

Everyday Recipes & Kitchen Notes

A small demo corpus to test search & answering.

Use this file to probe keywords like ingredients, substitutions, cooking times, storage, freezing, and troubleshooting.

How to use with your IDE:

- Upload this PDF via your UI or /upload endpoint.
- Wait ~3–4 minutes for async extraction.
- Use /search and /answer to query.

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1) Spaghetti Bolognese

Serves 4 • Prep 15 min • Cook 45–60 min

Ingredients

- 400 g dried spaghetti
- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 carrots, diced small
- 2 celery sticks, diced small
- 2 garlic cloves, minced
- 500 g beef mince (or plant mince)
- 2 tbsp tomato paste
- 1×400 g can chopped tomatoes
- 200 ml beef stock (or vegetable stock)
- 1 tsp dried oregano, 1 tsp dried basil
- Salt & black pepper to taste
- Optional: splash of milk for richness

Steps

- 1 Heat oil in a large pan. Soften onion, carrots, celery (8–10 min). Add garlic; cook 1 min.
- 2 Add mince; brown well while breaking up clumps.
- 3 Stir in tomato paste; cook 1 min. Add tomatoes, stock, and dried herbs.
- 4 Simmer gently 30–45 min, partially covered. Stir occasionally. Add splash of milk at the end if desired.
- 5 Cook spaghetti until al dente. Drain and toss with sauce. Season to taste.

Tips

- For a thicker sauce: simmer uncovered the last 10–15 min.
- Low-sodium stock helps prevent over-seasoning.
- Add a shredded courgette for extra veg without changing flavor much.

2) Fluffy Pancakes (with Dairy-Free Option)

Serves 2–3 • Prep 10 min • Cook 10 min

Ingredients

- 1 cup (125 g) plain flour
- 2 tbsp sugar
- 2 tsp baking powder
- Pinch of salt
- 3/4 cup (180 ml) milk (use oat/almond for dairy-free)
- 1 large egg (or flax egg: 1 tbsp ground flax + 3 tbsp water)
- 2 tbsp melted butter (or 2 tbsp neutral oil)

Steps

- 1 Whisk dry ingredients in a bowl.
- 2 In another bowl, whisk milk, egg, and melted butter.
- 3 Combine wet into dry; stir just until lumps disappear (don't overmix).
- 4 Cook 1/4-cup portions on a lightly oiled pan over medium heat, 1–2 min per side.

Tips

- Dairy-free: replace milk with oat/almond; butter with oil.
- Egg-free: use flax egg; batter will be slightly denser.
- Too runny? Sprinkle in more flour a teaspoon at a time.

3) Weeknight Chicken Curry

Serves 4 • Prep 15 min • Cook 25–30 min

Ingredients

- 2 tbsp oil
- 1 onion, sliced
- 2 garlic cloves, minced
- 1 tbsp ginger, grated
- 2 tbsp mild curry powder (or paste)
- 500 g chicken thighs, bite-sized pieces
- 1x400 g can chopped tomatoes
- 200 ml coconut milk
- Salt, pepper, and lemon juice to taste
- Fresh coriander for garnish

Steps

- 1 Heat oil; sauté onion until translucent. Add garlic and ginger; cook 1 min.
- 2 Stir in curry powder; bloom spices for 30 seconds.
- 3 Add chicken; sear lightly. Pour in tomatoes and coconut milk.
- 4 Simmer 15–20 min until chicken is cooked and sauce thickened. Season and add lemon juice.

Tips

- Too thin? Simmer uncovered 5–10 min, or stir in a cornflour slurry (1 tsp cornflour + 1 tbsp water).
- Too spicy? Add more coconut milk or a teaspoon of sugar.

4) Vegan Chili

Serves 4–5 • Prep 10 min • Cook 30–40 min

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 1 red pepper, diced
- 2 cloves garlic, minced
- 2 tsp ground cumin, 1 tsp smoked paprika
- 1 tsp chili powder (adjust to taste)
- 2x400 g cans beans (kidney/black), drained
- 1x400 g can chopped tomatoes
- 250 ml vegetable stock
- 1 tbsp tomato paste
- Salt, pepper; optional cocoa (1/2 tsp) for depth

Steps

- 1 Sauté onion and pepper in oil; add garlic; cook briefly.
- 2 Add spices; stir 30 seconds. Add beans, tomatoes, stock, and tomato paste.
- 3 Simmer 25–30 min; season to taste. Optional: mash a few beans to thicken.

Tips

- Add sweetcorn for texture.
- Serve with rice, baked potatoes, or tortilla chips.
- Freeze in portions up to 3 months.

5) Classic Caesar Salad

Serves 2–3 • Prep 15 min • No cook

Ingredients

- 1 romaine lettuce, torn
- 2 slices bread, cubed (for croutons)
- 2 tbsp olive oil (for croutons)
- Parmesan shavings
- Optional: cooked chicken slices

Steps

- 1 Toast croutons in a pan with olive oil until golden; cool.
- 2 Whisk lemon juice, mustard, and garlic; slowly drizzle in oil while whisking to emulsify.
- 3 Toss lettuce with dressing; top with croutons, Parmesan, and optional chicken.

Tips

- Dressing split? Whisk a teaspoon of water or mustard, then slowly add the broken dressing to bring it back.
- Too sharp? Add a pinch of sugar.

6) Troubleshooting & Substitutions

- Thicken sauces: simmer uncovered; add a cornstarch/cornflour slurry; or mash some beans (for chili).
- Dairy-free swaps: plant milk in pancakes; coconut milk in curries; oil instead of butter.
- Gluten-free pasta: increase sauce slightly; GF pasta absorbs more.
- Reduce salt: use low-sodium stock and add salt at the end.

FAQ

- Can I freeze chili? Yes—cool, portion, freeze up to 3 months.
- How to rescue a split dressing? Emulsify with a little mustard and gradual whisking.
- Substitute egg in pancakes? Use a flax egg (1 tbsp ground flax + 3 tbsp water).
- How to make Bolognese richer? Add a splash of milk at the end.

7) Storage & Food Safety

Portion Guide: Spaghetti 80–100 g dried per adult. Rice 60–75 g dried per adult.

- Cool cooked dishes within 2 hours, then refrigerate.
- Most cooked dishes keep 3–4 days in the fridge.
- Reheat until steaming hot throughout.
- Label freezer portions with date and contents.

8) Glossary

- Bloom spices: briefly heating spices in oil to unlock aroma.
- Emulsify: combine two liquids that don't usually mix (like oil and lemon juice).
- Al dente: pasta cooked to be firm to the bite, not mushy.

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