# Overview

Saturday, May 22, 2021 11:50 AM

These are some of my favorite recipes, which are all pescatarian (for ethical and environmental reasons) and mostly low in saturated fat (as I try to keep my cholesterol levels in check).

## Flexitarian substitutions

When I moved to a flexitarian diet, I found the following substitutes helpful to reducing my meat impact:

* Milk -> Silk vanilla soy milk. Silk tastes better and has a similar nutritional profile, so I don't feel like I've given up anything.
* Fish -> sustainably caught fish. It's a little pricier, but otherwise excellent • Eggs -> certified humane eggs. Again, a little pricier, but otherwise excellent.
* Yogurt or sour cream -> non-fat Greek yogurt. I've not found a decent substitute yet, so I still eat yogurt. I stick with non-fat Greek for the combination of protein and no saturated fat
* Sausage -> Vegan sausage. Lightlife sausage tastes just like regular sausage but has neither meat nor saturated fat.
* Ground beef -> Vegan beef. Lightlife crumble is again awesome. Impossible and beyond burgers are similarly awesome in flavor (really even more so), but they are more highly processed and have a ton of saturated fat, so I rarely eat them. Seitan is an alternative good one.
* Butter -> olive oil.
* Cheese -> nothing. I've not found a good substitute, and cheese is a double whammy in that it has environmental and ethical issues + is high in saturated fat. Nutritional yeast is something you can cook with to give recipes a cheesy taste.

As a flexitarian, those are what I eat regularly, but occasionally (perhaps once/month) I'll eat meat if it would be socially awkward not to do so.

## Other tips

Cocktails should be served before dinner. Wine or beer is for dinner.

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# Ceviche

Saturday, May 22, 2021 12:49 PM

1/2 lb small fish filets

1/2 lb scallops 3 limes, juiced

1/4 tsp Chinese hot pepper and garlic sauce

Chop fish and scallops into bit-size pieces

Pour lime juice over and marinate overnight Mix in hot pepper sauce and serve

# Judy's hot artichoke dip

Saturday, May 22, 2021 11:52 AM

1 cup artichoke hearts, chopped

1 cup parmesan, grated

3/4 cup mayo

1/2 cup scallions, chopped

1/2 tsp garlic salt

1/2 tsp cayenne pepper

Paprika

Mix (or blend) everything except paprika

Put in a small baking dish, sprinkle with paprika, and bake at 350 for 20-25 minutes

# Judy's bean and salsa dip

Saturday, May 22, 2021 12:48 PM

1 can black beans, drained 1 cup salsa

Blend and serve

# Judy's Guacamole

Saturday, May 22, 2021 12:41 PM

2 ripe avocados, mashed

1 small, ripe tomato, chopped

1 small onion, minced

1. tsp olive oil
2. lemons, juiced

2 tsp chili powder (or minced fresh chili pepper)

Salt

Stir, chill, serve

# Judy's salmon dip

Saturday, May 22, 2021 12:57 PM

1 8ox can salmon

1. 8ox package softened cream choose
2. tbs dill week (or 4 tbs fresh dill, minced) Salt and pepper to taste Mix and serve.

# Izza's mango summer rolls

Saturday, May 22, 2021 2:33 PM

1 mango, peeled and sliced into match sticks

1 cup bean sprouts, sliced into match sticks

1/2 cup fresh cilantro leaves

4 oz think rice noodles

1/4 cup roasted peanuts, finely chopped

20 rice paper wrappers

Sweat chili sauce for dipping

Directions

1. Boil water, then turn off heat. Add noodles. Let them soak for 10 minutes, stetting occasionally. Rinse in cold water and set aside.
2. Place rice paper in water 2 at a time, until flexible. Remove from water and lay on flat clean surface
3. Fill each with 1 tbs noodles, 1/2 tsp peanuts, five mango sticks, 7 bean sprout sticks, and 3 cilantro leaves
4. Fold like a burrito - as tightly as you can (takes practice)
5. Keep chilled until ready to serve with dipping sauce

# Sherry's spring rolls

Thursday, May 27, 2021 1:01 PM

rice wrappers 6"-8" size

Thai basil Asian mint cilantro green onions carrots cucumbers napa cabbage

Protein choices: shredded spicy chicken, cooked shrimp, fried tofu

options: jicama, red, green, yellow or orange peppers, bean sprouts, vermicelli rice noodles (glass noodles)

SWEET CHILI DIPPING SAUCE: equal parts unseasoned rice vinegar and sugar, pinch of salt, cook together on low until all sugar crystals are dissolved. Cool and add to taste 1/2 tsp to 1 Tbs chili garlic sauce ( I like the one with green cap and the rooster, Huy Fong Foods Inc. )

QUICK AND EASY PEANUT DIPPING SAUCE: peanut butter mixed with the sweet chili sauce above to dipping consistency

Directions:

Rolling the spring rolls is a bit of an art. It's kind of like a tighter burrito wrap. A youtube video may be helpful [https://www.youtube.com/watch?v=8kx9dmn6wj4](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D8kx9dmn6wj4&data=04%7C01%7C%7C2925a1aebeb94b59bf7008d91edfc455%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637574768680907724%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=n6Lp5JgO0QN65mj6xjI90jzN4GauRVbTogZTaDViy9s%3D&reserved=0)

After much trial and error, I've developed a technique for getting the rice wrappers just wet enough to wrap, without getting them too sticky and wet..... there's a very fine balance that you'll have to do some trial and error with. Plan to lose about 1/4 a package. My technique: one large plate and one cutting board, a clean water sprayer. Put one wrapper on the plate and mist both sides of the wrapper with the sprayer. Wait a few minutes until wrapper become just pliable. Very lightly spray the cutting board, move the wrapper over onto the cutting board for assembly. Put another wrapper on the plate and spray it so it's getting ready while you're wrapping one. Put 1 whole Thai basil leaf, 1 whole mint leaf and a couple cilantro leaves on 1/3rd side of the wrapper, add strips of veggies, then proteins, then shredded cabbage. Roll. If using shrimp, put the shrimp down first so it shows through the wrapper to make a nice presentation.

Prepping the veggies is a bit time consuming. Once they are all chopped/shredded.... it goes pretty fast.

I have a shredder tool that makes really nice julienne strips of the carrot and cucumber.

[https://smile.amazon.com/Sunkuka-Julienne-Stainless-Cleaning-Vegetable/dp/B01LYWRRIT/ref=sr\_1\_](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsmile.amazon.com%2FSunkuka-Julienne-Stainless-Cleaning-Vegetable%2Fdp%2FB01LYWRRIT%2Fref%3Dsr_1_39%3Fcrid%3D19QD2XBPOS493%26dchild%3D1%26keywords%3Dveggie%2Bshredder%26qid%3D1621879038%26sprefix%3Dveggie%252Caps%252C249%26sr%3D8-39&data=04%7C01%7C%7C2925a1aebeb94b59bf7008d91edfc455%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637574768680907724%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=nFgcSakeHv4d8A%2BHAr1f5oRj2OoDbBsmmyODCKXeYHE%3D&reserved=0)

[39?crid=19QD2XBPOS493&dchild=1&keywords=veggie+shredder&qid=1621879038&sprefix=veggie% 2Caps%2C249&sr=8-39](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsmile.amazon.com%2FSunkuka-Julienne-Stainless-Cleaning-Vegetable%2Fdp%2FB01LYWRRIT%2Fref%3Dsr_1_39%3Fcrid%3D19QD2XBPOS493%26dchild%3D1%26keywords%3Dveggie%2Bshredder%26qid%3D1621879038%26sprefix%3Dveggie%252Caps%252C249%26sr%3D8-39&data=04%7C01%7C%7C2925a1aebeb94b59bf7008d91edfc455%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637574768680907724%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=nFgcSakeHv4d8A%2BHAr1f5oRj2OoDbBsmmyODCKXeYHE%3D&reserved=0)

Cut the cucumber in half lengthwise, remove all the seeds, shred into julienne strips

Shred carrot into julienne strips

Fine shred the napa cabbage with knife or mandolin

Green onions cut very fine lengthwise into strips

You want all the veggies to julienned (longish thin strips of relatively equal thickness).

Preparing the proteins:

CHICKEN: Sauté' 1 chicken breast or several chicken breast tenders in a pan. Lightly season with salt, pepper, garlic powder. In the last minutes of cooking add, 1-2 cloves of finely chopped garlic and 1/2-2tsp of chili garlic sauce ( to taste ) and 1-tsp of rice wine vinegar or eliminate salt when sautéing and add 1-tsp soy sauce. Cool, finely shred the chicken, keep refrigerated until ready to roll

SHRIMP: I usually get cooked frozen shrimp. Thaw according to the package directions. Butterfly the shrimp completely in half (this is a preference, they seem to roll better with out the bulk of the full diameter of shrimp)

TOFU: I usually buy the already fried tofu from the Asian market. Cut into thin strips, season with a little bit of the prepared sweet chili sauce

# Spicy tuna poke

Saturday, May 22, 2021 12:39 PM

Will send. mayo, sesame oil, sriracha, scallions, sesame seeds, avacado. Serve with rice crackers.

<https://www.skinnytaste.com/spicy-tuna-poke-bowls/>

# Mushroom egg rolls

Saturday, May 22, 2021 12:37 PM

<https://www.foodandwine.com/recipes/mushroom-spring-rolls-creamy-ginger-sauce>

# Garbanzo stuffed mini-peppers

Tuesday, January 23, 2024 11:29 AM

<https://www.tasteofhome.com/recipes/garbanzo-stuffed-mini-peppers/>

Stuffing:

* 1 teaspoon cumin seeds, toasted
* 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
* 1/4 cup fresh cilantro leaves
* 3 tablespoons water
* 3 tablespoons cider vinegar
* 1/4 teaspoon salt

16 miniature sweet peppers, halved lengthwise

Blend the stuffing, then fill the peppers and serve.

