

# **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 (3/4 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