

# Things I Cook

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# Chapter 1

## Introduction

These are recipes that I use when I want to cook. I decided to start documenting them.



## Chapter 2

# Entrées

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This chapter will mainly document entrées that I make.

## American Cottage Pie

Time: 2 hours (45 minutes prep, 1 hour and 15 minutes cooking) Serves: 8

### Ingredients

- 1 pound of fresh or frozen green beans
- 1  $\frac{1}{2}$  pounds ground beef
- about 1  $\frac{1}{2}$  teaspoons salt for meat, to taste
- Pepper to taste
- 8 ounces fresh mushrooms, sliced
- 2 cups heavy whipping cream
- 2 tablespoons corn starch
- $\frac{1}{4}$  cup cold water
- 2 pounds mashed potatoes (see [Mashed Potatoes](#) recipe)
- 2  $\frac{1}{2}$  cups cheese, grated

### Hardware

- 2 quart pot to boil vegetables in
- Dutch Oven
- 9x13 casserole dish



**Instructions**

1. If you have not made the mashed potatoes, do that first.
2. Boil or steam 1 pound of green beans to the point where they are just a bit underdone.
3. Remove green beans from heat, drain water.
4. Brown the meat in a dutch oven, adding salt and pepper to taste.
5. Remove the meat and all but two tablespoons of grease from the dutch oven.
6. Add in 2 cups of heavy whipping cream and stir to combine with grease.
7. Leave cream on medium-low heat for about 5 minutes, stirring.
8. Add 8 ounces of sliced mushrooms to cream.
9. Allow mushrooms to become somewhat heated through, about 5 minutes.
10. Dissolve 2 tablespoons of cornstarch in  $\frac{1}{4}$  cup of cold water.
11. Stir cornstarch water into hot cream mixture.
12. Continue stirring until cream has thickened, about 10-15 minutes.
13. When the cream is almost to the desired thickness, add in ground beef and green beans. Stir to combine.
14. Remove cream and meat from heat.
15. Place the cream and meat mixture into the bottom of a 9x13 casserole dish.
16. Place the mashed potatoes in a flat layer on top of the meat.
17. Sprinkle the grated cheese to cover the potatoes.
18. Throw the entire dish in the oven, set to 350F.
19. When the cheese is melted and the rest of the dish is warm, remove and serve.

**Notes**

- Recipe is based on Cyndy Watt's recipe, however growing up we used canned cream of mushroom and green beans. Obviously we did NOT use instant mashed potatoes, as we were not barbarians.
- The core difference between a cottage pie and a shepherd's pie is the use of ground beef instead of ground lamb. This recipe works fine as a shepherd's pie with lamb instead. Be careful not to overcook the

lamb, as it dries out fairly easily.

- I call this American cottage pie as it is covered in cheese, while a ?? is a meat and gravy

layer under mashed potatoes that are crisped slightly, no cheese. This is basically how my mom made it growing up in Texas.

## Boeuf Bourguignon

Time: 4 hours (30 minutes prep, 1 hours baking) Serves: 8

### Ingredients

- 6 cups of water
- 2 slices of thick-cut bacon, cut into lardons (strips, 1 inch by  $\frac{1}{4}$  inch)
- 1 Tablespoon olive oil
- A 3+ pound chuck roast, cut into 2 inch squares
- 1 carrot, sliced
- $\frac{1}{2}$  onion, sliced
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- 2 Tablespoons flour
- 1 bottle of red wine. Something full-bodied, young and French. (Beaujolais works well)
- 2-3 cups beef stock
- 1 Tablespoon tomato paste
- 2 cloves garlic, minced
- $\frac{1}{2}$  teaspoon thyme (fresh or dried)
- 1 bay leaf, crumpled
- 1 recipe of [Oignons Glacés À Brun](#)
- 1 recipe of [Champignons Sautés Au Beurre](#)

### Hardware

- Oven-safe stock pot
- Colander
- Sauce pan

**Instructions**

1. Place 6 cups of water in stock pot and bring to simmer over medium.
2. Place lardons (bacon strips) in water, simmer for 10 minutes.
3. Drain lardons and pat dry.
4. Throw water out.
5. Heat 1 tablespoon olive oil in stock pot.
6. Sauté lardons in oil over medium heat, 2-3 minutes (lightly browned, but not too crispy)
7. Remove bacon from stock pot, leave the fat and oil.
8. Increase heat to High, allow fat to get very hot, but not quite smoking.
9. Ensure the beef is dry, pat dry if necessary.
10. brown the beef in batches. Allow all sides to brown, and do not crowd the beef.
11. Add beef to the bacon.
12. Brown the sliced carrot and sliced onion, about 10 minutes.
13. Remove from heat, pour out the fat.
14. Put lardons and beef back in the stock pot.
15. Toss the beef with 1 teaspoon salt and  $\frac{1}{2}$  teaspoon pepper.
16. Sprinkle on 2 tablespoons flour, toss to coat the beef.
17. Set the stock pot, uncovered in a 450F oven, bottom third, for about 4 minutes.
18. Stir the meat around and allow to cook in the oven for another 4 minutes.
19. Remove the stock pot from the oven, reduce the heat to 350F.
20. Stir in one bottle of wine and 2 cups beef stock (really just enough stock to cover the meat, usually 2 cups).
21. Add 1 tablespoon tomato paste, 2 cloves minced garlic,  $\frac{1}{2}$  teaspoon thyme, and 1 crumpled bay leaf.
22. Stir to combine.
23. Bring the stew to a simmer on the stove top.
24. Cover the stew and place in the oven to stew for about 3 hours, until the meat is easily pierced with a fork.
25. If you have not pre-made the oignons and champignons (onions and mushrooms), this is a good time.
26. Once the meat is tender pour the stew through a colander into a sauce pan.

27. Wash out the stock pot real quick.
28. Return the solid part of the stew to the stockpot.
29. You should have at least 2-3 cups of sauce, just thick enough to coat a spoon.
30. If the sauce is not thick enough to coat a spoon, reduce it over medium-high heat until it is.
31. Place the oignons and champignons over the stew.
32. Skim fat off the sauce (though leave a touch for delicious flavor).
33. Pour the sauce over the stew.

### Notes

- This is based on the recipe of Julia Child, Simone Beck, and Louisette Bertholle, as seen in

Mastering the Art of French Cooking, Volume 1, page 315.

- Main differences are slightly more wine, less bacon, no bacon rind (too hard to find in the states these days), and slightly different spice amounts (salt and pepper).
- Translates to "Beef bourguignon", this is a stew from the Burgandy region of France. Originally peasant food.
- While this is technically a stew, I have placed it in the entrées as I tend to eat it as a main meal, and on a plate, served over potatoes.
- Traditionally served with ??.
- I often serve it on top of ?? or even on top of ??.

## Boiled Crawfish

Time: 20 minutes (5 minutes prep, 15 minutes cooking) Serves: 2

### Ingredients

- Enough water to cover food (probably about 6 quarts)
- 5 pounds live (ideally Louisiana) crawfish and/or blue crabs
- 1 pound small red potatoes, whole
- 2 ears of corn, shucked and cut in half
- 1 cups Crab Boil Spice Mixture (see [Crab Boil Spice Mixture](#)) or 1 bottle of Zatarain's Crab Boil

### Hardware

- 1 really large pot
- Slotted Spoon
- Second large pot, if using spice mixture versus crab boil liquid
- Strainer, if using spice mixture versus crab boil liquid

**Instructions**

1. Place 6 quarts of water (enough to cover the food) in the large stock pot.
2. Dump spice mixture into water, and let water come to a hard boil.
3. Place 1 pound potatoes and 2 ears of corn into the liquid. Allow to boil for about 10 minutes.
4. Add seafood to the water.
5. Allow crawfish to boil for about 8 minutes.
6. Turn off heat, and allow crawfish and vegetables to soak for another 6 minutes.
7. Either strain the food or pull it out with a slotted spoon.

**Notes**

- This is mostly my own recipe. While I've not yet tried a really large boil on my own (only ever been a guest), there is a recipe for 20 people in Acadiana Profile's Cajun Cooking, Part 1, page 191.
- Use leftover tails in [Étouffée](#).

## Boiled Shrimp

Time: 20 minutes (5 minutes prep, 15 minutes cooking) Serves: 2-4

### Ingredients

- 1-4 pounds whole, large (ideally Gulf) shrimp
- 1 cup Crab Boil Spice Mixture (see [Crab Boil Spice Mixture](#))
- 1-2 cups cocktail sauce (see [Cocktail Sauce](#))

### Hardware

- 2 large pots
- Strainer



**Instructions**

1. Place 1 quart of water per pound of shrimp you are making into a large pot.
2. Dump spice mixture into water, and let water come to a hard boil.
3. When the water has good color from the spice, strain the water into another large pot, to remove the seeds and chunky mixture.
4. Let spiced water come to a

hard boil once again.

5. Add shrimp, and let cook for about 4 minutes.
6. Strain shrimp out of water.
7. Enjoy with cocktail sauce.

**Notes**

- While this worked well, Zatarain's is equally as good and much easier to use. I will likely just follow the Zatarain's boil instructions and use their mix.

## Cajun Tourtière

Time: 2 hours (30 minutes prep, 45 minutes cooking, 45 minutes baking)

Serves: 6-8

### Ingredients

- 2 Pounds ground pork
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{2}$  cup chopped celery
- $\frac{1}{2}$  cup chopped green bell pepper
- 1 clove garlic, chopped
- $\frac{1}{4}$  cup chopped parsley
- 1 Teaspoon salt
- $\frac{1}{2}$  Teaspoon black pepper
- $\frac{1}{2}$  Teaspoon cayenne pepper
- $\frac{1}{4}$  Teaspoon crushed marjoram leaf
- $\frac{1}{8}$  Teaspoon ground cloves
- $\frac{1}{8}$  Teaspoon ground cinnamon
- 2 Tablespoons flour
- 2 beef bouillon cubes
- 1 cup hot water
- 2 pie crusts (see [Pie Crust](#) recipe)
- 1 egg

### Hardware

- Dutch oven
- Pie dish

**Instructions**

1. Saute 2 pounds ground pork,  $\frac{1}{2}$  cup chopped onion,  $\frac{1}{2}$  cup chopped celery,  $\frac{1}{2}$  cup chopped green bell pepper, and 1 clove garlic until pork is browned and vegetables are soft, about 10 minutes in a dutch oven.
2. Stir in  $\frac{1}{4}$  cup parsley, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon black pepper,  $\frac{1}{2}$  teaspoon cayenne pepper,  $\frac{1}{4}$  teaspoon marjoram,  $\frac{1}{8}$  Teaspoon ground cloves, and  $\frac{1}{8}$  Teaspoon ground cinnamon.
3. Cover and simmer on low heat for about 30 minutes.
4. Drain excess fat from the dutch oven.
5. Stir flour into the meat mixture.
6. Dissolve 2 beef bouillon cubes into 1 cup hot water.
7. Add beef bouillon into the meat mixture.
8. Bring to medium-high heat, and allow mixture to begin to boil.
9. Allow mixture to boil for 1 minute while stirring constantly.
10. Remove from heat and set aside to cool completely.
11. If you have already made pie crusts, place one in the bottom of a pie pan.
12. Mound cooled meat mixture into the pie pan, and cover with second crust.
13. Seal edges by fluting the crusts together. No need to cut slits into the crust.
14. Brush top crust with egg.
15. Bake at 400F for about 45 minutes, until the crust is golden-brown.

**Notes**

- Based on Mrs. Hazel Gourgues' recipe, from Hahnville (St. Charles Parish), as seen in Acadiana Profile's Cajun Cooking: From the Kitchens of South Louisiana, Part 1, 1990.
  - Main differences are less celery, addition of green bell peppers, removal of mace, addition of cayenne pepper, use of homemade crusts (that's a given).
- While the traiditonal Tourtière is a Quebecois Christmas staple, this version is closer to the Acadian Tourtière. The spices are still very aromatic, however they have a cajun flair.
- Also works well with wild game, duck, chicken, or seafood.

