

# Cookbook

*But only the good stuff*

*To mom, thank you for all of the fantastic meals growing up*

*To everyone else, for when you want a taste of home.*

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# I Herb Uses

Herb	Flavor	Uses
basil	<i>anise, cloves, mint</i>	<i>pasta sauce, pesto, salad</i>
dill	<i>grassy, mild</i>	<i>eggs, fish, poultry, vegetables</i>
rosemary	<i>aromatic, piney</i>	<i>apples, pears, potatoes, red meat, stuffing</i>
bay laurel	<i>aromatic, vanilla, cardamom</i>	<i>beans, braised meat, poult, soup, stew</i>
mint	<i>menthol, icy, zesty</i>	<i>cocktails, lamb, salads, tea</i>
sage	<i>smokey, woodsy</i>	<i>meat, poultry, sausage, stuffing</i>
chives	<i>oniony</i>	<i>dips, eggs, vegetables</i>
oregano	<i>anise, cloves, mint</i>	<i>chili, grilled or roasted meat, pasta sauce</i>
tarragon	<i>anise, exotic, sweet</i>	<i>asparagus, bearnaise sauce, fish, pease, poultry</i>
cilantro	<i>citrus, pungent</i>	<i>marinades, mexican and thai dishes, salsa</i>
parsley	<i>bitter</i>	<i>most meats and vegetables</i>
thyme	<i>aarthy, fragrant, mild lemon</i>	<i>meat, poultry, sauces, broth vegetables</i>

Herb Combo	Pairing
cilantro & dill	<i>slight shift to mexican and thai</i>
dill & chives	<i>cold chicken or egg salad, sauteed summer vegetables, fresh tomatoes.</i>
mint, oregano & parsley	<i>mediterranean or middle eastern, grain salads, marinades</i>
parsley, rosemary & thyme	<i>roasted or braised meats, chicken, stuffing, roasted vegetables</i>
sage & parsley	<i>creamy risotto, roasted winter squash, stuffing, and roasted or braised meats.</i>
thyme & tarragon	<i>sour cream or mustard sauce, eggs, omelets</i>
basil & thyme	<i>tomato based sauces, eggplant dishes, quiche, salads</i>
basil & mint	<i>pesto for tomatoes, pasta, vinaigrette dressing, melon</i>

# III Substitutions

baking powder <i>1 teaspoon</i>	$\frac{1}{2}$ teaspoon cream of tartar + $\frac{1}{2}$ teaspoon baking soda
balsamic vinegar <i>1 tablespoon</i>	1 tablespoon red wine vinegar + $\frac{1}{2}$ teaspoon brown sugar
bread crumbs dry <i>1/4 cup</i>	$\frac{3}{4}$ cup soft bread crumbs (1 slice of bread)
broth (beef, chicken or vegetable) <i>1 cup</i>	1 teaspoon broth base or 1 bouillon cube + 1 cup hot water
brown sugar <i>1 cup</i>	1 cup sugar + 2 tablespoon molasses
buttermilk <i>1 cup</i>	1 tablespoon vinegar or lemon juice + enough milk to make 1 cup (stir and let stand 5 minutes)
cake flour <i>1 cup</i>	1 cup minus 2 tablespoon all-purpose flour, sifted
corn syrup <i>1 cup</i>	1 cup granulated sugar + $\frac{1}{4}$ cup hot water
cornstarch (for thickening) <i>1 tablespoon</i>	2 tablespoon all-purpose flour
egg <i>1 whole</i>	$\frac{1}{4}$ cup refrigerated egg product, or for baking, 1 tablespoon flaxseed + 3 tablespoon water
garlic <i>1 clove</i>	$\frac{1}{2}$ teaspoon bottled minced garlic or $\frac{1}{8}$ teaspoon garlic powder
ginger (fresh grated) <i>1 teaspoon</i>	$\frac{1}{4}$ teaspoon ground ginger
half and half or light cream <i>1 cup</i>	1 tablespoon melted butter or 4 tablespoons heavy cream + enough milk to make 1 cup
heavy cream (for soups and sauces) <i>1 cup</i>	1 cup evaporated milk
lemon juice <i>1 tablespoon</i>	1 $\frac{1}{2}$ teaspoon apple cider vinegar or white wine vinegar
milk <i>1 cup</i>	1 cup plant milk (unsweetened, unflavored) such as oat, soy, almond, cashew
mustard powder <i>1 teaspoon</i>	1 tablespoon yellow mustard
onion chopped <i>1/2 cup</i>	2 tablespoon dried minced onion
self-rising flour <i>1 cup</i>	1 cup all-purpose flour + 1 teaspoon baking powder + $\frac{1}{2}$ teaspoon kosher salt + $\frac{1}{4}$ teaspoon baking soda
sour cream <i>1 cup</i>	1 cup plain greek yogurt
tomato sauce <i>1 cup</i>	$\frac{1}{2}$ cup tomato paste + $\frac{1}{2}$ cup water
vanilla bean <i>1 whole bean</i>	1 tablespoon vanilla bean paste or pure vanilla extract
white sugar <i>1 cup</i>	1 cup brown sugar or 2 cup sifted powdered sugar
win, red <i>1 cup</i>	cup broth for savory recipes or 1 cup 100% cranberry juice for baked recipes
wine, white <i>1 cup</i>	1 cup chicken broth or 1 cup apple juice in desserts

