

Family Recipes

The awesome **cookbook**

Copyright © 2016

Made with the [awesome-cookbook](#) L^AT_EX 2_ε template.
Icons designed by Freepik and distributed by Flaticon.

This work is licensed under the Creative Commons Attribution-ShareAlike 4.0 International License (the “License”). You may not use this file except in compliance with the License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-sa/4.0/> or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

Last updated on October 16, 2016

Contents

I	Starters	
	Potato Rounds	3
	Rumaki	4
	Sausage Flowers	5
II	Main Courses	
	Beef Stroganoff	9
	Chicken Tikka Masala	11
III	Desserts	
	Peanut Blossoms	15
	Zucchini Brownies	17
A	Energy list	19

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
23/12/2005

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 carefull where you include the image in your `.tex` file. It may go over or under the text depending on it's position.
- | Real source: [link](#)

The awesome **cookbook**

Main Courses

Beef Stroganoff



1:40
h: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 (condensed)
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
kcal



[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



The awesome **cookbook**

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
portions



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	zucchini
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
advocado	225	920	grapefruit	10	40
advocado	225	920	grapes	50	215
advocado	225	920	grapes	50	215
apple	35	150	grapes	50	215
apple	35	150	guavas	60	260
apple	35	150	guavas	60	260
apricots	25	110	guavas	60	260
apricots	25	110	mandarins	46	196
apricots	25	110	mandarins	46	196
banana	80	340	mandarins	46	196
banana	80	340	mango	60	255
banana	80	340	mango	60	255
blackberries	30	125	mango	60	255
blackberries	30	125	nectarines	45	200
blackberries	30	125	nectarines	45	200
cantaloup	15	65	nectarines	45	200
cantaloup	15	65	olives (no pit)	80	340
cantaloup	15	65	olives (no pit)	80	340
cherries	40	175	olives (no pit)	80	340
cherries	40	175	papaw	40	170
cherries	40	175	papaw	40	170
currants	30	120	papaw	40	170
currants	30	120	passionfruit	15	60
currants	30	120	passionfruit	15	60
dates	250	1055	passionfruit	15	60
dates	250	1055	peach	30	135
dates	250	1055	peach	30	135
figs	40	175	peach	30	135
figs	40	175	water	0	0
figs	40	175	water	0	0
grapefruit	10	40	water	0	0
grapefruit	10	40			