## Cigánypecsenye

Time: 1  $\frac{1}{2}$  hours (10 minutes prep, 45 minutes making fries, 30+ minutes making bacon, 5 minute cooking pork chops) Serves: 4

### Ingredients

- 4 thin pork chops, bone in or out (about 1  $\frac{1}{2}$  pounds)
- 6 cloves garlic, diced
- 1  $\frac{1}{2}$  cups oil (vegetable works)
- 4 teaspoons Hungarian spicy paprika
- 2 teaspoon marjoram
- 4 teaspoon ground mustard seed
- 2 teaspoon coarse salt
- 1 teaspoon fresh cracked pepper
- 4 servings of French Fries (Recipe to be added someday)
- 4 slices of Szalonna (Hungarian style bacon), very thick cut, with rind
- Additional Hungarian spicy paprika to taste

### Hardware

- Skillet
- Medium mixing bowl

**Instructions**

1. Put the 6 gloves of garlic, 1  $\frac{1}{2}$  cups oil, 4 teaspoons of paprika, 2 teaspoons marjoram, 4 teaspoons ground mustard seed, 2 teaspoons salt, and 1 teaspoon of pepper into the mixing bowl.
2. Mix thoroughly.
3. Place the pork chops into the bowl, and make sure that there is oil and spices on all sides, and covering the pork chops.
4. Allow the pork chops to soak in the spice-oil while preparing bacon, occasionally spooning spices from the bottom back on top.
5. Take the 4 slices of thick cut szallona, ensure that they have slits down the non-rind side, about every 1 inch.
6. Place the slices in the skillet at low heat.
7. Carefully raise the heat a small amount (between  $\frac{1}{2}$  and 1 notch) every three minute, while flipping the zsallona.
8. Once the bacon is somewhat crispy, remove and set aside.
9. Cook the pork chops (probably about 2 at a time) for about 2 minute at a side in the fat.

10. Place all pork chops in a dish in the oven, covered, at low heat.
11. Fry the french fries in the fat.
12. Plate the fries, then place a pork chop on each pile.
13. Sprinkle additional paprika to taste over the pork chop.
14. Place a szallona slice on each pork chop.

**Notes**

- Based partly on a trip to Budapest, partly on this recipe: <http://www.nosalty.hu/recept/egyszeru-ciganypecsenye>, with the following differences:
  - Less oil is used.
  - More paprika is added after cooking.
  - Hard for me to say, as my Hungarian is basically nill.
- FOR NEXT TIME: Try instead of ground mustard seed, cooking the chops without paprika, then spreading mustard and paprika on after cooking. This may be more authentic...
- "Cigánypecsenye" translates to "Gypsy Steak"
- "Szallona" is just Hungarian for "bacon", however when I

use that word in this recipe I am referring to a particular style of bacon I cannot hardly find in the states. It is still made from the pork belly, but is basically entirely just fat and rind, with none of the bits of meat strips typical in American bacon. I recommend googling "ciganypecsenye bacon" for examples. Regular American bacon can be used instead, made similar to the ?? recipe, but make it less crispy, so it cuts with the pork chop easier.

- The Szallona is cut along an edge to allow it to curl while cooking, and get more crispy edges, please see pictures online for examples.
- Be very careful cooking the mostly-fat bacon, as it can burn very quickly.

- If you manage to use the mostly-fat style szallona, I don't recommend eating the rind, instead eat each little slice off the rind.
- Concerning paprika: Hungarian paprika is (I'm quite convinced now) the best paprika in the world. While you can find it online, it's no substitute for the real thing. If you do not know where to get good paprika, please befriend a Hungarian (all of whom I've met are extraordinarily nice people) and ask them.
- I recommend "spicy" paprika, which is not terribly spicy really, it just means don't use "sweet" paprika, which is also not terribly sweet, they just taste different.

## Csirkepaprikás

Time: 2 hours (30 minutes prep, 1  $\frac{1}{2}$  hours cooking) Serves: 4

### Ingredients

- 2 medium sweet onions, minced
- 2 Tablespoons lard
- 1 3-4 pound whole chicken, disjointed, washed, and dried
- 1 large, ripe tomato, peeled and chopped
- 2 heaping tablespoons sweet paprika
- $\frac{1}{2}$  cup water
- 1 teaspoon salt
- 1 green bell pepper, sliced thin
- 1 tablespoon flour
- 1 teaspoon cold water
- 2 Tablespoons sour cream
- 2 Tablespoons heavy cream
- 1 recipe of [Galuska \(Nokedli\)](#)
- Additional sour cream for topping

### Hardware

- 5 Quart stock pot with a good lid
- Small mixing bowl

**Instructions**

1. Cook 2 diced onions in 2 Tablespoons lard until soft, about 5 minutes, over low heat in stock pot.
2. Add disjointed chicken and 1 chopped tomato.
3. Stir in 2 heaping Tablespoons sweet paprika,  $\frac{1}{2}$  cup water, and 1 teaspoon salt.
4. Cook, covered, over low heat for 20 minutes.
5. Remove the lid and allow to cook for an additional 10 minute uncovered. This will allow the water and tomato juice to reduce some.
6. Remove chicken from the stock pot.
7. Remove the stock pot from the heat.
8. Mix 1 Tablespoon flour and 1 teaspoon cold water in small mixing bowl.
9. Add 2 Tablespoons sour cream to the flour/water mixture, stir until smooth.
10. Take about a half-ladle of liquid from the pot and stir into the sour cream mixture until smooth and liquidy. If it is not yet liquidy enough to pour, stir in another half-ladle.
11. Pour sour cream mixture into stock pot.
12. Return stock pot to low heat and add 1 sliced green bell pepper.
13. Allow juice and vegetables to cook over low heat for 5 minutes, this will allow the peppers to soften a little.
14. Replace chicken parts and cook until finished, covered, over low heat, about 20 minutes.
15. Keep warm until ready to serve, then whip in 2 Tablespoons heavy cream.
16. Serve over a helping of galuska, and top with additional sour cream.

**Notes**

- The recipe is from Gearge Lang's "The Cuisine Of Hungary", 1971 edition. Page 278.
  - Main differences are I have added water amounts to the recipe, doubled the paprika, added some steps dealing with mixing sauce with sour cream before mixing, added steps to make bell peppers softer, and clarified some steps.



- This is often called "Paprika Chicken" or "Chicken Paprikash" in English. In Hungarian it's also called "Csirke Paprikás", or, when served on *nokedli* (another name for *galuska*) it can be called "Csirkepaprikás *nokedlivel*".
- I highly recommend using the best sweet paprika you can find. Ideally you've either been to Hungary recently and have the good stuff, or have friends from there that can occasionally get you some. Store-bought paprika works alright, but is less flavorful.
- Note that the use of heavy cream in addition to sour cream is less common in modern Hungarian cuisine, however this used to be more common, makes for a creamier sauce, and is quite delicious. If you leave out the heavy cream, I recommend adding a little more sour cream instead.
- I tend to make the *galuska* as I'm doing some of the cooking of the sauce, as that part is fairly inactive.
- You add some warm sauce to the sour cream to get it warmer before it gets hot. This should help prevent curdling, as curdled sour cream would be too strong and not mix in well with the sauce.
- This would also be delicious with a side of boiled potatoes.

## Étouffée

Time: 1 hour 20 minutes (15 minutes prep, 1 hour 5 minutes cooking) Serves:  
4

### Ingredients

- 1 recipe of [roux](#) (dark brown)
- 1 cup chopped onion
- 1 cup sliced celery
- 1 cup chopped green bell pepper
- 4 cloves garlic, minced
- 3 green onions, diced
- Salt, pepper, and red pepper to taste (for meat)
- 1 pound of meat (shrimp, chopped chicken, or crawfish tails(see notes for crawfish))
- Stock to cover meat (about 2 cups, this can be chicken, vegetable, or my preferred, seafood stock)
- $\frac{1}{2}$  tablespoon apple cider vinegar
- 1 splash of hot sauce (such as Tobasco)
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper
- Dash of red pepper
- 1 recipe of [White Rice](#)

### Hardware

- Dutch oven with lid
- Large spoon

**Instructions**

1. Make a dark brown [roux](#).
2. Throw in 1 cup onion, 1 cup celery, and 1 cup green bell pepper.
3. Allow vegetables to cook until just barely soft (about 5 minutes). This will absorb most of the roux.
4. Add in 4 cloves of garlic and 3 diced green onions.
5. Season raw meat with salt, black pepper, and red pepper.
6. Add raw meat to dutch oven.
7. Cover food in stock, about 2 cups.
8. Add  $\frac{1}{2}$  tablespoon apple cider vinegar, 1 splash of hot sauce,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon black pepper, and a dash of red pepper.
9. Stir to combine.
10. Cover étouffée with lid and allow to cook for about 20 minutes.
11. Remove lid and allow meat to finish cooking, while the liquid reduces to the desired level.
12. Taste and season food to desired level.

13. Server over white rice.

**Notes**

- This is my own recipe.
- "Étouffée" means "smothered", which is typically how the meat is cooked in the dish.
- For crawfish, assuming you are starting with cooked tails (such as leftovers from a boil) then add them in toward the last 5 minutes of cook-time, to prevent overcooking.
- Shrimp can be added in the last 10 minutes of cooking, as it will cook much quicker than chicken breast, and gets tough if overcooked.
- I prepare a nice roux base and use stock, which is not always seen in cajun recipes, however I refuse to use tomatoes.
- You can use a red wine for acidity rather than apple cider vinegar, however I've avoided this so far as I'm not much good at judging wine.
- You can use a lighter roux if you like, however I prefer a really dark roux.

## Quiche

Time: 1  $\frac{1}{2}$  hours (20 minutes prep, 1+ hours baking) Serves: 8

### Ingredients

- 8 eggs
- $\frac{1}{4}$  cup milk
- $\frac{1}{2}$  lb. bacon
- 12 ounces frozen broccoli
- 1 cup fresh baby spinach
- $\frac{1}{2}$  tbsp olive oil
- Salt and pepper to taste
- Pie crust (see [Pie Crust](#) recipe)

### Hardware

- Mixer or mixing bowl and whisk
- Pie dish
- Butter knife
- Sharp knife and spatula to cut and serve

**Instructions**

1. Make the pie crust per the standard recipe. As the dough rests in the fridge, do the following steps.
2. Fry  $\frac{1}{2}$  lb. bacon in pan using normal method.
3. Remove bacon from heat and grease.
4. Crumble bacon.
5. Place 1 cup fresh spinach in skillet with olive oil, low-medium heat.
6. Add salt to taste, cook spinach till it's soft.
7. Chop cooked spinach.
8. Place 8 eggs and whisk till they have some air in them.
9. Add  $\frac{1}{4}$  cup milk to eggs, mix in.
10. Add all frozen broccoli, spinach, and bacon crumbs to egg mixture.
11. Finish pie crust and place in pie dish.
12. Place filling in pie crust.
13. Bake at 375 for 50-60 minutes, until eggs are set (shake pan to check setness).
14. When done, poke the pie pan with a butter knife to check final setness.
15. Let cool for 5 minutes, serve.

**Notes**

- Adding other vegetables can be done, such as grilled bell peppers or onion, however more veggies is more moisture, which can make it take longer to set, which browns the crust more. Be wary of adding too many veggies.
  - Might can offset this by thawing the broccoli more, need to test.

## Rakott Kelkáposzta

Time: 2 hours (1 hour prep, 1 hour cooking) Serves: 4

### Ingredients

- 1 head of savoy cabbage, about 2 pounds
- 3 quarts water
- 1 teaspoon salt
- 1 medium sweet onions, diced
- salt to taste
- $\frac{1}{4}$  cup vegetable oil
- 2 cloved garlic, minced
- 1 heaping tablespoon sweet paprika
- 1 pound ground pork
- 100ml water (just a little shy of  $\frac{1}{2}$  cup)
- 1 teaspoon vegetable oil
- $\frac{3}{4}$  cup white rice
- salt to taste.
- 1  $\frac{1}{2}$  cups water
- 1  $\frac{1}{2}$  cups sour cream (higher fat content the better)
- Additional sour cream on the side

### Hardware

- 6 quart stock pot
- Tongs
- Colander
- Skillet with lid (or foil to cover)
- Small pan
- 9x9 Baking dish

## Instructions

1. Peel all the leaves off the head of cabbage that you can, trying to keep them whole if possible.
2. Clean all of the leaves.
3. Cut out the bulk of the stem from each leaf by cutting a thin "V" shape down it.
4. Boil about  $\frac{1}{3}$  of the cabbage at a time in 3 quarts of water and 1 teaspoon salt.
5. Allow the first batch of cabbage to boil until soft, about 15 minutes.
6. Remove the cabbage from the boiling water with tongs, place in colander to drain.
7. Continue cooking cabbage in this manner until it's all cooked, but also move on to other steps while doing that.
8. Meanwhile, saute 1 diced onion with some salt to taste in  $\frac{1}{4}$  cup vegetable oil for about 9 minutes, until soft, over medium heat.
9. Add 2 cloves minced garlic and cook for an additional minute.
10. If the dish is looking really oily, drain some out, as the pork will make just a bit more, even being fairly lean.
11. Add ground pork, 1 heaping Tablespoon sweet paprika, and salt and pepper to taste.
12. Make sure the meat is cut into tiny pieces, not large chunks, as it will need to be spread later.
13. Cook the meat mixture for about 5 minutes, stirring frequently.
14. Add 100 ml water to the meat and stir to combine briefly.
15. Cover the meat and allow to cook for about 15 minutes.
16. Heat 1 teaspoon vegetable oil in a small pan over medium heat.
17. Add  $\frac{3}{4}$  cup rice (salt to taste) and cook in the oil for about 2 minutes, stirring constantly.
18. Add  $1\frac{1}{2}$  cups water to the rice, cover, and reduce heat to low.
19. Preheat oven to 350F.
20. Allow the rice to cook until all the water is absorbed, about 12-15 minutes.
21. Turn heat off, but leave rice on warm stove once the water is absorbed.
22. Grease the 9x9 baking pan.
23. Make a layer of cabbage across the bottom, about 3 leaves thick.

