

Contents

Notes	1-1
Sous Vide	2-1
Appetizers	3-1
Beef Tartare	3-2
Crab Cakes	CI Cookbook p450
Dinners (with leftovers)	4-1
Bolognese Sauce	CI Cookbook p193
Brisket	CI Meat Book p127
Chili	4-2
Meatloaf	CI Cookbook p391
Pesto	CI Cookbook p161
Pork Roast	<i>see Notes 4-6</i>
Pulled Pork	CI Meat Book p244
Punjabi Meat Curry	4-3
Red Beans and Rice	CI Cookbook p239
Roast Beef	CI Meat Book p105
Roast Leg of Lamb	<i>see Notes 4-6</i>
Smothered Pork Chops	CI Meat Book p203
Sopa Seca de Fideos	4-4
Thanksgiving	4-5
Vodka Cream Sauce (for pasta)	ATK 30-min p160
Notes	4-6
Dinners (standalone)	5-1
BBQ Chicken	NA
Chicken Kebabs	5-2
Chicken Thighs	NA
Curry Roasted Chicken Drumsticks	5-3
Fried Chicken	CI Meat Book p404
Hot Dogs and Hamburgers	<i>see Notes 5-6</i>
Indian Eggs	5-4

Pan-Seared Salmon	CI Cookbook p443
Pan-Seared Shrimp	CI Cookbook p455
Pan-Seared Thin Fish	<i>see Notes 5-6</i>
Red Sauce (for pasta)	ATK 30-min p157
Shrimp Scampi	CI Cookbook p455
Steak	<i>see Notes 5-6</i>
Tacos	<i>see Notes 5-6</i>
Vietnamese Braised Chicken	5-5
Notes	5-6
Sides	6-1
Agrodolce Pearl Onions and Shallots	6-2
Apple Salad	6-3
Asian Pasta Salad	6-4
Butternut Squash	6-5
Classic Pasta Salad	6-6
Coleslaw	CI Cookbook p57
Cranberry Relish	6-7
Cucumber Salad	CI Cookbook p45
Hummus	CI Cookbook p8
Indian Carrots, Potatoes, Peas	Inv. to Indian Cooking p156
Indian Green Beans with Mustard	Inv. to Indian Cooking p152
Mashed Potatoes	<i>see Notes 6-11</i>
Mashed Sweet Potatoes	6-8
Pan Seared Zucchini	6-9
Potato Salad	CI Cookbook p59
Rice Pilaf	CI Cookbook p222
Salmorejo (chilled tomato soup)	6-10
Notes	6-11
Breakfast	7-1
French Toast	CI Cookbook p551
Lemon Blueberry Pancakes	CI Baking Book p87
Baked Goods	8-1
Apple Pie	CI Cookbook p713

Angel Food Cake	CI Baking Book p270
Baking Powder Biscuits	8-2
Banana Bread	CI Baking Book p27
Banana Muffins	8-3
Blueberry Muffins	CI Baking Book p42
Carrot Cake	CI Baking Book p313
Chocolate Layer Cake	CI Baking Book p299
French Country Bread	8-4
Gateau Invisible	8-5
Gingerbread Cake	CI Baking Book p264
Gingerbread Cookies	CI Cookbook p642
Pumpkin Pie	CI Cookbook p720
Savory Dutch Baby	8-6
Tiramisù	CI Cookbook p700
Triple-Chocolate Mousse Cake	CI Baking Book p322
Ultimate Chocolate Chip Cookies	CI Science p415
Miscellaneous	9-1
Blackened Seasoning	9-2
Pan Sauces	9-3
Rubs for Roasts	9-4
Index	I-1

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.

GINGER

In many recipes that call for chopped ginger, peeling is not necessary.

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

Crab Cakes CI Cookbook p450

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 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 in third smallest metal bowl. Grind beef and combine. Serve in frozen serving bowl.

