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Notes

BAKING SHEETS

Use LEGO blocks to build spacers for stacking cookie sheets.

BULK MIXED DRINKS

Pre-mix the drink and put it in the freezer. Make a pitcher of ice water and put it in the refrigerator. Work out correct ratio of drink to water (2:1 is a good starting point). Combine at time of serving.

NON-STICK PANS

Use vegetable oil spray (e.g. PAM) on a steel pan. The emulsifiers make the pan essentially non-stick.

POTATOES

- Boursin cheese can be used to make mashed potatoes. Add a package, use less butter, and use milk instead of cream.
- Cut potatoes can be stored in water for up to one day.

Sous Vide

Chicken, Poached

Cook at 150°F for at least 2 hours.

Eggs, Soft Boiled

Heat water to 190°F and add eggs using spoon. Cook for 9–10 minutes, then place in cold water bath.

Yogurt

Pasteurize the milk for 1 hour at 185°F. Cool in a water bath to 115°F, about 15 minutes. Add yogurt starter and cultivate at 115°F for 4 hours. Strain with colander and coffee filter for 3 hrs.

Appetizers

Beef Tartare 3-2

Beef Tartare

Ingredients

1/2 lb beef sirloin or chuck
2 Tbsp olive oil
1 Tbsp whole grain mustard
1 tsp Dijon mustard
1 shallot, diced
1 Tbsp capers, drained, rinsed, and diced
1 tsp Worcestershire sauce
1 tsp red wine vinegar
1 egg yolk
salt and pepper, to taste

Timeline

Prep: 00:20

Cook: 00:00

Total: 00:20

Directions

1. Place the meat grinder, serving bowl, and beef in freezer for 15 minutes.
2. Combine all ingredients except the beef. Grind beef and combine. Serve in frozen serving bowl.

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Chili

Ingredients

2 onion, diced
 spicy peppers, diced
2 lbs ground beef
2 Tbsp cumin
1 Tbsp chili powder
4 cans green chilies
4 cans kidney beans
2 can black beans
4 cans diced tomatoes
1 can tomato sauce
1 bag frozen corn
 salt and pepper, to taste

Timeline

Prep: 00:30

Cook: 3:30

Total: 4:00

Directions

1. Saute the onions. Once onion is softened, cook diced chilies and spices for ~1 minute. Brown the ground beef.
2. Combine all remaining ingredients except corn and black beans in large pot. Bring to boil, then reduce heat to bare simmer. Cook for 2–3 hours.
3. In final hour of cooking, add black beans and corn.

Punjabi Meat Curry

Ingredients

5 lbs red meat (e.g. goat or beef)
1/2 cup olive oil
1 tsp cumin seeds
2 green cardamom seeds, crushed
1 bay leaf
3 yellow onions, minced finely
3 Tbsp ginger, chopped
6 cloves garlic, minced
4 chili peppers (e.g. Serrano)
3 Carolina reaper peppers
2 tsp paprika powder
1 Tbsp turmeric powder
1 Tbsp chili powder
1 Tbsp coriander powder
3 cans tomato sauce (1 large can, 1 smaller)
8–10 cups chicken broth or water
2 tsp garam masala
 cilantro

Timeline

Prep: 00:30

Cook: 3:00

Total: 3:30

Directions

1. Heat oil in a pot over medium high heat until shimmering. Add the cumin seeds, cardamom and bay leaf and saute for 1 minute, stirring to prevent the spices from burning. Add the onion and saute until the onion begins to turn light brown. Add the ginger, garlic and chilies, stirring to prevent burning, and cook 2 to 3 minutes. Add the meat and cook until all sides are browned, 10 to 15 minutes.

2. Add the paprika, turmeric, red chili powder, and coriander powder. Stir well and then add the tomato sauce. Stir and add the water. Increase the heat to high and bring the curry to a boil. Reduce the heat to medium-low and continue to simmer until the meat is tender.

