The Book of Cook

The only true guide to creating deliciousness

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1 **Beans**

Classic Black Beans and Rice



 $15 \, \mathrm{minutes}$



20 minutes



4 Portions

Calories 340

Preparation

Cook rice in chicken stock with peas

Meanwhile, dice and saute onion, pepper, and garlic over medium-high heat in a pot until tender, about 8-10 minutes

Stir in remaining ingredients, and bring to a boil

Reduce heat, and simmer 10 minutes

Serve over rice

Ingredients

white rice 1 cup

 $1 \, \mathrm{tsp}$ chicken buillon

 $2\,\mathrm{tb}$ frozen peas

 $2 \, \mathrm{tb}$ olive oil

onion, finely

chopped

green pepper,

finely chopped

1/2Habanero

pepper, finely

chopped

2 cloves garlic, minced

15.5oz can Goya Black

Beans

(undrained)

 $3/4 \,\mathrm{cup}$ water

> $1 \operatorname{tsp}$ Oregano

1 packet Sazon Goya

without Annatto

1tb white wine

Chicken 2

Cajun Chicken

Add additional spices to taste

Serve hot cajun chicken/broccoli mixture over

- $20\,\mathrm{minutes}$
- 20 minutes
- 4 Portions

Preparation

paration	Ingredients	
Mince garlic and onion	$2 \mathrm{lb}$	Chicken
Cut abidron into amall over hit gized abunda	4 Cloves	Garlic
Cut chicken into sman even bit sized chunks	2	Yellow Onions
Mix Paprika Chile Powder Dried Oregano Onion	$1\mathrm{tbsp}$	Olive Oil
• ,	$2\mathrm{Heads}$	Broccoli
epper Flakes, Salt, and Cayenne Pepper		Julliened Sun
		Dried Tomatoes
Dry-rub chicken in spice mix	1 Bunch	Scallions (Green
-		Onions)
Start to boil water for pasta	$1\mathrm{pint}$	Heavy Cream
Start to boil water for pasta Sautee garlic and onion in olive oil until onion is translucent	$1 \operatorname{Box}$	Penne (Or favorite
		Pasta)
	$3\mathrm{tbsp}$	Paprika
Add and sautee chicken	$3\mathrm{tbsp}$	Chile Powder
	$3\mathrm{tbsp}$	Dried Oregano
Cut broccoli heads into small chunks	$2\mathrm{tbsp}$	Onion Powder
	$2\mathrm{tbsp}$	Garlic Powder
Add broccoli and cover, allow steam to cook broccoli	$2\mathrm{tbsp}$	Black Pepper
(turn bright green, but not mushy, 4 minutes)		Crushed Red
		Pepper Flakes
	$1\mathrm{tsp}$	Salt
and scallions; bring to simmer	$1 \operatorname{tsp}$	Cayenne Pepper
Cook pasta while sauce simmers		
	Mince garlic and onion Cut chicken into small even bit sized chunks Mix Paprika, Chile Powder, Dried Oregano, Onion Powder, Garlic Powder, Black Pepper, Crushed Red ber Flakes, Salt, and Cayenne Pepper Dry-rub chicken in spice mix Start to boil water for pasta Sautee garlic and onion in olive oil until onion is translucent Add and sautee chicken Cut broccoli heads into small chunks Add broccoli and cover, allow steam to cook broccoli (turn bright green, but not mushy, 4 minutes) Pour in heavy cream and add sun dried tomatoes and scallions; bring to simmer	Mince garlic and onion Cut chicken into small even bit sized chunks Mix Paprika, Chile Powder, Dried Oregano, Onion Powder, Garlic Powder, Black Pepper, Crushed Red Der Flakes, Salt, and Cayenne Pepper Dry-rub chicken in spice mix Start to boil water for pasta Sautee garlic and onion in olive oil until onion is translucent Add and sautee chicken Cut broccoli heads into small chunks Add broccoli and cover, allow steam to cook broccoli (turn bright green, but not mushy, 4 minutes) Pour in heavy cream and add sun dried tomatoes and scallions; bring to simmer 2 bd Cloves 2 tbsp 1 tbsp 3 tbsp 3 tbsp 2 tbsp 2 tbsp 1 tsp 1 tsp

Chicken Piccata

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20 minutes



20 minutes

O 4 Portions

Preparation

Start to boil water for pasta

Slice Chicken into thin fillets and dredge with flour (add salt and pepper to taste)

Sautee 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 sauteed

Mince three quarters of the fresh parsley

Crush and mix boulion cubes with water (1 Cup water per cube), add juice from lemons, capers, and half the minced parsley

Return all fillets to pan and pour in boulion-lemon mixture; bring to simmer

(Optional) Add used lemon halves to pan and simmer with chicken (adds more lemon flavor and can be added to visual presentation on plates)

Optional) Add a dash of heavy cream or more butter or corn starch to adjust consistency (creamy vs. buttery vs. brothy)

Cook pasta while sauce simmers

Add additional spices to taste (black pepper, oregano, parsely, lemon)

Serve hot chicken and sauce over pasta, present with a half lemon, sprig of parsley, and sprinkled with minced fresh parsley.

2 lb Chicken

1 Pile Flour

8 tbsp Butter

4 tbsp Olive Oil

3 Lemons

2 Boulion Cubes

1 Jar Capers

1 Bunch Fresh Parsley

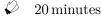
1 Dash Heavy Cream

(Optional)

1 Box Linguine (Or

favorite Pasta)

Ginger Chicken



20 minutes

O 4 Portions

Preparation

Stir together sherry, soy sauce, water, and cornstarch.

