

Quarantine Cooking

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April 2020 (last updated July 19, 2021)

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1 Introduction

Welcome to our cookbook. It's simply a compilation of recipes we have enjoyed over the past couple of years. Most recipes are vegetarian (because we are). Recipes have been found from all over the internet and from friends and family. If the section headings aren't what you are looking for, we would recommend looking in the index. We have tagged most recipes with relevant tags so you can find exactly what you want.

Enjoy!

2 Breakfast

Shakshuka

¶ Isaac Spiegel

Preparation

- 1 Preheat oven to about 350°F . Heat 4-5 tablespoons of oil in a large cast iron pan.
- 2 Chop the onions and peppers and saute in the hot pan until dark brown.
- 3 Add the garlic, paprika, cumin, cayenne and salt. Saute for about 5 more minutes.
- 4 Add the crushed tomatoes and let simmer. The length of this simmer is up to you, a longer simmer means a chunkier final product.
- 5 Dig out a small hole, go all the way to the bottom of the pan and crack an egg into it. Repeat this 3-5 more times.
- 6 Crack some fresh pepper on top of the eggs. Crumble the entire block of feta, covering the entire pan with cheese.
- 7 Put in the oven and cook until the eggs have set. Should take about 10 minutes, but keep an eye on them so you can get nice runny eggs.

Ingredients

4-5 tbsp	olive oil
1	pepper
1	onion
1	can of crushed tomatoes
1-2 tsp	paprika
1-2 tsp	cumin
1-2 tsp	cayenne
1-2 tsp	salt
1	feta block
2 cloves	garlic
4-6	eggs
Some	pepper

Pancakes

Martha Stewart

Preparation

- 1 Preheat oven to 200°F and place a cookie sheet in the oven so that you can keep the pancakes warm after you make them.
- 2 In a small bowl, combine the flour, sugar, baking powder, and salt.
- 3 In another small bowl, combine the milk, oil (or melted butter), and egg. Add the dry ingredients to the wet ingredients and whisk until just moistened, small lumps are perfectly fine.
- 4 Heat a large skillet over medium heat. Coat the pan with a thin layer of oil.
- 5 Spoon about 1/4 cup of the batter onto the skillet. Cover with the toppings of your choice (e.g. chocolate chips, banana slices, blueberries, etc.)
- 6 Cook until surface of pancakes are covered in bubbles, then flip with a spatula. Cook until browned. Each side should take 1-2 minutes.
- 7 Throw onto the baking sheet in the oven to keep warm after cooking.

Ingredients

130 g	flour
2 tbsp	sugar
2 tsp	baking powder
1/2 tsp	salt
1 cup	milk
2 tbsp	vegetable oil
1	egg



Tortang Talong (Filipino Eggplant Omelet)

Preparation

- 1 Preheat oven on broil setting. Prick eggplants several times with a fork. Broil them until brown/black on the outside, about 15 minutes, flipping halfway.
- 2 Let eggplants cool and then peel off the skin. Place them on a flat surface and flatten using a fork, making sure the stem stays intact.
- 3 Beat eggs in a shallow bowl or baking tray, add salt and pepper to taste. You will need 1-2 eggs per eggplant. Dip the flattened eggplants into the mixture, ensuring both sides are soaked.
- 4 Heat a skillet with oil (about 1 cm depth) and proceed to fry the eggplants. Fry about 3-4 minutes per side on medium heat.
- 5 After frying, set eggplants aside on paper towels so the oil can drain. Serve with rice and banana ketchup.

Ingredients

vegetable oil
Asian (long) eggplants
eggs
salt + pepper to taste

Mushroom Tocino

 <https://thefoodietakesflight.com/vegan-mushroom-tocino/>

Preparation

- 1 Mix together all the ingredients for the marinade in a large bowl until the sugar has dissolved. Feel free to adjust to your desired sweetness and acidity.
- 2 Mix the mushrooms in the marinade to completely soak and coat in the sauce. Leave the mushrooms to sit for at least 15 minutes. You can also refrigerate these to marinate overnight.
- 3 Note: if cooking some sinangag (garlic fried rice), I suggest to cook this in the same pan before cooking the mushrooms.
- 4 Heat a large pan over medium high heat. Once hot, add in the oil. Place the mushrooms along with the marinating liquid into the pan. Leave the mushrooms to cook over medium to medium high heat until the liquid slowly evaporates. The sugars will slowly cook down and start to beautifully coat the mushrooms.
- 5 You can leave the mushrooms untouched for 3-4 minutes to lightly brown and char at the bottom before mixing to cook the remaining sides. You can add a pinch of salt to season the mushrooms, if you'd like.
- 6 Continue to cook the mushrooms down until all the sauce has been absorbed and the mushrooms have turned shiny and have a thin glaze-like coating from the sugars that have cooked down.
- 7 Serve your tocino with some sinangag (garlic fried rice), suka't sili (vinegar with some chiles and onions), and kamatis (tomatoes) for the perfect hearty Filipino breakfast that can also be enjoyed any time of the day. Enjoy!

Ingredients

Marinade

3-4 tbsp	brown sugar
2 cloves	garlic
1 tbsp	soy sauce
1 tbsp	vinegar
3 tbsp	pineapple juice
1/2 tsp	annato or atsuete powder (optional)
	ground black pepper

Tocino

250 g	fresh oyster mushrooms
1 tbsp	neutral oil
pinch	salt

Hint

This recipe can be adapted to use other types of mushrooms, seitén, or tofu!

3 Curries

Baingan Masala (Spicy Eggplant Curry)

Preparation

- 1** Heat 5-7 tablespoons oil in a large pan on medium-high heat.
- 2** Chop up the ginger into small pieces. Cut the tomatoes into large pieces.
- 3** Add the garlic powder, onion powder, green chilies, chopped ginger, turmeric, and tomatoes to the pan. Mix well and saute for 1 minute.
- 4** Add the coriander powder, chili powder, and shredded coconut. Mix in and saute for 1 minute. Put heat on low and cover for 2 minutes.
- 5** Add 1 teaspoon of salt and mix well. Remove the pan from the stove and set aside to cool. Once the mixture is cool enough, blend it into a smooth paste.
- 6** Cut the eggplant up into large cubes (or cut Xs into the bottoms of small eggplants all the way to the stem).
- 7** Heat deep frying oil on medium to high heat. (Also now is a good time to pressure cook some rice)
- 8** Gently add the eggplant to boil(Don't splash the oil!).
- 9** Deep fry for 3-4 minutes, or until soft, stirring after 1 minute and flipping occasionally for even cooking. Set aside on paper towels to drain oil.
- 10** Heat 4-5 tablespoons oil on high heat. Add the cumin seeds, mustard seeds, bay leaves, and cinnamon stick. Saute until fragrant (the mustard seeds popping is normal, but don't let it go too crazy).
- 11** Add the blended paste (be careful it will probably splash a bit), and add about 1 teaspoon salt, or to taste and mix well.
- 12** Stir until the mixture begins to bubble. Lower the heat and cover. Let simmer for about 6 minutes.
- 13** Add the water to the blender (gotta clean out all of the yummy paste) to rinse it off.
- 14** Add the blender water to the stove and mix well. Bring the mixture to a boil. Lower the heat a bit and let simmer for 3 minutes with the lid on.

Ingredients

plenty of	oil
1/4 tsp	garlic powder
1/4 tsp	onion powder
4	green chilies
2 tbsp (22 g)	ginger
3/4 tsp	turmeric
	powder
5	tomatoes
3 tsp	coriander
3 tsp	powder
	kashmiri chili
3 tbsps	powder
	shredded
	coconut
2 tsp (divided)	salt
800 g	eggplant
1 1/2 tsp	cumin seeds
1 tsp	mustard seeds
3	bay leaves
1	cinnamon stick
2 cups	water
3/4 tsp	garam masala
4-5 sprigs	cilantro (coriander) leaves

15 Add the fried eggplants and mix well. Set the heat to medium, cover with a lid and cook for 5 minutes.

16 Add the garam masala and cilantro leaves, mix well. Enjoy!



- You can add 4 dried kashmiri chilies at the beginning if you want extra heat, but the 4 green chilies are plenty
- Instead of the 5 tomatoes you can use 600 grams crushed tomatoes. Then you can avoid cutting up the tomatoes!

