

Visual Rhetoric Cookbook 2024

VISUAL RHETORIC COOKBOOK 2024

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And the Classmates of
Visual Rhetoric and Document Design

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PREFACE

This recipe book is a compilation of recipes from Leslie King's spring 2024 class in Visual Rhetoric and Document Design. Many of these recipes are special to us, for one reason or another, so I hope you enjoy each and every one of them as much as we do! I contributed exactly one recipe to the collection, just like everybody else, while my main contribution is compiling and editing them.

Slightly Special Hamburger Helper

This is the recipe for the variant of Hamburger Helper I make at home! I am no cook, so this is the most complicated thing I'm able to cook on the spot. It's not too special, but it's special to me and I hope you enjoy it!
Prep Time: 45 minutes – 1 hour



Ingredients:

- 2 boxes of 6.6 oz. Hamburger Helper Macaroni
- 2 lbs. of lean ground beef
- 3 c. of water (any temperature, doesn't matter)
- 4 c. of milk
- ½ tsp. (or more) of Cajun seasoning
- ½ tsp. (or more) of grated Parmesan cheese

Instructions:

1. Cook the ground beef in a 10-inch skillet over high heat until there is no pink left on the meat. You want to break up the meat during this step using your spatula – sometimes dual-wielding spatulas can be faster, and certainly more entertaining
2. Pour the water, milk, sauce mix, and pasta into the skillet, then stir it all in as you heat it to boiling. Let it boil for about 30 seconds before reducing heat.
3. Reduce heat to low (or simmer) and let the mixture simmer with the lid on the skillet for 12-15 minutes. Every 2 minutes or so, open it up and stir it (I use my phone's timer for this part).
4. Following the above step, add your preferred amount of Cajun seasoning and grated Parmesan (½ tsp. is recommended to start with) to the mix. Then serve as needed.

GREEN HEALTH JUICE

Apple, mint, spinach, lime and cucumber juice perfect for a hot day or when you just need a healthy refreshment!

Prep time: 4 minutes

Ingredients:

- 1 green apple
- 4 mint sprigs
- 2 big handfuls of spinach leaves
- Juice of 1½ limes
- ½ cucumber

Instructions:

1. Core and quarter the apple
2. Remove the leaves from the mint sprigs and throw away the stems
3. Wash the spinach leaves
4. Roughly chop the cucumber
5. Put all the ingredients into a juicer or blender and blend until smooth. If the mixture needs a little help going through a juicer, then add a little cold water as you juice.
6. Serve in a tall glass with ice.



Fast and Tasty Oven Baked Chicken

This chicken recipe is a simple spice bag with a nice Cajun touch to it. It is very simple to follow and takes minimum effort from the cook to prepare and bake.

Prep. Time: 7 minutes

Cook Time: 35 minutes

Serves: 2 people



Ingredients:

- 3 Bone-in Chicken Thigh
- 1 tbsp. Old Bay
- 2 tsp. Onion & Garlic Powder
- 1 tsp. Paprika
- 1 tsp. Oregano
- 1 tsp. White salt (Any salt really)
- 1 tsp. Pepper
- Vegetable Oil

Cooking:

1. Place your chicken thighs inside of a large bowl and give them a splash of vegetable oil. Then mix all the spices with the thighs until they are fully coated.
2. Get out a 9 x 13 baking sheet and place a piece of parchment paper on it. Then place your thighs on the sheet.
3. Bake at 375 for 35 – 40 minutes or until the skin is golden brown.
4. Enjoy!

Double Ka Meetha:

Hyderabadi Sweet Bread Pudding

Hailing from the state of Telangana is this South Indian twist on bread pudding, made from fried bread soaked in hot milk spiced with saffron and cardamom.

