

Cookbook v0.1

Christopher Sara

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1 Breakfast

Egg Casserole

Preparation 30 min

Cook 45 min,  350 °F 

Servings 4–5

By Jennifer Sara

Directions

- 1 Brown sausage in a pan and drain fat.
- 2 Beat eggs in a large bowl.
- 3 Add milk, mustard, and bread. Stir.
- 4 Add the cheese and sausage.
- 5 Place mixture into a greased 13x9 pan.
- 6 Preheat oven to 350 °F. Bake for 45 minutes.

Ingredients

- 1 lb. breakfast sausage
- 6–8 eggs
- 2 c milk
- 1 tsp dry mustard
- 4–5 slices cubed white bread
- 1 c cheese
- 1 tsp salt

Hint

Substitute the sausage for your preferred vegetables or use both.

2 Dinner

Chicken Wings & Rice

Preparation 10 min
 Cook 20-25 min
 Servings 5-6 Servings
 By Jennifer Sara

Directions

- 1 Wash chicken and dry with paper towel.
- 2 Combine flour, salt, pepper, and thyme in a paper or Ziploc bag.
- 3 Add chicken and coat with mixture.
- 4 Melt butter in skillet over medium-high heat.
- 5 Shake off excess coating from chicken and brown with butter until browned and cooked.
- 6 Remove chicken to plate and keep warm.
- 7 Add celery, onion, and rice. Stir until brown.
- 8 Add broth and return chicken and accumulated juiced to skillet.
- 9 Cover tightly and simmer with lid on for 20-25 minutes until rice is cooked. Stir occasionally.

Ingredients


2 pckgs wings
 3^{1/2} c chicken broth
 1^{1/2} c white rice, uncooked
 3/4 c flour
 1/2 c white rice, uncooked
 1/2 tsp. salt
 1/2 tsp. pepper
 1/2 tsp. thyme
 1/2 cbe butter
 2 stalks celery
 2 green onions, sliced

Hint

Can be served with toasted almond on top and/or cranberry sauce

Chow Fun

Preparation 15 min

Cook 20 min, 375 °F 

Servings 5-6 Servings

By Christopher Sara

Directions

- 1 Cut beef into 2-inch wide strips. Cut those strips into $\frac{1}{4}$
- 2 Transfer beef into a bowl and add cornstarch, dark soy sauce, and sesame oil. Stir and massage meat then set aside.
- 3 Separate noodles into strips. Set aside on a plate.
- 4 Cut up green onion and add it into a small bowl with the garlic and ginger.
- 5 In another bowl, stir together sugar, white pepper, soy sauce, rice wine, oyster sauce, and water.
- 6 In a wok or large skillet, swirl in 1 tbs of oil and add the ginger/garlic mix. Stir fry for about 15 seconds then set on the side.
- 7 Add the beef and spread it out in a flat layer. Sear for 1 minute undisturbed then add the black beans. Stir fry for 30 seconds. Transfer to a clean plate.
- 8 Swirl in the remaining 2 tbs of oil, then add the noodles. Sear for 1 minute undisturbed until crusty. Dump the bean sprouts and stir fry for about 1 minute.
- 9 Return the beef and juices and stir to combine. Stir fry for around another minute to finish cooking the beef.
- 10 Pile onto a platter and serve immediately.

Ingredients



- | | |
|--------------------|--------------------------------------|
| 8 oz. | flank steak |
| $1\frac{1}{2}$ tsp | corn starch |
| 2 tsp | dark soy sauce |
| 1 tsp | sesame oil |
| 1 lb | fresh rice noodles (half inch width |
| 3 | green onions |
| 2 tsp | minced garlic |
| 2 tsp | minced ginger |
| $\frac{1}{4}$ tsp | white pepper |
| $\frac{1}{2}$ tsp | sugar |
| $1\frac{1}{2}$ | soy sauce |
| 1 tbs | Shaoxing rice wine |
| 2 tbs | oyster sauce |
| 2 tbs | water |
| 1 tbs | fermented black beans (mashed) |
| 3 cups | bean sprouts (rinsed) |
| 3 tbs | canola oil |

Hint

Cut up a bit of onion or add some chili paste for an extra kick!

Garlic Shrimp Rigatoni

Preparation 15 min

Cook 20 min,  375 °F 

Servings 5-6 Servings

By Christopher Sara

Directions

- 1 Preheat oven to 375 °F.
- 2 Cook pasta in a pot.
- 3 In a skillet, melt 1 tablespoon of butter and sauté garlic. Add shrimp and cook. Set aside.
- 4 Drain pasta and add to baking pan.
- 5 Add tomatoes, alfredo, and cooked shrimp to the pan. Top with Parmesan if desired.
- 6 Put in oven for about 10-15 minutes or until cheese is golden brown on top.