Sarson ka Saag Paneer

● 4-6 Portions

📄 <https://www.cookwithmanali.com/sarson-ka-saag/>

Preparation

- 1** Add the chopped onion, garlic, ginger and green chilies to the pressure cooker on ‘saute’ mode. Saute for a few minutes until parts of the onion turn brown. Wash and chop the greens then add them to the pressure cooker.
- 2** Add tomatoes and white radish. Then add the red chili powder and salt. Add 1.5 cups water and stir.
- 3** Cook on high pressure for 5 mins and then let the pressure release naturally. Alternatively, you can also cook everything on a stove top for 20-25 minutes until soft.
- 4** Open the instant pot and then use an immersion blender to puree the saag. If you don’t have an immersion blender, wait for it cool down a bit and then puree using your regular blender.
- 5** Blend to a coarse paste. You can make it as smooth/coarse as you like.
- 6** Transfer saag to another pot on stove top over medium-low heat. Add 2 tablespoons of maize flour to the saag and mix, this helps in thickening the saag. Regular flour or cornstarch can also be used if you don’t have maize flour.
- 7** Set heat to low and let the saag simmer for 20 to 25 minutes on low heat. It will thicken as it simmers.
- 8** In the meantime, cut up your paneer into half inch cubes and pan fry with oil or ghee until they are brown on each side.
- 9** For the final tadka, heat a small pan on medium heat. Once the pan is hot add ghee to it and then add hing and chopped garlic cloves. Saute for few seconds and then add the chopped onion and dried red chilies.
- 10** Cook until the onions and garlic turn light golden brown. Add the coriander powder and garam masala and mix.
- 11** Transfer the tadka/tempering to the saag and mix. Then transfer the paneer into the saag and mix.
- 12** Serve sarson ka saag with makki roti, sliced onion, jaggery and white butter!

Ingredients

To Pressure Cook

250 g	mustard greens
250 g	mixed greens such as spinach
1	medium onion, chopped
5-6	garlic cloves, chopped
1 in	ginger, chopped
2	green chilies (or to taste), chopped
3 in	white radish, chopped
1/2 tsp	red chili powder
1 tsp	salt
1.5 cups	water
2 tbsp	maize flour

Tempering/Tadka

2 tbsp	ghee
1/4 tsp	hing/asafetida
3-4	garlic cloves, chopped
1	medium onion, chopped
2	dried red chilies
1/2 tsp	coriander powder
1/2 tsp	garam masala

Paneer

2 blocks	paneer, cut into half in cubes
2 tbsp	ghee or oil



Hint

If you have an air fryer, you can use it to fry up the paneer cubes.

4 Side Dishes

Hummus

Preparation

- 1** In a food processor combine the tahini and lemon juice. Process for 1 minute, scrape down the sides of the bowl and process for 30 more seconds.
- 2** Mince the garlic. Add the olive oil, minced garlic, cumin, and $\frac{1}{2}$ teaspoon of salt to the food processor.
- 3** Process for 30 seconds, scrape down the sides of the bowl and process again for 30 seconds.
- 4** Add half of the drained chickpeas and process for 1 minute.
- 5** Scrape down the sides of the bowl and add the remaining chickpeas. Process until smooth, 1-2 minutes.
- 6** If the hummus is still thick or chunky, add water a tablespoon at a time while the processor is on. Should only require about 2 to 3 tablespoons of water.

Ingredients

1/4 cup	lemon juice
1/4 cup	tahini
1 clove	garlic
2 tbsp	olive oil
1/2 tsp	cumin
1 tsp	salt
250 g	cooked chickpeas

Baba Ganoush

 <https://www.themediterraneandish.com/smoky-eggplant-dip-baba-ganoush/>

Preparation

1 Smoke the eggplant. Turn 1 gas burner on medium or high (will depend on the burner). Using a pair of tongs, turn eggplant every 5 minutes or so until the eggplant is completely tender and it's skin is charred and crispy (about 15 to 20 minutes.) Don't worry if the eggplant deflates, it's supposed to. (You can also do this on a gas or charcoal grill over medium-high heat.) Remove from heat and let the eggplant cool.

2 Once eggplant is cool enough to touch, peel the charred crispy skin off. Discard the stem. Transfer eggplant flesh to a colander; let drain for 3 minutes.

3 Transfer eggplant flesh to the bowl of a food processor. Add tahini paste, yogurt, garlic, lemon juice, salt, pepper, crushed red pepper, and sumac (if using). Give it just a couple of pulses to combine (do not over blend, you want to keep it chunky).

4 Transfer the baba ganoush spread to a small bowl. Cover and refrigerate for an hour (if you don't have the time, try refrigerating for a few minutes to let the flavors meld and the baba ganoush thicken a bit). Just before serving, top the baba ganoush with a sprinkle of sumac, olive oil, toasted pine nuts, parsley leaves, or anything other Mediterranean spice. Enjoy with a side of warm pita bread or pita chips.

Ingredients

1	large eggplant (or 2-3 small)
2 tbsp	tahini
1-2	garlic cloves, chopped
1 tbsp	lemon juice
to taste	salt and pepper
1/4 tsp	crushed red pepper
1 tsp	sumac, optional

Hint

If you do not have the means to cook the eggplant over an open flame, you can roast the eggplant in the oven at 425 °F for about 30-40 min. Cut the eggplant in half and make slits in the skin before roasting.

Carrot Souffle

- 40 min
- 45 min
- 4-6 Portions
- Mom

Preparation

- 1** Peel carrots and cook in salted water until well done (about 30 minutes). Drain Carrots.
- 2** Melt Butter. Preheat Oven to 275°F
- 3** Put eggs, melted butter, sugar, flour, baking powder, and vanilla in a blender and blend well. Add carrots and blend until the mixture resembles a milk shake.
- 4** Pour into a greased 8x8 inch glass dish and bake at 275°F for 45 minutes.

Ingredients

1 lb.	carrots
4 oz.	butter
3	eggs
1/2 Cup	sugar
3 tablespoon	flour
1 teaspoon	baking powder
1 teaspoon	vanilla extract
to taste	salt

Hint

You can use a food processor instead of a blender.

Noodle Kugel

□ Dave Lieberman

Preparation

- 1 Heat the oven to 375 °F .
- 2 Boil the noodles in salted water for about 4 minutes or until slightly undercooked (it will cook more in the oven). Strain the noodles.
- 3 While the noodles are cooking, melt the butter and drain the pineapple.
- 4 Grease a 9 × 13 inch baking dish.
- 5 Combine all of the ingredients in a large bowl, then transfer to the baking dish.
- 6 Bake for 30-45 minutes or until the top is golden brown.

Ingredients

1/2 lbs	wide egg noodles
1/4 cup	butter
1 lb	cottage cheese
2 cups	sour cream
1/2 cup	sugar
6	eggs
1 tsp	cinnamon
1 can	crushed pineapple in juice

Matzo Ball Soup

¶ Mom

Preparation

- 1** Mix all of the ingredients. Let rest in refrigerator for at least 30 minutes.
- 2** Lightly form the mixture into balls (do not roll the balls).
The key is to form a ball without making it too dense
- 3** Boil in Veggie Stock for 30 minutes

Ingredients

3/4 Cup	Matzo Meal
2	Eggs
3 tablespoons	Oil
	Garlic Salt
	Dill
	Ginger
	Black Pepper

Mexican Rice

-  30 min
-  4 Portions
-  <https://thewoksoflife.com/mexican-rice-recipe/>

Preparation

- 1** Heat 1.5 tablespoons of oil in a deep skillet set over medium-high heat. Add the rice and stir constantly until the rice begins to turn golden brown. The toastier your rice, the tastier it will be.
- 2** Next, add the chicken stock. The mixture will bubble up, and should be followed immediately by the tomato paste or tomato sauce, onion powder, garlic powder, cumin, chili powder, black pepper, and salt.
- 3** Bring to a boil, stirring the tomato paste to dissolve it if using, and cover with a tight-fitting lid. Immediately turn the heat down to low and set a timer for 20 minutes.
- 4** You may want to check on moisture levels while the rice is cooking. If it looks like the rice needs more water, add $\frac{1}{4}$ cup at a time or until you think the rice is cooked well.
- 5** When the rice is done, fluff it with a fork and serve!

Ingredients

1½ tbps	oil
1¼ cups	uncooked white rice
1½ cups	low-sodium chicken or vegetable stock
1 tbsp	tomato paste
½ tsp	onion powder
½ tsp	garlic powder
½ tsp	cumin
¼ tsp	chili powder
¼ tsp	black pepper
¼ tsp	salt

Hint

- If you don't have tomato paste, you can replace it with $\frac{1}{2}$ cup of plain tomato sauce.
- Feel free to add more of the spices than in the recipe. The first time I made this, I accidentally doubled the amounts, and it still turned out great.

Tomatillo Salsa

■ Lucy

Preparation

- 1 Peel and wash the tomatillos.
- 2 In a large pot combine the garlic, onion, and tomatillos.
Note: you do not have to chop or peel the garlic or onion.
Fill with enough water to cover all of the ingredients and bring to a boil.
- 3 Simmer the pot until the tomatillos have completely changed color.
- 4 Drain all of the water and add all of the solids to a blender
- 5 Blend until slightly chunky, then add the jalapenos. If you do not want the salsa to be too spicy you can deseed the jalapenos before adding.
- 6 Blend until jalapenos are combined into the chunky green salsa.

