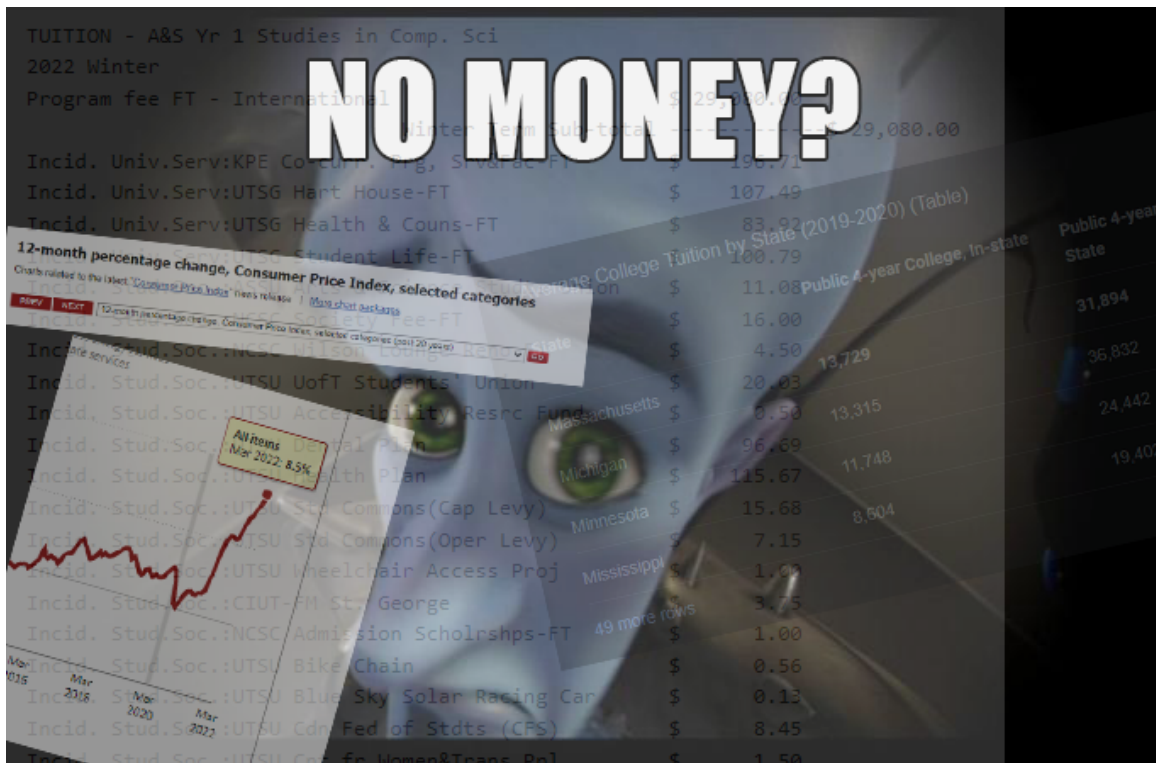


The Broke College Student's Cookbook

by Ian Huang



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Introduction

This summer, I decided to learn how to cook. This is a collection of Asian recipes I found or know of that I tried and have deemed fast/easy enough that even your average college student (me) can do them. While these recipes' ingredients aren't necessarily considered dirt cheap, they are generally inexpensive, easy to find, and not overly specific. Additionally, most of these recipes share many ingredients in common. This is to minimize the amount of time you will need to spend grocery shopping.

Definition.

We say that an object O is **food** when

$$O \in \{\text{things that have calories}\}$$

By this definition, instant noodles, dead skin, and gasoline are all foods. We denote the set of all foods \mathcal{F} .

This cookbook assumes that you have the following:

- A working stove
- An air fryer
- A rice cooker
- Working cutlery
- Many green onions
- A substantial quantity of soy sauce (maybe buy the low-sodium kind for the sake of your arteries)
- At least a semester of linear algebra
- White rice with which to eat your food¹

Household recipes often involve eyeballing. Measurements may or may not be included. If they are not included, use your best judgement. Even if they are included, they are meant to be a suggestion about relative amounts. This is lunch, not your organic chemistry lab.

