

Mom's Guide to Cooking in Apartment B8

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Welcome to Apartment B8's Kitchen!

In this kitchen you'll find everything you need to make a wholesome breakfast. Consider this a manual for cooking in Apartment B8, and use it anytime you need to reference available appliances, ingredients, or recipes.

Below, I have detailed the appliances and ingredients that I keep in my kitchen so you know what is available to use!

Appliances:

- Single-cup coffee machine
- Electric kettle
- Microwave
- Toaster oven
- Oven
- Blender
- Juicer

Ingredients always in stock in the fridge:

- Milk
- Almond Milk
- Eggs
- Egg substitute
- Corn meal
- Chicken sausage
- Margarine
- Dinner roll dough

Ingredients always in stock in the pantry

- Assorted fruit (found in basket on counter)
- Flour
- Black Tea
- Coffee
- Maple syrup
- Sugar
- Salt
- Pepper
- Red pepper flakes

Tools

Larger tools can be found in the cabinet above the stove, utensils are in the drawer to the right side of the stove.

Larger tools

- Large pot
- Small pot
- Bowls
- Mixing bowls
- Cups
- Glasses
- Plates
- Baking sheets

Utensils

- Spoons
- Forks
- Knives
- Whisk
- Measuring cups
- Measuring spoons

Indian Masala Chai Tea

A warm spice tea for chilly mornings.

Be sure to prep the tea mixture ahead of time so you can make tea quickly in the morning.

Below you'll find the necessary ingredients, appliances, and tools needed to make this warm drink.

This recipe makes 2 servings and approximately 10 minutes to prepare.

Ingredients

- 1/4 cup of black tea
- 1 cup of water
- 1 cup of milk *or*
- 1 cup of almond milk
- 2 teaspoons of ground cinnamon
- 1 teaspoon of ground cardamom
- 1/2 teaspoon of black pepper
- 1/4 teaspoon of red pepper flakes
- Sugar to taste

Appliances

- Stove

Tools

- Whisk
- Pot

To prepare the tea mixture: combine the loose tea and spices into an airtight container and store in the pantry for up to 2 weeks.

To make the chai

1. Put water and tea mixture into the pot and put it on the stove on the setting "high".
2. Once the tea is boiling, turn the stove down to "medium" and add the milk.
3. Let the tea mixture cook at "medium" heat for about 5 minutes.
4. Serve tea immediately, offer sugar on the side to desired taste.

This tea mixture keeps well in an air-tight container in the fridge for up to a week.

The tea drink can be kept in a thermos in the fridge for up to a week, and reheated in the microwave.



Classic Iced Coffee

The perfect accompaniment to any meal, a true classic with coffee ice cubes to intensify the flavor.

Prepping the coffee mixture beforehand makes assembling in the morning quick and easy!

Below you'll find the necessary ingredients, appliances, and tools needed to make iced coffee.

This recipe makes 4 servings and approximately 10 minutes to prepare. (Prep time does not include freezing time of ice cubes or time for coffee to cool in the fridge, these steps should be taken overnight)

Ingredients

- 1/2 cup of ground coffee
- 4 cup of water
- 1 cup of milk *or*
- 1 cup of almond milk
- Sugar to taste

Appliances

- Coffee machine

Tools

- Jug with lid
- Ice cube tray

To prepare the coffee

1. Plug in coffee machine and ensure the red light is flashing.
2. Pour ground coffee into the filter at the top of the machine labeled "coffee grounds".
3. Fill up coffee pot with water and pour into the bowl at the top of the machine labeled "water bowl".

4. Secure the lid by turning it clockwise until you hear a click and and press "on".
5. Let the coffee cool in the pot after brewing before storing.
6. Pour coffee into an airtight jug with lid and store in fridge for at least 6 hours to cool. Leave about 1/4 cup of brewed coffee in pot to make ice cubes.

To prepare the coffee ice cubes

7. Pour the coffee into the ice cube mold and put in the freezer overnight to harden.
8. Keep ice cubes in freezer tray in the freezer for use throughout the week.

To assemble Classic Iced Coffee

9. Pour coffee into glass until 2/3 full
10. Add 1-3 coffee ice cubes to preserve intensity of coffee
11. Add milk to taste
12. Add sugar to taste

This coffee keeps well in an air-tight container in the fridge for up to a week.



Sweet American Cinnamon Rolls

A delicious yet quick sweet treat for a pick-me-up breakfast. Perfect with a cup of hot, black coffee!

Be sure to check the pantry and fridge to make sure you have all ingredients on hand before beginning

To make this sweet treat, you'll need the following ingredients, appliances, and tools.

This recipe makes 4 servings and approximately 20 minutes to prepare.

