

Daniel's Recipe Book

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★ indicates low calorie recipes

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Breads and Baked Goods

No Knead Bread

1 loaf

450 g [bread] flour
2 tsp instant yeast
2 tsp kosher salt
375 ml warm water
(~ 43°C, ~ 110°F)

Making the Dough: Mix water and yeast, let sit 5 min. Mix flour and salt in a large bowl. Add water and yeast mixture, then use a spatula to mix until all flour is incorporated. Dough will be wet and sloppy—not kneadable, but not runny like cake batter.

Rise—Cover with a damp towel or plate for 2-3 hours, until it doubles in volume.

- Optional—refrigerate to develop a more complex flavour for 18 hours or up to 3 days
- Remove from fridge and leave at room temperature for 1 hour

Preheat Oven to 230°C/450°F, put Dutch oven in oven with lid on. Once temperature is reached, wait a minimum of 30 minutes for Dutch oven to preheat.

Shape Dough—While preheating the oven, sprinkle flour on your work surface. Scrape dough onto work surface, and fold sides of dough inwards at least 6 times, bursting bubbles in the dough and forming into a sphere. Transfer to parchment paper seam side down, and cover with bowl until oven is heated (~ 30 minutes).

Transfer Dough—cut slits in top of dough, transfer to dutch oven, place lid on. Bake 25 minutes covered, then 15 minutes uncovered.

Let cool for at least 30 minutes.

Focaccia

36 pieces

7 g instant yeast
2 tbsp kosher salt
3 cups warm water
(~ 43°C, ~ 110°F)
780g bread flour
3/4 cup extra-virgin olive oil
Flaky salt
Fresh rosemary

Making the dough: Combine water and yeast, let sit for 5 minutes. Add flour and kosher salt. Using a stand mixer with the dough hook attachment, mix on lowest setting to combine. Once combined, mix on med-high for 5 minutes. Let rest under a damp towel in the mixer for 10 minutes. Remove towel and continue mixing on med-high for 15 minutes.

First rest of the dough: Add 1/4 cup of EVOO to a large bowl. Add dough to bowl and cover with damp towel for at least 1 hour, or until doubled in volume.

Second rest of the dough: Add 1/4 cup of EVOO to a large sheet pan. Lift and fold dough at least 4 times in it's bowl, then place in sheet pan. Spread out, and let rest for 10 minutes if it doesn't reach the corners of the pan. Cover with an inverted sheet pan for 45 minutes or until it reaches the height of the pan.

Cooking the dough: Dock the dough with oiled fingertips, breaking up and large bubbles that have formed. Spread out remaining 1/4 cup of EVOO over the dough, and place all desired toppings (fresh rosemary and flaky salt is great). Bake at 450°F on bottom rack for 20-25 minutes, move to top rack for ~ 5 minutes to crisp top of necessary. Let cool 5 minutes before removing from sheet pan.

Cream Biscuits

4 biscuits

142 g flour
0.5 tsp kosher salt
1.5 tsp baking powder
150 ml heavy cream

Mix all ingredients in a bowl to a shaggy dough.

Lay out into a formed rectangle and divide into 4 equal pieces.

Place on a baking sheet in a 400°F preheated oven for 15-20 minutes.

Banana Oatmeal Muffins

12 muffins - 134 calories ea.

From Karen Munn (The Siobhan and Alex Cookbook).

1 cup rolled oats	Combine oats and buttermilk.
1 1/2 cup flour	
1/2 cup brown sugar	Beat the eggs, and stir in the oil.
2 tsp baking soda	
1 1/4 cup buttermilk	Combine flour, sugar, and baking soda. Add in the
1/4 cup oil	wet ingredients and chocolate, if using, and mix well.
2 eggs	
1 cup bananas (about 3 medium bananas)	Bake at 375°F for about 20 minutes.
1 cup semi-sweet chocolate chips (+66 cal)	

