
LILAC SIMPLE SYRUP

If you don't add the purple food coloring, it will look yellow/brown, but when added to something like lemonade, it will turn the lemonade pink/purple.

YIELDS: 2 cups simple syrup

ACTIVE TIME: 20-30 minutes

INACTIVE TIME: 3-8 hours

INGREDIENTS:

- 4c Lilac Flowers
- 2c Water
- 2c Sugar
- **Optional:** a couple of drops of purple food coloring
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PREPARATION:

1. Rinse the lilac blossoms under cold water to clean off dust/pollen/bugs.
2. Add the water and sugar to a medium saucepan and heat on medium until the sugar has dissolved and the syrup is clear.
3. Reduce heat to low and add the lilacs. Cover the pan and heat for five minutes.
4. Remove from heat and let steep for at least 3 hours or up to overnight.
5. Strain and squeeze as much liquid from the flowers as possible.
6. Add the food coloring if using.
7. Place in airtight container and refrigerate for up to a month.

LILAC COCKTAIL

INGREDIENTS:

- 2 oz gin
- 1 oz lemon juice
- 1 oz lilac syrup
- 1 egg white

PREPARATION:

1. Add the gin, lemon juice, lilac syrup, and egg white to a cocktail shaker. Dry shake (no ice) to create a foam
2. Add fresh ice and shake again.
3. Strain into a cocktail glass.

HOT CHOCOLATE

ACTIVE TIME: 15-20 minutes

YIELDS: 4 mugs of hot cocoa

INGREDIENTS:

- $\frac{2}{3}$ c boiling water
- 2 oz dark/bittersweet (60-70% cocoa) chocolate, finely chopped
- 1 $\frac{1}{3}$ c milk
- 1 cup espresso or strong coffee
- $\frac{1}{4}$ c cocoa powder
- $\frac{1}{4}$ c packed brown sugar
- 1 2-inch strip orange rind
- **Optional:** whipped cream

PREPARATION:

1. Combine the boiling water and chopped chocolate in a medium saucepan, stirring until the chocolate melts.
2. Add milk, coffee, cocoa powder, brown sugar, and orange rind. Cook over medium-low heat, stirring with a whisk, for five minutes or until tiny bubbles form around the edge of the pan, stirring frequently (do not boil)
3. Discard the orange rind and pour into 4 mugs.
4. Top with whipped cream if desired.

BLACK WALNUT SOCIAL

INGREDIENTS:

- 2 oz gin (barrel aged or Old Tom if possible)
- 1 oz cardamaro
- 3-4 dashes black walnut bitters
- ¾ oz lemon juice
- orange peel for garnish

PREPARATION:

1. Place a large ice cube into a rocks glass.
2. Add the gin, cardamaro, bitters, and lemon juice to a mixing glass with ice and stir.
3. Strain into the rocks glass, garnish with the orange peel.

CHICKEN AND ZUCCHINI BURGERS

YIELDS: 4 burgers (4 servings, very filling)

ACTIVE TIME: 45 minutes

INGREDIENTS:

- 1 lb ground chicken
- ¾ cup grated zucchini, excess moisture squeezed out
- 2 Tbsp grated yellow onion, drained of excess liquid
- 2 Tbsp ketchup
- 1 Tbsp Worcestershire sauce
- 1-3 cloves garlic, minced
- 1 Tbsp chopped basil
- 1 Tbsp chopped fresh parsley
- 1 Tbsp chopped scallion (white and light green parts)
- Kosher salt
- Black pepper
- 1 Tbsp vegetable/canola oil for cooking
- 4 Hamburger Buns
- **Toppings:** Cheese, (pickled/caramelized) Onion, Lettuce (if you're nasty), Avocado, Sauce

PREPARATION:

1. Place the chicken in a large bowl. Add the zucchini, onion, ketchup, Worcestershire, garlic, basil, parsley, scallion, 1 tsp salt, and ½ tsp pepper, and mix well.
2. Lightly coat hands with oil and form into 4 patties (they will be very wet.) Place uncovered in fridge for 15 minutes to firm up.
3. In a nonstick griddle or large nonstick skillet over medium-high heat, heat the vegetable oil. Place the patties in the pan, cook for 4-5 minutes per side.
4. Top with whatever

HALLOUMI RISOTTO

This was taken from a British website and originally called for just 2.5 oz of wine, and just 2 cups of stock. That's wrong. Lesson: never trust the British. It also called for watercress. If you really want to use that, replace 1c spinach with 1c watercress.

