

Annie's Simple Recipe Book



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Preface



I'm Annie, currently a sophomore in college and obsessed with FOOD. Food is a necessary sustenance. Food is an art form. Food is happiness. Food is comfort. Food is everything.

Welcome to my recipe book! I am by all means not a professional chef, but I started cooking in middle school and gradually grew to love it so much that now I'm making a recipe book of my simple go-to recipes. I decided to write this book in an effort to organize and record my recipes for myself and others who want some inspiration. This book will consist of simple dishes I make often, and my layout of each recipe will consist of the ingredients, instructions, and tips. Recipes will range from my Taiwanese/Chinese heritage to the most American.

On another note, these recipes will only contain rough measurements (any specifics stated will also be rough measurements). Whenever I cook, I never measure out my ingredients because who has time to measure out every single thing?!?! Throwing things together is the way to go, and I call it "cooking on the fly". You want to add a cup of corn or you only want to add two kernels of corn? Go for it! You're the one who determines however much of an ingredient you want to satisfy your hunger and most importantly to make you happy.

I would like to thank Foodwishes, Byron Talbott, Cookingwithdog, HellthyJunkfood, and of course, my mom for fueling my inspirations. I plan to update this recipe book and add pictures to my recipes, so stay tuned for updates! Meanwhile, feel free to improvise and add on to my recipes while you're cooking because that's what making food is all about. Enjoy! :)

Baked Potato Wedges

Ingredients:

n number of potatoes
2 Tbsp. vegetable oil, depends on n
cayenne pepper
rosemary
garlic salt
salt
pepper

1. Preheat oven to 350 degrees F.
2. Peel and cut potatoes into wedges.
3. Soak potato wedges in cold water for 10 minutes.
4. Dry potato wedges with paper towels.
5. In a bowl, combine wedges, oil, and all dry ingredients to taste.
6. Toss wedges until every one is coated with oil & seasonings.
7. Place wedges on baking sheet and make sure none are touching.
8. Bake for ~ 20 - 30 min, until you can chew through the potato, but not crispy.
9. Flip the wedges.
10. Bake for another ~ 15 min, until they're more crispy.

Tips:

Try this dish with sweet potatoes too! You'll be in for a pleasant surprise.

Banana Pancakes

Ingredients:

2 overripe bananas
1 cup of oats
some H2O

1. Blend oats in a blender until fine.
2. Add bananas and water in blender and blend until pancake batter consistency
3. Heat oil in a pan.
4. Pour batter and cook like pancakes!

Tips:

Add cinnamon powder for some extra zing.

Add flaxseed and chia seeds for the Omega 3s.

Serve with blueberries or maple syrup.

Broccoli Grilled Cheese

Ingredients:

2 slices of bread
4 slices of cheddar cheese
steamed broccoli, chopped

1. Heat oil in a pan.
2. Place slices of bread in pan and toast one side.
3. Flip the one bread slice over and place 2 slices of cheese on the toasted side.
4. Put the broccoli on the cheese.
5. Cover the broccoli with the rest of cheese slices.
6. Put other bread slice onto cheese with the toasted side down.
7. Flip sandwich until cheese is melted and bread is toasted.

Tips:

Add extra cheese on the outside of the sandwich and cook until crispy to make an inside-out grilled cheese!

Replace broccoli with jalapeños for a zesty flavor.

Take out broccoli for just a regular grilled cheese.

Use sourdough bread for the extra lil' something.

Egg Wrap

Ingredients:

1 egg
1 tortilla
some green onion, chopped
salt

1. Whisk egg until uniform.
2. Add green onions and salt into egg, and mix.
3. Heat oil in a pan.
4. Pour the egg mixture into the pan and spread out evenly.
5. While the egg mixture is still cooking, place tortilla on top of the egg.
6. Flip until the egg is ready and tortilla is somewhat browned.
7. Roll it up!

Tips:

Serve with a drizzle of soy sauce before you roll it up.

Instead of rolling it up, you could just cut it like pizza slices and eat it.

Rollie pollie.

Fried Rice

Ingredients:

steamed rice
egg, whisked
carrots, diced
corn
1 stalk green onion, chopped
soy sauce
sesame oil
salt

1. Heat oil in a pan.
2. Cook carrots in pan until no longer crunchy and push to side of pan.
3. Pour the egg into the pan and scramble.
4. Add rice and mix with the egg and carrots.
5. Add soy sauce, sesame oil, salt to taste.
6. Add corn.
7. Sprinkle and mix in green onions once you're ready to serve.