Breadmaker White Bread

1 Loaf

1 cup + 3 tbsp warm water	Set bread maker to regular crust, basic bread settings.
2 tbsp neutral oil	Add all ingredients, keeping yeast dry on top of flour.
1½ tsp salt	Turn on and let bake. Once done, remove from bread
2 tbsp sugar	maker and let cool for 1 hour.
3¼ (390g) flour	
2 tsp yeast	

Breadmaker Cinnamon Raisin Bread

1 Loaf

1 cup warm water	Set bread maker for regular crust, sweet bread settings. Add ingredients in order, being sure to keep
2 tbsps kosher salt	yeast dry. Add raisins when bread maker indicates
2 tbsp white sugar	(beep, often about 3:15h in.) Remove from bread
2 tbsp brown sugar	maker when complete and let cool for 1 hour.
1 heaping tsp cinnamon	
3 cups (360g) flour	
2½ tsp yeast	
¾ cup raisins, soaked for 5	
minutes in hot water	

Breadmaker Citrus Cranberry Bread

1 Loaf

1 cup warm water	Set bread maker for regular crust, sweet bread settings. Add ingredients in order, being sure to keep
2 tbsps kosher salt	yeast dry. Add dried cranberries when bread maker
2 tbsp white sugar	indicates (beep, often about 3:15h in.) Remove from
2 tbsp brown sugar	bread maker when complete and let cool for 1 hour.
1 heaping tsp	
lemon/orange zest	
3 cups (360g) flour	
2½ tsp yeast	
¾ cup dried cranberries,	
soaked for 5 minutes in	
hot water	

Curred and Prepared Meats

Breakfast Sausage

varies by weight

450 g [bread] flour

words words words

2 tsp instant yeast

2 tsp kosher salt

375 ml warm water

(~ 43°C, ~ 110°F)

Bacon

varies by weight

From Joshua Weissman How to Make The Best Homemade Bacon.

Large batch Dry Cure:

400g kosher salt
200g granulated sugar
60g pink curing salt

Bacon:

1½ kg (or larger) skin on,
pork belly
3 cloves garlic
2 sprigs rosemary

Creating the Cure

Combine salt, sugar and curing salt and whisk to combine well. Store in a sealed mason jar.

Cure the pork belly

Cure the pork belly at a 2.5 percent cure. Multiply the weight of your pork belly in grams by .025 and the number you get from that will be the amount of dry cure that you need to use on the bacon. So in other words a 1600g pork belly would require 40g of dry cure.

Cover the pork belly in the cure and place in a plastic bag (add garlic and rosemary, or other aromatics of choice) for 7 to 10 days, flipping half way through.

Rinse off and pat dry.

Cook the Pork Belly

Cook at 200°F until the internal temperature reaches 150°F. This can be done in an oven on a rack above a baking sheet, or in a smoker. This will take between 2 and 4 hours likely, depending on the size of the pork belly and consistency of the heat.

Cool and Slice

Let the pork belly cool at room temperature for about 10 minutes, until its cool enough to handle. Carefully remove the skin using a knife. Once removed, wrap the pork belly tightly in plastic wrap and refrigerate overnight.

Slice to your desired thickness. To store, freeze on parchment lined baking sheets in a single layer. Once frozen, remove from baking sheets and put in a ziplock bag. Store for up to 3 months in the freezer.

Easy Capocollo

varies by weight

Pork Shoulder
Kosher Salt
Pink Curing Salt
Whole Cloves

This curing method uses *equilibrium curing*, and it is expedited by the use of your refrigerator.

Cure

The cure is created by combining 1 part curing salt and 5 parts kosher salt. This will be used as a 0.5% curing salt by weight/2.5% salt by weight cure when applied to the pork.

Cut your pork shoulder into 100-200g pieces. Weigh each piece, multiply that weight by 0.03-0.04 to get the weight of the pre-mixed cure that must be added to each piece. Once the cure is weighed out and applied to each piece evenly on all sides with none remaining, vacuum seal them individually for 5-7 days.