3. Once the meat is tender and the liquid has reduced, add garam masala. Garnish with chopped cilantro leaves and serve.

Sopa Seca de Fideos

Ingredients

5 lbs tomatoes
8 garlic cloves, unpeeled
12 oz chorizo sausage
20 oz fideo noodles
2 cans chilies in adobo
2 Carolina reaper peppers
2 tsp dried oregano
1 tsp black pepper
2 cups beef broth
4 zucchini, diced
1/2 cup queso anejo or Parmesan, finely grated

Timeline

Prep: 01:00

Cook: 00:30

Total: 01:30

Directions

1. Roast unpeeled garlic on skillet, turning occasionally until soft, about 15 minutes.
2. Broil 3 lbs of the tomatoes on baking sheet ~4 inches below boiler until blackened on one side, about 6 minutes. Flip and broil until other side is blackened. Cool and peel.
3. Brown chorizo in large pot and set aside.
4. Pour 6 Tbsp of oil into skillet and heat. When quite hot, place nests in oil and fry until browned, about 1 minute. Flip and brown the other side. Transfer to a paper towel lined tray and repeat (adding additional oil) until all nests are browned.
5. Core and dice the remaining 2 lbs tomatoes. Dice the zucchini.
6. Process broiled tomatoes (incl. collected juices), garlic, and chilies until pureed.
7. Heat 1 Tbsp oil in large pot used for chorizo and add tomato puree. Add salt and sear over high heat for 10 minutes. Add the broth, oregano, black pepper, and diced tomatoes. Vigorously simmer for 10 minutes.
8. Add the noodles. After 2 minutes, pull the nests apart. Add the zucchini and chorizo and cook an additional 2 minutes. Remove from heat and stir in the cheese.

Thanksgiving

Sides

mashed potatoes	biscuits
sweet potato casserole	cranberry relish
green beans or asparagus	pumpkin pie

Notes

Turkey

- **ToDo: cf. CI Cookbook p353 and CI Meat Book p439**
- Brine the day before in the morning. Use 1.5 cup of salt. Dry out and leave overnight in the refrigerator.
- Roast at 275°F using convection, rotating every hour. **ToDo: how long?**

Gravy

- 1.5 cups of fat *should* be enough.
- Use **ToDo: how much?** cups of broth or water.

Potatoes

Cut potatoes can be left in water for up to 1 day.

Dressing

Corn bread should be cooked day prior in shallow tray.

Sweet Potatoes

Can be roasted the day prior in deep tray.

Miscellaneous

Dressing and sweet potatoes can be cooked at the same time.

Notes

Pork Roast

Use pork shoulder or pork butt. Score fat cap and use a rub from Rubs for Roasts on page 9-4. Roast at 325°F convection for ~5 hours, until roast registers 190°F. See also, CI Cookbook p418.

Leg of Lamb

Score fat cap and use a rub from Rubs for Roasts on page 9-4. Roast at 325°F convection until done — 125°F, about 1.5 hours. Rest of 15 minutes before carving.

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Curry Roasted Chicken Drumsticks

Ingredients

2.5 lbs chicken drumsticks
4 tsp curry powder
1 Tbsp kosher salt
1.25 tsp ground cardamom
1.25 tsp brown sugar
3/4 tsp ground ginger
3/4 tsp ground nutmeg
3/4 tsp smoked paprika
2 Tbsp + 1 tsp warm water
2 Tbsp + 1 tsp olive oil

Timeline

Prep: 00:45

Cook: 1:00

Total: 1:45

Directions

1. Adjust oven rack to upper-middle position and heat over to 350°F. Line rimmed baking sheet with aluminum foil and set wire rack in sheet.

2. Whisk curry powder, salt, cardamom, sugar, ginger, nutmeg, and paprika together in small bowl. Add water and oil and stir. Let sit until thickened into a paste, 2–3 minutes.