Many of these recipes are adapted from ones found on the internet. I would give credit, if I knew how to use hyperlinks in LaTeX properly². Something something good artists borrow, great artists steal.

¹Mandatory.

²More importantly, I don't want people to know how many of these recipes I stole off of TikTok.

1 Chinese Food

Chinese cooking contains everything from eggs that are hundreds of years old to chili peppers served in chili oil. The following section contains Chinese dishes that are not inherited from my family, but rather from the Internet. Chinese dishes are often more difficult to make or require very specific ingredients, so there will not be an abundance of recipes here.



1.1 Egg Drop Soup (蛋花湯)

This soup can be made in any quantity, but it may be helpful to get a sense of the proportions. Hence, this recipe has been generalized for any amount of soup that you desire to make.

Ingredients

- Carrots, peas, corn, etc.
- Eggs
- Corn starch
- Chicken stock or chicken bouillon
- White pepper
- Sesame oil

1. Let $n \in \mathbb{N}$ arbitrarily.
2. Add n cups of water (chicken stock if you have it) to a pot and bring to high heat.
3. While the water is boiling, dice the carrots. Crack $\frac{1}{2}n \pm 1$ eggs into a bowl and beat well. It may be useful to add a small bit of water to the eggs to help them “flower” better.
4. Once the water has boiled, add the vegetables to the pot and cover.
5. Mix $\frac{1}{2}n$ tbsp cornstarch, $\frac{5}{6}n$ tbsp water³ in a bowl until there are no more clumps of cornstarch. Pour slowly while mixing into the pot. Continue stirring until the soup begins to thicken.
6. In a similar manner, slowly pour the egg into the soup while mixing. Once all the egg has been poured, turn off the heat.
7. If you didn't use chicken stock, add your chicken bouillon. Add salt, white pepper, and sesame oil to taste.
8. Add green onions on top to serve.

³If you don't have a calculator on hand, use $\frac{5}{6} \approx 1$.

1.2 Tomato Egg (番茄炒蛋)

Ingredients

- Red tomatoes
- Eggs
- Minced ginger (optional)
- Corn starch

1. Slice the tomatoes into wedges. Set aside.
2. Mix one part cornstarch and four parts water into a bowl. Set aside.
3. Crack eggs into a bowl. Add seasoning (see below).
4. Add about a tablespoon of oil to a pan.
5. When the oil is hot, add the eggs to a pan and gently push them around. Maybe flip them too. To keep the eggs fluffy, lower the heat as they are being cooked.
6. The eggs shouldn't be too cooked. When they're done, set them aside.
7. Add more oil to the pan if needed. Add the ginger (optional) and the tomatoes. Add a bit of water to help the tomatoes soften. Add salt and sugar as desired.
8. After a few minutes of cooking, add your cornstarch water to thicken the tomatoes. Cook for a bit, then add the eggs and mix. The eggs should soak up the residual tomato juice in the pan. To prevent a "raw tomato" taste, add ketchup.

Seasoning the Eggs

The eggs can be seasoned using just salt, but you can also add white pepper, sesame oil, and cooking wine if desired. Alternatively, see the recipe below for scrambled eggs.

1.3 Scrambled Eggs

This is a recipe that has been used in my family for several generations. It represents a significant improvement over plain scrambled eggs.

Ingredients

- Egg(s)
- Soy sauce
- Sugar
- Cooking wine

1. Beat eggs.⁴
2. Add other ingredients and mix well. The batter should turn brown, but not too brown.
3. Stir fry as desired.

⁴Visualize the eggs as your children who got less than a 1500 on the SAT.

1.4 Generic Stir Fried Eggs

Ingredients

- Onion
- Egg(s)
- Chili peppers
- **Sauce**
 - Soy sauce (2 parts)
 - Oyster sauce (1 part)
 - Dark soy sauce, or more soy sauce ($\frac{1}{2}$ part)
 - Salt
 - Chicken boullion (just a bit)
 - Liquid starch (water + cornstarch) (a lot)

1. Scramble eggs.
2. Cook onions and peppers together in a separate pan.
3. Mix sauce, then combine with eggs, onions, and peppers. Stir fry.

1.5 Century Egg and Pork Congee (皮蛋瘦肉粥)

From personal experience, this is a great dish to eat if you have a hangover.

