

The Book of Cook

The only true guide to creating deliciousness

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Contents

1 Beans	2
Classic Black Beans and Rice	2
2 Beef	3
Easy Beef Stew	3
3 Breakfast	4
Pancakes	4
4 Chicken	5
Cajun Chicken	5
Chicken Cacciatore	6
Chicken Piccata	7
Chicken Teriyaki	8
Curried Coconut Chicken	9
Ginger Chicken	10
Red Curry Chicken	11
5 Cocktails	12
Boulevardier	12
Cherryhattan	13
Chocolate Midnight Martini	14
Coffee Martini	15
Farmer's Daughter	16
Gin And Tonic	17
Goldrush	18
Manhattan	19
Sazerac	20
Sierra Madre Sunrise	21
TNT	22

The Currant Favorite	23
Whisky Ginger	24
Egg Nog	25
6 Pasta	26
Baked Macaroni and Cheese	26
Lasagne	28
Penne With Chicken And Pesto	29
Penne With Vodka Sauce	30
7 Rice	31
Vegetable Fried Rice	31
8 Salad Dressings	32
Balsamic Vinaigrette	32
9 Salads	33
Strawberry and Spinach Salad	33
10 Side Dishes	34
Baked Asparagus	34
11 Soups	35
French Onion Soup	35
Mushroom Barley Soup	36
Red Lentil Soup	37
12 Vegetarian	38
Chana Masala	38
Cheese Fondue	39

1 Beans

Classic Black Beans and Rice



15 minutes



20 minutes



4 Portions

Calories 340

Preparation




- 1 Cook rice in chicken stock with peas
- 2 Meanwhile, dice and saute onion, pepper, and garlic over medium-high heat in a pot until tender, about 8-10 minutes
- 3 Stir in remaining ingredients, and bring to a boil
- 4 Reduce heat, and simmer 10 minutes
- 5 Serve over rice

Ingredients

- 1 cup white rice
- 1 tsp chicken bouillon
- 2 tb frozen peas
- 2 tb olive oil
- 1 onion, finely chopped
- 1 green pepper, finely chopped
- 1/2 Habanero pepper, finely chopped
- 2 cloves garlic, minced
- 15.5oz can Goya Black Beans (undrained)
- 3/4 cup water
- 1 tsp Oregano
- 1 packet Sazon Goya without Annatto
- 1 tb white wine

2 Beef

Easy Beef Stew

 20 minutes
 3 hours
 6 Portions

Preparation

- 1 Preheat oven to 300F
- 2 Sear the beef steaks in a hot pan with some oil until a crust develops. Set aside on a plate to cool.
- 3 Add onion, potatoes, carrots, beer, chicken broth, worcestershire sauce, peas, salt, and pepper to a dutch oven.
- 4 Bring to a simmer
- 5 Cut beef into 1.5 inch cubes, toss with flour.

Ingredients




3 lb Chuck beef, cut into
1 inch thick steaks
1 Large white onion,
sliced
1 lb Potatoes, cut into 1
inch cubes
2 cups Baby carrots
16 oz Beer (stout)
2 cups Chicken broth
1 Tbsp Worcestershire
sauce
4 oz Frozen peas
1 tsp Salt
1 tsp Cracked pepper
1 Tbsp Flour

Hint

You can add any aromatics you wish. Thyme, oregano, and parsley are my personal favorites.

3 Breakfast

Pancakes

 15 minutes
 15 minutes
 4 Portions

Preparation




- 1 In a large mixing bowl, combine dry ingredients
- 2 In a separate (large) mixing bowl, combine liquid ingredients
- 3 Mix liquid ingredients quickly into dry ingredients

Ingredients

1.5 cups All-purpose flour
3 tbsp Sugar
1.75 tsp Baking powder
1 tsp Salt
1.5 cups Milk
3 tbsp Butter, melted
2 Eggs
1 tbsp Vanilla extract