# Fried cauliflour patties

Thursday, February 1, 2024 8:16 PM

Some cauliflour, steamed until fork tender

Some grated cheese

Some bread crumbs

Some eggs

Some flour

Salt and pepper

Mix together, scoop oit patties and pan fry them in oil

# Whisky Sour

Saturday, March 23, 2024 1:33 PM

Three parts whiskey

One part simple syrup

One part fresh lemon juice (maybe a tad more)

A lot of ice

# Old fashioned

Saturday, May 22, 2021 11:58 AM

Three parts whiskey

One part simple syrup

A couple of good shakes of bitters

A lot of ice

(optional) A sliver of orange peel

Mix and serve

Traditionally it's also served with macchiato cherry; I leave them out because they are too sweet and full of crap, but I throw in a few frozen cherries if I have them around.

# Blueberry tea

Saturday, March 23, 2024 1:33 PM

12 oz hot Earl Grey tea

1 shot Amaretto

1 shot Grand Marnier

# French 75

Monday, May 29, 2023 5:26 PM

.75 oz lemon juice

.75 oz simple syrup

1. oz gin

2 oz Champagne

# Martini

Saturday, May 22, 2021 11:52 AM

Vermouth; very little - just enough to coat the class

Vodka or gin; cold (either fresh out of the freezer, or mix with ice and then pour out

Mix and serve.

Variants:

* Add Olives; pimento or blue-cheese or jalapeno stuffed are best
* Make it a dirty martini by adding a small splash of the olive juice

# Cognac and courvoisier

Saturday, May 22, 2021 12:09 PM

3 parts good cognac

1 part Courvoisier

(optional) a shake of bitters

# Margarita

Saturday, May 22, 2021 12:01 PM

2 parts tequila

1.5 parts triple sec

1 part fresh lime juice

Plenty of ice

(optional) salt + chili powder on rim of glasses Directions: Either mix and serve, or blend and serve.

Variants:

* Fruit margarita: Use frozen fruit instead of ice. Frozen mangos are my favorite
* Baby Yoda margarita: Serve in wine glass, with 2 lime wedges stuck to the glass (for ears), two cherries in each glass (for eyes), and (optionally) some brown paper tied around the stem (jedi clothes) with string (jedi belt)

# Moscow mule

Saturday, May 22, 2021 12:10 PM

6 oz ginger beer

2 oz Vodka

1/2 oz fresh lime juice

Ice (either serve with ice, or just mix with ice and then pour out)

# Genivive

Friday, June 16, 2023 6:43 PM

2 oz Gin

.5 oz Rhubarb vanilla simple syrup

.5 oz lemon juice

1 oz Prosecco

# Cong You bing (Chinese onion pancakes)

Friday, February 12, 2021 10:00 PM

Makes 4 pancakes

**DOUGH**

2 cups flour

1/2 tsp salt

3/4 cup warm water

1 tsp oil

**FILLING**

4 scallions

4 tbs oil (peanut oil works well) 4 tbs flour

**Frying**

2 tbs oil

Salt

**Dipping sauce (optional)**

Any combination of soy sauce, vinegar, chili oil, sugar to taste

Dough:

1. Mix the dry ingredients in a bowl, add water. Mixing together with a fork
2. Dump it out on a smooth counter sprinkled lightly with flour and knead the dough together until smooth. 3) Wash and dry the bowl. Lightly oil the bowl. Put the dough back in and let it rest for 30 minutes.



Filling:

1. Mix the flour and oil to form a paste.
2. Chop the scallions small and either throw out the tough white part (which will poke holes in the dough) or cut it lengthwise
3. Evenly divide the rested dough into 4 parts, roll each into a rectangle, as thin as you can, about 2mm thick. The size doesn't really matter, this is just to create layers.
4. Spread 1/4 of the oil mixture and then sprinkle 1/4 of the chopped scallion mix over the dough, roll it into a log, then roll it into a snail-shaped cake (see below). Repeat.





1. Flatten the dough, and roll it out into about 10" in diameter. If you need to stack them for space, put parchment paper or plastic wrap between each.
2. Let it rest for 30 minutes or more (over night is fine, or freeze it and dethaw at room temerature for 8 minutes before cooking).

Frying:

* Warm oil in pan to medium heat
* Add pancakes one at a time and fry about 2 minutes each side, until golden crispy but not burned, sprinkle with salt while frying, so you have some salt on each side.
* Optionally serve with dipping sauce

# Vegan Sui Mai

Sunday, January 17, 2021 12:11 PM

1. lb vegan sausage (14 oz package of lightlife sausage is particular good, can also use a combination of vegan sausage and shrimp or scallops);

2/3 can of water chestnuts, chopped (open a can and eat a couple, chop the rest) 1 tbsp minced ginger

1. tbs cornstarch
2. tbs soy sauce
3. tbsp sugar

1 tsp toasted sesame oil

1 tbs peanut or canola oil

1/4 cup chopped cilantro

1 chopped green onion

40 wonton skins (or egg roll wrappers cut in 4ths)

Mix everything in a bowl except wonton skins.

Fill each wonton skin with about a tbsp of filling, and pinch skin to almost close Steam in bamboo steamer for about 15 minutes

Serve with dipping sauce:

* Tamari sauce, or
* 1/2 tsp sesame oil, 1 tsp soy, 1 tbsp vinegar, or
* Any other combination to taste (you can put out the things above and let folks mix their own)

# Dan dan noodles

Sunday, January 8, 2023 2:11 PM

1 lb noodles; any kind. Chow mein, lo mein, soba buckwheat, ....

Sauce:

1. cup peanut butter, softened by warming in microwave

1/4 cup soy sauce

1/4 cup rice vinegar

1. tbs toasted sesame oil

2 tbs peanut oil 2 tbs sriracha

Toppings:

1 cucumber cut to matchstick's

6 green onions, cut to small peices

Mix sauce ingredients

Cook noodles, mix with sauce Add toppings, mix and serve

Leftovers can be refrigerated and served hot or cold.

# Udon noodle soup

Wednesday, June 23, 2021 4:13 PM

Udon noodles - 1 lb cooked per package directions

Broth - mix these together, bring to boil, cover and simmer about 10 minutes:

* 4 cups low-sodium vegetable broth
* 1 (1-inch) piece ginger, sliced
* 2 tablespoons soy sauce
* 1 tablespoon rice vinegar
* 1 tablespoon vegetarian oyster or mushroom sauce
* 1/2 teaspoon chili paste
* 1 pinch granulated sugar
* Kosher salt, to taste
* Freshly ground black pepper, to taste

Toppings - Whatever is handy (or mix and match)

* Veggies: Bok Choy, Chinese broccoli, Carrots, sautéed with garlic and ginger
* Protein: Tofu, Fish, sautéed with garlic and ginger and soy sauce
* 1/4 cup chopped cilantro
* 2 chopped scallions
* 1/4 cup roasted peanuts

Final assembly:

* Combine noodles, broth, and toppings

Source: <https://www.thespruceeats.com/japanese-udon-noodle-soup-3377950>

# Popcorn tofu

Wednesday, June 23, 2021 4:13 PM

1 lb tofu, pressed then cut into cubes

Salt (1 tsp or to taste) and pepper

1+ tbs corn starch 2 tbsp oil

Mix dry ingredients together and coat tofu. I put in everything in a tuperware and shake gently.

Option 1 - air frier:

Add oil and coat (same technique). Fry in air frier until golden, about 20 mins, shake gently every 5 mins

Option 2 - pan fry:

Heat oil in large non stick pan on med-high

When quite hot, add tofu and fry

Turn periodically to brown all sides

Variants: add other spices; paprika, garlic salt. Use a little sesame oil.

# Sweet and sour tofu

Friday, October 20, 2023 5:26 PM

I recommend making this together with Fried rice

Make Popcorn tofu; extra crispy.

Make a sweet-and-sour sauce.

1) Sauté veggies together for about 5 minutes (until onions are translucent):

○ 1 medium bell pepper, chopped

○ 1/2 cup chopped/cubed pineapple

○ 1/2 medium red onion, chopped 2) Create a sauce by whisking together:

○ 1/2 cup sugar

○ 1/4 cup ketchup

○ 1/4 cup vinegar, preferably rice or white

○ 1/4 cup water

○ 1 tbs soy sauce

○ 1 tsp garlic powder

1. Pour the sauce over the veggies. Bring to a slight boil, then reduce to a simmer for about 5 minutes until the sauce has thickened up. Add the crispy tofu, stir to combine, and remove from heat.
2. Optionally top with:
   1. Sesame seeds
   2. Chopped scallions

I'mSource: <https://jessicainthekitchen.com/sweet-sour-tofu-recipe-vegan/>

# Fried rice

Tuesday, April 2, 2024 4:59 AM

**Sauce:** Stir to combine, then set aside:

* 1 tbsp dry sherry
* 1 tbsp Oyster Sauce
* 1 tbsp light soy sauce
* 1 tsp sesame oil

**The other ingredients:**

* 2 tbsp oil
* 1/2 onion *finely chopped*
* 2 garlic cloves *minced*
* 1 1/2 cups diced vegetables *frozen peas and carrots works well*
* 2+ cups Rice *using less water (1:1.5 ratio) and refrigerated overnight to dry it out*
* 3 eggs, whisked
* 3/4 cup green onions *sliced*

**Directions**:

1. Stir fry the onions and garlic until the onions soften
2. Add the rice and sauce and stir fry until the rice is cooked and a little crisp
3. Create a hole in the center of the mixture and scramble the eggs there
4. Top w scallions, mix and serve

Source: <https://www.recipetineats.com/egg-fried-rice/>

# Bahn mi

Sunday, November 7, 2021 10:18 AM

**For the pickled vegetables**

* 1/2 cup shredded carrots
* 1/2 cup thinly sliced cucumber
* ½ cup thinly sliced daikon radish
* 1 tablespoons rice wine vinegar
* 1 tablespoons sugar
* Salt to taste

**For the protein**

* 1 lb anything; consider frying with some combination of soy sauce, lime juice, garlic chili sauce - whatever

**For the sandwich**

* 1 baguette, split in half
* Mayo, Sriracha, hoisin sauce
* Fresh jalapeño, thinly sliced
* Cilantro sprigs

**Directions**

1. Make the pickled vegetables: In a bowl, toss together the carrots, cucumbers, daikon, vinegar, sugar and salt and let stand at room temperature for at least 30 minutes.
2. Meanwhile, make the protein. Fry in hot pan with oil and add whatever seasoning you want you can't go wrong.
3. Meanwhile split baguette, coat each side with mayo, hoisin and Sriracha. Toast it.
4. Fill bread with protein, pickled veggies, jalapeno slices and cilantro.

