

# Recipes

Collected by Josh Brown and Sharon Yao

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# Chapter 1

## Breakfast

### Breakfast Cookies

from Liz Shively

#### Ingredients

- 1/2 cup butter
- 1/2 cup applesauce
- 1/4 cup brown sugar
- 1/2 cup honey
- 2 teaspoons vanilla
- 2 eggs
- 3 cups flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon pumpkin pie spice
- 1-2 tablespoons flax seed meal
- 2 cups oats
- 1 cup chopped nuts
- 1 cup dried fruit

#### Directions

1. Mix first four ingredients in a large bowl. Add vanilla and eggs; beat well. Add flour, baking soda, salt, pie spice, and flax seed meal; mix well. Stir in oats, nuts, and dried fruit.
2. Oil cookie sheets. Make large cookies, using about 1/2 cup dough for each. Flatten dough a bit. (They won't spread out during baking, so you can place them close to each other.) Bake at 325 degrees F for 15 minutes or till lightly brown.
3. Remove from cookie sheets and cool on rack. Cookies freeze well, and they thaw quickly at room temperature (or you can thaw them in the microwave for a minute or so).

### Buttermilk Pancakes

from *The Joy of Cooking*

#### Ingredients

- 1 1/2 cups all purpose flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 1/2 cups buttermilk
- 3 tablespoons butter, melted
- 2 eggs
- (1/2 teaspoon vanilla extract)

#### Directions

1. Mix together the dry ingredients and wet ingredients in separate bowls.
2. Grease a skillet lightly with butter or oil and do so as needed between batches. The heat is correct when a few drops of cold water on the skillet bounce and sputter, not boiling or evaporating.
3. Mix the liquid quickly into the dry ingredients.
4. Use 1/4 cup batter for each pancake. When bubbles appear on the surface on the pancake and the edges have browned, turn the cake and cook only until the second side is done.

## Crepes

from Alton Brown

### Ingredients

- 2 large eggs
- 3/4 cup milk
- 1/2 cup water
- 1 cup flour
- 3 tablespoons melted butter
- Butter, for coating the pan

### Directions

1. In a blender, combine all of the ingredients and pulse for 10 seconds. Place the crepe batter in the refrigerator for 1 hour. This allows the bubbles to subside so the crepes will be less likely to tear during cooking. The batter will keep for up to 48 hours.
2. Heat a small non-stick pan. Add butter to coat. Pour 1 ounce of batter into the center of the pan and swirl to spread evenly. Cook for 30 seconds and flip. Cook for another 10 seconds and remove to the cutting board. Lay them out flat so they can cool. Continue until all batter is gone. After they have cooled you can stack them and store in sealable plastic bags in the refrigerator for several days or in the freezer for up to two months. When using frozen crepes, thaw on a rack before gently peeling apart.
3. Savory Variation: Add 1/4 teaspoon salt and 1/4 cup chopped fresh herbs, spinach or sun-dried tomatoes to the egg mixture.
4. Sweet Variation: Add 2 1/2 tablespoons sugar, 1 teaspoon vanilla extract and 2 tablespoons of your favorite liqueur to the egg mixture.

## Granola

from Liz Shively

### Ingredients

- 4 cups rolled oats
- 1 cup wheat germ
- 1/2 cup flax seed meal
- 1/2 cup brown sugar
- 1/2 cup raw sunflower seeds
- 1/2 cup chopped walnuts
- 1/2 cup chopped almonds
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1/3 cup canola oil
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1/2 cup water

### Directions

1. Preheat oven to 300 degrees F.
2. In a large bowl, mix together first nine ingredients. In a smaller bowl, whisk together oil, honey, vanilla, and water. Pour wet ingredients over dry and mix until evenly blended.
3. Spread in a greased 9x13 or 11x7 inch baking pan.
4. Bake for 1 hour in preheated oven, stirring every 20 minutes, until granola is toasted. Let cool completely before storing in an airtight container.