4 Chicken

Cajun Chicken

 20 minutes
 20 minutes
 4 Portions




Preparation

- 1 Mince garlic and onion
- 2 Cut chicken into small even bit sized chunks
- 3 Mix Paprika, Chile Powder, Dried Oregano, Onion Powder, Garlic Powder, Black Pepper, Crushed Red Pepper Flakes, Salt, and Cayenne Pepper
- 4 Dry-rub chicken in spice mix
- 5 Start to boil water for pasta
- 6 Sautee garlic and onion in olive oil until onion is translucent
- 7 Add and sautee chicken
- 8 Cut broccoli heads into small chunks
- 9 Add broccoli and cover, allow steam to cook broccoli (turn bright green, but not mushy, 4 minutes)
- 10 Pour in heavy cream and add sun dried tomatoes and scallions; bring to simmer
- 11 Cook pasta while sauce simmers
- 12 Add additional spices to taste
- 13 Serve hot cajun chicken/broccoli mixture over pasta

Ingredients

2 lb Chicken
 4 Cloves Garlic
 2 Yellow Onions
 1 tbsp Olive Oil
 2 Heads Broccoli
 1/2 Cup Julliened Sun Dried Tomatoes
 1 Bunch Scallions (Green Onions)
 1 pint Heavy Cream
 1 Box Penne (Or favorite Pasta)
 3 tbsp Paprika
 3 tbsp Chile Powder
 3 tbsp Dried Oregano
 2 tbsp Onion Powder
 2 tbsp Garlic Powder
 2 tbsp Black Pepper
 1 tbsp Crushed Red Pepper Flakes
 1 tsp Salt
 1 tsp Cayenne Pepper

Chicken Cacciatore

 10 minutes
 40 minutes
 4 Portions

Preparation

- 1 cut the chicken into bite sizes pieces, salt and pepper, and saute in olive oil over medium heat
- 2 remove chicken, and saute onions, bay leaves, rosemary, and sage until onions are golden (about 5 minutes) over medium-high heat
- 3 add minced garlic, and saute about 30 seconds (without browning)
- 4 add chicken, chicken stock, red wine, and tomatoes
- 5 bring to a boil (high heat), then reduce heat and simmer, covered, for 25 minutes
- 6 Add mushrooms (sliced), and black olives
- 7 If serving with pasta, cook now
- 8 Continue simmering, covered, an additional 10 minutes
- 9 Add seasoning to taste




Ingredients

2 lbs chicken
 1 yellow onion
 1 14.5 oz can diced tomatoes
 1 cup chicken stock
 1/2 cup dry red wine
 8 oz mushrooms
 8 oz sliced olives
 2 bay leaves
 3 cloves garlic
 1 tsp rosemary
 1 tsp sage
 1 tsp salt
 1 tsp pepper

Hint

you can swap the rosemary/sage palette for oregano/basil!

Chicken Piccata

 20 minutes
 20 minutes
 4 Portions




Preparation

- 1 Start to boil water for pasta
- 2 Slice Chicken into thin fillets and dredge with flour (add salt and pepper to taste)
- 3 Sauté chicken in olive oil and butter, 1 tbsp olive oil and 2 tbsp butter per 1/2 lb of chicken added incrementally as fillets are sautéed
- 4 Mince three quarters of the fresh parsley
- 5 Crush and mix bouillon cubes with water (1 Cup water per cube), add juice from lemons, capers, and half the minced parsley
- 6 Return all fillets to pan and pour in bouillon-lemon mixture; bring to simmer
- 7 (Optional) Add used lemon halves to pan and simmer with chicken (adds more lemon flavor and can be added to visual presentation on plates)
- 8 (Optional) Add a dash of heavy cream or more butter or corn starch to adjust consistency (creamy vs. buttery vs. brothy)
- 9 Cook pasta while sauce simmers
- 10 Add additional spices to taste (black pepper, oregano, parsley, lemon)
- 11 Serve hot chicken and sauce over pasta, present with a half lemon, sprig of parsley, and sprinkled with minced fresh parsley.

