcannon Hash

Ingredients.

- Bacon, cubed
- About 3 large potatoes, cut into 1cm chunks
- $\frac{1}{2}$ cup of green onions, thinly sliced (mostly the white and light green parts)
-

Directions.

- 1.

5.4 Meatballs ala Kurt

Ingredients.

For the meatballs:

- 500g ground beef
- 500g ground pork
- 1–2 eggs
- 5–6 sprigs thyme, picked clean
- 1 shallot, finely minced
- 3 cloves garlic, finely minced
- 1–2 tsp salt, plus some pepper
- Breadcrumbs, or ideally, a few pieces of bread soaked in water and squeezed out.

For the ‘sauce’:

- A few more cloves of garlic and some whole star anise (optional)
- 2 red, orange, or yellow bell peppers, sliced into 5mm thick strips
- 3 onions, halved and sliced into 5mm thick strips
- A few handfuls of spinach

For the rice:

- As much risotto rice as is necessary, $\frac{1}{2}$ cup per serving
- A knob of butter
- $\frac{1}{4}$ tsp turmeric per $\frac{1}{2}$ cup rice
- Salt and pepper to taste
- A few handfuls of spinach

Directions.

1. Mix all meatball ingredients together, cover, and let sit in refrigerator for 30 minutes.
2. On low heat, put (optionally) a few cloves of garlic and the star anise into a heavy skillet with some olive oil, and let them infuse into the oil
3. Form large meatballs, remove garlic and star anise from skillet, and sear on at least two sides until dark brown. Then add bell peppers, onions, and salt to draw out moisture. Lower heat to medium, and let simmer until the peppers and onions have broken down. Add spinach and let wilt, season with salt and pepper.
4. Meanwhile, melt butter in saucepan and add rice, turmeric, and salt and pepper. Cook until rice becomes slightly translucent, then slowly add water, maintaining a thick consistency.

5.5 Mushroom ragù

From [7]

Ingredients.

- 1 oz (about 30g) dried porcini mushrooms
- 3.5 lb (about 1.6 kg) assorted fresh mushrooms, thinly sliced
- 4 Tbsp EVOO
- 2 medium onions, minced
- 1 large carrot, minced
- 15 cloves garlic, minced
- 1 cup dry white wine
- 1 can whole tomatoes
- 4 sprigs thyme

Directions.

1. In a bowl, combine porcini mushrooms with 2 cups boiling water and let sit for 15 minutes. Drain, squeeze mushrooms dry, and slice, reserving mushroomy water.
2. In an enormous pot, cook onion, carrot, and garlic with EVOO over high heat until soft, about 6 minutes. Then add add fresh and soaked mushrooms and cook everything until mushrooms are sticking to the bottom of the pot and threatening to burn; this can take close to half an hour. The darker they get, the better, but if they burn you have to start over. Deglaze with wine and mushroom liquid, then add tomatoes and thyme.
3. Lower heat to medium low and cook for 1-2 hours, stirring occasionally.

5.6 Beef, beer, and bean chili

From [3]

Ingredients.

- 1 Tbsp vegetable oil
- 1 diced onion
- 1 diced green pepper
- 2 lb ground beef

- 1 tsp ground black pepper
- 3 Tbsp chili powder
- 1 Tbsp ground cumin
- $\frac{1}{8}$ tsp ground cinnamon
- 2 tsp paprika
- 1 tsp unsweetened cocoa powder
- $\frac{1}{4}$ tsp dried oregano
- $\frac{1}{4}$ tsp dried cayenne
- 3 cloves garlic, minced
- 1 bottle good beer such as a dark ale
- 1 can crushed tomatoes
- 1 can chicken stock
- 2 cans pinto beans, rinsed well

Directions.

1. Add onion, green pepper, and beef to large pot along with salt. Cook stirring over high heat until liquid evaporates and meat is well browned and beginning to form a fond, about 10 minutes. Turn down heat to medium and add black pepper, chili powder, cumin, cinnamon, paprika, and garlic. Cook about 4 minutes, until fond is threatening to burn, then deglaze with beer. Reduce by about 50%, then add tomatoes and stock. Simmer for 30-45 minutes, add beans and green pepper, and simmer another 30 minutes. Skim off fat if it's there.

