

Recipes I want to keep track of

Food

In no particular order



O'RLY?

Patrick McMackin

Contents

I	SPICY-SWEET SAMBAL PORK NOODLES	4
II	HALAL CHICKEN AND RICE	5
III	BASIC CHICKEN CURRY	6
IV	SLOW COOKER CHICKEN TACOS	7
V	BEEF CHILI	8
VI	ENCHILADAS VERDE CON POLLO	9
VII	PEANUT CHICKEN BAKE	10
VIII	BAKED CHICKEN WINGS	11
IX	PICKLED ONIONS	12
X	HONEY SRIRACHA MEATBALLS.	13
XI	CURRIED CAULIFLOWER, REFRIED BEANS & CHICKEN	14
XII	SLOWCOOKED ASIAN CHICKEN	15
XIII	JAMBALAYA	16
XIV	HABANERO CHIMICHURRI PASTA SALAD.	17
XV	SHRIMP AND GRITS	18
XVI	RED BEANS AND RICE	19
XVII	CREAM OF MUSHROOM BEEF STROGANOFF	20
XVIII	BISCUITS AND SAUSAGE GRAVY	21
XIX	CHRISTMAS CHEX MIX	22
XX	CAESAR SALAD	23
XXI	KOREAN BEEF.	24
XXII	CLAM CHOWDER	25
XXIII	RAGU BOLOGNESE.	26
XXIV	BEEF SHORT RIBS	27
XXV	BRICK CHICKEN.	28
XXVI	CHICKEN KARAHI	29
XXVII	TORTELLINI, SPINACH AND CHICKEN SOUP.	30
XXVIII	PORK ROULADE	31

XXIX	TINGA POBLANA.	32
XXX	SHEPARD’S PIE	33
XXXI	MEATLOAF	34
XXXII	TUSCAN CHICKEN	35
XXXIII	GUMBO	36
XXXIV	POTATO HASH.	37
XXXV	MISSISSIPPI POT ROAST.	38
XXXVI	CHICKEN TIKKA MASALA	39
XXXVII	CHIPOTLE BOWL	40
XXXVIII	FELJOADA	41

SPICY-SWEET SAMBAL PORK NOODLES

From Bon Appetit

Serves: 6–8

- 4 Tbsp. extra-virgin olive oil
 - 4 lb. ground pork, divided
 - 2" piece fresh ginger, peeled, finely chopped
 - 12 Garlic cloves, minced
 - 4 Tbsp. Sugar
 - 4 Tbsp. Tomato paste
 - 4 Sprigs basil, plus garnish
 - 2 Cup hot chili paste (such as sambal oelek)
 - 2 Cup soy sauce
 - 2 Cup unseasoned rice vinegar
 - 2 lbs ramen noodles
 - Salt/Pepper
 - 4 Tbsp. unsalted butter
 - 2-3 Broccoli crowns
1. Heat oil in a large wide heavy pot over medium-high. Add half of pork, breaking apart with wooden spoon. Cook until well browned underneath, about 5 mins. Turn and continue to cook until pork is browned on 2–3 sides, about 5 mins.
 2. Add ginger, garlic, sugar, and remaining pork and cook until meat is nearly cooked through, about 5 mins. Add tomato paste and 2 basil sprigs. Cook, stirring occasionally, until paste darkens, about 2 minutes.
 3. Add chili paste, soy sauce, vinegar, and 2 cups water. Bring to a simmer, reduce heat to low, and cook, uncovered and stirring occasionally, until sauce is slightly thickened and flavors have melded, 30–45 minutes.
 4. Dice broccoli finely, add to pot in last about 10 minutes of cooking
 5. Cook noodles in a large pot of boiling salted water, until 1 minute short of al dente. Add to sauce with butter and a splash of pasta cooking liquid. Simmer, toss, until sauce begins to cling to noodles, about 1 minute. Add basil.

HALAL CHICKEN AND RICE

From Ethan Chlebowski, optionally add red sauce (or make chicken spicy). Season aggressively and sear the chicken hard.

Serves: 6–8

- 4 lbs skinless Chicken thighs
 - Salt/Pepper
 - Cayenne
 - 5 whole cloves, crushed
 - Cumin
 - Oregano
 - 3 Garlic cloves
 - Lemon juice
 - Mayo
 - 2 Tbsp Butter
 - 1/2 Onion, diced
 - Turmeric
 - Smoked Paprika
 - 1 Bay leaf
 - 2 cups Basmati rice
 - 2 cups water or stock
 - plain Greek yogurt
 - 10 g white Vinegar
1. **Marinated Chicken:** Salt the chicken thighs and set them aside. Crush the cloves and cumin in a mortar and pestle. Add oregano, black pepper, cayenne, and garlic cloves into the mortar with the spices and crush into a rough paste. In a large mixing bowl, combine the lemon juice, mayo, and spice mixture. Add the chicken thighs and thoroughly coat the exterior. Cover and place in the fridge for up to 24hrs or cook right away.
 2. Place a pan over high to medium-high heat. Once hot, sear the chicken thighs until deeply browned. Chop the chicken into pieces in the pan
 3. **Yellow Rice:** Melt butter in a pot over medium heat. Add onion, cumin, turmeric, smoked paprika, pepper, and bay leaf. Stir aromatics together until fragrant but not burnt, about 30 seconds. Add the rice to the pan with the aromatics and mix. Lightly toast the rice and stir for about 2 minutes. Add chicken broth, turn up the heat, and cover the pan to bring to a boil. Turn the heat to the lowest setting. Let rice steam covered for about 20 mins
 4. Mix white sauce (2 parts mayo, 1 part yogurt, oregano, lemon juice, vinegar, salt, paprika, MSG, garlic powder) in bowl to taste, drizzel over chicken and rice. Serve with simple lettuce/tomato/onion salad and naan

BASIC CHICKEN CURRY

Optionally add MSG, lemon grass, curry powder, ect

Serves: 5–8

- 3 cups (dry) rice (cooked)
 - 4lbs chicken thighs
 - Cinnamon
 - Tumeric
 - Garam Masala
 - 1 Hot chili (diced)
 - 2 Bell peppers (diced)
 - 2 Large onion (diced)
 - 2" knob ginger (ground to paste)
 - 5–6 Cloves garlic (ground to paste)
 - Ground cardamom
 - Chili powder
 - Cayenne powder
 - Diced tomatoes (2x 28 oz cans)
 - 1–2 Cups stock
 - Coconut milk (2-3 140z cans)
 - Bay leaves
 - Diced coriander
 - Salt/pepper
- 1. Marinade chicken with oil, salt, 1 tbs tumeric, 1 tbs garam masala, 1/4 tps cinnamon**
 - 2. Brown chicken in batches. (No need to cook all the way)**
 - 3. Remove chicken, add chili, peppers, onion, garlic, ginger. Cook**
 - 4. Add 1/4 tps ground cardamom, 1 tbs garam masala, 1 tbs chili powder, cayenne powder, salt, pepper and bay leaves. Bloom spices. (Add spices generously, and "by the heart")**
 - 5. Return chicken to pot, add tomatos, stock**
 - 6. Simmer about 30 minutes without lid**
 - 7. Add coconut milk, cook another 15–20 mins**
 - 8. Mix in diced coriander, serve over rice**

