

# Cookbook of 2021



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## Asparagus and Goat Cheese Tart

*Category: Spring*

### **Ingredients:**

- puff pastry
- asparagus
- goat cheese
- egg
- parmesan cheese
- herbs

### **Steps:**

1. Preheat the oven to 400°F (200°C).
2. Roll out the puff pastry onto a baking sheet and prick the center with a fork to prevent puffing.
3. Spread goat cheese evenly over the pastry, leaving a 1-inch border around the edges.
4. Arrange asparagus spears on top of the goat cheese and sprinkle with grated parmesan and chopped herbs.
5. Brush the edges of the pastry with beaten egg and bake for 20-25 minutes, or until golden brown.
6. Serve warm or at room temperature.

## Panna Cotta with Berry Sauce

*Category: Desserts*

### **Ingredients:**

- heavy cream
- gelatin
- sugar
- vanilla
- berries
- lemon juice

### **Steps:**

1. In a small saucepan, sprinkle gelatin over cold water and let sit for 5 minutes.
2. Heat the gelatin mixture gently until dissolved, then set aside.
3. In another saucepan, combine cream, sugar, and vanilla. Heat until just simmering, then remove from heat.
4. Stir the gelatin mixture into the cream and pour into ramekins.
5. Chill in the refrigerator for at least 4 hours, or until set.
6. Prepare berry sauce by simmering berries, sugar, and lemon juice until thickened.
7. Serve the panna cotta topped with the berry sauce.

## Classic Apple Pie

*Category: Desserts*

### Ingredients:

- apples
- sugar
- cinnamon
- pie crust
- butter
- lemon juice

### Steps:

1. Preheat the oven to 375°F (190°C).
2. Peel, core, and slice the apples, then toss them with sugar, cinnamon, and lemon juice.
3. Roll out one pie crust and fit it into a pie dish.
4. Fill the crust with the apple mixture and dot with small pieces of butter.
5. Roll out the second pie crust and place it over the apples, sealing the edges and cutting small vents in the top.
6. Bake for 45-50 minutes, or until the crust is golden brown and the filling is bubbly.
7. Cool slightly before serving.

## Grilled Salmon with Lemon and Dill

*Category: Dinner*

### **Ingredients:**

- salmon fillets
- lemon
- dill
- olive oil
- salt
- pepper

### **Steps:**

1. Preheat a grill or grill pan to medium-high heat.
2. Brush salmon fillets with olive oil and season with salt, pepper, and fresh dill.
3. Grill the salmon for 4-5 minutes per side, or until cooked through.
4. Squeeze fresh lemon juice over the salmon before serving.

## Creamy Butternut Squash Soup

*Category: Lunch*

### **Ingredients:**

- butternut squash
- onion
- garlic
- vegetable broth
- cream
- nutmeg

### **Steps:**

1. Peel and cube the butternut squash.
2. In a large pot, sauté diced onion and garlic in olive oil until soft.
3. Add the squash and vegetable broth, then bring to a boil.
4. Reduce heat and simmer for 20 minutes, or until the squash is tender.
5. Use an immersion blender to puree the soup until smooth.
6. Stir in cream and a pinch of nutmeg, then season with salt and pepper.
7. Serve hot with a drizzle of cream and a sprinkle of nutmeg.

## Watermelon Feta Salad

*Category: Summer*

### **Ingredients:**

- watermelon
- feta cheese
- mint
- lime
- olive oil

### **Steps:**

1. Cut the watermelon into bite-sized cubes and place in a large bowl.
2. Crumble feta cheese over the watermelon.
3. Add chopped fresh mint and drizzle with olive oil and a squeeze of lime juice.
4. Toss gently and serve chilled.



## Overnight Chia Pudding

*Category: Breakfast*

### **Ingredients:**

- chia seeds
- milk
- vanilla
- honey
- berries

### **Steps:**

1. In a jar or bowl, combine chia seeds, milk, vanilla extract, and honey.
2. Stir well to ensure the chia seeds are evenly distributed.
3. Cover and refrigerate overnight or for at least 6 hours.
4. In the morning, stir the pudding and add more milk if needed for desired consistency.
5. Top with fresh berries and serve.

## Beef Tacos with Guacamole

*Category: Dinner*

### Ingredients:

- ground beef
- taco seasoning
- taco shells
- lettuce
- cheese
- guacamole

### Steps:

1. Cook ground beef in a skillet over medium heat, breaking it apart with a spoon.
2. Stir in taco seasoning and a splash of water. Simmer for 5 minutes.
3. Warm taco shells in the oven or on the stovetop.
4. Fill each taco shell with the seasoned beef, shredded lettuce, and cheese.
5. Top with a dollop of guacamole and serve immediately.