# Szechwan Noodles

Sunday, May 16, 2021 2:30 PM

1 lb udon noodles, pre-cooked

1 pkg tofu

1 lb green beens

1 tsp avocado or canola oil

3 tbs laoganma spicy chili crisp sauce

2 tbs soy sauce

1 tsp sesame oil

1. large clove garlic, minced
2. tbs vinegar

1/2 cup fried red onions

Steam green beans until crisp/tender; about 6 mins.

Heat oil in wok, add green beans sauté for a minutes

Add rest of ingredients except the fried onions; sauté for another 2 minutes

Serve with fried red onion on top

# Szechwan Green Beans

Sunday, May 16, 2021 2:30 PM

1 lb green beans

1 tsp avocado or canola oil

3 tbs laoganma spicy chili crisp sauce

2 tbs soy sauce

1 tsp sesame oil

1. large clove garlic, minced
2. tbs vinegar

1/2 cup fried red onions

Steam green beans until crisp/tender; about 6 mins.

Heat oil in wok, add green beans sauté for a minutes

Add rest of ingredients except the fried onions; sauté for another 2 minutes

Serve with fried red onion on top

# Baked Egg roll

Wednesday, April 28, 2021 6:33 PM

"Crispy Oven Baked Egg Rolls - The Lemon Bowl®" [https://thelemonbowl.com/crispy-oven-baked-eggrolls/](https://thelemonbowl.com/crispy-oven-baked-egg-rolls/)

## Egg roll

* 1 pound protien (vegan pork and shrimp meat are great)
* 2 tbs canola oil
* 1 teaspoon salt
* ½ teaspoon pepper
* ½ cup onion minced
* 2 cloves garlic minced
* 2 tablespoons ginger minced
* 1 cup cabbage shredded
* 1 cup carrot grated
* 1 tablespoon soy sauce
* 1 tablespoon rice vinegar
* 16 egg roll wrappers
* 2 tablespoons butter melted

## Dipping sauce

• Sweet chili sauce

Pre-heat oven to 425 degrees and line a baking sheet with foil. Spray with cooking spray and set aside

Cook the filling:

1. Heat 1 tbs oil in a wok over medium-high heat.
2. Cook vegan pork until brown then set aside. Deglaze oan with sherry.
3. Add another tbs of oil and heat. Stir in onion and cook for a minute. Add the salt, pepper, garlic, and ginger; cook additional 2-3 minutes.
4. Add grated cabbage and carrots to the mixture, along with soy sauce and rice vinegar and shrimp meat and vegan pork. Cook an additional 3 minutes.
5. Remove from heat and allow the mixture to cook slightly for at least 10 minutes.

To assemble, lay egg roll wrapper on a clean surface and place ¼ cup of the filling in the center of the wrapper. Brush water along all four borders of the wrapper then begin rolling like a burrito: start with the bottom and fold over the meat mixture then fold the right and left sides over before finishing to roll tightly.

Place on the baking sheet, seam side down and repeat until all wrappers are filled. Brush each with melted butter.

Bake until golden brown and crispy, about 15-20 minutes.

Serve with dipping sauce.

# Izzy's Korean beef over rice

Saturday, December 18, 2021 4:27 PM

**Serves 3**

**Ingredients**

* 2 tbs brown sugar, packed
* ¼ cup soy sauce
* 1 tbsp toasted sesame oil
* ½ - 1 tsp chili garlic sauce (depending on how spicy you like things)
* 1 tsp fresh ginger, minced
* 1 Tbsp olive oil
* 3/4 lb Beyond Beef Crumble
* (optimal) onions and peppers
* 2 green onions, thinly sliced
* 1 Tbsp sesame seeds, toasted
* 1 cup rice, cooked, for serving
* 3 fried eggs, for serving

**Instructions**

1. In a small bowl, whisk brown sugar, soy sauce, toasted sesame oil, chili garlic sauce and ginger together.
2. Heat vegetable oil in a large skillet over medium high heat.
3. Add onions and peppers and beef crumble and cook until onions are translucent and beef is browned, about 5 minutes.
4. Stir in soy sauce mixture and allow to simmer until heated through, about 3 minutes.
5. Garnish with green onions and toasted sesame seeds.
6. Serve over rice, topped with a fried egg

Thai

Thursday, April 18, 2024 3:06 PM

# Pad Thai

Saturday, May 22, 2021 2:19 PM

1/2 lb rice noodles

Sauce:

* 3 tbs fish sauce
* 1 tbs soy sauce
* 4 tbs light brown sugar
* 1 tbs Sriracha
* 2 tbs rice vinegar
* 1 tbs lime juice
* 1tbs creamy peanut butter, warmed in a microwave

Pad Thai:

* 3 tbs peanut oil
* 8 oz protein; tofu cubes, shrimp, scallops, or vegan chicken
* 2 eggs
* 1/2 red onion, cut into half moons
* 1 red bell pepper thinly sliced
* 2 clove garlic, minced At the end:
* 3 scallions, sliced into 1.5 inch lengths
* 1/4 cup chopped fresh cilantro

Directions:

1. Cook the rice noodles and set aside 2. Mix sauce ingredients together and set aside 3. Cook that pad Thai:

1. Stir fry protein in 2 tbs oil until crisp on the outside, set aside
2. Add 2 more tbs oil and stir fry onions for a minute
3. Add garlic and bell pepper and stir fry anouther minute
4. Push things aside, add eggs to the middle and cook/scramble
5. Add noodles, cook for a minute
6. Add the sauce and protein and stir fry for a minute
7. Add the scallions and cilantro, stir and serve

# Caleb's Thai lettuce wraps

Saturday, May 22, 2021 11:40 AM

1 lb vegan pork and/or shrimp

3 tbs oyster sauce

3 tbs soy

2 tbs rice vinegar

1 tbs sesame oil

1 clove garlic

1 tbs ginger

Marinate, then stir fry

Can add greens (string beans, broccoli, whatever)

Serve with lettuce leaves for wrapping

# Lettuce wraps

Friday, February 23, 2024 6:12 PM

Lettuce

Accent korean barbq vegan mix Fried with onion and cabbage, other veggies

Toppings:

Cilantro

Choped green onions Crushed peanuts

Dressing:

Mayo

Vinegar

Chili crisp

# Izza's Thai green curry

Saturday, May 22, 2021 1:05 PM

5 tbs peanut oil

1 block tofu

1 red bell pepper, thinly sliced

1. red onion, cut into half moons
2. cloves garlic, minced

1 tbs ginger, moved

1/4 cup green curry paste

1 15-oz can coconut milk

1. tbs fish sauce
2. tbs sugar

1 tbs lime juice

1 cup frozen peas, thawed

1/2 cup fresh basil, chopped

Preheat non stick pan and peanut oil over medium high heat. Add tofu and heat on each side until golden brown, about 4 mins/side. Transfer to covered plate to keep warm.

Sauté peppers and onions until tender, about 7 minutes, adding ginger and garlic after 2 minutes. Transfer to another covered plate.

Add chile paste, stirring until warm. Add coconut milk, sugar, lime juice, fish sauce. Mix well and cook another minute.

Add tofu, peppers, onions and peas to the sauces and cover, cooking for 4 minutes. Add basil and turn off the heat and let sit for 3 minutes.

Serve with rice. Also goes great with Caleb's Thai Salad

Indian

Thursday, April 18, 2024 3:06 PM

# Palak Paneer

Sunday, May 23, 2021 1:19 PM

Palak = Spinach. Paneer = type of cheese.

12 oz frozen spinach

1 medium tomato

3 whole cloves of garlic

1 inch ginger

1. green chili or more to taste
2. cloves garlic, minced

1 tablespoon oil 15 ml, I used avocado oil

1 large onion finely chopped

1/2 cup water

1 teaspoon garam masala

1/4 teaspoon turmeric powder

1/4 teaspoon red chili powder or to taste

1/2 tsp salt

3 tbs heavy cream or Greek yoghurt

8 oz paneer cheese, cut into cubes 1/2 lemon, juiced

Directions:

1. Dethaw spinach. In a blender, add the spinach, tomato, 3 cloves of garlic, ginger and green chili. Puree to a smooth paste and set aside.
2. Heat a pan on medium heat. Once hot, add the oil and then add the remaining garlic and the onions. Cook until the onions are soft and translucent.
3. Add in the prepared spinach puree and mix. Also add around 1/2 cup water at the point. Cover the pan and let it cook for 5 minutes on medium heat. The spinach will bubble a lot. Stir at regular intervals to avoid sticking at the bottom.
4. Add the garam masala, turmeric powder, red chilli powder and salt. Mix and cook for 1 minute.
5. Then add the heavy cream and mix.
6. Stir in the paneer and mix. Let the curry simmer for 3 to 4 minutes. Switch off the flame, add lemon juice and mix.

Derived from: <https://www.cookwithmanali.com/palak-paneer/>

# Indian tofu stir fry

Saturday, May 22, 2021 10:03 PM

1/2 block firm tofu

1 large tomato, chopped

1 large onion, cubed and layers separated

1/2 bell pepper, diced

1 clove garlic, minced

1/2 tsp red chili powder

1 tsp coriander powder

3/4 tsp garam masala

1 tbs oil

Directions

1. Cut tofu into thin pieces. Heat oil in non-stick pan to medium high. Fry tofu a few minutes on each side until golden brown. Set aside.
2. Add more oil and heat up. Cook the rest of the ingredients until the onions are tender.
3. Add back the tofu and cook for another couple of minutes.
4. Serve as a side-dish with other Indian dishes

Derived from: "Tofu stir fry recipe ( Indian tofu recipes) - Swasthi's Recipes" <https://www.indianhealthyrecipes.com/tofu-stir-fry-recipe/>

# Judy's Indian Rice

Saturday, May 22, 2021 12:25 PM

4 cups cooked white rice

1 onion, chopped

1 cup raisins 2 tbs butter

5 tbs safflower oil

1 tbs turmeric

1 tbs cinnamon 1 tbs nutmeg

1. cup pine nuts
2. tbs honey

4 tbs vinegar

Sauté onions and raisins in butter until onions are translucent

Add everything to the cooked rice and mix well

(optional) chill before serving

# Vincenzo's Anchovie Spaghetti

Tuesday, May 18, 2021 5:53 PM

10 cloves of garlic, coarsely chopped

1/2 cup pine nuts

Tbs butter

Tbs olive oil

2 flats of anchovies

1 lb pasta

1 cup of frozen peas

1 cup grated parmesan

Brown pine nuts and garlic in olive oil and butter. Take off heat. Add anchovies and let them melt into the sauce.