Prep time: 10 min

Cook time: 30 min

Servings: 10

Ingredients

Fried Bread

- 10 slices thick, white bread
- 10 tbsp. ghee

Nut Mixture

- 2 tbsp. ghee
- ¼ c. unsalted pistachios, chopped
- ¼ c. raw cashews, chopped
- ¼ c. raw almonds, sliced

Rabdi-Sugar Mixture

- 2 ½ c. whole milk
- 2/3 c. white sugar
- 2/3 c. turbinado cane sugar
- 1 ½ tsp. ground cardamom
- 2 pinches saffron
- ½ c. water



Instructions

Fry the Bread Slices

1. Toast each slice of bread in a toaster until light brown. Rip up each slice of toasted bread into 4 equal pieces.

2. Set aside 2 tablespoons of the ghee. With the rest, add 2 tablespoon increments to 12–14-inch stainless steel stir fry pan or wok. Once the ghee is medium hot, add the bread pieces in batches and fry. Keep adding new ghee and replacing fried bread with unfried bread until all pieces are darkened and crisp all around. Do not over fry or let your ghee over-heat.
 3. Put all bread pieces aside on a cooling rack.
- Prepare The Nuts

1. Add the remaining 2 tablespoons of ghee to the empty pan/wok and heat it. Fry the pistachios, cashews, and almonds until slightly darkened and set them aside on a plate.

Make the Rabdi-Sugar Mixture

1. In a 1-quart saucepan, add your milk and boil until it has been reduced to half its original volume.
2. To it, add your sugars, cardamom, saffron, and water. Mix well and turn off the heat once the sugar is fully dissolved. It is important this mixture stays as hot as possible for the next step.

Assembly

1. In a 9x13 baking dish, arrange your fried bread pieces. Spread the fried nuts throughout before evenly pouring the entire, still hot, sugar-milk mixture over. Cover the dish with a lid and let rest for 15 minutes.
2. Scoop your bread pudding into bowls and serve warm.

Halmeoni's Kimbap:

Authentic Korean Rice Rolls

A staple in Korean cuisine, this is my grandma's recipe for authentic kimbap made from cooked rice and fillings including beef, vegetables, egg, and fishcake rolled in dried seaweed.

Prep time: 25 minutes

Cook time: 20 minutes

Servings: 4



Ingredients:

- 4 sheets of kim (dried seaweed)
- 1.5 c. uncooked short grain rice
- 8 oz. pre-marinated beef (hotdog also works in a pinch)
- 3 eggs
- 1 sheet of fish cake
- 2 medium carrots
- 1 small bunch of spinach (about 8 ounces)
- 4 strips of pre-cut takkwang (pickled radish)
- Sesame oil
- Cooking oil
- Salt to taste



Prepping fillings:

1. Cook rice in a rice cooker or other preferred method, use a little less water than usual. Keep warm until all ingredients are prepared.
2. Using a sharp knife, slice the takkwang into long ½-inch thick strips on a cutting board. Set aside.

Vegetables:

1. Bring a large pot of water to a boil and prepare a cold-water bath. Blanch the spinach, submerge immediately in cold-water, and squeeze out excess water. Season with 1 teaspoon sesame oil and salt.
2. Julienne the carrots into matchsticks. Heat a pan with about 1 teaspoon cooking oil over medium-high heat and stir-fry until softened. Season with salt.

Meat and eggs:

1. Slice the fish cake lengthwise into long 3/4-inch thick strips. Heat a pan with about 1 teaspoon cooking oil over medium heat. Stir-fry with about 1 teaspoon sesame oil until softened.
2. Crack and whisk the eggs in a bowl with a fork. Heat a small non-stick pan over medium-low heat and add eggs to the pan. When the bottom is set but the top is still runny, flip it over to create an omelet. Transfer to cutting board and let cool. Slice lengthwise into long 1/2-inch thick strips.
3. Cut the beef into long, thin strips (about 1/2 inch thick). Stir fry the beef over medium-high heat until cooked through (about 2-3 minutes).
4. Assemble all ingredients together on a plate.



Assembly:

1. Place a sheet of kim on a tray and spread about 3/4-1 cup of cooked rice evenly across it using your fingers, leaving about 2 inches uncovered at the top.
2. Layer the prepared ingredients at the center of the rice.
3. Use both hands to roll the entire bottom edge of the kim over the fillings, pressing tightly and tucking in the fillings with your fingers while rolling. Remove the roll from the mat and set aside.
4. Repeat the process 4 more times.
5. Slice each roll into 1/2 inch thick pieces with a sharp knife.
6. Arrange on a plate and serve immediately or pack in an air-tight container for later.

Don Juan Guacamole

Simple and easy way to make Guacamole at home for family gatherings and parties.