24. Spread half the rice over the cabbage.
  25. Spread half the delicious-smelling paprika meat over the rice.
  26. Make a layer of cabbage on top of that about 1-2 leaves thick.
  27. Spread the remaining rice over the cabbage.
  28. Spread the remaining meat over the rice.
  29. Make another layer of cabbage, about 2 leaves thick (or more if you have it and some room).
  30. Spread 1  $\frac{1}{2}$  cups sour cream over the top (or whatever fits).
  31. Bake in the oven at 350F for about 30 minutes. Ideally some edges will have browned by then.
  32. Turn the oven to broil for 3-5 minutes, watching the sour cream carefully. You want bits of it to brown and become crispy, without burning the whole thing.
  33. Can be served with additional sour cream on the side.
- Main differences are I have added water and oil amounts to the recipe, added more paprika, reduced the cabbage (as that's all that will fit in my baking pan), and added steps with broiling, as just baking did not brown my sour cream well (may be the type of sour cream that is available here).
  - This recipe was sent to me by my good friend, Csaba. He continues to help me cook proper Hungarian food (or near as can be made in the States, anyhow).
  - The name "Rakott Kelkáposzta" means something like "Layered cabbage" near as I can tell, though the website calls it "Hungarian Layered Savoy Cabbage Cassarole".
  - If you can find savoy, I highly recommend it. It tastes a little more earthy than regular green cabbage, and is prettier. Green cabbage works fine as well. I don't recommend any other kind of cabbage, as the red tastes too different, and the others have too much stem-to-leaf ratio.
  - I highly recommend using the best sweet paprika you can

## Notes

- The recipe is from Culinary Hungary, as seen here: <http://budapestcookingclass.com/hungarian-layered-savoy-cabbage-best-sweet-paprika-you-can>



find. Ideally you've either been to Hungary recently and have the good stuff, or have friends from there that can occasion-

ally get you some. Store-bought paprika works alright, but is less flavorful.

## Tordai Kelpástétom

Time: 3 hours (1 hour prep, 2 hours cooking) Serves: 6

### Ingredients

- 2 pounds of savoy cabbage (about 1 medium head)
- 3 quarts water
- 1 teaspoon salt
- 1 dinner roll (see )
- $\frac{1}{2}$  cup milk
- 1 cup water
- Pinch of salt
- $\frac{1}{2}$  cup uncooked white rice
- 1 pound ground pork
- 1 medium sweet onion, minced
- 2 Tablespoons lard
- 1 clove garlic, minced
- 2 eggs
- $\frac{1}{2}$  teaspoon dried marjoram
- $\frac{1}{4}$  teaspoon black pepper
- 1 teaspoon paprika (sweet or spicy)
- $\frac{1}{2}$  teaspoon salt
- 4 Tablespoons bacon drippings
- $\frac{1}{4}$  pound double-smoked bacon (about 3 thick-cut strips)
- 8-10 Tablespoons chicken broth
- 1 Tablespoon paprika (sweet or spicy)
- $\frac{1}{2}$  cup chicken broth
- 1 Tablespoon flour
- $\frac{1}{2}$  cup sour cream

### Hardware

- Stock pot
- Small pot with lid
- skillet
- 5+ Quart dutch oven

**Instructions**

1. Cut out core of cabbage and wash.
2. Cook the cabbage in enough lightly boiling water to float in (about 3 quarts) and about 1 teaspoon salt until about half soft, maybe 10 minutes.
3. Separate the cabbage into leaves.
4. Cut out thick stems from cabbage leaves.
5. Leave the dinner roll in  $\frac{1}{2}$  cup milk, rotating it periodically to soak milk into all parts.
6. Bring 1 cup water to boil with a pinch of salt in a small pot.
7. Add  $\frac{1}{2}$  cup rice to the boiling water in the small pot.
8. Reduce heat to low and cover with a lid.
9. Cook the rice until the water is absorbed, about 12 minutes.
10. Turn off the heat, but leave the rice on the warm element.
11. Shred the soaked dinner roll.
12. Mix cooked rice, 1 pound ground pork and shredded roll.
13. Sauté 1 minced onion in 2 Tablespoons lard in a skillet for about 4 minutes over medium heat.
14. Add 1 clove minced garlic to the onions and sauté for 1 more minute.
15. Mix onions and garlic into the pork mixture.
16. Add 2 eggs to the pork mixture.
17. Add  $\frac{1}{2}$  teaspoon dried marjoram,  $\frac{1}{4}$  teaspoon black pepper, 1 teaspoon paprika, and  $\frac{1}{2}$  teaspoon salt to the pork mixture.
18. Mix to fully combine all parts of the pork mixture.
19. Coat the inside of the dutch oven with about 4 Tablespoons of bacon drippings.
20. Make a layer on the bottom of the dutch oven with about  $\frac{1}{3}$  of the cabbage leaves.
21. Spread half of the pork mixture, completely covering the cabbage. Press the pork mixture down well to make a solid layer.
22. Make another layer with another  $\frac{1}{3}$  of the cabbage leaves.
23. Spread the remaining pork mixture over this layer of cabbage, again pressing it down all over to make a very compact meatloaf-like structure.
24. Spread the remaining cabbage over the top in a flat layer.

- Press it all down as well as you can.
25. Place the bacon strips over the top of the whole cabbage casserole.
  26. Bake in a 350F oven, and baste with a couple tablespoons of chicken broth about 2-3 times while baking.
  27. Leave the casserole in the oven and switch it to high broil for about 3 minutes to help crisp the bacon.
  28. Turn the "pâté" from the dutch oven.
  29. If you like, you can make a sauce as follows (though I find the dish is often moist enough this is not strictly necessary.)
  30. Put the dutch oven on the stove top at medium heat with the leftover juice and drippings from the "pâté".
  31. Scrape up the drippings in the juice, add 1 Tablespoon flour and stir for a few minutes over medium heat to form a sort of blond roux.
  32. Add 1 Tablespoon paprika and  $\frac{1}{2}$  cup chicken broth.
  33. Bring to a boil while stirring, and allow to boil for about 4 minutes.
  34. Remove from heat.
  35. Add a few tablespoons of the warm sauce to  $\frac{1}{2}$  cup sour cream to bring the sour cream up to heat.
  36. If the sour cream is a liquid that can be easily poured, add it to the sauce. Otherwise continue to add a few tablespoons of sauce and mix it in each time.
  37. Combine the sour cream mixture with the sauce.
  38. Serve cross-wise slices of the "pâté" (so there are three thin pieces of bacon on each slice) with some sauce poured over it.

### Notes

- The recipe is from George Lang's "The Cuisine Of Hungary", 1971 edition. Page 311.
  - Main differences are I have added water amounts to the recipe, clarified instructions, I use raw pork versus cooked pork, and changed sauce base from water to chicken broth.
- The name "Tordai Kelpástétom" means something like "Today-style Cabbage pâté" though it is not technically a pâté, this is what the Hungarian apparently

call it in the Southeast region from where it originates.

- While called a *pâté*, I consider more of a meatloaf made with pork, and layered between cabbage leaves, as the process of adding bits of bread to meat and spices is very similar to American meatloaf.
- If you can find savoy, I highly recommend it. It tastes a little more earthy than regular green cabbage, and is prettier. Green cabbage works fine as

well. I don't recommend any other kind of cabbage, as the red tastes too different, and the others have too much stem-to-leaf ratio.

- I highly recommend using the best paprika you can find. Ideally you've either been to Hungary recently and have the good stuff, or have friends from there that can occasionally get you some. Store-bought paprika works alright, but is less flavorful.

## Slow Cooker Pork Carnitas

Time: 6 hours (15 minutes prep, 5 hours inactive cooking, 45 minutes cooking) Serves: 6

### Ingredients

- 1 medium onion, chopped into chunks
- 2 cinnamon sticks
- 1 tablespoon oregano
- $\frac{1}{2}$  tablespoon cumin
- 2 teaspoons salt
- 1 teaspoon pepper
- 3-4 pound boneless pork butt, cut into 3 inch chunks
- 6 cloves of garlic, cut in halves
- 2 jalapeños, stemmed, quartered, and deseeded
- 1 large orange, cut in half (not peeled)
- 1 cup of lard, split into thirds

### Hardware

- 6 quart slow cooker or similarly sized dutch oven
- Small bowl for mixing spices
- 2 forks (for shredding meat)
- Skillet

**Instructions**

1. Put the onion chunks and cinnamon sticks into the bottom of the slow cooker.
2. In a small bowl, combine 1 tablespoon oregano,  $\frac{1}{2}$  tablespoon cumin, 1 teaspoon salt, and 1 teaspoon pepper.
3. Shake all pork chunks in spice mixture.
4. Place the meat and the remaining spices into the slow cooker, on top of the rough onion chunks.
5. Place the 6 garlic cloves and jalapeno chunks on top of the meat chunks.
6. Squeeze the oranges to get most of the juice into the slow cooker.
7. Place the orange halves on top of the whole kit and caboodle.
8. Cook covered on low for 6-7 hours, until tender (to the point where it could be shredded with forks.)
9. Remove pork from juice and vegetables.
10. Strain the vegetables from the juice, saving the juice for frying.
11. Shred the meat with two forks.
12. Place  $\frac{1}{3}$  cup of lard into a skillet and heat to medium-high.
13. When the lard is hot, place about  $\frac{1}{3}$  of the shredded meat spaced out in the skillet, along with  $\frac{1}{4}$  cup of the juice from the slow cooker.
14. Allow the meat to become crispy on one side.
15. Serve the first  $\frac{1}{3}$  of the meat while cooking the next batch. Continue this way until all meat is cooked.

**Notes**

- Traditionally served with tortillas, cilantro, and raw onion pieces as a small taco.
- Works well in any taco, nacho, quesadilla, or burrito.
- These are not a traditional carnitas recipe, as the pork is not braised in lard initially, however the flavors, spices, and final result are very close and very good.
- For a more traditional recipe, see Traditional Pork Carnitas. This recipe is designed to be very simple to cook.
- If you do not wish to serve the entirety of the carnitas at once, bag portions of it with the juice from the slow cooking process. Freeze bags of this, then to

cook, allow to thaw, then fry the meat and juice that was frozen with some lard.

- You can use vegetable oil

rather than lard, if you must.

- I tend to by a 7-8 pound roast, cut it in half, and make both this and a ??.



## Slow Cooker Pot Roast

Time: 9 hours (30 minutes prep, 8 hours inactive cooking, 30 minutes active)

Serves: 4-6

### Ingredients

- 2 pounds carrot sticks (or carrots, cut into small pieces)
- 4 pound chuck roast (the fattier the better)
- Salt, pepper, and garlic powder to taste
- About 1 cup of flour (for covering the roast)
- $\frac{1}{2}$  cup oil for pan frying (bacon grease, vegetable oil... it's all good)
- $\frac{1}{4}$  cup chopped dill
- $\frac{1}{8}$  cup chopped oregano
- $\frac{1}{2}$  cup butter (whole stick)
- 6-8 peperoncinis plus some juice (maybe  $\frac{1}{4}$  cup), destemmed

### Hardware

- Skillet
- Slow cooker
- Cutting board
- Two forks (for shredding)

**Instructions**

1. Place 2 pounds of carrot sticks in slow cooker (this should include just a bit of water, if not, add some water, maybe  $\frac{1}{4}$  cup)
2. Salt, pepper, and garlic powder carrot sticks to taste.
3. Take your roast, add salt, pepper, garlic powder, and flour to every side.
4. Heat up  $\frac{1}{2}$  cup oil in a skillet
5. Sear all sides of the roast in the hot oil for 1-2 minutes each, just to brown the meat.
6. Place seared roast on top of carrots.
7. Place  $\frac{1}{2}$  cup butter (1 stick) on top of roast
8. Add salt, pepper, garlic powder,  $\frac{1}{4}$  cup dill,  $\frac{1}{8}$  cup oregano on top of butter.
9. Chop stems off of pepperoncini.
10. Place pepperoncini around the butter stick, on top of the roast.
11. Add a splash of the pepperoncini juice onto the roast
12. Close slow cooker and cook on low for 7-8 hours. Flip at the halfway-way point (the butter will be melted, don't worry about the pepperoncini falling in the mix, it's all good.)
13. Remove meat from juice when tender, shred with forks.
14. Remove carrots and pepperoncini from juice.
15. Place all juice into a skillet at medium-high heat, cook down a little to remove some of the water from the roast.
16. Add  $\frac{1}{4}$  to  $\frac{1}{2}$  cup flour and stir into the grease to create a light beef gravy.
17. Chop pepperoncini into bits.
18. Recombine carrots, pepperoncini, shredded roast, and gravy.