Ingredients

4-5	tomatillos
1 clove	garlic
1/4	onion
1-2	jalapenos

Corn Fritters

Preparation

- 1** Combine all ingredients (except for the oil) in a large bowl
- 2** Heat the oil (make sure its enough to coat the entire bottom of the pan) in a skillet on medium heat
- 3** When the oil is hot, add 2 tablespoons of the mixture to the oil and press down to make flat
- 4** Flip after about 2 minutes, or until the bottom is sufficiently crispy
- 5** Fry on the last side for another 2 minutes, then remove from the oil and place on a paper towel lined plate

Ingredients

190 g	flour
2 cups	corn
50 g	shredded cheddar cheese
15 g	chives
1/2 cup	milk
2	eggs
1 tsp	salt
1 tsp	kashmiri chili powder
1/2 tsp	onion powder
1/2 tsp	garlic powder
1 2 cup	oil

Hint

You can replace the egg with a chia seed egg and the milk with a non-dairy milk

Seitan

Post Punk Kitchen Reddit

Preparation

- 1** In a large bowl, combine all of the dry ingredients and mix well.
- 2** In a separate medium bowl, combine all of the wet ingredients and mix well.
- 3** Add the wet ingredients to the dry and stir until all of the dry material is incorporated.
- 4** Turn out the bowl onto a clean surface and knead the dough until you are content.
- 5** At this point you can shape the seitan into whatever shape you would like for your specific use (i.e. wings, log, small sausages, etc.)
- 6** Preheat oven to 325°F .
- 7** If shaping into a large log, wrap the entire piece of dough with aluminum foil twisting the ends. Bake for 90 minutes and unwrap when done to fully cool.
- 8** Alternatively, if making chkn wings then form into many small nuggets on a greased baking sheet. Bake for about 30 minutes, flipping once in the midway through.

Ingredients

180 g	vital wheat gluten
30 g(1/4 cup)	nutritional yeast
1 tsp	salt
2 tsp	paprika
1/4 tsp	cinnamon
1/4 tsp	cumin
1 tsp	black pepper
1/8 tsp	cayenne pepper
1 tsp	garlic powder
3/4 cup	cold water
4 tbsp	tomato paste
2 tbsp	olive oil
1 tbsp	soy sauce
2 tbsp	worcestershire sauce

Cilantro Chutney

☞ <https://www.cookwithmanali.com/cilantro-yogurt-chutney/>

Preparation

- 1 Remove any hard stems or stalks from the cilantro (tender/small ones are okay)
- 2 Add all of the ingredients to the blender.
- 3 Blend everything together to a smooth consistency. If it is still a bit runny you can add some peanuts to the chutney, 3-4 whole peanuts at a time (you may want to roughly chop them first so they actually get blended).
- 4 You can freeze or refrigerate the chutney and use as needed.

Ingredients

100-120 g	cilantro
1	green chili
1/2 inch	ginger
1/4 tsp	roasted cumin
1/8 tsp	powder
pinch	chaat masala
1/2 tsp	black pepper
2 tsp	salt
1/2 tsp	lemon juice
1/4 cup	sugar
	yogurt

Tomato Chutney

☞ <https://www.cookwithmanali.com/onion-tomato-chutney/>

Preparation

- 1** Heat 1/2 tablespoon of oil in a kadai/pan on medium heat.
- 1** Once the oil is hot, add the chana dal and cook for around 2-3 minutes or until the dal is golden in color. Remove the dal from pan and set aside.
- 2** To the same pan now add garlic, onion and dried red chilies.
- 2** Increase the amount of red chilies as per your taste.
- 3** Cook for around 3 minutes until the onions are soft. Then add in the tomatoes and salt and stir.
- 4** Cook the tomatoes until they are soft and mushy, around 6-7 minutes. Let it cool down a bit and then transfer to a blender along with the roasted chana dal.
- 5** Grind to a smooth paste. Add 1/4 teaspoon kashmiri red chili powder while grinding but that's optional. Transfer chutney to a bowl.
- 6** To make the tadka/tempering, heat 1 teaspoon oil in a small pan on medium heat. Once the oil is hot, add the mustard seeds and let them pop. Then add the hing and curry leaves. Saute for a minute until the curry leaves turn little crisp.
- 7** Transfer the tempering to the tomato chutney and mix. Enjoy tomato chutney with dosa/idlis or even parathas.

Ingredients

1/2 tbsp	oil or ghee
1.5 tsp	chana dal (split baby chickpeas)
3-4	garlic cloves
1	small onion
2-3	dried red chiles
2	large tomatoes
1/2 tsp	salt
1/4 tsp	red chili powder

Tempering/Tadka

1 tsp	oil or ghee
1/4 tsp	mustard seeds
pinch	hing
6-7	curry leaves (optional)

Hint

You may also add roasted peanuts to this chutney if you'd like.

5 Entrees

Buffalo Cauliflower & Chickpea Casserole

📄 <https://frommybowl.com/buffalo-cauliflower-chickpea-casserole/>

Preparation

- 1 Dice the onion and mince the garlic.
- 2 Chop the cauliflower into small, bite size florets.
- 3 In a large cast iron pan, heat a tablespoon of oil on medium heat. When warm, add the onion.
- 4 Once onions are mostly soft and clear, add the garlic and cook until fragrant.
- 5 Add the vegetable broth, buffalo sauce, and nutritional yeast.
- 6 Stir to ensure the mixture is well combined. Bring to a boil.
- 7 Once boiling, remove from heat and add all of the remaining ingredients, reserving part of the cheese. Mix well.
- 8 Cover the top with the remaining cheese and cover the lid with aluminum foil.
- 9 Bake for 60 minutes. Remove the aluminum foil and broil for 3 minutes.
- 10 Let cool for 10 minutes and enjoy.

Ingredients

1/2	onion
2 cloves	garlic
2 cups	vegetable broth
1/2 cup	buffalo hot sauce
22 g	nutritional yeast
2 cups	cooked chickpeas
1/2 head	cauliflower
1 cup	uncooked brown rice

Chile Relleno

■ Lucy

Preparation

- 1** Roast the poblanos over the stove (using the flame or in a pan). Once they are blackened all over, place immediately into a plastic bag (shopping bag is perfect) and then tie off the bag.
- 2** Blend the can of peeled tomatoes. Optionally, you can add jalapeños to the blender as well. Pour the blended tomatoes into a small pot.
- 3** Add salt, pepper, and other spices (oregano, cumin, etc.) as you like to the blended tomatoes. Bring up to heat, but do not boil.
- 4** Chop onions and put in a medium frying pan on medium-high heat. Add in minced garlic and meat of your choice. Cook until the meat is fully cooked then remove from heat.
- 5** Once the poblanos have cooled down, remove them from the bag and peel off the blackened skin and make a small incision to remove most of the insides.
- 6** Stuff the poblanos partially with mozzarella (or other white melting cheese), then add the onion-meat mixture, then fill the rest with more mozzarella.
- 7** Separate the egg whites from the egg yolks. Combine the egg whites in a large bowl and whisk until you reach soft peaks. Slowly fold in the yolks to the whipped egg whites.
- 8** In a large pan, heat enough oil to shallow-fry the chiles on medium-high heat. Place all of the flour in a shallow bowl.
- 9** One at a time, dunk a stuffed poblano into the flour then into the egg mixture, then place into the frying oil. Avoid crowding the pan. Flip after about 3-4 minutes, or when slightly browned and crispy, then fry for an additional 2-3 minutes until both sides are well cooked.
- 10** Serve over mexican rice with the tomato sauce poured over the top.

Ingredients

7-8	poblano peppers
1 large can	peeled tomatoes
1-2 tsp	salt
1/4 tsp	black pepper
1/2 tsp	oregano
1 medium	onion
1 clove	garlic, minced
1 package	beyond ground beef
4	eggs
1/2 cup	neutral oil
1/4 cup	flour

Enfrijoladas

📄 <https://www.isabeleats.com/enfrijoladas-recipe/>

Preparation

- 1** Chop the onion and roughly chop the garlic.
- 2** Add the undrained black beans, chipotle peppers, onion, garlic, and oregano to a blender. Blend until the sauce is silky smooth.
- 3** Heat some oil in a medium pot (one that is big enough to fit a tortilla) over medium high heat.
- 4** Add the black bean sauce and cook, stirring frequently, until the mixture is hot and bubbly. (Add some water or broth if the suace gets too thick)
- 5** Heat up the corn tortillas until warm and pliable.
- 6** Dip a tortilla into the black bean sauce, fill with cheese, and roll up like an enchilada.
- 7** Repeat for the remaining tortillas.
- 8** Serve with cilantro, sour cream, and/or salsa.

