

Elias's Cookbook

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1 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 sauttee 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 thing 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 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)

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!

2 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 Cubes 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