**Notes**

- Some people do not like pepperoncini. If so, use a splash of some other acid, such as distilled white vinegar.
- Searing the roast is not strictly necessary, however I do recommend it. Some people tell you to sear a roast to “lock in moisture”, that is nonsense. I sear it for 2 reasons. 1, I like the taste of browned meat, and it's easier to brown it in a skillet than cooking in it's own juice. 2, I like the flour on the outside to just start cooking with the hot oil, it's helps turn all the future-juice into a more gravy-like substance.

- While the addition of fat and pepperoncinis is similar to a “Mississippi Roast”, I refuse to

use packaged dressing mixes. I do like the additional fat, acid, and herb flavors though.



## Chapter 3

# Sides

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This chapter has to do with side dishes.

## Champignons Sautés Au Beurre

Time: 1 hour (10 minutes prep, 50 minutes baking) Serves: 4

### Ingredients

- 2 Tablespoons butter
- 1 tablespoon olive oil
- $\frac{1}{2}$  pound fresh mushrooms,  
washed, quartered, and dried

### Hardware

- Skillet

**Instructions**

1. Ensure the mushroom quarters are well dried to ensure proper cooking without steaming.
2. Place the skillet over high heat.
3. Add 2 Tablespoons butter and 1 tablespoon olive oil.
4. Allow fats to heat. Make sure the butter gets past the foamy stage, but not quite smoking.
5. Add mushroom quarters, not crowded (likely need 2 or 3 batches).
6. Keep the pan shaking, the mushrooms should absorb the fats.
7. Keep the mushrooms moving for 4 or 5 minutes, until they start to release the fats back into the skillet.
8. remove the mushrooms when they are lightly browned. You want them to retain some good texture.

**Notes**

- This is based on the recipe of Julia Child, Simone Beck, and Louisette Bertholle, as seen in *Mastering the Art of French Cooking*, Volume 1, page 513.
  - The book details other methods to prepare these, I highly recommend reading it.
- While I normally place these on top of [Boeuf Bourguignon](#), they can also be eaten as a side or combined with other vegetables.

## Crab Boil Spice Mixture

Time: 5 minutes Serves: 1 pot of boiling seafood (crab, shrimp, or crawfish)

### Ingredients

- 3 tablespoons ground mustard seeds
- 2  $\frac{1}{2}$  tablespoons ground coriander seeds
- 2 tablespoons whole allspice
- 2 tablespoons dill seeds
- 1 teaspoon whole cloves
- 1 tablespoon cayenne pepper
- 8 bay leaves

### Hardware

- 1 cup bowl to store spices



**Instructions**

1. Combine all ingredients in a bowl.
2. Store in an airtight container in the pantry for short term, or in the freezer for long-term.

**Notes**

- While this was very good, it tasted basically exactly like Zatarain's Crab Boil. Main differences are that right now, this

recipe costs about \$10 to make, whereas Zatarain's is on Amazon, and it costs \$10 for 6 pots worth.

- Zatarain's also already comes in boil bags, which is super nice.

- If you bought spices at bulk, it might be cheaper, but given the trouble of straining or getting tea cloth to boil in, I will likely just buy Zatarain's in the future.

## Collard Greens

Time: 3 hours (30 minutes prep, 2 and  $\frac{1}{2}$  hours cooking) Serves: 6

### Ingredients

- $\frac{1}{2}$  pound of bacon, about 4 thick cut slices
- $\frac{1}{2}$  sweet onion, chopped
- $\frac{1}{2}$  pound tasso ham (see ??tassoHam)), diced
- 4 cloves garlic, minced
- 1 quart chicken broth
- 1 pound collard greens, stems trimmed out
- 2 tablespoons apple cider vinegar
- $\frac{1}{2}$  tablespoon sugar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper

### Hardware

- Skillet
- 4 Quart stock pot

**Instructions**

1. Cook bacon in skillet, at medium heat until somewhat crispy.
2. Set bacon aside, move bacon fat to stock pot.
3. Add  $\frac{1}{2}$  chopped onion at medium heat and saute for 5-10 minutes, until slightly cooked.
4. Add diced  $\frac{1}{2}$  pound tasso ham and 4 minced cloves garlic. Cook for 2 minutes.
5. Add 1 quart broth, 1 pound of collard greens, 2 tablespoons apple cider vinegar,  $\frac{1}{2}$  table-spoon sugar,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon black pepper.
6. Stir all ingredients together and lower heat to low.
7. Cook at low heat for about 2 hours, until leaves are tender.

**Notes**

- the tasso ham tends to make this pretty spicy, use regular smoked ham instead if you don't want the spice, or want a more traditional flavor.

## Dirty Rice

Time: 2 hours (45 minutes prep, 1 hour 15 minutes cooking) Serves: 8

### Ingredients

- $\frac{1}{4}$  pound chicken gizzards, chopped
- $\frac{1}{2}$  cup water
- 1 medium onion, chopped
- 2 ribs of celery, chopped
- 2 green bell peppers, deseeded and chopped
- 3 tablespoons of vegetable oil
- $\frac{1}{4}$  pound of chicken livers, chopped
- $\frac{1}{2}$  pound ground beef
- 2 tablespoons parsley, chopped
- 1 beef bouillon cube, dissolved in  $\frac{1}{2}$  cup hot water
- 1 tablespoon worcestershire sauce
- Salt, red pepper, and black pepper to taste
- 3 cups steamed [White Rice](#)

### Hardware

- Dutch oven

**Instructions**

1. Simmer  $\frac{1}{4}$  pound chicken gizzards in  $\frac{1}{2}$  cup water for 20 minutes.
2. Remove gizzards and water from dutch oven.
3. Saute chopped onion, celery, and bell peppers in oil until soft, at least 10 minutes.
4. Add liver, gizzards, ground beef, and parsley.
5. Brown meat thoroughly at medium heat.
6. Add beef bouillon liquid and spices. Cover and simmer at low heat for 30 minutes.
7. Remove from heat, add to rice, mix well.

**Notes**

- Based on Mrs. Landen Alexander's recipe, from Brusly (West Baton Rouge Parish), as seen in Acadiana Profile's Cajun Cooking: From the Kitchens of South Louisiana, Part 1, 1990.
  - Main difference is the addition of simmering the gizzards first, in order to soften them up. Additionally, I changed the odd ratio of Holy Trinity from the original recipe.
- Haven't actually tried the gizzard simmering yet, need to cook this again.

## Galuska (Nokedli)

Time: 25 minutes (5 minutes prep, 10 minutes resting, 10 minutes cooking)

Serves: 4

### Ingredients

- 1 egg
- 1 tablespoons lard
- $\frac{1}{3}$  cup water
- 1 teaspoon salt
- $1 \frac{1}{2}$  cups flour
- 3 quarts water
- 1 tablespoons water
- 2 tablespoons lard

### Hardware

- Medium mixing bowl
- 4 Quart stock pot
- Small spoon
- Slotted spoon
- skillet

**Instructions**

1. Mix 1 egg, 1 tablespoon lard,  $\frac{1}{3}$  cup water, and 1 teaspoon of salt.
2. Lightly mix in 1  $\frac{1}{2}$  cups flour (maybe 3 minutes of mixing). Do not overwork.
3. Let the dough rest for 10 minutes.
4. Bring 3 quarts of water and 1 Tablespoon of salt to boil.
5. Dip small spoon into boiling water to prevent sticking.
6. Use spoon to tear pieces of dough off, the size you want your galuskas to be.
7. Drop each piece into the water, do this quickly, so they all come out as close as possible.
8. When all galuskas have floated to the top remove them with a slotted spoon.
9. Drain all water from galuskas.
10. Heat 2 tablespoons lard in a skillet at medium heat.

11. Lightly toss the galuskas in heated lard.
12. You can salt them further if you like, however I commonly eat them with a salty stew or sauce, so I don't usually salt more.

**Notes**

- The recipe is from Gearge Lang's "The Cuisine Of Hungary", 1971 edition. Page 297. I have only broken up the amounts of ingredients and clarified and added cook times and temperatures to more steps.
- These are also called "nokedli" in Hungarian cuisine, and they are also pretty much "Spätzle" that is seen commonly in German cuisine.
- The size is up to you, though I tend to make them about a half teaspoon in size (each varies a little).
- These are commonly eaten with [Csirkepaprikás](#) or ??.

## Mashed Potatos

Time: 45 minutes (15 minutes prep, 30 minutes cooking) Serves: 4

### Ingredients

- 3 pounds potatos, peeled and chopped into  $\frac{1}{2}$  inch pieces
- 2 teaspoons salt
- 1  $\frac{1}{2}$  teaspoons black pepper
- $\frac{1}{4}$  cup butter, cut into  $\frac{1}{2}$  table-spoon sized pieces
- $\frac{1}{4}$  cup sour cream

### Hardware

- Large Pot (at least 4 quarts)
- Fork



**Instructions**

1. Start about 3 quarts of water boiling in a large pot.
2. Place potato chunks into water and allow to boil until soft, about 15 minutes.
3. Drain water from potatoes, then return potatoes to pot.
4. Add  $\frac{1}{4}$  cup butter into potatoes.
5. Add 2 teaspoons salt and 1  $\frac{1}{2}$  teaspoons black pepper (more or less to taste).
6. Add  $\frac{1}{4}$  cup sour cream to potatoes.
7. Mash potatoes with a fork, stirring and mixing in all ingredients at the same time.

**Notes**

- Recipe is based on Cyndy Watt's, who taught me a lot of things about cooking growing up.
- If you refuse to use a fork, a stand mixer, hand mixer, or that silly wavy wire thingy for mashing all work just fine.
- You can leave different amounts of chunks in the final potatoes, per your preference, however for dishes such as [American Cottage Pie](#) I prefer very smooth potatoes.
- These are especially delicious with [Country Gravy](#) or ?? if you'd rather.

## Oignons Glacés À Brun

Time: 1 hour (10 minutes prep, 50 minutes baking) Serves: 4

### Ingredients

- 2 cups water
- 20-25 small white onions
- 1  $\frac{1}{2}$  Tablespoons butter
- 1  $\frac{1}{2}$  Tablespoons olive oil
- $\frac{1}{2}$  cup red wine or beef stock
- 4 parsley sprigs
- $\frac{1}{2}$  bay leaf
- $\frac{1}{4}$  teaspoon thyme

### Hardware

- Sauce pan
- Skillet
- Small baking dish (big enough to hold all onions in one layer)
- Cheesecloth
- Butcher twine

**Instructions**

1. Get water to boiling in sauce pan.
2. Place onions in boiling water for 20 seconds.
3. Remove onions from heat.
4. Snip the very tip off of each side of each onion.
5. Remove the outer skin from each onion.
6. Cut out the tiny hard rooty side of the onion.
7. Get 1  $\frac{1}{2}$  Tablespoons butter and 1  $\frac{1}{2}$  Tablespoons olive oil to bubbling in the skillet.
8. Sauté the onions over medium heat, keep them constantly moving to brown them as evenly as possible.
9. Place the onions and the fats into the small baking dish.
10. Pour the liquid over the onions.
11. Place 4 parsley sprigs,  $\frac{1}{2}$  bay leaf, and  $\frac{1}{4}$  teaspoon thyme into the cheesecloth and tie closed with butcher twine.
12. Place herb bouquet in liquid.
13. Set dish uncovered in in 350F oven (325F works too if you are making these with [Boeuf Bourguignon](#)).
14. Bake for about 25 minutes.
15. Turn the onions over once.
16. Bake for another 25 minutes.
17. The onions should be tender but retain their shape.

