

# Recipe Book

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# *Basics and Foundations*

## *Stocks*

### Golden Chicken Stock

#### **Ingredients**

- Chicken bones
- Carrot scraps
- Celery scraps
- Onion Scraps
- Choice of aromatics (garlic, parsley, sage, rosemary, black peppercorn)

#### **Directions**

1. Roast chicken bones in the oven at 400°F until golden brown.
2. In a very large pot, sweat onion scraps. Once soft, add carrot and celery scraps and let brown slightly.
3. To the pot, add chicken bones and fill the pot with water, 1 inch above the tops of the bones. Bring water to a boil and reduce heat to a simmer. Skim off the top, add aromatics, and let simmer for 2-4 hours. Strain stock.

## *Sauces*

### Spicy Mayo

#### **Ingredients**

- $\frac{1}{2}$  cup Kewpie mayo
- 2 tbsps Sriracha
- 1 tsp Lime juice
- $\frac{1}{8}$  tsp Sesame oil

### Teriyaki Sauce

#### **Ingredients**

- 1 cup Water

- $\frac{1}{4}$  cup Soy sauce
- 5 tsps Brown sugar, packed
- 1 tbsp Honey
- $\frac{1}{2}$  tsp Ginger powder
- $\frac{1}{4}$  tsp Garlic powder
- $\frac{1}{4}$  cup Water
- 2 tbsps Cornstarch

### **Directions**

1. Note, please use a sauce pan, not a pot. Otherwise the sauce will not thicken and you'll be forced to use it as a marinade.
2. Create cornstarch slurry using cornstarch and  $\frac{1}{4}$  cup water and set aside.
3. Mix all other ingredients in a sauce pan on medium heat and let come up to temperature. Sauce should bubble slightly.
4. Slowly stir in cornstarch slurry. Cook and stir sauce until thickened. About 5-7 minutes.

# *Breakfasts*

## Waffles

### **Ingredients**

- 140 g Flour
- 25 g Sugar
- 1/2 tbsp Baking powder
- 1/2 tsp Salt
- 250 g Milk
- 2 tbsp Butter, melted
- 1 large Egg
- 1 tsp Vanilla

### **Directions**

1. In a large bowl, combine dry ingredients.
2. In a separate bowl, combine wet ingredients.
3. Incorporate wet ingredients into dry ingredients until it forms an even batter (some lumps are fine).
4. Cook in a waffle iron.

# *Starters*

## *Appetizers*

### Mayak Eggs

#### **Ingredients**

- 6 Soft-Boiled Eggs
- 3 cloves Garlic
- 1 Chili pepper, chopped
- 2 Green onions, chopped
- 2 tsps Sesame seeds
- $\frac{1}{2}$  cup Honey
- 1 tsp Sesame oil
- $\frac{1}{2}$  cup Water

#### **Directions**

1. Peel soft-boiled eggd. Mix all ingredients in a sealable container and add eggs, making sure they are completely covered.
2. Let marinate for at least 6 hours. Best served over rice.

## *Soups*

### Zuppa Toscana

#### **Ingredients**

- 1 lb Hot Italian sausage
- 4 tbsp Butter
- $\frac{1}{2}$  White onion, diced
- 3 cloves Garlic, minced
- 6 cups Chicken stock
- 2 cups Water

- 4-5 Yellow potatoes, diced
- 2 cups Heavy cream
- 4 cups Kale, chopped
- Chopped Bacon
- Parmesan Cheese

### **Directions**

1. In a large pot, brown the sausage. Remove sausage, leaving the fat. To the pot add the butter and onion. Cook until onions are soft. Add garlic and cook another minute.
2. Add chicken stock, water, and potatoes, and season with salt and pepper to taste. Cook until potatoes are soft. Stir in kale, heavy cream, sausage, and bacon. Serve with parmesan.

