



**MEALTIME
WITH
MADDY**

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This book is part of an evolving project.

To keep up to date and see future recipes and hollering, visit <http://mealtime.with.maddypa.ws>

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Dedication

To the polycule
JD and Robin and Lexy
To the dogs
Zephyr and Falcon
And to the idea
If not exactly the implementation
Of Twitter.

About

Ghee

Dal

Preserved Lemons: Part 1

Summer Salad

Tabbouleh

TIP fried

Baba Ganoush

Preserved Lemons: Part 2

Shakshouka

Tamago Kake Gohan

TIP reheating rice

Kimchi: Part 1

Getting baek kimchi to spice/age, getting mulkimchi to salt and wait
Tip: use miso instead of fish sauce

Juk

Kimchi: Part 2

Finishing mulkimchi prep with broth, flip baek kimchi

Sichuan Dry-Fried String Beans

TIP make extra oil

Kimchi: Part 3

jarring baek kimchi

Mul-Naengmyeon

Using mulkimchi

Testing a new page!

Wow

Okonomiyaki

TIP using kimchi for kimchijeon

Orange Sauce

TIP spice cubes

Green Chili

TIP snazzy beans

Preserved Lemons: Part 3

Mac & Cheese



Tip peeling garlic

Mac & Cheese





Mac & Cheese





Mac & Cheese





Mac & Cheese





Mac & Cheese





Mac & Cheese





Mac & Cheese





Mac & Cheese



Champurrado

(3c water 1c milk 1/2c harina)

Bananas Foster



Bananas Foster





Bananas Foster





Bananas Foster





Bananas Foster





Bananas Foster



Recipes

I love yelling about food, but I figure those aren't exactly easy-to-follow instructions. Here are the legit recipes for the meal-stime with Maddy earlier in the book.

Ghee

Dal

Preserved Lemons

Summer Salad

Bananas Foster

Tabbouleh

TIP fried

Baba Ganoush

Shakshouka

Tamago Kake Gohan

Baechu Kimchi

Dongchimi and Mulkimchi

Oisobagi

Juk

Sichuan Dry-Fried String Beans

TIP make extra oil

Mul-naengmyeon

Using mulkimchi

Okonomiyaki

TIP using kimchi for kimchijeon

Orange Sauce

Bananas Foster

Green Chili

Snazzy Beans

Mac & Cheese

Gear

- two small saucepans, at least a quart each
- a big pan, at least five quarts
- a baking dish, probably 9"x13"
- a whisk
- a cheese grater
- an oven preheated to 400°F

Ingredients

- **3 cups** milk
- $\frac{1}{2}$ **cup** butter
- $\frac{1}{2}$ **cup** AP flour
- **many** cloves of garlic (*optional, but if you skip, please consider your life choices*)
- **cheese** cheese: You want about three cups, yeah? Think maybe two and a half of a melty cheese, like sharp cheddar, and a half cup of a sharp cheese like parmesan, pecorino, or romano
- **a bit of** paprika (*optional*)
- **some** panko — enough to cover your dish
- **1 $\frac{1}{2}$ lb. bag** large elbow pasta (if you can only find 1lb bags, use only two thirds of your cheesy sauce; the rest will keep well in the fridge)
- **extra** toppings or fillings, at your discretion. Peas? Caramelized onions? Diced serranos? A can of hatch green chilis? A whole lot of nothing? The sky's the limit, and you're an adult. You choose.

Method

1. Over medium-high heat, scald your milk: heat slowly, stirring frequently, until starts to bubble but not quite boil, then remove from heat.
2. In your other pan, melt your butter over medium-high heat and add your minced garlic.
3. Slowly incorporate the flour into your melted butter, stirring constantly. The mixture will thicken.

Bananas Foster

4. Keep stirring your butter/flour mixture — a roux — over the heat. It will slowly start to darken in color. Once it reaches a peanut-butter colored brown, remove it from the heat.
5. Start your noodles to boiling.
6. Add your milk, one third at a time, to the roux, stirring constantly. It's gonna suck for a bit: the mixture will get super thick. Use a spoon to start, then switch to a whisk as the mixture gets thinner.
7. Continue stirring your bechamel over medium heat until it gets silky and any graininess has disappeared. It shouldn't be thin; if it is, keep heating. It'll be thick enough when you can dip a spoon in, drag your finger across the back of the spoon, and the sauce won't re-cover the stripe.
8. Mix your cheese into the bechamel, stir until it melts, but no further. Remove from the heat.
9. When your noodles are done, drain and stir in your cheese sauce.
10. Transfer your noodles to your dish — it probably won't all fit, but the rest will keep in the fridge.
11. Top with panko and toss into your oven for ten or fifteen minutes. If you like your topping browned, turn on the broiler for the last two minutes or so, but keep an eye on it so you don't burn it.

Serves idk 5 or 6.

Champurrado

Bananas Foster

Bananas Foster