Dinners (with leftovers)

Bolognese Sauce	CI Cookbook p193
Brisket	CI Meat Book p127
Chili	4-2
Meatloaf	CI Cookbook p391
Pesto	CI Cookbook p161
Pork Roast	<i>see Notes 4-6</i>
Pulled Pork	CI Meat Book p244
Punjabi Meat Curry	4-3
Red Beans and Rice	CI Cookbook p239
Roast Beef	CI Meat Book p105
Roast Leg of Lamb	<i>see Notes 4-6</i>
Smothered Pork Chops	CI Meat Book p203
Sopa Seca de Fideos	4-4
Thanksgiving	4-5
Vodka Cream Sauce (for pasta)	ATK 30-min p160
Notes	4-6
Dinners (with leftovers)	4-1

Chili

Ingredients

2 onions, diced
3 Carolina Reaper peppers
 spicy peppers, diced
2 lbs ground beef
2 Tbsp cumin
1 Tbsp chili powder
4 cans green chilies
4 cans kidney beans
2 cans 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. Sauté 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 until desired texture and consistency is reached.
3. Add black beans and corn and cook for 1 hour.

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 sauté for 1 minute, stirring to prevent the spices from burning. Add the onion and sauté until the onion begins to turn light brown.

2. 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.

3. 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.

4. 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 añejo 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. 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.
4. Brown chorizo and set aside.
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

- | | |
|---|---|
| apple salad (p6-3) | mashed potatoes (p6-11) |
| biscuits [†] (c.f. note) (p8-2) | pumpkin pie [†] (CI Cookbook p720) |
| cranberry relish [†] (p6-7) | sweet potato casserole [†] (c.f. note) (ToDo) |
| cornbread dressing [†] (c.f. note) | butternut squash (p6-5) |
| green beans or asparagus | |

[†]: can be made a day prior

Notes

Turkey

- Brine the day before in the morning. Use 1.5 cups of salt. Dry out and leave overnight in the refrigerator.
- ToDo: slash the skin to produce more drippings?** Lift drumstick and cut 1 inch slit in skin where drumstick and thigh meet. Turn turkey on side so breast faces down and cut 1 inch slit in skin where top of thigh meets breast.
- Roast at 275°F using convection, rotating every hour, until breast is 160°F and thigh is 170°F, ~3 hours.

Gravy

- See Pan Sauces on page 9-3.

- 1.5 cups of fat *should* be enough.
- Use 6 qt stock pot.

Sweet Potatoes

Can be roasted the day prior in deep tray.

Miscellaneous

- Biscuits: dough can be made the day prior and refrigerated. Thaw for ~30 minutes prior to baking.
- Dressing: cornbread can be made the day before
- Dressing: cook for 00:45-1:00 at 375°F
- 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 15 minutes before carving.

Dinners (standalone)

BBQ Chicken	NA
Chicken Kebabs	5-2
Chicken Thighs	NA
Curry Roasted Chicken Drumsticks	5-3
Fried Chicken	CI Meat Book p404
Hot Dogs and Hamburgers	<i>see Notes</i> 5-6
Indian Eggs	5-4
Pan-Seared Salmon	CI Cookbook p443
Pan-Seared Shrimp	CI Cookbook p455
Pan-Seared Thin Fish	<i>see Notes</i> 5-6
Red Sauce (for pasta)	ATK 30-min p157
Shrimp Scampi	CI Cookbook p455
Steak	<i>see Notes</i> 5-6
Tacos	<i>see Notes</i> 5-6
Vietnamese Braised Chicken	5-5
Notes	5-6

Chicken Kebabs

Ingredients (yields 4 skewers)

1/4 cup tomato paste
3 Tbsp vegetable oil
2 Tbsp fish sauce
3 garlic cloves, grated
1.5 tsp sugar
1 tsp kosher salt
1 Tbsp hot sauce
2 lbs boneless skinless chicken thighs, cut into 1-inch pieces

Timeline

Prep: 00:45
Marinate: 1:00
Cook: 00:15
Total: 2:00

Directions

1. Whisk tomato paste, vegetable oil, fish sauce, garlic, sugar, salt, and hot sauce in large bowl. Add chicken to bowl and toss to coat. Cover and marinate for 1-12 hours.
2. Heat grill for 15 minutes. While grill is heating, thread the chicken pieces on to the skewers. Lower heat to medium-high, and cook the kebabs, turning every 5 minutes. Cook until meat registers 175°F, about 15 minutes.

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, sliced
 hot peppers
3 in. piece ginger, coarsely chopped
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 sauté for 2 minutes until the seeds change color, stirring to prevent the spices from burning.

2. Reduce heat to medium and add the onion, sautéing until the onion begins to turn light brown. 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.