SLOW COOKER CHICKEN TACOS

Dead easy

Serves: 6–8

- Chicken breast (4–5 lbs)
 - Black beans drained (28oz can)
 - Corn drained (14oz can)
 - Taco seasoning package
 - Ranch seasoning package
 - Adobo peppers (2-3)
 - Crushed/diced tomatoes (28oz can)
 - Cream cheese (3/4 package)
 - Cilantro
 - Salt/Pepper + whatever spices (Cumin...)
- 1. Slowcook 3 hours on high**
 - 2. Remove and shred chicken**
 - 3. Return chicken, add chopped cilantro**
 - 4. Serve on wraps or with rice**

BEEF CHILI

From J Kenji Lopez-Alt

Serves: 6–8

- 3lbs Ground beef
 - 2 Onions
 - 6ish Cloves garlic
 - 6ish Anchovy fillets
 - 1 small can of Peppers in adobo
 - 1 tbps Oregano
 - 1tbps Cumin
 - 1/2 cup Tomato paste
 - 28oz can Tomato (whole or chunk)
 - 28oz can Black beans (or kidney)
 - 2ish cups Frozen corn
 - 1-2 cups Chicken stock
 - 3 thps Instant cornmeal (maseca)
 - 1 tbps Cocoa powder
 - MSG
 - Worcestershire sauce
 - Soy Sauce
 - 1 tbps Brandy
 - 3 tbps Hot sauce
 - Salt/Pepper
- 1. Brown beef with oil fairly hard (in batches). Add diced onions to the end to soften, add garlic in last 60 seconds of cooking**
 - 2. Mash anchovy fillets with fork, dice peppers and add all ingredients to slowcooker on low for 8 hours (include adobo sauce). Salt/pepper**
 - 3. Serve with garnishes (greens, cheese, sour cream, cornbread ect)**

ENCHILADAS VERDE CON POLLO

From Adam Ragusea

Serves: 5–7

- 4 lbs chicken thighs (skinless)
 - 2 large White onions
 - White wine
 - Cumin
 - Coriander
 - Paprika
 - Salt/Pepper
 - 4–8 Jalpeños
 - 2 Limes
 - 4–5 Garlic cloves
 - Cilantro
 - 8oz Monterey Jack cheese
 - 16-20 7" Tortillas
1. Fry the chicken thighs in olive oil until browned, and remove.
 2. Roughly chop one of the onions and fry it in the same pot until golden. Put in maybe a teaspoon (or more) each of the ground cumin, coriander and paprika, grind in some pepper, and fry the spices for a minute. Put the chicken back in, and cover with about half white wine, half water. Salt. Cover, reduce heat to a simmer, and cook until the chicken begins falling about (30 mins).
 3. For the salsa verde, cut the chiles in half, scrape out and discard the seeds. Husk the tomatillos, rinse, and cut them in half. Roughly cut other onion. Put the veggies and lime into a wide pan and toss them in olive oil. Put the pan into the oven at 450 F. After the salsa has a bit of color, put in the whole peeled garlic cloves and stir. Cook maybe 20 mins total. Broil for a few minutes on high, Squeeze the lime juice and discard. Puree until smooth.
 4. Grate up the cheese. Put maybe half a cup of the salsa into the chicken, along with half of the cheese. Mix up the filling and check for seasoning.
 5. Grease a 7x11 inch baking dish. Dunk a tortilla into the salsa, scoop in a modest line of filling, and roll up the tortilla, seam-side down. Repeat until you've filled your baking dish and/or exhausted your filling. Spoon the extra salsa and cheese on top of the enchiladas. Bake uncovered until the cheese is browned, maybe 20 mins. Garnish with cilantro.

PEANUT CHICKEN BAKE

Personal Favorite, found on Reddit

Serves: 5

- 10 bone in, skin on Chicken thighs
 - 5-10 Chilis (anything hot)
 - 1 large Naval orange
 - 2-3 large Onions
 - 3/4 cup natural Peanut butter
 - 1 cup roasted Peanuts
 - Cilantro
 - 1/2 cup Soy sauce
 - 1/3 cup Fish sauce
 - 2-3 tbs Apple cider vinegar
 - 1/3 cup Brown sugar
 - 1 tbs Cumin
 - MSG
 - 2" knob Ginger
 - 5-7 cloves Garlic
 - White rice
 - Side veggie (Roast asparagus)
- 1. Brown chicken skin side down on stove at medium heat until golden, flip to other side for 1-2 minutes and set aside (should not be fully cooked yet)**
 - 2. In pot, cook sliced onion and chillis with salt and oil, add soy sauce, peanut butter, orange juice and zest, fish sauce, MSG, vinegar, cumin, grated ginger and garlic. Cook until smooth**
 - 3. In baking dish, pour sauce, then add chicken thighs on top. Skin should be exposed. Bake at 400 for 25-30 minutes or until done**
 - 4. Garnish with cilantro and diced peanuts, serve with over rice with side veggies**

VIII

BAKED CHICKEN WINGS

From J Kenji Lopez-Alt

Serves: 5

- 3 lbs Chicken wings
 - 3 tps Baking powder
 - 3 tps Salt
 - 3 tps Cornstarch
 - 1 cup butter
 - 1 cup Frank's Red Hot
1. Add teaspoon of salt, cornstarch, baking powder to every pound of wings
 2. Let sit skin-side up on baking sheet for a few hours (uncovered) in fridge
 3. Roast at 450F for 20 mins
 4. Flip, continue cooking for 15-25 mins (maybe flip more)
 5. Melt 4tbs butter with 4 tbs Frank's Red Hot (can add garlic)
 6. Toss with wings in bowl

PICKLED ONIONS

Add to anything, keeps for a week or two in fridge

Serves: 0

- Red onions
 - 1 part Vinegar
 - 1 part Water
 - Big pinch of Salt
 - Big pinch of Sugar
- 1. Very thinly slice the red onions from root to stem and add them to a jar.**
 - 2. Add equal parts vinegar and water to a pot (enough to cover the onions) with a big pinch of salt and sugar. Bring to a boil and pour over the onions.**
 - 3. Cover and let sit in the fridge for at least 2 hours before serving. The pink color will get deeper the longer they sit.**

