

Recipes

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1 Flavor Profiles

- Sweet
- Sour
- Salty
- Spicy
- Bitter

2 Ratios

- Ratio of oil to vinegar: 4/1 or 2/1 to more sour resistant.

3 General Tips

- Cut perpendicular to the fiber to maximize tenderness (Meats)

4 Fast everyday recipes

4.1 Curry Chicken

Ingredients:

- 1 tsp kanoor, 2 tbl spoon curry powder, 1 tbl spoon Coconut oil
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken, wash and add some lime. Alternatively: Just washing the chicken and patting with paper towels for removing excess moisture (After last step you can optionally coat chicken with flour for making it crisp).
- If you let it **lime**, let it sit for 10min, then wash the chicken with running water
- (Optional) If you can put all ingredients in a ziplock bag and let it rest for couple of hours or overnight.
- On a sautee pan, add some oil and sear one side of the chicken in high heat.
- Throw in the remaining ingredients. Lower the heat, flip the side of the chicken, add a lid and let it simmer for 10-15min.

Notes:

4.2 Chicken on Tomato Sauce

Ingredients:

- 1 can of diced tomato (fire roasted), cummin, cilantro, 1 kanoor, chopped garlid
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken, wash and add some lime. Alternatively: Just washing the chicken and patting with paper towels for removing excess moisture (After last step you can optionally coat chicken with flour for making it crisp).
- If you let it **lime**, let it sit for 10min, than wash the chicken with running water
- (Optional) If you can put all ingredients in a ziplock bag and let it rest for couple of hours or overnight.
- On a sautee pan, add some oil and sear one side of the chicken in high heat.
- Throw in the remaining ingredients. Lower the heat, flip the side of the chicken, add a lid and let it simmer for 10-15min.

Notes:

4.3 Tajin chicken

Ingredients:

- tajin seasoning
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken, wash and add some lime. Alternatively: Just washing the chicken and patting with paper towels for removing excess moisture (After last step you can optionally coat chicken with flour for making it crisp).
- If you let it **lime**, let it sit for 10min, than wash the chicken with running water
- (Optional) If you can put all ingredients in a ziplock bag and let it rest for couple of hours or overnight.
- On a sautee pan, add some oil and sear one side of the chicken in high heat.
- Throw in the remaining ingredients. Lower the heat, flip the side of the chicken, add a lid and let it simmer for 10-15min.

Notes:

4.4 Onion chicken

Ingredients:

- 2 onions, 2 tsp of chopped garlic, 2 tablespoons of olive oil, 1 knoor
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken, wash and add some lime. Alternatively: Just washing the chicken and patting with paper towels for removing excess moisture (After last step you can optionally coat chicken with flour for making it crisp).
- If you let it **lime**, let it sit for 10min, than wash the chicken with running water
- (Optional) If you can put all ingredients in a ziplock bag and let it rest for couple of hours or overnight.
- On a sautee pan, add some oil and sear one side of the chicken in high heat.
- Throw in the remaining ingredients. Lower the heat, flip the side of the chicken, add a lid and let it simmer for 10-15min.

Notes: User a blender to blend onion and garlic. Use just enough water so you can get a pasty texture

4.5 Curried Tomato

Ingredients:

- 2 onions, 5 chopped tomatoes, 1 tablespoon of garlic, 1 tsp cumin, 2/3 tsp paprika, 2/3 tsp curry, 1 knoor
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken, wash and add some lime. Alternatively: Just washing the chicken and patting with paper towels for removing excess moisture (After last step you can optionally coat chicken with flour for making it crisp).
- If you let it **lime**, let it sit for 10min, than wash the chicken with running water
- (Optional) If you can put all ingredients in a ziplock bag and let it rest for couple of hours or overnight.
- On a sautee pan, add some oil and sear one side of the chicken in high heat.
- Throw in the remaining ingredients. Lower the heat, flip the side of the chicken, add a lid and let it simmer for 10-15min.

Notes: User a blender to blend onion and garlic.

4.6 KitchenSync Sauce

Ingredients:

- 2 tsp sugar, 1tsp salt, 1 tbl spoon garlic (or 2 minced garlic), 1 tbl spoon balsamic vinegar, 4 tbl spoon olive oil
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken, wash and add some lime. Alternatively: Just washing the chicken and patting with paper towels for removing excess moisture (After last step you can optionally coat chicken with flour for making it crisp).
- If you let it **lime**, let it sit for 10min, than wash the chicken with running water
- (Optional) If you can put all ingredients in a ziplock bag and let it rest for couple of hours or overnight.
- On a sautee pan, add some oil and sear one side of the chicken in high heat.
- Throw in the remaining ingredients. Lower the heat, flip the side of the chicken, add a lid and let it simmer for 10-15min.