Drying

Once cured for 5-7 days, remove from the vacuum bags and pat dry. Press cloves into the exterior and wrap in cheese cloth. Weigh and record current weight. Tie string around them and hang in your refrigerator, they are done drying when they have lost 35% of their weight (ie. if current weight is 147g, it will be done when it reaches 95g.). This process should take 2-4 weeks. Check on them often.

Storage

Remove cheese cloth and vacuum seal for long term storage in your refrigerator.

Breakfast and Brunch

Pancakes

4-6 people

From Adam Ragusea Pancakes 101.

2 tbsp (28g) butter
2 tbsp (25g) sugar
1 egg
2 tsp (5 ml) vanilla
1³/₄ cups (400ml) milk
1 tsp salt
1 heaped tbsp (16 g)
baking powder
1¹/₂ – 2¹/₂ cups (200-300g)
flour

Melt the butter without getting it too hot, mix in the sugar, then beat the egg in thoroughly. Mix in the vanilla, milk, salt and baking powder/soda. Start mixing in a conservative amount of flour, then keep mixing until you get the thickness you want. The thicker the batter, the thicker the pancake. Be sure to not over-mix — the batter should be full of small lumps. Let the batter rest a few minutes while you heat up your pan.

Heat your cooking surface of choice (I use nonstick) to a low-moderate heat and smear it with butter. When the butter is just starting to brown, pour on the pancakes. When there are lots of bubbles on the surface, flip the pancakes and cooking until they look cooked, then cook them another minute before removing to a cooling rack.

To keep them warm while the remaining batches cook, set your oven to 170°F and place cooling rack in the oven.

★Spinach Quiche

12 servings - 358 calories

From Smitten Kitchen.

Crust:

1²/₃ cup (215 g) all-purpose flour
3/4 tsp kosher salt
12 tbsp (170 g) cold unsalted butter, diced
3 tbsp (45 g) very cold water

Filling:

Nonstick spray oil, for coating pie dish
3/4 (176 g, 6 oz, or 3/4 of an 8-oz brick) cream cheese, soft at room temperature
2/3 cup (155 ml) half-and-half or 1/3 cup each whole milk and heavy cream
6 large eggs
2 10-oz (283-g) packages frozen chopped spinach, thawed
1 cup (115 g or 4 oz) grated cheddar or Gruyere
1/2 cup (50 g) finely grated Parmesan
1 small bundle (2 to 3 oz or about 8 thin green onions) thinly sliced
1 tsp kosher salt
1/2 tsp freshly ground black pepper

Crust

In a food processor, blend flour and salt together. Add butter and pulse machine until butter is reduced to a fine meal, or couscous-sized bits. While running machine, drizzle in water; stop when dough has balled, a few seconds later.

Wrap dough in plastic or waxed paper and set in freezer to quick-chill until firm but not rock-hard, about 15 to 20 minutes. You can also chill it in the fridge for 2 hours or up to 1 week until needed.

Lightly coat a deep pie dish with oil.

To roll out crust: Flour your counter well. Remove crust from freezer or fridge, unwrap and flour the top of it. Even if it's very hard, begin rolling it very gently, in light motions, so it doesn't crack too much as you stretch it out. Keep flouring top and counter underneath dough as it is prone to sticking. Work as quickly as possible because this dough softens even more than regular pie dough as it warms.

Transfer dough to prepared pie dish. Trim overhang. To press in crust: Press dough in an even layer across bottom of dish. Freeze shaped dough until solid, about 20 minutes. Save your scraps. You can use them to patch any holes or cracks formed when baking.

Meanwhile, heat oven to 425 degrees F. Coat a large sheet of foil lightly with spray oil. Once crust is solid, prick it all over with a fork and press foil, oiled side down, tightly against dough. Fill foiled crust to the top with pie weights, dried beans or rice (that you don't plan to eat at any time) or even pennies. Bake for 20 minutes then gently, carefully remove foil and weights and bake for 5 more minutes, unfilled.

