

Belgian Beef Stew

Ingredients:

3 grams hibiscus tea, loose

1 gallon water

Golden Ratio: 3 grams of tea per 8 oz.
of water

Belgian Beef Stew

Ingredients:

2 lb. beef chuck, cubed
¼ cup flour
4 tbsp. unsalted butter
4 slices bacon, finely chopped
6 cloves garlic, finely chopped
3 medium yellow onions, diced
2 cups Belgian-style ale
1 cup beef stock
2 tbsp. dark brown sugar
2 tbsp. apple cider vinegar
3 sprigs thyme, parsely & tarragon
1 bay leaf

Season beef with salt and pepper in a bowl. Heat 2 tbsp. butter in a 6 qt. Dutch oven over medium-high heat. Working in batches, add beef. Cook, turning, until browned, about 8 minutes. Transfer to a plate and set aside.

Add bacon and cook until its fat renders, about 8 minutes. Add remaining butter, garlic, and onions. Cook until caramelized, about 30 minutes.

Add half the beer. Cook, scraping bottom of pot, until slightly reduced, about 4 minutes. Return beef to pot with remaining beer, stock, sugar, vinegar, herbs, flour, and salt and pepper. Boil. Reduce heat to medium-low. Cook, covered, until beef is tender, about 1 ½ hours.

Chicken Enchilada Bowl

Ingredients:

1 lb. boneless skinless chicken thighs

¾ cup red enchilada sauce

¼ cup water

¼ cup chopped onion

4 oz. can diced green chiles

1 whole avocado, diced

1 cup shredded cheese

½ cup sour cream

Turn Instant Pot to saute. Once the pot is hot, add olive oil and sear chicken thighs until lightly brown.

Pour in enchilada sauce and water then add onion and green chiles. Secure Instant Pot lid.

Cook on High Pressure for 15 minutes.

Carefully remove the chicken and place onto a work surface. Shred chicken then add it back into the Instant Pot.

Pressure cook for additional 5 minutes to allow chicken to absorb flavor and the sauce to reduce.

Top with avocado, cheese, and sour cream.

Instant Pot Beef Stroganoff

Ingredients:

1 lb. ground beef
1 small onion, chopped
1 clove garlic, minced
8 oz. white button mushrooms, sliced
1 tbsp. all-purpose flour
1 can cream of mushroom soup
2 ¼ cups beef broth
8 oz. wide egg noodle
½ cup sour cream
2 tbsp. fresh parsley, chopped

Turn Instant Pot to saute. Once the pot is hot, add olive oil and ground beef. Brown the meat, breaking it into small pieces as it cooks, and season it with salt and pepper.

Add onion, garlic and mushrooms and saute for 2 minutes. Add flour, cream of mushroom soup, beef broth, and noodles and stir to combine.

Secure Instant Pot lid, and turn valve to sealed position. Cook on High Pressure setting for 10 minutes.

When cooking is complete, use a quick release. Stir in sour cream and parsley.

Avocado Toast

Ingredients:

2 large eggs

2 slices of bread

1 large avocado

Everything spice seasoning

Pinch of salt, to taste

Using a sous vide, bring 4-inches of water to 167°F. Lower the eggs into prepared water bath and cook for 12 minutes.

Meanwhile, fill a bowl with ice and water. Transfer the eggs to ice bath and let sit until cool enough to handle.

Toast the bread until browned, buttering both sides.

Spread the avocado on the toast. Top with poached eggs and sprinkle everything seasoning on top.

Mashed Potatoes

Ingredients:

2 lbs. Yukon Gold potatoes, peeled

$\frac{3}{4}$ cup whole milk

$\frac{1}{2}$ cup unsalted butter

Place potatoes in a pot and cover by 1 in. with cold water. Add salt and bring to a boil. Reduce heat and simmer until potatoes are tender, about 20 minutes.

Drain potatoes and return to pot and set over low heat. Gently stir until dry, about 1 minute.

Meanwhile, heat milk and $\frac{1}{2}$ cup butter in a small saucepan over medium heat until butter is melted.

Pass hot potatoes through a ricer into a large bowl. Gradually add milk mixture to potatoes, stirring until combined and smooth; season with salt and pepper.

Instant Pot Parmesan Risotto

Ingredients:

4 tbsp. butter
1 small onion, finely diced
2 cloves garlic, minced
1 ½ cups Arborio rice
4 cups vegetable broth
3 tbsp. grated parmesan cheese
½ tsp. salt
¼ tsp. ground black pepper
½ cup chopped fresh parsley

Press the Saute button on Instant Pot. Add and melt the butter. Add the onion and stir fry for 3-5 minutes until onions are translucent. Add garlic and rice and cook for an additional minute. Add 1 cup broth and stir for 2-3 minutes until it is absorbed by the rice.

Add remaining 3 cups broth, Parmesan cheese, salt, and pepper. Lock lid.

Press the Manual button and adjust time to 10 minutes. When timer beeps, let pressure release naturally for 10 minutes. Quick release any additional pressure until float valve drops and then unlock lid.

Ladle into bowls and garnish each with ⅛ cup fresh parsley.