Ingredients

30 oz	cooked black beans
3	chipotle peppers in adobo
$\frac{1}{2}$	onion
3 cloves	garlic
$\frac{1}{4}$ tsp	oregano
1 tbsp	olive oil
12	corn tortillas
8 oz	queso fresco

Hint

You can use any cheese that melts nicely, like monterey jack, feta or mexican blend cheese.

Lentil Burgers

○ 8-10 burgers

□ <https://www.foodandwine.com/recipes/cumin-spiced-red-lentil-burgers>

Preparation

- 1** In a saucepan, cover the lentils with 2 inches of water and bring to a boil. Let simmer for 10 minutes or until softened (but not liquidy). Drain afterwards.
- 2** Chop the onion and carrots into small pieces. Mince the garlic.
- 3** In a skillet, heat some oil over medium high heat. Once it is nice and steamy add the onions. Cook, stirring frequently, until the onions are golden.
- 4** Add the carrots and garlic to the skillet and cook until the carrots begin to soften.
- 5** Stir in the cumin and cayenne pepper, then remove the skillet from the heat.
- 6** Combine everything in a large bowl and mix until well combined. Then form into about 10 $\frac{1}{4}$ cup burgers.
- 7** Using the same skillet from before, add enough oil to coat the pan and heat on medium-high heat.
- 8** Cook the burgers until browned on both side, about 2-3 minutes per side.

Ingredients

$\frac{3}{4}$ cup	red lentils
1 small	onion
$1\frac{1}{2}$	carrots
3 cloves	garlic
$\frac{3}{4}$ tsp	cumin
$\frac{1}{8}$ tsp	cayenne pepper
$\frac{3}{8}$ cup	bread crumbs
$\frac{1}{8}$ cup	parseley
1	egg
$\frac{1}{2}$ tbsp	salt
$\frac{1}{4}$ tsp	black pepper

Hint

You can use matzo meal instead of using bread crumbs.

Creamy Roasted Poblano Pasta



15 minutes



20 minutes


<https://www.mexicoinkitchen.com/pasta-with-creamy-roasted-poblano-sauce/>

Preparation

- 1** Roast the poblano peppers (can be done over the gas stove or in a pan). Then peel and devein the peppers (peeling is made easier when they are more charred).
- 2** Cook the pasta according to the package instructions. Drain and set aside until the sauce is ready.
- 3** Heat 1 tablespoon of oil in a skillet over medium heat, add the onion. Cook for about 2 minutes then add the garlic. Continue cooking until the onion is transparent.
- 4** Place the roasted poblanos, cream, milk and bouillon into a blender. Blend until smooth (Note: if using heavy cream then it may form curds in the blender, but these will melt when warmed later)
- 5** Add the sauce to the skillet and cook on low for about 6 minutes. At this point you can add the corn and any other veggies. Stir frequently.
- 6** Combine the pasta and sauce. Enjoy!

Ingredients

1 package	spaghetti or other pasta
6 large	poblano peppers
1 cup	onion
2 cloves	garlic
1 cup	milk
1 1/2 cup	heavy cream
4 tsp	bouillon
1 1/2 cup	corn

Hint

Instead of heavy cream you can use mexican cream, sour cream, or cream cheese. You just need some sort of cream.



Tater Tot Casserole

📄 https://old.reddit.com/r/veganrecipes/comments/9119so/onepot_vegan_tater_tot_casserole/

Preparation

- 1** Preheat the oven to 350 °F
- 2** Heat about a tablespoon of oil in a 12-inch cast iron skillet on medium heat.
- 3** Add the onions, cook for 2-3 minutes. Then add the garlic. Continue cooking until the onions are soft and starting to brown.
- 4** Add the sausage patties (or other sausage) and stir for a couple of minutes until it starts to brown.
- 5** Add the frozen veggies of your choice, mix, and let them cook for another 2-3 minutes.
- 6** Add the cream of mushroom soup and mix well to combine.
- 7** Add the spices, salt and pepper; thoroughly combine.
- 8** Add 1 cup of oat milk and the flour, stir to combine. Then bring to a boil.
- 9** Turn off the heat. Then layer the top of the mixture with frozen tater tots.
- 10** Place into the oven and bake for 55 minutes.
- 11** Remove from the oven and let sit for 5 minutes to cool.

Ingredients

1/2 large	onion
3 cloves	garlic
6 patties	veggie sausage
1 can	cream of mushroom soup
16 oz	frozen veggies
1 tsp	thyme
1 tsp	paprika
1 tsp	chili powder
1 tbsp	flour
1 cups	oat milk
4 cups	tater tots
1 cup	cheese(optional)

6 Bread

White Sandwich Bread

-  2.5 hours
-  30-35 minutes
-  2 loaves
-  <https://www.tasteofhome.com/recipes/basic-homemade-bread/>

Preparation

- 1 Mix the yeast, sugar and warm water(warm but should be able to keep a finger in it for a bit) in the bowl of the stand mixer. Let stand for about 5 minutes
- 2 Melt the butter and combine with the milk and salt. Add the mixture to the yeast mixture. Add 130 grams (1 cup) of the flour and mix until a clumpy mixture is formed.
- 3 Add the remaining 585 grams of flour to the stand mixture, gradually, mixing as you add. Mix until a shaggy, floury dough is formed.
- 4 Knead the dough for 8 to 10 minutes. Add flour if the dough is sticking to the sides of the bowl a tablespoon at a time. Dough should form a ball without sagging, and spring back when poked.
- 5 Grease a large bowl and transfer the dough to the greased bowl. Flip the dough ball so it is covered in oil. Cover and let rise in a warm place until doubled in size, about one hour.
- 6 Split the dough into two equal pieces and form each piece into a loose ball. Let rest for 10 minutes.
- 7 Grease 2 loaf pans. Smash a ball into a rectangle with the palms of your hand. Then fold the rectangle into overlapping thirds, pinch to close the sides and the ends. Fold in half by pressing down in the middle and bringing the sides together, pinch to close on the ends and side. Repeat for the second loaf.
- 8 Move the loaves to the loaf pans, by flipping them seam side down. Then let rest in a warm place until they start to dome over the sides of the pan, about an hour.
- 9 Heat the oven to 425 °F . Slash the top of the loaves with a serrated knife before you put them in the oven. When you add the loaves to the oven reduce the heat to 375°F . Bake for 30 to 35 minutes. They should sound hollow when tapped.
- 10 Cool on a wire rack until completely cool before slicing.

Ingredients

1 cup	water
2 tsp	active dry yeast
1 cup	milk
2 tbsp	butter
2 tbsp	sugar
1 tbsp	salt
715 g	all-purpose flour
	oil

Light Brioche Burger Buns

-  2.5-4 hrs, depending on rise time
-  15 min
-  8 4-5 inch buns
-  <https://smittenkitchen.com/2009/07/light-brioche-burger-buns/>

Preparation

- 1** In a measuring cup, combine 1 cup warm water, milk, yeast, and sugar. Let stand until foamy, about 5 minutes. Meanwhile, beat 1 egg.
- 2** In a large bowl, whisk the flours with salt. Add the butter, divided into small pieces, and rub into the flour between your fingers, making crumbs.
- 3** Stir in yeast mixture and beaten egg and knead until smooth and elastic, 8-10 minutes. The dough will be on the sticky side, so it can be a bit messy. Try and leave the dough tackier than you would a round loaf.
- 4** Shape dough into a ball and return it to the bowl. Cover the bowl with plastic wrap or a towel and let rise in a warm place until doubled, 1-2 hours.
- 5** Line a baking sheet with parchment paper or a silicone baking mat. Divide the dough into 8 equal parts. Gently roll each into a ball and arrange 2-3 inches apart on the baking sheet. Cover loosely with plastic wrap or towel and let buns rise in a warm place for 1-2 hours.
- 6** Set a large shallow pan of water on the oven floor. Preheat oven to 400°F with rack in center. Beat remaining egg with 1 tbsp water and brush on top of buns. Sprinkle with sesame seeds.
- 7** Bake buns, turning sheet halfway through, for about 15 minutes, until tops are golden brown. Transfer to a rack to cool completely.