Filling

Use an electric mixer or your best whisking skills to beat cream cheese in the bottom of a large bowl until smooth and fluffy. Gradually drizzle in half-and-half, whisking the whole time so that the mixture incorporates smoothly. Whisk in eggs, two at a time, until combined. Squeeze out spinach in handfuls, removing as much extra moisture as possible. Stir in spinach, cheddar, Parmesan, scallions, salt and pepper.

Quiche

When crust has finished par-baking, leave oven on. Inspect crust for cracks or holes and use reserved dough to patch them if necessary. Pour in filling just to the top of the crust. You may have more filling than you can fit in the crust; you can bake this off in a separate oiled dish for an excellent breakfast on toast tomorrow.

Bake quiche until crust is golden brown and filling is set, about 25 minutes. Cool at least 10 minutes before serving. Quiche keeps in fridge for 4 to 5 days.

Sides and Appetizers

Classic Swiss Fondue

4 servings - 771 calories

From The Good Housekeeping Illustrated Cookbook by Zoe Coulson (p. 155).

1 lb (454 g) shredded Swiss cheese	Combine the cheese and the flour, set aside.
3 tbsp flour	Rub inside of fondue pot or saucepan with halved garlic clove; discard garlic.
1 garlic clove, halved	
1 1/2 cup dry white wine	
1 tbsp kirsch, brandy, or lemon juice	Pour wine into pot. Over low heat, slowly heat wine until hot but not boiling (small bubbles start to form). Stir in the kirsch, brandy or lemon juice.
Pinch of pepper	
Pinch of grated nutmeg	
1 French baguettes, cut into chunks, for dipping	Add the cheese to the wine by handfuls, stirring constantly with a wooden spoon until cheese is melted. Stir in pepper and ground nutmeg.

Soups and Salads

French Onion Soup

loads

450 g [bread] flour

words words words

2 tsp instant yeast

2 tsp kosher salt

375 ml warm water

(~ 43°C, ~ 110°F)

Mains

Pizza

4 medium pizzas

7 g instant yeast Words words words
2 tbsp kosher salt
3 cups warm water
(~ 43°C, ~ 110°F)
780g bread flour
3/4 cup extra-virgin olive oil
Flaky salt
Fresh rosemary

Lasagna

unknown

450 g [bread] flour words words words
2 tsp instant yeast
2 tsp kosher salt
375 ml warm water
 (~ 43°C, ~ 110°F)
Bolognese (see p. 28 or p.
 29)

Italian Lasagna

unknown

450 g [bread] flour

words words words

2 tsp instant yeast

2 tsp kosher salt

375 ml warm water

(~ 43°C, ~ 110°F)

Bolognese (see p. 28 or p.

29)

Biscuits and Gravy

4 servings

450 g [bread] flour	words words words
2 tsp instant yeast	
2 tsp kosher salt	
375 ml warm water	
(~ 43°C, ~ 110°F)	

★Saag Paneer

6 portions - 300 calories

From 101 Cookbooks.

1 1/2 pounds fresh (baby) spinach, well washed and dried (or frozen)
2 tbsp ghee, clarified butter, or unsalted butter
8 - 12 oz paneer cheese, cut into 1/2-inch cubes (see p. 33)
2 medium onions, finely chopped
Scant 1/2 tsp fine grain sea salt
3 medium garlic cloves, finely chopped
1 tbsp grated fresh ginger
1 tbsp Saag Paneer Spice Mix (p. 34)
1/4 tsp ground turmeric
1 cup buttermilk
splash of cream or dollop of plain yogurt (optional)
fresh lemon to finish

Chop the spinach well, and set aside in a large bowl.

While you're chopping spinach, cook the paneer in one tablespoon of the butter over medium heat in a large skillet. Make sure the paneer is in a single layer and use a spatula to flip it regularly so all sides get deeply brown. This typically takes 7 minutes or so. Remove from the pan and set aside.

