

Cook Book of a Researcher

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1 Spicy Baked Chicken & Mashed Potatoes

Ingredients:

- Chicken
- Onions
- Garlic
- Seasoning
- Salt
- Pepper
- Butter
- Milk
- Paprika

Instructions:

Baked Chicken:

1. First season the chicken with onions, garlic, salt, paprika and black pepper.
2. After preheat oven to 350 F
3. Add hot sauce and seasoning to chicken, make sure both is really covering the chicken
4. Add to oven with foil on and leave for 30 minutes then take out and flip chicken and put it back in oven
5. Leave for 30 more minutes
6. Take out and cut it with knife to ensure it's not read
7. Set oven to broil and hi and leave for five minutes without foil on

Mashed Potatoes:

1. Put pot to boil then add salt when it begins to bubble.
2. Add potatoes and leave for 25 minutes check stick knife and check if easy to pass through
3. (Note) If not easy to pass through leave for 10 more minutes
4. If finished take out and peal potatoes
5. Crush potatoes and add milk (1/2 cup and warm over for 1 minute), salt, black pepeer and butter (about 50 g butter, it's a bit).

Note: Might want to try with Olive oil next time(might burn so will figure out the workaround)

2 Steak and Roasted Potatoes

Ingredients:

- Salt 4 pinches
- Black pepper 3 dashes
- 4 potatoes
- Olive oil
- Oregano
- Chili powder go around adding it
- Paprika go around adding it

Instructions:

1. Preheat oven to 400 degrees F
2. Cut up potatoes into cubes and place on tray
3. e:Do not peel potatoes
4. Douce it in olive oil and add salt, black pepper, cover in paprika, oregano and chili powder, then douce it again in olive oil
5. Place tray into oven and let it bake for 30 mins
6. Take out tray and mix around potatoes and add back into oven for 30 more minutes
7. Take out steak and rince it and add it to the plate
8. Add three pinches of salt, black pepper, paprika and olive oil on both sides
9. Douce grill in olive oil and spread with napkin
10. Add steak and cook 4 minutes on one side
11. Repeat step 9 and then flip
12. For one minute add a clump of butter and spread around on steak and use a clove of garlic to spread around on steak

3 Chicken & Chips

Ingredients:

- four potatoes
- 1 cup of flour
- 5 pieces of chicken
- black pepper
- salt
- paprika
- seasoning
- ketchup
- mustard
- onions
- garlic

Instructions:

1. Peel potatoes and cut up into fries.
2. Put in a bowl of water and add salt and let it soak for 30 minutes.
3. Season chicken (salt, black pepper, paprika, ketchup, mustard, onions, garlic) and let it soak for 2 hours.
4. Fry fries for at least 3 minutes (Keep longer if necessary).
5. Make dry batter by combining flour, paprika, salt and blackppper and coat chicken in it.
6. Fry chicken on one side for four minutes then flip on other side for four minutes then cut with knife tosee if blood flows (Want chicken brown).

4 Chicken Alfredo

Ingredients:

- onions
- garlic
- salt
- black pepper
- spaghetti
- butter
- parmesian cheese
- heavy cream

Instructions:

1. Season chicken using salt, black pepper, onions and garlic.
2. Put pot to boil with water and then add spaghetti and cook for 10 minutes.
3. Cook chicken and then remove from flame.
4. Add 80 g of butter and 1 cup of heavy cream and mix together.
5. Add spaghetti and mix around then add chicken.
6. Add parmesian cheese and mix around (Note if too cremay add regular milk).

5 Bolognese Sauce

Ingredients:

- onions
- garlic
- salt
- black pepper
- oregano
- Pasta Sauce
- spaghetti
- worcestershire sauce
- ground beef

Instructions:

1. First season the ground beef with onions, garlic, salt, black pepper and worcestershire sauce.
2. Next add water to a pan and wait for it to boil then add spaghetti and leave for 10 minutes then drain.
3. Also put a pot to heat and then add ground beef and let it marinate in it's juices and then add pasta sauce.
4. Leave for 40 minutes and then add salt, black pepper and oregano if necessary.