Ingredients

1 cup + 1 tbsp	water
3 tbsp	warm milk
2 tsp	active dry yeast
2½ tbsp	sugar
2	eggs
3 cups	bread flour
⅓ cup	all-purpose flour
1½ tsp	salt
2½ tbsp	unsalted butter, softened
	sesame seeds (optional)

Fancy Burger Buns

-  3-4 hrs, depending on rise time
-  16-18 min
-  6 buns
-  Joshua Weissman

Preparation

- 1** Combine the milk, water and bread flour in a small saucepan on medium-high heat and mix constantly until it comes together, this should happen quickly. It will begin to resemble a thick paste and no longer very liquidy.
- 2** Warm the larger portion of milk to about 95°F and combine with the yeast and let sit for 5-8 minutes.
- 3** Combine the flour, sugar, and salt in the bowl of the stand mixer and whisk to combine.
- 4** Using the dough-hook on low speed, add the yeast mixture and mix until combined. Then add in the sticky paste and mix until combined.
- 5** Add the full egg and egg yolk while mixing on low speed.
- 6** Increase the mixer speed to medium-low, and mix until everything is thoroughly combined. Scrape down the sides of the bowl intermittently.
- 7** Gradually add the softened butter.
- 8** Continue mixing for 3-5 minutes or until the dough is smooth.
- 9** Make the dough into a large ball and place into a covered, greased bowl for 1-1.5 hours, or until doubled in size.
- 10** Punch down the dough, then on a floured work surface, evenly divide the dough into 6 pieces.
- 11** For each piece of dough, fold in the edges to make a more round dough then flip it over and pull it toward you. Then turn 90 degrees and pull again, repeating until the dough is a nice ball.
- 12** Place all of the dough balls onto a sheet pan, with at least two inches between each ball. Cover with another tray, and let rise until doubled, 1.5-2 hours.
- 13** Make an eggwash with the remaining milk and egg, then brush the top of the buns.
- 14** Bake them at 375°F for 16-18 minutes. Then brush them with melted butter afterwards, letting them cool on a wire rack.

Ingredients

4 tbsp	milk
2 tbsp	water
20 g	bread flour
1/2 cup	milk
1 tbsp	instant yeast
320 g	bread flour
1 tsp	salt
35 g	sugar
1	egg
1	egg yolk
3 tbsp	softened butter
1	egg
splash	milk

Flour Tortillas



20 min



20-25 min



8 tortillas

<https://www.kingarthurflour.com/recipes/simple-tortillas-recipe>

Preparation

- 1** In a medium-sized bowl, whisk together the flour, baking powder, and salt.
- 2** Add the lard (or butter, or shortening; if you're using vegetable oil, add it in step 3). Use your fingers or a pastry blender to work the fat into the flour until it disappears. Coating most of the flour with fat inhibits gluten formation, making the tortillas easier to roll out.
- 3** Pour in the lesser amount of hot water (plus the oil, if you're using it), and stir briskly with a fork or whisk to bring the dough together into a shaggy mass. Stir in additional water as needed to bring the dough together.
- 4** Turn the dough out onto a lightly floured counter and knead briefly, just until the dough forms a ball. If the dough is very sticky, gradually add a bit more flour.
- 5** Divide the dough into 8 pieces. Round the pieces into balls, flatten slightly, and allow them to rest, covered, for about 30 minutes (see tips, below). If you wish, coat each ball lightly in oil before covering; this ensures the dough doesn't dry out (not necessary though).
- 6** While the dough rests, preheat an ungreased cast iron griddle or skillet over medium high heat, about 400°F .
- 7** Working with one piece of dough at a time, roll into a round about 8" in diameter. Keep the remaining dough covered while you work. Fry the tortilla in the ungreased pan for about 30 seconds on each side, or until air bubble form and browning occurs on each side. Repeat with the remaining dough balls.

Ingredients

2 1/2 cups (298g)	all-purpose flour
1 tsp	baking powder
1/2 tsp	salt
1/4 cup of any	lard (57g), butter (57g), shortening (48g), or vegetable oil (50g)
3/4-1 cup	hot water

Hint

Use just enough water to bring the dough together. Too much water and you'll end up with a sticky dough that is difficult to handle.

Corn Tortillas

○ 12 tortillas

□ <https://www.isabeleats.com/3-ingredient-authentic-mexican-corn-tortillas/>

Preparation

- 1** Mix the masa harina and salt in a large bowl.
- 2** Pour the water and oil into the bowl, and mix until combined. Then form into a ball with your hands. The dough should be firm and springy when touched, if the mixture is too dry add more water in small amounts until the dough is springy and holds together.
- 3** Place the ball in a bowl and cover. Let rest for 20 minutes.
- 4** Divide the dough into 12 equal pieces, rolling each one into a ball and placing back into the covered container.
- 5** Preheat a griddle over medium-high heat.
- 6** Cut a gallon-sized ziploc bag on the sides, so it can open fully. Then place a ball inside the two halves and press down with a small casserole dish. You want it to be about $\frac{1}{8}$ inch thick.
- 7** Place the tortilla on the hot griddle and cook for 20 seconds. Flip it over and cook for 20 more seconds.
- 8** Flip again and cook for 40 more seconds or until it begins to bubble/puff. Flip again and cook until brown marks form.
- 9** Remove the cooked tortilla and place in a kitchen towel inside of a large closable container to keep it warm and moist.
- 10** Repeat for the remaining 11 tortillas.

Ingredients

240 g (2 cups)	masa harina
$\frac{2}{3}$ tsp	salt
1½ cups	hot water
1 tsp	olive oil

Roti (Chapati)

-  15 min + 20-30 min rest
-  15 min
-  12 rotis
-  <https://www.cookwithmanali.com/roti-recipe/>

Preparation

- 1 Take 2 cups (270 grams) atta in a large bowl. You can add little oil if you like here, but this is completely optional.
- 2 Start adding water, little by little. As you add water, mix with your hands and bring the dough together. You may need more or less water depending on the kind of flour.
- 3 Once the dough comes together, start kneading the dough. Knead with the knuckles of your finger, applying pressure.
- 4 Fold the dough using your palms and knead again applying pressure with your knuckles. Keep kneading until the dough feels soft and pliable. If it feels hard/tight, add little water and knead again. If it feels too sticky/soft, add some dry flour and mix.
- 5 Once done, the dough should be smooth. Press the dough with your fingers, it should leave an impression.
- 6 Cover the dough with a damp cloth or paper towel for 20 to 30 minutes.
- 7 After the dough has rested, give it a quick knead again. Divide the dough into 12 equal parts, each weighing around 35 to 37 grams.
- 8 Start working with one ball, while keep the remaining dough balls covered with a damp cloth so that they don't dry out.
- 9 Take one of the balls and press it between your fingers to make it smooth. Then roll it between your palms to make it round and smooth. There should be no cracks. Press the round dough ball and flatten it slightly.
- 10 Now take around 1/4 cup atta in a plate for dusting the roti while rolling it. Dip the prepared dough ball into the dry flour and dust it from all sides.
- 11 Then start rolling the roti, using a rolling board and rolling pin. Roll it thin until you have a 5 to 6 inch diameter circular roti. You will have to dip the roti in dry flour several times while rolling the roti. Anytime the dough starts sticking to the rolling pin, dip the roti into the atta from both sides and then continue rolling.
- 12 Heat the tawa (skillet) on medium-high heat. Make sure the tawa is hot enough before you place the roti on the tawa. Dust excess flour off the rolled roti and place it on the hot tawa.
- 13 Let it cook for 15-30 seconds until you see some bubbles on top side. At this point flip the roti, you don't want the first side to cook too much.

Ingredients

2 cups(270g) + 1/4 cup	atta (whole wheat flour)
1-2 tsp	oil, optional
around 3/4 cup	water
some	ghee

14 Now, let the other side cook more than the first side, around 30 seconds more. Use a tong to see how much it has cooked from the second side now. If you see brown spots all over, means it has cooked enough.

15 Now, remove the roti from the tawa using a tong and place it directly on flame with the first side (which was little less cooked) directly on the flame. The roti if rolled evenly will puff up, flip with a tong to cook the other side as well. The roti is done when it has brown spots, don't burn it.

16 Apply ghee on the rotis immediately. Make all the roti similarly. Serve warm.

Hint

If you have an induction stovetop, you can still make these. Instead of placing the roti directly on the flame, flip back onto the hot tawa (first side on bottom) and press roti with a paper towel, cotton cloth, or spatula. It will puff up.

