

Baguette w/ Mozzarella, Tomato, Basil

Servings: 12

Calories: ~103/serving

Time: 15m

Ingredients

- 1 ~12" baguette
 - 2 tomatoes
 - ~12 basil leaves
 - herbs (I had dried oregano and rosemary from garden)
 - olive oil
 - extra virgin olive oil
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Instructions:

- Pre-heat broiler
- Slice baguette into $\frac{1}{2}$ inch slices and coat each side with a small amount of olive oil
- Add a basil leaf, tomato, and then a slice of mozzarella to each
- Season with salt, pepper, and dried oregano and rosemary
- Broil for ~5-8 minutes, wait for it to melt / get brown and crispy
- Serve and drizzle with extra virgin olive oil to finish

Source: Me

Made on: 2018/07/21

Jacque's Stovetop Flat Bread

Servings: 4

Calories: ~230/serving

Time: 20m

Ingredients

- 1.5 cups flour
 - 1 cup water
 - 1 tsp baking powder
 - 1/2 tsp salt
 - 2 tbsp olive oil
 - 2 tbsp water
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Instructions:

- Mix everything except the 2 tbsp of water together
- Heat non-stick skillet over medium/medium-high heat
- Add 1 tbsp olive oil and pour dough into pan and spread it out flat
- Add 1-2 tbsp water on the edges and cover with lid. Cook 8-10 minutes (check and make sure you don't burn the bottom)
- Flip, recover, cook for 5 minutes to finish. Serve warm

Variations:

- Caramelize onions. Pour batter in, then add onions on top of dough once you pour it in, then flip it like normal

Source: Jacques Pepin / Youtube

Made on: 2018/07/10

Zucchini Bread

Servings: 20

Calories: ~292/serving

Time: 2h

Ingredients

- 3 cups all purpose flour
 - 1 tsp salt
 - 1 tsp baking soda
 - 1 tsp baking powder
 - 1 tbsp ground cinnamon
 - 3 eggs
 - 1 cup vegetable oil
 - 2 1/4 cups white sugar
 - 3 tsp vanilla extract
 - 2 cups grated zucchini
 - 1 cup chopped walnuts
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Instructions:

- Pre-heat oven to 325
- Grease and flour two bread pans
- Mix flour, salt, baking powder, baking soda, and cinnamon together in bowl
- Beat eggs, oil, vanilla, and sugar together in another bowl
- Add dry ingredients to wet and mix
- Add zucchini and nuts and mix
- Pour batter into pans
- Bake for 40-60 minutes
- Let cool for 20 minutes, then remove from pan and cool completely
- Try and get ~10 slices per loaf

Source: all recipes - zucchini bread

Made on: 2018/12/01

Banana Bread

Servings: 10

Calories: ~219/serving

Time: 1h20m

Ingredients

- 3 ripe bananas
 - 1/3 cup melted butter
 - 1 tsp baking soda
 - pinch of salt
 - 3/4 cup sugar
 - 1 large egg, beaten
 - 1 tsp vanilla extract
 - 1 1/2 cups all purpose flour
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Instructions:

- Pre-heat oven to 350 and butter a bread pan
- Mash the bananas until smooth and stir in melted butter
- Mix in baking soda, salt, sugar, egg, and vanilla extract
- Mix in flour
- Pour batter into pan
- Bake for 50 minutes to 1 hour
- Let cool for 20 minutes then remove from pan, and let completely cool

Source: simply recipes - banana bread

Made on: 2018/12/02

Jacque's Pear/Apple Tart

Servings: 4

Calories: ~120/serving

Time: 20m

Ingredients

- 12in tortilla
 - 1 pear (or apple/other fruit)
 - 1 tbsp butter
 - 1 tbsp sugar (cane, pref)
 - apricot preserves
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Instructions:

- Line pan with foil/silicon sheet
- Preheat oven to 400 F and put pan in oven with butter to melt (~1 minute)
- Take pan out, rub both sides of tortilla into the butter, put sugar on one side and flip it over (sugar side down).
- Put sliced pear/apple/fruit on tortilla and add little dots of butter around the fruit
- Sprinkle with sugar
- Bake 10 minutes
- Heat up apricot preserves for 30 seconds in microwave
- Take tortilla out of oven, cut into 4 pieces and brush with a small amount of preserves

Source: Jacques Pepin / Youtube

Made on: 2018/07/10

Bean Salad

Servings: 6

Calories: ~380/serving

Time: 30m

Ingredients

- 3 cans black beans
 - 1 cups cooked rice
 - 1-2 bunches of green onions
 - 2 ribs celery
 - 3 cloves garlic
 - 1 cup shredded cheddar
 - zesty italian dressing
 - frozen corn
 - jalapeno
 - red bell pepper
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Instructions:

- Cook and cool rice
- Drain and rinse black beans
- Slice celery into small pieces
- Mince garlic
- Thaw/cook corn partially
- Dice bell pepper and jalapeno
- Mix everything together in bowl
- Add ½ bottle of Italian dressing and season with salt and pepper to taste

Source: Mom

Made on: 2018/07/19

Pork Chops w/ Apples and Garlic Mash

Servings: 4

Calories: ~450/serving

Time: 40m

Ingredients

- 4 1/2in thick pork chops
 - 2 cloves garlic
 - 2 tbsp chopped sage
 - 1 tbsp olive oil
 - 1 large red onion, cut into 1/2in wedges
 - 2 granny smith apples, cut into 1/2in wedges
 - 3/4 cup apple cider
 - 1/4 cup butter milk
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Instructions:

- Put potatoes and garlic in a sauce pan, cover with water and bring to boil. Uncover, cook for 15 minutes
- Rub pork chop with sage, salt and pepper
- Heat skillet or non-stick pan over medium high heat and add 1 tbsp oil
- Sear both sides for ~5 minutes (depends on thickness and stove) and set aside
- Add apples and red onion wedges and cook until brown, ~5 minutes
- Add S&P and mix in cider
- Add pork chops and cook ~5 minutes
- Drain potatoes, reserve 1/4 cup liquid
- Add buttermilk to potatoes, mash, add salt and pepper to taste
- Drizzle the potatoes and pork chops with pan juices and serve

Source: Food Network

Made on: 2018/07/08

Quick White Pizza

Servings: 4

Calories: ~350/serving

Time: 20m

Ingredients

- pre-made pizza crust
 - chorizo sausage
 - mozzarella cheese
 - olive oil
 - white mushrooms
 - jalapeno
 - 1/2 tbsp Butter
 - gruyere
 - (any veg)
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Instructions:

- Pre-heat oven to 450 F (check pre-made crust instructions).
- Brush bottom of crust with butter.
- Brush top of crust with olive oil.
- Add mozzarella to cover and shred a small amount of gruyere. Slice chorizo into small slices and add to pizza with vegetables.
- Bake for 10 minutes (follow pre-made instructions).

Source: Jacques Pepin / Youtube

Made on: 2018/07/19

Rosemary and Oregano chicken breasts

Servings: 2

Calories: ~380/serving

Time: 10m

Ingredients

- 2 chicken breasts (~8oz each)
 - 1 tbsp olive oil
 - dried oregano
 - dried rosemary
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Instructions:

- Heat non-stick pan over medium-high heat (6.5)
- Butterfly chicken breasts and pat both sides dry
- Rub with salt, pepper, oregano and rosemary
- Add oil to pan
- Cook chicken with lid on for ~4 minutes each side

Source: Me

Made on: 2018/07/22

Spinach stuffed pork chop

Servings: 2

Calories: ~544/serving

Time: 30m

Ingredients

- 4oz spinach
 - 1/4 tsp nutmeg
 - 1 tsp chopped garlic
 - 3/4 cup gruyere, shredded
 - 2 pork chops, 1" thick, butterflied
 - 1/2 tbsp butter
 - 1/2 cup scallions
 - 1 tsp chopped garlic
 - 1/2 tomato, diced
 - 1/8 cup chicken broth
 - 1/8 cup dry white wine (chardonay)
 - 1/8 cup kalimata olives
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Instructions:

- Dice and add the tomatoes, chicken broth and white wine in a bowl for later
- Heat in a skillet over high heat
- Add spinach, nutmeg, garlic, salt and pepper. Cook for 3 minutes
- Transfer to a plate and cool, mix in gruyere
- Butterfly pork chops and season the outsides w/ salt and pepper
- Saute over high heat for 3.5 minutes on each side (make sure center is cooked / to temp)
- Put on a dish to rest
- Add scallions and garlic to pan drippings and saute for 30 seconds
- Add white wine, tomatoes, and chicken broth to pan
- Boil for 2 minutes to reduce
- Stir in the olives and mix well
- Coat the pork chops and garnish with cilantro

Made on: 2018/07/22

Pan seared marinated skirt steak

Servings: 2

Calories: ~390/serving

Time: 15m

Ingredients

- 12oz skirt steak (original calls for flank)
 - 1 tbsp honey
 - 2 tbsp dark soy sauce
 - 1 tbsp chopped garlic
 - 1/2 tsp coriander (can sub cumin)
 - 1/4 tsp cayenne (can sub red pepper flakes)
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Instructions:

- Marinate the steak for about an hour in the ingredients above
- Preheat oven to 170
- Heat non-stick pan over high heat (7-8)
- Put steak into pan and sear each side 1.5 minutes
- Pour extra sauce + a little water into sauce pot and boil for 30 seconds
- Put steak into oven and let it rest and come to temp for 10 minutes
- Slice and serve, top with sauce

Source: Jacques Pepin - Essential Pepin

Made on: 2018/07/25

Smoked Sausage

Servings: 2-4

Calories: ~150/serving

Time: 3h

Ingredients

- 2-3 lbs of sausages
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Instructions:

- Pre-heat smoker to 275 for 45 minutes before hand
- Lower to 225-250 when cooking
- Smoke for 2-3 hours, internal temp should be 160F
- Prep charcoal grill
- Finish/crisp up on grill for 2-5 minutes and serve

Source: Me

Made on: 2018/09/08

Smoked Chicken Wings

Servings: 2-4

Calories: ~150/serving

Time: 3h

Ingredients

- 2-3 lbs of chicken drums (or wings)
 - 2 tbsp chili powder
 - 2 tbsp smoked paprika
 - 1 tsp cumin
 - 1 tsp onion powder
 - 1 tsp garlic powder
 - 2 tsp kosher salt
 - 3 tsp ground pepper
 - 1 tsp cayenne (or chipotle)
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Instructions:

- Pre-heat smoker to 275 for 45 minutes before hand
- Lower to 225-250 when cooking
- Combine spices and rub all over chicken
- Let wings rest for an hour
- Add chips/wood to smoker
- Smoke for 2-2.5 hours, internal temp should be 160F
- Prep charcoal grill
- Finish/crisp wings up on grill for 2-5 minutes and serve

Source: <https://www.dontsweattherecipe.com/amazing-smoked-chicken-wings/>

Made on: 2018/09/08

Pork Filet w/ Mushroom Sauce

Servings: 6

Calories: ~400/serving

Time: 45m

Ingredients

- 1 pack of pork tenderloins (should contain 2)
 - 3 portabella mushrooms (large)
 - 6-9 sprigs of rosemary
 - 1/4 rice flour
 - 6 tbsp olive oil
 - 1 cup dry white wine (chardonnay)
 - 1 cup chicken stock
 - parsley
 - 1/2 cup heavy cream
 - 1 tbsp butter
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Instructions:

- Cut the pork into 1-2 inch thick medallions, and then flatten to make a consistent size
- Chop rosemary finely, mix with salt and pepper on a plate, and then roll all the pork medallions in the mixture
- Use another plate and put the rice flour in it. Roll the medallions to cover them in the rice flour
- Slice the mushrooms and heat a stainless steel pan over medium-high heat. Cook 4-5 minutes or until browned
- Set mushrooms aside in a bowl
- Add a tbsp of oil and tbsp of butter to the pan if needed
- Cook medallions until brown on each side, then roll the sides to let the oil hit them
- Cook in batches and then set medallions aside
- On medium high heat, add the white wine and deglaze the pan. Reduce until the pan is almost dry and the wine has thickened, then add the mushrooms, chicken stock, and cream.
- Reduce until thick (if you need help thickening, add a slurry of cornstarch + water).
- Place medallions on plate, cover with sauce. Garnish with parsely.

Sous Vide Rump Roast

Servings: 5

Calories: ~760/serving

Time: 21h

Ingredients

- 2.5lb rump/chuck roast
 - salt
 - pepper
 - 2 tsp sugar
 - 3 tbsp butter
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Instructions:

- Pat the rump roast dry with paper towels
- Form a crust on the roast with salt, pepper, and sugar
- Setup a sous vide bag for your roast and add the butter
- Turn the sous vide on 138F and cook for 18-36 hours (20h last time)
- Once finished sear roast on all sides in a hot skillet
- Save drippings from bag and make a pan gravy with milk if you have any, reduce until thick

Source: AllRecipes

Made on: 2018/12/21

BBQ Brisket

Servings: 6

Calories: ~600/serving

Time: 18h

Ingredients

- 4lb brisket
 - 1 can dr pepper/coke
 - 2 tbsp liquid smoke
 - 1 tbsp onion salt
 - 1 tbsp garlic salt
 - 1.5 tbsp brown sugar
 - 1 cup ketchup
 - 3 tbsp butter
 - 1/4 cup water
 - 1/2 tsp celery salt
 - 1 tbsp liquid smoke
 - 2 tbsp Worcestershire sauce
 - 1.5 tsp mustard powder
 - salt and pepper
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Instructions:

- Trim brisket(s) of fat cap and silver skin
- Pour 2 tbsp liquid smoke over brisket and rub with onion salt and garlic salt
- Wrap brisket in foil tightly and refrigerate over night
- Preheat oven to 300F
- Unwrap brisket and place in roasting pan, cover tightly with foil and bake for 5-6 hours
- Let rest for 30-45 minutes and then slice
- To make BBQ sauce: in a sauce pan mix brown sugar, ketchup, butter, water, celery salt, 1 tbsp liquid smoke, Worcestershire sauce, mustard powder, Dr Pepper/Coke, and salt and pepper until boiling. Taste and adjust seasonings if needed
- Pour sauce over brisket and cover tightly and bake for another hour
- Optionally remove covering and broil for a few minutes to get crispy bits of brisket/bbq sauce in the pan

Source: AllRecipes

Made on: 2018/12/24

Broiled Tilapia w/ Mustard Chive Sauce

Servings: 4

Calories: ~145/serving

Time: 12m

Ingredients

- 4 tilapia filets
 - 1/4 cup full fat (or 5%) greek yogurt
 - 2 tbsp honey
 - 1 tsp dijon mustard
 - 1/4 cup lemon juice
 - 2 tbsp chives
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Instructions:

- Pre-heat broiler and line a cooking tray with foil
- Pat fish dry and then brush fish with S&P and olive oil
- Cook 4-8 minutes (depends on stove)
- Mix everything else together for the sauce, drizzle over fish before serving

Source: Food Network

Made on: 2018/07/08

Hollandaise Sauce

Servings: 1

Calories: ~900/serving

Time: 5m

Ingredients

- 1 egg yolk
 - 1 tsp water
 - 1 tsp lemon juice (small squeeze)
 - salt
 - 1 stick of butter
 - pinch of cayenne pepper
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Instructions:

- Mix egg yolk, water, lemon juice and pinch of salt in the bottom of a blender (or cup for immersion blender)
- Melt butter until foam subsides
- Turn on blender/mixer and very slowly pour butter in to mixture
- Serve on poached eggs and English muffin for Eggs Benedict

Source: Serious Eats

Made on: 2018/12/20

Garlic mashed fingerling potatoes

Servings: 2

Calories: ~150/serving

Time: 15m

Ingredients

- 1/8 cup butter milk
 - 8 oz fingerling potatoes
 - 1 clove garlic
 - salt & pepper
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Instructions:

- Wash potatoes and smash the garlic
- Put them into a sauce pot with enough water to cover
- Bring to a boil, then cook covered for ~15 minutes until tender
- Mash and add buttermilk, and season to taste with salt and pepper

Source: Food Network

Made on: 2018/07/12

Sauted Apples

Servings: 4

Calories: ~132/serving

Time: 15m

Ingredients

- 4 apples
 - 1 tbsp butter
 - 1 tbsp water
 - 1 tbsp cane sugar
 - 1/2 tsp cinnamon
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Instructions:

- Heat non-stick pan over medium-high heat
- Use an apple slicer to cut your apple and core it into wedges (peel skin if you don't want it)
- Add butter to pan and add apples
- Add water and sprinkle with sugar and cinnamon
- Cook 5-10 minutes until apples are soft and browned

Source: Me

Made on: 2018/07/22

Charred carrots

Servings: 2

Calories: ~150/serving

Time: 20m

Ingredients

- Bag of carrots
 - thyme
 - olive oil
 - honey
 - chipotle powder
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Instructions:

- Preheat oven to 425 degrees (convection roast)
- Peel carrots, cut in half, then cut in half length-wise
- Toss in olive oil, thyme, salt, and pepper
- Pre-heat pan in oven for 5 minutes
- Cook in oven for 10 minutes
- Flip carrots
- Cook another 8-10 minutes
- Drizzle with a very small amount of honey and chipotle pepper, toss to coat and serve

Source: Me

Made on: 2018/08/27

Yorkshire Pudding

Servings: 8

Calories: ~228/serving

Time: 1h45m

Ingredients

- 1.5 cups all-purpose flour
 - 3/4 tsp salt
 - 3/4 cup whole milk, room temp
 - 3 eggs, room temp
 - 3/4 cup water
 - 1/4 cup bacon drippings
 - 1/4 cup butter
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Instructions:

- Preheat oven to 400F
- Mix flour and salt together
- Make a well in the flour, add milk and whisk
- Add eggs into batter and water and mix until batter is frothy
- Set aside for an hour
- Put drippings into 9x12 baking dish and put in oven, remove when drippings are sizzling
- Once drippings are sizzling, pour batter into pan and bake for 30 minutes

Source: AllRecipes

Made on: 2018/12/21