3. Add the tomatoes (if using), then the eggs, and continue cooking until done. Off heat, add garam masala and salt.

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
1.5 cups chicken broth
2 Tbsp fish sauce
1 Tbsp cornstarch
cilantro, coarsely chopped
1.5 cups rice

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 chicken broth 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. Make a slurry with the cornstarch and some of the braising liquid and add back to the pot. Off heat add the 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.

Pan-Seared Thin Fish

Thoroughly dry the fish, then dredge *only one side* in mixture of flour (2 Tbsp), salt (1/2 tsp), and pepper (1/4 tsp). Cook flour-side down in pan for ~2 minutes, then remove from heat, flip the fish, and continue to cook for 15-30 seconds until opaque.

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.

Sides

Agrodolce Pearl Onions and Shallots	6-2
Apple Salad	6-3
Asian Pasta Salad	6-4
Butternut Squash	6-5
Classic Pasta Salad	6-6
Coleslaw	CI Cookbook p57
Cranberry Relish	6-7
Cucumber Salad	CI Cookbook p45
Hummus	CI Cookbook p8
Indian Carrots, Potatoes, Peas	Inv. to Indian Cooking p156
Indian Green Beans with Mustard	Inv. to Indian Cooking p152
Mashed Potatoes	see Notes 6-11
Mashed Sweet Potatoes	6-8
Pan Seared Zucchini	6-9
Potato Salad	CI Cookbook p59
Rice Pilaf	CI Cookbook p222
Salmorejo (chilled tomato soup)	6-10
Notes	6-11

Agrodolce Pearl Onions and Shallots

Ingredients

1 c water
1/2 tsp salt
1/8 tsp baking soda
1 lb frozen pearl onions
8 oz small shallots
1 Tbsp + 1/2 c white wine vinegar
2 Tbsp brown sugar
2 Tbsp raisins
1/4 tsp black pepper
3 Tbsp butter, cut into 3 pieces
4 scallions, green parts only, cut into 1-inch pieces

Timeline

Prep: 00:15
Cook: 00:20
Total: 00:30

Directions

1. Combine water, salt, and baking soda in 12-inch skillet and bring to a boil. Add pearl onions and shallots and return to a boil. Add 1 Tbsp white wine vinegar, reduce heat to medium, and cook for 12-15 minutes until most liquid has evaporated.
2. Uncover and add vinegar, sugar, raisins and pepper. Increase heat to high and continue cooking until liquid has thickened to the consistency of heavy cream, 4-6 minutes.
3. Off heat, add butter and scallion greens. Serve one butter is melted.

Apple Salad

Ingredients (yields 4 servings)

2 apples, 1 granny smith and 1 sweet
2 oz cheddar cheese, sharp
1/4 cup raisins or craisins
1/4 cup walnuts or pecans, chopped
1 stalk celery
3/4 cups plain yogurt
1/2 Tbsp brown sugar
1/2 Tbsp lemon juice

Timeline

Prep: 00:30
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.
3. Combine all ingredients. Taste using an apple cube and add additional lemon or sugar if needed.

Asian Pasta Salad

Ingredients

8 oz pasta
8 oz frozen edamame
11 oz green coleslaw mix
4 green onions, white parts chopped, green parts sliced thin
1/3 cup chopped ginger
1/3 cup rice vinegar
1.5 Tbsp hot sauce
2 tsp toasted sesame oil
1.5 tsp salt
1/2 cup vegetable oil
2 tsp toasted black sesame seeds

Timeline

Prep: 00:30
Cook: 00:15
Total: 00:45

Directions

1. Boil water and add pasta, cooking until al dente. Add edamame a cook 2 minutes more. Drain and rinse with cold water. Add coleslaw mix and the green parts of the green onion, stirring to combine.
2. Add green onion whites, ginger, vinegar, hot sauce, sesame oil, and salt to blender and blend until coarse paste forms, ~30 seconds. Add oil and blend until dressing is emulsified and smooth, ~1 minute.
3. Toss dressing with salad. Sprinkle sesame seeds in while tossing.