HONEY SRIRACHA MEATBALLS

Mealprep with couscous and mixed frozen veggies

Serves: 6–8

- 4 lbs ground Meat (beef+pork works best)
 - 2 cups panko Breadcrumbs
 - 4 Eggs
 - 1/2 cup green Onion
 - 1 tsp. Garlic powder
 - Salt/Pepper
 - 1/2 cup Sriracha
 - 6 Tbsp Soy Sauce
 - 6 Tbsp Honey
 - MSG
 - 6 Tbsp Rice vinegar
 - 2" knob grated Ginger
 - 6 cloves miced Garlic
 - 1 tsp. Sesame oil
 - Tbsp Cornstarch
1. In a large bowl, mix together turkey, breadcrumbs, eggs, green onions, garlic powder and salt/pepper until well combined. Shape mixture into 1 1/2-inch balls and place spaced apart on prepared baking sheets lightly sprayed with cooking spray.
 2. Bake meatballs for 20 to 25 minutes at 375 F, broil last 2 mins
 3. Combine all the ingredients for the sauce in a small saucepan and bring to a boil over medium heat, whisking continuously. Reduce heat and simmer for 8 to 10 minutes (the sauce will start to thicken) then toss with the meatballs.
 4. Garnish with sesame seeds and green onion, serve over carbs

XI

CURRIED CAULIFLOWER, REFRIED BEANS & CHICKEN

A bastardization of cultures but I like it

Serves: 6-7

- 5 lbs skinless Chicken thigh
 - Basic marinade (whatever is cheap from the store)
 - Pinto Beans (28oz can)
 - 3-5 Poblano peppers
 - large Onion
 - Cayenne
 - Salt/Pepper
 - Cumin
 - 3 heads Cauliflower
- 1. Chop Cauliflower, toss in oil, salt, cayenne and curry powder. Roast at 425 for 25-35 minutes**
 - 2. Marinade chicken for at least one hour, grill**
 - 3. Dice onion and peppers, fry in large pan until soft. Add cumin, salt, cayenne and toast for 30 seconds.**
 - 4. Push veggies to the side, add drained can of beans on low heat and mash with large fork until mostly smooth**
 - 5. Mix beans and veggies together, season to taste**

SLOWCOOKED ASIAN CHICKEN

Not traditional in any sense

Serves: 5–7

- 4 lbs Chicken breast
 - 1 cup Soy sauce
 - 1 cup Honey
 - 1/2 cup Hoisin sauce
 - 2 Tbsp rice wine vinegar
 - 2 tsp Sesame oil
 - 2" Ginger, grated
 - 5–8 cloves Garlic, miced
 - 4 Tbsp Sriracha
 - Green Onion, sliced
 - 2 Tbsp Cornstarch
 - Sesame seeds
 - Rice or noodles
1. In a medium bowl whisk together soy sauce, honey, hoisin, vinegar, sesame oil, ginger, garlic, sriracha and the white parts only of the scallions
 2. Pour the sauce mixture on top of the chicken and slowcook for 2–3 hours on low. (Cooking time depends on the thickness of your chicken.)
 3. Remove the chicken from the liquid and place on a plate or cutting board. Allow the chicken to rest for a couple of minutes and then shred with two forks or slice it up with a knife.
 4. Transfer the liquid from the slow cooker to a small saucepan. Whisk in cornstarch slurry. Cook on high until bubbly and thickened, whisking constantly. Pour the sauce back in the slow cooker along with the shredded chicken and toss to coat.
 5. Serve immediately over rice or noodles with sesame seeds and green onions for garnish.

JAMBALAYA

Cook the roux as dark as possible, do not walk away and burn it. From Isaac Toups

Serves: 5–8

- 1 lbs Andouille sausage, sliced
 - 1–2 lbs boneless Chicken thighs
 - Scallions
 - 2 lbs ground Beef
 - Cumin
 - MSG
 - Salt/Pepper
 - Cayenne
 - 1 cup Vegetable oil
 - 1 cup Flour
 - 1 bag Celery
 - 3–4 Bell Peppers
 - 2–3 large Onions
 - Bay leaves
 - 5–8 cloves Garlic, crushed
 - 1 dark Beer
 - 2–4 cups Stock
 - cooked White Rice (3 cups dry)
- 1. Dice holy trinity (onion, peppers, celery), heat 1 cup oil on medium high. Add flour, mix well. Whisk continuously until the roux is the color of a chocolate bar (10–20 mins).**
 - 2. Add holy trinity and bay leaves. Cook for a few mins, then add garlic. Then slowly whisk in beer and maybe 1 cup stock. Remove from heat.**
 - 3. In seperate large pan a generous amount of fresh black pepper as well as cumin and cayenne (to taste) to ground beef. Once both sides are seared, give it a good chop. Add to pot of roux, deglass if needed**
 - 4. Add chicken stock, sausage, let simmer on low for about 45 mins. Meanwhile, sear chicken in pan (or grill), add to pot in last 10 minutes of cooking**
 - 5. Add cooked white rice, garnish and eat**

HABANERO CHIMICHURRI PASTA SALAD

Can replace pasta with something like farro, from Ethan Chlebowski

Serves: 6–8

- 4–5 lbs boneless Chicken thighs
 - 2 lbs dried Pasta
 - Cilantro
 - 2 orange Bell Peppers
 - 4–5 Onions
 - 2 containers cherry Tomatoes
 - 3 Habaneros
 - 2–3 Limes
 - 16 oz block Feta
 - 2 cloves Garlic
 - 5–6 Poblano Peppers
 - Pickled Onions
1. Slice 4ish onions into rings, and poblanos into large chunks. Toss in oil, salt/pepper. Grill until charred.
 2. Simply season chicken, add oil (or mayo) and grill. Slice
 3. Add 2 lbs pasta to boiling water and cook as directed. Meanwhile, slice cherry tomatoes in half and add to large mixing bowl
 4. To blender, add cilantro, habaneros (deseeded), garlic, olive oil, 1/2 onion, bell peppers and lime juice. Blend until smooth, season to taste
 5. Toss the pasta in the mixing bowl with 3/4's of the chimichurri. Add grilled onions, peppers, chicken and crumbled feta
 6. Serve hot or cold with pickled onion and extra chimichurri on top

SHRIMP AND GRITS

Cajun seasoning works well, from Babish

Serves: 5–7

- 2 lbs Shrimp with shell
 - smoked Paprika
 - Oregano
 - Garlic powder
 - Cayenne
 - Bay leaf(s)
 - green Bell Pepper
 - Onion
 - 2–3 green Onions
 - 3 gloves Garlic
 - Lemon juice
 - 6 Tbsp Butter
 - 1.5 cups Grits
 - 3 cups Stock
 - 3 cups Milk
 - 1/2 cup Parmesan cheese, grated
1. Combine stock, milk, and salt in a medium pot. Add the grits to the boiling liquid while whisking. Reduce the heat to low and simmer the mixture for 15–25 minutes. Stir occasionally
 2. Turn off the heat. Add the butter and cheeses to the grits and stir to combine them thoroughly. Season the grits to taste with more salt and pepper.
 3. Peel and devein the shrimp. Combine the reserved shrimp shells in a medium pot with the oil. Sear the shrimp shells for 1–2 minutes, then add the water, peppercorns, and bay leaf. Bring to a boil and cook until the water has reduced to 1 cup of liquid. Strain the stock
 4. Cook the bacon in a large high-sided skillet. Remove the bacon from the pan and chop into bite size pieces. Reserve
 5. Sear the shrimp for 30 seconds on each side in bacon fat. Transfer the par-cooked shrimp to a separate plate. Sprinkle shrimp with spice mixture (salt, pepper, paprika, oregano, garlic powder, and cayenne)
 6. Add onion, bell pepper, and green onion to the pan. Cook for 3–4 mins. Add garlic, cook another minute
 7. Deglaze the pan with the reserved shrimp stock. Simmer the vegetables for 3–5 minutes or until the liquid has reduced to about 1/2 cup.
 8. Add the shrimp back to the pan and cook until the shrimp is heated through, about 2 min. Finish the sauce with the lemon juice, tabasco sauce, and butter. Season to taste with more salt and pepper.