INGREDIENTS

- 3 ripe avocados (Dark Green and slightly soft to the touch)
- 3 tbsp fresh cilantro
- 1 lime
- 1 tbsp sour cream
- 2 tbsp of your favorite salsa
- 1 tsp Don Juan Chiles Ground New Mexico Mild
- 1 tsp Don Juan Chiles Cumin
- 1 tsp Don Juan Chiles Garlic Powder
- 1 tsp of salt
- 1 tsp of pepper



PREP WORK

1. Make sure avocados are ripe before use, Dark green and has some give to the touch but not mushy
2. Peel and pit the avocados
3. Chop the cilantro
4. Juice the lime into a container so you make sure you get all the seeds out (if your lime has seeds)

DIRECTIONS

1. Put everything in a Medium to large sized bowl and mash until well mixed (potato mashers and forks both work great for mashing)
2. Serve immediately, or cover with plastic wrap and refrigerate for later (be sure the plastic wrap is in direct contact with the guacamole to prevent any air from getting in)

Frank's Buffalo Chicken Dip

Need an appetizer to bring to an event? Buffalo chicken dip is a quick and easy option that is a guaranteed crowd pleaser; give this recipe a try!

Prep Time: 5 minutes

Cook Time: 20-25 minutes

Ingredients

- 2 c. shredded chicken (I use canned)
- ½ c. ranch dressing
- ½ c. Franks Red Hot Sauce
- ½ c. crumbled blue cheese (or your favorite shredded cheese)
- 8 oz. softened cream cheese



Directions

1. Preheat oven to 350 degrees
2. If using canned chicken, drain and put in a medium sized mixing bowl
3. Pour ranch dressing and hot sauce in
4. Put cream cheese in and mix until the cream cheese is completely mixed in
5. Transfer to pan of your choice (9 by 9 or something similar works)
6. Sprinkle blue cheese (or shredded) cheese along the top
7. Cook in oven for 20-25 minutes
8. Enjoy with tortilla chips or a crispy baguette!

Creamy Pasta Casserole Dish

Treat yourself to a creamy pasta casserole dish that's so easy to make after a long day of work! Only 6 ingredients and 30-35 min of preparation time required to create 6 servings!

Ingredients:

- A box of pasta of your choice (16oz, preferably Farfalle)
- 1/4 c. of olive oil
- 1/2 block of Philadelphia cream cheese
- 2 packs of cherry tomatoes (0.75 pound each)
- 3 garlic cloves
- Italian seasoning



Directions:

1. Preheat the oven to 400 degrees.
2. Boil the pasta to your liking.
3. Grab a 9x13 in. casserole dish, oil it, and place the half block of cream cheese in the center.
4. Mix the cherry tomatoes and the garlic with the oil in a bowl.
5. Empty the contents of the bowl into the casserole dish around the cheese.
6. Coat the casserole dish with an even layer of Italian seasoning.
7. Place the casserole dish in the oven for 30 minutes until the cheese melts and the tomatoes shrivel up.
8. Give the dish a stir, mix the pasta in, and enjoy!

Homestyle Macaroni and Cheese

This homey Mac and cheese is the ultimate comfort dish. This recipe reminds me of my family Thanksgiving and classic southern cooking.

Preparation time: 10 mins

Cooking time: 15 mins

Servings: 4

Serving size: 1 cup



Ingredients:

- 1 (8 oz.) box elbow macaroni pasta
- ¼ c. butter
- ¼ c. all-purpose flour
- 2 tsp. salt
- ground black pepper to taste
- 2 c. milk
- 2 c. shredded cheddar cheese



Directions:

1. Add roughly four cups of water and 1 ½ teaspoons salt to an 8 Qt pot.
2. Bring the salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
3. At the same time, melt butter in a saucepan over medium heat.
4. Add flour, salt, and pepper and stir until smooth, about 5 minutes.
5. Pour in milk slowly, while stirring continuously. Continue to cook and stir until mixture is smooth and bubbling, about 5 minutes, making sure the milk doesn't burn.
6. Add cheddar cheese and stir until melted, 2 to 4 minutes.
7. Drain macaroni and fold into cheese sauce until coated.
8. Serve hot and enjoy!



