

The Book of Cook

The only true guide to creating deliciousness

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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 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 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 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 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
- 4 Mince three quarters of the fresh parsley
- 5 Crush and mix boullion 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 boullion-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, parsely, 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 Boullion 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!

3 Cocktails

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.

4 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

5 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