

7:50



## Your Fridge

### Seattle

Eat Vegetables!



### New York

No Sweets!



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Recipe



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## Food in Fridge

### Refrigerated

whole milk  
active yeast  
2all-purpose flour  
yellow cornmeal  
brown sugar  
kosher salt  
unsalted butter, melted  
large eggs  
baking soda

### Frozen

smoked salmon  
ed onion, sliced thin  
apple cider vinegar  
sesame seed bagels  
beef  
lamb  
Dijon mustard  
honey  
olive oil  
ice cream  
Mixed greens  
cup capers  
bean

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## Recipe

### Waffle

1 3/4 cups whole milk  
2 1/4 teaspoon (7g) active yeast (or 1 package, not fast acting or instant)  
2 cups (280g) all-purpose flour  
1/4 cup (40g) yellow cornmeal  
1 tablespoon brown sugar  
1 teaspoon kosher salt  
1/2 cup unsalted butter, melted  
2 large eggs  
1/2 teaspoon baking soda

### Smoked salmon brunch salad

12 sheets of MSC certified smoked salmon  
1/2 a red onion, sliced thin  
1/4 cup apple cider vinegar  
2 sesame seed bagels, sliced into medallions  
4 large eggs  
1 clove garlic, minced  
1 tbsp Dijon mustard  
1 tsp honey  
1/4 cup olive oil  
1/2 tsp salt  
142 g Mixed greens  
1/4 cup capers  
Salt and pepper to taste

### Chinese Seafood and Tomato Hotpot

7oz (200g) of MSC certified halibut  
3.5oz (100g) MSC certified Arctic surf clams (or other shellfish such as scallops or mussels)  
3.5oz (100g) MSC certified cold water shrimps

You'll also need...

3 cups (750ml) chicken stock  
1/4 cup (50ml) vegetable oil  
1 fresh red chilli

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