Red Beans & Rice

Ingredients:

- 1 c. of kidney beans
- 1 whole red onion
- ¼ c. of garlic cloves
- 2 sausage links
- ¼ c. of dried thyme
- ¼ c. of dried oregano
- 1 c. of tomato paste
- Paprika
- Cayenne pepper (a few shakes)
- Salt and pepper (a few shakes)
- Chicken broth (a few shakes)
- 1 ½ c. of water
- 2 c. of white rice
- ½ c. of green onions
- Hot sauce (a few shakes)

Total Prep Time: 30 mins - 1 hour



Instructions:

1. Prepare beans by rinsing them under cold water and soak in a large bowl of water for 10 minutes.
2. While beans are heating up, sauté onions and peppers for 5-7 minutes under medium heat in a medium sized pan on the stove.
3. Slice up sausages on a cook board making each slice about one inch in length.
4. Add sausage slices into the pot and then season the mix with spices.
5. Add tomato paste into the pot.
6. Simmer beans into the pot.
7. Add more seasoning if needed.
8. Mix the sausage, beans, onions and peppers, and other items together for 10-15 minutes.
9. Serve the mixture of red beans and sausage over rice (time is longer if the rice is cooked beforehand or with the mix).



Bibingka – Filipino Coconut Cake

A Filipino dessert that is a thin, unfrosted cake made with sweet rice flour and cream of coconut.

Prep time: 15 minutes

Cook time: 1 hour

Servings: 20 squares

Ingredients:

- 8 oz. cream cheese
- 2 c. granulated sugar
- 3 eggs
- 3 1/2 c. sweet rice flour, (1 lb.)
- 1 tbsp baking powder
- 1/2 c. butter, melted
- 1 tbsp vanilla
- 15 oz. can cream of coconut
- 1 c. milk
- 8 oz. can crushed pineapple



Toppings:

- 1/4 cup brown sugar
- 2 tbsp granulated sugar

Instructions:

1. Preheat the oven to 350F degrees. In a large bowl, mix together the cream cheese and sugar.
2. Stir in the eggs, one at a time.
3. Mix in the remaining ingredients and stir, until smooth.
4. Pour into a greased 13×9 pan. Sprinkle with brown sugar and granulated sugar.
5. Bake in a 350-degree oven for 1 hour. Allow to cool. Cut into squares and serve.

Classic Ketchup Meatloaf

A sweet and savory main course passed along by my mother and grandmother. Takes minimal ingredients and is great for special events.

Time: 1 hour 15 minutes

Serves 5-6

Ingredients

- 8 × 11 pan, or equivalent size
- Large mixing bowl
- 2 lbs. hamburger
- 2 eggs
- ½ cup of ketchup
- 1 tbsp onion powder
- 1 tsp salt
- Pepper to taste (two pinches to start)

Instructions

1. Mix all ingredients thoroughly in large bowl
2. Transfer to pan
3. Bake 1 hour at 350°
4. Drain grease
5. Divide into slices and plate
6. Add additional ketchup as desired



Lyall Family Carrot Bread

I was the kind of kid who hated eating breakfast, but my mom had to put something in my mouth before I headed off to school. This recipe, a family classic translated from a practically illegible cursive recipe card, managed to satisfy a household of breakfast haters. It makes for a great snack too!

Prep Time: 5-15 minutes

Cook Time: 35 minutes

Yield: 1 loaf, 10-12 slices

Supplies: Electric mixer, shredder (optional), 9x5 baking pan

Ingredients

- 1 c. grated carrots (Can either buy pre-shredded for convenience or hand-shred carrots yourself)
- 1 c. sugar
- 2 eggs
- 1/2 c. flour
- 2/3 c. salad oil
- 1 tsp of baking soda
- 1/2 tsp of cinnamon
- Optional: cinnamon and sugar mixture



Directions

Combine all the ingredients in a large mixing bowl. Mix for 2 minutes on medium speed. Pour into a loaf pan that is either greased or lined with parchment paper. Bake at 350 for 35 minutes.

To test the readiness, stick a toothpick in the center. If the toothpick is clean, it's ready.

Let it cool, or don't—it'll taste good either way. Sprinkle cinnamon and sugar on top if desired.

Homemade 3 Ingredient Caramel Sauce

This caramel sauce recipe tastes better than store-bought caramel, and only uses 3 ingredients. Whip up this recipe if you want a great addition to your popcorn, icecream, or eat by itself!

