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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

## 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, 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

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## Ingredients

**2** onion, 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 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
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 saute for 1 minute, stirring to prevent the spices from burning. Add the onion and saute 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. 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

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## 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

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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 of 15 minutes before carving.

# Dinners (standalone)

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Shrimp Scampi .....	CI Cookbook p455
Steak .....	<i>see</i> Notes 5-6
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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  
**1.25** kosher salt  
**1 Tbsp** hot sauce  
**2 lbs** boneless skinless chicken thighs, cut into 1-inch pieces

### Timeline

**Prep:** 00:45 + 1:00 marinate  
**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 a quarter turn every 5 minutes. Cook until meat registers 175°F, about 12 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  
 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

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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

## 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.

### **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
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# Apple Salad

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## 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. 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  
**1.25 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.

# Classic Pasta Salad

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## Ingredients

- 8 oz pasta
- 3/4 tsp salt
- 1 lb broccoli crowns, cut into bite-size pieces
- 1 can cannellini beans
- 1/4 cup + 1/4 cup jarred banana peppers
- 1/4 cup banana pepper brine
- 1/4 cup + 1/4 cup Castelvetrano olives, pitted, halved
- 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, 1/4 cup olives and dressing. Toss to coat.

## Cranberry Relish

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### 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. 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

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### 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. high heat until deeply browned, 8-10 minutes.
- 2.** Put oil in cold non-stick pan, arrange zucchini cut-side down in pan, and cover. Heat on medium-
- 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  
**Cook:** 00:00  
**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.

# 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

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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.

# Banana Chocolate Chip Muffins

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

## French Country Bread

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### 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

### 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. 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. 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.



# 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 mandoline. 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.

# Miscellaneous

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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** 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

## 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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