Cook the pasta and frozen peas together together. Add pasta water to sauce if sauce gets too thick.

Drain pasta. Add sauce and parm.

# Pizza

Sunday, January 17, 2021 12:12 PM

Makes one 14 inch pie (good for 2 people as main dinner, or more if you add salad)

## Dough

1. tsp yeast

3/4 cup warm water 1 tbsp sugar

2.25 cups bread flour 1 tsp salt

1 tsp olive oil

1. Mix water, yeast, sugar and let sit for 10 minutes until it's bubbled to prove the yeast is good 2. Mix flour and salt in a bowl, then add yeast mixture and stir with a knife until it's somewhat mixed.

1. Dump onto clean counter and knead for 7 minutes, until it passes the pinch test. Form a smooth ball.
2. Coat bowl w oil, put dough ball in the bowl, and swirl it around until oil coats all sides.
3. Cover with a cloth and let it rise in a warm place for a couple of hours (or cover with plastic wrap and let it rise in refrigerator overnight).
4. Punch the dough to deflate it, turn it out on counter, press out any remaining air.
5. Put it back in bowl and let it rest again; ideally a couple of hours but can be less

## Sauce

Use 4 oz of pizza sauce per pizza. Freeze the rest

1 (15 ounce) can tomato sauce

1. (6 ounce) can tomato paste
2. tsp oregano

1 tsp paprika

1 tsp basil

1/2 tsp garlic powder

1/2 tsp onion powder

1/2 tsp sugar

Salt and pepper Mix

## Pizza toppings

Be creative here. These are just some ideas…

Cheese: 8 oz mozzarella

(my favorite) Capanata: cheese + 14 oz capanata (e.g. 2 7oz cans of cento). When assembling, the capanata goes between the sauce and the cheese layers.

Greek: replace 3 oz of the cheese with feta, add olives, artichoke hearts, pepperoncini, red onion slices Indian: replace 4 oz cheese with paneer soaked in yoghurt and Indian spices (e.g. garam marsala, turmeric, cayene). Add onion.

Sausage and pepper: 4 oz vegan sausage + sauteed onion and bell peppers.

## Pizza assembly

2 tbsp olive oil

1. Preheat oven to 500
2. Sprinkle flour on counter and roll out dough to 15 inch circle.
3. Pleat the edges to form a nice crust and reduce the pizza size to 14 inches
4. Brush crust with 2 tbs extra virgin olive oil
5. Place dough on pizza stone
6. Add toppings; sauce, (optionally caponata), shredded cheese, and other topping on top, in that order.
7. Bake until cheese has melted and started to brown - about 15 minutes. Watch carefully as it goes from brown to burned in about a minute.
8. Remove from oven and cut into 8 slices

# Isa's mushroom stroganoff

Sunday, January 17, 2021 12:11 PM

2 tbsp corn starch

1. cup water or broth
2. tbsp olive oil

1 cup shallots, thinly sliced

1 onion, quartered and cut into this n half moobs

4 cloves garlic, minced

2 portobello caps, thinly sliced

2 cups cremini mushrooms, thinly sliced

2 tbsp fresh thyme, chopped

2 cups seitan (less is OK, any vegan beef crumble is a fine substitute) 2 tsp salt

1 cup red wine

1 tbsp paprika

1/2 cup nutritional yeast (gives a cheesy flavor)

1/2 cup plain soymilk (sweetened soymilk is OK too)

1 tbs Dijon

1 cup frozen peas

1/2 lb wide noodles (other noodles are OK too)

(optional) Sour cream (or plain regular or greek yogurt, or tofu sour cream).

1. Dissolve corn starch in water, set aside
2. Heat 2 tbsp oil in large skillet (or wok), sauté shallots and onions for 4 minutes, add garlic mushrooms and thyme and sauté 15 minutes more
3. Heat 1 tbsp oil in another pan and sauté seitan until dark brown - about 10 minutes
4. Add salt, wine, paprika to sauce. Turn up heat to high and reduce liquid - about 10 minutes
5. Lower heat to medium, add cornstarch mixture stir, let thicken - about 5 minutes
6. In parallel, start water boiling for pasta, and once boiling (you can start step 7 while waiting) cook the pasta according to directions (typically 5 minutes until "al dente"). When ready, drain and set aside
7. Back to the skillet or wok: add nutritional yeast to sauce and mix. Add soy milk and mustard and turn down heat to low - don't let it boil or soy and mustard will get bitter. Add seitan and peas. Cook 10 minutes more.
8. Dump the cooked pasta in skillet and mix
9. Serve - optionally with sour cream

# Polenta casserole

Friday, April 9, 2021 9:32 PM

Sausage

7 oz lightlife sausage

3 cloves garlic, minced

1. tbs olive oil
2. tbs wine or sherry

Veggie

1 zucchini, pried and cut into small pieces

4 mushrooms, sliced

1/4 onion, chopped

1/2 lime, juiced

1/2 cup water or broth

1 tsp oregano

1 tsp basil

Salt and pepper

Tomato sauce

14 oz can of diced tomatoes, drained

1 more clove garlic, minced

1 tsp oregano

1 tsp basil

1/2 tsp salt

Or just a jar of pizza sauce

1 lb cooked polenta, sliced

6 oz mozzarella, shredded 1 oz grated parmesan

Heat 1 tbs oil, sauté garlic and sausage for a few minutes until sausage is brown. Set aside.

Deglaze pan with wine or sherry. Add a little olive oil. Sauté onions a few minutes. Add zucchini, mushroom, and spices and sauté for a couple of minutes more. Add broth and lime juice. Cook down until zucchini is tender. Drain and set aside.

Oil an oven-proof pan. Fill it with layers of polenta, mozzarella, tomato sauce, veggies, sausage, and parmesan.

Bake in preheated oven at 375 until the top is browned, about 20

# Paella

Sunday, April 25, 2021 12:15 PM

1/2 teaspoon saffron threads

1. tablespoon lemon juice
2. lbs mixed shellfish; shrimp, calamari, mussels, etc.
3. teaspoons smoked paprika

Kosher salt and freshly ground black pepper

1/4 cup olive oil

1. roasted red peppers, cut into small dice

1 yellow onion, cut into small dice

1/2 cup chopped fresh parsley

1 bay leaf

4 cloves garlic, minced 1 teaspoon cumin

3 cups paella rice

1 cup dry white wine

One 28-ounce can diced tomatoes

4 cups chicken stock, warm

1/2 cup frozen sweet peas, thawed

Directions

1. Preheat the oven to 400 degrees F.
2. Combine the saffron and lemon juice in a small bowl and crush the threads with the back of a spoon until the mixture turns bright yellow. Let sit for 5 minutes.
3. Toss the shellfish with 1 teaspoon of the smoked paprika, 1 teaspoon salt and 1/2 teaspoon pepper. Set aside.
4. Heat the olive oil in a Dutch oven over medium-high heat. When hot, add the roasted peppers, onion, parsley and bay leaf. Sauté until the onion is translucent, 5 to 8 minutes. Add the garlic, cumin and the remaining 1 teaspoon smoked paprika; sauté until fragrant, 30 seconds. Add the rice and toast until slightly browned, 2 to 3 minutes.
5. Pour in the wine, scrapping up any browned bits from the bottom of the pan. Cook, stirring, until the wine is fully absorbed. Pour in the tomatoes, stock, saffron mixture, 1 teaspoon salt and 1/2 teaspoon pepper; stir until combined. Cover and let simmer for 5 minutes. Add the shellfish. Cover and transfer to the oven for 25 to 30 minutes, until the clams and mussels are opened.
6. Place the pot back on the stovetop over medium-high heat. Add the peas. Cook until the bottom of the rice forms a crust, about 5 minutes.

"Seafood Paella Recipe | Tia Mowry | Food Network" [https://www.foodnetwork.com/recipes/seafoodpaella-3589723.amp](https://www.foodnetwork.com/recipes/seafood-paella-3589723.amp)

# Fish with hot sause

Wednesday, March 10, 2021 5:01 PM

4 scallions, cut into small pieces

2 tbs fresh minced ginger

1 tbs butter or vegan butter or oil

3/4 cup white wine

1/2 tbs chili garlic paste

1 tbs soy sauce

4 fish fillets, 1/2 lb each; scallops work well too

Safflower oil to brush fish

Saute scallions and ginger in butter

Add wine, cook over low heat until evaporated by half. Add chili paste and soy sauce. Remove from heat.

Brush fish with oil and broil on both sides (or you can pan fry)

Serve with sauce

# Vincenzo's tuna spaghetti

Saturday, March 6, 2021 9:51 AM

2 cloves minced garlic

1/2 cup chopped parsley

2 tbs olive oil

1 can (5 oz) tuna fish

1 can (1 lb) diced tomatoes

1 tsp oregano

1/4 cup white wine

Cayene to taste

Grated parmasan to taste

8 oz pasta - I use Bonza chickpea pasta

1. Saute garlic and parsley in olive oil untul gaeluc is golden
2. Add tuna and cook, chopping with fork while mixing until disintegrated
3. Add oregano and wine, cook until most of the wine is gone - about 5 minutes 4. Add tomatoes without juice. Mash thouroughly. Simmer 10 minutes, covered.