Ingredients

- Jasmine rice
- Century eggs; you can find these at your local Chinese supermarket, or make them yourself by leaving some eggs out in the sun for one-hundred years.
- Pork shoulder or pork butt ($\frac{1}{2}$ lb)
- Minced ginger
- Green onion
- Dried scallops (optional)

1. Let $n \in \mathbb{R}^+$ arbitrarily. If you're unsure, take n to be 1.
2. Obtain, by some way or another, n cups of rice. Wash well (you should be doing this anyway).
3. Soak the rice in clean water, just enough to fully cover the rice, and add salt and oil (about a teaspoon of each). Leave for 30-60 minutes (or like 10 minutes if you're impatient).
4. If you have dried scallops, break them apart and wash them.
5. Pour $8n$ cups of water into a large pot. If you have dried scallops, add them. Bring to a rolling boil.
6. When the water has boiled, add your rice along with the water in which it was soaked. Turn the heat to medium, and cover. Wait until it returns to a boil.
7. Give it *one stir* (if you stir it too much it may stick to the pot). Put the lid back on, but leave a gap for steam to escape. Keep at a boil, but make sure it does not boil over.
8. Cut pork into thin strips. Rinse to remove gamey taste.
9. Add minced ginger, salt, white pepper, equal parts cornstarch and water, and baking soda (optional) to a bowl. Mix well, add pork, mix, add some sesame oil, then mix again.
10. Cut green onions.
11. Peel the century eggs and cut into wedges.
12. The congee should have been cooking for about 20 minutes by this point. Remove the lid, turn heat to low, and take a whisk and mix it. This will thicken the congee. If it becomes too thick, add hot water.

13. Add your pork. Stir gently. Once the pork turns light brown, taste the congee. If it needs salt, add it. Gently mix in pieces of century egg. Serve with green onions.

2 Japanese Food

Despite its long and rich history, the island nation of Japan is presently known for undercooking their fish and underaging their cartoon girls. This section contains a subset of dishes from this region, focusing mainly on recipes that do not involve prohibitively expensive seafood.



2.1 Chicken Katsu

This recipe takes a while, but is not very hard to make. Make this only if you have time and you like doing dishes.

Ingredients

- Napa cabbage (optional)
- Chicken breast
- AP Flour
- Eggs
- Panko breadcrumbs
- Frying oil (vegetable oil)
- **Tonkatsu sauce**
 - Minced garlic
 - Minced ginger
 - Soy sauce (2 tbsp)
 - Dark soy sauce, or oyster sauce, or more soy sauce (1 tbsp)
 - Mirin (1 tbsp)
 - Black vinegar, or rice wine vinegar (1 tbsp)
 - Oyster sauce (1 tbsp)
 - Ketchup (1 tbsp)
 - Brown sugar (to taste)

1. Butterfly-cut the chicken breast.
2. Make three bowls. One containing the flour, the other containing several beaten eggs, and the third containing bread crumbs. To avoid over-breading the chicken, keep only a small amount of bread crumbs at a time in the third bowl.
3. For each chicken cutlet, first coat it in flour, then in the egg, then in the bread crumbs. Press down firmly to coat it well.
4. Deep fry in oil heated to 375°F. Place flat side down and cook for 3-5 minutes, then flip and cook for another 3-5 minutes. After each cutlet is fried, any excess panko crumbs in the oil should be removed.

5. Place each cutlet on a cooling rack or paper towel to avoid them getting soggy.
6. Mix wet tonkatsu sauce ingredients together.
7. Coat a pan or wok in oil, fry the garlic and ginger together, then add to the sauce.
8. Slice each cutlet slightly diagonally.
9. Plate the katsu on a bed of cabbage, and optionally with green onions (cut as thinly as possible) and rice.

2.2 x Curry

This recipe is based off a recipe for chicken curry. However, you can just as easily use beef, pork, seafood, tofu, etc. We will call this ingredient x . This recipe also uses potatoes and carrots, but you can kind of add whatever you want. This recipe is also good if you want to make a lot of food at once.

Note: If you are using chicken, you will want to use boneless, skinless chicken thighs or chicken breast. Make sure that you remove any fat trimmings from the chicken beforehand.

