

A Minimal Book Example

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Chapter 1

Prerequisites

This is a *sample* book written in **Markdown**. You can use anything that Pandoc's Markdown supports, e.g., a math equation $a^2 + b^2 = c^2$.

The **bookdown** package can be installed from CRAN or Github:

```
install.packages("bookdown")  
# or the development version  
# devtools::install_github("rstudio/bookdown")
```

Remember each Rmd file contains one and only one chapter, and a chapter is defined by the first-level heading **#**.

To compile this example to PDF, you need XeLaTeX. You are recommended to install TinyTeX (which includes XeLaTeX): <https://yihui.name/tinytex/>.

Chapter 2

Basics

Vegetable Boullion

- 5 ounces / 150 g leeks, sliced and well-washed
- 7 ounces / 200g fennel bulb, chopped
- 7 ounces / 200g carrot, well scrubbed and chopped
- 3.5 ounces / 100 g celery
- 3.5 ounces / 100g celery root (celeriac), peeled and chopped
- 1 ounce / 30g olives
- 3.5 ounces / 100g shallots, peeled
- 3 medium garlic cloves
- 9 ounces / 250g fine grain sea salt
- 1.5 ounces / 40 g flat-leaf parsley, loosely chopped
- 2 ounces / 60g cilantro (coriander), loosely chopped

Chapter 3

Dinner

beans coins

greens money

quinoa abundance

noodles long life

fruit grapes, 12 of them, one for each month

ring shaped cakes coming full circle

Chapter 4

Salads

Kale and Quinoa Salad

Originally from Perelman (2014), we've simplified the dressing and added a vegan cashew cheese.

Chapter 5

Drinks

Kombucha

1. <http://www.culturesforhealth.com/use-extra-kombucha-soby>
2. http://www.happyherbalist.com/continuous_brewing.htm
3. <http://wellnessmama.com/8638/how-to-continuous-brew-kombucha/>
4. <http://www.homebrewtalk.com/f167/bottling-kombucha-question-307452/>

Ingredients

Container	Water	Sugar	Tea	Starter
1 gallon	3.5 quarts	1 cup	8 teaspoons	2 cups
5 gallons	7 quarts	5 cups	40 teaspoons	10 cups

Flavoring

Optional flavoring extras for bottling: 1 to 2 cups chopped fruit, 2 to 3 cups fruit juice, 1 to 2 tablespoons flavored tea (like hibiscus or Earl Grey), 1/4 cup honey, 2 to 4 tablespoons fresh herbs or spices

Lemon Zinger

- 2 teaspoon roughly chopped ginger
- 4 tablespoons fresh lemon juice
- 1 teaspoon sugar
- Enough kombucha to fill a 1 liter vessel.

— Optional flavoring extras for bottling: 1 to 2 cups chopped fruit, 2 to 3 cups fruit juice, 1 to 2 tablespoons flavored tea (like hibiscus or Earl Grey), 1/4 cup honey, 2 to 4 tablespoons fresh herbs or spices

Troubleshooting

http://users.bestweb.net/~om/kombucha_balance/

Scoby Uses

- <http://holisticsquid.com/kombucha-soby-jerky/>
- <http://www.pennilessparenting.com/2013/07/making-kombucha-mushroom-jerky-recipe.html>

- <http://www.livingthenourishedlife.com/2013/11/top-kombucha-recipes>
- <http://www.kombuchakamp.com/2011/03/kombucha-soby-cultures-top-5-other-uses.html>

Whiskey

Whiskey that We've Given Neil

- Art in The Age ROOT
- Cleveland Underground Bourbon Whiskey Finished with Sugar Maple Wood
- Sons Of Liberty Pumpkin Spice Whiskey
- Sons Of Liberty Apple Whiskey
- Sons Of Liberty Hops Whiskey

Whiskey To Give Neil

- Cleveland Underground Bourbon Whiskey Finished with Hickory Wood
- Cleveland Underground Bourbon Whiskey Finished with Apple Wood
- Cleveland Underground Bourbon Whiskey Finished with Black Cherry Wood
- Cleveland Underground Bourbon Whiskey Finished with Honey Locust Wood
- Kentucky Bulleit Bourbon

Wines That We Like

- Apothic Red
- Foglio 12 - Tastes like strawberries!
- Real Lavrador - Good and cheap
- Syrah staff pick from

Chapter 6

Grains

Quinoa

Recipe

- 1 cup quinoa
- 1.5 cups water or, ideally, vegetable stock
- pinch of salt

Instant Pot Instructions

1. Rinse quinoa at least twice, submerging it entirely in a bowl of water and swirling it around.
2. Place rinsed quinoa, liquid, and salt into inner pan of pressure cooker.
3. Seal the pressure cooker, being sure that the vent knob is turned to seal.
4. Cook on HIGH pressure for 1 minute.
5. Allow pressure to release naturally for at least 10 minutes and then fluff with a spoon or fork.
6. Serve as desired.

