

*Recipes I want to keep track of*

# Food

*In no particular order*



O'RLY?

*Patrick McMackin*

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## SPICY-SWEET SAMBAL PORK NOODLES

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*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.

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## HALAL CHICKEN AND RICE

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*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

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## BASIC CHICKEN CURRY

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*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)
  - Large knob ginger (ground to paste)
  - 5–6 Cloves garlic (ground to paste)
  - Ground cardamom
  - Chili powder
  - Cayenne powder
  - Diced/crushed tomatoes (2x 28 oz cans)
  - 1–2 Cups stock
  - Coconut milk (2-3 140z cans)
  - Bay leaves
  - Dice 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**

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## SLOW COOKER CHICKEN TACOS

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*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**

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## BEEF CHILI

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*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
  - 1 28oz can Tomato (whole or chunk)
  - 1 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)**

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## ENCHILADAS VERDE CON POLLO

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*From Adam Raguesa*

**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.



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## ORANGE PEANUT CHICKEN BAKE

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*Personal Favorite, found on Reddit*

**Serves: 5**

- 10 bone in, skin on Chicken thighs
  - 5-10 Chilis (anything hot)
  - 1 large Naval orange
  - 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 diced 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

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## BAKED CHICKEN WINGS

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*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

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## PICKLED ONIONS

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*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.

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## HONEY SRIRACHA MEATBALLS

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*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, bread-crums, 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

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## CURRIED CAULIFLOWER, REFRIED BEANS & CHICKEN

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*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

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## SLOWCOOKED ASIAN CHICKEN

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*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 ontop 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.

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## JAMBALAYA

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*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, garnisha and eat**