Heat a wok or large skillet over high heat, with 1 to of oil

9 Stir-fry ginger root for about 45 seconds

Add carrots, and stir-fry until tender (about 5 minutes)

Add bok choy, pea pods, and scallions, then stir fry until bok choy wilts (about 5-7 minutes)

Remove vegetables from the wok, and place in separate bowl

Add remaining cooking oil, and cook chicken in wok until done (about 5 minutes)

Push chicken from center of wok, stir soy sauce mixture, and add to center of wok

Cook until mixture is thickened and bubbly

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 Soy Sauce 3 tbsp Water 1 tbsp $1 \operatorname{tsp}$ Corn Starch Chicken Breast 1 lb (bite sized pieces) 2 tbsp Cooking Oil Medium Ginger Root $3/2 \,\mathrm{Cups}$ Bias-sliced

 $\begin{array}{cc} & \text{Carrots} \\ 7/2\,\text{Cups} & \text{Bok Choy} \\ 2\,\text{Cups} & \text{Fresh Pea Pods} \\ 1\,\text{Bunch} & \text{Scallions} \end{array}$

 $\begin{array}{cc} & 1 & {\rm Habanero} \\ 3/2\,{\rm Cups} & {\rm Cooked~Rice} \end{array}$

Red Curry Chicken

 \bigcirc 20 minutes

20 minutes

O 4 Portions

Preparation

Boil water for potatoes

Skin and dice sweet potatoes, start to boil until slightly soft

Start to cook rice

Trim and wash string beans

Skin, wash and slice carrots

Wash and slice scallions

Cut chicken into small even bit sized chunks, salt and pepper to taste

8 Briefly sautee red curry paste in olive oil until fragrent (2 minutes)

Sautee chicken in red curry paste

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

Add cumin, tumeric, corriander, etc. to taste.

? Serve hot curry mixture over rice

Hint

Replace chicken with shrimp for a twist!

Ingredients

2 lb Chicken

 $2\,{\rm tbsp} \quad {\rm Red} \ {\rm Curry} \ {\rm Paste}$

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)

3 Cocktails

Manhattan

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2 minutes



 $0 \, \text{minutes}$



1 Portions

Preparation

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Pour rye and vermouth into a rocks glass

Add a dash of bitters

Drop in lemon twist garnish

Ingredients

2 oz Rye Whisky

 $1\, oz \quad Sweet \ Vermouth$

1 dash Angostura Bitters

1 twist Lemon Rind

Hint

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

4 Rice

Vegetable Fried Rice

 \bigcirc 20 minutes

20 minutes

O 4 Portions

Preparation

Cook rice in chicken stock

Meanwhile, heat cumin seeds in olive oil in a wok until fragrant

Mince garlic, and add to wok. Saute until brown, about 2 minutes

Dice onions and carrots, and add to wok with peas

Saute, stirring constantly, until softened (about 5 minutes)

Move vegetables to side of wok, and crack all 6 eggs into the bottom of the wok

Cook the eggs through, moving to mix the yolk and whites

Mix eggs and vegetables together, add cooked rice

Cut scallions into 1 inch pieces, and add to the rice

Add soy sauce, and mix well

Season with salt, pepper, and additional soy sauce to taste

Ingredients

 $\begin{array}{cc} 1\,\mathrm{tb} & \mathrm{olive\ oil} \\ 1\,\mathrm{tsp} & \mathrm{cumin\ seeds} \\ 4\,\mathrm{cloves} & \mathrm{garlic} \end{array}$

2 cups Basmati rice 2 tsp chicken buillion

4tb soy sauce

2 onions

1 bunch scallions

4 large carrots

 $1/2 \operatorname{cup}$ frozen peas

6 eggs

5 Soups

French Onion Soup

- 90 minutes
- abours 2 hours
- O 4 Portions

Preparation

- Heat butter and oil in a soup pot over medium heat until butter melts
- Add onions and thyme, stir to coat
- Cook over medium heat, stirring occasionally and making sure onions do not scorch until onions begin to brown, about 15 minutes
- Reduce the heat to medium-low and continue to cook, covered, stirring, until they are a rich brown, about 40 minutes
- Stir in sherry/cognac, and increase heat to high
- Cook, stirring constantly, until sherry/cognac has evaporated
- Stir in broth, and bring to a boil
- Reduce the heat and simmer, partially covered, for 20 minutes
- Season with salt and pepper
- Serve into bowls, then top bowls with one slice of french bread

 Place one slice of provolone, then one slice of swiss on each bowl

Use broiler to melt cheese until it browns, then serve

Ingredients

2 tbsp Butter

$2\mathrm{tbsp}$	Olive Oil
5	Yellow Onions
$1\mathrm{pinch}$	Dried Thyme
$2\mathrm{tbsp}$	Dry Sherry or
	Cognac
$7/2 \mathrm{Cups}$	Vegetable Broth
$1\mathrm{tsp}$	Salt
$1/4 \operatorname{tsp}$	Black Pepper
4 slices	French Bread
$4 \mathrm{slices}$	Provalone Cheese

4 slices Swiss Cheese

Hint

580 calories per bowl

Mushroom Barley Soup

■ 1 hours

© 6 Portions

Preparation

Saute onion in butter for 5 minutes

Add barley, and simmer for 5 minutes

Add the rest of the ingredients (except mushrooms), and cook for 1 hour

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

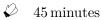
 $1/2 \operatorname{tsp}$ Black Pepper

1 thing Mushrooms

Hint

580 calories per bowl

Red Lentil Soup



45 minutes

O 4 Portions

Preparation

Saute onion, garlic, carrots in soup pot over mediumhigh heat for 10 minutes, until tender

Add water, lentils, buillon, and seasoning

Bring to a boil, and simmer (covered) for 25 minutes $\,$

Serve with lemon wedges + mint as garnish

Ingredients

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

Hint

 $275\ calories\ per\ bowl$