Ingredients

2 lb Chicken
 1 Pile Flour
 8 tbsp Butter
 4 tbsp Olive Oil
 3 Lemons
 2 Bouillon Cubes
 1 Jar Capers
 1 Bunch Fresh Parsley
 1 Dash Heavy Cream (Optional)
 1 Box Linguine (Or favorite Pasta)

Chicken Teriyaki

 70 minutes
 20 minutes
 4 Portions




Preparation

- 1 Heat together all ingredients except chicken, cornstarch, rice, bok choy and one clove of garlic in a small saucepan until sugars dissolve
- 2 Let mixture cool a bit
- 3 Cut up chicken into bite size chunks, mix in large plastic bag with sauce mixture
- 4 Marinate for about an hour
- 5 Start cooking rice
- 6 Remove chicken from bag and separate from sauce
- 7 Stir-fry chicken
- 8 Add sauce back into pan, allow it to boil off a bit, while adding cornstarch until sauce thickens and glazes chicken
- 9 Stir-fry bok choy with the last clove of garlic, vegetable oil, and black pepper
- 10 Serve chicken and bok choy over rice

Ingredients

1 Cups Soy Sauce
 1 Cups Granulated Sugar
 3/2 tsp Brown Sugar
 7 Clove Diced Garlic
 2 tbsp Fresh Grated
 Ginger
 1 tsp Ground Black
 Pepper
 1 tsp Ground White
 Pepper
 1 tbsp Honey
 1 Cinnamon Stick
 1 tbsp Pineapple Juice
 4lb Chicken Breast
 2 tbsp Corn Starch
 2 Cups Cooked Rice
 1 Bunch Baby Bok Choy

Curried Coconut Chicken

 10 minutes
 40 minutes
 4 Portions




Preparation

- 1 Mince garlic and habanero, and dice onion, combining in a bowl
- 2 Cut the chicken into bite sized pieces, and season with salt + pepper
- 3 Cover a large saute pan with the oil (and a tad more), and heat over medium high heat
- 4 When hot, add the curry paste, (removing from heat while you stir it in, then returning to heat)
- 5 Cook the curry paste, stirring constantly, for about 2 minutes (until thick)
- 6 Add the garlic, habanero, and onion, cooking for about 1 minute
- 7 Add the chicken, and cook through (until no pink shows, about 7 minutes)
- 8 Add coconut milk, tomatoes, tomato sauce, and sugar to pan, stirring to combine
- 9 Cover and simmer, stirring occasionally, for 30-40 minutes. Meanwhile, prepare rice
- 10 Serve hot over rice

Ingredients

2 lbs chicken breast
 2 tb sesame oil
 1 tsp salt + pepper
 3 tb red curry paste
 1 large yellow onion
 4 cloves garlic
 1 habanero pepper
 14 oz can coconut milk
 14.5 oz can diced tomatoes, drained
 8 oz tomato sauce
 1 tb sugar

Ginger Chicken

 20 minutes
 20 minutes
 4 Portions

Preparation

- 1 Stir together sherry, soy sauce, water, and cornstarch.
- 2 Heat a wok or large skillet over high heat, with 1 tb of oil
- 3 Stir-fry ginger root for about 45 seconds
- 4 Add carrots, and stir-fry until tender (about 5 minutes)
- 5 Add bok choy, pea pods, and scallions, then stir fry until bok choy wilts (about 5-7 minutes)
- 6 Remove vegetables from the wok, and place in separate bowl
- 7 Add remaining cooking oil, and cook chicken in wok until done (about 5 minutes)
- 8 Push chicken from center of wok, stir soy sauce mixture, and add to center of wok
- 9 Cook until mixture is thickened and bubbly
- 10 Return vegetables to wok, and stir to coat with sauce
- 11 Cook and stir about 1 minute or until heated through, then serve

Ingredients

4 tbsp Dry Sherry
 3 tbsp Soy Sauce
 1 tbsp Water
 1 tsp Corn Starch
 1 lb Chicken Breast
 (bite sized pieces)
 2 tbsp Cooking Oil
 1 Medium Ginger
 Root
 3/2 Cups Bias-sliced
 Carrots
 7/2 Cups Bok Choy
 2 Cups Fresh Pea Pods
 1 Bunch Scallions
 1 Habanero
 3/2 Cups Cooked Rice