## Green Smoothie

from Liz Shively

### Ingredients

- 1-2 bananas
- 4-5 frozen strawberries
- 2 big kale leaves, washed
- 1-2 cups plain yogurt
- 1-2 cups unsweetened almond milk
- a squirt of honey or agave nectar

### Directions

1. Blend.

## Chapter 2

# Dinner

### Chicken Tikka Masala

from Jeff Arenson

#### Ingredients

- 2 tablespoons Ghee or butter
- 2 tablespoons ghee (clarified butter)
- 1 onion, finely chopped
- 4 cloves garlic, minced
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 1 teaspoon ground ginger
- 1 teaspoon cayenne pepper
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground turmeric
- 1 (14 ounce) can tomato sauce
- 1 cup heavy whipping cream
- 2 teaspoons paprika
- 1 tablespoon white sugar
- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves, cut into bite-size pieces
- 1/2 teaspoon curry powder
- 1/2 teaspoon salt, or to taste
- 1 teaspoon white sugar, or to taste

#### Directions

1. Heat ghee in a large skillet over medium heat and cook and stir onion until translucent, about 5 minutes. Stir in garlic; cook and stir just until fragrant, about 1 minute. Stir cumin, 1 teaspoon salt, ginger, cayenne pepper, cinnamon, and turmeric into the onion mixture; fry until fragrant, about 2 minutes.
2. Stir tomato sauce into the onion and spice mixture, bring to a boil, and reduce heat to low. Simmer sauce for 10 minutes, then mix in cream, paprika, and 1 tablespoon sugar. Bring sauce back to a simmer and cook, stirring often, until sauce is thickened, 10 to 15 minutes.
3. Heat vegetable oil in a separate skillet over medium heat. Stir chicken into the hot oil, sprinkle with curry powder, and sear chicken until lightly browned but still pink inside, about 3 minutes; stir often. Transfer chicken and any pan juices into the sauce. Simmer chicken in sauce until no longer pink, about 30 minutes; adjust salt and sugar to taste.

### Cumin Lamb

from Josh Brown

#### Ingredients

- Cooking oil
- 2 Tbsp Sichuan peppercorns
- 2 dried chili peppers
- 8 cloves of garlic, minced
- 3 green onions
- 2 Tbsp cumin
- 1 lb Lamb, thinly sliced

#### Directions

1. Heat the oil over medium heat in a pan. Add the peppercorns and chili peppers; cook until fragrant.
2. Add the garlic and the bottom thirds of the green onions, finely chopped. Cook about 2 minutes. Add a light dusting of cumin and cook for another 2-3 minutes.
3. Add the lamb and the rest of the cumin. Stir once to coat evenly, and then stirring occasionally until the lamb is cooked.
4. Add the upper parts of the green onions, and serve.

## Honey Balsamic Brussels Sprouts

from Kevin is Cooking

### Ingredients

- 1 1/2 lbs fresh brussels sprouts
- 3 tbsp olive oil
- salt and pepper to taste
- 2 tbsp balsamic vinegar
- 2 tbsp honey

### Directions

1. Preheat oven to 425 degrees F.
2. Line a baking sheet with aluminum foil or use a Silpat silicone baking mat.
3. Trim off the outer, dry leaves, cut the bottom off and slice sprouts lengthwise.
4. In a large bowl, toss brussels sprouts with 2 tablespoons of olive oil, kosher salt and freshly cracked black pepper to coat thoroughly.
5. Transfer the brussels sprouts to baking sheet and roast until tender and caramelized, about 20 minutes.
6. Place brussels sprouts back in bowl. Add remaining tablespoon olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and season with kosher salt if necessary and serve.

