

Family Recipes

The awesome **cookbook**

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Preface

It does not matter what you order, the mainstay of any meal will be salt and pepper. Salt and pepper are so phenomenally successful in the herbal and spice arena. They arrogantly sit on the table, knowing that what ever you want to prepare you are going to require one of us. "Me myself, and my dear friend Pep. Isn't that right?" asked Salt. "Yes you are salt, have you been busy this morning?" replied Pep. "Oh I was ALL over that!" salt replied. But there are other herbs and spices: oregano, thyme, rosemary, cumin, paprika, ...they are all lined-up in the cupboard waiting. Sometime the door cupboard door opens, they see salt and pepper on the table. "Look at them, the bastards! What have they got! What have they got that we don't have! I just don't get it!", said Oregano. "I don't get it either.", replied Thyme. "Neither do I.", followed Rosemary quickly. "I can't even see them from here, what do they look like?", asked Cumin. "You've been out of the cupboard Cumin?", asked Oregano. "Once, i think, for bolognese. Euhm they said it was an experiment, that was in 1992, and i don't think it worked. But i remain hopeful." answered Cumin, desperately smiling. "What about you Sage? Have you been out of the cupboard?" asked Oregano. "I actually used to live with them in their old house, and euhm then they moved me here, and eum put me back in this cupboard. No" he replied. "What about you paprika?", "I felt out, once, they just put me back the wrong way around. 7 years i was turned around. Every day i pray, i pray for it to be goelash day. But it is never goalash day! I still got the plastic on my head why the fuck did they buy me, i don't understand it!" with a confused voice. "What about you? Who are you on the end?" asked Oregano. "My name is five spice!" Five Spice responded confidently. Have you been out of the cupboard wild spice? "I'm no one spice, I have five spice. I'm five times as good as all of you!" Five Spice replied proudly. "Have you ever been out of the cupboard?" asked Oregano. "I have been used in recipes for thousands of years!" "But have you ever been out of the cupboard?!" asked Oregano again, slightly irritated. "No..." said Five Spice disappointed. "Excuse me. I'm sorry to interrupt all of this nonsense, I'm so tired listening to all of you whining because the fact is i have been in this cupboard longer than all of you!; put together." "Sorry, who are you?" said Oregano in a surprised, yet annoyed, way. "John West, tuna, nice to meet you." he replied.

- Michael McIntyre

...and that is the story about our The awesome cookbook!

The awesome **cookbook**

Starters

Potato Rounds



60
min



4
servings



806
kJ



[link](#)
source

Ingredients

| | | | | | |
|------|-------------------|----------|----------------|--------|--------------|
| 4 | potatoes (baking) | 8 slices | bacon (cooked) | 120 gr | green onions |
| 60 g | butter | 220 g | chaddar cheese | | |

Preparation

1. Preheat oven to 400 degrees F (200 degrees C).
2. Cut the potatoes in thick slices (1-1.5cm).
3. Brush both side of potato slices with butter; place them on an ungreased cookie sheet. Bake in the preheated 400 degrees F (200 degrees C) oven for 30 to 40 minutes or until lightly browned on both sides, turning once.
4. When potatoes are ready, top with bacon (cut), cheese, and green onion (cut); continue baking until the cheese has melted.

Alternatives

- I. Instead of cooked bacon you may use raw and bake it before adding it in 4..
- II. Use your preferred cheese instead of chaddar.

Notes

- This recipe uses a `style1` header and `ingredientsh` environment. The recipe is from a website as you can see in the source link.
- Note you can refer to steps in the preparation and in the alternative, see alternative I..
- None of these "sections" (icons, ingredients, preparation, alternatives, notes) are mandatory, you can leave everything out or add custom LaTeX code in a recipe.

