

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	see Notes 4-6
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	see Notes 4-6
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	see Notes 5-6
Indian Eggs	5-4

Pan-Seared Salmon	CI Cookbook p443
Pan-Seared Shrimp	CI Cookbook p455
Pan-Seared Thin Fish	see Notes 5-6
Red Sauce (for pasta)	ATK 30-min p157
Shrimp Scampi	CI Cookbook p455
Steak	see Notes 5-6
Tacos	see Notes 5-6
Vietnamese Braised Chicken	5-5
Notes	5-6
Sides	6-1
Apple Salad	6-2
Asian Pasta Salad	6-3
Classic Pasta Salad	6-4
Coleslaw	CI Cookbook p57
Cranberry Relish	6-5
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 6-9
Mashed Sweet Potatoes	6-6
Pan Seared Zucchini	6-7
Potato Salad	CI Cookbook p59
Rice Pilaf	CI Cookbook p222
Salmorejo (chilled tomato soup)	6-8
Notes	6-9
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 Chocolate Chip 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. 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</i> Notes 4-6
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</i> Notes 4-6
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

Chili

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. 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

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 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

Sides

apple salad (p6-2)

biscuits (p8-2)

cranberry relish (p6-5)

cornbread dressing

green beans or asparagus

mashed potatoes (p6-9)

pumpkin pie (CI Cookbook p720)

sweet potato casserole (**ToDo**)

Notes

Turkey

- Brine the day before in the morning. Use 1.5 cup 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

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

Notes

Pork Roast

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

Leg of Lamb

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

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</i> Notes 5-6
Indian Eggs	5-4
Pan-Seared Salmon	CI Cookbook p443
Pan-Seared Shrimp	CI Cookbook p455
Pan-Seared Thin Fish	<i>see</i> Notes 5-6
Red Sauce (for pasta)	ATK 30-min p157
Shrimp Scampi	CI Cookbook p455
Steak	<i>see</i> Notes 5-6
Tacos	<i>see</i> Notes 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
1.25 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. 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, sautéing until the onion begins to turn light brown. Add the hot peppers, ginger, garlic, turmeric, ground
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

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. frequently, until aromatic, about 30 seconds. Add the chicken and cook, stirring frequently, until no longer pink. Add the sliced peppers.
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
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

Apple Salad	6-2
Asian Pasta Salad	6-3
Classic Pasta Salad	6-4
Coleslaw	CI Cookbook p57
Cranberry Relish	6-5
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 6-9
Mashed Sweet Potatoes	6-6
Pan Seared Zucchini	6-7
Potato Salad	CI Cookbook p59
Rice Pilaf	CI Cookbook p222
Salmorejo (chilled tomato soup)	6-8
Notes	6-9

Apple Salad

Ingredients (yields 4 servings)

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

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

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.

Classic Pasta Salad

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
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

Ingredients

1/3 cup sugar **ToDo: consider 1/4 cup**
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

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)

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

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 Chocolate Chip 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.

Banana Chocolate Chip Muffins

Ingredients

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

Timeline

Prep: 00:10

Cook: 00:20

Total: 00:30

Directions

1. Preheat oven to 350°F. 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

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

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

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

Angel Food Cake *see* CI Baking Book p270
 Apple Pie *see* CI Cookbook p713
 Apple Salad 6-2
 Asian Pasta Salad 6-3

B

Baking Powder Biscuits 8-2
 Banana Bread *see* CI Baking Book p27
 Banana Chocolate Chip 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

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
 Tiramisù *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 6-4

Coleslaw *see* CI Cookbook p57

cookies

 Gingerbread Cookies *see* CI Cookbook p642

 Ultimate Chocolate Chip Cookies .. *see* CI
 Science p415

Cornbread Dressing 6-9

crab

 Crab Cakes *see* CI Cookbook p450

Crab Cakes *see* CI Cookbook p450

Cranberry Relish 6-5

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 6-9
 Mashed Sweet Potatoes 6-6
 Meatloaf *see* CI Cookbook p391
 muffins
 Banana Chocolate Chip Muffins 8-3
 Blueberry Muffins *see* CI Baking Book p42

P

Pan Seared Zucchini 6-7
 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 6-3
 Bolognese Sauce · *see* CI Cookbook p193
 Classic Pasta Salad 6-4
 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 6-9
 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 6-2
 Asian Pasta Salad 6-3
 Classic Pasta Salad 6-4
 Cucumber Salad *see* CI Cookbook p45
 Potato Salad *see* CI Cookbook p59
 Salmorejo 6-8
 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 6-8
 sous vide 2-1
 Poached Chicken 2-1
 Yogurt 2-1
 Steak 5-6
 sweet potatoes
 Mashed Sweet Potatoes 6-6

T

Tacos 5-6
 Thanksgiving 4-5
 Tiramisu *see* CI Cookbook p700
 tomatoes

Salmorejo 6-8
 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 6-7