# III Unit Conversions

## Dry

Ounces	Tablespoons	Cups	Grams	Pounds
$\frac{1}{2}$	1	$\frac{1}{16}$	15	$\frac{1}{32}$
1	2	$\frac{1}{8}$	28	$\frac{1}{16}$
2	4	$\frac{1}{4}$	57	$\frac{1}{8}$
3	6	$\frac{1}{3}$	85	$\frac{3}{16}$
4	8	$\frac{1}{2}$	115	$\frac{1}{4}$
8	16	1	227	$\frac{1}{2}$
12	24	$1\frac{1}{2}$	340	$\frac{3}{4}$
16	32	2	455	1

## Fluid

Gallons	Quarts	Pints	Cups	Tablespoons	Teaspoons	Fluid Ounces	Milliliters	Liters
1	4	8	16	256	768	128	3785	3.8
$\frac{1}{4}$	1	2	4	64	192	32	946	1
$\frac{1}{8}$	$\frac{1}{2}$	1	2	32	96	16	470	$\frac{1}{2}$
$\frac{1}{16}$	$\frac{1}{4}$	$\frac{1}{2}$	1	16	48	8	240	$\frac{1}{4}$
$\frac{1}{64}$	$\frac{1}{16}$	$\frac{1}{8}$	$\frac{1}{4}$	4	12	2	60	$\frac{1}{16}$
$\frac{1}{256}$	$\frac{1}{64}$	$\frac{1}{32}$	$\frac{1}{16}$	1	3	$\frac{1}{2}$	15	$\frac{1}{64}$

## Oven Temps

Fahrenheit	Celsius
500	260
475	240
450	230
425	220
400	200
375	190
350	180
325	170
300	150
275	140
250	120
225	110

# IV

## *Sous Vide Times*

### Beef

Cut	Done-ness	Thickness (Inches)	Temp (°F)	Time (Hours)
Rib Eye, Sirloin, Porterhouse	Medium Rare	1	130	1 - 6
	Medium		140	1 - 6
	Medium Well		145	1 - 6
Tenderloin (Filet Mignon)	Medium Rare	1 $\frac{1}{2}$	130	1 - 6
	Medium		140	1 - 6
	Medium Well		145	1 - 6
Flank Steak	Medium Rare	1 - 1 $\frac{1}{2}$	130	2 - 10
	Medium		140	2 - 10
	Medium Well		145	2 - 10
Brisket		2	140	24 - 48