5. In parallel, cook pasta according to directions

# Isa's Knishes

Sunday, January 17, 2021 12:12 PM

Dough:

* 1/3 medium russet potato
* 1 tbs olive oil
* 1/4 cup cold water
* 1/2 tsp salt
* 1/2 tsp baking powder
* 1 cup all-purpose flour

Filling:

* 1/3 finely chopped yellow onion
* 2 medium russet potatoes
* 1 tbs olive oil
* 1/2 tsp salt
* Sprinkle pepper
* 1 (10 oz) package frozen spinach, thawed and drained Plenty of spice brown mustard

Directions:

1. Cook the potatoes: Preheat oven to 350. Prick potatoes with a fork, wrap in foil, place in the oven, cook for about 70 minutes. Remove from oven and let cool and peel. Then mash in a large bowl and set aside.
2. Make the dough: Add oil and water and potato and mash. Add salt and baking powder. Then add flour in batches, kneading with each addition until dough is smooth - about 15 minutes.
3. Make the filling: Saute onions in 2 tbs oil for 15 minutes until browned and slightly caramelized. Add onions, spinach, olive oil, salt and pepper to the potato mash.
4. Assemble the knishes: Roll out dough as thin as possible into ~14"/6" rectangle. Add filling to about 1" from the edges. Fold the dough over long-ways to form a log. Seal the outside edge. Place seam side down on lightly oiled backing dish. Score into 5ths and brush with olive oil 5. Cook: Bake in preheated 350 oven for 40 minutes

# Dolmades

Saturday, March 6, 2021 10:00 AM

A variant of Judy's recipe, but with chick peas instead of ground beef, a bit more rice, and allspice. Yum!

Stuffing:

* 1 can chick peas, drained and rinced
* 1 onion, chopped
* 2 cups uncooked white rice (or even better; 1 packet Costco quinoa and brown rice + 1/2 cup uncooked white rice)
* 1/2+ tsp cinnamon
* 1/2+ tsp allspice
* 1/2+ tsp salt
* 1 can diced tomatoes (16 oz), including juice, or 1 8oz can tomato sauce 1 16 oz jar grape leaves (56 leaves)

Sauce:

1. 4 eggs
2. 2 large lemons

Directions:

1. Mix stuffing ingredients
2. Put a small amount in each grape leaf and wrap like a burrito
3. Place snuggly in medium sized pot, add 4 cups water, place heavy lid directly on dolmades
4. Cook for 1 hour on low heat, adding water to have 2 cups at the end (likely will need another 2 cups)
5. Remove from heat
6. Make the sauce by beating the eggs, pour in 2 cups hot dolmade broth slowly while continuing to whisk, and then add lemon juice (basically like hollandaise sauce with broth instead of butter) 7. Pour sauce over dolmades and serve immediately

# Sherry's beans

Thursday, May 27, 2021 12:58 PM

1 onion, chopped

(optional) 4 slices turkey bacon, cut into bite sized pieces

4 cans of beans, drained and rinsed

1/2 cup brown sugar

1/4 tsp nutmeg

1- 15oz can chopped tomato w juice 1- 8oz can tomato sauce

Directions:

1. (optional) Fry bacon until crisp, set aside
2. Saute onions until caramelized
3. Add the rest of the ingredients and cook on low heat, uncovered, for an hour, stirring occasionally

# My Eggs Benedict

Saturday, May 29, 2021 8:47 AM

Serves 2

2 egg yolks

1 tbs lemon juice

1/8 tsp dijon (optional)

5 tbs butter

4 eggs

Smoked salmon

For starch, either toasted English muffins, roasted potatoes, or slices of fresh baked bread.

Directions:

1. Make the Holendaise sauce
   1. Whisk together egg yokes, lemon juice, and optionally the dijon
   2. Heat butter in micro wave on high in a covered dish for a full minute, to get the butter very hot
   3. Pour butter into egg yokes while continuing to whisk
2. In parallel, cook the eggs over easy (so much simpler than poaching and it tastes better). Optionally add the egg whites left over from making the Holandaise sauce.
3. Assemble the layers on plates and serve; starch, lox, eggs, Holendaise sauce

# Buffalo wings

Monday, June 7, 2021 6:38 PM

Vegan chicken strips, cooked per package.

Buffalo Sauce; equal parts butter and hot sauce (e.g. franks red hot), heated and mixed together. Optionally add vinegar, Worcestershire, garlic, cayenne, honey, mustard to taste (not necessary).

Coat chicken strips with sauce, serve with carrots, celery, and blue cheese dressing.

Optionally put chicken and sauce and blue cheese on a bun.

# Portobello burgers

Thursday, June 10, 2021 2:54 AM

4 portobello caps, rinsed

Marinade:

2tbs balsamic

1tbs light soy

1tbs olive oil

Meat seasoning (burbon and brown sugar)

Cheese, tomatoes, onion, bun

Bathe caps with marinade, grill and brush with more, put cheese near the end

Serve on a bun

# Air fried fish

Wednesday, June 23, 2021 4:06 PM

Fish fillets

Flour

Beaten egg

Bread crumbs

Salt, pepper

Parmesan

Sprinkle fish with generous amount of salt and pepper, the coat with flour, then egg, then breadcrumbs (optionally mixed w parm).

Air fry for 15 mins, rotating half way.

Serve w red vinegar, or lemon wedges, or tartar sauce (mayo + sweet relish).

# Avgolemono soup

Sunday, July 18, 2021 1:13 PM

8 cups stock

1/2 cup rice

Bay leaf

Lemmon zest and/or saffron

Salt and pepper

4 eggs; two with white removed

1/4 cup lemmon juice

Add stock to pot and bring to a boil, add rice, lemmon zest and/or, salt and pepper. Reduce heat and cover for 15-20 minutes until rice is done.

Whisk eggs and lemmon in a bowl. Add 1 cup of hot stock while whisking. Then dump it into the pot while continuing to whisk.

# Chili con carne

Sunday, July 18, 2021 6:57 PM

2 tbs oil

1 lb vegan beef

1 onion, chopped

1. (15 oz) can diced tomatoes

1.5 tsp chili powder

3/4 tsp salt

1/2 tsp cumin

4 cups canned beans; kidney, pinto, or red

1/2 can green chili's 2 tbs lime juice

Heat oil and sauté onions until soft. Add beef and cook until brown and crumbly.

Stir in tomatoes (including the juice), the spices, chili's, beans (including the liquid) and lime juice. Simmer uncovered for 30 minutes.

Serve as is, perhaps with cheese, sour cream, green onions, avocado and hot sauce as optional toppings.

# Vegetarian Chili

Sunday, August 22, 2021 4:50 PM

Ingredients:

*Chili:*

* Olive oil
* 1 large onion, chopped
* 3–4 garlic cloves, minced (to taste)
* 1 generous teaspoon chili powder (to taste)
* 1 generous teaspoon dried oregano (to taste)
* 2 15-ounce cans beans, drained *(I like to use a mix of kidney, pinto, and black beans here)*
* 1 15-ounce can dice tomatoes with their juices *(I usually like to use a*

*15-ounce can of fire-roasted tomatoes with green chiles, but if you’re craving a more soupy consistency, you can also sub in a 28-ounce can of chopped or crushed tomatoes)*

* Kosher salt
* Fresh cilantro, diced avocado, sour cream, etc. (for garnish) *Onions:*
* 1/4 cup red wine vinegar
* 1/4 cup cold water
* 1 + 1/2 teaspoons granulated sugar
* Generous 1/2 tablespoon Morton kosher salt, or another brand kosher salt (note: use 1 full tablespoon salt if using Diamond kosher) Protocol:

1. Pickle the onions! Mix red wine vinegar, cold water, granulated sugar, and kosher salt until sugar and salt have dissolved. Add thinly sliced red onion; I usually cut my onion in half through the root, then thinly slice perpendicular to that cut, so I end up with thin half-moons of onion, but you cut your onion how you like! Let onions marinate for 30 minutes (while you make the chili) for light pickling, or up to a week in the fridge. Eat on *everything —* tacos, huevos rancheros, avocado toast, egg salad, you name it.
2. Prepare the chili! Heat a large skillet (or [Dutch oven](https://medium.com/the-cookbook-for-all/curried-carrot-and-coconut-soup-a0f9da4ec3d9)) over medium-

high heat, then add the oil.

1. When the oil is hot, add onion and sauté until softened, 5 to 7 minutes. I like to let my onions get a little caramel color.
2. Add garlic, chili powder, and oregano. Sauté until fragrant, about 1 to 2 minutes longer.
3. Add beans and tomatoes and a few pinches of salt and let simmer until the tomatoes break down about 20 minutes.
4. Taste and add more salt, chili powder, and/or oregano to taste. Serve with the pickled onions and any garnishes you like — I like a little diced avocado and some [Cholula](https://www.cholula.com/) if I’m feeling spicy.

Happy eating!

# Tofu sliders

Thursday, October 28, 2021 4:33 AM

Variant of <https://www.budgetbytes.com/bbq-tofu-sliders/>

Makes 3-4 sliders

**BBQ TOFU**

* 1 tofu block
* Spices:

○ 1 tsp smoked paprika ○ 1/4 tsp garlic powder

○ 1 tsp salt

○ freshly cracked pepper

* 1 Tbsp cornstarch
* 2 Tbsp cooking oil
* 1/4 cup BBQ Sauce

**SIMPLE COLESLAW**

* 1/2 lb. cabbage
* Shredded carrots and diced onion to taste
* ~1/3 cup mayonnaise
* ~1 tbs apple cider vinegar
* ~1 tbs sugar
* Salt and pepper to taste

**FOR SERVING**

* More BBQ sauce
* 3-4 Buns

Press tofu. Chop roughly.

Mix spices together, coat tofu. Then fold in corn starch one tsp at a time.

Toss with oil and fry for 10 mins on medium (or try air fry). Pour in the BBQ sauce and heat some more.

In parallel, make coleslaw.

Spoon tofu, coleslaw, and optionally more BBQ sauce on bun.

# Ahi

Thursday, November 4, 2021 6:45 AM

2 ahi tuna steaks, about 4 oz. each. At least 1.5" thick if you want a lot of pink.

