

TO SERVE MAN



# TO SERVE MAN

*A Personal Cookbook*

Generated January 14, 2026



*"It's a cookbook!"*

---

—THE TWILIGHT ZONE, 1962



# Contents

<b>I</b>	<b>FOOD</b>	<b>I</b>
1	BREAKFAST	3
1.1	Classic French Toast . . . . .	3
2	MAINS	5
2.1	Chicken Tikka Masala . . . . .	5
2.2	Instant Pot Guinness Beef Stew . . . . .	7
2.3	Neo-Neapolitan Pizza Dough . . . . .	9
2.4	Pasta Carbonara . . . . .	11
3	SIDES	13
3.1	Crispy Roasted Brussels Sprouts . . . . .	13
4	DESSERTS	15
4.1	Banana Banana Bread . . . . .	15
4.2	Brown Butter Chocolate Chip Cookies . . . . .	17
<b>II</b>	<b>COCKTAILS</b>	<b>19</b>
5	COCKTAILS	21
5.1	Paper Plane . . . . .	21
5.2	Negroni . . . . .	23
5.3	Saturn . . . . .	24
5.4	Daiquiri No. 1 . . . . .	25
5.5	Jungle Bird . . . . .	26
5.6	Mai Tai . . . . .	27
5.7	Classic Margarita . . . . .	28
	COLOPHON	29

## CONTENTS

PART I

F O O D



## BREAKFAST

### CLASSIC FRENCH TOAST

*4 servings · 5 minutes prep · 15 minutes cook*

*Perfectly golden, custardy French toast with a hint of vanilla and cinnamon.*

#### INGREDIENTS

- **eggs** – 4
- **whole milk** – 1 cup
- **vanilla extract** – 1 tsp
- **ground cinnamon** – 1/2 tsp
- **salt** – 1/4 tsp
- **butter** – 2 tbsp
- **bread** – 8 slices, day-old
- **maple syrup**
- **powdered sugar**

INSTRUCTIONS

1. In a shallow dish or pie plate, whisk together eggs, whole milk, vanilla extract, ground cinnamon, and salt.
2. Heat a griddle or large skillet over medium heat. Add butter and let it melt.
3. Dip bread into the egg mixture, letting each side soak for 3 seconds. Don't oversoak or the bread will fall apart.
4. Place soaked bread on the hot griddle and cook for 3 minutes per side, until golden brown and cooked through.
5. Serve hot with maple syrup and powdered sugar for dusting, if desired.

*Recipe by King Arthur Baking*

## M A I N S

### CHICKEN TIKKA MASALA

*6 servings · 30 minutes prep · 45 minutes cook*

*Rich, creamy tomato curry with spiced yogurt-marinated chicken. Restaurant quality at home.*

#### INGREDIENTS

- **plain yogurt** – 1 cup
- **garam masala** – 2 tsp
- **ground cumin** – 1 tsp
- **turmeric** – 1 tsp
- **salt** – 1 tsp
- **chicken thighs** – 2 lbs, boneless skinless
- **vegetable oil** – 3 tbsp
- **onion** – 1, diced
- **garlic** – 4 cloves, minced
- **ginger** – 2 tbsp, fresh grated
- **ground coriander** – 1 tsp

- **paprika** – 1 tsp
- **cayenne pepper** – 1/2 tsp
- **crushed tomatoes** – 28 oz can
- **water** – 1 cup
- **heavy cream** – 1 cup
- **fresh cilantro** – 1/4 cup, chopped
- **basmati rice**
- **naan**

#### INSTRUCTIONS

##### *Marinate the chicken*

1. In a bowl, combine plain yogurt, garam masala, ground cumin, turmeric, and salt.
2. Cut chicken thighs into bite-sized pieces. Add to yogurt mixture and marinate for at least 30 minutes, or up to 24 hours in the refrigerator.

##### *Make the sauce*

1. Heat vegetable oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened, about 8 minutes.
2. Add garlic, ginger, garam masala, ground coriander, paprika, and cayenne pepper. Cook for 1 minute until fragrant.
3. Stir in crushed tomatoes and water. Bring to a simmer and cook for 15 minutes.

##### *Cook the chicken*

1. Meanwhile, heat a large skillet over high heat. Remove chicken from marinade (discard marinade) and cook in batches until browned, about 3 minutes per side.
2. Add browned chicken to the sauce. Stir in heavy cream and simmer for 10 minutes until chicken is cooked through.
3. Finish with fresh cilantro and serve with basmati rice or naan.