3. Pat drumsticks dry and brush spice slurry on all sides. Place skin side up on wire rack.

4. Roast until drumsticks register 180°F, 45–50 minutes, rotating sheet halfway through. Turn on broiler and continue to cook until drumsticks are well-browned in spots, 2–3 minutes longer. Remove from oven and let rest for 10 minutes.

5. Meanwhile, prepare the herbed yogurt sauce below.

Herbed Yogurt Ingredients

1 cup plain Greek yogurt
1/2 cup cilantro, minced
3 Tbsp lime juice (1–2 limes)
2 Tbsp water
1/2 tsp fresh ginger, grated
1/2 tsp honey

Herbed Yogurt Directions

1. Whisk all ingredients in a bowl until smooth. If necessary, add up to 2 Tbsp additional water so that the sauce is pourable. Season with salt to taste and refrigerate.

Indian Eggs

Ingredients

oil
2 tsp cumin seeds
2 small onions
 hot peppers
3 in. piece ginger
6 cloves garlic
2 tsp turmeric
1/2 tsp ground cumin
2 tsp chili powder
1/2 tsp black pepper
5 eggs
2 tomatoes (optional)
 red cabbage (optional)
1/2 tsp garam masala
 salt to taste

Timeline

Prep: ToDo

Cook: ToDo

Total: ToDo

Directions

1. Heat oil in a pot over medium high heat until shimmering. Add the cumin seeds and saute for 2 minutes until the seeds change color, stirring to prevent the spices from burning. Add the hot peppers, ginger, garlic, turmeric, ground cumin, chili powder, and black pepper, stirring frequently to prevent burning, and cook 2 to 3 minutes until quite fragrant.

2. Reduce heat to medium and add the onion, sauteing until the onion begins to turn light brown. **3.** Add the eggs and continue cooking until done. Off heat, add garam masala and salt.

ToDo: When cooking eggs, try covering the pan.

ToDo: Tomatoes and red cabbage?

Vietnamese Braised Chicken

Ingredients

2 lbs chicken thighs, bone-in, skin-on
3 inches ginger, cut into matchsticks
1 shallot, sliced thin
2 garlic cloves, sliced thin
 hot peppers, to taste (e.g. 8), sliced thin
4 tsp sugar
2 tsp vegetable oil
1/2 cups coconut milk
1 cup chicken broth
 (or) **1.5 cups** coconut water (omit coconut milk and broth)
2 Tbsp fish sauce
 cilantro, coarsely chopped

Timeline

Prep: 00:30
Cook: 01:00
Total: 01:30

Directions

1. Place chicken thighs skin-down on cutting board. Trim excess fat and skin and de-bone. Keeping as much skin as possible, cut into 1.5 inch pieces.

2. Scatter sugar evenly in bottom of medium saucepan. Add oil and do not stir. Cook on medium-high heat without stirring until sugar becomes the color of honey, 2–3 minutes. Reduce heat to medium-low, and cook until bubbles form and sugar is the color of soy sauce, stirring frequently, about 1 minute.

3. Immediately add the ginger, shallot, and garlic and increase the heat to medium-high. Cook, stirring frequently, until aromatic, about 30 seconds. Add the chicken and cook, stirring frequently, until no longer pink. Add the sliced peppers.

4. Add the coconut milk broth mixture or coconut water and the fish sauce. Bring to a boil, then reduce heat and simmer until reduced by half, 25–30 minutes. At this point, begin cooking the rice and prepping any other sides.

5. Off heat add chopped cilantro and soy sauce to taste.

Notes

Hot Dogs and Hamburgers

For 1 lb of meat, use 1 packet of Lipton's French Onion Soup mix and 1 Tbsp of Worcestershire sauce.

Steak

Cook on high heat, turning every minute, for 5-6 minutes.

Tacos

Get a seasoning with cornstarch or flour in it. 1 lb ground beef is enough for 2-3 people.