Ingredients

- $x \in \mathcal{F}$
- Carrots
- Potatoes
- Onions
- Curry block (if you don't know what I'm talking about, see below)
- Minced garlic
- Ginger
- Condiments (see below)

1. Chop the onions into large, wide slices; peel the potatoes and cut into large chunks; slice the carrots into large chunks.
2. Heat some oil in a large pot and add the onions. Ideally, you want to caramelize the onions, but cook at least until they are translucent.
3. Add the minced garlic and ginger. The ginger may be minced or grated. Mix well.
4. Add x and cook. If it is chicken, cook until it is no longer pink.
5. Add water (or chicken stock, but this may make it too salty).
6. Add your condiments (see below), carrots and potatoes; the broth should just barely cover the ingredients.
7. Cover and simmer on medium to medium-low heat; stir occasionally. If the broth begins to boil, remove any foam from the surface. Cook until the potatoes are soft.
8. Lower the heat, and add your curry block. For a full-sized portion of curry (i.e. 1½ lb of chicken worth), you may need use the entire package.

9. Simmer uncovered until the curry becomes thick. This should take about 5-10 minutes. If it is too thick, add water. If it is too thin, add more curry block or add flour.

Condiments

Any number of condiments can be added to change the flavor of the curry. As a default, you can just use soy sauce, but any of the following ingredients may be added:

- Soy sauce
- Grated apple
- Ketchup
- Honey
- Cumin
- Bay leaf
- Chili powder
- Black pepper
- Oyster sauce
- Yogurt
- Mirin
- Sake

Curry Block?

Curry block or curry roux is an oftentimes store-bought chunk of curry essence used to quickly make curry. This is the brand that I would say is most commonly used:



3 Korean Food

The country of Korea is known for revolutionizing the culinary world by fermenting cabbages. As my Korean friend once said, "If you think about it, yogurt is just fruit kimchi".



3.1 Air Fryer Pork Belly

This dish is really easy to make and is absurdly good.

Ingredients

- Pork belly (assumed about 1lb)
- Minced garlic (2 tbsp)
- Minced ginger (2 tbsp)
- Gochujang ($\frac{1}{2}$ tbsp)
- Honey (3 tbsp)
- Sesame oil (1 tbsp)
- Apple cider vinegar ($\frac{1}{2}$ tbsp)
- White sesame seeds (toasted)

1. Prepare the marinade by mixing all other ingredients. Use $\frac{3}{4}$ of the marinade to marinate the pork belly for at least 30 minutes and save the rest for later use.
2. On a lightly greased aluminum foil, air fry the pork belly slices at 380°F for about 12 minutes, stir about 2 times in between, until the meat is cooked through.
3. In the meantime, use a saucepan to heat the remaining of the marinade on the stovetop. Stir constantly until the sauce thickens. When the pork is done, toss with the sauce.
4. Serve with green onions or whatever.

3.2 Side Dishes - Kongnamul Muchim (콩나물무침)

Kongnamul muchim is the salted soybean sprouts they serve as a side dish at Korean restaurants. This is a very easy recipe to make if you're lazy and don't feel like cooking.

Ingredients

- Soybean sprouts (rinse first)
- Salt (for salting the water; idk maybe about a tsp)
- Minced garlic
- Green onion
- Gochugaru (chili powder or your leftover gochujang also works)
- Fish sauce or soy sauce
- Sesame seeds
- Sesame oil

1. Place bean sprouts in a pot with salt and a half cup of water. Cover, and turn to medium-high heat for 10 minutes and let boil.
2. While the bean sprouts are cooking, mix everything else together in a bowl.
3. Drain the bean sprouts and run under cold water to cool them off.
4. Mix your sauce with the bean sprouts.

3.3 Side Dishes - Sigeumchi Namul (시금치나물)

Ingredients

- Spinach, rinsed
- Minced garlic
- Green onion
- Soy sauce
- Sesame oil
- Sesame seeds

1. Boil water in a large pot.
2. Add the spinach and boil for 30-60 seconds with the lid off, stirring consistently.
3. Quickly remove the spinach and run under cold water or place in a bowl of ice water.
4. Drain spinach and squeeze excess water. Cut into smaller pieces.
5. Mix with garlic, green onion, soy sauce, sesame oil, and sesame seeds by hand.