RED BEANS AND RICE

Easy slowcooker meal, serve over white rice

Serves: 7–9

- 1 bag Celery
 - 3–4 Bell Peppers
 - 2–3 large Onions
 - 4 lbs bulk Sausage
 - 7 cups Water
 - 1 lbs dried Red Beans
 - Frank's Red Hot
 - Salt/Pepper
 - 3 Tbsp Garlic powder
 - 3 Tbsp Onion powder
 - 3–6 Bay leaves
 - 3 tps dried Thyme
 - 1/2 cup Flour
 - cooked White Rice
1. Sear sausage hard in batches, break up into rough chunks
 2. Meanwhile, finely dice holy trinity. Remove sausage from pan and cook trinity until mostly dry (10–15 mins)
 3. Optionally add flour (plus some oil) and cook out to make roux
 4. Trasnfer all ingredients to slowcooker. Cook for 8 hours on low, breaking up beans in last hour of cooking
 5. Taste for seasoning, serve over cooked white rice

CREAM OF MUSHROOM BEEF STROGANOFF

Stick blender is useful here. Cream base from Adam Ragusea

Serves: 5–8

- 4 lbs Stew beef (chunked chuck)
 - 2 packages egg noddles
 - 2 lb (454g) fresh mushrooms
 - 2 oz (30g) dried mushroom
 - Onion
 - 2 cup (237mL) brandy/white wine
 - 8 cups Water
 - 1–2 cup (237mL) Cream
 - 3–4 garlic cloves
 - 1/2 cup Flour
 - 4 Tbsp Worcestershire
 - Butter
 - Salt/Pepper/MSG
 - Parsley/Tarragon
1. Cook diced onion w/ olive oil in pot. Then melt 1/2c butter and make roux with flour, cook a few mintues
 2. Deglaze with brandy or wine, cook out. Then gradually add the water
 3. Add dried mushrooms, worcestershire, pepper, thyme, and simmer for 20–30 mins
 4. In seperate pan, brown off beef in batches. Then cook the sliced fresh mushrooms (and garlic), set aside and deglaze if needed
 5. Transfer mushroom stock from pot to blender, blend until smooth
 6. Transfer back to pot, add beef and mushrooms, simmer for about 2 hours
 7. Mix in cream, salt (vinegar if needed), serve over egg noodles, garnish

BISCUITS AND SAUSAGE GRAVY

Calorie bomb, from J Kenji Lopez-Alt

Serves: 5

- 1 cup Flour
 - 4.5 tsp (15g) Baking powder
 - 3/4 tsp (12g) Salt
 - 15oz (2 cups) Heavy Cream
 - 12oz breakfast Sausage
 - 3 Tbsp Flour (for gravy)
 - 3 cup Heavy Cream (or milk)
 - Salt/Pepper
1. Preheat an oven to 425F. Combine the flour, baking powder, and salt in a bowl. Add the heavy cream and mix into a shaggy dough. Do not knead it. Dump it onto a floured work surface and form it into a rough 9x9" rectangle. Cut it into three biscuits with a sharp knife. Transfer to a baking sheet and bake until golden brown, about 15 minutes. (You can brush them with heavy cream or melted butter before baking for darker and more even browning, if you wish.)
 2. Meanwhile make the gravy: cook the sausage in a medium skillet over medium-high heat, breaking it up with a wooden spoon until it's not longer pink. If the pan is very dry, add a couple teaspoons of oil or butter to moisten it. Add 1 tablespoon of flour and stir to incorporate. Whisk in the heavy cream or milk. Bring to a simmer while stirring frequently and adjust the consistency with more heavy cream or milk if it's too thick. Season aggressively with black pepper and salt.
 3. When the biscuits are done, transfer to a plate and smother with the sausage gravy. Serve.

CHRISTMAS CHEX MIX

Do not overheat the chocolate

Serves: 5

- 4 cups corn and/or rice Chex
 - 2 cups mini Pretzels
 - 1 cup roasted nuts
 - 1 Tbsp Butter
 - 1/4 cup Honey
 - 1/4 cup Sugar
 - 1 tsp Cinnamon
 - 1 tsp Vanilla extract
 - 1/2 cup white Chocolate chips
 - 2 Tbsp Coconut oil
 - 1 cup red and green M&M's
1. Preheat the oven to 250F. Line a rimmed baking sheet with parchment paper. Combine the cereal, pretzels and nuts in a large bowl.
 2. Melt the butter with the honey and sugar in a small saucepan over low heat until the mixture is bubbling and well combined, about 2 minutes. Add the cinnamon and vanilla and stir until well combined. Pour half of the butter mixture over the cereal mixture and toss until well coated. Add the remaining butter mixture and toss again until evenly coated.
 3. Spread the mixture on the baking sheet in an even layer. Bake, stirring every 15 minutes, until toasted and just starting to dry out, about 1 hour.
 4. Combine the white chocolate chips and coconut oil in a small microwave-safe bowl. Microwave at 50 percent power in 30-second intervals, stirring between each interval, until melted and smooth.
 5. Drizzle the white chocolate over the snack mix on the baking sheet, then immediately sprinkle with the M&M's. Let cool completely so the white chocolate sets, about 30 minutes. Break into small clusters.

CAESAR SALAD

From Bon Appetit

Serves: 5–8

- 18 Anchovy Fillets, drained
 - 3 Garlic clove
 - Salt/Pepper
 - 6 large Egg Yolks
 - 6+ Tbsp Lemon juice
 - 2-3 tsp Dijon Mustard
 - 6 Tbsp Olive oil
 - 1.5 cups Vegetable Oil
 - 9 Tbsp Parmesan, grated
 - 1 loaf Sourdough, torn into chunks
 - 9 Tbsp Olive oil
 - 8–9 Romain hearts, leaves seperated
 - 4–5 lbs grilled Chicken
1. **Chop together anchovy fillets, garlic, and pinch of salt. Use the side of a knife blade to mash into a paste, then scrape into a medium bowl. Whisk in egg yolks, 2 Tbsp lemon juice, and mustard. Adding drop by drop to start, gradually whisk in olive oil, then vegetable oil; whisk until dressing is thick and glossy. Whisk in Parmesan. Season with salt, pepper, and more lemon juice, if desired. (Can be made 1 day ahead.)**
 2. **Make your own crutons. Tearing, not cutting the bread ensures nooks and crannies that catch the dressing and add texture. Preheat oven to 375°. Toss bread with olive oil on a baking sheet; season with salt and pepper. Bake, tossing occasionally, until golden, 15–20 minutes.**
 3. **Garnish salad with parmesan using a vegetable peeler to thinly shave a modest amount on top for little salty bursts.**
 4. **Use your hands to gently toss the lettuce, croutons, and dressing, then top off with the shaved Parm**