**Notes**

- This is based on the recipe of Julia Child, Simone Beck, and Louisette Bertholle, as seen in *Mastering the Art of French Cooking*, Volume 1, page 483.
  - The book details other methods to prepare these, I highly recommend reading it.
- Translates to "Brown-Braised Onions".
- While I normally place these on top of [Boeuf Bourguignon](#), they can also be rolled in 1 Tablespoon butter with a Tablespoon minced parsley. This is called "Petits Oignong Persillés", or "parslied Onions".

## Mac and Cheese (Bechamel)

Time: 1 hour (15 minutes prep, 45 minutes cooking) Serves: 4

### Ingredients

- 1 pound elbow macaroni (or shells... love me some shells)
- 1 tablespoon olive oil
- 1 teaspoon salt
- $\frac{1}{4}$  cup butter
- $\frac{1}{4}$  cup flour
- $\frac{1}{2}$  teaspoon table salt
- $\frac{1}{8}$  teaspoon black pepper
- 2 cups milk
- 2 cups cheese, shredded (chedder, colby... as long as it melts)
- 4 slices bacon (optional)
- 16 ounces broccoli (optional)

### Hardware

- Large pan
- Medium sauce pan
- Skillet (optional, for bacon)

**Instructions**

1. If you want to add bacon, cook it per the ?? recipe.
2. Combine about 4 quarts of water, 1 tablespoon olive oil, and 1 teaspoon salt.
3. Bring water to a good boil over High heat.
4. While cooking bacon, cook the 1 pound of macaroni to just before al dente (usually about 5-6 minutes) in the boiling water.
5. As the macaroni is cooking, melt the  $\frac{1}{4}$  cup butter at medium-low heat.
6. Sprinkle in all of the  $\frac{1}{4}$  cup flour, and stir to combine.
7. Keep cooking the flour and butter for 4-5 minutes to create a light roux. Do not stop stirring the roux for the entire 5 minutes.
8. Stir  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{8}$  teaspoon black pepper into the roux.
9. Stir in the about  $\frac{1}{5}$  of the milk.
10. Ensure the milk is well mixed with the roux, and that no clumps remain.
11. Continue to add in and fully combine milk  $\frac{1}{5}$  at a time until it is all combined.
12. Add in cheese, about  $\frac{1}{5}$  at a time, ensuring it is fully melted before adding in the next  $\frac{1}{5}$  of cheese.
13. Drain the macaroni of water.
14. Add cheese sauce to the macaroni.
15. (optional steps): Steam the broccoli and stir in with the cheese.
16. (optional step) Chop the bacon into small pieces and stir in with the cheese.

**Notes**

- Based on the Genius Kitchen recipe: <http://www.geniuskitchen.com/recipe/easy-stove-top-macaroni-cheese-60350>
  - Main differences are more detail in making the roux.
  - Addition of bacon and broccoli.
- I usually either use cheddar or colby jack, both are delicious.
- For noodles I actually prefer shells to traditional elbows. I find the cheese gets stuck inside the shells, and you get little cheesy pockets.
- I don't always add bacon or broccoli, but sometimes it's nice.
- You can add 1 pound of browned ground beef with broccoli to get something akin to an entree, if you prefer.

## Mac and Cheese (emulsified)

Time: 30 minutes (20 minutes prep, 10 minutes cooking) Serves: 6

### Ingredients

- 1 quart water
- 1 pound elbow macaroni (or shells... love me some shells)
- 500 grams of water
- 14 grams sodium citrate
- 570 grams cheese, freshly grated
- Salt and pepper to taste

### Hardware

- Small stock pot
- Stainless steel sauce pan
- Wire whisk
- Skillet (optional, for bacon)

**Instructions**

1. If you want to add bacon, cook it per the ?? recipe.
2. Bring 1 quart water to a good boil over High heat.
3. While cooking bacon, cook the 1 pound of macaroni to just before al dente (usually about 5 minutes) in the boiling water.
4. As the macaroni is cooking, bring the 500 grams of water to a simmer in the stainless steel sauce pan.
5. Dissolve 14 grams of sodium citrate in the simmering water.
6. Add 570 grams of shredded cheese, a small handful at a time.
7. Whisk the freshly-added cheese heavily and allow it to fully incorporate into the liquid before adding more.
8. Continue the above 2 steps until all of the cheese is incorporated in the sauce.
9. Drain the macaroni of water, but do not rinse.
10. Add cheese sauce to the macaroni.
11. Season with salt and pepper.
12. (optional steps): Steam the broccoli and stir in with the cheese.

13. (optional step) Chop the bacon into small pieces and stir in with the cheese.

**Notes**

- Based on the Modernist Cuisine Silky Mac and Cheese recipe: <http://modernistcuisine.com/recipes/silky-smooth-macaroni-and-cheese/>
  - Main differences are it's scaled up to a pound of macaroni.
  - Slightly higher ratio of cheese to water, to get a thicker sauce.
- Please note that this recipe does not scale, particularly the sodium citrate. Modernist Cuisine states that the water should scale up 93%, sodium citrate up 4%, cheese 100%, and pasta 84%, however this recipe is a little off from those numbers, so I recommend experimenting with larger batches.
- Cheese is an emulsion of the dairy and the oily fats. Normally when heat is applied (cheese is melted) this emulsion breaks down. This results in oily cheese which is less than ideal. This recipe is based on the idea of adding an emulsifier to help hold that emulsion even

under higher heat. This allows us to create a liquid cheese (like velveeta), but it tastes like good quality cheese.

- While cheddar is traditional, this works well with most melty cheeses (nothing too soft or too hard), think colby jack, cheddar, or even pepper jack. Avoid soft cheeses like brie, and hard cheeses like cotija.
- The tastier the cheese, the tastier the end sauce.
- Sodium citrate is one of many emulsifiers, however it's easy to find on Amazon. Sodium Phosphate should work in theory, and is used in things like Land o' Lakes American Extra Melt, however it's not as readily available. Sodium citrate can also be found in the kosher section of the grocery store sometimes, however it is named "sour salt". Check the ingredients to make sure it is pure sodium citrate, and not citric acid, which will not work.



## **White Rice**

Time: 35 minutes (5 minutes prep, 30 minutes cooking) Serves: 4

### **Ingredients**

- 1 cup uncooked rice
- 2 cups water
- 1 Tablespoon vegetable oil
- 1 teaspoon salt

### **Hardware**

- Sauce pan with lid

**Instructions**

1. Mix 1 cup uncooked rice, 2 cups water, 1 tablespoon oil, and 1 teaspoon salt in the sauce pan.
2. Bring water to a boil over high heat.
3. As soon as the water is boiling, reduce heat to medium.
4. As soon as the water is at the same level as the rice, reduce the heat to low and cover with lid.
5. Allow the rice to cook covered for another 20 minutes.
6. Remove from heat and allow the rice to sit for 5-10 minutes.

**Notes**

- This is the rice recipe as seen in Acadiana Profile's Cajun Cooking: From the Kitchens of South Louisiana, Part 1, 1990.
  - My only difference is I pretty much always use oil over butter.
- If you need more rice at a time, just ensure that there is enough water to cover the rice by about one joint of your index finger. Increase oil and salt, but not proportionate to this recipe. Experiment for larger batches of rice.

# Chapter 4

## Soups and Stews

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This chapter will detail soups, stews, bisques, chowders... all that jazz.

**roux**

Time: 45 minutes (Cooking between 5 and 45 minutes) Serves: 1 roux

**Ingredients**

- 4 tablespoons vegetable oil (or butter)
- 6 tablespoons flour (or enough so it looks right)

**Hardware**

- Skillet
- Whisk

**Instructions**

1. Place 4 tablespoons of oil in the skillet at medium-high heat.
2. Allow oil to come to heat (but not smoking).
3. Place about 6 tablespoons of flour into the hot fat.
4. Whisk the roux in the skillet constantly for a couple minutes until it is just off-white.
5. Lower heat to medium-low and stir until the roux is at the level you need (between 5 and 45 minutes).

**Notes**

- This is a basic roux, used as the base for many cajun dishes, as well as some other sauces.
- Roux can vary in color, from white, blond, brown, to dark brown. A white roux is

just barely cooked flour, takes about 5 minutes total. Blond roux takes about 10-15 minutes to cook. Brown roux is 20-30 minutes, and dark brown is 35-45 minutes of cooking.

- White roux is still a bit flour-y, good base for milky sauces and chowders.
- Blond roux has a lighter flavor than brown rouxs, good base for lighter seafood.
- I never really use brown roux, but it's between blond and dark brown. Some people find dark brown too strong or too annoying to make.
- Dark brown is my favorite. It has a rich, dark color, has a slight nutty taste, and adds a great depth of flavor to any dish. This is my most commonly-used roux, especially for cajun cooking.



## Chapter 5

# Sauces and Stuffings

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This chapter has to do with sauces and stuffings.

## Alfredo Sauce

Time: 20 minutes (5 minute prep, 15 minutes cooking) Serves: 4

### Ingredients

- 1 pound Peeled shrimp or chicken breast
- Salt and pepper to taste
- Garlic powder
- Butter or olive oil to saute
- $\frac{1}{2}$  cup butter
- 2 cup heavy whipping cream (higher fat content is better)
- 3 cloves garlic, crushed or minced
- 3 cups fresh-grated parmigiano reggiano
- $\frac{1}{4}$  cup fresh chopped oregano, parsley, or marjoram

### Hardware

- Skillet



**Instructions**

1. Add salt, pepper, and garlic powder to 1 pound shrimp or chicken
2. Saute shrimp in butter. Use olive oil for chicken.
3. Set aside protein.
4. In a skillet or saucepan, melt  $\frac{1}{2}$  cup butter at medium-low heat.
5. Add 2 cups heavy cream, and simmer for 5 minutes while stirring.
6. Add 3 cloves minced garlic to sauce, stir briefly.
7. Add 3 cups grated cheese, stir cheese into sauce until the mixture is smooth.
8. Mix in  $\frac{1}{4}$  cup oregano (or other green).
9. Serve over protein source, usually on pasta (fettucini)

**Notes**

- I tend to use really good heavy cream and actual parmigiano reggiano, as opposed to the faux American Parmasean Cheese. The taste of the sauce really benefits from good ingredients.

## Classic Barbecue Sauce

Time: 20 minutes (5 minutes prep, 15 minutes cooking) Serves: 8 (about 3 cups of sauce)

### Ingredients

- 2 cups ketchup (see ??)
- 1 cup water
- $\frac{1}{4}$  cup white vinegar
- $\frac{1}{4}$  cup white vinegar
- $\frac{1}{4}$  cup brown sugar
- 2 Tablespoons Worcestershire sauce
- 1 Tablespoon chile powder
- 1 Tablespoon cumin
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- hot sauce to taste

### Hardware

- Sauce pan

## Instructions

1. Mix all ingredients in sauce pan.
2. Set over medium-low heat for 10-15 minutes, until warm and incorporated.

## Notes

- Based on Aaron Franklin's recipe, as seen in Franklin Barbecue: A Meat-Smoking Mani-

festo.

- main differences are addition of hot sauce, and change of most ingredient ratios. The flavor is similar, though this is significantly easier to measure/make, due to the new ratios.

- Store in the fridge for upwards of a month.

## Cocktail Sauce

Time: 2 minutes Serves: 2 people

### Ingredients

- $\frac{1}{2}$  cup ketchup
- 1  $\frac{1}{2}$  teaspoon horseradish

### Hardware

- Storage container

**Instructions**

1. Add ketchup to a bowl
2. Add horseradish
3. Stir to combine

**Notes**

- I got my original version of this recipe from Damon Small.
- Taste and vary the horseradish. Sometimes I also add hot sauce to make it spicier. Adjust to tastes.

## Country Gravy

Time: 20 minutes cooking Serves: 4

### Ingredients

- Some sort of meat, usually ground sausage.
- 3 tablespoons meat drippings (ou'll get this from the meat)
- $\frac{1}{4}$  cup all purpose flour
- 2 cups milk
- salt and pepper to taste

### Hardware

- Skillet
- Spoon or whisk

**Instructions**

1. Cook a meat of some sort in a skillet.
2. Set aside the meat.
3. Throw out all but 3 tablespoons of the drippings.
4. Add in the  $\frac{1}{4}$  cup of flour, and cook it like a roux. You want the flour cooked into the fat just a little, but not as dark as a cajun roux.
5. Once the flour and fats are cooked together, slowly add in the milk, about  $\frac{1}{4}$  cup at a time. Make sure the milk is fully incorporated, hot, and begins to thicken before adding in another  $\frac{1}{4}$  cup. This usually takes 3-5 minutes each.
6. Once all of the milk is incorporated and has thickened a little,

remove from heat.