Marinade

* 2 tablespoons [soy sauce](https://amzn.to/2LquzA6)
* 1 tablespoon [toasted sesame oil](https://amzn.to/2vyMwBD) see notes
* 1 tablespoon [honey](https://amzn.to/2WUcpr1)
* 1/2 teaspoon [kosher salt](https://amzn.to/2Ibh2tz)
* 1/4 teaspoon [black pepper](https://amzn.to/2Ix82hA) to taste
* 1/4 teaspoon [cayenne pepper](https://amzn.to/2IoHDCS) (optional)

For frying: 1 tablespoon [canola oil](https://amzn.to/2GoVaYr)

Optional toppings for serving: green onions, toasted sesame seeds, lime wedges

Mix marinate. Pat dry ahi, cover with marinade, let it marinade at least 10 minutes; an hour is even better.

Heat oil and fry on either side for a couple of minutes. Don't overcook - leave some pink inside.

Serve with toppings, rice, steamed broccoli.

# Cabbage Soup

Saturday, November 6, 2021 12:59 PM <https://www.foodandwine.com/recipes/sweet-and-sour-cabbage-soup>

* 1/4 pound vegan bacon or pork, fried
* 1 onion, chopped
* 2 carrots chopped
* 3 ribs celery, chopped
* 1 turnip, peeled and cut into 1/2-inch dice
* 1 1/2 teaspoons caraway seeds
* 1 1/2 pounds green cabbage (about 1/2 head), shredded (1 1/2 quarts)
* 7 cups canned low-sodium chicken broth or homemade
* 1 2/3 cups canned diced tomatoes with their juice (one 15-ounce can)
* 1 1/2 tablespoons brown sugar
* 1 1/2 teaspoons salt
* 1/2 teaspoon fresh-ground black pepper
* 1/4 cup cider vinegar
* 1/2 cup raisins
* 1/4 cup chopped fresh dill (optional)
* Sour cream, for serving

Step 1

In a large saucepan, cook the bacon over moderate heat until crisp. Remove the bacon with a slotted spoon and drain on paper towels. Pour off all but 1 tablespoon of the fat. Reduce the heat to moderately low. Add the onion, carrots, celery, and turnip and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes.

Step 2

Stir in the caraway seeds, cabbage, and chicken broth and bring to a simmer. Reduce the heat and simmer, covered, until the cabbage wilts, about 5 minutes. Stir in the tomatoes, brown sugar, salt, pepper, vinegar, and raisins. Cover and simmer for 30 minutes.

Step 3

Stir the bacon and the dill, if using, into the soup. Serve the soup topped with a dollop of Sour cream, if using.

# Lasagna

Wednesday, December 15, 2021 4:58 PM <https://www.spendwithpennies.com/easy-homemade-lasagna/>

## Ingredients

* 12 lasagna noodles, cooked al dente per package direction
* 16 oz shredded mozzarella cheese
* ½ cup grated parmesan cheese **Tomato Sauce**
* 1 lb filling: 1/2 lb vegan beef or sausage and 1 zucchini, or some mushrooms and spinach, or whatever sounds good to you.
* 1 onion *diced*
* 2 cloves garlic *minced*
* 36 ounces [**pasta sauce**](https://www.spendwithpennies.com/easy-marinara-sauce/)

**Cheese Mixture**

* 16 oz ricotta cheese
* 1 egg *beaten*

## Instructions

* Heat oven to 350°F while cooking pasta. Rinse cooked pasta under cold water and set aside.
* Brown vegan meet, onion, zucchini and garlic over medium high heat.
* Stir in pasta sauce and Italian seasoning. Simmer 5 minutes.
* Make cheese mixture by combining 1/2 mozzarella, 1/2 parmesan cheese, ricotta, and egg.
* Repeat 3 times:

○ 1 cup meat sauce to a 9x13 pan ○ 3 lasagna noodles.

○ Cheese Mixture

* Finish with 3 noodles topped with remaining sauce.
* Cover with foil and bake 45 minutes.
* Uncover, sprinkle with remaining cheese (remaining half of mozzarella and parmesan), and bake an additional 15 minutes or until browned and bubbly.
* Rest 10-15 minutes before cutting.

Leftovers can be frozen

# Pasta with scallops

Thursday, February 3, 2022 4:13 PM

<https://whatsgabycooking.com/lemon-garlic-scallop-pasta/>

* 1/2 pound linguini
* 1 pound scallops
* Kosher salt and freshly ground black pepper
* 1 tablespoon olive oil plus some for drizzling
* 3 tablespoons butter divided
* 4 cloves garlic chopped
* 1 large shallot finely chopped
* 1/2 teaspoon crushed red pepper flakes
* 4 sprigs fresh thyme leaves removed and chopped
* 1 cup white wine Sauv Blanc
* 1 cup seafood stock chicken stock will work too
* 1 cup fresh basil torn
* 1/2 cup chopped chives
* 1 lemon zested and juiced

## INSTRUCTIONS

* Cook the pasta to package directions. Hold off on starting the scallops until you drop your pasta.
* Remove the muscle from the scallops and pat dry with a paper towel pat. Season the scallops heavily with salt and pepper.
* Preheat a large skillet (I like a cast iron skillet for this) over medium high heat. Add the olive oil and 2 tablespoons of the butter. When butter melts into oil, add scallops. Sear the scallops for 2-3 minutes on each side until super golden brown, then remove from pan and tent loosely with foil to keep warm.
* Add an additional drizzle of olive oil to the skillet and add the garlic, shallots, crushed red pepper flakes, thyme, salt and pepper. Reduce heat to medium low and sauté garlic and shallots 1 to 2 minutes, stirring constantly.
* Add wine to the pan and scrape up any pan drippings. Reduce the wine for 1 minute, then add seafood stock. Continue to cook for about 1 minute.
* Add the basil, chives, lemon zest and juice and the remaining 1 tablespoon of butter and stir the mixture until the butter has melted. Add the cooked pasta and cook for about 30 seconds, just to combine and let the pasta soak up the sauce. Nestle the scallops back into the skillet to serve.

# Mac and Cheese

Sunday, February 6, 2022 1:58 PM

○ 1 pound elbow noodles

○ 1/2 cup salted butter

○ 1/2 cup all-purpose flour

○ 1 teaspoon onion powder

○ Salt and pepper to taste

○ 3 cups milk

○ 8 ounces shredded sharp cheddar cheese

○ (optional) 1/2 lb lobster meat: lighly sautéed w butter and garlic salt

Cook pasta, drain, and set aside

Melt butter over medium heat, add spices and whisk, add flour and whisk, add milk and whisk. Cook a few minutes, whisking, until it starts to thicken

Remove from heat and whisk in cheese until it forms a smooth sauce.

Stir in pasta to coat. If using lobster, stir that in afterwards. Serve.

# Putenesca

Friday, May 5, 2023 6:09 PM

1 lb pasta

Olive oil

6 cloves garlic

Flat of anchovies

3 14 oz cans diced tomatoes, drained

Capers and some juice

Black olives and some juice

Soft goat cheese (e.g. chavrie)

Pasta sauce: Cook garlic in olive oil. Add rest, bring to simmer

Cook pasta, drain

Serve. The goat cheese makes this.

# Slow roasted salmon

Wednesday, May 31, 2023 4:33 PM

Cover 2 lbs of salmon with oil, salt, and citrus slices

Cook at 225 for 40 minutes

# Portabello burgers

Wednesday, July 19, 2023 7:16 PM

2-4 portabello caps

Marinade:

2 tbs olive oil

1 tbs light soy

1 tbs balsamic

Garlic salt

Mesquite brown sugar or any other meat spice you like

Chedar slices

Buns and hamburger fixings (tomatoes, onions, lettuce, catsup, ...)

Blend marinade ingredients

Rinse and stem mushroom caps

Spoon marinade over caps and let sit 30 minutes

Cook on pre-heated grill; a few minutes per side. Add chedar at the end and cook until melted.

Serve on a bun w hamburger fixings.

# Wings

Sunday, November 19, 2023 11:04 AM

<https://www.theedgyveg.com/2014/01/20/vegan-buffalo-wings-recipe/><https://chocolatecoveredkatie.com/buffalo-cauliflower-wings-recipe/>

# Pasta and mushrooms alfredo

Saturday, November 25, 2023 6:10 PM

<https://www.archanaskitchen.com/penne-pasta-with-roasted-vegetables-in-alfredo-sauce>

## Ingredients

1/2 lb Pasta

4 cloves Garlic , finely chopped

1 lb Button mushrooms , halved

1/4 cup Cream Cheese

1 cup half and half

1/4 cup Parmesan cheese, grated

Salt and Pepper, to taste

## Directions

Cook the pasta per instructions, then run under cold water and coat with a little olive oil

In sauce pan, add cream cheese, half-n-half, salt, and pepper. Cook on medium heat until it begins to boil and cream cheese is melted. Turn off heat and set aside

In a large pan, stir fry the mushrooms with garlic and salt.

When mushrooms are soft, add the pasta and sauce and heat another 2 minutes, turn off the heat, stir in the parm, and serve.