Tips:

Add a choice of meat after you cook the carrots if you want a protein.

Eat with dried seaweed.

Pesto Chicken

Ingredients:

chicken breast
tomato, sliced
mozzarella cheese
pesto
salt
pepper

1. Preheat oven to 350 degrees F.
2. Pound chicken breast until thinner and more even.
3. Salt and pepper both sides of breast sparingly.
4. Place chicken breasts on baking sheet.
5. Brush top of chicken breasts with pesto.
6. Cover chicken breasts with tomato slices.
7. Sprinkle mozzarella cheese on chicken breasts to taste.
8. Bake until chicken is no longer raw and cheese is melted.

Tips:

Pair this dish with some pesto pasta!

Salty Porridge

Ingredients:

rice, steamed or raw
carrots, chopped
corn
1 egg, whisked
green onion, chopped
water
soy sauce
salt

1. Put rice in pot, and add water until it's a couple inches above the rice.
2. Bring rice and water to a boil.
3. Cook until rice becomes porridge consistency (water becomes thicker, rice is soft)
4. Mix in carrots, corn, egg. (cook until carrots are soft)
5. Add a dash of soy sauce and salt to taste.
6. Mix in the green onions when ready to serve.

Tips:

You might have to add water periodically to keep the porridge from drying out.

Add a meat if you want some protein.

Simplewich (Simple Sandwich)

Ingredients:

2 slices of bread

deli meat

lettuce

cheese of choice

Optional: spread

1. Toast the bread.
2. Cook the deli meat in a pan.
3. Assemble the sandwich:
 1. bread
 2. meat
 3. cheese
 4. lettuce
 5. bread with optional spread

Tips:

No tips. This is hella simple.

Soft Egg

Ingredients:

1 egg

~ 1/2 - 1 cup chicken broth

1. Whisk egg in small bowl
2. Pour in chicken broth until balanced consistency (not watery, not thick)
3. Steam for ~30 min until center has solidified. Texture should be like pudding.

Tips:

Serve with rice.

Stir-fry

Ingredients:

meat of choice
half a white onion, sliced
carrots, chopped
mushrooms, chopped
broccoli, chopped
soy sauce
sugar
salt
water
Optional: egg

1. Heat oil on a pan.
2. Sauté the onions on the pan with a dash of salt until translucent.
3. Add in your meat of choice and cook until you see no more raw on the outside.
4. Add in the carrots and cook until no longer crunchy but still firm.
5. Add in mushrooms and sauté for a couple of minutes.
6. Put in enough water to reach the halfway point of your ingredients in the pan.
7. Add soy sauce, sugar, and more salt to taste.
8. Finally add the broccoli and steam until desired chew.
9. Simmer until meat is cooked all the way through and vegetables reach your desired chew.
10. Optional: Add an egg and cook it however you want.

Tips:

Use any vegetable you want! Add the vegetables in order from longest cooking time to shortest.

Serve with steamed rice.

Tomato Sauce

Ingredients:

2-3 tomatoes, diced finely
half white onion, diced
mushrooms, chopped
zucchini, chopped
1-2 basil leaves, chopped
water
sugar
salt

1. Heat oil in a small pot.
2. Sauté onions until translucent.
3. Sauté mushrooms
4. Add the tomatoes and just enough water to barely cover the tomatoes.
5. Bring sauce to a boil and simmer for ~15 - 20 min until tomatoes have broken down and there's minimal amount of water.
6. Add zucchini and cook until it's ready.
7. Add sugar and salt to taste.
8. Mix in the basil leaves and optional oregano.

Tips:

To make a vegetable soup, just add more water, some beans, and some pasta!

Vegetable Pancake

Ingredients:

carrots, sliced
green onion, sliced or chopped
flour
water
salt

1. Heat oil in a pan.
2. Add water to flour to get a pancake batter consistency (not too runny, not too thick).
3. Mix in carrots and green onion to the batter.
4. Add salt to taste.
5. Fry a couple minutes on each side until golden brown.

Tips:

Add kimchi and kimchi juice to make kimchi pancakes.

After frying the pancake, fry again with egg.