References

- <https://www.platingsandpairings.com/how-to-cook-perfect-quinoa-in-the-instant-pot/>
- <https://detoxinista.com/how-to-cook-quinoa-instant-pot/>
- <https://amindfullmom.com/instant-pot-quinoa/>

Brown Rice

Ingredients

- 1 cup brown rice, to
- 1 cup water or vegetable stock

Instant Pot Instructions

1. Place rinsed rice, liquid into pressure cooker.
2. Seal the pressure cooker, being sure that the vent knob is turned to seal.
3. Cook on HIGH pressure for 15 minute.
4. Allow pressure to release naturally for at 5 minutes and then manually release.
5. Serve as desired.

References

- <https://www.pressurecookrecipes.com/pressure-cooker-brown-rice/>

Chapter 7

Pastry & Cakes

Carrot Cake

This originally came from pages 679-680 of the Silver Palatte New Basics cookbook, “Berta’s Carrot Cake”, but I made some modifications:

1 cup AP flour 1 cup WW flour 2 cups granulated sugar (it’s definitely possible that I cut this by a third to a half, but I know it’s good without cutting it) 2 teaspoons baking soda 2 teaspoons ground cinnamon 1 cup neutrally flavored oil 3 flax eggs (3 tablespoons ground flax + 9 tablespoons water, set aside in the fridge for 15 minutes) 2 teaspoons vanilla extract 1 1/3 cup pumpkin or butternut puree 1 cup chopped walnuts, roasted 1 cup shredded carrots 3/4 cup canned crushed pineapple

\1. preheat oven to 350F. prep either a 13 x 9 inch layer cake pan, or two 8 inch cake pans. 2. sift the flour, sugar, baking soda and cinnamon together in a large bowl. add the oil, flax eggs and vanilla and beat until uniformly mixed. fold in all other ingredients. 3. pour batter in prepped pan(s), bake until the edges have pulled away from the sides of the pan and a toothpick inserted in the center comes out clean, about 1 hour. OPTIONAL: at this point, I had zested and then juiced some clementines and made a symple syrup with the juice and brushed it over the cake. mix the zest and sugar together to go on top of the cake. 4. cool for 10 minutes, then invert pan, unmold cake and remove the wax paper. let cool completely. 5. frost the top and sides, toss some crumbled walnuts (and the aforementioned zest) on top.

for frosting, I originally just made a cream cheese frosting as follows:

4 ounces tofutti 3 tablespoons earth balance buttery stick 1 1/2 cup confectioner’s sugar 1/2 teaspoon vanilla juice of 1/4 lemon

cream the fats together, sift in the sugar and beat until fully incorporated. stir in the flavoring.

BUT, I’ve never been a fan of these confectioner’s sugar based frosting, I think they have kind of a gross flavor. I recently came across a thickened milk frosting from my mom and then found out some more info on it from this site:

<http://www.joepastry.com/2011/heritage-a-k-a-boiled-a-k-a-flour-a-k-a-cooked-flour-a-k-a-gravy-a-k-a-cloudburst-frosting/>

this frosting is REALLY good. the version I made is was with almond milk. make sure you sift the flour into the milk, I had some clumps because I was lazy.

Here’s a simple footnote,¹ and here’s a longer one.

¹This is the first footnote.

oatmeal raisin bread - 2 loaves

- 3 cups flour
- 1.5 t b. powder
- 1.5 t b. soda
- 3/4 t salt
- 1/2 c sugar
- 3 c oatmeal (not quick cooking)
- 1.5 c raisins
- 3 T shortening, melted
- 3/4 C molasses
- 3 C sour milk

let stand 20 minutes before baking

350 F for 45 minutes

Every Day Streusel

Description

This is a recipe used commonly at The Bakery.

Ingredients

Ingredient	Baker's %	Weight
Flour	100%	3 lbs
Sugar, White	33.33%	1 lb
Sugar, Brown	50%	1 lb 8 oz
Butter		2 lbs 8oz
Salt		1 1/2 tsp
Cinnamon		1 tablespoon

Instructions

1. Mix all dry ingredients.
2. Cut butter into small pieces and toss with dry ingredients.
3. Beat either by hand or in mixing bowl until clumps together into the size you'd like.
4. Use to top baked goods prior to baking.