## Jambalaya

from Tabasco

### Ingredients

- 2 tablespoons vegetable oil
- 1/2 pound andouille or other smoked sausage, cut into 1/2-inch slices
- 1/2 cup sliced celery
- 1 small onion, chopped
- 1 small red or green bell pepper, chopped
- 1 clove garlic, minced
- 1 3/4 cups chicken broth
- 1 cup diced fresh or canned tomatoes
- 1 bay leaf
- 1 teaspoon TABASCO® brand Original Red Sauce
- 1/4 teaspoon dried oregano leaves
- 1/4 teaspoon dried thyme leaves
- 1/8 teaspoon ground allspice
- 3/4 cup uncooked rice
- 1/2 pound shrimp, peeled, deveined and cut in half lengthwise

### Directions

1. Heat oil in a large heavy saucepan or Dutch oven over medium-high heat. Add sausage, celery, onion, bell pepper, and garlic. Cook 5 minutes or until vegetables are tender, stirring frequently.
2. Stir in broth, tomatoes, bay leaf, TABASCO Sauce, oregano, thyme, and allspice. Bring to a boil, reduce heat, and simmer uncovered for 10 minutes, stirring occasionally.
3. Stir in rice; cover and simmer 15 minutes.
4. Add shrimp; cover and simmer 5 minutes longer or until rice is tender and shrimp turn pink.
5. Let stand, covered, 10 minutes. Remove bay leaf before serving.

## Moroccan Shrimp

from Jamie Oliver

### Ingredients

- 2 sprigs of fresh rosemary
- 2 cloves of garlic
- olive oil
- 1 level teaspoon smoked paprika
- 1 good pinch of saffron
- 6 large raw shell-on king prawns, from sustainable sources
- 2 oranges
- 150 g wholewheat couscous
- 400 g colourful mixed seasonal veg, such as peas, asparagus, fennel, courgettes, celery, spring onions, red or yellow peppers
- 1 fresh red chilli
- 1/2 a bunch of fresh mint
- 1 lemon
- 2 tablespoons natural yoghurt
- 1 pomegranate

### Directions

1. Strip the rosemary leaves into a pestle and mortar, then peel and add the garlic and pound into a paste with a pinch of sea salt.
2. Muddle in 1 tablespoon of oil, the paprika, saffron and a swig of boiling water to make a marinade.
3. Use little scissors to cut down the back of each prawn shell and remove the vein. Cut 1 orange into wedges, toss with the prawns and the marinade and leave aside for 10 minutes.
4. Put the couscous into a bowl and just cover with boiling water, then pop a plate on top and leave to fluff up.
5. Take a bit of pride in finely chopping all your colourful seasonal veg and chilli, and put them into a nice serving bowl.
6. Pick a few pretty mint leaves and put to one side, then pick and finely chop the rest and add to the bowl with the juice of the lemon and the remaining orange. Add the couscous, toss together and season to perfection.
7. Put a large non-stick frying pan on a high heat. Add the prawns, marinade and orange wedges and cook for 4 to 5 minutes, or until the prawns are gnarly and crisp, then arrange on top of the couscous.
8. Dollop with yoghurt, then halve the pomegranate and, holding it cut side down in your fingers, bash the back so the sweet jewels tumble over everything. Sprinkle with the reserved mint leaves and serve.

## Pan-fried Whole Fish

from Josh Brown

### Ingredients

- 1 Tbsp flour
- 1 Tbsp corn starch
- 1 Tbsp salt
- 1 Tbsp black pepper
- 2 Tbsp cooking oil
- 2 small whole fish (yellow croaker or similar)

### Directions

1. Cut slits along the sides of the fish, and pat the fish dry with a paper towel.
2. Mix the first four ingredients together in a small bowl, and pat the mixture onto the fish.
3. Heat the oil in a cast iron skillet on medium-high heat.
4. Cook the fish until golden-brown—about five minutes on each side.

## Pan-Roasted Swordfish Steaks

from epicurious

### Ingredients

- 1/4 cup butter, room temperature
- 2 teaspoons chopped fresh parsley
- 1 garlic clove, minced
- 1/2 teaspoon ground mixed peppercorns, plus more for sprinkling
- 1/2 teaspoon grated lemon peel
- 1 tablespoon olive oil
- 4 1-inch-thick swordfish fillets

### Directions

1. Preheat oven to 400F.
2. Mash butter, parsley, garlic, 1/2 teaspoon ground mixed peppercorns, and lemon peel in small bowl. Season to taste with salt.
3. Heat oil in heavy large ovenproof skillet over medium-high heat. Sprinkle swordfish with salt and ground mixed peppercorns.
4. Add swordfish to skillet. Cook until browned, about 3 minutes.
5. Turn swordfish over and transfer to oven. Roast until just cooked through, about 10 minutes longer. Transfer swordfish to plates.
6. Add seasoned butter to same skillet. Cook over medium-high heat, scraping up browned bits, until melted and bubbling. Pour butter sauce over swordfish and serve.