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Potato Salad	CI Cookbook p59
Rice Pilaf	CI Cookbook p222

Apple Salad

Ingredients

6 apples, 3–4 granny smith, the rest sweet
1/2 block cheddar cheese, sharp
1 cup raisins or craisins
1 cup walnuts or pecans, chopped
4 stalks celery
3/4 large container plain yogurt **ToDo: actually, how much?**
2 Tbsp brown sugar
1/2 lemon, juiced

Timeline

Prep: 00:30

Cook: N/A

Total: 00:30

Directions

1. Cut all ingredients into bite-sized pieces. Leave apple skin on if desired.
2. Prepare the dressing. Mix brown sugar with lemon juice until fully dissolved, then add to yogurt. Taste using an apple cube and add additional lemon or sugar if needed.
3. Combine all ingredients.

Cranberry Relish

Ingredients

- 1/2 cup** sugar
- 1** clementine, unpeeled, stemmed and quartered
- 12 oz (3 cups)** frozen cranberries, thawed

Timeline

- Prep:** 00:10
- Cook:** 1:00 (chilling)
- Total:** 1:10

Directions

- 1.** Process sugar and clementine in food processor until clementine is finely ground, scraping the bowl as needed, about 20 seconds.
- 2.** Add cranberries and pulse until berries are chopped into pea-sized pieces, about 15-20 pulses.
- 3.** Transfer to bowl and refrigerate for at least 1 hour, or up to 24 hours. Stir to recombine.

Mashed Sweet Potatoes

Ingredients

2 lbs sweet potatoes, peeled and cut into 1/2-inch pieces

3 Tbsp butter, cut into 1/2-inch pieces

1/4 tsp salt

Timeline

Prep: 00:05

Cook: 00:25

Total: 00:30

Directions

1. Bring 6 cups of water to boil in large saucepan over high heat. Add sweet potatoes, return to a boil, cover, reduce heat to medium-low to simmer, and cook until fork pierces potatoes with little resistance, about 12 minutes.
2. Drain potatoes and cook over medium heat, stirring frequently, for 7 minutes, adjusting heat to prevent excessive browning (steam should be steadily escaping).
3. Off heat, add butter and salt. Whisk until butter is fully incorporated. Season with salt to taste.

Breakfast

French Toast CI Cookbook p551

Lemon Blueberry Pancakes CI Baking Book p87

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Ultimate Chocolate Chip Cookies	CI Science p415

Baking Powder Biscuits

Ingredients (yields 4 biscuits)

180 g flour
1/2 tsp salt
1/2 Tbsp baking powder
1/2 Tbsp sugar
3 Tbsp butter, **room temperature**
118 g milk

Timeline

Prep: 00:20

Cook: 00:20

Total: 00:40

Directions

1. Preheat oven to 425°F.
2. Mix flour, salt, baking powder, and sugar in food processor.
3. Add butter to processor and process until mixture has a sandy consistency.
4. Slowly add milk to running processor until a cohesive dough forms. If dough seems dry, add additional milk.
5. Roll out the dough on a floured work surface with floured rolling pin, folding and rolling repeatedly. Form dough into 3/4 inch disc.
6. Cut dough into biscuits and place biscuits onto baking sheet. Brush tops of biscuits with milk, and place in oven for 15–20 minutes until lightly browned.

Banana Chocolate Chip Muffins

Ingredients

8 Tbsp butter, room temperature
87 g sugar
2 ripe bananas
1 egg
1 tsp vanilla
1/3 cup milk
1 cup all purpose flour
1.5 tsp baking powder
1/2 tsp baking soda
1/2 tsp cinnamon
1/2 tsp salt
1/2 cup bittersweet chocolate chips
1/2 cup cacao nibs

Timeline

Prep: 00:10
Cook: 00:20
Total: 00:30

Directions

1. Preheat oven to 350°F.
2. Beat together butter and sugar until smooth.
3. Beat in the bananas, egg, vanilla, and milk.
4. Add flour, baking powder, baking soda, cinnamon, and salt and beat until smooth.
5. Add chocolate chips and cacao nibs, stirring until combined.
6. Heap batter into muffin tray and bake for 20–24 minutes, rotating halfway.