YIELDS: 4-6 servings? I think? ACTIVE TIME: 35-45 minutes INACTIVE TIME: in a risotto? lol

INGREDIENTS:

- 1 Tbsp olive oil
- 1 small yellow onion, finely chopped
- 1 (that's pronounced 3) cloves garlic, minced
- 1 Cup Arborio (or Carnaroli) rice
- ½ Cup white wine
- 3 Cups (maybe more) vegetable stock
- 1 tsp vegetable/canola oil
- 4 oz Halloumi, sliced
- 1 oz grated parmesan (or romano or reggiano if you're nasty)
- juice of ½ of a lemon
- salt and pepper, to taste
- 2 Cups baby spinach, chopped
- "Small handful" fresh basil, "roughly torn"
- "Small handful" fresh parsley, "roughly torn"
- Zest of ½ of a lemon
- Extra lemon juice

PREPARATION:

1. Heat the vegetable stock to barely a simmer on a small burner.
2. Heat the olive oil in a large pan/dutch oven. Add the onion, cook for about 5 minutes, until onion is translucent and starting to soften.
3. Add the garlic, stir constantly and cook for another minute or so, until very fragrant.
4. Add the rice and stir constantly to toast the grains and coat with oil.
5. Add the wine and stir, wait for the wine to absorb, then add stock, a ladle at a time.
6. Once the risotto is done, heat 1 tsp vegetable oil in a small frying pan. Cook until golden brown on each side, about two to five minutes per side.
7. **Meanwhile** add the parmesan, lemon juice, salt, and pepper. Stir, then turn off the heat and add the spinach, basil, and parsley, then cover and let wilt for a couple minutes.
8. Serve.

BEET MAC AND CHEESE

This pasta is bright red. It needs some fiddling and definitely would benefit from a bit of extra texture. Will update as I try things.

YIELDS: 4-6 servings ACTIVE TIME: 10-15 minutes INACTIVE TIME: 45 minutes **INGREDIENTS:**

- 2 Beets, peeled and quartered/cut into 1 inch chunks
- 4 cloves garlic, minced
- Salt and pepper, to taste
- Olive Oil
- 1 lb Pasta (elbows, rigatoni, farfalle, and shells are good choices)
- 1 cup freshly grated parmesan
- ½ cup freshly grated romano
- **Optional:** ⅓ cup seasoned breadcrumbs and 1 Tbsp olive oil (**Not sure if amount is correct**)
- **Idea:** Some sort of roasted vegetable to mix in. Broccoli? Cauliflower?

PREPARATION:

1. Heat oven to 425°.
2. Drizzle beets and garlic with oil and add salt, then roast for 45 minutes, until beets are very soft.
3. While the beets are cooking, bring salted water to a boil and cook pasta until just under al dente. Drain, but **save around 2 cups of pasta water**.
4. Once the beets are out of the oven, if they're not peeled, peel them, then blend with ½-¾ cup of pasta water until silky.
5. Add the beet puree to the pasta, and stir until combined.
6. Add the cheese, about ½ cup at a time, stirring to incorporate before adding more. Add ½-¾ cup of the remaining pasta water and stir until smooth.
7. **Optional:** Reset the oven to 350°. Grease a casserole dish and add the pasta to it. Combine the olive oil and breadcrumbs and top the pasta with it. Bake for 10-15 minutes.

FISH STEW

To reheat this, do not microwave it. Instead, stick it in a pot over medium-low heat.

YIELDS: 4 servings?

ACTIVE TIME: 15 minutes

INACTIVE TIME: 30 minutes

INGREDIENTS:

- 6 Tbsp olive oil
- 1 medium onion, chopped
- 3 (or 6) cloves garlic, minced
- 2/3 c fresh parsley, chopped
- 14 oz can crushed or diced tomatoes (or 1 1/2c fresh tomato, chopped)
- 2 tsp tomato paste
- 8 oz clam juice (1 c shellfish stock if you can't find that)
- 1/2 c dry white wine
- 1 1/2 lb firm white fish (halibut, cod, pollock, snapper, etc.)
- dried oregano, to taste (start with a pinch)
- dried thyme, to taste (start with a pinch)
- 1/8 tsp hot sauce, or more to taste (more)
- **Optional:** It could be good to add some combination of chorizo, potatoes, kale, and carrots to this.
- salt and pepper, to taste

PREPARATION:

1. Heat olive oil in a dutch oven over medium-high heat. Add the onion and cook for 4-6 minutes, until soft
2. Add the parsley and cook for 1 minute, stirring constantly
3. Add the garlic and cook for 1 minute or until fragrant, stirring constantly
4. Add tomatoes and tomato paste and cook for about 10 minutes, stirring occasionally
5. Add the clam juice, wine, and fish, and bring to a simmer. Cook for 3 to 5 minutes, until the fish is cooked through and flaky.
6. Season with salt, pepper, oregano, thyme, and hot sauce