Notes:

4.7 Orange and Soy

Ingredients:

- 2 tbl spoon olive oil, 1/2 cup of orange juice, 1/4 cup of soy sauce and 2 garlic cloves (pureed)
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken, wash and add some lime. Alternatively: Just washing the chicken and patting with paper towels for removing excess moisture (After last step you can optionally coat chicken with flour for making it crisp).
- If you let it **lime**, let it sit for 10min, than wash the chicken with running water
- (Optional) If you can put all ingredients in a ziplock bag and let it rest for couple of hours or overnight.
- On a sautee pan, add some oil and sear one side of the chicken in high heat.
- Throw in the remaining ingredients. Lower the heat, flip the side of the chicken, add a lid and let it simmer for 10-15min.

Notes:

4.8 Carne Assada

Ingredients:

- 1 cut of flank steak
- 1 lemon
- 4 garlic cloves
- 1/2 cup of soy sauce
- 1 teaspoon chilli powder
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- black pepper
- olive oil

Directions:

- Mix all ingredients
- Let it sit in the fridge overnight
- On a high heat, put meat first
- Then add the juices and sauce
- Simmer for 10-15'

4.9 Soy Meat

Ingredients:

- beef for beef stew (1lb)
- 1 onion
- 2-3 garlic cloves (1 table spoon of chopped garlic)
- 1/4 red pepper (Optional)
- 1/4 tea spoon ginger powder (Optional)
- 1 cup soysauce (low sodium)

Directions:

- Add a bit of oil to a saute pan, add onion and red pepper for 2-3min, then add garlic and pepper. Then add the garlic until its fragrant.
- Reserve the onion and pepper.
- On the same pan add the beef, sear the beef all sides
- When beef is seared (4-5min) add the soy sauce, optionally the ginger and let it cook for 10-15min.

4.10 Chicken (Receita Casa Vovo)

Ingredients:

- 1 cebola
- 1 tomate
- 1/2 pimentao
- cebolinha (o verde e branco tudo junto)
- 2-3 dentes de alho
- Coentro
- 2 caldos quilor (pra 2 peito de frango)
- Molho de tomate
- Vinagre branco

Directions:

- Refoga com azeite os ingredients.
- Corta a galinha em pedacos e coloca na agua e limao. Depois de lavar a galinha,
- Joga a galinha no refogado (Nao refoga mto nao, so ate o knor derreter).
- Joga o cuminho com sal.
- Bota molho de tomate e vinagre (1 colher)
- Deixa por uns 30-40min em fogo baixo tampado.

4.11 Oven Roasted Chicken

Ingredients

- Half chicken

Directions (Chicken):

- Preheat the oven to 400F.
- Line a sheet pan with aluminum foil.
- Pat the chicken dry with paper towels; season with salt and pepper on both sides. Place on the prepared sheet pan. Drizzle with olive oil; turn to coat. Arrange the seasoned chicken skin side up.
- Roast 36 to 38 minutes, or until the chicken is browned and cooked through. (An instant-read thermometer inserted into the thickest part of the thigh should register 165F.) Remove from the oven.
- Reserving the juices on the sheet pan, transfer the roasted chicken to a cutting board. Let rest for at least 5 minutes.

Directions Gravy

- 2 tbl spoon flour
- 2 tbl spoon butter

Directions (Gravy):

- Heat 2 tablespoons of butter and add 2 tablespoons of flour
- Add chicken juices from cooked chicken (Separate butter)

5 Starches / Beans

5.1 Rice

Ingredients:

- 1 cup of rice
- 2 cups of water
- 1 table spoon of knoor

Directions:

- Boil water, then bring it to a simmer
- Add rice and knoor
- Cook covered for 20-30'
- Turn heat off (don't uncover) and let it sit for 20'

PS: Couple of variants of this rice: - Chop 1/2 onion and 2 garlic cloves. Add 1 tbsp of oil and stir fry the onion and garlic until garlic gets fragrant and onion translucent. Add rice and stir for 1-2, then do the same steps in the Directions.

5.2 Feijao de Soja Luzinete

Ingredients:

- 2 cups of soybeans
- olive oil
- 1 onion
- 1 tomato
- Tomato sauce (The brazilian one Tarantella is the best)

Directions:

- Cook the soybeans on the pressure cooker with just water and salt for 40'.
- On a sautee pan cook chopped onions and tomato
- Add the tomato sauce and cooked soybeans
- Cook for another 10'

5.3 Potatoes Gratin (Sergio)

Ingredients:

- Parmesan
- Whipping Cream
- Cream Cheese Whipped
- Mayo
- Oregano
- Musarella Cheese
- Potatoes

Directions:

- Cut the potatoes in small cubes and boil until is al dente.
- Mix all the other ingredients, mix with the potatoes. Top with musarella cheese and put in the oven on 450F for 30min.