Rumaki



40
min



24
servings



40 (each)
kJ

€ 25



[link](#)
source

Preparation

1. Preheat oven to 375 degrees F (190 degrees C). Line the bottom section of a broiler pan with aluminum foil, top with the broiler rack, and spray rack with cooking spray.
2. Place a water chestnut slice atop each pineapple cube; wrap each with 1 bacon slice, securing with a toothpick. Arrange wrapped pineapple on the prepared broiler rack.
3. Bake in the preheated oven for 7 minutes; turn and continue baking until bacon is almost crisp, about 8 more minutes. Brush rumaki with sesame-ginger dressing and continue baking until bacon is crisp, about 5 more minutes. Garnish rumaki with green onion.

Ingredients

| | |
|--------|------------------------------|
| 24 | pineapple (cubes) |
| 24 | chestnut (slices) |
| 8 | bacon slices (thick) |
| 120 ml | sesame-ginger salad dressing |
| 150 ml | white wine (dry) |
| 100 g | green onions |

Notes

- | This recipe uses `style2` header and the `ingredient` environment. It also shows the cost.
- | There is also a picture, using `recipefigure` with the `wide` style.



Sausage Flowers.



35
min



24
servings



mom
source

Ingredients

| | | | | | |
|-------|-----------------------------------|--------|-----------------|-------|--------------|
| 340 g | pound ground Ital- ian sausage | 170 g | Colby cheese | 255 g | sour cream |
| | | 250 ml | salsa | 1 | green onions |
| 170 g | monterey Jack cheese | 24 | wonton wrappers | | (bunch) |

Preparation

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a miniature muffin pan.
2. Place ground Italian sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and remove from heat.
3. Stir Monterey Jack cheese and Colby cheese into the warm sausage to melt. Stir in salsa.
4. Gently press wonton wrappers into the prepared miniature muffin pan so that the edges are extending. Place a heaping tablespoon of the sausage mixture into each wonton wrapper.
5. Bake 10 minutes in the preheated oven, or until wonton edges begin to brown.
6. Transfer baked filled wontons to a serving platter. Dollop each with approximately 1 tablespoon sour cream. Sprinkle with green onions.

Notes

- | This recipe uses `style3` header and the `ingredient` environment.
- | There is also a picture, using `recipefigure` with the `background` style. You must be careful where you include the image in your text file. It may go over or under the text depending on its position.
- | Real source: [link](#)

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Main Courses

Beef Stroganoff



100
min



8
servings



304
kJ



[link](#)
source

Preparation

1. Remove any fat and gristle from the roast and cut into strips 1/2 inch thick by 2 inches long. Season with 1/2 teaspoon of both salt and pepper.
2. In a large skillet over medium heat, melt the butter and brown the beef strips quickly, then push the beef strips off to one side. Add the onions and cook slowly for 3 to 5 minutes, then push to the side with the beef strips.
3. Stir the flour into the juices on the empty side of the pan. Pour in beef broth and bring to a boil, stirring constantly. Lower the heat and stir in mustard. Cover and simmer for 1 hour or until the meat is tender.
4. Five minutes before serving, stir in the mushrooms, sour cream, and white wine. Heat briefly then salt and pepper to taste.

Ingredients

| | |
|-------|-----------------------------|
| 450 g | beef chuck roast |
| 2.5 g | salt |
| 2.5 g | black pepper |
| 115 g | butter |
| 4 | green onions |
| 20 g | flour |
| 1 | beef broth (con- densed) |
| 5 | mustard |
| 170 g | mushrooms |
| 80 ml | sour cream |
| 80 ml | white wine |

Notes

- This recipe uses a `style4` header and `ingredients` environment.
- There is also a picture, using `recipefigure` with the `clip` style. This enlarges the image to the set width and crops it afterwards to the set height. For this example we have used `textheight` and `textwidth`. It does not automatically go to a new page.