5.7 Chicken Tikka masala

From [3]

Ingredients. Spice blend:

- 2 tsp kosher salt
- 1 tsp ground turmeric
- 2 tsp garam masala
- 2 tsp ground cumin
- 1 tsp ground coriander
- $\frac{1}{8}$ tsp ground cardamom
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{8}$ tsp Cayenne pepper
- 1 tsp smoked paprika

Everything else:

- $1\frac{1}{8}$ lb boneless skinless chicken thighs
- 1 Tbsp vegetable oil
- 2-3 Tbsp clarified butter
- 1 medium onion, chopped
- $\frac{1}{4}$ cup tomato paste
- 4 garlic cloves, finely grated
- 1 rounded Tbsp finely grated peeled ginger
- 1 can crushed tomatoes
- 1 can coconut milk
- 1 cup chicken broth
- $\frac{1}{2}$ tsp crushed red pepper flakes
- 2 Tbsp freshly chopped cilantro
- A few wedges of lime

Directions.

1. Combine chicken, spice blend, and vegetable oil in a bowl, cover, and refrigerate for 30 minutes.
2. In a sauté pan on high heat, brown chicken thighs, then reserve to a bowl. Turn heat to medium high, add onion, and sauté until just translucent. Add tomato paste, and saute until caramelizing, about 6 minutes. Add garlic and ginger, cook one minute, and deglaze with crushed tomatoes. Turn heat to medium low and add coconut milk and chicken stock. Let simmer for 15 minutes.
3. Cut up chicken thighs into bite sized pieces and add to sauté pan. Reduce until sauce is thick, add fresh cilantro. Serve over rice and garnish with cilantro and a wedge of lime.

Bibliography

- [1] Daniel Gritzer. *Pasta al Limone Recipe*. Serious Eats. URL: <http://www.serious-eats.com/recipes/2018/01/pasta-al-limone.html>.
- [2] Daniel Gritzer. *The Best Tabbouleh Salad Recipe*. Serious Eats. URL: <https://www.serious-eats.com/recipes/2015/06/tabbouleh-salad-recipe.html>.
- [3] Chef John. *Beef, Bean, and Beer Chili; What a Great Way to Lose a Beer*. Food Wishes. 2015. URL: <https://foodwishes.blogspot.co.uk/2015/06/beef-bean-and-beer-chili-what-great-way.html>.
- [4] Chef John. *Pasta con le Sarde: Small Fish, Big Flavor, Long Shelf-Life*. Food Wishes. 2015. URL: <https://foodwishes.blogspot.co.uk/2015/01/pasta-con-le-sarde-small-fish-big.html>.
- [5] Chef John. *Spaghetti Al Tonno: Nothing Fishy About This “Meat” Sauce*. Food Wishes. 2014. URL: <http://foodwishes.blogspot.co.uk/2014/03/spaghetti-al-tonno-nothing-fishy-about.html>.
- [6] J Kenji Lopez-Alt. *Shakshuka (North African-Style Poached Eggs in Spicy Tomato Sauce) Recipe*. URL: <http://www.serious-eats.com/recipes/2016/09/shakshuka-north-african-shirred-eggs-tomato-pepper-recipe.html>.
- [7] J. Kenji Lopez-Alt. *Mushroom Ragu Recipe*. Serious Eats. URL: <https://www.serious-eats.com/recipes/2015/05/mushroom-ragu-sauce-recipe.html>.
- [8] J. Kenji Lopez-Alt. *Pasta With Butternut Squash and Sage Brown Butter Recipe*. Serious Eats. URL: <http://www.serious-eats.com/recipes/2017/02/pasta-butternut-squash-sage-brown-butter-recipe.html>.
- [9] J. Kenji Lopez-Alt. *Spaghetti Puttanesca (Spaghetti With Capers, Olives, and Anchovies) Recipe*. Serious Eats. URL: <http://www.serious-eats.com/recipes/2016/02/spaghetti-puttanesca-pasta-week-capers-olives-anchovies-recipe.html>.
- [10] J. Kenji Lopez-Alt. *The Best Caesar Salad Recipe*. Serious Eats. URL: <http://www.serious-eats.com/recipes/2013/10/the-best-caesar-salad-recipe.html>.