7. Continue to stir while gravy cools. It will thicken a little more while cooling down.

**Notes**

- Amounts of flour and fats are rough counts, based on cooking with my mom growing up. She never really measured, just eye balled it. You get a feel for the right amounts after enough gravies.
- You can easily stir sausage back into the final gravy to get a sausage gravy.
- This can be made with most any meat drippings. I made it with brisket drippings once and it tasted like liquid brisket. Highly recommend trying it.





# Chapter 6

# Breads

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This chapter has to do with breads.

## Cornbread

Time: 35 minutes (15 minutes prep, 20 minutes baking) Serves: 8

### Ingredients

- 2 tablespoons oil
- 1 cup yellow cornmeal
- 1 cup all purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 tablespoons sugar
- 2 eggs
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  buttermilk
- $\frac{1}{3}$  cup vegetable oil
- butter for serving

### Hardware

- Cast iron skillet
- Large mixing bowl
- Small mixing bowl

**Instructions**

1. Place 2 tablespoons vegetable oil into cast iron skillet.
2. Place skillet in oven and pre-heat to 400F.
3. Combine 1 cup cornmeal, 1 cup flour, 1 teaspoon salt, 1 teaspoon baking soda, 2 teaspoons baking powder, and 1 tablespoon sugar in large mixing bowl.
4. Beat 2 eggs in small mixing bowl.
5. Add  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  buttermilk, and  $\frac{1}{3}$  cup vegetable oil to beaten eggs.
6. Mix to combine wet ingredients.
7. Add wet ingredients to dry ingredients.
8. Stir just to combine wet and dry.
9. Remove skillet when oven has reached 400F.
10. Shake skillet around to coat the whole thing in hot oil.
11. Pour batter into hot skillet.
12. Bake for about 30 minutes, until golden-brown on top and cooked through (can be tested

with a toothpick or knife at the thickest point).

13. Slice and serve with butter.

**Notes**

- This is Cyndy Watt's recipe, straight up. I have not changed it from my days growing up, as my mom already makes my favorite cornbread.
- White cornmeal could be used, but it's less corny, and leads to a slightly softer, less tasty bread.
- All cornbreads sit on a spectrum ranging from sweet and cakey to drier and less-sweet. I tend to say these range from a nearly cake-like texture to actual bread. My mom's is not quite as dry as some, but is definitely not really sweet or cakey.
- You can add corn kernels or jalapeño if you like, but I don't normally. It's a nice special treat. Corn will make this more moist, so you may need to reduce the amount of milk.
- While you can use a full cup of milk instead of milk and buttermilk, it's really just not the same.

## Croissant

Time: 9 hours (30 minutes prep, 7+ hours inactive rising and resting, 18 minutes baking) Serves: 12 pastries, 6-12 people, depending on generosity

### Ingredients

- 1 recipe of [Viennoiserie \(Yeast Dough\)](#)
- Flour to roll out dough
- Butter for cooking sheet
- 1 egg
- 1 teaspoon water

### Hardware

- Large surface for rolling
- Knife with which to cut pastry
- Baking sheet

**Instructions**

1. Make the [Viennoiserie \(Yeast Dough\)](#) dough if you have not yet, this will take roughly 8 hours.
2. Take the recently chilled and turned dough from the fridge.
3. Lightly flour your surface.
4. Lightly butter your baking sheet.
5. Roll out the dough into a rectangle, about 24x6 inches.
6. Cut the rectangle in half, so you have two 12x6 inch rectangles.
7. Cover and chill one rectangle while working with the other.
8. Roll the remaining rectangle into a longer rectangle, about 15x7 inches.
9. Cut the rectangle into three rectangles, each about 5x7 inches.
10. Take one rectangle, roll it into a square, about 6x6 inches.
11. Cut the rectangle along the diagonal.
12. Take one of these right triangles and flare out the two shorter corners to match.
13. Take the two shorter corners and roll the pastry up towards the long point.
14. Tuck the end of the long point under the now-rolled pastry and bend the ends to shape into a crescent.
15. Place the pastry on a baking sheet, do not crowd the pastries.
16. Repeat with each triangle and rectangle to get 12 croissants.
17. Make an egg wash by mixing 1 egg and 1 teaspoon water in a small bowl.
18. Once all croissants are on baking sheet, cover lightly in egg wash.
19. Pre-heat oven to 455F.
20. Allow croissants to rise (double in size) on the baking sheet.
21. Place baking sheet in oven, and allow to bake until golden brown, about 18-20 minutes.
22. Allow croissants to cool 10-15 minutes before consuming.

**Notes**

- This is based on the Croissant recipe of Julia Child and Simone Beck, as seen in *Mastering the Art of French Cooking*, Volume 2, page 96 and on "The French Chef", episode 1.

- Main difference is in my [Viennoiserie \(Yeast Dough\)](#) dough, I have different pastry flour, and use of weights over volumetric measurements.
- While the book gives a lot of detail, watching someone shape the dough is the best way to learn. I recommend watching the episode, which can be seen here: <https://www.youtube.com/watch?v=uZmrvEfhfsg>.
- This recipe, while French in origin, is based on American ingredients and ovens.
- While croissants are best served fresh, they can be frozen after cooling completely. Seal in an air-tight container in the freezer.
- To reheat, place on a lightly buttered baking sheet into a 400F pre-heated oven for about 10 minutes.
- I often make by dough then make half [Pain Au Chocolat](#) and half croissant.
- A huge thanks to Nicolas Bidron and Nicolas Guigo for inspiring my French baking.

## **Pain Au Chocolat**

Time: 9 hours (30 minutes prep, 7+ hours inactive rising and resting, 18 minutes baking) Serves: 6 pastries, 6 people, depending on generosity

### **Ingredients**

- 1 recipe of [Viennoiserie \(Yeast Dough\)](#)
- Flour to roll out dough
- Butter for cooking sheet
- 12 ounces dark baking chocolate, cut into bars about 3 inches long by  $\frac{1}{4}$  in wide.
- 1 egg
- 1 teaspoon water

### **Hardware**

- Large surface for rolling
- Knife with which to cut pastry
- Baking sheet

**Instructions**

1. Make the [Viennoiserie \(Yeast Dough\)](#) dough if you have not yet, this will take roughly 8 hours.
2. Take the recently chilled and turned dough from the fridge.
3. Lightly flour your surface.
4. Lightly butter your baking sheet.
5. Roll out the dough into a rectangle, about 24x6 inches.
6. Cut the rectangle in half, so you have two 12x6 inch rectangles.
7. Cover and chill one rectangle while working with the other.
8. Roll the remaining rectangle into a longer rectangle, about 16x9 inches.
9. Place three chocolate bars end-to-end in a line across the very top of the pastry.
10. Place additional chocolate bars in a parallel line about 7-8 inches below that.
11. Cut the rectangle directly below the second line of chocolate, so that you have a rectangle about 8x9 inches, with a chocolate line across the very top and bottom.
12. Cut the rectangle between each chocolate bar so you have three rectangles each with a chocolate bar along the top and bottom.
13. Role the pastry with the chocolate bar from the top to the middle.
14. Role the pastry from the bottom to the middle, so you have two wrapped chocolate bars meeting in the middle of a mounded pastry.
15. Place the pastry on a baking sheet, do not crowd the pastries.
16. Repeat with each rectangle to get 6 pastries.
17. Make an egg wash by mixing 1 egg and 1 teaspoon water in a small bowl.
18. Once all pastries are on baking sheet, cover lightly in egg wash.
19. Pre-heat oven to 455F.
20. Allow pastries to rise (double in size) on the baking sheet.
21. Place baking sheet in oven, and allow to bake until golden brown, about 18-20 minutes.
22. Allow pastries to cool 10-15 minutes before consuming.



## Notes

- This is based on the Croissant recipe of Julia Child and Simone Beck, as seen in Mastering the Art of French Cooking, Volume 2, page 96 and on "The French Chef", episode 1.
  - Main difference is in my [Viennoiserie \(Yeast Dough\)](#) dough, I have different pastry flour, and use of weights over volumetric measurements.
  - Also, of course, I have added chocolate to make pain au chocolat, rather than croissant.
- This recipe, while French in origin, is based on American ingredients and ovens.
- While pain au chocolat are best served fresh, they can be frozen after cooling completely. Seal in an air-tight container in the freezer.
- To reheat, place on a lightly buttered baking sheet into a 400F pre-heated oven for about 10 minutes.
- in the Southern part of France, these are called "chocolatine", and people can get a bit passionate about which name you use.
- I often make by dough then make half [Croissant](#) and half Pain Au Chocolat.
- A huge thanks to Nicolas Bidron and Nicolas Guigo for inspiring my French baking.

## Viennoiserie (Yeast Dough)

Time: 9 hours (30 minutes prep, 7+ hours inactive rising and resting) Serves:  
1 dough packet, makes about 10-12 pastries

### Ingredients

- $\frac{1}{4}$  cup warm water (about 105F)
- $\frac{1}{4}$  ounces dry active yeast (1 package)
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{2}$  teaspoon sugar
- 8 ounces (about 2 cups) flour that is 1 part unbleached AP flour to 2 parts whole wheat pastry flour
- 1 Tablespoon sugar
- 1  $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup milk
- 2 Tablespoons tasteless oil (conola works)
- extra flour for kneading and rolling out dough
- 4 ounces chilled butter (1 whole stick)
- Heavy rolling pin
- Plastic with which to cover rising dough

### Hardware

- Small mixing bowl
- Large mixing bowl
- Sauce pan
- Large surface for rolling

**Instructions**

1. Combine  $\frac{1}{2}$  cup hot water (105F),  $\frac{1}{4}$  ounces dry active yeast,  $\frac{1}{8}$  teaspoon salt, and  $\frac{1}{2}$  teaspoon sugar in small mixing bowl.
2. Warm  $\frac{1}{2}$  cup milk in sauce pan
3. Combine 8 ounces of flour, 1 Tablespoon of sugar, 1  $\frac{1}{2}$  teaspoon salt.
4. Mix warmed milk, dry mix, and 2 Tablespoon oil, and foaming water yeast water in mixing bowl.
5. This will be a rather sticky dough.
6. Knead the sticky dough to start the gluten-forming process, on a large, lightly floured surface.
7. Once the dough is fairly smooth and not too sticky (about 7 minutes of kneading), place in a clean mixing bowl and cover with plastic.
8. Leave dough until it rises (doubles in size), about 1  $\frac{1}{2}$  hours at 75F.
9. Punch down risen dough in bowl, place in fridge covered to chill at least 30 minutes.
10. Take 4 ounces chilled butter (1 whole stick) and beat down with your rolling pin to make it about  $\frac{1}{2}$  inch thick, and about as malleable as dough. This should be a flattish square of butter, about 4 inches across.
11. Pull out the chilled dough and roll into a circle, about 10 inches across.
12. Place flattened butter onto dough circle.
13. Fold dough edges over butter to form a butter-dough pocket, pinch edges together to keep the pocket from leaking any butter later.
14. Lightly flour surface again.
15. Roll dough pocket into a 14x6 inch rectangle, but don't roll quite to the very edge of the dough each time, the edges will remain slightly larger.
16. Fold the dough into 3 parts, overlapping like a letter.
17. Turn the folded dough 90 degrees. This is the end of the first "turn".
18. Roll out the dough pocket into a 14x6 inch rectangle again.
19. Fold the dough into three folds again, overlapping. This is the end of the second turn.
20. Chill the folded dough in the fridge, covered, about 2 hours.

This allows the gluten to rest so the dough never gets too tough.

21. Take out the chilled dough, and roll out into another 14x6 inch rectangle.
22. Make three folds again and turn 90 degrees. This completes the third turn.
23. Roll the dough out again into a 14x6 inch rectangle, make the three folds. This completes the fourth and final turn.
24. Chill the dough, covered, again in the fridge for about 2 hours, to allow the gluten to rest and the butter to not melt.
25. The dough can now be rolled out and used for other things, such as [Croissant](#) or [Pain Au Chocolat](#).

## Notes

- This is based on the Croissant recipe of Julia Child and Simone Beck, as seen in Mastering the Art of French Cooking, Volume 2, page 96 and on "The French Chef", episode 1.
  - Main difference is different pastry flour, and use of weights over volumetric measurements.
- While the book gives a lot of detail, watching someone make laminated dough is the best way to learn. I recommend watching the episode, which can be seen here: <https://www.youtube.com/watch?v=uZmrvEfhfsg>.
- This recipe, while French in origin, is based on American ingredients.