## Deviled Eggs

*Category: Snacks*

### **Ingredients:**

- eggs
- mayonnaise
- mustard
- paprika

### **Steps:**

1. Hard boil the eggs, then peel and cut them in half lengthwise.
2. Scoop out the yolks and mash them in a bowl with mayonnaise and mustard.
3. Spoon or pipe the yolk mixture back into the egg whites.
4. Sprinkle with paprika and serve.

## Mushroom Risotto

*Category: Dinner*

### Ingredients:

- arborio rice
- mushrooms
- onion
- garlic
- parmesan cheese
- chicken broth
- white wine

### Steps:

1. Heat chicken broth in a pot and keep warm over low heat.
2. In a large skillet, sauté diced onion and minced garlic in olive oil until translucent.
3. Add sliced mushrooms and cook until softened, about 5 minutes.
4. Stir in arborio rice and cook for 2 minutes, ensuring each grain is coated in oil.
5. Pour in white wine and stir until absorbed.
6. Add warm broth, one ladle at a time, stirring constantly until the liquid is absorbed before adding more.
7. Continue this process until the rice is tender and creamy, about 20 minutes.
8. Stir in grated parmesan cheese and serve hot.

## Hot Spiced Apple Cider

*Category: Winter*

### **Ingredients:**

- apple cider
- cinnamon sticks
- cloves
- orange slices
- honey

### **Steps:**

1. In a large pot, combine apple cider, cinnamon sticks, cloves, and orange slices.
2. Heat over medium heat until steaming, then reduce to low and simmer for 10 minutes.
3. Stir in honey to taste and remove the spices before serving.
4. Serve warm in mugs.

## Chocolate Chip Energy Bites

*Category: Snacks*

### **Ingredients:**

- oats
- peanut butter
- honey
- chocolate chips
- flaxseed

### **Steps:**

1. In a large bowl, combine oats, peanut butter, honey, chocolate chips, and flaxseed.
2. Mix well until all ingredients are evenly incorporated.
3. Roll the mixture into small, bite-sized balls.
4. Refrigerate for 30 minutes before serving.

## Apple Cinnamon Oatmeal

*Category: Breakfast*

### **Ingredients:**

- oats
- milk
- apple
- cinnamon
- brown sugar

### **Steps:**

1. In a saucepan, combine oats, milk, and a pinch of salt.
2. Bring to a simmer over medium heat, stirring occasionally.
3. Grate or dice the apple and add it to the oatmeal, along with cinnamon and brown sugar.
4. Cook for another 5 minutes, stirring frequently, until the oatmeal is thick and creamy.
5. Serve warm, topped with additional apple slices and a sprinkle of cinnamon if desired.

## Pea and Mint Soup

*Category: Spring*

### **Ingredients:**

- peas
- vegetable broth
- onion
- garlic
- mint leaves
- cream

### **Steps:**

1. In a large pot, sauté diced onion and minced garlic in olive oil until softened.
2. Add peas and vegetable broth, and simmer for 10 minutes.
3. Blend the soup until smooth using an immersion blender.
4. Stir in chopped fresh mint leaves and a splash of cream.
5. Season with salt and pepper, and serve hot with crusty bread.



## Spinach and Feta Omelette

*Category: Breakfast*

### **Ingredients:**

- eggs
- spinach
- feta cheese
- salt
- pepper

### **Steps:**

1. In a small bowl, whisk eggs with a pinch of salt and pepper.
2. Heat a non-stick skillet over medium heat and add a small amount of olive oil.
3. Add spinach to the skillet and sauté until wilted, about 2 minutes.
4. Pour the whisked eggs over the spinach, tilting the skillet to spread evenly.
5. Crumble feta cheese over one side of the omelette.
6. Cook until the eggs are mostly set, about 3-4 minutes.
7. Fold the omelette in half and cook for an additional minute.
8. Slide onto a plate and serve hot.

## Homemade Hummus with Pita Chips

*Category: Snacks*

### **Ingredients:**

- chickpeas
- tahini
- lemon juice
- garlic
- olive oil
- pita bread

### **Steps:**

1. In a food processor, combine chickpeas, tahini, lemon juice, minced garlic, and a pinch of salt.
2. Blend until smooth, adding olive oil gradually for a creamy consistency.
3. Cut pita bread into triangles and bake at 375°F (190°C) for 10 minutes, or until crispy.
4. Serve the hummus with pita chips on the side.