Ingredients



- 1 lb. raw shrimp (tail-off)
- 4 cloves garlic
- 1 tbls butter
- 6 oz Rigatoni
- 1 can fire-roasted tomatoes
- 16 oz alfredo
- 1/4 cup Parmesan cheese

Hint

A 13x9 fits this dish perfectly.

Stuffed Bell Peppers

Preparation 20 min

Cook 30 min,  350 °F 

Servings 4 Servings

Directions

- 1 Preheat oven to 350 °F.
- 2 Wrap 4 bell peppers in aluminum foil and place in a baking dish. Bake for 15 minutes in the preheated oven then remove from heat.
- 3 In a skillet over medium heat, cook the meat until browned. Set Aside.
- 4 Heat oil in skillet and cook onion, spinach, mushrooms, zucchini, and chopped bell pepper until tender.
- 5 Return meat to skillet.
- 6 Mix in tomatoes and tomato paste. Season with Italian seasoning, garlic powder, salt, and pepper.
- 7 Stuff peppers with the skillet mixture.
- 8 Return peppers to oven and bake for 15 minutes.

Ingredients



- 4 bell peppers (tops removed, seeds removed)
- 1 lb. ground meat
- 1 bell pepper (chopped)
- 1 c spinach
- 1 14oz can diced tomatoes
- 1 c sliced mushrooms
- 1 zucchini (chopped)
- garlic powder
- Italian seasoning
- salt/pepper

3 Salads

4 Sauces

Marinara Sauce

Preparation 15 min

Cook 20 min,  Low 

Servings 5-6 Servings

By Christopher Sara

Directions

- 1 Crush tomatoes
- 2 Cut up tomatoes.
- 3 Sauté garlic in olive oil with red pepper flakes and Italian seasoning.
- 4 Add tomatoes until soft then take off the heat.
- 5 Put sauté in a Crockpot. Add the crushed tomatoes and tomato paste.
- 6 Cook on low for 5-6 hours. Stir occasionally.

Ingredients

5-6 cloves garlic
3-2 tomatoes
48 oz crushed tomatoes
1 can tomato paste
1/2 tsp. red pepper flakes
2 tsp Italian seasoning
2-3 tbs extra virgin olive oil

Hint

Contadina crushed tomatoes are a good canned tomato. Also, add more red pepper flakes for a spicier sauce.

5 Desserts

BANANA Bread

Preparation 1 h

Cook 1 h,  300 °F 

Servings 10-12 Slices

By Jennifer Sara

Directions

- 1 Preheat oven to 300 °F.
- 2 Mix butter, sugar, and vanilla into a medium sized bowl.
- 3 While stirring, add in one egg at a time.
- 4 Add baking soda.
- 5 Stir in flour $\frac{1}{2}$ c at a time until completely mixed in.
- 6 You may add in $\frac{1}{2}$ c and/or $\frac{1}{2}$ c chocolate chips if you like.
- 7 Place dough in well-greased or non-stick bread pan. Smooth the top.
- 8 Put in oven for 65–70 minutes. Test near the end to make sure dough has fully baked.
- 9 Let bread cool in the pan for 10 minutes then put the bread on a rack to cool.

Ingredients



$\frac{1}{2}$ c	butter (room temp.)
$\frac{1}{2}$ c	sugar
$\frac{1}{2}$ c	brown sugar
1 tsp	vanilla
2	eggs
2 c	flour
1 tsp	baking soda
2 overripe	bananas
$\frac{1}{2}$ c	walnuts and/or
	chocolate chips

Hint

Be sure to allow bread cool well before slicing.

Cookie Dough Cheesecake Bars

Preparation 10 min

Cook 30 min,  325 °F 

Servings 12 bars

By Jennifer Sara

Directions

Ingredients



1 Preheat oven to 325 °F.

Hint

Be sure to allow bread cool well before slicing.

Snickerdoodle Bars

Preparation 10 min

Cook 30 min,  350 °F 

Servings One 13x9

Directions

- 1 Preheat oven to 350 °F. Lightly grease a 13x9 baking pan.
- 2 In a medium bowl, whisk together the flour, baking powder, and salt.
- 3 In a large mixing bowl, beat together the butter, brown sugar, eggs, and vanilla until smooth.
- 4 Add the flour mixture to the egg mixture and beat until well blended.
- 5 Spread the batter evenly in the prepared pan with a spoon or rubber scraper.
- 6 In a small bowl, combine the white sugar and cinnamon.
- 7 Sprinkle the mixture evenly over the batter in the baking pan. Spread around top of batter.
- 8 Bake for 25-30 minutes or until the surface springs back when gently pressed.
- 9 Remove from oven and let cool it slightly on a wire rack.

Ingredients

$2\frac{2}{3}$ c all-purpose flour
2 c dark brown sugar
1 c **unsalted** butter, room temp.
2 eggs
3 tbs white sugar
1 tbs Vanilla
3 tsps ground cinnamon
2 tsps baking powder
1 tsps salt

Hint

If you use salted butter, you're gonna have a bad time.