## Saag Paneer

from Aarti Sequeira

### Ingredients

- 1 teaspoon turmeric
- 1/2 teaspoon cayenne
- Kosher salt
- 3 tablespoons plus 1 1/2 tablespoons vegetable oil
- 12 ounces paneer, cut into 1-inch cubes
- 1 (16-ounce package) frozen chopped spinach
- 1 medium white onion, finely chopped
- 1 (1-inch thumb) ginger, peeled and minced (about 1 tablespoon)
- 4 cloves garlic, minced
- 1 large green serrano chile, finely chopped (seeds removed if you don't like it spicy!)
- 1/2 teaspoon store-bought or home-made garam masala, recipe follows
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/2 cup plain yogurt, stirred until smooth

### Directions

1. In a large bowl, whisk together the turmeric, cayenne, 1 teaspoon salt and 3 tablespoons oil. Gently, drop in the cubes of paneer and gently toss, taking care not to break the cubes if you're using the homemade kind. Let the cubes marinate while you get the rest of your ingredients together and prepped.
2. Thaw the spinach in the microwave in a microwave-safe dish, 5 minutes on high, then puree in a food processor until smooth. Alternatively, you can chop it up very finely with your knife.
3. Place a large nonstick skillet over medium heat, and add the paneer as the pan warms. In a couple of minutes give the pan a toss; each piece of paneer should be browned on one side. Fry another minute or so, and then remove the paneer from the pan onto a plate.
4. Add the remaining 1 1/2 tablespoons oil to the pan. Add the onions, ginger, garlic and chile. Now here's the important part: saute the mixture until it's evenly toffee-coloured, which should take about 15 minutes. Don't skip this step - this is the foundation of the dish! If you feel like the mixture is drying out and burning, add a couple of tablespoons of water.
5. Add the garam masala, coriander and cumin. If you haven't already, sprinkle a little water to keep the spices from burning. Cook, stirring often, until the raw scent of the spices cook out, and it all smells a bit more melodious, 3 to 5 minutes.
6. Add the spinach and stir well, incorporating the spiced onion mixture into the spinach. Add a little salt and 1/2 cup of water, stir, and cook about 5 minutes with the lid off.
7. Turn the heat off. Add the yogurt, a little at a time to keep it from curdling. Once the yogurt is well mixed into the spinach, add the paneer. Turn the heat back on, cover and cook until everything is warmed through, about 5 minutes. Serve.

## Seared Sea Bass over Canellini Beans

from CookingLight

### Ingredients

- 4 sea bass fillets
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 3 tablespoons extra-virgin olive oil
- 5 garlic cloves, sliced
- 2 teaspoons fresh thyme leaves
- 8 cherry tomatoes, quartered
- 2/3 cup unsalted chicken stock
- 1 15-oz. can unsalted cannellini beans, rinsed and drained
- 5 ounces fresh baby spinach
- 2 tablespoons fresh lemon juice
- 1 ounce pitted Castelvetrano olives

### Directions

1. Heat a large nonstick skillet over medium-high. Sprinkle fish with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add 1 tablespoon oil to skillet; swirl to coat.
2. Add fish; cook to desired degree of doneness, about 3 minutes on each side for medium. Remove fish from pan; discard drippings. Do not wipe skillet clean. Lightly tent fish with foil to keep warm.
3. Heat remaining 2 tablespoons oil in skillet over medium-high.
4. Add garlic; cook, stirring often, until light golden brown, about 1 minute. Stir in thyme and tomatoes; cook, stirring often, until heated through, about 1 minute.
5. Add stock and beans; bring to a simmer. Add spinach in batches, and cook, tossing gently, until spinach is wilted after each addition.
6. Stir in lemon juice, olives, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper.
7. Divide bean mixture among 4 shallow bowls; nestle 1 fillet into each bowl.