Heat the other tablespoon of butter in your largest soup pot. Add the onions and salt, and saute until the onions soften up, five minutes or so. Add the garlic, ginger, spice mixture, and turmeric. Cook, stirring frequently, until fragrant and nicely combined - a minute or two.

Turn the heat up to medium-high and add the spinach to the pan all at once, if possible. Cook, stirring all the while, until the spinach is collapsed and wilted, a couple of minutes. If you need to add the spinach in batches (adding more spinach as it collapses), that is fine too, just do it as quickly as possible.

Stir in the buttermilk and cream and heat gently while stirring. If the mixture seems dry, add more buttermilk a splash at a time (this rarely happens to me). Taste and add more salt if necessary and more red pepper flakes if you like. Add a generous squeeze of fresh lemon juice, stir in the paneer and serve.

Components

Slow Rise Pizza Dough

4 medium pizzas

1 tbsp yeast
1 tbsp sugar
2¹/₄ cups warm water
(~ 43°C, ~ 110°F)
2 tbsp extra-virgin olive oil
600g bread flour
1 tbsp salt

Combine water, sugar, olive oil, and yeast. Let sit for 5 minutes. Mix flour and salt well, add to water yeast mixture. Mix with a spatula until flour is combined. Knead for 15 minutes on med-high speed in a stand mixer, stopping every 5 minutes to scrape sides.

Same Day usage:

- Move to large oiled bowl
- Let rise for 1 hour until doubled in size
- Divide to desired proportions (this makes 4x medium pizzas, probably about 2x large pan pizzas) and store in an oiled bowl, cover.
- Let sit on counter for 1.5 hours.

Premake dough for better flavour:

- Divide to desired proportions (this makes 4x medium pizzas, probably about 2x large pan pizzas) and store in an oiled bowl, cover.
- Let sit in fridge for about 3 days to slow rise (up to 7 days)

This is a wet dough. Pull it out of the bowl onto lots of flour. Slowly start pushing outwards from the center and rotating.

Bolognese

unknown

450 g [bread] flour
2 tsp instant yeast
2 tsp kosher salt
375 ml warm water
(~ 43°C, ~ 110°F)

words words words

Nonna's Meat Sauce

unknown

From Nonna Ivanna.

2 tbsp Olive Oil
1 lb ground beef
1 onion
1 carrot
1 bunch parsley
2 basil leaves
1 sprig dill
1/4 cup water
1 tbsp bouillon mix
2 tsp pepper
1 tbsp cinnamon
1 tbsp nutmeg
1 tbsp Mrs. Dash (optional)
1 pinch hot pepper flakes (optional)
1 can tomato paste
1/2 cup white wine
1 jar crushed tomatoes
salt to taste

This recipe is an attempt at recreating my Nonna's meat sauce. Its pretty darn close.

- Use olive oil to coat pan
- Dice onion and shred carrot, add to pan on medium heat
- Finely chop parsley, basil and dill, add to pot once onion starts to brown (after about 5 minutes)
- Raise temperature to med-high, add water and ground beef, breaking the meat into very small pieces as it cooks
- Once meat is cooked and water has evaporated, add bouillon, pepper, cinnamon, nutmeg, Mrs. Dash, pepper flakes and tomato paste.
- Stir continually until the tomato paste starts to stick to the bottom of the pan, add the white wine to deglaze the pan.
- add jar of crushed tomatoes
- lower heat to low, cover, stirring ever 15 minutes
- let cook for between 1 1/2 and 2 hours
- Salt to taste

Chocolate Peach Hot Sauce

unknown

21 Chocolate Scotch
Bonnet Peppers
7 Peaches
6 tomatoes
3 carrots
4 onions
1 head of garlic
2 tbsp cummin
2 tbsp salt
1 cup white vinegar
1 tbsp neutral oil

Roughly chop onions and sauté in neutral oil. Shred carrots and add. Cook until onion and carrot is soft. Add roughly chopped peaches and tomatoes. Smash cloves of garlic and add. Cook until all ingredients are soft, about 30 minutes. Add salt and cummin. Blend thoroughly. Remove stems from scotch bonnet peppers, add to blender with peach tomato mixture. Add vinegar until desired consistency is reached.