Butternut Squash

Ingredients

3/4 cup apple cider or juice
3/4 cup water
1 Tbsp maple syrup
1 Tbsp Dijon mustard
1 Tbsp soy sauce
1/4 tsp pepper
1/8 tsp baking soda
3 Tbsp butter
1 shallot, halved and sliced thin
2.5 lbs butternut squash
1/4 cup dried cranberries, chopped
2 Tbsp apple cider vinegar
1/2 tsp fresh rosemary, chopped

Timeline

Prep: 00:20
Cook: 00:35
Total: 00:55

Directions

- 1.** Peel the squash, making sure to entirely remove fibrous white layer, then seed and cut into 1 inch pieces.
- 2.** Whisk together cider, water, maple syrup, mustard, soy sauce, pepper, and baking soda and set aside.
- 3.** Melt butter in 12-inch skillet over medium heat. Add shallot and cook until slightly browned, ~5 min-

utes.

- 4.** Stir in squash, add cider mixture, increase heat to high, and bring to a simmer. Cover and reduce heat to medium. Simmer until tender and the sauce is reduced to the thickness of heavy cream, ~20-25 minutes, adding the chopped cranberries halfway through cooking.
- 5.** Off heat, stir in the rosemary and cider.

Classic Pasta Salad

Ingredients

8 oz pasta
1 lb broccoli crowns, cut into bite-size pieces
1 can cannellini beans
3/4 tsp salt
1/4 cup + 1/4 cup jarred banana peppers
1/4 cup banana pepper brine
1/4 cup + 1/4 cup Castelvetrano olives, pitted
2 garlic cloves
1/2 cup olive oil
10 oz cherry tomatoes, halved

Timeline

Prep: 00:45
Cook: 00:00
Total: 00:45

Directions

1. Line baking sheet with paper towels. Boil water and add pasta, cooking until tender, about 5 minutes. Add broccoli and beans and cook until tender, 1-2 minutes. Drain and spread on prepared baking sheet.
2. Combine 1/4 cup peppers, brine, 1/4 cup olives, garlic, and salt in blender until coarse paste forms, ~30 seconds. Add oil and continue to blend until dressing is emulsified and smooth.
3. Combine pasta mixture, tomatoes, 1/4 cup banana peppers (chopped), 1/4 cup olives (quartered), and dressing. Toss to coat.

Cranberry Relish

Ingredients

- 1/4 cup** sugar
- 1** clementine, unpeeled, stemmed and quartered
- 12 oz (3 cups)** frozen cranberries, thawed

Timeline

- Prep:** 00:10
- Chill:** 1:00
- 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.

Pan Seared Zucchini

Ingredients

2 zucchini, halved lengthwise
2 tsp salt
3 Tbsp vegetable oil
1 Tbsp honey
1 Tbsp hot sauce
1 green onion, sliced thin

Timeline

Prep: 00:30
Cook: 00:15
Total: 00:45

Directions

1. Lightly score the flesh of the zucchini diagonally, then score again on the opposite diagonal to create a crosshatched scoring pattern. Sprinkle salt over the zucchini and rub into the cuts. Place zucchini cut-side down on paper-towel lined plate. Microwave zucchini for 3 minutes, then cut each in half.
2. Put oil in cold non-stick pan, arrange zucchini cut-side down in pan, and cover. Heat on medium-high heat until deeply browned, 8-10 minutes.
3. Uncover and turn zucchini cut-side up and continue cooking until tender, about 2 minutes. Transfer cut-side up to paper towel lined plate and let drain for ~5 minutes.
4. Meanwhile, mix honey and hot sauce and microwave for ~30 seconds. Drizzle honey mixture over zucchini, sprinkle with scallions, and serve.

Salmorejo (chilled tomato soup)

Ingredients

3 lbs ripe tomatoes, cored and quartered
6 oz white bread, crust removed
1 Tbsp red wine vinegar
1 tsp salt
1/4 tsp garlic, grated
1/4 cup + 1/4 cup olive oil
2 eggs, hard boiled, chopped fine
2 oz prosciutto, cut into 1-inch pieces

Timeline

Prep: 00:25
Rest: 2:00
Total: 00:25

Directions

1. Process tomatoes in blender until smooth, ~30 seconds. Strain through sieve over large bowl, using a rubber spatula to press through.
2. Add bread, vinegar, salt, and garlic to tomato puree and toss to combine.
3. Blend half of the tomato mixture until smooth, ~2-3 minutes. Add 1/4 cup oil and blend ~15 seconds. Do no overblend! Repeat with remaining half of tomato mixture. Cover and refrigerate for at least 2 hours.
4. To serve, garnish with chopped hard boiled eggs and prosciutto, drizzling with a little olive oil.