Prep time: 2 minutes

Cook time: 15-20 minutes



Ingredients

- 1 c. (220g) dark brown sugar (packed)
- ½ tbsp (170g) unsalted butter (room temperature)
- ½ c. (120g) heavy whipping cream (room temperature)
- ¾ tsp sea salt
- 2 tsp (8g) real vanilla extract (optional)

Instructions

1. To a medium saucepan over medium heat add the brown sugar and butter, stirring until sugar is dissolved.
2. Whisk continuously until the butter is completely dissolved into the sugar. If the butter is separated, continuously whisk until the mixture is completely combined and slightly thickened. Adjust to low heat as needed.
3. Continue whisking as you slowly add the heavy cream. It may boil up—be careful. Turn the heat to medium-high and continue whisking until it boils (this should take a few seconds, if it's not already boiling).
4. Immediately reduce the heat to medium low for 5-8 minutes, as needed until the mixture is thickened. Do not let mixture boil, reduce heat if needed.
5. Take off the heat and add the salt and vanilla.
6. Set aside to cool, whisking as needed. The caramel should thicken, store in the fridge once cooled or add to some popcorn like I do!

Traditional Shepherd's Pie

A hardy whole food meal, perfect for those on a budget. Ideal for the cold malnourished student, or the wandering shepherd.

Prep Time: 10 Minutes

Cook Time: 45 minutes

Serves: 4-5

Supplies: Large oven safe skillet, potato masher

Ingredients:

- 2 lbs. of ground lamb
- 3 lbs. of potatoes
- 1 lb. of fresh peas and carrots
- ½ c. of milk
- ½ stick of butter
- 1 fresh garlic clove
- Rosemary
- Thyme
- 1 c. of Beef Stock
- Flour
- 1 ½ c. shredded cheddar cheese



Instructions:

1. Start by peeling and dicing potatoes into 1inch x 1inch cubes and placing into boiling water.
2. Once the potatoes are softened completely through (aprox. 25 minutes) strain from water and add to giant bowl.
3. Use potato masher to mash potatoes, stir in butter, milk, salt and pepper to taste and desired consistency.
4. Preheat the oven to 350 F.
5. Brown 2 lbs of Ground lamb in a skillet.
6. Add rosemary, thyme and minced Garlic to the browned lamb.
7. Add 1 cup of beef stock to the lamb and allow the stock to simmer in the skillet until it reaches pan sauce consistency. If you are trying to achieve a thicker consistency, small amounts of flour can be stirred in.
8. Add freshly chopped carrots and peas to the meat and stock mixture.
9. Remove Thyme and Rosemary from the skillet.
10. Season the mixture using salt and pepper until it meets desired flavor.
11. Spread the mashed potatoes evenly on top of the mixture.
12. Place skillet into preheated oven.
13. Once 20 minutes has passed, set the oven to broil. Allow the potatoes to become golden brown on top.
14. Once the potatoes have browned, add a classic English style cheddar cheese on top of the potatoes and place the skillet back in the oven until the cheese has melted/ crisped to your liking.

Authentic Ghanaian Jollof Rice

Ingredients

- 2 large yellow onions, chopped into medium sized slices
- 1/3 c. vegetable oil, plus 2 tablespoons, divided
- 14 oz. diced tomato, 2 cans
- 6 oz. tomato paste, 1 can
- 1 habanero pepper
- 2 tsp curry powder
- 1 tsp garlic powder
- 1 tsp ground ginger
- ½ tsp. mixed dried herbs
- 3 chicken bouillon cubes, crushed
- 2 ½ c. long grain rice, rinsed
- 1 c. frozen mixed vegetable
- 1 ½ c. water



Preparation

1. Add onions and 2 tbsp of oil to a blender and pulse until smooth. Transfer to a medium bowl.
2. Add the diced tomatoes, tomato paste, and habanero pepper to the blender, and pulse until smooth. Transfer to a separate medium bowl.
3. Heat the remaining cup of oil in a large, heavy-bottomed pot over medium heat.
4. Once the oil is simmering, add the onion puree and cook until the water has cooked out and the puree starts to brown, about 10 minutes.
5. Stir in the tomato puree and add the curry powder, garlic powder, ginger, dried herbs, and crushed bouillon cubes. Cook for 20-30 minutes, stirring occasionally, until the stew has reduced by half and is deep red in color.
6. Add the rice, mixed vegetables, and water. Bring to a boil, then reduce the heat to low and cover the pot with foil and a lid. Simmer for another 30 minutes, until the rice is cooked through, and the liquid is absorbed.

