

Cocktails and beverages

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

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

I am as surprised as you are that this doesn't have a better name.

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.

Appetizers and Small Plates

Soups and Stews

The whole reason that you're looking at this book. Come on.

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
- $\frac{2}{3}$ c fresh parsley, chopped
- 14 oz can crushed or diced tomatoes (or 1 $\frac{1}{2}$ c fresh tomato, chopped)
- 2 tsp tomato paste
- 8 oz clam juice (1 c shellfish stock if you can't find that)
- $\frac{1}{2}$ c dry white wine
- 1 $\frac{1}{2}$ 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)
- $\frac{1}{8}$ 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

KIELBASA BEAN SOUP

ACTIVE TIME: 30 minutes-ish

INACTIVE TIME: 1 hour or 8 hours (See note)

For a long time I made this in the slow cooker. That was a tasty method! The last time that I made it, I did it in the dutch oven in about an hour and a half, and I think it tasted better that way. I will give two separate preparation sections for this recipe.

INGREDIENTS:

- 56+ oz chicken broth (either 4 15 oz cans or 2 32 oz boxes or ?)
- 16 oz smoked sausage (kielbasa is best) cut in half, then sliced
- 16 oz can pinto beans, drained and rinsed
- 16 oz can black beans, drained and rinsed
- 4 medium carrots, chopped
- 3 stalks celery, finely chopped (I would exclude it but I do think it makes the soup better.)
- 1 large onion, chopped
- 1 tsp dried or 1 Tbsp fresh thyme (do not use thyme powder)
- 28 oz can crushed tomatoes (or 2 14.5 oz cans diced tomatoes, undrained)
- Salt and pepper, to taste

If you're using the slow cooker:

PREPARATION:

1. Mix all ingredients, except for the tomatoes, in a 5 to 6 quart slow cooker. Season, then cover and cook on low for 8 to 10 hours, or until the beans are tender and you're getting hungry.
2. Stir in tomatoes, cover, and cook on high for 30 minutes more.

If you're not using the slow cooker:

PREPARATION:

1. Add a tablespoon of oil to the pan, then add the mirepoix. Cook until soft and fragrant
2. Add the broth and the thyme and bring to a boil, then reduce to a simmer
3. Add the beans and the sausage and cook for 1 hour, or until the beans are tender
4. Add in the tomatoes and cook for 15 minutes on medium-low heat

Meat Entrees

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

Vegetable Entrees

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.

Baking

Side dishes

KALE CAESAR SALAD

This one is mostly done off-book. Included is the recipe as written, with my annotations in italics

YIELDS: Feeds 4 ACTIVE TIME: 20 minutes, give or take INACTIVE TIME: 1 hour (or up to 8 days)

INGREDIENTS:

- 1 bunch lacinato kale, stems removed, cut into ribbons (*I just use half to three quarters of a bag of regular kale from Trader Joe's and don't bother removing the stems*)
- 1 bunch fresh flat-leaf parsley, stems removed, roughly chopped (*This is only in there sometimes, when there's parsley in the fridge*)
- 1 small shallot, frenched (*This is usually in there, but just chop it as fine as you can*)
- 4 Tbsp olive oil, divided
- 2 Tbsp fresh lemon juice (*It's totally fine to use lemon uice from a bottle*)
- 2 large garlic cloves, minced (*Leave these whole (or use minced from the jar)*)
- 2 ounces anchovies in olive oil, finely chopped (*That's a full can from Trader Joe's. And again, you don't need to chop these up*)
- 3 ounces crumbled feta, divided (*we usually end up using cotija because it's what's on hand*)
- 2 Tbsp finely chopped preserved lemons, rinsed I assume (*we have never included this, but recipe included*)
- 1 c crispy chickpeas, crushed (*rarely included, but they're good. Recipe included*)
- Freshly ground black pepper

PREPARATION:

1. Toss the kale, parsley, and shallot with 2 Tbsp of olive oil and let sit for 10 minutes. You can massage the kale if you want, but it's not super necessary. If it seems oily after tossing, add a bit more kale.
2. Puree the remaining oil, lemon juice, garlic, anchovies, and 1 oz of feta with a food processor, blender, or immersion blender. Adjust seasoning if neccessary, then pour over the kale.
3. If you're using the preserved lemons, add those to the salad along with the chickpeas and the remaining 2 oz of feta
4. Let sit at room temperature for 1 hour, then serve with freshly ground pepper. **Note: If you want to make ahead of time, leave the chickpeas out of it and refrigerate it, but still let it come to room temperature before serving**

QUICK PRESERVED LEMONS

Always rinse before using

YIELDS: 1 pint

ACTIVE TIME: 10 minutes

INACTIVE TIME: 8 days

INGREDIENTS:

- 4 medium lemons, washed, scrubbed, and dried
- ¼ c coarse sea salt (or more as needed, kosher salt will also work)
- Juice of 1 extra lemon

PREPARATION:

1. Remove the top and tail of each lemon
2. Slice each lemon into 8 pieces and remove the seeds as you go. It's okay if some (or a lot) of juice comes out, but don't let it run off the cutting board
3. Layer the sliced lemons in a clean wide-mouthed pint jar or a 2 cup tupperware, sprinkling with salt between each layer. Don't be shy with the salt, since you're going to rinse the lemons before you use them. Pack the jar as tightly as you can.
4. Top the jar with any of the remaining juice from the board, then add the extra lemon juice. Leave about ¼ inch of space at the top of the jar.
5. Refrigerate for 4 days, then flip the container over and give it another 4 days in the fridge, then sample them. The peel should be nice and soft. You can use this as is or keep it in the fridge for up to 3 months.
6. Rinse the lemons before eating. Be aware, many recipes call for the pulp to be discarded because most of the flavor is in the peel itself, not the pulp.

CRISPY CHICKPEAS

The methods in this recipe are heterodox. They work, but only if you follow them exactly as written, so before you start, make sure you have the time.

YIELDS: 2 cups

ACTIVE TIME: 10 minutes

INACTIVE TIME: 2 hours

INGREDIENTS:

- 2 15-oz cans chickpeas
- 2 Tbsp olive oil
- 1 tsp kosher salt
- **Optional:** 1 tsp sumac, only if you are not using these for the kale salad
- **Optional:** ¼ tsp cayenne, only if you are not using these for the kale salad

PREPARATION:

1. Rinse the chickpeas in cold water. If you have a salad spinner, spin the chickpeas in the salad spinner to dry them more. Then move to a paper towel-lined sheet pan. Top with another layer of paper towels, then roll up and pat to dry them even more. You want these chickpeas to be as dry as Ben Shapiro believes women should be.
2. Remove the paper towels from the pan and toss the chickpeas with the olive oil and the salt. Put the pan (chickpeas and all) in a cold oven, set a timer for 30 minutes, THEN heat the oven to 350.
3. Once the timer goes off, turn the oven off and leave the chickpeas in there for 1 hour.
4. If you're using the chickpeas in the kale salad, you can crush them up and use them now. If you're trying for snacking chickpeas, keep going
5. Toss the warm chickpeas with sumac and cayenne, then let cool completely before storing.