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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.

## **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

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### 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)

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Pesto	CI Cookbook p161
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Pulled Pork	CI Meat Book p244
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Smothered Pork Chops	CI Meat Book p203
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# Chili

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## 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
3. Add black beans and corn and cook for 1 hour.

# Punjabi Meat Curry

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## 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

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## 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. 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

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## Sides

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

<sup>†</sup>: 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.

- 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.

### Gravy

- See Pan Sauces on page 9-3.

## Notes

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### **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
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Fried Chicken .....	CI Meat Book p404
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Pan-Seared Shrimp .....	CI Cookbook p455
Pan-Seared Thin Fish .....	<i>see</i> Notes 5-6
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Shrimp Scampi .....	CI Cookbook p455
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## Chicken Kebabs

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### 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

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## 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

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## 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

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## 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

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### 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

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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
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## Agrodolce Pearl Onions and Shallots

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### 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. Taste using an apple cube and add additional lemon or sugar if needed.
2. Prepare the dressing. Mix brown sugar with lemon juice until fully dissolved, then add to yogurt.
3. Combine all ingredients.

# Asian Pasta Salad

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## 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

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## 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 minutes.
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

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### 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. ~30 seconds. Add oil and continue to blend until dressing is emulsified and smooth.
2. Combine 1/4 cup peppers, brine, 1/4 cup olives, garlic, and salt in blender until coarse paste forms,
3. Combine pasta mixture, tomatoes, 1/4 cup banana peppers (chopped), 1/4 cup olives (quartered), and dressing. Toss to coat.

## Cranberry Relish

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### 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. chopped into pea-sized pieces, about 15-20 pulses.
- 2.** Add cranberries and pulse until berries are
- 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.  
stirring frequently, for 7 minutes, adjusting heat to prevent excessive browning (steam should be steadily escaping).
2. Drain potatoes and cook over medium heat,  
3. Off heat, add butter and salt. Whisk until butter is fully incorporated. Season with salt to taste.

## Pan Seared Zucchini

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### 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)

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### 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. ~2-3 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.
2. Add bread, vinegar, salt, and garlic to tomato puree and toss to combine.
3. Blend half of the tomato mixture until smooth,
4. To serve, garnish with chopped hard boiled eggs and prosciutto, drizzling with a little olive oil.

## Notes

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### **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

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## Baking Powder Biscuits

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### 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

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## Ingredients

**5** very ripe (i.e. black) bananas  
**100 g** sugar **ToDo: 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

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### 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

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## 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

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### 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.

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## Blackened Seasoning

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### 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

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### 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

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### 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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