Notes

Cornbread Dressing

Cook 3 packages of Jiffy Corn Muffin mix in most shallow tray the day prior. Combine with sautéed and seasoned onions, carrots, and celery, chicken broth (don't use too much!), and 3 eggs. Cook at 375°F for ~1 hour.

Mashed Potatoes

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

Breakfast

French Toast CI Cookbook p551

Lemon Blueberry Pancakes CI Baking Book p87

Baked Goods

Apple Pie	CI Cookbook p713
Angel Food Cake	CI Baking Book p270
Baking Powder Biscuits	8-2
Banana Bread	CI Baking Book p27
Banana Muffins	8-3
Blueberry Muffins	CI Baking Book p42
Carrot Cake	CI Baking Book p313
Chocolate Layer Cake	CI Baking Book p299
French Country Bread	8-4
Gateau Invisible	8-5
Gingerbread Cake	CI Baking Book p264
Gingerbread Cookies	CI Cookbook p642
Pumpkin Pie	CI Cookbook p720
Savory Dutch Baby	8-6
Tiramisù	CI Cookbook p700
Triple-Chocolate Mousse Cake	CI Baking Book p322
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. (For 4 biscuits, 18 minutes is about the right time.)

Banana Muffins

Ingredients

5 very ripe (i.e. black) bananas
100 g sugar **To Do:** can this be reduced to 75?
2 eggs
1/3 cup vegetable oil
1 Tbsp vanilla extract
260 g bread flour
1 Tbsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/3 cup chopped walnuts (optional)
1/2 cup bittersweet chocolate (chips or chopped chunks) (optional)

Timeline

Prep: 00:10
Cook: 00:18
Rest: 00:15
Total: 00:43

Directions

- 1.** Preheat oven to 425°F.
- 2.** Whisk flour, baking powder, baking soda, and salt in medium bowl.
- 3.** Combine bananas, sugar, eggs, oil, and vanilla in large bowl and whisk until smooth. Add flour

mixture and whisk until fully combined. Stir in the walnuts or chocolate chips if using.

- 4.** Bake in muffin tin until toothpick comes out clean, 14–18 minutes. Let muffins cool in muffin tin on a wire rack for 10 minutes, then remove muffins and let cool for an additional 5 minutes.

French Country Bread

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

400 g bread flour
13 g sugar
2 tsp salt
1/2 tsp instant yeast or **3/4 tsp** active dry yeast
30 g gluten (optional)
3/4 cup water, 105–115°F

Directions

1. Combine all biga ingredients, proofing the yeast in the water before adding it (if using non-instant). Cover with plastic wrap and let ferment 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 (if using non-instant). 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.

Biga Timeline

Prep: 00:05
Ferment: 2:00 – 16:00

Bread Timeline

Prep: 00:30
Rise: 1:30 – 3:00
Cook: 00:40
Total: 2:40 – 4:10

Gateau Invisible

Ingredients

1/2 cup sugar
2 eggs
1 Tbsp vanilla extract
1/2 cup flour
1 tsp baking powder
1/2 tsp salt
2.15–2.5 lbs Granny Smith apples
 honey or maple syrup

Timeline

Prep: 00:15
Cook: 1:45
Cool: 3:30
Total: 5:30

Directions

1. Combine sugar and eggs in large bowl and whisk until smooth. Whisk in flour, baking powder, and salt until smooth.
2. Peel apples and slice 2.5mm thick on a mandolin. Reserve 18 well-shaped slices of apple for the top of the cake. Add remaining slices to the batter and fold gently to coat. Set aside for 15 minutes.
3. Meanwhile, adjust oven rack to middle position and preheat to 350 °F. Grease a loaf pan with vegetable oil spray, then line with parchment paper, cutting so that the narrow sides of the pan are uncovered on the inside and the longer sides have a couple inches of overhang. Finally, grease the parchment with vegetable oil spray.
4. Stir apple mixture, breaking up clumps of slices as needed. Using a large slotted spoon, scoop apple slices into pan, letting excess batter drain back into the bowl and flattening the slices with the spoon.
5. Dip one side of reserved slices in batter and shingle them, battered-side down, in 6 rows of 3 slices on the top of the cake. Press firmly on the apples with the back of a spoon to level and spread any remaining batter over the top of the cake.
6. Place a baking sheet on a lower rack to catch any drippings. Bake for 1.5–1.75 hours, rotating pan halfway through baking, until top is browned and apples can be easily pierced with a skewer.
7. Transfer to a wire rack, run a knife around narrow edge of pan, and brush top with honey or maple syrup. Let cool for 1.5 hours. After cooling, lift cake out of pan using the parchment paper as a sling. Let cool for an additional 2 hours.