3.4 Kimchijeon (김치전)

Also known as kimchi pancake.

Ingredients

- Kimchi, chopped into small pieces ($\frac{1}{2}$ lb)
- Green onion, chopped
- Sugar ($\frac{1}{2}$ tsp)
- AP Flour ($\frac{1}{2}$ cup)

1. Combine kimchi, 2 tbsp of kimchi brine, green onions, sugar, flour, and water in a bowl. Mix well.
2. Coat a skillet in 2 tbsp of oil and bring to temperature over medium heat.
3. Pour the batter in the pan and cover evenly (y'know, make a pancake).
4. Cook until the bottom is golden brown.
5. Flip; add some more oil. Cook until the bottom is golden brown. Flip again and cook for another minute.

3.5 Kimchi Jjigae (김치찌개)

Kimchi jjigae is a type of kimchi stew. This recipe is designed to be as quick as possible. You may want to cook this in one of those stone bowls they serve at Korean restaurants.

Ingredients

- Kimchi (you may want to cut into smaller pieces)
- Minced garlic
- Onion
- Pork loin, pork belly, or pork shoulder
- Fish sauce
- Soy sauce
- Gochugaru, or chili powder
- **Optional:** green onions, tofu

1. Add oil to a pot, add minced garlic and slices of onion. Stir fry.
2. Add pork.
3. Add kimchi.
4. Add water.
5. Add fish sauce, soy sauce, and chili flakes.
6. Simmer; optionally, add green onions and tofu.

3.6 Ramen Fried Rice

I most certainly stole this one off of Tiktok (@yoriyongd). This recipe is classified as “Korean” because the video that this is from is in Korean.

Ingredients

- One (1) cup of cup noodles
- Green onion
- Egg
- Leftover rice

- Remove the dried noodles from the cup, and place in a plastic bag. Beat the shit out of it.
- Put the included flavor powder into the bag and shake it.
- Pour the contents of your bag back into the cup. Pour about half a cup of hot water into the cup, cover, and let cook for a few minutes.
- Put oil in a pan and fry some sliced green onions (use the white side). Crack an egg into the pan and scramble it with your onions.
- Add the rice and stir fry.
- Add your cooked cup noodles. You may want to drain them a bit first. Stir fry some more.

3.7 Beef Bulgogi (불고기)

Isn't ribeye steak expensive? I hear you ask. To this, I would have you look up pictures of beef bulgogi and then still try to convince yourself that steak is not worth buying. Alternatively, you can also use pork shoulder.

Ingredients

- Boneless ribeye steak or pork shoulder (1½ lb)
- One asian pear or red apple, peeled and coarsely grated
- Soy sauce (2-3 tbsp)
- Brown sugar or honey (2 tbsp)
- Sesame oil (1 tbsp)
- Minced garlic (about 3-4 cloves worth)
- Grated ginger (1 tbsp)
- Gochujang (1 tbsp)
- Green onions, thinly sliced
- Sesame seeds (1 tsp, optional)

1. Slice the steak across the grain⁵ as thinly as possible (a fourth to an eighth of an inch thick). To help slice the steak, it may be helpful to first place it in the freezer for about half an hour.
2. In a bowl, combine fruit, soy sauce, brown sugar, sesame oil, garlic, ginger, and gochujang (maybe add some green onions too). Mix and use to marinate the steak in a plastic bag for at least half an hour to overnight.
3. Heat 1 tablespoon of oil in a cast iron pan or just a regular pan if you don't have a cast iron pan. Place in a single layer and cook as desired.
4. Serve with green onions and optionally sesame seeds.

⁵Perpendicular to the lines in the meat.

4 South Asian and Southeast Asian Food

In this section are recipes from countries where “mild” means “really fucking spicy”.



4.1 Pad See Ew

The ingredients list for this recipe is very long, mainly because there are a lot of different ways that this dish can be made. The dish itself is not too difficult to make.