# Vegan Jambalaya w beans

Tuesday, January 23, 2024 11:32 AM

Ingredients:

* 1 vegan sausage
* 1 tablespoon canola oil
* 1 medium green pepper, chopped
* 1 medium onion, chopped
* 1 celery rib, chopped
* 3 garlic cloves, minced
* 2 cups water
* 1 can (14-1/2 ounces) diced tomatoes, undrained
* 1 can (8 ounces) tomato sauce
* 1/2 teaspoon Italian seasoning
* 1/4 teaspoon salt
* 1/4 teaspoon crushed red pepper flakes
* 1/8 teaspoon fennel seed, crushed
* 1 cup uncooked long grain rice
* 1 can (16 ounces) butter beans, rinsed and drained
* 1 can (16 ounces) red beans, rinsed and drained

Directions:

* Cook the sausage, cut bite size, set aside
* In a large pot (that can hold all the ingredients), sauté peppers, onions, and celery until soft over medium heat; about 5 minutes.
* Add garlic and cook another minute.
* Add water, tomatoes, tomato sauce, and spices and bring to a boil
* Add rice, reduce heat, cover, and cook until most of the liquid is absorbed and the rice is tender, about 25 minutes.
* Stir in beans and sausage and serve

Source: <https://www.tasteofhome.com/recipes/veg-jambalaya/>

# Bread

Saturday, May 22, 2021 12:13 PM

Ingredients:

1. Just under 3/4 cup warm water
2. 1 tbs sugar
3. 1 tbs yeast
4. 2 cups bread flour. You can turn all-purpose flour into bread flour by adding a tbs of wheat gluten flour.
5. 1 tsp salt

Directions:

1. Mix sugar, warm water, yeast and let it sit 10 minutes until bubbly.
2. Mix flour and salt in a bowl.
3. When ready, pour yeast-water into the bowl and mix.
4. Then turn out to clean counter and kneed for 7 minutes until dough passes the pinch test. Form a smooth ball with no cracks.
5. Put in lightly oiled bowl, cover with plastic wrap, and let rise in warm place for ~2 hours (or in fridge overnight - if in fridge, then take it out for 30 minutes to warm up again before the next step) - bread will double in size.
6. Punch down the bread. Put in small, lightly oiled bread pan, and let it rise again for ~1 hour.
7. Brush with egg wash
8. Bake at 350 for ~20 minutes until golden brown.

Variants:

* Flour mix. Instead of all white, try 1/3 wheat and 2/3 white. Or a little Rye.
* Focaccia loaf: Add 1 tbs olive oil to the flour. After 5 minutes of kneading, add 1 clove crushed garlic and 1 tsp rosemary to the dough. Brush with olive oil instead of egg wash. Sprinkle with grated parmesan before baking.
* Honey wheat: Use 2tbs honey instead of 1tbs sugar to prove the yeast. Add 2tbs melted butter to the flour mixture. After 5 minutes of kneading, add 1/3 cup chopped walnuts to the dough.
* Naan: Reduce water to 1/2 cup. Add 1/4 cup soy milk, 1 rounded tbs yoghurt, 2 tbs canola oil, 2 large minced garlic cloves to the dough. After 2nd rise, divide into 6 parts, flatten each. Create a melted mix of butter/cilantro/minced garlic (4/4/1 ratio) and use that to pan fry each, slathering extra on top.
* Cinnamon raisin: Add an additional 1tbs sugar to the flour, then 1/2 cup raisins, 1 tsp cinnamon, 1 tbs softerned butter near the end of the kneading for a sweat bread
* Christmas loaf:

○ Soak 2/3 cup of dried fruit (apricots, raisins, etc) in brady for at least 2 hours.

○ Liquid should be 2/3 milk, 1/3 water (instead of all water)

○ Dry dough ingredients should include 1/4 cup sugar

○ Directions: Drain fruit (save the brandy for drinking!!!). Add the fruit near the end of the kneading. Divide dough into three strands and braid them together into a wreath, and cook in a baking pan.

* Baguette: After first rise and punch-down/kneading, separate the dough into three narrow logs. After the 2nd rise, score each loaf in a few spots on the top and sprinkle with flour (skip the egg wash). Bake at 500 with a pan of water underneath the bread pan - the water and high temperature will make the outer crust crispier.

# No-kneed bread

Tuesday, January 16, 2024 4:28 PM

Ingredients:

1. 3.33 cups flour
2. 2 tsp salt
3. 1/2 tsp yeast
4. 1.5 cups water

Directions:

1. Mix ingredients together for about 30 seconds to a minute; it will be a wet and sticky mess.
2. Cover and let rise for 12-18 hours until about double in size
   1. Aside: This is the secret of no-knead break - this combination of a wet dough and a long first rise to create glutens and structure for the bread. Traditional methods use high-protein flour + lots of kneading + a short first rise for a similar effect (but results in a worse taste due to excess yeast, and a more boring structure of smaller and very evenly spaced holes in the crumb).
3. Fold over a couple of times until it's deflated and in a smooth ball, put into a lightly oiled bowl, cover, and let rise another 2 hours. Here is the technique I use:
   1. Sprinkle a little flour over the dough in the "1st rise bowl" it is sitting it.
   2. Lightly oil a "2nd rise" bowl to make it easier to remove the dough for step 5
   3. Lightly oil your hands
   4. Use your hands to pull all the dough out of the first rise bowl, then gently fold it under itself a few times until it looks smooth on the top and has deflated; so the seam will be on the bottom
   5. Drop the folded dough into the "2nd rise bowl" seam side down
4. A half hour before the 2nd rise completes, preheat oven to 450. Put a covered pot (Pyrex, Dutch oven) in the oven
5. When the oven is ready and the bread is done, dump it in the Dutch oven, seem side up. Bake covered for 30 minutes, then uncovered until golden brown (about 15 minutes more)
   1. This baking technique is another deviation from standard breadmaking, where traditionally bread is cooked uncovered at a lower temperature for a shorter period of time. This covered high-temperature bake results in a firmer crust.
6. Take it out of the oven, let it rest on a rack for at least 10 minutes.
7. Move to a cutting board, slice and serve.

Variants/mix-ins:

1. 4-5 oz of cubed Asiago cheese. This is my favorite, by far.
2. Feta and sliced Kalamata Olives (1/2 cup each?). Reduce the amount of salt in the bread to 1 tsp, as these mix-ins are salty.
3. 1/2 diced onion + 2 tbs rosemary.
4. <anything else you can think of>

Source: <https://leitesculinaria.com/99521/recipes-jim-laheys-no-knead-bread.html>

# Banana bread

Friday, April 19, 2024 8:35 AM

Ingredients:

* 1 Stick (1/2 Cup) Butter
* 3 Large Ripe Bananas
* 2 Large Eggs
* 1 teaspoon Vanilla Extract
* 2 Cups All Purpose Flour
* 1 Cup Granulated Sugar
* 1 teaspoon Baking Soda • 1/2 teaspoon salt
* 1/2 teaspoon cinnamon
* 1 cup chopped walnuts

Directions:

* Pre-heat oven to 350, grease a bread pan
* Create a wet mixture: Melt butter in a microwave. Mash in bananas. Mix in eggs and vanilla extract. Keep mixing until fairly uniform.
* Create a dry mixture: Combine the rest of the ingredients in a separate bowl
* Mix the two until uniform, dump into the bread pan, bake about 45 minutes until a toothpick inserted in the center comes out clean.
* Bake for ~45 minutes until a toothpick comes out clean

Source: <https://thesaltymarshmallow.com/best-banana-bread-recipe/>

# Bagels

Saturday, March 27, 2021 6:27 PM

## Dough

Ingredients:

1. 1 tbs active dry yeast
2. 1 tbs sugar
3. 3/4 cup warm water
4. 1 tsp salt
5. 2.25 cups bread flour. You can add 2 tbs wheat gluten to all-purpose flour (that's what I do) 6. 1 tsp olive oil
6. 1 egg, beaten, for egg wash
7. Toppings. Optional - be creative. Some ideas:

○ Sesame seeds

○ Poppy seeds

○ Dehydrated onions

○ Salt (ideally large size granules)

○ Garlic salt

○ "Everything bagel toping" (a pre-made mix of lots of savory toppings such as the above) ○ Cinnamon + sugar

Directions

1. Dissolve sugar and yeast in warm water, let it sit for 10 minutes until it bubbles to proof the yeast.
2. Meanwhile, mix flour and salt in a bowl. Dump yeast-water on top when ready. Mix until blended. Turn out onto floured counter and kneed for 5-10 minutes (until it passes the "pinch test"). If after a couple of minutes of kneading the dough is too dry or wet, add a tiny bit of water or flour to adjust. Hand mixing is key to work the bread glutens to make the bagel chewy. Produce a nice round ball of dough with no cracks.
3. Oil a large bowl, dump dough in and swirl it around a bit to get oil all over it.
4. Cover with plastic wrap and refrigerate overnight, so you can make warm bagels in the morning.
5. In the morning, take the dough out of the fridge and dump it on a clean surface to warm up.
6. Prepare a baking sheet; I use a pan with a silicon liner and light oil spray to prevent bagels from burning on the bottom (you could also use tinfoil instead of silicon).
7. Preheat oven to 425.
8. Punch down the dough and cut into 4 equal pieces (e.g. cut in half in both directions) being careful to not create any folds.
9. Work each into a round shape, flatten, then press your finger through the center to form bagels.
10. Let them rest for 15 minutes while you start a large-circumference pot of water boiling. Gently put bagels in the pot and boil for 90 seconds per side. Don't crowd the pot because the bagels will expand in size quite a bit.
11. Remove from the pot, place on a plate. Coat both sides with egg wash and toppings and place on baking sheet.
12. When over is ready, bake for about 15 minutes until golden brown but not burned. It will burn on the bottom first so be careful. Cooking time varies by over so it's trial and error (unless you have a food thermometer, then you are done when the temperature is 200 degrees - so remember how long it took and you won't need the thermometer next time).
13. Let them sit for 5 minutes on a cooling rack, then cut and serve with your favorite spread such as cream cheese + lox + red onion + tomato + capers

Variants: different toppings, different bagel sizes (number made per batch) and shapes.

Variants I've rejected (but others swear by and so are common in other recipes you will read):

* Different sweeteners or amounts to help the yeast (I can't taste the difference, and sugar is easiest)
* Adding baking soda to the water to darken/harden the crust (egg wash gives a better color without making the crust as hard, and I prefer a chewy vs hard crust)
* Adding molasses to the boiling water (I can't tell the difference in flavor, so why bother)
* Boiling times from 30-120s per side (I've found 90 seconds gives optimal chewiness when used in conjuncture with the other choices in this recipe)
* Most recipes don't use an egg wash but I like the color and it helps the toppings stick.

# Holiday Wreath

Thursday, November 23, 2023 11:44 AM

**Ingredients** Mix-in:

* 1/2 cup dried fruit; golden raisins + diced dried apricots work
* Soaked in rum for at least 2 hours

Dough:

* 1/4 cup warm water
* 1 tbs yeast
* 1 tbs sugar
* 3 cups bread flour
* 1 tsp salt
* 1/3 cup sugar
* 1/2 cup soy milk
* 1 egg, beaten
* 1/4 cup (1/2 stick) softened butter

Another beaten egg for an egg wash (or just reserve 1/5 of the dough egg).