*Recipe by Bon Appétit*

## INSTANT POT GUINNESS BEEF STEW

*20 minutes prep · 80 minutes cook*

*All the flavor of a slow-cooked stew done in a fraction of the time in the pressure cooker. Made with beef stew meat, onion, celery, carrots, parsnips, and of course, Guinness.*

## INGREDIENTS

- **beef stew meat** – 2 pounds
- **salt** – 1 tsp
- **black pepper** – 1/2 tsp, ground
- **butter** – 2 tbsp
- **onion** – 1 large, 8 oz, chopped
- **celery** – 2 stalks, chopped
- **tomato paste** – 2 tbsp
- **Guinness extra stout** – 1 cup
- **beef broth** – 1 1/2 cups
- **dried thyme** – 1 tsp
- **carrots** – 2, cut into chunks
- **parsnips** – 4 medium, about 1 lb, peeled and cut into chunks
- **potatoes** – 1/2 lb, peeled and cut into chunks
- **cornstarch** – 2 tsp
- **water** – 2 tsp
- **fresh parsley** – 1/4 cup, chopped

## INSTRUCTIONS

*Sear the meat*

1. Pat beef stew meat dry with paper towels, then season on all sides with salt and black pepper.
2. Select the high "Sauté" setting on the Instant Pot. Heat butter or neutral oil.
3. Brown the beef in two batches, searing for 4 minutes per batch and flipping halfway through. Transfer meat to a dish.

*Cook the aromatics*

1. Add onion and celery to the now-empty pressure cooker. Cook until onions begin to soften, about 4 minutes.
2. Stir in tomato paste and cook for 1 minute.

*Pressure cook the meat*

1. Pour in Guinness extra stout. Use a stiff spatula to scrape up any browned bits from the bottom of the pot.
2. Let simmer for 5 minutes to reduce the beer, then stir in the reserved beef, beef broth, and dried thyme.
3. Secure the lid on the pressure cooker and set to "sealing" position. Cancel the sauté program, then select "Meat/Stew" or "Pressure Cook" setting at high pressure for 30 minutes.
4. When finished, let pressure release naturally for 10 minutes, then quick release remaining pressure.

*Add vegetables and finish*

1. Open the pot. Optional: skim off some fat with a ladle if desired.
2. Stir in carrots, parsnips, and potatoes (or rutabaga or celery root).
3. Put the lid back on and set to "sealing" position. Select "Pressure Cook" at high pressure for 3 minutes.
4. While stew finishes, mix cornstarch with water in a small bowl to make a slurry.
5. When cooking ends, perform a quick pressure release.
6. Stir in the cornstarch slurry right away while stew is still bubbling. The residual heat will thicken the stew within a couple minutes.
7. Ladle into bowls and serve hot, garnished with fresh parsley.

*Recipe by Coco Morante*

## NEO-NEAPOLITAN PIZZA DOUGH

*4 servings · 30 minutes prep*

*This is the dough for making New Haven-style pizzas and pizzas in the style of Lombardi's, Totonno's, John's, Grimaldi's, and Tacconelli's. It makes a thin, crisp crust with airy pockets in the crown. This dough stays crisp better than Neapolitan dough, which softens under the toppings.*

## INGREDIENTS

- **unbleached high-gluten or bread flour** – 5 cups, 22 1/2 oz
- **sugar** – 1 tbsp
- **honey** – 1 tbsp
- **table salt** – 2 tsp
- **kosher salt** – 3 1/2 tsp
- **instant yeast** – 1 tsp
- **olive oil** – 2 tbsp
- **vegetable oil** – 2 tbsp
- **solid vegetable shortening** – 2 tbsp
- **room-temperature water** – 1 3/4 cups plus 1 tbsp, 70°F

## INSTRUCTIONS

*Mix the dough*

1. With a large metal spoon, stir together unbleached high-gluten or bread flour, sugar (or honey), table salt (or kosher salt), instant yeast, olive oil (or vegetable oil or solid vegetable shortening), and room-temperature water in a 4-quart bowl or the bowl of an electric stand mixer until combined.
2. If mixing with an electric mixer, fit it with the dough hook and mix on low speed for about 4 minutes, or until all the flour gathers to form a coarse ball.
3. Let the dough rest for 5 minutes.
4. Mix again on medium-low speed for an additional 2 minutes, or until the dough clears the sides of the bowl and sticks just a little to the bottom.
5. If mixing by hand, repeatedly dip one of your hands or the spoon into room-temperature water and use it much like a dough hook, working the dough vigorously into a coarse ball as you rotate the bowl with your other hand. As all the flour is incorporated into the ball, about 4 minutes, the dough will begin to strengthen.
6. When this occurs, let the dough rest for 5 minutes and then resume mixing for an additional 2-3 minutes, or until the dough is slightly sticky, soft, and supple.