### Poultry

Bird	Cut	Thickness (Inches)	Temp (°F)	Time (Hours)
Chicken Breast	Boneless	1	145	1 - 4
	Bone-In	1 $\frac{1}{2}$	147	2 - 6
Chicken Thighs	Boneless		158	4 - 8
	Bone-In		165	2 - 6
Turkey Breast	Boneless	2	146	2 - 8
	Bone-In	2	150	2 - 8

### Pork

Cut	Thickness (Inches)	Temp (°F)	Time (Hours)
Boneless Chops	1	140	1 - 3
Bone-In Chops	1	140	1 $\frac{1}{2}$ - 3
Baby Back Ribs		165	12 - 24
Ham - Cured		155	8 - 12
Tenderloin		145	1 $\frac{1}{2}$ - 4

### Seafood

Cut	Thickness (Inches)	Temp (°F)	Time (Minutes)
Salmon Fillet	1	122	30 - 60

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# 1 Banana Bread

Mom's banana bread that she made whenever we had bananas that were overripe. She sometimes would use frozen bananas as well.



## Ingredients

1 cup unsalted butter  
4 eggs  
 $2 \frac{1}{2}$  cups flour  
 $1 \frac{1}{2}$  teaspoons baking soda  
2 cups sugar  
6 bananas, ripe, mashed  
1 teaspoon salt

## Steps

1. Pour mixture into two greased pans.
2. Bake at 350 °F for 50-60 minutes.

# 2 Lemon Bread



## Ingredients

### Bread

$\frac{1}{2}$  cup butter

1 cup sugar

2 eggs

1  $\frac{1}{2}$  cups flour

$\frac{1}{2}$  cup milk

1 teaspoon baking powder

1 pinch salt

### Topping

$\frac{1}{4}$  cup sugar

lemon zest, from 1 lemon

## Steps

1. Cream butter, sugar.
2. Add eggs and milk, then dry ingredients.
3. Bake at 350 °F for 45 minutes.
4. Pour lemon zest and  $\frac{1}{4}$  cup sugar over and let cool.

# 3 Lemon-Lime Pound Cake



Total Time: 90 Minutes Prep Time: 15 Minutes Cook Time: 75 Minutes

## Ingredients

### Cake

3 sticks butter  
3 cups sugar  
5 eggs  
3 cups flour  
 $\frac{1}{2}$  teaspoon salt  
1 cup 7-up (2/3 can)  
1 tablespoon lemon zest  
1 tablespoon lime zest

### Glaze

2 cups powdered sugar, sifted  
 $\frac{1}{4}$  teaspoon salt  
1 tablespoon lemon zest, dried  
1 tablespoon lime zest, dried  
1 tablespoon lemon juice  
1 tablespoon lime juice  
1 tablespoon water, for texture

## Steps

1. Preheat oven to 325 °F.
2. In a bowl of an electric mixer fitted with the paddle attachment, cream together butter and sugar. Add eggs one at a time, mixing after each addition. Combine flour and salt, then add it 1 cup at a time, mixing after each addition. With the mixer on low, slowly add the 7-up until combined. Add 1 tablespoon of lemon and lime zest and mix. Scrape the bowl and mix again.
3. Thoroughly spray a bundt pan with nonstick baking spray. Add large spoonfuls of batter until the pan is filled, then even out the surface. Bake for 1 hour 10 to 1 hour 15 minutes. Remove the pan from the oven and let it sit in the pan for 15 minutes. Carefully turn it out onto a cake plate and let it cool.
4. Combine all the glaze ingredients in a bowl and gently whisk until thick but pourable. Use a large spoon to drizzle it all over the cake. Let the glaze set, then slice and serve.