KOREAN BEEF

Classic easy mealprep

Serves: 6-7

- 3 cups dry White rice, cooked
 - 4-5lbs ground Beef
 - 4 cloves Garlic
 - 1/2 cup Brown Sugar
 - 1/2 cup Soy Sauce
 - 1/2 cup rice Vinegar
 - 4" knob Ginger
 - 4 tsp Sesame oil
 - 4 Tbsp Sriracha
 - 2-4 Tbsp Cornstarch
 - MSG
 - Green onions
 - 1 large Onion
 - Sesame seeds
 - Frozen peas (or mixed veggies)
1. In a small bowl, whisk together brown sugar, soy sauce, ginger, sesame oil, MSG and Sriracha. Grate in garlic and half of the ginger. Thinly slice remaining ginger
 2. Cook beef in large pan on high, draining as needed. Add minced onion when nearly cooked.
 3. Mix cornstarch with small amount of water or soy sauce, add to sauce. Add sauce to beef and allow to bubble and thicken. Adjust to taste
 4. Serve over white rice, garnish with green onion and sesame seeds

CLAM CHOWDER

From J Kenji Lopez-Alt

Serves: 6–8

- 2 Onions (or leeks)
 - 4 stalks Celery
 - 4 Bay leaves
 - 1 cup Flour
 - 2 cups Clam juice
 - 3–4 small cans diced Clams
 - Butter
 - Bacon
 - 2–3 cups frozen Corn
 - 1–2 russet Potatoes
 - 8 cups Milk
 - 2 Tbsp Fish sauce
 - Thyme
 - Salt/Pepper
1. Cook bacon until crisp, remove. Keep fat in pot. (If no bacon, use butter). Finely dice onion and celery, cook in fat. Do not brown. Add pinch of salt
 2. Peel and dice potatoes, cook until slightly tender in separate pot of salted water
 3. Add flour to main pot, stir and cook raw flour taste out. Stir in clam juice, and then slowly stir in 8 cups of milk
 4. Add bay leaves, fish sauce, thyme and canned clams (juice and all). Bring to a simmer and cook about 10–15 mins.
 5. Add potatoes for last 5 mins of cooking. Add salt and lots of black pepper
 6. Serve with toast or oyster crackers

RAGU BOLOGNESE

From J Kenji Lopez-Alt

Serves: 6–9

- 8–12oz Pancetta
 - 1 lbs ground Beef
 - 1 lbs ground Lamb
 - 1 lbs ground Pork
 - 2 large Onions, diced
 - 4 ribs Celery, diced
 - 2 large Carrots, shredded
 - 5–8 gloves Garlic
 - Sage, thyme, rosemary, basil
 - 1/2 cup Tomato paste
 - 2 cups White Wine
 - 4 cups Chicken stock
 - 2 Tbsp Gelatin
 - 2 cups Milk
 - Parmesan
 - 2 lbs dry Pasta
1. Heat the oil in a wide straight-sided sauté pan or Dutch oven over medium-high heat until shimmering. Add the pancetta and cook, until it's well-browned and the fat has mostly rendered off, a few mins. Add the meat, season lightly with salt and pepper, and cook, breaking it up with a spoon, until it's pretty well-browned as well, 7 mins
 2. Add the onion, celery, carrot, and garlic and cook, stirring, until softened but not browned, about 5 mins. Add the minced parsley and/or sage (or the bundle of rosemary or thyme) and the tomato paste and cook, stirring, until fragrant. There should be a large amount of browned solids on the bottom of the pan by now.
 3. Add the wine and cook, scraping up the browned bits with a wooden spoon. Continue cooking until sauce is thick and the wine has fully reduced. Add the stock and milk.
 4. Bring to a boil, then reduce heat until the sauce is at the barest simmer. Cook about 30 mins, stirring now and then, until the sauce is rich and thick and emulsified. Fat may break out as it cooks and forms a reddish slick on top. This is OK, just keep cooking and that fat will eventually get re-emulsified into the sauce.
 5. To serve, cook up some good fresh pasta (tagliatelle or rigatoni) just until al dente. Transfer the cooked pasta to a large skillet and spoon some of the ragu on top of it. Add some minced parsley and/or basil, some freshly grated cheese, a drizzle of olive oil, and a big splash of the pasta cooking-water. Cook over high heat, tossing constantly, until the sauce is creamy and coat the pasta. Serve right away.

BEEF SHORT RIBS

Use english-cut ribs, from Adam Ragusea

Serves: 5

- 5 lbs beef Short ribs
- 1 large red Onion
- 3 Carrots
- 2 stalks Celery
- 2 Tbsp Tomato paste
- 1 bottle White Wine
- 1 star Anise
- 1 tsp Coriander Seeds
- Salt/Pepper
- Vinegar
- 4 lbs Potatoes
- Milk
- Rosemary
- Frozen Peas
- Butter

1. Put a little oil in a large lidded pot on moderate heat and slowly brown the short ribs on all sides in batches. Do not let anything burn. Take them out, and throw in the roughly chopped onion, carrots and celery. Let the veggies brown for a minute, then stir in the tomato paste. Then deglaze with the wine. Put in the anise, coriander, pepper and a big pinch of salt. Put the ribs back in, reduce the heat to a bare simmer, cover, and let cook for 8 hours.
2. Carefully remove meat to a plate, discard bones. Strain the braising liquid and discard the solids. Add some ice cubes and throw the liquid in the fridge to solidify fat out. Cover the meat and throw it in the fridge.
3. After you've de-fatted your braising liquid, reserve the fat and throw the liquid into a wide pan. Bring it to a boil and reduce it to a glaze — about a half hour. Stir it constantly and maybe reduce the heat toward the end to keep it from sticking and burning. Taste the glaze, and give it some more seasoning and maybe some vinegar to taste (it should taste too strong on its own). Reduce the heat to warm and carefully toss the meat in the glaze then cover and let the meat re-heat.
4. While the sauce is reducing, peel, chunk up and boil your potatoes until easily pierced with a fork. Drain them off, put in a glug of milk, a big pinch of salt, and the reserved fat from the beef. Mash, stir and taste. Add more milk and salt until you like it. Chop up the fresh rosemary and stir it into the mash right before you eat.
5. Thaw some frozen peas and add butter and salt to taste. When you get everything on the plate, be sure to spoon some extra glaze over the beef.