Aloo Paratha



20 min



15 min



6 paratha

<https://www.cookwithmanali.com/aloo-paratha/>

Preparation

- 1** Boil your potatoes if you haven't already. You can also do this in the Instant Pot on high for 8-10 minutes, depending on the size of your potatoes.
- 2** In a bowl mix together whole wheat flour (atta), oil and salt. Add water little by little and mix.
- 3** Knead to form a smooth and soft dough. Cover and let the dough rest for 15-20 minutes.
- 4** Divide the dough into 4-6 equal parts.
- 5** To make the filling, mash the boiled potatoes and transfer to a bowl.
- 6** Add chopped cilantro, salt, ajwain, chopped green chili, cumin powder, chat masala, garam masala powder, amchur and red chili powder.
- 7** Mix till everything is well combined. Adjust spice levels to taste if needed. The stuffing is now ready.
- 8** To make the paratha, take one of the dough balls and using your rolling pin roll it into a circle. Apply little oil (optional) all over the rolled dough.
- 9** Place 2-3 tablespoons of stuffing in the center. Don't overfill else it will be difficult to roll.
- 10** Bring all the edges together and pinch to seal the edges. Flatten the dough ball using your hands.
- 11** Now using your rolling pin, roll the dough to a circle of 7-8 inch diameter. The trick here is to apply equal pressure while rolling. If you do that, your paratha will turn round automatically.
- 12** Transfer the rolled paratha onto the hot tawa.
- 13** Cook the side for a minute or two and then flip over. Apply oil or ghee on the half-cooked side and flip again.
- 14** Now apply oil on the other side as well. Press with a spatula and cook the paratha till both sides have golden brown spots on them.
- 15** Repeat with the remaining dough balls.

Ingredients

2	medium potatoes, boiled
1/4 tsp	ajwain
1	green chili, finely chopped
2 tbsp	finely chopped cilantro
1/4 tsp	cumin powder
1/4 tsp	garam masala
1/4 tsp	amchur
1/8-1/4 tsp	chili powder (adjust to taste)
3/4 tsp	salt (to taste)
3-4 tsp	oil or ghee (for cooking)

Dough:

190 g	whole wheat flour
1 tsp	vegetable oil
1/4 tsp	salt
	water

Pizza Dough

 15 min

 2 pizzas

 <https://www.bonappetit.com/recipe/pizza-dough-2>

Preparation

- 1 Pour 3/4 cup warm water into small bowl; stir in yeast. Let stand until yeast dissolves, about 5 minutes.
- 2 Mix 2 cups flour, sugar, and salt in mixer.
- 3 Add yeast mixture and 3 tablespoons oil; process until dough forms a sticky ball.
- 4 Transfer to lightly floured surface. Knead dough until smooth, adding more flour by tablespoonfuls if dough is very sticky, about 1 minute. You can also do this in the mixer.
- 5 Transfer to a bowl coated in oil; turn dough in bowl to coat with oil. Cover bowl and let dough rise in warm draft-free area until doubled in volume, about 1 hour.
- 6 Punch down dough. Roll out dough. Start in center of dough, working outward toward edges but not rolling over them.

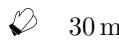
Ingredients

3/4 cup	warm water
2 1/4 tsp	dry active yeast
2 cups (260g)	all purpose flour
1 tsp	sugar
3/4 tsp	salt
3 tbsp	vegetable oil

Hint

This recipe can be done a day ahead. Leave the dough in the fridge after kneading and take it out a couple of hours before to let rise before rolling out.

Simple Breadsticks



30 min + 45 min rise



15 min



16 breadsticks



'Almost-Famous Breadsticks' from Food Network Magazine

Preparation

- 1** Place 1/4 cup warm water in the bowl of a mixer; sprinkle in the yeast and set aside until foamy, about 5 minutes.
- 2** Add the flour, butter, sugar, fine salt and 1 1/4 cups plus 2 tablespoons warm water; mix with the paddle attachment until a slightly sticky dough forms, 5 minutes.
- 3** Knead the dough by hand on a floured surface until very smooth and soft, 3 minutes.
- 4** Roll into a 2-foot-long log; cut into 16 1 1/2-inch-long pieces.
- 5** Knead each piece slightly and shape into a 7-inch-long breadstick; arrange 2 inches apart on a parchment-lined baking sheet. Cover with a cloth; let rise in a warm spot until almost doubled, about 45 minutes.
- 6** Preheat the oven to 400 °F . Make the topping: Brush the breadsticks with 1 1/2 tablespoons of the butter and sprinkle with 1/4 teaspoon kosher salt.
- 7** Bake until lightly golden, about 15 minutes. Meanwhile, combine the remaining 1/4 teaspoon salt with the garlic powder and oregano.
- 8** Brush the warm breadsticks with the remaining 1 1/2 tablespoons melted butter and sprinkle with the flavored salt.

Ingredients

1/4 + 1 1/4 cup	warm water
2 1/4 tsp	dry active yeast
4 1/4 cups (560g)	all purpose flour
2 tbsp	sugar
1 tbsp	salt
2 tbsp	unsalted butter, softened
3 tbsp	unsalted butter, melted
1/2 tsp	kosher salt
pinch	garlic powder
pinch	dried oregano

Sweet Challah

⦿ 2 Large Loaves
 ┌ JGrads Pittsburgh

Preparation

- 1** Warm the water to about 90-95°F (warm to the touch but you should be able to keep your finger in it for a moment).
- 2** Combine the yeast and the water in the bowl of a stand mixer; mix to combine. No need to let the yeast mixture rise.
- 3** Add the sugar, salt, eggs and oil. Mix until well combined.
- 4** Using the dough hook attachment to mix, gradually add the flour until the dough is thick and only a little sticky.
- 5** Grease a large bowl with some additional oil, then add the dough to the bowl. Flip the dough so it is well covered in oil. Let rise for about 1 hour or until doubled in size.
- 6** Remove from the bowl and knead the dough on a lightly-floured surface (adding some flour if needed) until the dough is soft and not very sticky. Separate into two equal pieces.
- 7** Working with one of the pieces, divide into 3 equal pieces and roll into long logs. Combine the logs at one end and press together to remove the seams, then braid the 3 pieces until there is nothing left to braid. Combine and press again to prevent unfolding.
- 8** Repeat for the second loaf, then let the loaves rest for about 30 minutes.
- 9** Combine the last egg and milk and scramble together to make an egg wash.
- 10** Preheat the oven to 350°F .
- 11** Use a pastry brush to coat the top of the loaves with egg wash. At this point you can add whatever additional toppings you would like.
- 12** Bake for 30-35 minutes, switching racks halfway through.
- 13** Let cool on a wire cooling rack.

Ingredients

1 1/2 tbsp	active dry yeast
2 1/2 cups	water
150 g	sugar
1/2 tbsp	salt
1	egg
1/2 cups	oil
1,040 g	all-purpose flour
1	egg
splash	milk

Pita

 New York Times Cooking

Preparation

- 1** In a large bowl, combine the yeast and sugar with 1 cup of lukewarm water. Stir until well dissolved.
- 2** Add the whole-wheat flour and about 40 grams of the all-purpose flour. Whisk everything together and place in a warm area, uncovered for about 15 minutes or until frothy and bubbling.
- 3** Add the salt, olive oil, and the remaining all-purpose flour. Stir until the mixture forms a shaggy mass. Dust with a little bit of flour and knead in the bowl for 1 minute.
- 4** Turn dough onto work surface and knead for about 2 minutes or until smooth. Cover and let rest for 10 minutes.
- 5** Knead again for 2 minutes. Try not too add too much flour, the dough should be soft and a bit moist. (After this step you can put the dough into a container and refrigerate up-to overnight, making sure to bring back to room temperature before continuing)
- 6** Put the dough in a clean bowl, cover, and let rest in a warm place until doubled in size (about 1 hour)
- 7** Heat the oven to 475 °F . Put a baking sheet (or large cast iron) on the bottom shelf to heat up.
- 8** Punch down the dough and divide into 8 pieces. Form each piece into a small ball, cover the balls, and let rest for 10 minutes.
- 9** Press a ball into a flat disk with a rolling pin. Then roll into a 6" circle, then into an 8" circle (about 1/8" thick)
- 10** Place the dough onto the hot baking sheet and put back into the oven. After 2 minutes, flip the dough (it should be puffed). Bake for 1 more minute and transfer to a towel so that the bread stays soft.
- 11** Repeat steps 9 and 10 for the remaining 7 pieces.

Ingredients

2 tsp	active dry yeast
1/2 tsp	sugar
35 g	whole wheat flour
260 g	all-purpose flour
1 tsp	kosher salt
2 tbsp	olive oil

7 Dessert

Peach Cobbler

📄 <https://www.southernliving.com/recipes/fresh-peach-cobbler>

Preparation

- 1 Preheat oven to 375 °F . Add the butter to an 8x8 baking dish and put into oven to melt.
- 2 Combine the flour, 100 g of sugar, baking powder, and salt
Add the milk and stir until the dry ingredients are moistened.
- 3 Bring the remaining sugar, peaches, and lemon juice up to a boil over high heat while stirring constantly.
- 4 Pour the batter over the melted butter, do not stir. Then pour the peach mixture over the batter, again without stirring. Sprinkle with cinnamon and nutmeg (optional)
- 5 Bake for 40 to 45 minutes.