## *Salads*

# *Entrees*

## **Beef Stroganoff**

### **Ingredients**

- 3 1/2 tbsp Butter
- 1 tsp Flour
- 1 cup Beef stock
- 1 lb Beef, sliced
- 1/2 cup Shallots, chopped
- 2 cloves Garlic, chopped
- 12 oz Mushrooms, sliced
- 3 tbsp Sour cream
- 1 tsp Dijon mustard
- 2 tbsp Dill

### **Directions**

1. In a large pot, melt the butter and combine with the flour to make a roux. After 2-3 minutes, slowly incorporate the beef stock, stirring. Increase the heat and simmer for 3-5 minutes.
2. Season the beef with salt and pepper. In a pan, brown the meat, not cooking all the way through. Remove and sweat the shallots and garlic in the same pan. Remove and add the mushrooms and cook until almost done. Add back in the beef, shallots, and garlic and finish cooking.
3. Reduce the heat on the sauce to low and mix in the sour cream and mustard, stirring as you go. Once, the meat and mushrooms are fully cooked, add the contents of the pan to the sauce and season to taste with salt, pepper, and dill.

## **Coq au Vin**

### **Ingredients**

- 4 Chicken Legs
- 750 ml Red wine
- 6 cloves Garlic
- Bouquet garni - thyme, rosemary, bay leaves



- 140 g Bacon (Lardons preferred if accessible)
- 4 Shallots
- 400 g Mushrooms
- 750 ml Beef stock
- 2 tsbp Flour
- 4 tbsps Water

### **Directions**

1. Marinate chicken legs in red wine with herbs and half the garlic over night.
2. In a large pot, cook the bacon and remove, leaving the oil.
3. Remove the chicken from the marinade and pat dry. Then add to the pot, in batches if needed, cooking just until the outside is golden. Remove chicken and set aside.
4. Half or quarter the shallots and fry with the remaining garlic in the chicken and bacon fat until darkened and caramelized. Remove.
5. Cook the mushrooms in the remaining fat. Add the cooked bacon, shallots, and garlic back to the pot and add in the beef stock and the marinade. Stir to combine.
6. Make a slurry from water and flour and incorporate into the broth.
7. Submerge chicken legs in the broth and simmer until the wine and stock have reduced to a broth.
8. Season with salt and pepper to taste and serve over mashed potatoes.

### **Parmesan Chicken**

#### **Ingredients**

- $\frac{1}{2}$  cup Parmesan cheese
- 1 envelope Italian salad dressing mix
- $\frac{1}{2}$  tsp Garlic powder
- 2 lbs Chicken thighs

#### **Directions**

1. Mix dry ingredients and coat chicken in mixture.
2. Bake at 400°F for 25-30 minutes.

# *Sides*

## *Breads*

### Greek Pita

#### **Ingredients**

- 1 pack Active dry yeast
- $\frac{1}{2}$  tsp Sugar
- $\frac{2}{3}$  cups Milk
- $\frac{1}{3}$  cup Water
- $2\frac{2}{3}$  cups Flour
- 1 tsp salt
- Pinch of Thyme (optional)
- 2 tbsp Olive oil

#### **Directions**

1. In a small bowl, mix dry yeast and sugar. Add milk and water and mix. Let sit 5 minutes for the yeast to activate.
2. In a large bowl, combine flour, salt, and thyme.
3. Mix olive oil into yeast mixture and incorporate into flour in batches. Knead until smooth. Let rise 40 minutes until doubled in size.
4. Cut into pieces, roll out, and cook in a pan on the stove until golden brown on both sides.

## *Potatoes*

### Tater Tot Casserole

#### **Ingredients**

- 28 oz Frozen tater tots
- 1 lb Cubed ham
- 12 oz Cheese, shredded
- 1 Shallot

- 1 10 oz can of Cream of Chicken
- Seasonings (salt, pepper, garlic, cayenne)

### **Directions**

1. In a large bowl, mix tater tots, ham, cheese, and shallot.
2. Pour in cream if chicken soup and combine until the mixture is convered evenly.
3. Season to taste.
4. Add mixture to an oiled  $9 \times 13$  baking dish and top with cheese. Bake at  $350^{\circ}\text{F}$  for 40-45 minutes.