Ingredients

- 1 tube of refrigerated bread roll dough
- 1 stick butter *or*
- 1 stick margarine
- ½ cup sugar
- 2 tablespoons of cinnamon
- 2 tablespoons of flour

Appliances

- Oven
- Microwave

Tools

- Knife
- Rolling pin
- Bowl
- Whisk

To make the rolls

1. Flour your workspace (the counter) with a light dusting of flour.
2. Open up your bread roll dough and place it onto the floured workspace.
3. Roll out the dough until it is about ¼ inch thick and in a rectangular shape.
4. Melt butter or margarine in bowl and pour evenly onto dough.
5. Sprinkle sugar and cinnamon evenly over buttered dough.
6. Roll up the dough, starting on one of the long ends until you have a log-shape. (See figure 1 for an example)
7. Cut roll into 6 pieces and arrange on baking sheet. (See figure 1 for an example)
8. Bake for 15-20 minutes or until golden brown, then let cool for 10 minutes and enjoy!

Troubleshooting

- If you are not sure what your rolled up log and cut pieces should look like, check the figure below.



Spicy Indian Naan Bread

A spicy and savory bread that is great for making ahead and storing for a quick weekday breakfast.

Be sure to check the pantry and fridge to make sure you have all ingredients on hand before beginning

To make this spicy bread, you'll need the following ingredients, appliances, and tools. The ingredients listed below are the main ones necessary, but feel free to get creative and top your naan with other toppings as well!

This recipe makes 4 servings and approximately 15 minutes to prepare.

Ingredients

- 1 tube of refrigerated bread roll dough
- 1 stick butter
- 1 stick margarine
- 2 teaspoons of salt
- 1 teaspoon of pepper
- optional 1 teaspoon of red pepper flakes
- 1/2 cup of sausage crumbles *or*
- 1/2 cup of soysage crumbles

Appliances

- Oven
- Microwave

Tools

- Knife
- Rolling pin
- Bowl

To make the naan

1. Flour your workspace (the counter) with a light dusting of flour.
2. Open up your bread roll dough and place it onto the floured workspace.
3. Roll out the dough until it is about 1 inch thick and in a rectangular shape.
4. Melt butter in bowl and pour evenly onto dough.
5. Sprinkle salt, pepper, and red pepper flakes evenly over buttered dough.
6. Pour crumbles evenly over the dough, pressing them in so they stick.
7. Cut dough into 6 squares.

8. Cut each square into half diagonally, so that you have a total of 12 triangles.
9. Bake for 10 minutes until slightly puffy and still light in color.
10. After 10 minutes, put oven on "broil" for 4 minutes to slightly char the surface of the bread. This gives it the distinct "naan" flavor.

This naan keeps well in an air-tight container in the fridge for up to a week. You can pull it out any morning and customize it for breakfast that day.

To reheat the naan you'll need

- toaster oven
- 1 tablespoon butter
- 1 tablespoon margarine

Place the naan in the toaster oven at 350 degrees for 5 minutes and spread the spread on it after.



Figure 1: Customized naan with egg, cilantro, and sausage

Breakfast Sandwich

A delicious breakfast sandwich that will fuel you through your day.

Be sure to check the pantry and fridge to make sure you have all ingredients on hand before beginning

To make this spicy bread, you'll need the following ingredients, appliances, and tools. The ingredients listed below are the main ones necessary, but feel free to get creative and include other ingredients in your sandwich!

This recipe makes 1 serving and approximately 15 minutes to prepare.

Ingredients

- 1 english muffin
- 1 egg
- 1 tablespoon of butter
- 2 strips of bacon
- 1 tablespoon of guacamole
- 4 cherry tomatoes
- 1 slice of pepper jack cheese

Appliances

- Stove
- Toaster oven

Tools

- Frying pan
- Spatula

To make the sandwich

1. Fry the bacon in the frying pan over high heat, remove from the pan once cooked through and set aside.
2. Add butter to the pan and crack the egg into it, lower the heat to medium and flip egg with the spatula once opaque.
3. Once egg is done, set aside with bacon on a plate. At this point, you can also preheat the toaster oven to 350 degrees.
4. Put english muffin in frying pan and turn off the stove. The residual heat and grease will lightly toast the muffin.
5. After about a minute, remove the muffin from the pan and spread with guacamole and top with the tomatoes.
6. Continue to build the sandwich by adding the egg, cheese, and bacon, and top with other half of the muffin.
7. Place the sandwich in the preheated toaster oven for 3 minutes.
8. Remove the sandwich from the oven and serve immediately.



Figure 2: Assembled breakfast sandwich

Works Cited

Links to images used in this recipe manual.

- Coffee image http://www.kitchentreaty.com/wp-content/uploads/2012/05/IMG_6390.jpg
- Chai image <http://www.keeperofthehome.org/wp-content/uploads/2013/12/pot-of-cooking-chai.jpg>
- Cinnamon roll image <http://media.dish.allrecipes.com/wp-content/uploads/2015/05/102280510-Placing-Cinnamon-Roll-Dough-in-a-Baking-Pan-Photo-by-Meredith.jpg>
- Naan image <https://s-media-cache-ak0.pinimg.com/236x/eb/71/40/eb7140a50258aa75d8025cd1c68bcbff.jpg>

- Avocado bowl image https://farm2.staticflickr.com/1604/26496934116_f7e85b3218_c.jpg
- Sandwich image http://lifecdn.dailyburn.com/life/wp-content/uploads/2014/02/Low_Calorie-Breakfast-Sandwich-with-Turkey-Bacon.jpg