

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

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 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.

ORANGE 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
 - 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

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

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, garnisha and eat**

HABANERO CHIMICHURRI PASTA SALAD

Can replace pasta with something like farro, from Ethan Chlebowsky

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 Raguesa

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 minutes of cooking. Add salt and lots of black pepper
 6. Serve with toast or oyster crackers