Red Curry Chicken

👉 20 minutes
 🕒 20 minutes
 🍽️ 4 Portions

Preparation

- 1 Boil water for potatoes
- 2 Skin and dice sweet potatoes, start to boil until slightly soft
- 3 Start to cook rice
- 4 Trim and wash string beans
- 5 Skin, wash and slice carrots
- 6 Wash and slice scallions
- 7 Cut chicken into small even bit sized chunks, salt and pepper to taste
- 8 Briefly sautee red curry paste in olive oil until fragrant (2 minutes)
- 9 Sautee chicken in red curry paste
- 10 Add string beans and carrots and cover, allow steam to cook string beans (turn bright green, but not mushy, 4 minutes)
- 11 Uncover, pour in coconut milk and add cooked sweet potatoes and scallions; bring to simmer
- 12 Add cumin, tumeric, corriander, etc. to taste.
- 13 Serve hot curry mixture over rice

Ingredients




2 lb Chicken
 2 tbsp Red Curry Paste
 1 tbsp Olive Oil
 1 lb String Beans
 3 Large Carrots
 2 Large Sweet Potatoes (Yams)
 1 Bunch Scallions (Green Onions)
 2 Cans Coconut Milk
 1 Cup Rice (long grain)

Hint

Replace chicken with shrimp for a twist!

5 Cocktails

Boulevardier

 2 minutes
 0 minutes
 1 Portions


Preparation


1 Serve neat with a dash of chocolate bitters

Ingredients

$\frac{3}{2}$ oz Bourbon
 $\frac{3}{4}$ oz Campari
 $\frac{3}{4}$ oz Sweet Vermouth
1 dash Chocolate Bitters

Cherryhattan

 2 minutes

 0 minutes

 1 Portions

Preparation

- 1 Muddle cherries in a rocks glass
- 2 Pour rye and vermouth into glass
- 3 Add a dash of bitters




Ingredients

2 oz Rye Whisky
1/4 oz Sweet Vermouth
3 Muddled cherries
1 dash Angostura Bitters

Hint

Best served neat, on the rocks masks the powerful fragrance.

Chocolate Midnight Martini

 2 minutes
 0 minutes
 1 Portions




Preparation

- 1 Combine ingredients (except for espresso) in shaker
- 2 Pull shot, and add to shaker
- 3 Fill shaker with ice, and shake to chill
- 4 Serve in a chilled martini glass

Ingredients

1 shot Espresso
1.5 oz Vodka
1 oz Kahlua
1 oz Creme de Cacao

Coffee Martini

 2 minutes
 0 minutes
 1 Portions




Preparation

- 1 Combine ingredients in shaker
- 2 Shake with ice until well-chilled
- 3 Strain into chilled martini glass
- 4 (optional) Add a splash of Frangelico
- 5 (optional) Float heavy cream on top

Ingredients

1.5 oz Kahlua
1.5 oz Stong Coffee or Espresso
1.5 oz Vodka
optional Heavy Cream
optional Frangelico

Farmer's Daughter

 2 minutes
 0 minutes
 1 Portions




Preparation

- 1 Pour gin, lemon juice, simple syrup, and grapefruit juice into a shaker
- 2 Fill with ice and strain into a chilled glass
- 3 Add bitters
- 4 Add sliced strawberries if desired as garnish, or berries skewered on a toothpick

Ingredients

2 oz St. George Terroir Gin
1/4 oz Lemon Juice
1/4 oz Thyme Simple Syrup
6 oz Grapefruit Juice
5 dashes Rhubarb Bitters

Gin And Tonic

 2 minutes
 0 minutes
 1 Portions

Preparation

- 1 Muddle two thin slices of cucumber in a lowball glass
- 2 Fill glass halfway with crushed ice
- 3 Pour in Gin, fill with tonic and stir a bit
- 4 Add thick cucumber slice to rim and drop in rosemary sprig for garnish

Ingredients

3/2 oz Gin
1 Splash Tonic Water
3 slices Cucumber
1 sprig Rosemary

Goldrush



2 minutes



0 minutes



1 Portions




Preparation

- 1 Combine ingredients in shaker...shake.
- 2 Strain into chilled glass on the rocks
- 3 Add lemon twist as garnish

Ingredients

- 2 oz Bourbon
- 1 oz Honey Syrup
- 3/4 oz Lemon juice
- 1 Lemon twist

Manhattan

 2 minutes
 0 minutes
 1 Portions

Preparation

- 1 Pour rye and vermouth into a rocks glass
- 2 Add a dash of bitters
- 3 Drop in lemon twist garnish




Ingredients

2 oz Rye Whisky
1 oz Sweet Vermouth
1 dash Angostura Bitters
1 twist Lemon Rind

Hint

Best served neat, on the rocks masks the powerful fragrance.