*Shape and refrigerate*

1. Immediately divide the dough into 4 equal pieces of approximately 10 ounces each.
2. Round each piece into a ball and brush or rub each ball with olive oil or vegetable oil.
3. Place each ball inside its own zippered freezer bag.
4. Let the balls sit at room temperature for 15 minutes, then put them in the refrigerator overnight.

*Prepare for use*

1. Remove the balls from the refrigerator 2 hours before you plan to roll them out to take off the chill and to relax the gluten.

*Recipe by Peter Reinhart*

## PASTA CARBONARA

*4 servings · 10 minutes prep · 20 minutes cook*

*A rich, creamy Roman classic made the authentic way—no cream needed.*

## INGREDIENTS

- **water** – 4 liters
- **salt** – 2 tbsp
- **guanciale** – 200 g
- **pancetta** – 200 g
- **eggs** – 3
- **egg yolks** – 2
- **pecorino romano** – 100 g, finely grated
- **black pepper** – generous amount, freshly ground
- **spaghetti** – 400 g
- **pasta water** – 1 cup

## INSTRUCTIONS

1. Bring a large pot of water to boil. Season generously with salt.
2. While waiting, cut guanciale into small strips. If unavailable, use pancetta instead.
3. Whisk together eggs, egg yolks, and pecorino romano in a mixing bowl. Season with black pepper.
4. Cook spaghetti in the boiling water for 2 minutes less than package directions.
5. Meanwhile, cook the guanciale in a cold skillet over medium heat for 8 minutes until fat renders and meat is crispy.
6. Reserve pasta water, then drain pasta. Off heat, add pasta to skillet, then quickly stir in egg mixture. Toss vigorously, adding pasta water as needed to create a creamy sauce.
7. Serve immediately with additional pecorino and black pepper.

*Recipe by J. Kenji López-Alt, adapted by PJ*



## SIDES

### CRISPY ROASTED BRUSSELS SPROUTS

*4 servings · 10 minutes prep · 35 minutes cook*

*Perfectly crispy on the outside, tender on the inside. The secret is high heat and patience.*

#### INGREDIENTS

- **Brussels sprouts** – 1.5 lbs
- **olive oil** – 3 tbsp
- **salt** – 1 tsp
- **black pepper** – 1/2 tsp, freshly ground
- **balsamic vinegar** – 1 tbsp
- **lemon juice** – 1 tbsp

#### INSTRUCTIONS

1. Preheat oven to 425°F (220°C).
2. Trim Brussels sprouts and cut in half lengthwise. Remove any loose or damaged outer leaves.

3. In a large bowl, toss Brussels sprouts with olive oil, salt, and black pepper.
4. Spread in a single layer on a baking sheet, cut side down. Make sure they're not crowded.
5. Roast for 20 minutes, then flip each sprout and roast for another 15 minutes until deeply browned and crispy.
6. Optional: toss with balsamic vinegar or lemon juice just before serving.
7. Serve immediately while still crispy.

*Recipe by Serious Eats*

## DESSERTS

### BANANA BANANA BREAD

*12 servings · 15 minutes prep · 60 minutes cook*

*The most delicious, moist loaf with loads of banana flavor. This classic banana bread recipe creates a tender, perfectly sweet treat that's wonderful toasted.*

#### INGREDIENTS

- **all-purpose flour** – 2 cups
- **baking soda** – 1 tsp
- **salt** – 1/4 tsp
- **brown sugar** – 3/4 cup
- **butter** – 1/2 cup
- **eggs** – 2 large, beaten
- **mashed overripe bananas** – 2 1/3 cups

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Lightly grease a 9x5-inch loaf pan.
2. Combine all-purpose flour, baking soda, and salt in a large bowl.
3. In a separate large bowl, beat brown sugar and butter with an electric mixer until smooth.
4. Stir in eggs and mashed overripe bananas until well blended.
5. Stir banana mixture into flour mixture until just combined. Do not overmix.
6. Pour batter into the prepared loaf pan.
7. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 60 minutes.
8. Let bread cool in pan for 10 minutes, then turn out onto a wire rack to cool completely.