## White Bread

Time: 3 hours (30 minutes prep, 1+ hours inactive rising, 25 minutes baking)

Serves: 3 loaves (about 12 people)

### Ingredients

- 2 tablespoons olive oil
- 2 tablespoons honey
- 2 teaspoons salt
- About 6  $\frac{1}{2}$  cups bread flour (2 for starter, 3 for dough, 1  $\frac{1}{2}$  for kneading)
- 2 cups warm water (115F)
- 2 tablespoons yeast
- Extra oil for greasing bread pans

### Hardware

- Small bowl
- Large mixing bowl
- Silicon spatula
- Tea towel
- 3 bread pans

**Instructions**

1. Mix 2 tablespoons olive oil, 2 tablespoons honey, and 2 teaspoons salt in a small bowl.
2. Heat water to just above 115F (about 120F or so), then mix with 2 cups of bread flour in a large mixing bowl.
3. Add in olive oil/honey mixture, stir briefly.
4. Add in yeast, stir to combine.
5. Let this mixture sit until bubbly, about 10 minutes.
6. Add in 3 cups of flour and mix until it becomes slightly hard to stir.
7. Turn dough onto a floured surface, sprinkle some flour on top of the dough.
8. Knead the dough, adding in flour fairly often as you do.
9. Knead for about 8 minutes, until the texture is similar to that of an ear lobe.
10. Clean out large mixing bowl, return dough to bowl, cover with a moist tea towel.
11. Let dough sit at room temperature about 45 minutes, until doubled in size.
12. Punch down dough in bowl, then turn out into lightly floured surface.
13. Separate dough into 3 equal sized pieces.
14. Lightly oil each pan, then place a piece of dough into each one.
15. Cover the pans and let rise, about 20-30 minutes, until the pan is mostly full.
16. Place each pan in the oven and bake for about 25 minutes, until golden brown on top.

**Notes**

- Based on this recipe: <http://www.instructables.com/id/How-To-Make-Bread-without-a-bread-machine/>
  - Main difference is olive oil instead of vegetable oil and honey rather than sugar.
- The first time I made this I used cooking spray rather than oil on the pans, it worked fine.
- I only have one bread pan, so I put  $\frac{1}{3}$  of the dough into that, and the other  $\frac{2}{3}$  as a larger piece into a shallow pie pan, made for a large roundish loaf.

# Chapter 7

# Desserts

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This chapter covers desserts.

## Buttermilk Pie

Time: 1  $\frac{1}{2}$  hours (30 minutes prep, 1 hours baking) Serves: 8

### Ingredients

- 3 eggs
- $\frac{1}{2}$  cup butter, softened (for creaming)
- 1  $\frac{1}{2}$  cups sugar
- 3 tablespoons all-purpose flour
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 1 tablespoon fresh lemon juice
- $\frac{1}{8}$  teaspoon nutmeg
- 1 pie crust (see [Pie Crust](#) recipe)

### Hardware

- Pie pan
- Mixing bowl
- Whisk/Paddle
- Silicone spatula
- Small bowl



**Instructions**

1. Make a pie crust, following the standard recipe. Once you get to the 30 minutes resting in the fridge, begin making the custard filling for the buttermilk pie.
2. Preheat oven to 325F.
3. Beat 3 eggs until frothy.
4. Add 1  $\frac{1}{2}$  cups sugar, 3 tablespoons flour, and  $\frac{1}{2}$  cup softened butter.
5. Mix immediately upon adding butter until smooth.
6. Add 1 teaspoon vanilla extract.
7. Combine 1 cup buttermilk, 1 tablespoon lemon juice, and  $\frac{1}{8}$  teaspoon nutmeg in a small bowl.
8. Add buttermilk mixture to egg mixture and stir to combine.
9. Pour mixture into pie crust.
10. Bake for 45-70 minutes, until center is fairly firm.

**Notes**

- This is Cyndy Watt's recipe, just like she made it when I was growing up.
- You can make 2 pies with this same amount in more shallow pie-pans. This reduces the cook time.
- You may need to cover the edge of the pie crust during baking, especially if it takes more than 50 minutes or so to set. I use pieces of aluminum foil to cover the crust.
- I'm still experimenting with heat and time levels for the standard depth of pie. I was making 2 shallow pies for years due to my pie pans.

## Chocolate Chip Cookies

Time: 1 day (15 minutes prep, overnight resting, 10 minutes baking) Serves:  
About 30 cookies

### Ingredients

- 8 ounces non-salted butter, at room temperature
- 2 eggs
- 5 ounces granulated white sugar
- 5.75 ounces dark brown sugar
- 1 teaspoon vanilla extract
- 11 ounces all purpose flour
- 1 scant teaspoon table salt
- 1 teaspoon baking soda
- 12 ounces semisweet chocolate chips
- 4 ounces nuts (optional, recommend walnuts or pecans)

### Hardware

- Large mixing bowl
- parchment paper
- cookie sheet
- flexible spatular
- wire cooling rack

**Instructions**

1. Combine and mix 8 ounces butter, 2 eggs, 5 ounces white sugar, and 5.75 ounces dark brown sugar until smooth.
2. Mix in 1 teaspoon vanilla extract.
3. Add 11 ounces flour, 1 scant teaspoon salt, 1 teaspoon baking soda.
4. Mix until well combined, but mix as little as possible.
5. Add 12 ounces chocolate chips and 4 ounces nuts if desired. Cut into the dough with as little work as possible to prevent additional gluten formation.
6. Cover with parchment paper and leave in the fridge overnight to cool down, rest, and allowing the fats to re-solidify.
7. Preheat oven to 375F.
8. Remove dough when about ready to bake.
9. Grab chunks of dough, about 1 Tablespoon in size.
10. Roll into a ball, then flatten slightly.
11. Place disk on ungreased cookie sheet.
12. Repeat as above, keeping cookies with about 1-2 inches between them (as they will spread).
13. Once your cookie sheet is full, place in the 375F oven to bake.
14. Bake for 9-10 minutes, until cookies are just barely crispy on the edge, but still a little raw looking in the middle.
15. Remove cookie sheet from the oven and allow to sit for 2 minutes undisturbed. Cookies will bake slightly more at this time.
16. Carefully remove cookies to a wire cooling rack and let cook for another 2-5 minutes.
17. Consume with milk.

**Notes**

- Based on the original (well, the original modern version) Nestle Toll House Chocolate Chip Cookie recipe: <https://cooking.nytimes.com/recipes/1019232-toll-house-chocolate-chip-cookies>.
  - This recipe was licensed by Nestle from Ruth Wakefield.
  - There is rumor that Ruth Wakefield's recipe used 14 ounces of chocolate, rather than 12. I can't comment on that, as I

don't have any records of her recipe.

- Main differences are slightly different ingredient amounts (less flour, more brown sugar, less white sugar), change brown sugar to dark brown sugar, resting overnight, more instructions on how to form and bake the cookies, and the change from volumetric measurements to weighted measurements. While I know doing baking by weight is more European than American, and these are as American in origin as you can get, baking by volume allows for a more consistent baking experience.
- There is what seems to be about a 15 second window that is the perfect time to pull these out before they are overcooked, but while they will still have a gooey middle after cooking on the sheet for 2 more minutes. Knowing exactly when to pull cookies comes with experience. Just try to keep a consistent size and cookie placement, and get to know your oven really well. Practice makes perfect, and even slightly overbaked or undercooked cookies are delicious.
- A note on chocolate. Nestle chocolate chips, while the "original", are frankly not that great. I recommend using the absolute best chocolate you can reasonably find and afford for these, as that takes the cookies to the next level. Ghirardelli are the most commonly found decent chocolate chips, and what my mom recommends. I've heard good things about Trader Joe's chips, though I've not tried them yet. Otherwise I've seen REALLY fancy chocolate, but did not want to spend that much on cookies.
- I changed ingredient amounts slightly from the original recipe to get a slightly chewier final cookie. the dark brown sugar's added molasses makes it chewier, as does using more brown than white sugar. The resting overnight allows the fats to solidify, so that cookies spread a little less while baking, which makes them less crispy overall.
- There is a Good Eats episode with a different cookie recipe, Alton Brown gets a little more into the ratios and chemistry for chewy versus non-chewy cookies. Recommend watching it if you can find it. I believe it was "Three Chips for SIster Marsha", season 3, episode 6.

- If you want a crispier cookie (you heretic), add white sugar, reduce brown sugar, and bake from room temperature.
- I grew up eating these cookies

made by my mom. Until 2018 I thought they were some dark secret family recipe. Turns out she just used the Nestle Toll house recipe our whole life... I felt a little betrayed by that.

## Pan de Polvo

Time: 2 days (1 hour prep, 1 hour baking (in batches), 2 days resting)

Serves: About 80 cookies (they are small)

### Ingredients

- 2 cups water
- 6 cinnamon sticks
- 4 Tablespoons anise seeds
- 1 pound lard
- 2 pounds flour
- 3 cups sugar
- $\frac{1}{4}$  cup ground cinnamon

### Hardware

- Sauce pan
- Cheese cloth and butcher's twine, or, alternatively, a large tea strainer
- Large mixing bowl
- Three cookie sheets
- Cooling rack
- Sharp Knife

**Instructions**

1. Bring 2 cups water to a light boil in the sauce pan.
2. Combine 6 cinnamon sticks and 4 tablespoons anise seeds in cheese cloth.
3. Tie packet with butcher's twine to keep the seeds from falling out.
4. Place anise packet into boiling water for about 15 minute to create anise tea.
5. Cut 1 pound lard into 2 pounds of flour.
6. Add  $\frac{1}{4}$  cup of anise tea into the dough.
7. Knead the dough until it all comes together and becomes less sticky, as well as very smooth.
8. Preheat oven to 375F.
9. Take a handful of the dough, and create a little log with a 1 inch diameter.
10. Take your knife and cut the log every  $\frac{1}{4}$  inch to create small disks.
11. Place disks on cookie sheet until it is full, but not too crowded.
12. Allow the first sheet to start baking for 20 minutes.
13. Cookies should bake until they are just slightly browned, but baked through.
14. While one sheet is baking, finish filling out the other two sheets.
15. Combine 3 cups of sugar and  $\frac{1}{4}$  cup ground cinnamon in a large bowl.
16. Place the next sheet of cookies in the oven to bake for 20 minutes while doing the next steps.
17. Take hot cookies from the oven and place each cookie into the cinnamon sugar.
18. Toss cinnamon sugar over each cookie to coat, then place on cooling rack.
19. Continue the above steps until all cookies are baked and coated in cinnamon sugar.
20. Allow cookies to sit out uncovered overnight, then let them sit for at least 48 hours total (covered after the first night) before consuming.

**Notes**

- Based on Genius Kitchen recipe: <http://www.geniuskitchen.com/recipe/pan-de-polvo-mexican-shortbread-27623>.
  - Main differences are that I use lard, rather than

shortening, and I force the cookies to sit for 2 days.

- This recipe is huge, it should be possible to scale it down, but I've not tried.
- These cookies really should rest for at least a day or two. If consumed fresh from the oven, the lard has not cooled properly and they don't crumble and melt properly in the mouth.
- I use lard rather than shortening. I don't find the taste of lard to impede the recipe, and it is more traditional than

shortening.

- These are a shortbread recipe, essentially. The unique flavor comes from the anise tea used to help flavor the dough.
- This is a lard-heavy recipe. Pan de Polvo ranges from lots of lard, and they melt in your mouth, to lighter lard, which are a bit more crumbly. This on the the melty side of the scale. Feel free to reduce the lard to try to get crumblier cookies (I don't have a ratio yet).



## **Pie Crust**

Time: 1 hour (30 minutes prep, 30 minutes inactive) Serves: 1 pie crust

### **Ingredients**

- 2.5 ounces butter
- 1.5 ounces lard (or shortening, if you must)
- 6 ounces all-purpose flour
- $\frac{1}{2}$  teaspoon table salt
- $\frac{1}{2}$  cup ice water
- Additional flour for rolling dough

### **Hardware**

- Medium mixing bowl
- Small bowl
- Rolling pin
- Quart-sized ziploc bag

**Instructions**

1. Cut lard into small pieces, about the size of 2-3 peas put together.
2. Place lard on small plate in the freezer while working on butter.
3. Chop butter into small pieces (maybe  $\frac{1}{6}$  tablespoon squares, about as big as 2-3 peas combined).
4. Leave in freezer for at least 10 minutes while doing the next steps.
5. Sift flour and salt into mixing bowl.
6. Run hands under cold water to drop temperature while working on the fats.
7. Drop butter parts into dry-mix (placing lard back into freezer immediately). Using fingers (or forks or pastry wire thingies, if you insist) start crushing butter into the dry mix.
8. Eventually you'll have the butter in tiny parts and flakes throughout the dry mix.
9. Add lard pieces to the mixture, and crush it into the flour mix in the same way as the butter.
10. Take small bowl of ice-cold water, use your hand to scoop a small amount, sprinkle it around the dry-mix.
11. Use your fingers to mix the dry-mix around and soak in the small amount of water. Continue doing this until the pie dough holds together, but is not super sticky.
12. Once the dough holds together, roll it all into a ball, then flatten the ball slightly with your palm.
13. Add a small amount of flour on both sides of the dough, then store in ziploc bag.
14. Place bag in fridge for 30 minutes to rest and cool down.
15. Remove dough from fridge, add small amount of flour on both sides.
16. Add flour to flat surface or tea towel for rolling out. Flour rolling pin.
17. Set dough down, and flatten it out. The crust should end up less than  $\frac{1}{2}$  inch thick, and approximately round in shape. It needs to be big enough to cover the entire bottom and sides of a pie pan.
18. Move pie crust from flat surface to pie pan for baking the pie.