Sazerac

 2 minutes
 0 minutes
 1 Portions




Preparation

- 1 Coat the inside of a chilled rocks glass with Absinth
- 2 Stir remaining ingredients seperately in shaker with ice
- 3 Pour remaining absinth out of the glass and strain mixture into glass
- 4 Add lemon twist for garnish

Ingredients

3/2 oz Rye Whisky
1/4 oz Absinth
1 tsp Sugar
3 dashes Peychaud's Bitters
1 twist Lemon Rind

Sierra Madre Sunrise

 2 minutes
 0 minutes
 1 Portions




Preparation

- 1 Fill shaker with ice
- 2 Add Mezcal, Aperol, lemon juice, and bitters
- 3 Shake well, until chilled
- 4 Fill rocks glass with fresh ice
- 5 Add club soda to glass
- 6 Strain cocktail on top
- 7 Garnish with lemon peel

Ingredients

1 oz Mezcal
3/4 oz Aperol
1/2 oz Lemon juice
3 dashes Chocolate Bitters
3 oz Club Soda
1 peel Lemon

TNT

 2 minutes
 0 minutes
 1 Portions




Preparation

- 1 Shake cognac, absinth, and cointreau in shaker with ice
- 2 Strain into chilled glass and add bitters
- 3 Add lemon twist as garnish

Ingredients

1 oz Cognac
1 oz Absinth
1 oz Cointreau
5 dashes Angostura Bitters
1 twist Lemon Rind

The Currant Favorite

 2 minutes
 0 minutes
 1 Portions


Preparation


- 1 Combine in shaker over ice
- 2 Shake well, serve on the rocks
- 3 Add lemon twist for garnish

Ingredients

2 oz Gin
1 oz Honey Syrup
3/4 oz Lemon Juice
1/4 oz Creme de Cassis
1 twist Lemon Rind

Whisky Ginger

 2 minutes

 0 minutes

 1 Portions




Preparation

- 1 Mix ingredients in glass with ice
- 2 Optionally add sliced strawberries as a garnish

Ingredients

2 oz	Bourbon Whisky
1 bottle	Reed's Extra Ginger Ginger Beer
1/4 oz	Lime Juice
1 splash	Pomegranate Juice

Egg Nog

 20 minutes
 0 minutes
 16 Portions

Preparation

- 1 Beat egg whites until stiff. Set aside.
- 2 Beat egg yolks.
- 3 Add cream, milk, sugar, both rums, and brandy.
- 4 Fold in egg whites.
- 5 Serve with a dash of nutmeg on top!

Ingredients

12 Eggs, separated
1 Quart Heavy Cream
1 Quart Whole Milk
1.5 Cups Sugar (or a little less)
.5 Cups Dark Rum
1 Cup White Rum
2 Cups Brandy

Hint

Its best if you let it rest for a few days before drinking.

6 Pasta

Baked Macaroni and Cheese

🕒 45 minutes
 🕒 30 minutes, 🌡️ 350° F
 🍽️ 8 Portions

Preparation





- 1 Preheat oven to 350
- 2 Melt butter over medium low heat in a medium sized dutch oven
- 3 Whisk in butter gradually, and heat until thick and smooth (about 1 minute). Make sure to whisk constantly, to prevent lumps
- 4 Remove the roux from the heat, and whisk in the milk gradually
- 5 Return to the heat, and raise to medium
- 6 Bring to a simmer, whisking constantly to keep smooth (about 20 minutes)
- 7 Once thick and smooth, add salt, pepper, and nutmeg to taste (I recommend about 1tsp each), and also sherry, chives, onions, paprika, bay leaves, and habenero
- 8 Bring to a simmer, and cook covered voer low heat for 15 minutes, stirring occasionally
- 9 Meanwhile, cook cellentani according to package
- 10 Grate cheeses, and mix together in a large mixing bowl
- 11 Add 2/3 cheese to the sauce, and add salt and pepper to taste
- 12 Drain the noodles, and mix with sauce
- 13 Add half the mixer to a 9 x 13 baking tray, then sprinkle half the remaining heese on top
- 14 Add the remaining mixture, top with remaining cheese, and sprinkle with bread crumbs