French Country Bread

Timeline

Prep: 00:05 (biga) + 00:30 (bread)

Cook: 00:40

Total: (2:00–16:00 biga) + (00:30 prep) + (1:15–3:30 rise/proof) + (00:40 cook) = 5:25–20:40

Biga Ingredients

150 g bread flour

30 g whole wheat flour

1/2 tsp instant yeast **or** active dry yeast

1 cup water, 90–100°F

Bread Ingredients

533 g bread flour

18 g sugar

1 Tbsp salt

2/3 tsp instant yeast **or** **1 tsp** active dry yeast

1 cup water, 105–115°F

Directions

1. Combine all biga ingredients, proofing the yeast in the water before adding it. Cover with plastic wrap and let rest 2–16 hours (longer is better).

2. Stir down the biga and combine with the bread ingredients, once again proofing the yeast in the water before adding it. Stir until roughly incorporated, then let rest 15 minutes.

3. After resting, knead the dough, adding enough flour for it to form a soft dough. Knead for 10 minutes.

4. Let the dough rise in a lightly greased covered container until doubled in size, 45 minutes to 2 hours.

5. Remove the dough from the container and gently form it into a round by flouring the counter and shaping it. Transfer to a lightly floured or cornmealed cloche or baking sheet. Cover and proof until 50% larger, 30–90 minutes. Preheat oven to 450°F.

6. Score the top of the bread and dust with flour. Bake at 450°F for 35 minutes in a covered cloche, then remove the cover and bake for an additional 5. If using a baking sheet then bake for 40 minutes. Remove from oven and let cool on a rack.

Savory Dutch Baby

Dutch Baby Ingredients

1.75 cups (8.76 oz) all-purpose flour
1 Tbsp sugar
1/2 tsp salt
1.5 cups milk
6 eggs
3 Tbsp butter

Timeline

Prep: 00:20 (dutch baby)
 + 00:20 (topping)
Cook: 00:35
Total: 00:55

Dutch Baby Directions

1. Whisk flour, sugar, and salt together in large bowl. Whisk milk and eggs together in a second bowl. Whisk 2/3 of milk mixture into flour mixture until no clumps remain, then slowly whisk in remaining milk mixture until smooth.

2. Adjust oven rack to lower-middle position. Melt butter in 12-inch nonstick skillet (or use cooking oil

spray in traditional skillet) over medium-low heat. Add batter and transfer to cold oven. Set oven to 375°F and bake until edges are deep golden brown and center is beginning to brown, 30–35 minutes.

3. While baking, prepare the topping (see below).

4. Gently transfer to cutting board and let cool for at least 5 minutes before topping.

Lox and Cucumber Ingredients

1 shallot, small
1/4 tsp + 1/4 tsp salt, divided
1/2 cup sour cream
1 Tbsp capers, plus **1 Tbsp** brine
1.5 tsp + 1.5 tsp fresh dill, chopped, divided
1 English cucumber
8 oz smoked salmon

Lox and Cucumber Directions

1. Combine 1/2 cup water, shallot, and 1/4 tsp salt in a bowl and let sit for 5 minutes. Drain and discard liquid, setting shallot aside. Combine sour cream, caper brine, 1.5 tsp dill, and 1/4 tsp salt in a bowl.

2. Shave cucumber using vegetable peeler lengthwise into ribbons until hitting seeds. Rotate 180° and repeat. Discard core.

3. Spread sour cream mixture over Dutch Baby. Arrange salmon, then scatter cucumber ribbons, then sprinkle with shallot, capers, and 1.5 tsp dill.