Chicken Tikka Masala



140
min



4
servings



404
kJ



[link](#)
source

Ingredients

Teaspoon

4 cumin
1 cinnamon
2 cayenne pepper
2 black pepper
1 ginger
4 salt
2 paprika

Tablespoon

1 lemon juice
1 butter
1 salt

340 g yogurt
3 chicken breasts
(boneless)
4 skewers (long)
1 garlic glove
1 jalapeno pepper
250 g tomatoes
340 g heavy cream
57 g fresh cilantro

Preparation

1. In a large bowl, combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and 4 teaspoons salt. Stir in chicken, cover, and refrigerate for 1 hour.
2. Preheat a grill for high heat.
3. Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side.
4. Melt butter in a large heavy skillet over medium heat. Saute garlic and jalapeno for 1 minute. Season with 2 teaspoons cumin, paprika, and 3 teaspoons salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes. Add grilled chicken, and simmer for 10 minutes. Transfer to a serving platter, and garnish with fresh cilantro.

Notes

- This recipe uses `style2` header and the `ingredientc` environment. This allows you to make multiple columns with an (optional) caption.
- There is also a picture, using `recipefigure` with the `fullpage` style. This will put a image on a new page without footer (page number). You can use this to split the ingredients in eg. sauce and main



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Desserts

Peanut Blossoms



100
min



8
servings



304
kJ



[link](#)
source

Preparation

1. Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.
2. In a large bowl, cream together the shortening, peanut butter, brown sugar, and 1 cup white sugar until smooth. Beat in the eggs one at a time, and stir in the milk and vanilla. Combine the flour, baking soda, and salt; stir into the peanut butter mixture until well blended. Shape tablespoonfuls of dough into balls, and roll in remaining white sugar. Place cookies 2 inches apart on the prepared cookie sheets.
3. Bake for 10 to 12 minutes in the preheated oven. Remove from oven, and immediately press a chocolate kiss into each cookie. Allow to cool completely; the kiss will harden as it cools.

Ingredients

| | |
|--------|-----------------------------|
| 230 g | shortening |
| 230 g | peanut butter |
| 230 g | brown sugar |
| 230 g | white sugar |
| 2 | eggs |
| 20 g | flour |
| 240 ml | milk |
| 10 g | vanilla extract |
| 790 g | flour |
| 10 g | baking soda |
| 5 g | salt |
| 115 g | white sugar (decoration) |
| 255 g | milk chocolate candy kisses |

Notes

- This recipe uses a `style2` header and `ingredients` environment.
- There is also a picture, using `recipefigure` with the `clip` style. This enlarges the image to the set width and crops it afterwards to the set height. For this example we have used `0.33*textheight` and `textwidth`.



Zucchini Brownies



45
min



24
servings



209
kJ



[link](#)
source

Preparation

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch baking pan.
2. In a large bowl, mix together the oil, sugar and 2 teaspoons vanilla until well blended. Combine the flour, 1/2 cup cocoa, baking soda and salt; stir into the sugar mixture. Fold in the zucchini and walnuts. Spread evenly into the prepared pan.
3. Bake for 25 to 30 minutes in the preheated oven, until brownies spring back when gently touched. To make the frosting, melt together the 6 tablespoons of cocoa and margarine; set aside to cool. In a medium bowl, blend together the confectioners' sugar, milk and 1/2 teaspoon vanilla. Stir in the cocoa mixture. Spread over cooled brownies before cutting into squares.

Ingredients

| | |
|--------|----------------------|
| 119 ml | vegetable oil |
| 340 g | white sugar |
| 12.5 g | vanilla extract |
| 450 g | flour |
| 119 g | cocoa powder |
| 7.5 g | baking soda |
| 5 g | salt |
| 450 g | succhini |
| 119 g | walnuts |
| 60 g | margarine |
| 450 g | confectioners' sugar |
| 60 ml | milk |

Notes

- This recipe uses a `style2` header and `ingredients` environment. This recipe will always start on the left page because it uses the option `startleft`, this may cause a blank page in front of the recipe.
- There is also a picture, using `recipefigure` with the `fullpage4` style.



Appendix A

Energy list

| Nutrient | kcal | kj | Nutrient | kcal | kj |
|----------|------|------|----------|------|----|
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| tsting | 752 | 1520 | water | 0 | 0 |
| water | 0 | 0 | | | |