Chapter 8

Snacks

Crackers

Sure you can buy 'crackas'. But why not make your own crackas from things you already have and like in your homes??? It's not any harder than that!

Recipe

- 1 cup all-purpose flour
- 1 cup white whole wheat or whole wheat pastry flour
- 2 tbsp nutritional yeast
- 1 tsp baking powder
- 2 tsp dried rosemary or 2 T fresh rosemary
- 1 tsp fine sea salt
- 1/4 tsp ground pepper
- 4 tbsp extra virgin olive oil

1/2 cup water +/-, until ready

Coarse sea salt crystals, optional

400 degrees, ~15 minutes

Further cracker ideas

Technical Notes

How to Store Vegetables Without Plastic (“Storage Tips” 2014)

- **Artichokes:** place in an airtight container sealed, with light moisture. (“Storage Tips” 2014)
- **Asparagus:** place them loosely in a glass or bowl upright with water at room temperature. (Will keep for a week outside the fridge)
- **Avocados-** place in a paper bag at room temp. To speed up their ripening- place an apple in the bag with them.
- **Arugula-** arugula, like lettuce, should not stay wet! Dunk in cold water and spin or lay flat to dry. Place dry arugula in an open container, wrapped with a dry towel to absorb any extra moisture.
- **Basil-** is difficult to store well. Basil does not like the cold, or to be wet for that matter. The best method here is an airtight container/jar loosely packed with a small damp piece of paper inside-left out on a cool counter.

- Beans, shelling- open container in the fridge, eat ASAP. Some recommend freezing them if not going to eat right away
- Beets- cut the tops off to keep beets firm, (be sure to keep the greens!)by leaving any top on root vegetables draws moisture from the root, making them loose flavor and firmness. Beets should be washed and kept in an open container with a wet towel on top.
- Beet greens- place in an airtight container with a little moisture.
- Broccoli- place in an open container in the fridge or wrap in a damp towel before placing in the fridge.
- Broccoli Rabe- left in an open container in the crisper, but best used as soon as possible.
- Brussels Sprouts- If bought on the stalk leave them on that stalk. Put the stalk in the fridge or leave it on a cold place. If they're bought loose store them in an open container with a damp towel on top.
- Cabbage- left out on a cool counter is fine up to a week, in the crisper otherwise. Peel off outer leaves if they start to wilt. Cabbage might begin to lose its moisture after a week, so, best used as soon as possible.
- Carrots- cut the tops off to keep them fresh longer. Place them in closed container with plenty of moisture, either wrapped in a damp towel or dunk them in cold water every couple of days if they're stored that long.
- Cauliflower- will last a while in a closed container in the fridge, but they say cauliflower has the best flavor the day it's bought.
- Celery- does best when simply places in a cup or bowl of shallow water on the counter.
- Celery root/Celeriac- wrap the root in a damp towel and place in the crisper.
- Corn- leave unhusked in an open container if you must, but corn really is best eaten sooner then later for maximum flavor.
- Cucumber- wrapped in a moist towel in the fridge. If you're planning on eating them within a day or two after buying them they should be fine left out in a cool room.
- Eggplant- does fine left out in a cool room. Don't wash it, eggplant doesn't like any extra moisture around its leaves. For longer storage- place loose, in the crisper.
- Fava beans- place in an air tight container.
- Fennel- if used within a couple days after it's bought fennel can be left out on the counter, upright in a cup or bowl of water (like celery). If wanting to keep longer than a few days place in the fridge in a closed container with a little water.
- Garlic- store in a cool, dark, place.
- Green garlic-an airtight container in the fridge or left out for a day or two is fine, best before dried out.
- Greens- remove any bands, twist ties, etc. most greens must be kept in an air-tight container with a damp cloth- to keep them from drying out. Kale, collards, and chard even do well in a cup of water on the counter or fridge.
- Green beans- they like humidity, but not wetness. A damp cloth draped over an open or loosely closed container.
- Green Tomatoes- store in a cool room away from the sun to keep them green and use quickly or they will begin to color.
- Herbs- a closed container in the fridge to kept up to a week. Any longer might encourage mold.
- Lettuce- keep damp in an airtight container in the fridge.
- Leeks-leave in an open container in the crisper wrapped in a damp cloth or in a shallow cup of water on the counter (just so the very bottom of the stem has water).
- Okra- doesn't like humidity. So a dry towel in an airtight container. Doesn't store that well, best eaten quickly after purchase
- Onion- store in a cool, dark and dry, place- good air circulation is best, so don't stack them.
- Parsnips-an open container in the crisper, or, like a carrot, wrapped in a damp cloth in the fridge.
- Potatoes- (like garlic and onions) store in cool, dark and dry place, such as, a box in a dark corner of the pantry; a paper bag also works well.
- Radicchio- place in the fridge in an open container with a damp cloth on top.
- Radishes- remove the greens (store separately) so they don't draw out excess moisture from the roots and place them in a open container in the fridge with a wet towel placed on top.
- Rhubarb-wrap in a damp towel and place in an open container in the refrigerator.
- Rutabagas- in an ideal situation a cool, dark, humid root cellar or a closed container in the crisper to