Ingredients

1/4 cup	butter
65 g	flour
200 g	sugar, divided
1/2 tbsp	baking powder
1 pinch	salt
1/2 cup	milk
2 cups	peach slices
1/2 tbsp	lemon juice
1 pinch	ground cinnamon
1 pinch	ground nutmeg

Carrot Cake

 <https://sallysbakingaddiction.com/super-moist-carrot-cake/>

Preparation

- 1 Preheat oven to 350 °F (177 °C). Spray 9 or 10inch spring-form pan with nonstick cooking spray.
- 2 Set out the cream cheese for the frosting so it may soften as you make the cake batter.
- 3 In a large bowl with a handheld or stand mixer fitted with a paddle attachment on medium speed, combine the brown sugar and oil. Beat in the yogurt until fully combined – about 60 seconds. Mixture will be gritty and thick.
- 4 Add the eggs, one at a time, beating well after each addition. Mix in the vanilla. Set aside.
- 5 In a separate bowl, combine the flour, baking soda, cinnamon, nutmeg, and salt.
- 6 With a spatula, manually stir the dry ingredients into the wet ingredients until just combined and all flour pockets are gone – do not overmix. Fold in the finely shredded carrots and pecan pieces. Pour or spoon batter into prepared springform pan.
- 7 Bake cake for 32-38 minutes or until toothpick inserted in the center comes out clean. Do not overbake, which will dry out cake. Check the cake at 30 minutes, then again at 32. Allow cake to cool completely before frosting.
- 8 To make the frosting, beat the softened cream cheese and butter together on medium speed for 2-3 minutes until soft, creamy, and combined thoroughly.
- 9 Add 2 cups of powdered sugar and beat until thick and combined. Add 2 Tablespoons heavy cream and 2 teaspoons vanilla extract. Beat on medium speed for 2 more minutes.
- 10 Add more powdered sugar until desired thickness is reached. Add salt to taste.

Ingredients

200 g	brown sugar
3/4 cup	vegetable oil
60 g	greek yogurt
3	eggs
2 tsp	vanilla extract
250 g	all-purpose flour
1 tsp	baking soda
2 tsp	ground cinnamon
1/4 tsp	ground nutmeg
1/2 tsp	salt
2 cups or 260 g	finely grated carrots
3/4 cup	pecan pieces
8 oz (224g)	cream cheese, room temp
1/2 cup (115g)	unsalted butter, softened
240-300 g	confectioners' sugar
2 tbsp	heavy cream
2 tsp	vanilla extract
	salt to taste

Hint

This recipe also can be made into 12 cupcakes. Bake time is 17-18 minutes.

Peanut Butter Cookies

Preparation

- 1 Preheat the oven to 350°F
- 2 Cream together the peanut butter and sugar
- 3 Add the egg and mix until well combined.
- 4 Portion onto a baking sheet into spoonfuls. Using a fork, press down on the cookies twice making a crosshatch.
- 5 Bake for about 8 minutes, let it rest on a rack for about 5-10 minutes.

Ingredients

1 cup	sugar
1 cup	peanut butter
1	egg

Hint

- You can add chocolate chips or oats to make these even more delicious!
- You can also bake these in a cast iron pan. In this case, bake for about 10-12 minutes.

Chocolate Crack Pie

 15 min

 30 min

 <https://www.thekitchenismyplayground.com/2015/07/chocolate-crack-pie.html>

Preparation

- 1 Preheat oven to 350°F
- 2 Melt the butter and chocolate together over low heat in a small saucepan
- 3 Remove from heat once melted and well combined. Add the sugar to the mixture and mix well.
- 4 Let the mixture rest for about 3 minutes. Beat the eggs in a small bowl.
- 5 Add the chocolate mixture to the eggs and mix well. Transfer to pie crust.
- 6 Bake the pie in the oven for about 30 minutes. Let cool for about 1 hour.

Ingredients

4 oz.	dark chocolate
1/2 cup	butter
1 cup	sugar
2	eggs
1	pie crust

Vegan Avocado Brownies



10 min



20 min


<https://www.makingthymeforhealth.com/vegan-avocado-brownies/>

Preparation

- 1** Preheat the oven to 350°F . Lightly grease an 8x8" baking dish.
- 2** In a blender, combine the avocado, soymilk, maple syrup and sugar. Blend for about 15-20 seconds, until smooth.
- 3** In a large bowl, combine the flour, cocoa powder, baking soda, and salt then stir together.
- 4** Pour the wet ingredients in the blender into the bowl with the dry. Stir until combined. Then add the chocolate chips and mix until they are evenly distributed.
- 5** Bake in the oven for 15-20 minutes, until set. You should be able to stick a fork in the center and have it come out clean.
- 6** Allow to cool for at least 15 minutes before serving.

Ingredients

1/2	medium ripe avocado
1 cup + 2 tbsp	plant-based milk
1/4 cup	maple syrup
1/2 cup	sugar
1 cup	all-purpose flour
1/2 cup	unsweetened cocoa powder
1 tsp	baking soda
1/2 tsp	salt
1/2 cup	chocolate chips

Hint

- You can substitute the flour for whole-wheat flour if desired.
- Feel free to add walnuts or any other type of nut else to this recipe!

Chickpea Cookie Dough

Preparation

- 1** Add everything to a food processor except for the chocolate chips, process until smooth
- 2** Add the chocolate chips and mix them in by hand.
- 3** Cool for at least 2 hours or so in the fridge, overnight is usually best

Ingredients

250 g	cooked chickpeas
1/4 cup	nut/seed butter
1 tsp	vanilla extract
1/4 cup	Almond flour
2 tbsp	maple syrup
1/4 cup	chocolate chips
1/2 tsp	salt

Chocolate Chip Banana Bread

-  65 min
-  1 loaf
-  Mom

Preparation

- 1 In the bowl of a stand mixer, cream together the butter and sugar.
- 2 Preheat the oven to 350°F
- 3 While the sugar and butter are creaming together, dissolve the baking powder and baking soda into the sour cream and let sit until it starts to fluff.
- 4 After the butter and cream are creamed and the sour cream is fluffy, add the sour cream to the stand mixer.
- 5 Peel the bananas, slightly mash, then mix in with the contents of the stand mixer.
- 6 Gradually add the flour to the bowl of the stand mixer while mixing.
- 7 Add the vanilla extract and chocolate chips, mix until the chocolate chips are thoroughly mixed in.
- 8 Pour the mixture into a bread loaf pan.
- 9 Bake for 65 minutes.
- 10 Remove from loaf pan once slightly cool, then move to a cooling rack. The bread tastes great fresh or can be frozen and reheated later.

Ingredients

1/2 cup	butter
334 g	sugar
2	eggs
1/4 tsp	salt
1 1/2 tsp	baking powder
1/2 tsp	baking soda
1/4 cup	sour cream
2-3	bananas
260 g	flour
1 tsp	vanilla extract
1 cup	chocolate chips

Sticky Toffee Pudding

-  30 min
-  50 min
-  8 portions
-  <https://www.deliciousmagazine.co.uk/recipes/the-best-sticky-toffee-pudding/>

Preparation

1 Put the dates in a mixing bowl with the water. Leave for 30 minutes until cool, then mash with a fork to a rough pulp. Stir through the vanilla and set aside. Butter a 8x8 dish and set aside. Heat the oven to 335°F /fan 300°F .

2 While the dates are soaking, use an electric mixer or wooden spoon to beat the 90g butter and 150g sugar until light and creamy. Add the eggs one at a time, beating well before adding the next. Beat in the black treacle, then mix the flour with the bicarb and gently fold in one third using a metal spoon or balloon whisk. Fold in a third of the milk, then repeat until all the flour and milk are used up. Stir the soaked dates, with their liquid, into the batter – it may curdle, but don't worry. Spoon into the prepared dish.

3 Bake for 50 minutes or until the pudding is risen and firm, and a skewer pushed into the middle comes out clean (cover with foil after 40 minutes if the edges are browning too much). If the skewer comes out with what looks like uncooked mixture on it, it might be a piece of date. Taste it – if you can taste uncooked flour it will need longer.

4 Meanwhile, make the toffee sauce. Put the 225g sugar, brandy, 100g butter and half the cream in a large, heavy-based pan and heat gently. When the sugar has dissolved, turn up the heat, stir in the treacle and bubble, stirring, for 2-3 minutes until the mix is a rich toffee colour. Take the pan off the heat and stir in the rest of the cream. Keep warm.

5 Leave the pudding to cool for 20 minutes, then skewer it all over and pour over half the sauce. Leave for another 15 minutes, then serve drizzled with the rest of the sauce, with our toasted nut and demerara ice cream, if you like.