Ingredients

8 tb unsalted butter
 1/2 cup flour
 4 cups milk
 salt, pepper,
 nutmeg, chives
 4 tsp sherry
 2.5 onions
 1/2 tsp sweet paprika
 2 bay leaves
 1 lb cellentani noodles
 1/2 lb white cheddar
 cheese
 1/4 lb swiss cheese
 1/4 lb jarlsberg cheese
 1 habenero
 breadcrumbs

15 Bake for 30 minutes. Let cool 5 minutes before seving.

Lasagne

 30 minutes
 60 minutes,  375° F
 4 Portions




Preparation

- 1 Heat cumin in olive oil in dutch oven or large saute pan until fragrant
- 2 Saute garlic until brown
- 3 Add onions, mushrooms, and habanero, and saute until tender
- 4 Add ground beef, and cook through
- 5 Meanwhile, cook lasagna, and preheat oven to 375
- 6 Add tomato sauce to meat mixture, and heat through
- 7 Layer baking pan until full - noodles, ricotta, mozzarella, parmesan, then sauce
- 8 Bake for 45 minutes

Ingredients

2 tb olive oil
1 tb cumin seed
5 cloves garlic, minced
8 cups tomato sauce
1/2 cup mushrooms, diced
1 habanero, diced
2 onions, diced
2 lb ground beef
4 cloves garlic
16 oz ricotta cheese
1/2 lb mozzarella cheese
4 oz grated parmesan
12 sheets lasagne noodle

Penne With Chicken And Pesto

 15 minutes
 10 minutes
 4 Portions




Preparation

- 1 Bring water to a boil, and add penne
- 2 Meanwhile, heat olive oil over medium high heat in a large pan
- 3 Saute garlic until fragrant, and add chicken
- 4 Season with salt, pepper, and oregano, and cook through
- 5 Drain penne (11 minute cook time to al dente), and combine chicken, pasta, and pesto in a large mixing bowl
- 6 Mix well to coat, and add sun dried tomatoes

Ingredients

1 tb olive oil
1/2 cup pesto sauce
1 lb penne pasta
1 lb chicken breast,
cubed
4 cloves garlic, minced
1/4 cup sun dried tomatoes,
cut fine
salt, pepper and
oregano to taste

Penne With Vodka Sauce

 30 minutes
 20 minutes
 4 Portions

Preparation




- 1 Heat cumin seeds in olive oil over medium heat in a large frying pan (with cover) until fragrant
- 2 Saute half of garlic until brown (about 1 minute)
- 3 Saute sausage until brown on both sides (about 2 minutes per side)
- 4 Remove sausage from frying pan, and add butter, moving to coat bottom
- 5 Saute onions until tender (about 5 minutes)
- 6 Add remaining garlic to onions, saute until fragrant
- 7 Dice plum tomatoes, and add tomatoes, vodka, crushed peppers, and sausage to pan
- 8 Simmer briskly, covered, for 10 minutes
- 9 Add 1/2 cup heavy cream and heat through. Meanwhile, cook penne (10 minutes for al dente)
- 10 Season sauce to taste, and add 12 leaves of basil and 1/2 cup grated parmesan cheese for garnish
- 11 Combine penne and sauce in a large mixing bowl, and stir well to coat
- 12 Serve hot, with parsley as a garnish

Ingredients

1 lb penne
 28 oz can whole plum tomatoes
 2 large yellow onions diced
 1 tsp cumin seeds
 6 cloves garlic, minced
 1 tb butter
 1 tb olive oil
 1/4 cup vodka
 1/2 tsp crushed red pepper flakes
 2 lbs hot italian sausage, sliced into 1 inch pieces
 1/2 cup heavy cream
 salt + pepper to taste