keep their moisture in.

- Snap peas- refrigerate in an open container
- Spinach- store loose in an open container in the crisper, cool as soon as possible. Spinach loves to stay cold.
- Spring onions- Remove any band or tie and place in the crisper.
- Summer Squash- does fine for a few days if left out on a cool counter, even after cut.
- Sweet peppers- Only wash them right before you plan on eating them as wetness decreases storage time. Store in a cool room to use in a couple a days, place in the crisper if longer storage needed.
- Sweet Potatoes- Store in a cool, dark, well-ventilated place. Never refrigerate—sweet potatoes don't like the cold.
- Tomatoes- Never refrigerate. Depending on ripeness, tomatoes can stay for up to two weeks on the counter. To hasten ripeness place in a paper bag with an apple.
- Turnips- remove the greens (store separately) same as radishes and beets, store them in an open container with a moist cloth.
- Winter squash-store in a cool, dark, well ventilated place. Many growers say winter squashes get sweeter if they're stored for a week or so before eaten.
- Zucchini- does fine for a few days if left out on a cool counter, even after cut. Wrap in a cloth and refrigerate for longer storage.
- How To Store Fruit Without Plastic
- Apples: store on a cool counter or shelf for up to two weeks. For longer storage in a cardboard box in the fridge.
- Citrus: store in a cool place, with good airflow, never in an air-tight container.
- Apricots- on a cool counter to room temperature or fridge if fully ripe
- Cherries-store in an airtight container. Don't wash cherries until ready to eat, any added moisture encourages mold.
- Berries-Don't forget, they're fragile. When storing be careful not to stack too many high, a single layer if possible. A paper bag works well, only wash before you plan on eating them.
- Dates-dryer dates (like Deglet Noor) are fine stored out on the counter in a bowl or the paper bag they were bought in. Moist dates (like Medjool) need a bit of refrigeration if they're going to be stored over a week, either in cloth or a paper bag- as long as it's porous to keeping the moisture away from the skin of the dates.
- Figs- Don't like humidity, so, no closed containers. A paper bag works to absorb excess moisture, but a plate works best in the fridge up to a week un-stacked.
- Melons- uncut in a cool dry place, out of the sun up to a couple weeks. Cut melons should be in the fridge, an open container is fine.
- Nectarines- (similar to apricots) store in the fridge is okay if ripe, but best taken out a day or two before you plan on eating them so they soften to room temperature.
- Peaches (and most stone fruit)- refrigerate only when fully ripe. More firm fruit will ripen on the counter.
- Pears- will keep for a few weeks on a cool counter, but fine in a paper bag. To hasten the ripening put an apple in with them.
- Persimmon –Fuyu-(shorter/pumpkin shaped): store at room temperature.–Hachiya- (longer/pointed end): room temperature until completely mushy. The astringentness of them only subsides when they are completely ripe. To hasten the ripening process place in a paper bag with a few apples for a week, check now and then, but don't stack-they get very fragile when really ripe.
- Pomegranates- keep up to a month stored on a cool counter.
- Strawberries- Don't like to be wet. Do best in a paper bag in the fridge for up to a week. Check the bag for moisture every other day.

References

1. <https://www.washingtonsgreengrocer.com/everything-else/storage-tips> May 4, 2015
2. <http://www.specialtybottle.com/glassbottles-2.aspx>

Perelman, Deb. 2014. “Kale and Quinoa Salad with Ricotta Salata.” *Smitten Kitchen*.

“Storage Tips.” 2014. *Washingtons Green Grocer*. <https://www.washingtonsgreengrocer.com/everything-else/storage-tips>.