## Thai Red Curry

from COOKIE+kate

### Ingredients

- 1 1/4 cups brown jasmine rice or long-grain brown rice, rinsed
- 1 tablespoon coconut oil or olive oil
- 1 small white onion, diced
- Pinch of salt, more to taste
- 1 tablespoon finely grated fresh ginger (about a 1-inch nub of ginger)
- 2 cloves garlic, pressed or minced
- 1 red bell pepper, sliced into thin 2-inch long strips
- 1 yellow, orange or green bell pepper, sliced into thin 2-inch long strips
- 3 carrots, peeled and sliced on the diagonal into 1/4-inch thick rounds (to yield about 1 cup sliced carrots)
- 2 tablespoons Thai red curry paste
- 1 can (14 ounces) regular coconut milk
- 1/2 cup water
- 1 1/2 cups packed thinly sliced kale (tough ribs removed first), preferably the Tuscan/lacinato/dinosaur variety
- 1 1/2 teaspoons coconut sugar or turbinado (raw) sugar or brown sugar
- 1 tablespoon tamari or soy sauce
- 2 teaspoons rice vinegar or fresh lime juice
- Garnishes/sides: handful of chopped fresh basil or cilantro, optional red pepper flakes, optional sriracha or chili garlic sauce

### Directions

1. To cook the rice, bring a large pot of water to boil. Add the rinsed rice and continue boiling for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve. Just before serving, season the rice to taste with salt and fluff it with a fork.
2. To make the curry, warm a large skillet with deep sides over medium heat. Once it's hot, add the oil. Add the onion and a sprinkle of salt and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the ginger and garlic and cook until fragrant, about 30 seconds, while stirring continuously.
3. Add the bell peppers and carrots. Cook until the bell peppers are fork-tender, 3 to 5 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.
4. Add the coconut milk, water, kale and sugar, and stir to combine. Bring the mixture to a simmer over medium heat. Reduce heat as necessary to maintain a gentle simmer and cook until the peppers, carrots and kale have softened to your liking, about 5 to 10 minutes, stirring occasionally.
5. Remove the pot from the heat and season with tamari and rice vinegar. Add salt (I added 1/4 teaspoon for optimal flavor), to taste. If the curry needs a little more punch, add teaspoon more tamari, or for more acidity, add 1/2 teaspoon more rice vinegar. Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of red pepper flakes, if you'd like. If you love spicy curries, serve with sriracha or chili garlic sauce on the side

## Whole Roasted Red Snapper

from AvecEric

### Ingredients

- 4-pound whole red snapper, head on, scales removed and cleaned
- 1/3 cup canola oil
- 1 clove garlic, sliced
- 1 tablespoon grated ginger
- 1 tablespoon ground coriander seeds
- 1/2 teaspoon chili flakes
- 3 tablespoons coconut milk
- juice and zest of 1 lime
- 1/4 cup basil chiffonnade
- 1/4 cup cilantro chiffonnade
- fine sea salt and freshly ground black pepper 1 lime