7 Rice

Vegetable Fried Rice

 20 minutes
 20 minutes
 4 Portions

Preparation

- 1 Cook rice in chicken stock
- 2 Meanwhile, heat cumin seeds in olive oil in a wok until fragrant
- 3 Mince garlic, and add to wok. Saute until brown, about 2 minutes
- 4 Dice onions and carrots, and add to wok with peas
- 5 Saute, stirring constantly, until softened (about 5 minutes)
- 6 Move vegetables to side of wok, and crack all 6 eggs into the bottom of the wok
- 7 Cook the eggs through, moving to mix the yolk and whites
- 8 Mix eggs and vegetables together, add cooked rice
- 9 Cut scallions into 1 inch pieces, and add to the rice
- 10 Add soy sauce, and mix well
- 11 Season with salt, pepper, and additional soy sauce to taste

Ingredients

1 tb olive oil
 1 tsp cumin seeds
 4 cloves garlic
 2 cups Basmati rice
 2 tsp chicken bullion
 4 tb soy sauce
 2 onions
 1 bunch scallions
 4 large carrots
 1/2 cup frozen peas
 6 eggs

8 Salad Dressings

Balsamic Vinaigrette



5 minutes



0 minutes



1 Portions

Calories 540

Preparation

- 1 Mix ingredients and stir!

Ingredients

1/4 cup balsamic vinegar
1/4 cup olive oil
1 clove garlic, mince
1 pinch mustard, ground
1 pinch salt
1 pinch pepper

9 Salads

Strawberry and Spinach Salad



25 minutes



0 minutes



4 Portions

Calories 400

Preparation

- 1 Heat olive oil over medium high heat in a skillet
- 2 Cook the chicken breasts whole over medium heat until cooked through, about 10 minutes
- 3 Meanwhile, combine spinach, strawberries, feta, cranberry raisins, and red onion in a salad bowl
- 4 Cut chicken into bite sized pieces, and add to bowl
- 5 Dress with balsamic vinaigrette, mix and serve

Ingredients

- 2 tb olive oil
- 1 lb chicken breast (skinned, boneless)
- 5 oz baby spinach leaves
- 1 lb strawberries, sliced
- 4 oz crumbled Feta cheese
- 1 red onion, sliced
- 1/3 cup cranberry raisins
- 1/2 cup balsamic vinaigrette

10 Side Dishes

Baked Asparagus



15 minutes



12 minutes, 400° F



4 Portions

Preparation




- 1 Preheat oven to 400
- 2 Cut bottom 2 inches off asparagus
- 3 Combine asparagus and olive oil in large mixing bowl, and toss to coat
- 4 Place asparagus in a baking tray, and sprinkle salt, pepper, and parmesan over
- 5 Bake for 12 minutes until crispy
- 6 Serve hot!

Ingredients

1 bunch asparagus
2 tb olive oil
salt
pepper
Parmesan cheese

11 Soups

French Onion Soup

 90 minutes
 2 hours
 4 Portions

Preparation

- 1 Heat butter and oil in a soup pot over medium heat until butter melts
- 2 Add onions and thyme, stir to coat
- 3 Cook over medium heat, stirring occasionally and making sure onions do not scorch until onions begin to brown, about 15 minutes
- 4 Reduce the heat to medium-low and continue to cook, covered, stirring, until they are a rich brown, about 40 minutes
- 5 Stir in sherry/cognac, and increase heat to high
- 6 Cook, stirring constantly, until sherry/cognac has evaporated
- 7 Stir in broth, and bring to a boil
- 8 Reduce the heat and simmer, partially covered, for 20 minutes
- 9 Season with salt and pepper
- 10 Serve into bowls, then top bowls with one slice of french bread
- 11 Place one slice of provolone, then one slice of swiss on each bowl
- 12 Use broiler to melt cheese until it browns, then serve