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

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.

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.

Timeline

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

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

Blackened Seasoning	9-2
Pan Sauces	9-3
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 (1/2 Tbsp) 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
1/2 cup red wine
1/4 cup chicken or beef broth
1/2 tsp Dijon mustard
1.5 tsp balsamic vinegar
1 Tbsp butter

Gravy

1 Tbsp fat
1 Tbsp flour
1 cup broth or water

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.

Index

Symbols

Gateau Invisible 8-5

A

Agrodolce Pearl Onions and Shallots 6-2
 Angel Food Cake *see* CI Baking Book p270
 Apple Pie *see* CI Cookbook p713
 Apple Salad 6-3
 Asian Pasta Salad 6-4

B

Baking Powder Biscuits 8-2
 Banana Bread *see* CI Baking Book p27
 Banana Muffins 8-3
 BBQ Chicken 5-1
 beans
 Red Beans and Rice *see* CI Cookbook p239
 beef
 Beef Tartare 3-2
 Brisket *see* CI Meat Book p127
 Chili 4-2
 Hamburgers 5-6
 Punjabi Meat Curry 4-3
 Roast Beef *see* CI Meat Book p105
 Steak 5-6
 Tacos 5-6
 biscuits
 Baking Powder Biscuits 8-2
 Blackened Seasoning 9-2
 Blueberry Muffins *see* CI Baking Book p42
 Bolognese Sauce *see* CI Cookbook p193
 bread
 Banana Bread *see* CI Baking Book p27
 French Country Bread 8-4
 Brisket *see* CI Meat Book p127
 Butternut Squash 6-5

C

cake
 Gateau Invisible 8-5
 Angel Food Cake *see* CI Baking Book p270
 Carrot Cake *see* CI Baking Book p313
 Chocolate Layer Cake *see* CI Baking Book p299
 Gingerbread Cake *see* CI Baking Book p264
 Tiramisu *see* CI Cookbook p700
 Triple-Chocolate Mousse Cake *see* CI Baking Book p322
 Carrot Cake *see* CI Baking Book p313
 category

Indian Carrots, Potatoes, Peas *see* Inv. to Indian Cooking p156

chicken

BBQ Chicken 5-1
 Chicken Kebabs 5-2
 Chicken Thighs 5-2
 Curry Roasted Chicken Drumsticks 5-3
 Fried Chicken *see* CI Meat Book p404
 Poached Chicken 2-1
 Vietnamese Braised Chicken 5-5
 Chicken Kebabs 5-2
 Chicken Thighs 5-2
 Chili 4-2
 Chocolate Layer Cake *see* CI Baking Book p299
 Classic Pasta Salad 6-6
 Coleslaw *see* CI Cookbook p57
 cookies
 Gingerbread Cookies *see* CI Cookbook p642
 Ultimate Chocolate Chip Cookies *see* CI Science p415
 Cornbread Dressing 6-11
 crab
 Crab Cakes *see* CI Cookbook p450
 Crab Cakes *see* CI Cookbook p450
 Cranberry Relish 6-7
 Cucumber Salad *see* CI Cookbook p45
 curry
 Punjabi Meat Curry 4-3
 Curry Roasted Chicken Drumsticks 5-3

D

dutch baby, savory 8-6

E

eggs
 Indian Eggs 5-4
 Soft Boiled 2-1

F

fish
 Blackened Seasoning for 9-2
 Pan-Seared Salmon *see* CI Cookbook p443
 Pan-Seared Thin Fish 5-6
 French Country Bread 8-4
 French Toast *see* CI Cookbook p551
 Fried Chicken *see* CI Meat Book p404

G

Gingerbread Cake *see* CI Baking Book p264
 Gingerbread Cookies *see* CI Cookbook p642
 goat