Ingredients

- Rice noodles; any of the following will work:
 - Sen yai (these are the noodles that pad see ew is traditionally made with, but they may be difficult to find)
 - Chow fun (should be bought fresh and not refrigerated)
 - Any other dry rice noodle; ideally as wide as possible
- Greens; any of the following will work:
 - Chinese broccoli/Gai lan
 - Bok choy
 - Regular broccoli
- Thinly sliced meat; any of the following will work:
 - Chicken thigh or chicken breast
 - Lean beef
 - Pork
 - Shrimp (maybe don't thinly slice this)
 - Fried tofu (also don't thinly slice this)
- Eggs; lightly beaten (one or two, maybe even three if you like eggs)
- Marinade: (any marinade will work; don't think too hard about this part)
 - Soy sauce
 - Cooking wine
 - White pepper
 - Corn starch
 - Oyster sauce

Ingredients continue on next page

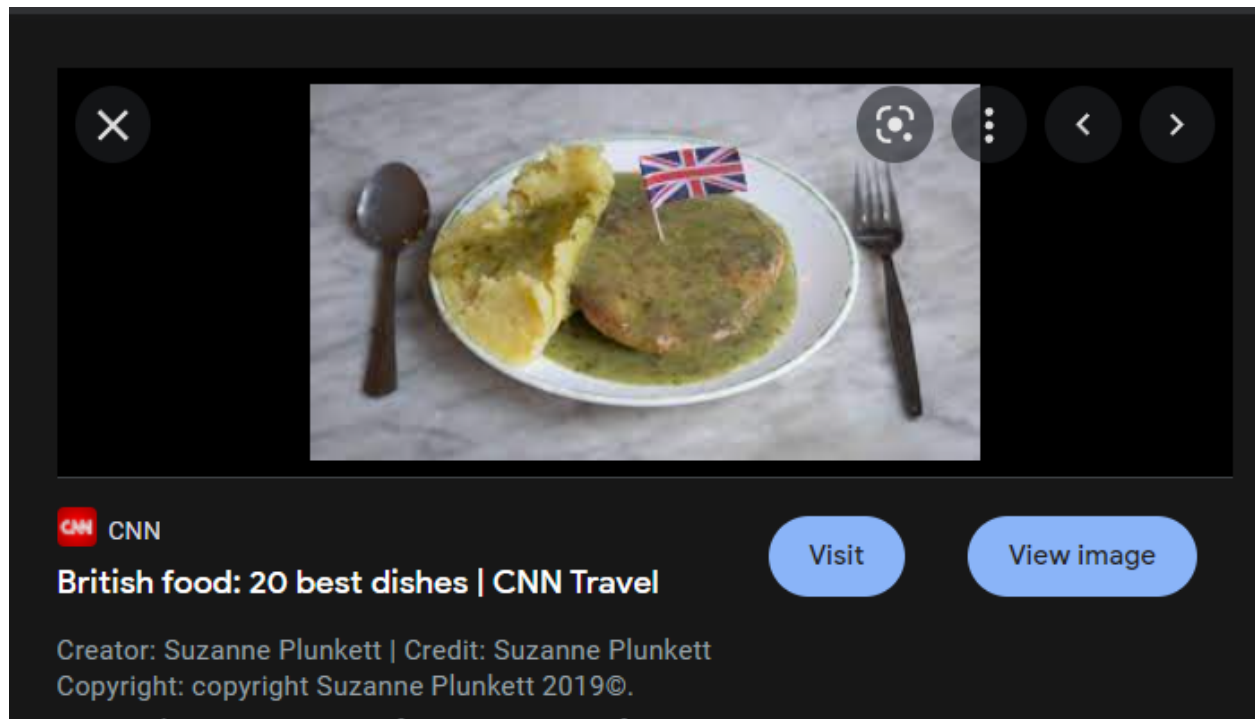
Ingredients

- Pad see ew sauce:
 - Soy sauce (4 tbsp)
 - Dark soy sauce (2 tbsp)
 - Black vinegar, or rice vinegar (2 tbsp)
 - Fish sauce (2 tbsp)
 - Oyster sauce (2 tbsp)
 - Sugar (½ tbsp)
- Minced garlic
- Minced ginger
- Thai chili peppers, or regular chili peppers; cut into small pieces (optional)

