



van Nes Family Cookbook



By Franklin van Nes

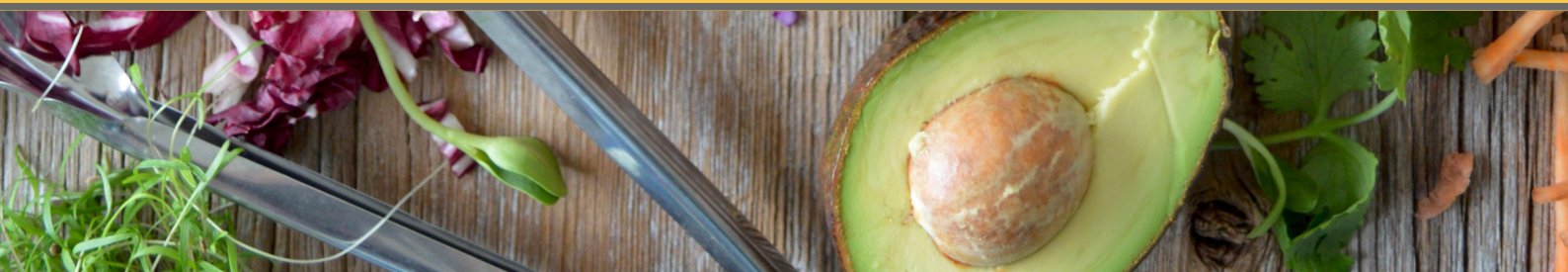


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Franklin Lentil Shepherd's Pie

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Ingredients

- 5 russet potatoes
- 3 large carrots
- 3 large celery ribs
- 1 medium to large white or yellow onion, chopped
- 3 cups vegetable broth
- 1 cup green lentils
- 1 chopped small bunch of fresh thyme, stems removed
- 3 sprigs fresh rosemary, de-stemmed and chopped
- Optional: 1/2 cup frozen corn
- Optional: 1/2 cup frozen peas
- 3 tbsp tomatoe paste
- 1/2 to 1 stick of butter
- 1/2 to 1 cup of milk (nut based encouraged!)

Steps

1. Preheat 2 tbsp olive oil in a large pot at medium heat. Once hot, saute the carrots, celery, and onion until slightly softened, around 10 minutes. Season with salt and pepper.
2. Add vegetable broth, lentils, thyme, rosemary, and tomato paste. Bring to a boil, reduce to simmer, and cover until lentils are cooked: about 20 minutes. Optionally: a couple of minutes before the lentils are cooked, stir in the frozen corn and/or peas.
3. While the lentils are cooking. Wash, dry, and quarter your potatoes. Pelling is not necessary unless desired. Place the potatoes into a large pot of boiling salted water. Ensure that the water covers the potatoes by 1 inch. Cook until potatoes are tender.
4. Drain potatoes and return them back to the empty pot. Add between 1/2 and 1 stick of butter or margarine to the potatoes and 1/2 to 1 cup of milk. Mash the potatoes until they reach the desired consistency!
5. In a large glass oven safe pan, place the cooked lentil mixture and spread the mashed potatoes on top.
6. Turn on the broiler in your oven and put a rack towards the top of the oven. Bake your sheperd's pie until brown and crispy on top. Check your pie frequently to make sure it doesn't burn!!!!

7. Serve with grated parmesan.

Scrambled eggs on toast

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Ingredients

- 3 eggs
- bread

Steps

1. Heat a non stick pan.
2. Slice some bread and toast the slices in a toaster. In the meantime, crack eggs into a bowl and whisk the eggs together.
3. Pour the whisked/scrambled eggs into the hot pan and use a silicon spoon to keep the eggs moving. Once eggs are almost cooked, take them off the heat. The eggs will continue to cook a little bit more.
4. Serve atop toast.