5.4 Refried beans

Ingredients:

- Already made beans (2 cups)
- Mexican Spice Blend (2 tsp paprika, 2 tsp chili powder, 1/2 tsp garlic salt, 1/2 tsp onion salt, 1 tsp cumin, pepper to taste)

Directions:

- Put beans on a blender and blend until forms a puree
- On a sauce pan add mexican spice blend.
- Reduce heat, let it reduce. 5'.

5.5 "Risoto" Brasileiro

Ingredients:

- Arroz
- 1 colher de trigo
- 1 xicara de leite
- 1 colher de Queijo parmesao
- Pimenta branca
- 1 colher de sobremesa de manteiga

Directions:

- Cozinhe o arroz normal
- Faca um white Roux
- Adicione o leite
- Coloque o parmesao e a pimenta branca
- Pode colocar opcionalmente um queijo musarela

5.6 Brazilian Feijoada

Ingredients:

- 1lb of Black beans
- 12oz Salted Pork(Hormel Salt Pork, Cured, Sliced)
- 1 Calabresa Sausage (Hillshire Farm Smoked Sausage)
- 1 piece of chopped pork loin (or another pork cut)
- 1 tsp sweet paprika
- 1 tsp cumin
- 1-2 Bay leaves
- 3oz Tomato paste (Hunts Tomato Paste 6oz)
- 1/3 of bunch of cilantro (without the stems)
- 1 onion
- 1 tomato
- 1/4 red pepper
- 1 table spoon white vinegar

Directions Meat:

- Sautee the meat with Cumin, Paprika, garlic and vinegar (a bit) and salt

Directions Mixture:

- Add tomato, onion, red pepper, cilantro, tomato paste and water to a blender. Add salt.

Directions Beans:

- Put beans in water for 3 hrs.
- Mix beans, mixture and bay leaves in the pressure cooker.
- Cook under pressure for 10', then add the meat and cook for another 5-10' until beans are tender.
- Season with salt and pepper if necessary.
- If beans are too watery you can always add some beans to the blender to make a puree and add it back.

Notes: Easy mode of this dish is put everything in the slow cooker (high mode) for 5hrs.

5.7 Creamy Polenta

Ingredients:

- 1 cup Polenta
- 1 tbl spoons butter
- 2 tbl spoons powdered milk
- 2 tbl spoons of parmesan cheese
- 2 cups Whole milk

Directions:

- Add milk and polenta into the pan, turn heat to medium-high
- Once it starts simmering, turn down to low
- Add powdered milk
- Wish constantly
- Season with salt and pepper
- When polenta is done (Approximately 10-15) add butter and parmesan cheese.

5.8 Blue Apron Sweet potatoes

Ingredients:

- 1 lb sweet potatoes
- 1 tbl spoon white vinegar
- 1 shallot minced
- 1 bunch of chives thiny sliced
- Salt
- Pepper
- Olive oil

Directions:

- Place **chives, shallot and vinegar** in a bowl for marinate.
- Cook **sweet potatoes** in boiling water for 10-12min.
- After potatoes are cooked, drain them.
- Add olive oil to the same pan, add **marinate** and sear until onion is translucent.
- Add cooked **potatoes, mixture and season with salt and pepper.**

5.9 Loaded Scalloped Potatoes

Directions:

- 4 tbsp butter unsalted
- 3 cloves garlic minced
- 4 tbsp all-purpose flour
- 2 cups chicken broth low sodium
- 1 cup heavy cream
- 1/2 tsp salt or to taste
- 1/2 tsp pepper or to taste
- pinch tsp nutmeg ground
- 3 lbs potatoes sliced 1/8 inch thin, I used Yukon gold
- 2 cups cheddar cheese shredded (you can complement with mozzarella too)
- 8-12 slices bacon fried and crumbled
- 2 tbsp chives chopped

Directions:

- Preheat your oven to **400 F** degrees.
- Melt the **butter** in a saucepan or skillet over medium heat. Add the **garlic** and cook for 30 seconds until the garlic is aromatic.
- Sprinkle the **flour** over the garlic/butter then whisk well until combined with the butter. Add the **chicken broth** and whisk until combined. It should look like a thick paste. Cook for another minute while stirring, then add the **heavy cream** and whisk until smooth.
- Season with **salt, pepper and nutmeg**. Continue cooking for 2 more minutes until the sauce comes to a simmer and thickens. Remove the saucepan from the heat and set aside.
- Start layering. Start with a spreading a couple ladlefuls of the sauce over the bottom of a 9x13 inch baking dish. Spread a third of the sliced potatoes over the sauce in an even layer (see video). Top with more of the sauce to cover the potatoes. Top with a third of the cheddar cheese and then a third of the bacon. You should have enough ingredients for 3 layers of potatoes. Continue layering with potatoes, sauce, cheese, bacon and repeat. Finally sprinkle with **half the chives**.
- Cover with foil and bake for **45 minutes**. Uncover and finish baking for for **another 45 minutes** or until the potatoes are fork tender.
- Garnish with remaining **chives** and serve warm.