# 4 Lemon Tea Bread



## Ingredients

1  $\frac{3}{4}$  cups flour  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon salt  
8 tablespoons unsalted butter, softened  
1  $\frac{1}{3}$  cups sugar  
2 tablespoons lemon zest (~ 2 lemons)  
3 eggs  
 $\frac{1}{4}$  cup milk  
2 teaspoons lemon juice

## Steps

1. Adjust oven rack to middle position and heat oven to 325 °F.
2. Grease and flour 8  $\frac{1}{2}$  by 4  $\frac{1}{2}$  in loaf pan.
3. Whisk flour, baking powder, and salt together in medium bowl.
4. Beat butter, sugar and lemon zest together in a large bowl with electric mixer until light and fluffy (3-6 min).
5. Beat in eggs one at a time, until combined (~30 sec).
6. Beat in flour mixture, milk and lemon juice until just combined (do not overmix).
7. Scrape the batter into the prepared pan and smooth the top.
8. Bake until golden brown or 65-75 minutes (mini-loaf pan bake 25-35 min).

# 5 Poppy Seed Bread



## Ingredients

Bread

3 cups flour  
1  $\frac{1}{2}$  teaspoons salt  
1  $\frac{1}{2}$  teaspoons baking powder

3 eggs  
2  $\frac{1}{4}$  cups sugar  
1  $\frac{1}{6}$  cups vegetable oil  
1  $\frac{1}{2}$  cups milk  
1  $\frac{1}{2}$  tablespoons poppy seeds  
1  $\frac{1}{2}$  teaspoons almond extract  
1  $\frac{1}{2}$  teaspoons vanilla extract  
1  $\frac{1}{2}$  teaspoons butter extract

Frosting

$\frac{1}{4}$  cup orange juice  
 $\frac{1}{2}$  teaspoon almond extract  
 $\frac{1}{2}$  teaspoon vanilla extract  
 $\frac{1}{2}$  teaspoon butter extract  
 $\frac{3}{4}$  cup powdered sugar

## Steps

1. Mix together and pour into greased loaf pans.
2. Bake at 350 °F for 1 hour.
3. Mix frosting ingredients and let sit for 5 minutes. Spread over bread.

# 6 *Pumpkin Bread*

An easy pumpkin bread that is best enjoyed under a blanket on a cool fall day, but is also great year-round. Patrick makes his with double the warm spices (so 3 teaspoon each of cinnamon, nutmeg, and cloves) to give it a bit more depth.



## Ingredients

1 cup butter, softened  
3 cups sugar  
3 eggs  
3 cups flour  
1 tablespoon baking powder  
1  $\frac{1}{2}$  teaspoons baking soda  
1  $\frac{1}{2}$  teaspoons cinnamon  
1  $\frac{1}{2}$  teaspoons cloves  
1  $\frac{1}{2}$  teaspoons nutmeg  
1 can pumpkin (16 oz)

## Steps

1. Cream butter, sugar.
2. Add eggs, mix well.
3. Add dry ingredients.
4. Stir in pumpkin.
5. Pour into two greased (and sugared) 9x5x3 loaf pans.
6. Bake at 350 °F for 1 hour.

## Notes

### Patrick's Alterations

Patrick uses 2 tsp cloves, 4 tsp cinnamon, and 4 tsp nutmeg.

# 7 Zucchini Bread

Joanne's



## Ingredients

3 eggs  
1 cup oil  
2 cups sugar  
2 cups zucchini, grated (don't peel)  
2 teaspoons vanilla extract  
3 cups flour  
1 teaspoon baking soda  
 $\frac{1}{2}$  teaspoon baking powder  
1 teaspoon salt  
1 teaspoon cinnamon

## Steps

1. Cream butter and sugar.
2. In separate bowl, combine the dry ingredients.
3. Add dry ingredients, oil, egg, zucchini, an vanilla extract to the butter and sugar.
4. Pour into greased (and sugared) pan and bake at 325 °F for 45-55 minutes.

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