BRICK CHICKEN

From Adam Ragusea

Serves: 2

- 4 large boneless Chicken Thighs with skin
 - 3 large Carrots
 - 1 bunch Green Onions
 - 2–3 cloves Garlic
 - 1 red Chili
 - Lemon juice
 - Salt/Pepper
 - 2 Bricks
1. Peel the carrots and discard the outer peels. Then use your peeler to cut as many thin ribbons as possible out of the carrots, discarding the core. Cut the root ends off the green onions, as well as the dry green tops, and peel off any undesirable outer layers. Bisect each onion and pull the layers apart from each other. Peel and slice/chop the garlic, and thinly slice the chili.
 2. Season the chicken with salt and pepper. Heat a cast iron or nonstick pan on medium, and coat the bottom with olive oil. When it's shimmering, lay in the thighs, skin-side down. Place the brick (covered in foil) on top of chicken
 3. Reduce the heat, possibly to low. Use your nose to perceive whether the skin is burning. After about 10 minutes, remove the brick, and flip the chicken pieces to cook the raw side, about 5 additional minutes to make sure the interior is thoroughly cooked. (If the skins aren't brown enough to your liking, you could always turn up the heat right at the end and brown them some more.) Remove to a plate to rest.
 4. Dump your vegetables into the pan, turn the heat up to medium-high, and stir constantly to get everything coated in chicken fat and cooked evenly. After about 5 minutes, the vegetables should be almost tender. Taste for seasoning, and stir in any needed salt, plus the juice of half a lemon

CHICKEN KARAHI

Pakistani dish from Ethan Chlebowsky, I serve with Udon noodles

Serves: 5–7

- 4–5 lbs boneless Chicken Thighs
 - 3–5 cloves Garlic
 - 4" knob Ginger
 - 28oz can whole/diced Tomatoes
 - 2 Tbsp Cumin
 - 1 Tbsp Coriander seeds
 - 2 Tbsp Garam Masala
 - 1 Tbsp Kashmiri chili powder (or cayenne)
 - 1 Tbsp Turmeric
 - MSG
 - Salt/Pepper
 - 10 green Chiles
 - 1 Tbsp Butter
 - Cilantro
 - Noodles, rice or roti
1. **Chop the chicken, crush the garlic and half the ginger into a paste, separate tomatoes, gather all spices, chop chiles, julienne other half of the ginger, and chop cilantro leaves.**
 2. **Set a wok over high heat and add the oil. Once hot, add the chicken and a generous sprinkle of salt. Cook while stirring until the chicken is cooked on the exterior.**
 3. **Add the garlic and ginger paste and saute for 30 seconds. Add the whole peeled tomatoes and cook while stirring for 5–10 minutes until the tomatoes start to break down. Crush the tomatoes with a spatula to develop the sauce.**
 4. **Add the spices and stir into the sauce. Let the sauce reduce for another 10–20 mins until it is fairly thick.**
 5. **Toss in the chiles, and butter if using. Let the sauce reduce further until your desired consistency. It should be fairly thick and glossy. Turn off the heat, season to taste**
 6. **With the heat off, add the julienned ginger and cilantro leaves. Toss once and serve with noodles, rice or roti.**

TORTELLINI, SPINACH AND CHICKEN SOUP

Simple slowcooker meal

Serves: 5–8

- 1 Onion
 - 3 cloves Garlic
 - 2 Tbsp Tomato Paste
 - 1 Tbsp dried Basil
 - 1/3 cup Flour
 - 3 Tbsp Olive Oil
 - 4 cups Stock
 - 28oz canned diced Tomatoes
 - 2 lbs boneless Chicken Thighs
 - Salt/Pepper
 - 4 cups frozen cheese Tortellini
 - 3 cups packed Spinach
 - 1/2 cup Parmesan
 - 4 cups Cream
1. Sear chicken quickly in pan, remove and add to slow-cooker
 2. In same pan, cook onion, flour, basil, garlic, tomato paste and oil for a few minutes. Add to slowcooker
 3. Add broth, canned tomatoes, salt/pepper. Cook for 4–6 hours on low or 3–4 hours on high
 4. Remove chicken, dice on separate cutting board. Add tortellini, spinach, parmesan and warmed cream. Return sliced chicken to pot and cook for about 10 mins on high to cook tortellini

PORK ROULADE

From Adam Ragusea. Use pork loin, not tenderloin

Serves: 5–6

- 3–4 lbs Pork Loin
 - 1 lbs ground Sausage
 - 1 Fennel
 - 1 red Onion
 - 1/2 cup Breadcrumbs
 - Lemon (maybe two)
 - 2–3 cups White Wine
 - Butter
 - Salt/Pepper
 - Olive Oil
1. Cut the stalks off the fennel and reserve. Finely chop the bulb and get it cooking in a little olive oil in a wide pan on medium-high heat. Add diced onion. After about 5 min, put in the sausage, and stir aggressively with a wooden spoon to break everything up.
 2. Keep cooking, stirring, and scraping the pan for about 20 minutes, until everything is very brown and the fond on the bottom of the pan is about to burn. Deglaze with just enough white wine to clean the pan. Turn off the heat, and mix in just enough breadcrumbs to soak up any loose liquid and get you a dry, crumbly texture. Mix in the zest of one lemon, and leave the stuffing to cool.
 3. Butterfly the pork loin (I don't know how to describe this, just watch the video) then pound it out as flat as possible with a smooth meat mallet. Lay the stuffing onto the cut-side of the pork, as smooth, thin and flat as possible, leaving a small bare strip on the end of the pork that has the fat cap on the opposite side. Roll up the pork so that the fat cap is on the outside, on top. Tie with twine, place into same pan and into oven at 400F. Cover with oil, salt, pepper, add halved lemons. Roast until internally reads 140F
 4. Remove the roast and lemons to a cutting board and let it rest. Bring the roasting pan to a boil on high heat and deglaze with about half a bottle of white wine. Boil until it just starts to look syrupy, then turn off the heat. Mix in a knob of cold butter.
 5. Carve the roast. Drizzle the wine jus over top, garnish with the reserved fennel fronds, and serve with the roasted lemons.

TINGA POBLANA

From Ethan Chlebowski, serve with tacos or rice

Serves: 5–7

- 4 lbs Pork Shoulder
 - 3 Bay leaves
 - Salt/Pepper
 - 280z–42oz canned Tomatoes
 - 3 cloves Garlic
 - 3–6 Chipotles in adobo (plus can liquid)
 - dried Oregano
 - pinch Sugar
 - 1 Onion
 - Oil
- 1. Cut pork into large chunks, salt and add to large pot. Cover with water, add bay leaf and bring to boil. Reduce heat to low and simmer for 45–60 mins until shreddable. Reserve 2 cups of the cooking liquid**
 - 2. Add tomatoes, garlic, chipotles, oregano, salt, pepper and reserved cooking liquid to blender. Blend until smooth, adjust taste with salt and sugar**
 - 3. In a pan with oil, cook onions and bay leaves. Add tinga sauce and simmer 5 mins. Add shredded meat and cook 5–10 mins.**
 - 4. Serve over tacos or rice with veggies**