Tomato & Goat Cheese Pasta

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Servings: 4



Ingredients:

- 8 oz. uncooked pasta of your choice (I recommend penne)
- 1 tbsp olive oil
- ½ medium onion chopped
- 3 cloves garlic minced
- 1 (14 oz.) can of crushed tomatoes
- ½ tsp of crushed red pepper flakes (optional)
- ¼ tsp of Italian seasoning
- 4 oz. of goat cheese
- 1 small handful of fresh basil sliced thin
- A pinch of salt and pepper
- Freshly grated Parmesan cheese (optional)



Instructions

1. Boil a salted pot of water for your pasta. Cook it al dente according to the directions on the box.
2. In a medium saucepan (2.5-3.5 Quarts), sauté the onion in the olive oil for around 5-7 minutes over medium heat.
3. Stir in the garlic and cook for 30 seconds.
4. Add in the crushed tomatoes, Italian seasoning, and red pepper flakes (leave out if you do not want any heat). Reduce the heat and simmer the sauce gently for about 10 minutes.
5. Stir in the goat cheese and basil (the cheese will melt effortlessly and make the sauce creamier).
6. Season with salt and pepper and mix in with the drained pasta (tip: add a little pasta water to thin the sauce out).
7. Add the freshly grated Parmesan cheese if desired and enjoy!

Monkey Bread

Prep time: 20 minutes

Total time: 1 hour

Yields: 8 servings

Equipment: Saucepan, Bundt pan, 1-gallon zip lock bag

Ingredients

- 3 cans of buttermilk biscuits
- 1 c. of white sugar
- 2 tsp. cinnamon
- 2 sticks of butter
- ½ c. of brown sugar

Directions

1. Preheat oven to 350 degrees
2. Remove biscuits from the packaging and separate them
3. Cut all biscuits into quarters
4. Combine 1 c. white sugar and 2 tsp. cinnamon (3 tsp. for stronger cinnamon flavor)
5. Dump into a 1-gallon zip lock bag and shake
6. Put the biscuits (now coated in sugar and cinnamon) in bundt pan
7. Melt 2 sticks of butter in a saucepan with ½ cup of brown sugar over medium-high heat Stir occasionally until mixed
8. Once it has become one color, pour over biscuits in bundt pan
9. Bake for about 30-40 minutes until dark brown on top
10. Allow to cool for 15-20 minutes
11. Turn over onto a plate



Thai Coconut Curry Soup

This delicious, hearty soup is a wonderful way to warm up with a little bit (or a lot) of spice! Follow the recipe as direct-

ed or customize to make your own perfectly balanced meal.

Prep/cook time: ~40 minutes

Yields 4 servings

Ingredients

- 2 cans (14-oz. each) of premium coconut milk
- 1 heaping tbsp (20 mL) of Thai curry paste
- 2 c. of chicken broth
- 1 carrot, shredded
- The zest and juice of 2 limes
- Small knob of ginger
- A handful bean sprouts
- 8-oz. (225 g) package rice noodles
- 2 or 3 green onions, thinly sliced (optional, for garnish)



Instructions

1. Scoop the thick coconut cream from the top of just one of the cans into a large pot set over a medium-high heat. Melt the cream, add the curry paste and stir for a few minutes until lightly sizzling.
2. Add the coconut juice from the first can of coconut milk, then add the full contents of the second can. Next, add the chicken broth, carrot, lime zest, and lime juice. Grate the ginger into the broth. Simmer for 20 minutes.
3. Stir in the bean sprouts. Add the rice noodles, gently pushing them beneath the surface of the broth. Turn off the heat and let stand for about 5 minutes until the noodles have softened and serve with green onions if desired.

Raspberry Sorbet

(Sans Ice Cream Maker)

This recipe makes a delightfully refreshing sorbet with a smooth texture and the perfect balance of sweetness and tartness from the raspberries and lemon juice. Enjoy it on a warm day or as a light dessert after a meal!

Prep Time: 5 minutes

Yields: 6 servings

Total Time: 12 hours

Equipment: Blender or food processor, freezable storage container, and individual small bowls

Ingredients:

- 5 c. fresh or frozen raspberries
- 5 oz. condensed milk

Directions:

1. If using fresh raspberries, rinse them off before using.
2. Add raspberries and condensed milk into the blender or food processor.
3. Blend until smooth.
4. Pour the mixture into a freeze container and freeze overnight.