Transfer to bottles/jars and can following provided instructions.

Hot Oil

unknown

Fresh hot peppers (scotch
bonnet/habanero/etc.)

Neutral oil

1 tsp salt per cup of oil

Remove stems from hot peppers and put in food processor until small, even sized, pieces are formed. Add to a pot with oil and salt. Put on med-low heat and cook, stirring regularly, for 40 minutes.

Ricotta

unknown

1 1/2 liters full fat milk
1 1/2-2 tbsp lemon juice or
vinegar

Bring milk to 170°F in a heavy bottom pot. When the milk comes to temperature, pour lemon juice or vinegar. Then gently stir the milk. Immediately you can see the entire milk begins to curdle. Turn off the flame. At this stage if your milk doesn't curdle, pour some more lemon juice immediately to curdle the milk.

Allow it to settle for 1 min and pour it in a thin cheese cloth lined over a colander. Let sit for 10 minutes.

Store in your fridge for up to 1 week.

Notes:

The resulting liquid, whey, is great for baking bread! Use it instead of water for a more flavourful, chewier bread (see p. 3, p. 4, p. 27).

Try adding some heavy cream to the milk! It'll lead to a creamier texture.

Paneer

4 portions - 230 calories

From Indian Healthy Recipes by Swasthi.

1½ liters full fat milk
1½-2 tbsp lemon juice

Bring milk to boil in a heavy bottom pot. When the milk comes to a boil, pour lemon juice or curd or vinegar. Then gently stir the milk. Immediately you can see the entire milk begins to curdle. Turn off the flame. At this stage if your milk doesn't curdle, pour some more lemon juice immediately to curdle the milk. If you continue to cook at this stage, paneer can be hard, so to prevent that you need to use a bowl full of ice cubes or ice cold water to stop it from getting cooked further.

Allow it to settle for 1 min and pour it in a thin cheese cloth lined over a colander. Rinse it under running water to remove the smell of the lemon juice.

Make a knot to the cheese cloth. Squeeze any excess water and hang it for 30 mins to remove excess whey. Place muslin cloth on a plate with holes, place a heavy object on it for the paneer to set. After 1 hour, Remove the cloth and cut it to cubes. Refrigerate the paneer and use up with 2 to 3 weeks. Or freeze up to 3 months.

Notes:

Milk may not curdle if the lemon juice is not sufficient, immediately you must add little more lemon juice/vinegar in that case. Adding too much of lemon juice will make your paneer harder, use just as needed.

The resulting liquid, whey, is great for baking bread! Use it instead of water for a more flavourful, chewier bread (see p. 3, p. 4, p. 27).

Do not overcook the paneer. It can become hard. As soon as the milk begins to curdle switch off the flame.

Saag Paneer Spice Mix

4 tbsp - 25 calories per.

From 101 Cookbooks.

2 tbsp cumin seed
1 tbsp coriander seed
2 tsp mustard seed
1 tsp red pepper flakes
1/8 tsp cardamom seeds
3 whole cloves

Use a mortar and pestle or spice grinder to grind spices as finely as possible. Store in an airtight container and use as needed.

Desserts

Crepe Brulee

4 Servings

From The Good Housekeeping Illustrated Cookbook by Zoe Coulson (p. 155).

7 g instant yeast Words words words
2 tbsp kosher salt
3 cups warm water
(~ 43°C, ~ 110°F)
780g bread flour
¾ cup extra-virgin olive oil
Flaky salt
Fresh rosemary

Ice Cream

2 Qts.

From The Good Housekeeping Illustrated Cookbook by Zoe Coulson (p. 155).

7 g instant yeast Words words words
2 tbsp kosher salt
3 cups warm water
(~ 43°C, ~ 110°F)
780g bread flour
¾ cup extra-virgin olive oil
Flaky salt
Fresh rosemary