XXX

SHEPARD'S PIE

From Gordon Ramsay

Serves: 5–8

- 4 lbs ground Lamb & Beef
 - 2 Carrots
 - 2 Onions
 - frozen Peas
 - Rosemary
 - Thyme
 - 4 cloves Garlic
 - Salt/Pepper
 - MSG
 - Worcestershire
 - 4 Tbsp Tomato Paste
 - 2 cups red Wine
 - 1/2 cup Stock
 - 3–4 lbs Potatoes
 - Milk/Cream
 - Butter
 - 4 Egg Yolks
 - Parmesan
1. Add meat to large hot pan with oil. Brown heavily, season and add rosemary, thyme, garlic. Add grated carrots and onion.
 2. Add tomato paste and worcestershire (and MSG). Cook out the paste and then add wine. Cook for an additional few minutes and then add stock. Add 2–4 cups of frozen peas
 3. Meanwhile, boil diced potatoes until tender (20 mins). Strain, mash with milk, butter, salt, pepper, garlic powder, thyme, egg yolks and parmesan
 4. Add mince to baking dish. Spread mash on top and level with a fork, adding lines for extra browning. Bake at 400F for 15–20 mins. Broil for 1–2 mins at the end.
 5. Let cool for 10 mins, serve

MEATLOAF

From Babish, serve with potatoes and veggies

Serves: 6–8

- 1.5 cup Buttermilk
 - 15oz Breadcrumbs
 - 4 lbs ground Beef/Pork/Veal
 - 2 Tbsp Garlic Powder
 - 1 large Onion, grated
 - 3 stalks Celery, grated
 - 3 Carrots, grated
 - 1 cup Tomato Paste
 - 1/2 cup fresh Parsley, chopped
 - 1/4 cup fresh Basil, chopped
 - 6 large Eggs
 - 4 Tbsp Worcestershire
 - Salt/Pepper/MSG
 - 1.5 cup Ketchup
 - 1/3 cup Brown Sugar
 - 3 Tbsp cider Vinegar
1. Prepare a small rimmed baking sheet with tin foil and an even layer of nonstick spray and prepare a 9-inch loaf pan with a light coating of nonstick spray.
 2. Combine the buttermilk, bread crumbs, and garlic powder in large bowl. Add the vegetables with the meatloaf mix, 3/4 cup tomato paste, parsley, basil, eggs, 1 Tbsp Worcestershire sauce, salt, and 1 teaspoon of pepper. Fold mixture by hand
 3. Press the meatloaf mixture into the prepared loaf pan. Flip the meatloaf out onto the foil-lined baking sheet
 4. Meanwhile, prepare the glaze by combining the ketchup, tomato paste, brown sugar, honey, vinegar, Worcestershire sauce, and remaining pepper in a small bowl. Whisk to combine.
 5. Bake the meatloaf for 15 mins at 325F, then brush it with about half of the glaze. Brush every 15 mins , until an internal temperature of 155F is reached (30–45 mins)
 6. Remove from oven and cool for 10 mins before slicing

TUSCAN CHICKEN

Lazy creamy slowcooker meal

Serves: 5–7

- 4–6 Chicken Breast
 - 1–2 large Onions
 - 4 cloves Garlic
 - 2 Tbsp Italian Seasoning
 - 1 tps Red Pepper Flakes
 - 15–24oz Alfredo Sauce
 - 1 cup Parmesan
 - 4 cups fresh Spinach
 - 8oz sun dried Tomatoes
 - Butter
 - Salt/Pepper
 - Pasta
1. Heat a skillet on med-high heat and add the butter. Add the chicken breasts and brown both sides. Remove chicken and place in the slow cooker.
 2. Add the onions to the skillet and cook until just turning translucent. Add the garlic and sun dried tomatoes to the onions and cook for 2 minutes, stirring occasionally. Add mixture to slowcooker
 3. Sprinkle in the Italian seasoning and red pepper flakes. Pour the Alfredo sauce over the top and close the lid. Cook on Low for 3–4 hours or High for 2–3 hours.
 4. When cook time is finished, open lid and stir in parmesan, then stir in the spinach and close the lid. Let cook for a few more minutes, until spinach is wilted/softened. Add salt/pepper to taste
 5. Serve over pasta with side veggies

GUMBO

Chicken and sausage Gumbo. Cook the roux as dark as possible, do not walk away and burn it. From Isaac Toups

Serves: 6–8

- 1 lbs Andouille sausage, sliced
 - 4 lbs boneless Chicken thighs
 - Scallions
 - Cumin
 - MSG
 - Salt/Pepper
 - Cayenne
 - smoked Paprika
 - 1 cup Vegetable oil
 - 2–3 Okra
 - 1 cup Flour
 - 1 bag Celery
 - 3–4 Bell Peppers
 - 2–3 large Onions
 - Bay leaves
 - 5–8 cloves Garlic, crushed
 - 1 dark Beer
 - 4 cups Stock
 - cooked White Rice (3 cups dry)
- 1. Dice holy trinity (onion, peppers, celery), heat 1 cup oil on medium high. Add flour, mix well. Whisk continuously until the roux is the color of a chocolate bar (10–20 mins).**
 - 2. Add holy trinity and bay leaves. Cook for a few mins, then add garlic. Then slowly whisk in beer and 4 cups stock. Bring to slow boil and reduce to simmer. Add cayenne, pepper, paprika, cumin, msg and sliced andouille.**
 - 3. In seperate large pan over high heat, brown chicken hard on both sides. Add to pot, deglaze pan as needed with stock. Add sliced Okra.**
 - 4. Simmer on low for a minimum of 45 mins, more if possible. Season to taste**
 - 5. Serve over rice, garnish with green onion.**

POTATO HASH

From J Kenji Lopez-Alt. Bonus points for corned beef

Serves: 5

- 4 lbs Potatoes
 - 1 lbs Adouille sausage
 - 1–2 Onions
 - 2 Bell Peppers
 - Chives
 - 2 Avacados
 - 6–8 Eggs
 - Salt/Pepper
 - Hot Sauce
 - Oil
- 1. Dice potatoes into slightly less than 1" cubes, add to salted boiling water. Parcook for 5 mins, drain and set aside**
 - 2. Meanwhile in large pan, heat oil over medium high. Fry sliced sausage until browned, set aside in bowl.**
 - 3. Dice onions and peppers, cook in pan until soft, add to bowl with sausage.**
 - 4. Return the large pan to heat with oil, add potatoes and brown on all sides without breaking them up (maybe 20 mins).**
 - 5. Return vegetables and sausage to pan, add salt/pepper/hotsauce. Mix.**
 - 6. Crack eggs into wells within the hash. Transfer pan to 400F oven, cook until whites set (3–5 mins)**
 - 7. Dice avacado and chives, garnish and serve**

MISSISSIPPI POT ROAST

Dead simple, serve over rice with veggies or in a roll

Serves: 5–8

- 4–6 lbs Pork butt/shoulder
 - 1 package Ranch powder
 - 1 package Au Jus powder
 - 1 stick salted Butter
 - 1/2 jar (16 oz) sliced Pepperoncini plus juice
 - Salt/Pepper
- 1. Add meat to slowcooker, slice peppers as needed**
 - 2. Add powders, sliced butter, peppers and juice on top of meat**
 - 3. Cook 8–10 hours on low, shred. Optionally spread on baking sheet and broil, then return to juices**
 - 4. Serve over rice with veggies or as a sandwich**