Ingredients

2 tbsp Butter
 2 tbsp Olive Oil
 5 Yellow Onions
 1 pinch Dried Thyme
 2 tbsp Dry Sherry or Cognac
 7/2 Cups Vegetable Broth
 1 tsp Salt
 1/4 tsp Black Pepper
 4 slices French Bread
 4 slices Provalone Cheese
 4 slices Swiss Cheese

Hint

580 calories per bowl

Mushroom Barley Soup

 75 minutes
 1 hours
 6 Portions

Preparation

- 1 Saute onion in butter for 5 minutes
- 2 Add barley, and simmer for 5 minutes
- 3 Add the rest of the ingredients (except mushrooms), and cook for 1 hour
- 4 Chop mushrooms and add before serving




Ingredients

1 Onion, Chopped
6 tbsp Butter
1 Cup Pearl Barley
8 Cups Boiling Water
6 tsp Bouillon
1 tsp Italian Seasoning
3 tbsp Garlic Powder
1/2 tsp Black Pepper
1 thing Mushrooms

Hint

580 calories per bowl

Red Lentil Soup

 45 minutes
 45 minutes
 4 Portions

Preparation

- 1 Saute onion, garlic, carrots in soup pot over medium-high heat for 10 minutes, until tender
- 2 Add water, lentils, bouillon, and seasoning
- 3 Bring to a boil, and simmer (covered) for 25 minutes
- 4 Serve with lemon wedges + mint as garnish

Ingredients




4/3 Cups Red Lentils, picked through/rinsed
 7 Cups Boiling Water
 6 Cubes Vegetable Bouillon
 1 Large Yellow Onion, diced
 4 Large Carrots, sliced
 4 Stalks Celery, sliced
 4 Cloves Garlic, minced
 2 tbsp Tomato Paste
 1 tsp Ground Cumin
 1/4 tsp Cayenne Pepper (to taste)
 1 tbsp Garlic Powder
 1 tsp Salt
 1 tsp Black Pepper
 1 tsp Italian Seasoning
 3/4 tsp Fine Sea Salt (to taste)
 1 bunch Lemon Wedges (optional garnish)
 1 bunch Chopped Mint (optional garnish)

Hint

275 calories per bowl

12 Vegetarian

Chana Masala

 20 minutes
 20 minutes
 4 Portions




Preparation

- 1 Mince garlic and onion
- 2 Pour olive oil into a large frying pan (with lid), and add cumin seeds
- 3 Toast until fragrant over medium-high heat (about 1 minute)
- 4 Add garlic, and saute until fragrant (about 1 minute)
- 5 Add onion, and saute until translucent (about 5 minutes)
- 6 Add spice mix (garam masala, cayenne pepper, salt, black pepper, ground cumin), and sear (at medium high heat) about 3 minutes
- 7 Add chicken stock, coconut milk, diced tomatoes (drained), and chickpeas (drained)
- 8 Bring to a simmer, then simmer covered 20 minutes
- 9 Meanwhile, prepare rice (I recommend cooking in chicken stock, with peas)
- 10 Serve hot over rice

Ingredients

4 Cloves	Garlic
2	Yellow Onions
1 tbsp	Olive Oil
1 tbsp	Garam Masala
2 tsp	Cayenne Pepper
1 tsp	Salt
1 tsp	Black pepper
1 tsp	Ground cumin
1 tbsp	Cumin seeds
14.5 oz	Coconut Milk
14.5 oz	Diced tomatoes
28 oz	Chickpeas
1 cup	Chicken stock

Cheese Fondue

 10 minutes
 20 minutes
 4 Portions

Preparation

- 1 Rub the inside of the fondue pot with garlic halves.
- 2 Pour wine into fondue pot, heat over med. low until just barely boiling.
- 3 Begin adding cheese by the handful, stirring until melted.
- 4 Mix cornstarch and lemon juice in a small bowl with a whisk until cornstarch dissolves.
- 5 Stir cornstarch mixture into cheese mixture.
- 6 Serve immediately with crusty bread cut into bite-size chunks, pre-cooked meat, and fresh or cooked vegetables.

Ingredients

1 clove garlic
1 cup dry white wine
1 lb Gruyere and
Emmentaler cheese,
shredded
2 tbsp cornstarch
2 tbsp fresh lemon juice