### Directions

1. Preheat oven to 400F.
2. Generously season inside the belly and both sides of the fish with salt and pepper. Place the fish on a roasting pan.
3. Combine the canola oil with the garlic, ginger, coriander, chili flakes, coconut milk, lime juice and zest in a mixing bowl and stir to combine.
4. Spoon the spice mixture over the snapper and bake for about 25-30 minutes, basting frequently. Bake the fish until a metal skewer can easily be inserted into the fish and, when left in for 5 seconds, feels warm.
5. While the fish is roasting, cook the rice. First, place the rice in a fine sieve and rinse under cool water until the water begins to run clear. Transfer rice to a medium pot; add water, season with a pinch of salt, add lemongrass and bring to a boil over medium-high heat. Lower the heat and simmer for 10 minutes. Remove the rice from heat, cover and let sit for another 10 minutes. When the rice is cooked, remove and discard lemongrass. Add the coconut milk and cilantro, gently stir to incorporate and season to taste with lime juice, salt and pepper.
6. To serve, spoon the coconut rice on to the middle of four plates. Fillet the snapper, running a knife lengthwise down the fish at about the center, to separate the side into two fillets, and then under the flesh to separate it from the bone. Carefully lift off each fillet and place on top of the rice. When the top fillets have been removed, lift off the fish bones and portion the bottom in the same manner. Plate the remaining fillets and spoon some of the sauce from the roasting pan over each portion. Finish each dish with a squeeze of fresh lime juice and garnish with chiffonnade of basil and cilantro.

## Chapter 3

# Dessert

### Chocolate Lava Cake

from Paula Deen

#### Ingredients

- 8 ounces bittersweet chocolate
- 10 tablespoons butter
- 1/2 cup all-purpose flour
- 1 1/2 cups confectioners' sugar
- 3 large eggs
- 3 egg yolks
- 1 teaspoon vanilla extract
- 2 tablespoons orange liqueur

#### Directions

1. Preheat oven to 425 degrees F. Grease 6 custard cups.
2. Melt the chocolates and butter in the microwave, or in a double boiler. Add the flour and sugar to chocolate mixture. Stir in the eggs and yolks until smooth. Stir in the vanilla and orange liqueur.
3. Divide the batter evenly among the custard cups. Place in the oven and bake for 14 minutes. The edges should be firm but the center will be runny. Run a knife around the edges to loosen and invert onto dessert plates.

### Eggnog (cooked)

from Alton Brown

#### Ingredients

- 4 egg yolks
- 1/3 cup sugar, plus 1 tablespoon
- 1 pint whole milk
- 1 cup heavy cream
- 3 ounces bourbon
- 1 teaspoon freshly grated nutmeg
- 4 egg whites

#### Directions

1. In the bowl of a stand mixer, beat the egg yolks until they lighten in color. Gradually add the 1/3 cup sugar and continue to beat until it is completely dissolved. Set aside.
2. In a medium saucepan, over high heat, combine the milk, heavy cream and nutmeg and bring just to a boil, stirring occasionally. Remove from the heat and gradually temper the hot mixture into the egg and sugar mixture. Then return everything to the pot and cook until the mixture reaches 160 degrees F. Remove from the heat, stir in the bourbon, pour into a medium mixing bowl, and set in the refrigerator to chill.
3. In a medium mixing bowl, beat the egg whites to soft peaks. With the mixer running gradually add the 1 tablespoon of sugar and beat until stiff peaks form. Whisk the egg whites into the chilled mixture.

## Tiramisu

from allrecipes

### Ingredients

- 6 egg yolks
- 3/4 cup white sugar
- 2/3 cup milk
- 1 1/4 cups heavy cream
- 1/2 teaspoon vanilla extract
- 1 pound mascarpone cheese
- 1/4 cup strong brewed coffee, room temperature
- 2 tablespoons rum
- 2 3-ounce packages ladyfinger cookies
- 1 tablespoon unsweetened cocoa powder

### Directions

1. In a medium saucepan, whisk together egg yolks and sugar until well blended. Whisk in milk and cook over medium heat, stirring constantly, until mixture boils. Boil gently for 1 minute, remove from heat and allow to cool slightly. Cover tightly and chill in refrigerator 1 hour.
2. In a medium bowl, beat cream with vanilla until stiff peaks form. Whisk mascarpone into yolk mixture until smooth.
3. In a small bowl, combine coffee and rum. Split ladyfingers in half lengthwise and drizzle with coffee mixture.
4. Arrange half of soaked ladyfingers in bottom of a 7x11 inch dish. Spread half of mascarpone mixture over ladyfingers, then half of whipped cream over that. Repeat layers and sprinkle with cocoa. Cover and refrigerate 4 to 6 hours, until set.