## Directions

1. Start the mix-in prep early so the fruit has time to soak.
2. Make the dough:
   1. Mix the first three dough ingredients (yeast) in a cup and let it sit until the yeast is well proven (lots of bubbles)
   2. Mix the next three (dry) ingredients in a bowl
   3. Add the last three (wet) ingredients to the bowl and mix together
   4. Pour in the bubbly yeast and mix. Dump out on the counter and kneed 5+ minutes. Add a little flour if needed.
   5. Drain the mix-ins (saving the rum for a nice drink) and add them to the dough. Kneed another 5+ minutes. Add a little flour if needed.
   6. Let the dough rise an hour. 3) Create the wreath:
   7. Punch down the dough.
   8. Divide into three equal parts and stretch/roll them into long logs.
   9. Pinch one end of them together, then braid. Pinch the other end of them together.
   10. Transfer to a greased baking pan (I like to use silicon layer on the pan to prevent overcooking the underside)
   11. Arrange bread in an "almost closed" circle like a wreath on the pan 4) Bake:
   12. Preheat oven to 350
   13. Brush the wreath with the beaten egg ("egg wash")
   14. Cook for about 25 minutes until golden brown (internal temperature should be a bit over 200)

# Thai Salad

Thursday, February 25, 2021 4:16 PM

Dressing: Juice from 1 lime + a bit less than equal part fish sauce + some cayenne Mix together and set aside

Salad: Lettuce (3 cups, shredded), cucumber (1/2, peeled and cubed), red onion (1/4, cut into thin hand moons), mint (2 tbs, chopped), cilantro (2 tbs, chopped) and scallops (1/2 lb, sliced thin and pan fried with a little oil, salt, and pepper) Mix together and toss with the dressing.

Variants:

* Experiment with different proteins; shrimp, tofu, vegan meat
* Green papaya + chopped peanuts instead of protein
* Skip the protein and make it a green salad

# Greek Salad

Saturday, May 22, 2021 12:19 PM

Lettuce, cabbage, kalamata olives, red onion, pepperoncini, cherry tomatoes, avocado, feta, greek yogurt dressing

# Italian Salad

Saturday, May 22, 2021 12:21 PM

Lettuce, cabbage, kalamata olives, red onion, pepperoncini, cherry tomatoes, avocado, celery, parmesan, olive oil and red vinegar dressing.

Variants: Balsamic instead of red vinegar

Honey-mustard dressing (just mix in honey and mustard)

Add garlic to the dressing

Lemon juice instead of vinegar

# Rice and Bean Salad

Saturday, February 20, 2021 6:10 PM

4 tbs lemon juice

2 tbs balsamic

2 tbs olive oil

1/2 tsp ground cumin

1/2 tsp salt

1/4 tsp pepper

8 oz whole tomatoes (or more), washed and cut

2 cans black beans, rinsed

1. whole avocado

1.5 cups rice (premade seeds of change quinoa and brown rice) (optional) 2 tbs fresh cilantro

Mix and serve

# Macaroni salad

Thursday, June 10, 2021 2:37 AM

2 cups elbow macaroni

1/2 cup mayonnaise

2 tbs white vinegar

1/3 cup sugar 1 tbs mustard

Salt and pepper to taste

1/2 onion, chopped

1 stalk celery, chopped

Cook macaroni, then rinse under cold water to chill

Mix everything together (let's and success first), then refrigerate at least 4 hours (overnight is better) before serving

# Kale salad

Sunday, December 26, 2021 11:41 AM

For 2 people

1 head Kale, spines removed, washed, chopped into thin strips, and dried thoroughly w salad spinner

Dressing: 1/3 olive oil, 2/3 balsamic, a couple teaspoons (per taste) pomagranite molasses (or as substitute use fig balsamic plus some pomagranite seeds)

Mix thoroughly by hand to get all kale pieces coated, let it rest at least an hour.

Add golden raisins, toasted almond slivers, lots of parmasan cheese, and coarse sea salt.

# Corn ribs

Wednesday, July 28, 2021 3:12 AM

Grilled Barbecued Corn Ribs by Food Network Kitchen <https://food-network.app.link/XxTtqK3rfib>

Byrons Notes..I cook first to make easier to spilt, 2.. I use chili lime corn seasoning 3... I use trader Joe's

Carolina bbq sauce 4. I baste with butter halfway through

# Air fries

Wednesday, June 23, 2021 4:10 PM

1 lb russet potatoes, cut into sticks

6 cloves garlic, coasely cut

1 tbs oil

Salt, pepper, paprika to taste

Mix, then air fry for 12 mins, shaking half way.

# Roasted potatoes

Wednesday, May 19, 2021 6:16 PM

1. lb baby potatoes, washed and cut in half

1/2 lb any combination of carrots, bell peppers, asparagus, any other vegetable, or just more potatoes 1 onion, cut into half moons

Enough olive oil to coat (about 2-3 tbs)

1. tsp smoked paprika

2 cloves garlic, minced

1 tsp salt

1/4 tsp cayenne pepper

Ground pepper to taste

Mix together, roast in pre heated 400 oven. Stir every 10 minutes. It's done when the potatoes are tender (you can use a toothpick to check); about 30 minutes

# Gravy

Thursday, November 25, 2021 7:15 AM

* **2cups vegetable broth**
* **3/4teaspoon**onion powder
* **3tablespoons nutritional yeast**
* **1tablespoon**soy sauce
* **1/2teaspoon**dijon mustard
* **1/4cup**flour

Put everything in a pot and bring to a boil. Whisk for a couple of minutes until it thickens.

# Rice

Sunday, April 23, 2023 4:35 PM

1 cup rice, rinsed

1.5-2 cups water (or stock), depending on desired firm vs soft texture 1/2 tsp salt

Either:

* Boil water to a boil, add salt and rice, reduce heat, cover, and simmer for 20 minutes.
* Or throw it all in a rice cooker

Optionally sauté herbs/garlic in butter and stir in cooked rice.

# Mexish rice

Sunday, July 18, 2021 7:06 PM

A hybrid mexican/spanish rice

Ingredients:

* 1 cup rice
* 1.5-2 cups broth
* 4 oz green chilis from a can of jar
* 1/2 finely diced onion
* 4 oz can tomato paste
* 4 sliced stuffed green olives
* 1.5 tbs white wine vinegar
* Salt and pepper and garlic powder to taste

Combine and cook in rice cooker

Variants: add garlic, diced tomatoes instead of tomatoe paste

# Pickles

Wednesday, April 17, 2024 11:02 AM

<https://www.aspicyperspective.com/best-homemade-refrigerator-pickles/>

# French onion

Wednesday, May 31, 2023 3:26 PM

* 6 large sweet onions, cut into thin half moons
* 4 tablespoons of olive oil
* 2 tablespoons of butter
* 1 tsp of salt
* 2 tbs flour
* 1/2 cup of red wine
* 8 cups of vegetable broth
* 1 tbs of Worcestershire
* 1 bay leaf
* 1 tsp dried thyme
* 1/2 tsp freshly ground black pepper
* 1 loaf french bread cut into thick slices
* 1 cup grated Gruyere cheese

Soften onions in medium hot olive oil for 20 mins.

Add butter and continue to cook until the onions start to brown, about 15-20 mins

Add salt and sugar and cook until well browned, about 15 mins more. Add flour

Deglaze pan with wine, add rest of ingredients except toast and cheese. Bring to a simmer and cook covered for 30 mins.

Coat slices of bread with oil and toast. Ladle soup into oven proof bowls.

Top w toast and grated cheese. Broil in oven until cheese is bubbly.

# Cabbage soup

Saturday, November 25, 2023 1:02 PM

## Ingredients

2 tbsp. extra-virgin olive oil

1. large yellow onion, finely chopped
2. stalks celery, finely chopped

1/2 tsp oregano

1/2 tsp basil

Salt and pepper

2 cloves garlic, finely chopped

1/2 head cabbage, chopped

5 c. vegetable broth

1 (15-oz.) can diced tomatoes

Juice of 1 large ripe lemmon (3 tbs+)

Optionally: Greek yoghurt or sour cream for serving

## Directions

In a large pot over medium heat, saute onions and cellery in the oils until soft; about 8 minutes.

Add spices and garlic and cook another minute or two.

Add cabbage and cook another 5 minutes.

Add broth and diced tomatoes (including juice), bring to a simmer, and cook another 10-15 minutes until veggies have desired softness.

Add lemmon juice and adjust seasining and serve.

Optionally: Serve with Greek Yoghurt or sour cream; a couple of tablespoons per bowl.

# Cioppino

Thursday, January 18, 2024 8:34 PM

[https://www.seattletimes.com/life/food-drink/this-cioppino-is-a-celebration-of-what-makes-seattlegreat/](https://www.seattletimes.com/life/food-drink/this-cioppino-is-a-celebration-of-what-makes-seattle-great/)

Vegetable stock (better than bullion) instead of seafood stock.

Rosemary and oregono instead of herbs du provence.

# Creme brulee

Wednesday, December 20, 2023 3:39 AM

<https://cooking.nytimes.com/recipes/9039-vanilla-creme-brulee>

2 servings

1 cup half and half

1/2 tsp vanilla extract

Pinch of salt

2-3 egg yolks

1/4 cup granulated sugar + more for brulee'ing

Warm milk, salt, and vanilla in a saucepan over low heat

In a bowl, beat yolks and sugar together until light. Stir about a quarter of the vanilla cream into this mixture, then pour sugar-egg mixture into cream and stir. Pour into two 6-ounce ramekins and place ramekins in a baking dish; fill dish with boiling water halfway up the sides of the ramekins.

Bake for 30 to 40 minutes, or until centers are barely set. Cool completely. Refrigerate for several hours and up to a couple of days.

Top each custard with about a teaspoon of sugar in a thin layer. Place ramekins in a broiler 2 to 3 inches from heat source. Turn on broiler. Cook until sugar melts and browns or even blackens a bit, about 5 minutes. Serve within 2 hours.

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