1. Create your marinade, and mix well with the meat. Let this sit for at least 10 minutes.
2. Mix your pad see ew sauce and set aside.
3. Heat cooking oil in a large skillet or wok, and briefly stir fry the garlic, ginger, and peppers (optional) over high heat. The stove should remain on high heat for the duration of cooking.
4. Add your meat; be careful not to add your marinade as well.
5. Cook for a couple minutes (if chicken, cook until browned).
6. Remove the meat from the pan and set aside. Add greens and stir-fry, then add noodles.
7. Add the meat back in and add sauce. Mix well, then add beaten eggs.
8. Continue cooking until the eggs have solidified and the noodles are slightly toasted.

5 Western Food

This section is dedicated to white people food.



5.1 Peanut Butter and Jelly Sandwich

Ingredients

- Sandwich bread (2 slices)
- Peanut butter
- Jelly, or jam

- Spread peanut butter on one slice of bread, and jelly on the other.
- Place the two pieces together to form a sandwich.
- Optionally, remove the crust.

6 Appendix

Substitutions and Ingredient Clarifications

- Light soy sauce and “soy sauce” are not the same, but are usually interchangeable. Dark soy sauce is stronger and thicker than regular soy sauce. While not as interchangeable, it can be substituted with regular soy sauce.
- Green onions, scallions, and spring onions are essentially the same thing; they are technically differentiated by age, but realistically, nobody cares. Chives are a different species of plant altogether.
- Dark sesame seeds taste stronger than white sesame seeds.
- For fried rice, leftover rice is often better. If you only have fresh rice, you can stick it in the freezer for a little bit to quickly turn it into leftover rice.
- “Oil” refers to any vegetable oil (e.g. canola oil) unless otherwise specified.

Unit Conversions

All measurements in this cookbook use Imperial units. This is because I am an American. Because this is a cookbook, not a bakebook, you really shouldn’t need to measure that carefully.

- 1 tbsp \approx 15 mL
- 1 tsp \approx 5 mL
- 1 cup \approx 240 mL

°F	°C (approx.)
0	-18
100	38
125	51
150	65
175	79
200	93
225	107
250	121
275	135
300	149
325	163
350	177
375	191
400	204
425	218
450	232

Set Notation

A *set* is a collection of different things, usually numbers. If we have some set S , and an *element* of S called a , we write $a \in S$ to denote that a is an element of S . To define a set using its elements, we would use curly braces; for instance, the set S of even numbers between one and ten (exclusive), would be written:

$$S = \{2, 4, 6, 8\}$$

\mathbb{N} refers to the set of natural numbers, which we define in this cookbook as starting at one.

$$\mathbb{N} = \{1, 2, 3, 4, \dots\}$$

Notice that \mathbb{N} has infinitely many elements. Under Zermelo-Fraenkel set theory, this is perfectly fine.

Likewise, \mathbb{R} refers to the set of all real numbers. It is defined as such:

- \mathbb{R} is a field, that is, the operations of multiplication and addition under elements $a, b, c \in \mathbb{R}$ satisfy the properties:

1. $a + (b + c) = (a + b) + c$
2. $a \cdot (b \cdot c) = (a \cdot b) \cdot c$
3. $\exists 0, 1 \in \mathbb{R}, a + 0 = a, a \cdot 1 = a$
4. $\forall a \in \mathbb{R}, \exists(-a), a + (-a) = 0$
5. $\forall a \in \mathbb{R}, \exists(a^{-1}), a \cdot a^{-1} = 1$
6. $a \cdot (b + c) = (a \cdot b) + (a \cdot c)$
7. \mathbb{R} is closed under multiplication and addition
8. Multiplication and addition are uniquely determined

- For all $x, y, z \in \mathbb{R}$,

$$x \geq y \implies x + z \geq y + z$$

- For all $x, y, z \in \mathbb{R}$,

$$(x \geq 0 \text{ and } y \geq 0) \implies xy \geq 0$$

- Let $S \subseteq \mathbb{R}$, where $S \neq \emptyset$. If S has an upper bound in \mathbb{R} , then $\sup S \in \mathbb{R}$.

This definition is of great culinary importance, and you should come back to it while you wait for your water to boil.