## *Pastas*

### **Agllo e Olio**

#### **Ingredients**

- Pasta - Traditional: Spaghetti; Preferred: Bucatini
- Extra virgin olive oil
- Garlic
- Parsely, chopped
- Red pepper flakes
- Parmeman cheese
- Lime (lemon) zest (optional)
- Salt and pepper

## *Rice*

### **Sushi Rice**

#### **Ingredients**

- 2 cups Short grain rice
- $\frac{1}{4}$  cup Rice vinegar
- 2 tbsp Sugar
- 1 tsp Salt

**Directions**

1. Cook rice in a rice maker. While cooking add other ingredients to a sauce pan and mix on medium-low heat until sugar and salt dissolve completely.
2. Once the rice is cooked, combine with seasoning.

*Vegetables*

# *Desserts*

## **Banana Bread**

### **Ingredients**

- 2  $\frac{1}{2}$  cups Granulated sugar
- 1 cup Butter
- 3 Eggs
- 1  $\frac{1}{2}$  cups Mashed bananas
- 1  $\frac{1}{4}$  Buttermilk
- 1 tsp Vanilla
- 3 cups Flour
- 1  $\frac{1}{2}$  tsp Baking soda
- 1  $\frac{1}{2}$  tsp Baking powder
- Pinch of Cinnamon
- $\frac{1}{2}$  cups Chopped nuts
- Handful of Chocolate chips

### **Directions**

1. In a large bowl, cream together sugar and butter. Beat in eggs one at a time. Mix in bananas, buttermilk, and vanilla. Mix in flour, baking soda, baking powder, and cinnamon. Fold in nuts and chocolate chips.
2. Pour batter in two bread pans. Bake at 350°F for 50-60 minutes.

## **Blueberry Coffee Cake**

### **Ingredients : Batter**

- $\frac{1}{2}$  cup Vegetable oil
- $\frac{1}{2}$  cup Milk
- $\frac{1}{2}$  cup Granulated sugar
- 1 Egg
- 1 tsp Vanilla
- 1  $\frac{1}{2}$  cups Flour

- 2 tsp Baking Powder
- $\frac{1}{2}$  tsp salt
- Pinch of Cinnamon
- 2 cups Blueberries

#### **Ingredients : Topping**

- $\frac{1}{4}$  cup Flour
- 1 tsp Cinnamon
- $\frac{1}{4}$  cup Granulated sugar
- 3 tbsp Butter

#### **Directions**

1. In a large bowl, whisk together oil, milk, sugar, egg, and vanilla. Add flour, baking powder, salt, and cinnamon and mix. Fold in blueberries.
2. In a separate bowl, mix together flour, cinnamon, sugar, and butter for the topping until it forms even clumps.
3. Transfer batter to an oiled  $8 \times 8$  baking dish and sprinkle topping evenly over the top (a  $9 \times 13$  dish can be used as well, however this should require 50% more topping). Bake loosely covered at 350°F for 30-35 minutes, then uncover and bake for 5 minutes.

#### **Lemon Posset**

##### **Ingredients**

- 2 cups Heavy cream
- $\frac{1}{2}$  cup Lemon juice
- Zest of 2 Lemons
- $\frac{2}{3}$  cups Sugar
- $\frac{1}{2}$  tsp Salt

##### **Directions**

1. Heat ingredients on the stove over medium-low heat until all ingredients combine. The mixture should not boil, just steam.
2. Distribute evenly between 6-6oz ramekins and let set in the fridge for 4-6 hours before serving.

# *Drinks*

*Cocktails*

*Smoothies & Fruit Drinks*

*Teas*