Mushroom and Red Pepper Ingredients

2 Tbsp + 1 Tbsp olive oil, divided
1.25 lbs Portobello mushroom caps, gills removed, sliced thin
1/2 tsp + 1/4 tsp salt, divided
1/2 tsp lemon zest plus **2 tsp** lemon juice
1/4 tsp sugar
1/2 cup chopped roasted red peppers
2 oz feta cheese, cut into 1/4 inch cubes
1/2 cup parsley
1/4 cup walnuts, chopped

Mushroom and Red Pepper Directions

1. Heat 1 Tbsp oil in 12-inch pan over medium-high heat. Add mushrooms and 1/2 tsp salt and cook, stirring frequently, until tender, 4–6 minutes.

2. Whisk lemon zest, juice, sugar, and 1/4 tsp salt. Whisking constantly, slowly add 2 Tbsp olive oil. Add red peppers, feta, and parsley and combine.

3. Spread mushrooms over Dutch Baby, followed by red pepper mixture and walnuts.

Miscellaneous

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Pesto CI Cookbook p161

Rubs for Roasts 9-4

Blackened Seasoning

Ingredients

- 2 Tbsp** paprika
- 1 Tbsp** cayenne
- 1 Tbsp** onion powder
- 1 tsp** garlic powder
- 1 tsp** black pepper
- 1 tsp** salt
- 1/2 tsp** dried basil
- 1/2 tsp** dried oregano
- 1/2 tsp** dried thyme

Directions

1. Mix all ingredients.

Pan Sauces

General Directions

1. After sautéing meat, tent loosely with foil. Add oil or butter to the pan if necessary and sauté the aromatics, no more than a couple minutes so as not to burn the fond, making it bitter.

2. Add flour, if using, stirring constantly, for 30 seconds.

3. Add final aromatics. Deglaze the pan with the liquids. If using wine, add wine first and reduce, then add other liquids and reduce. Return juices from tented meat to the pan.

4. Off heat, add acids and butter. Season with salt and pepper to taste.

Ingredient lists yield two large servings.

Garlic Lemon Thyme

- 1** shallot, minced
- 2** cloves garlic
- fresh thyme
- 1 cup** chicken broth
- 1/2** lemon, juiced
- 1 Tbsp** butter

Lemon Caper White Wine

- 1** shallot, sliced thin
- 1.5 tsp** capers, chopped
- 1/2 cup** white wine or vermouth
- 1/2 cup** chicken broth
- 1/2** lemon, juiced
- 1 Tbsp** butter

Thyme Wine

- 1** shallot, minced
- fresh thyme
- 1/2 cup** wine (white **or** red)
- 1/2 cup** chicken stock
- 1 Tbsp** light brown sugar
- 1 Tbsp** butter

Red Wine Rosemary

- 1** shallot, minced
- fresh rosemary, chopped
- 1/2 cup** red wine
- 1/2 cup** chicken **or** beef broth
- 1 Tbsp** butter

Red Wine Mushroom Thyme

- 4 oz** mushrooms, sliced thin (cook first, ~5 min.)
- 1/2** shallot, minced
- fresh thyme
- 3/2 cup** red wine
- 1/4 cup** chicken **or** beef broth
- 1.5 tsp** balsamic vinegar
- 1/2 tsp** Dijon mustard
- 1 Tbsp** butter

Rubs for Roasts

Garlic Rosemary Thyme Dijon

8 cloves garlic, minced
2 Tbsp olive oil
2 Tbsp fresh rosemary, chopped
2 Tbsp fresh thyme, chopped
2 Tbsp Dijon mustard
1 Tbsp kosher salt
2 tsp black pepper

Roasted Garlic Parsley

2 heads garlic, roasted
2 Tbsp parsley, minced
salt and pepper (on roast, after rub)

Salt and Sugar

1/3 cup brown sugar
1/3 cup kosher salt

Rub, then cover the roast with plastic wrap and refrigerate for 12–24 hours.

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Leg of Lamb ········· 4-6

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