Ingredients

160 g	whole dates, stoned and roughly chopped
150 ml	boiling water
1 tsp	vanilla extract
90 g	unsalted butter, softened
150 g	light muscovado (or light brown) sugar
2	large eggs
2 tbsp	black treacle (or molasses)
175 g	self-raising flour
1 tsp	baking soda
100 ml	whole milk

Toffee Sauce

225 g	light muscovado (or light brown) sugar
good slug	brandy or rum
100 g	unsalted butter, softened
275 ml	double (or heavy) cream
1 tbsp	black treacle (or molasses)

Hint

- $175 \text{ g self-raising flour} = 175 \text{ g all-purpose flour} + 2 \text{ tsp baking soda} + 1 \text{ tsp salt}$
- You can substitute any other milk for the whole milk.

Chocolate Toffee Matzah

Preparation

- 1 Melt the butter in a saucepan, then add the brown sugar and stir until dissolved.
- 2 Bring to a boil and reduce to a simmer until thickened, about 5 minutes.
- 3 Preheat the oven to 325°F .
- 4 Spread the matzah out on a couple of baking sheets and pour the hot mixture on top of the matzah.
- 5 Spread out the sugar mixture with a rubber spatula.
- 6 Bake in the oven for about 20 minutes, or until the sugar mixture is bubbly and thick.
- 7 Immediately cover with chocolate and place back in the oven to melt the chocolate. Spread the chocolate out with a rubber spatula.
- 8 Put the matzah into the fridge to harden the chocolate.
- 9 Once the chocolate is hardened, you can remove them from the baking sheets and store them in the freezer in a bag for as long as you would like (I don't think it can go bad in the freezer).

Ingredients

1 cup	salted butter
1 cup	dark brown sugar
6	matzos
20 oz	semisweet chocolate chips
1/2 cup	pecans

Dorayaki(Red-bean pancakes)

 <https://www.justonecookbook.com/dorayaki-japanese-red-bean-pancake/>

Preparation

- 1 In a large bowl, combine eggs, sugar, and honey and whisk well until the mixture becomes fluffy.
- 2 Sift flour and baking powder into the bowl and mix all together. Keep in the fridge to rest for 15 minutes.
- 3 The batter should be slightly smoother now. Stir in 1 Tbsp of water. Depends on the size of eggs and how accurate your flour measurement is, the water amount may vary but it should be 1-2 Tbsp.
- 4 Heat a large non-stick frying pan over medium-low heat (in between 250 and 300 °F). It's best to take your time and heat slowly. Dip a paper towel in vegetable oil and coat the bottom of the pan with the oil. Then remove the oil completely (that's the key for evenly golden brown dorayaki surface). With a ladle or a small measuring cup (I use a 1/4 cup measuring cup), pour 3 Tbsp of the batter from 3" (8 cm) above the pan to create 3" (8 cm) diameter pancakes.

Ingredients

4	eggs
137 g	sugar
2 tbsp	honey
160 g	all purpose flour
1 tsp	baking powder
1-2 tbsp	water
1 tsp	neutral oil
1.1 lb	red bean paste (anko)

8 Fermentation

Ginger Beer

📄 <https://www.youtube.com/watch?v=LqPko6a3Wh4>

Preparation

Start Ginger Bug

1. Finely chop 22 grams of ginger.
2. Combine 2 cups water, 28 g sugar, and the ginger to a large glass jar. Cover with a cheesecloth and leave it alone

Ingredients

10 cups	water (divided)
255 g	sugar (divided)
120 g	ginger (divided)

Feeding Ginger Bug

1. Every 24 hours add 28 g sugar and 22 grams chopped ginger to the ginger bug. Continue for about 3 days, or until bubbly.

Making Ginger Beer

1. Add 2 quarts of water (8 cups), 180 grams sugar, and 54 grams shredded ginger to a large pot.
2. Bring to a boil, then let simmer for 7-8 minutes. Turn off heat and let cool all the way to room temperature (this will take a long time)
3. Strain the boiled ginger liquid and press out all the juices from the ginger into a large bowl (get one with a spout). Add 110 grams of the strained ginger bug and the juice of 3 lemons.
4. Add the mixture to bottles that can hold pressure (we don't want an explosion of glass shards), make sure to leave about 2 inches of head space.
5. Every 24 hours burp the bottles so they don't explode. After 7 days, or whenever you are happy, you can store the bottles in the fridge (you don't have to burp them in the fridge).

You can use the ginger bug to make any juice into a nice fizzy drink, though be careful on the portioning of the ginger bug (i.e. 2 cups of juice needs about 30 grams of ginger bug)

9 Instant Pot

Basic recipes and Durations

Food Item	Food Amount	Water Amount	Pressure Duration (min)	Natural Release(min)
Basmati Rice	1 cup	1 cup	8	2
Brown Rice	1 cup	1 cup	15	5
Chickpeas	1 lb.	6 cup	50	10
Black Beans	1 lb.	6 cup	30	15

Black-Eyed Peas

📄 <https://www.simplyhappyfoodie.com/instant-pot-black-eyed-peas/>

Preparation

- 1** Turn the pressure cooker to the saute function and add the oil.
- 2** Dice the onion, bell pepper and mushrooms. When the pot is hot add them to the pot, stirring occasionally until the onions start to turn translucent.
- 3** Add the thyme, paprika, pepper, and salt. Stir.
- 4** Add the garlic and dried peppers. Cook for about 30 seconds, stirring frequently.
- 5** Add the broth, vinegar, and black-eyed peas to the pot. Stir well.
- 6** Place the lid on the pressure cooker and set to pressure cook for 17 minutes (when the cooking is done start making the rice).
- 7** Let naturally vent for 15 more minutes.

Ingredients

1 tbsp	olive oil
1 small	onion
1	bell pepper
4-5	mushrooms
1/2 tsp	thyme
3 tsp	paprika
1/2 tsp	black pepper
1 tsp	salt
4 cloves	garlic
3	dried chilies
3½ cups	vegetable broth
2 tsp	balsamic vinegar
250 g	black-eyed peas

Mashed Potatoes

📄 <https://recipes.instantpot.com/recipe/mashed-potatoes/>

Preparation

- 1** Quarter the potatoes (and peel if you don't like skin in your mashed potatoes). Smash and peel the garlic.
- 2** Combine the potatoes, garlic and water in the instant pot.
- 3** Manual cook for 8 minutes and quick release the pressure afterwards.
- 4** Drain the potatoes, making sure to retain some of the cooking liquid.
- 5** Add the solids back to the instant pot bowl, then add the butter and milk. Mash the potatoes, adding the reserved cooking liquid a bit at a time until the proper consistency is reached.
- 6** Season with the salt and pepper.

Ingredients

3 lbs	russet potatoes
3 cloves	garlic
1 cup	water
1/2 cup	milk
3 tbsp	unsalted butter
1 tsp	salt
	black pepper

Japanese Red Bean Paste (Anko)

 <https://www.justonecookbook.com/pressure-cooker-anko-red-bean-paste/>

Preparation

- 1 Put the 250 g azuki beans in a strainer and place it inside a large bowl. Rinse the azuki beans in running water until water is clear. Discard any pieces that are floating. Drain water.
- 2 Transfer the beans to the Instant Pot and add 1000 ml of water to your pressure cooker.
- 3 Turn the Instant Pot on and cook with high pressure for 25 minutes. Naturally release the pressure for 15-20 minutes after cooking.
- 4 Scoop the foam on the surface and discard (if you prefer the more refined taste, optional). Pick one bean and mash it with your fingers. If it is mashed easily, it's done.
- 5 Drain the azuki beans through a fine sieve.
- 6 Put azuki beans back in the Instant pot and add the sugar. Press the 'Saute' button and select the 'Low' option.
- 7 Let the sugar dissolve completely, stirring occasionally with a wooden spoon. Continue cooking until you can draw a line in the azuki bean mixture with the wooden spatula and see the bottom of the pot for 1 second. Then turn off the Instant Pot and take out the inner bowl from the Instant Pot and **let the mixture cool for 5-10 minutes**. The mixture will thicken more as it cools down.
- 8 Transfer the warm azuki beans into the food processor or blender. This may need to be done in batches (original recipe uses 1/4 cup food processor). Alternatively, you can use a very fine mesh strainer and press the mixture through with a wooden spoon.
- 9 Run the food processor or blender until the mixture becomes smooth texture.
- 10 Transfer to an airtight container. When it's cooled and thickened more, it's ready to use.

Ingredients

250 g	azuki beans
1000 ml	water (1:4 bean:water)
250 g	sugar
1/8 tsp	salt

Hint

This can be kept in the freezer. For easier storage, divide into 100g portions.

10 Substitutes

Chia Seed Egg

Preparation

- 1** Mix together the chia seeds and boiling water
- 2** Wait 5 minutes for the chia seeds to gel, then use as you would a normal egg (may need to wait for the "egg" to cool first)

Ingredients

2 tbsp(2 tsp)	Chia Seeds (Ground)
3 tbsp	Boiling Water

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