*Recipe by Shelley Albeluhn*

## BROWN BUTTER CHOCOLATE CHIP COOKIES

*24 servings · 20 minutes prep · 12 minutes cook*

*Crispy edges, chewy centers, and complex nutty flavor from brown butter. Worth the extra step.*

## INGREDIENTS

- **butter** – 3/4 cup, 1.5 sticks
- **brown sugar** – 3/4 cup, packed
- **granulated sugar** – 1/2 cup
- **eggs** – 2, large
- **vanilla extract** – 2 tsp
- **all-purpose flour** – 2 cups
- **baking soda** – 1 tsp
- **salt** – 1 tsp, flaky sea salt
- **chocolate chips** – 12 oz, mix of dark and milk chocolate
- **flaky sea salt**

## INSTRUCTIONS

*Brown the butter*

1. In a saucepan, melt butter over medium heat. Continue cooking, stirring frequently, until butter turns golden brown and smells nutty, about 5 minutes.
2. Transfer browned butter to a large bowl and let cool for 10 minutes.

*Make the dough*

1. Add brown sugar and granulated sugar to the cooled butter. Whisk until combined.
2. Add eggs and vanilla extract, whisking until smooth.
3. In a separate bowl, whisk together all-purpose flour, baking soda, and salt.
4. Fold dry ingredients into wet ingredients until just combined. Fold in chocolate chips.

*Bake*

1. Preheat oven to 375°F (190°C). Line baking sheets with parchment paper.

2. Scoop dough into 2 tablespoon-sized balls and place on prepared baking sheets, spacing them 3 inches apart.
3. Bake for 11-13 minutes until edges are golden brown but centers still look slightly underdone.
4. Let cool on baking sheet for 5 minutes, then transfer to a wire rack.
5. Sprinkle with extra flaky sea salt while still warm, if desired.

*Recipe by Claire Saffitz*

PART II

C O C K T A I L S



## COCKTAILS

### PAPER PLANE

*Coupe · Bourbon*

*A perfectly balanced modern classic—equal parts everything, impossibly good.*

#### INGREDIENTS

- **bourbon** – 3/4 oz
- **Aperol** – 3/4 oz
- **Amaro Nonino** – 3/4 oz
- **lemon juice** – 3/4 oz, fresh

#### INSTRUCTIONS

1. Add bourbon, Aperol, Amaro Nonino, and lemon juice to a cocktail shaker with ice.
2. Shake vigorously for 15 seconds until well chilled.
3. Double strain through a fine mesh strainer into a chilled coupe glass.

4. No garnish needed—the drink speaks for itself.

*Recipe by Sam Ross*

## NEGRONI

*Rocks · Gin · Garnish: orange peel*

*The iconic Italian aperitif. Bold, bitter, beautiful. Equal parts gin, Campari, and sweet vermouth.*

## INGREDIENTS

- **gin** – 1 OZ
- **Campari** – 1 OZ
- **sweet vermouth** – 1 OZ
- **large ice cube** – 1
- **orange peel**

## INSTRUCTIONS

1. Add gin, Campari, and sweet vermouth to a mixing glass with ice.
2. Stir for 30 seconds until well chilled and properly diluted.
3. Strain into a rocks glass over large ice cube.
4. Express the oils from an orange peel over the drink by holding it over the glass and giving it a good twist. Rub the peel around the rim of the glass, then drop it in.

*Recipe by Count Camillo Negroni*

## SATURN

*Coupe · Gin · Garnish: lemon peel wrapped into rings*

*A winning combination of gin, lemon, passion fruit, falernum, and orgeat. Created for the 1967 World Championship, this drink represents the rings of Saturn.*

### INGREDIENTS

- **London dry gin** – 1 1/4 oz
- **fresh lemon juice** – 3/4 oz
- **passion fruit syrup** – 1/2 oz
- **orgeat** – 1/4 oz
- **John D. Taylor's Velvet Falernum** – 1/4 oz
- **lemon peel** – wrapped into rings

### INSTRUCTIONS

1. Add London dry gin, fresh lemon juice, passion fruit syrup, orgeat, and John D. Taylor's Velvet Falernum to a cocktail shaker filled with ice.
2. Shake and strain into a chilled coupe.
3. Garnish with lemon peel to represent the rings of Saturn. Rest garnish on top of the drink.