**Notes**

- Based on Alton Brown's recipe:  
<https://www.foodnetwork.com/recipes/alton-brown/pie-crust-recipe-1915025>
  - Main differences are that I mix it all by hand (no need for a food processor) and I do not blind-bake the crust (though you could, should be fine.)
  - Additionally I currently use a different ratio of butter to lard (this changes occasionally, as I try new ratios.)
- You can make larger recipes for cobblers, top crusts, even dumplings. For Chicken and Dumplings, roll the crust to about  $\frac{1}{4}$  inch thick, then cut into rectangles and place in soup.
- The amount of ice water that gets added varies depending on moisture in the air and temperature.
- Working in a cooler kitchen is ideal, as you don't want the fats to melt before baking.
- You don't have to use butter and lard. The amount of butter or lard can also vary. This is my favorite ratio so far.
- Pie crust gets its flaky texture from the fat flakes within the crust melting away during the baking process. While most fats can do another fat's job, in the case of pie crust, you want fats that are solid when the crust is rolled out. Butter, lard, and shortening all work well. Any sort of oil would not really work. No olive oil for your health or whatever. If you want health food, don't eat pie.
- You can pre-bake the crust a bit in the oven, in order to keep it from getting too soggy. This may be required for some pie mixtures, but I usually don't use this recipe.



## Chapter 8

# Barbecue and Other Meats

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Smoked and grilled meats deserved their own special chapter apart from Entrées, partly due to their very different preparations, and partly because these are the epitome of good food. Barbecue is my favorite food, pretty much period.

"Barbecue is meat, prepared in a very special way..." -Rhett & Link

Barbecue is not a grill, smoker, nor is it a cookout. While often used as a verb, it is also not a verb. Barbecue is meat, made deliciously. While traditionally barbecue is meat that is smoked or grilled, and originates in either Northern Mexico or The South, I like to take the above, broad definition. Meat, prepared in a very special way...

This means that, to me, technically fajitas, barbacoa, jerk chicken... all barbecue (including of course, more traditional barbecue, such as smoked brisket and pulled pork.)

The next thing that should be noted is that I'm from Texas. This means I prefer beef, slow smoked over oak or hickory, and covered in a dry rub. Sauce is not really necessary. Usually if I'm having people over to partake in my delicious meat, I will also prepare a sauce, but it's only to please other people. I don't really use it much myself (at least on brisket and beef ribs, pulled pork is another story entirely.) This is because in The South the only thing that MIGHT trump meat is good ol' hospitality.

One final note. Entire books can and have been written on barbecue. If you really want to produce top tier barbecue, you need more than can

be placed in a two page recipe. You need to have some understanding if your heat source, wood source, smoke, evaporative cooling, bark formation, smoke absorption, spices, cuts of meat... it's really quite a list. While other books can definitely help you get started (and I highly recommend reading a full book on Barbecue, such as "Franklin Barbecue: A Meat-Smoking Manifesto" or "Smoke and Spice"), there is no substitute for getting out there on a smoker, and making delicious, smokey meat. Try to get at least a basic understanding, then just start making meat. Worse comes to worse, you have a semi-delicious not-yet-rendered piece of meat. That still sounds edible.

Get outside, chop some wood, tend a fire, and enjoy the flesh of that animal. It's life was taken for you, you should make sure it adds the maximum amount of enjoyment to yours.

I dedicate this chapter to Edgar Black Jr. of Black's barbecue, Francisco Saucedo and Brendan Lamb of La Barbecue, Ronnie Killen of Killen's barbecue, Tim McGuffin who made a brisket and shared it with me once, Aaron Franklin of Franklin Barbecue, and maybe most importantly, Leroy "Spooney" Kenter, Jr., formerly of Spooney's Bar B Que. All of whom I've eaten their barbecue, some of who I've shared laughs with, all of whom I look up to, and a couple of whom I'll miss, whether or not we met in person.

-Caleb

## Smoked Beef Plate Ribs

Time: 10+ hours (1 hour prep, 8+ hours smoking, 1 hour resting) Serves: 4

### Ingredients

- 1 set of beef plate ribs (usually 4 ribs, ribs number 6 through 10)
- $\frac{1}{4}$  cup fresh cracked black pepper (16 mesh)
- $\frac{1}{4}$  cup kosher salt
- Tobasco Sauce (in a spritz bottle, ideally)
- spritz, 1 part apple cider vinegar to 3 parts water.

### Hardware

- Sharp boning knife
- latex gloves
- Offset smoker
- water pan
- Enough wood (maybe... 25 medium logs? To be safe.)
- spritz bottle (for spritz)
- spritx bottle for slather
- Butcher paper
- thermometer with meat probe (optional, but ideal.)

**Instructions**

1. Trim the ribs if desired. The silverskin on the bottom will never render, but I just leave it on and eat around it. The meat will pull off it no problem, if smoked correctly. You can trim pointy bits of fat off, if they are present. There is not too thick of a fat cap, like on a [Smoked Brisket](#)
2. Combine  $\frac{1}{4}$  cup pepper and  $\frac{1}{4}$  cup salt in a large shaker.
3. Spritz the Tobasco Sauce on (or spread with latex gloves if you don't have a spritz bottle.)
4. Cover all sides of the ribs in rub. I usually use anywhere from half to three quarters of the rub on a rack of ribs. You don't want to cake the stuff on too thickly, but maybe a little thicker than on a brisket.
5. Let the ribs sit for about an hour to warm up a bit while you start the fire.
6. ensure the water pan is full and placed on the grill.
7. Start the fire up. Use coals, paper, kindling, whatever you need to start the wood burning.
8. You want to maintain a temperature around 285F.
9. Place the ribs, bone-side down, on the grill.
10. Let the ribs sit for at least 3 hours, undisturbed.
11. Spritz the ribs every 30-45 minutes for the last 4-5 hours of cook time.
12. You can probe the ribs in a meaty part to check for doneness. The meat should be super tender. They should be done around 203F.
13. Wrap the ribs and let them rest for 30 minutes to an hour.

**Notes**

- Based on Aaron Franklin's recipe, as seen in Franklin Barbecue: A Meat-Smoking Manifesto.
- If you have trouble regulating temperature (this happens for a lot of reasons, poor fire control, bad wood, leaky smoker, etc) the cook times can go way up. Don't worry. Just spend time, learn your smoker and wood, and keep practicing. Even a bad rack of ribs can be pretty good.
- While some people insist on sauce for brisket, I don't know many that ask for beef ribs.



- I've used primarily white oak, as I've done the most smoking since moving to Washington. Most any oak, hickory, and pecan work really well.
- This is specifically for beef plate ribs.

## Smoked Brisket

Time: 12+ hours (1 hour prep, 10+ hours smoking, 1 hour resting) Serves: 8+

### Ingredients

- 1 whole, untrimmed brisket (both muscles, flat and point)
- $\frac{1}{4}$  cup fresh cracked black pepper (16 mesh)
- $\frac{1}{4}$  cup kosher salt
- spritz, 1 part apple cider vinegar to 3 parts water.

### Hardware

- Sharp boning knife
- latex gloves
- Offset smoker
- water pan
- Enough wood (maybe... 30 medium logs? To be safe.)
- spritz bottle (for spritz)
- Butcher paper
- thermometer with meat probe (optional, but ideal.)

## Instructions

1. Trim the brisket, This means getting the fat cap down to about  $\frac{1}{4}$  in thick, removing any dangling parts, gutting off some bits... it's really easier to just watch it done once or twice. I recommend Aaron Franklin's book or Youtube videos. <https://www.youtube.com/watch?v=VmTzdMHu5KU>
2. Combine  $\frac{1}{4}$  cup pepper and  $\frac{1}{4}$  cup salt in a large shaker.
3. Cover all sides of the brisket in rub. I usually use anywhere from half to three quarters of the rub on a brisket. You don't want to cake the stuff on.
4. Let the brisket sit for about an hour to warm up a bit while you start the fire.
5. ensure the water pan is full and placed on the grill.
6. Start the fire up. Use coals, paper, kindling, whatever you need to start the wood burning.
7. You want to maintain a temperature around 275F to 285F.
8. Place the brisket, fat-cap up, with the point (fattier side) facing the fire box.
9. Leave the brisket sitting, undisturbed and unobserved for about 3 hours.
10. Check the brisket. It should start to develop a bit of bark and darker color.
11. Check the brisket every 30-45 minutes, spritzing if it looks dry.
12. As your brisket has reached the stall, somewhere between 4 and 6 hours, usually, you may consider wrapping the brisket in butcher paper. This will keep it moist, but prevent further bark formation.
13. After about 10 hour on the smoker, the brisket should ideally start to feel really good. It should be pliable. If you have a thermometer, you are looking for the brisket to hit about 195F to 205F internal temperature, measured at the thickest part of the flat muscle (lean side). The most important thing is that the brisket is tender.
14. Remove the brisket from the smoker, wrap it (if it wasn't wrapped before), and allow to rest, for at least one hour.

## Notes

- Based on Aaron Franklin's recipe, as seen in Franklin Bar-

becue: A Meat-Smoking Manifesto.

- You can also view Aaron Franklin’s three-part YouTube series on making a brisket, which is roughly the same information (though heavily condensed). <https://www.youtube.com/watch?v=VmTzdMHu5KU&list=PLJXFUkVvL7g4-ic-vMvLOVYovXzAQ3EUu>
- I don’t use a slather on brisket, though if I was going to, I do have a spritz bottle filled with Tabasco sauce.
- If you have trouble regulating temperature (this happens for a lot of reasons, poor fire control, bad wood, leaky smoker, etc) the cook times can go way up. Don’t worry. Just spend time, learn your smoker and wood, and keep practicing. Even a bad brisket can be pretty great.
- If I were to make a sauce for this, I’d make a [Classic Barbecue Sauce](#).
- I’ve used primarily white oak, as I’ve done the most smoking since moving to Washington. Most any oak, hickory, and pecan work really well.

## Chapter 9

# Fermented, Pickled, and Canned

This chapter deals with fermented things, from sourdough starter to kombucha.

## Yogurt

Time: 9 hours (1 hour prep, 8 hours inactive culturing) Serves: 3

### Ingredients

- 1 Tablespoon active yogurt
- 32 Ounces milk
- pureed fruit (optional)

### Hardware

- Pan
- 32 ounce jar
- Thermometer
- Cheesecloth

**Instructions**

1. Heat 32 ounces of milk to 180F.
2. Stir milk in jar until it reaches about 150F.
3. Place jar of warm milk in ice bath, and continue stirring until it reaches about 120F.
4. Remove jar from ice bath. Try to keep milk between 110F and 115F.
5. Mix 1 Tablespoon active yogurt into warm milk.
6. Let milk sit at 110F to 115F for 6 to 8 hours.
7. Strain out resulting whey.
8. store yogurt in the fridge with a lid.
9. Sometimes I add pureed fruit with just my bowl of yogurt, leaving the base plain to start a new batch later.

**Notes**

- Keep 1 Tablespoon of your plain yogurt to start your next

batch in a week or so.

- To start off, you can use store-bought yogurt that has bacteria in it (check ingredients) or buy a Yogurt starter.
- I had a really hard time getting a place that was consistently warm enough for the cultures to multiply (above 110F) but cold enough they did not die (below 115F). I finally found that my slow cooker set to warm, with the lid slightly open, with a water bath in it and the milk in the jar in the water bath keeps the perfect temperature.
- Experiment with heat sources on water prior to making this, as once the bacteria is in the milk, you will not want to go above 115F.
- You can strain out more or less whey to change the consistency of the yogurt.
- Whey can have other uses, and is rich in protein.