- Punjabi Meat Curry 4-3
 green beans
 Indian Green Beans with Mustard *see Inv. to Indian Cooking p152*

H

- Hot Dogs and Hamburgers 5-6
 Hummus *see CI Cookbook p8*

I

- Indian Carrots, Potatoes, Peas *see Inv. to Indian Cooking p156*
 Indian Eggs 5-4
 Indian Green Beans with Mustard *see Inv. to Indian Cooking p152*

L

- lamb
 Leg of Lamb 4-6
 Leg of Lamb 4-6
 Lemon Blueberry Pancakes *see CI Baking Book p87*

M

- Mashed Potatoes 6-11
 Mashed Sweet Potatoes 6-8
 Meatloaf *see CI Cookbook p391*
 muffins
 Banana Muffins 8-3
 Blueberry Muffins *see CI Baking Book p42*

P

- Pan Seared Zucchini 6-9
 Pan-Seared Salmon *see CI Cookbook p443*
 Pan-Seared Shrimp *see CI Cookbook p455*
 Pan-Seared Thin Fish 5-6
 pancakes
 Lemon Blueberry Pancakes *see CI Baking Book p87*

pasta

- Asian Pasta Salad 6-4
 Bolognese Sauce *see CI Cookbook p193*
 Classic Pasta Salad 6-6
 Pesto *see CI Cookbook p161*
 Red Sauce (for pasta) *see ATK 30-min p157*
 Vodka Cream Sauce (for pasta) *see ATK 30-min p160*
 Pesto *see CI Cookbook p161*
 pie
 Apple Pie *see CI Cookbook p713*
 Pumpkin Pie *see CI Cookbook p720*
 Poached Chicken 2-1
 pork
 Pork Roast 4-6

- Pulled Pork *see CI Meat Book p244*
 Smothered Pork Chops *see CI Meat Book p203*

- Pork Roast 4-6
 Potato Salad *see CI Cookbook p59*
 potatoes

- Mashed Potatoes 6-11

- Pulled Pork *see CI Meat Book p244*
 Pumpkin Pie *see CI Cookbook p720*
 Punjabi Meat Curry 4-3

R

- Red Beans and Rice *see CI Cookbook p239*
 Red Sauce (for pasta) *see ATK 30-min p157*
 rice
 Rice Pilaf *see CI Cookbook p222*
 Rice Pilaf *see CI Cookbook p222*
 Roast Beef *see CI Meat Book p105*
 roasts, rubs for 9-4
 Garlic, Rosemary, Thyme, Dijon 9-4
 Roasted Garlic Parsley 9-4
 Salt and Sugar 9-4

S

- salad
 Apple Salad 6-3
 Asian Pasta Salad 6-4
 Classic Pasta Salad 6-6
 Cucumber Salad *see CI Cookbook p45*
 Potato Salad *see CI Cookbook p59*
 Salmorejo 6-10
 sauces, pan 9-3
 Garlic Lemon Thyme 9-3
 Lemon Caper White Wine 9-3
 Red Wine Mushroom Thyme 9-3
 Red Wine Rosemary 9-3
 Thyme Wine 9-3
 Savory Dutch Baby 8-6
 shrimp
 Pan-Seared Shrimp *see CI Cookbook p455*
 Shrimp Scampi *see CI Cookbook p455*
 Shrimp Scampi *see CI Cookbook p455*
 Smothered Pork Chops *see CI Meat Book p203*
 Soft Boiled Eggs 2-1
 Sopa Seca de Fideos 4-4
 soup
 Salmorejo 6-10
 sous vide 2-1
 Poached Chicken 2-1
 Yogurt 2-1
 Steak 5-6
 sweet potatoes
 Mashed Sweet Potatoes 6-8

T

- Tacos 5-6
 Thanksgiving 4-5
 Tiramisù *see* CI Cookbook p700
 tomatoes
 Salmorejo 6-10
 Triple-Chocolate Mousse Cake *see* CI Baking Book p322
 turkey
 Thanksgiving 4-5

U

- Ultimate Chocolate Chip Cookies *see* CI Science

p415

V

- Vietnamese Braised Chicken 5-5
 Vodka Cream Sauce (for pasta) *see* ATK 30-min p160

Y

- Yogurt 2-1

Z

- zucchini
 Pan Seared Zucchini 6-9