

# The Book of Cook

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The only true guide to creating deliciousness

*Authors:*

Elias Szabo-Wexler  
Mark Wilkening

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## 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 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, corn-starch, 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!*

## 4 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

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### 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

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### 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

## 5 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 over 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 mixture to a 9 x 13 baking tray, then sprinkle half the remaining cheese 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

## 6 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

## 7 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



## 8 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

## 9 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

## 10 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*

## 11 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