CHICKEN TIKKA MASALA

From J Kenji Lopez Alt, can serve with peas. A more authentic and involved recipe found [here](#)

Serves: 4–6

- 5 lbs skinless Chicken Thighs
 - 3 Tbsp Cumin
 - 3 Tbsp Paprika
 - 2 Tbsp ground Coriander
 - 2 tsp Turmeric
 - 1 Tbsp Cayenne
 - 12 cloves Garlic
 - 3" fresh Ginger
 - 2 cups Yogurt
 - 4–6 Lemons
 - Salt/Pepper
 - 4 Tbsp Ghee/Butter
 - 2 Onions
 - 28oz crushed Tomato
 - Cilantro
 - 1–2 cups Heavy Cream
1. Combine cumin, paprika, coriander, turmeric, and cayenne in a small bowl and mix well. Set aside 3 tablespoons of spice mixture. Combine remaining 6 tablespoons spice mixture, 8 cloves garlic, 2 tablespoons ginger, yogurt, 1/2 cup lemon juice, and 1/4 cup salt in a large bowl and whisk to combine. Pour marinade all over chicken pieces, using hands to coat every surface. Marinate at least 4 hours (ideally overnight)
 2. Heat butter or ghee in a large Dutch oven over medium-high heat until melted and foaming subsides. Add onions, remaining 4 tablespoons grated garlic, and remaining 2 tablespoons ginger. Cook, stirring frequently, until dark and beginning to char in spots, about 10 minutes. Add reserved spice mixture and cook, stirring frequently, until fragrant, about 30 seconds. Add tomatoes and half of cilantro, scraping up any browned bits from bottom of pan with a spoon. Simmer for 15 minutes, then puree using a hand blender or by transferring to a tabletop blender in batches.
 3. Stir in cream and remaining quarter cup lemon juice. Season to taste with salt, then set aside until chicken is cooked.
 4. Grill chicken on high heat for 10–12 mins total, to get good color/charr but not completely cook. Chop as desired
 5. Transfer chicken chunks to pot of sauce. Bring to a simmer over medium heat and cook, stirring frequently, until chicken is just cooked through, about 10 minutes. Sprinkle with remaining cilantro, then serve immediately with rice or grilled naan

CHIPOTLE BOWL

Grilled chicken with cilantro-lime rice and fiesta veggies

Serves: 6–7

- 5 lbs chicken Thighs
 - 3–4 cups white rice (dry)
 - 3–4 Limes
 - 14–28 oz black Beans
 - 3–4 cups frozen Corn
 - 2–3 Onions
 - 3–4 Poblano Peppers
 - 1–2 cups heavy Cream
 - 2 Tbsp Chili Powder
 - 2 Tbsp Cumin
 - 2 Tbsp smoked Paprika
 - 1 Tbsp Cayenne
 - Cilantro
 - 3–5 cloves Garlic
 - Achiote Paste or 3 Sazon seasoning packets
 - Oil/Mayo
 - Salt/Pepper
1. **Make chicken marinade in blender by adding half an onion, 2 habaneros, 1 lime zest + juice, 2 cloves garlic, Achiote or sazón, salt and oil/Mayo. Adjust thickness with water or more fat. Marinate chicken for at least one hour.**
 2. **Cook rice in rice cooker. Add salt, washed black beans, chopped cilantro and zest + juice from remaining limes.**
 3. **In large dry pan over high heat, add corn until charred. Then add onion, peppers, garlic, salt and oil. Cook until soft, then add cumin, chili powder, cayenne and paprika to taste. After a few minutes add heavy cream until rich and a thick sauce coats the veggies.**
 4. **Grill and chop chicken. Serve in bowl with equal parts rice and veggies**

FELJOADA

Brazilian black-bean poverty stew served over rice with orange slices. Designed for any cheap off cuts of pork (trotters, necks, ears ect)

Serves: 6–9

- 1 lbs dry Black Beans
 - 1 lbs Pork Shoulder
 - 1 lbs dried (or corned or stew) Beef
 - 1–2 lbs Pork Neck
 - 2 smoked Ham Hocks
 - 1 lbs smoked Chorizo
 - 1/2 lbs Bacon
 - 3–5 Bay leaves
 - Salt/Pepper
 - 3 Onions
 - 3 large Tomatoes
 - Cilantro
 - 2–4 bell Peppers
 - 2–3 Oranges
 - Kale
 - Cayenne/Hot sauce
 - Rice
1. Soak beans overnight, discard water. Add to largest pot and cover with 2" water. Add salt, bay leaves and chopped cilantro. Bring to a simmer
 2. Meanwhile, slice and slowly render bacon in separate pan. When crisp, add to pot and set fat aside for cooking veggies
 3. In batches, brown all meats (cut into 2" sized chunks) in pan and then transfer to pot. Add additional water as needed.
 4. Cook diced onions and peppers in pan until soft, scraping any fonde from the bottom of the pan. Add to pot with diced tomatoes and cayenne or hot sauce
 5. Simmer for 5–8 hours, add water as necessary. Remove bones. Adjust seasoning with salt and acid. Then liquid should turn a deep brown and thicken slightly from the gelatin dissolved from the pork parts
 6. In last 30 mins of cooking, add kale to pot (washed, chopped and large stems removed)
 7. Serve over rice with orange slices. Excellent when reheated as leftovers

Index

BAKED CHICKEN WINGS, 11
BASIC CHICKEN CURRY, 6
BEEF CHILI, 8
BEEF SHORT RIBS, 27
BISCUITS AND SAUSAGE GRAVY , 21
BRICK CHICKEN, 28
CAESAR SALAD, 23
CHICKEN KARAHI, 29
CHICKEN TIKKA MASALA, 39
CHIPOTLE BOWL, 40
CHRISTMAS CHEX MIX, 22
CLAM CHOWDER, 25
CREAM OF MUSHROOM BEEF STROGANOFF, 20
CURRIED CAULIFLOWER, REFRIED BEANS & CHICKEN, 14
ENCHILADAS VERDE CON POLLO, 9
FEIJODA, 41
GUMBO, 36
HABANERO CHIMICHURRI PASTA SALAD, 17
HALAL CHICKEN AND RICE, 5
HONEY SRIRACHA MEATBALLS, 13
JAMBALAYA, 16
KOREAN BEEF, 24
MEATLOAF, 34
MISSISSIPPI POT ROAST, 38
PEANUT CHICKEN BAKE, 10
PICKLED ONIONS, 12
PORK ROULADE, 31
POTATO HASH, 37
RAGU BOLOGNESE, 26
RED BEANS AND RICE, 19
SHEPARD'S PIE, 33
SHRIMP AND GRITS, 18
SLOW COOKER CHICKEN TACOS, 7
SLOWCOOKED ASIAN CHICKEN, 15
SPICY-SWEET SAMBAL PORK NOODLES, 4
TINGA POBLANA, 32
TORTELLINI, SPINACH AND CHICKEN SOUP, 30
TUSCAN CHICKEN, 35