*Recipe by J. "Popo" Galsini, adapted by Smuggler's Cove*

## DAIQUIRI NO. 1

*Coupe · Rum*

*The most elegant, simple, and famous of all Cuban cocktails. The Daiquiri and its variants were set in stone by legendary barman Constantino Ribalaigua of the famous Florida bar in Havana.*

## INGREDIENTS

- **lightly aged rum** – 2 oz
- **fresh lime juice** – 3/4 oz
- **SC Demerara Syrup** – 1/2 oz

## INSTRUCTIONS

1. Add lightly aged rum, fresh lime juice, and SC Demerara Syrup to a cocktail shaker.
2. Add cracked or cubed ice, shake, and then double-strain into a chilled coupe.

*Recipe by Bar La Florida Cocktails, 1935 reprint, adapted by Smuggler's Cove*

## JUNGLE BIRD

*Double Rocks · Rum · Garnish: pineapple fronds*

*A drink from the post-tiki era that has found great popularity coast to coast in cocktails of all stripes. Adapted by Smuggler's Cove.*

### INGREDIENTS

- **black blended rum** – 1 1/2 oz
- **pineapple juice** – 2 oz
- **fresh lime juice** – 1/2 oz
- **SC Demerara Syrup** – 1/2 oz
- **Campari** – 3/4 oz
- **pineapple fronds**

### INSTRUCTIONS

1. Add all the ingredients to a drink mixer. Combine black blended rum, pineapple juice, fresh lime juice, SC Demerara Syrup, and Campari.
2. Add 12 ounces of crushed ice and 4 to 6 small "agitator" cubes.
3. Flash blend and open pour into a double rocks glass or highball glass.
4. Garnish with pineapple fronds.

*Recipe by Kuala Lumpur Hilton, circa 1978, adapted by Smuggler's Cove*

## MAI TAI

*Double Rocks · Rum · Garnish: mint sprig, spent lime shell*

*The original Mai Tai created by Victor Bergeron in 1944. Not overly sweet, the Mai Tai is a beautifully balanced drink that showcases aged rum with lime, orgeat, and orange curaçao.*

## INGREDIENTS

- **aged rum** – 2 oz
- **fresh lime juice** – 3/4 oz
- **orange curaçao** – 1/2 oz
- **orgeat** – 1/4 oz
- **simple syrup** – 1/4 oz
- **mint sprig**
- **lime shell**

## INSTRUCTIONS

1. Add aged rum, fresh lime juice, orange curaçao, orgeat, and simple syrup to a cocktail shaker filled with ice cubes.
2. Shake well and pour unstrained into a double rocks glass.
3. Garnish with a mint sprig and the spent lime shell.

*Recipe by Victor "Trader Vic" Bergeron*

## CLASSIC MARGARITA

*Rocks · Tequila · Garnish: salt rim, lime wheel*

*The definitive margarita. Fresh lime juice, quality tequila, properly balanced. No mix needed.*

### INGREDIENTS

- **lime wedge**
- **coarse salt**
- **ice**
- **blanco tequila** – 2 oz
- **Cointreau** – 1 oz
- **lime juice** – 3/4 oz, fresh
- **simple syrup** – 1/4 oz
- **lime wheel**

### INSTRUCTIONS

*Prepare the glass*

1. Run a lime wedge around the rim of a rocks glass. Dip half the rim in coarse salt to create a half salt rim.
2. Fill the glass with ice.

*Make the drink*

1. Add blanco tequila, Cointreau, lime juice, and simple syrup to a cocktail shaker with ice.
2. Shake vigorously for 15 seconds until well chilled.
3. Strain into the prepared glass.
4. Garnish with a lime wheel.

*Recipe by Serious Eats*

## COLOPHON

This cookbook was generated from Cooklang recipe files using Python and  $\LaTeX$ .

### **Typography**

Body text is set in Palatino, chosen for its elegance and readability. Headers use letterspaced small capitals for subtle hierarchy.

### **System**

Recipes are stored in plain text using the Cooklang markup language, making them portable, version-controllable, and future-proof.

### **Generated**

January 14, 2026