5.10 Pressure Cook Pork (Receita Vaco)

Directions:

- 1-2 lb of pork loin cut into cubes
- 2 large russet potatoes (1 2/3lb) cut into large chunks
- 8 large cremini mushrooms (1/2 lb) roughly chopped
- 2 carrots (1/2 lb) cut into large chunks
- 2 tablespoons of butter
- 2 tablespoons of light soy sauce
- 1 tablespoon of olive oil
- 4 cloves garlic, minced
- 2 bay leaves
- 1 table spoon of balsamic vinegar
- 2 cup chicken stock
- salt and pepper to taste
- (Optional) Corn starch or flour for thickening.

Directions:

- Season pork generously with salt and pepper
- Add olive oil and sear all sides of the pork until they are brown. Reserve the pork.
- Add butter, saute the mushrooms, season with salt and pepper. Stir until mushrooms are slightly crisp and browned. This step should take around 7-12 minutes.
- Add garlic, carrots and bay leaves. Saute for 2 minutes.
- De-glaze with a dash of balsamic vinegar add chicken stock and soy sauce.
- Add pork, potatoes and cook under pressure for 15.
- If necessary add a bit of cornstarch for thickening the gravy (You might want to mix separate from the main sauce).

6 Indian food

6.1 Sag Paneer (With tofu)

Ingredients (For gravy):

- 2 bunches of spinach (500g)
- 1 pinch of kasuri methi
- 1 tablespoon of tomato paste

Ingredients (Base):

- 1 pinch of cumin seeds
- 1 onion thinly sliced
- 1 teaspoon of grated fresh ginger
- 3 cloves garlic, minced
- 1 tomatoe diced

Ingredients (Seasonings):

- 2 tsp of garam masala
- 1/8 tsp of cardamom
- 1/2 tsp ground turmeric
- 1/2 tsp red pepper
- 1 tsp cumin

Ingredients (Protein):

- Tofu

Directions:

- Dry tofu with paper towels. Fry them and set aside.
- In a pan add oil and fry cumin seeds (Around 1 minute).
- Add onion for 2-3 minutes. Then add ginger and garlic until fragrant. Add seasonings (garam masala, turmeric, cumin, red pepper and cumin). Add the tomato and sear for 10'.
- Add in the spinach, kasuri methi, tomato paste and simmer for 5' (You can also cook the spinach and make a puree before). Add the fried tofu.

—

7 Breakfast

7.1 Waffle

Ingredients:

- 2 eggs
- 2 cups of all purpose flour
- 2 cups of milk (or nido - 1/2 cup powder + 2 cups of water)
- 1/2 cup of vegetable oil
- 1 tbl spoon sugar

- 4 tsp baking powder
- 1/4 tbl spoon salt

Optional Mozzarella cheese and turkey (chopped)

Have some spare butter

Directions:

- Preheat waffle iron. Beat eggs in large bowl with hand beater until fluffy. Beat in flour, milk, vegetable oil, sugar, baking powder, salt and vanilla, just until smooth.
- Spray preheated waffle iron with non-stick cooking spray. Pour mix onto hot waffle iron (You can optionally interleave with the turkey and cheese). Cook until golden brown. Serve hot.

Experiment1: Add more salt (1/2). Add parmesan cheese.

7.2 Pancakes

Ingredients:

- 2 cups of all purpose flour
- 2 teaspoon of baking powder
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 2 eggs
- 1 1/2 cups of milk (Might need more milk)
- 2 tablespoons of melted and cooled butter

Have some spare butter

Directions:

- Mix all ingredients until there are no lumps
- Turn heat on, let it get war before putting the butter
- Use the 1/3 cup measurer to put pancakes into the pan
- Flip after 3-5min in the pan, adjust heat accordingly if too hot

8 Apps

8.1 Beet Humus

Ingredients:

- 1 can of whole beets
- 1 can of garbanzo beans
- 1 lemon (zest + juice)
- 6 garlic cloves
- 1/4 cup olive oil

Directions:

- Put everything in a mixer (Add some salt and pepper to taste) and mix. You might want to put some water too.

8.2 Bruschetta

Ingredients:

- 2 riped tomatoes
- 6 garlic cloves
- basil
- olive oil

Directions:

- Heat olive oil and garlic on a skillet, when its ready put in on the side and let it rest for 20min
- Cut the tomatoes and basil in small pieces and mix with the garlic
- Season with salt and pepper
- Put butter on both sides of the toast, put on the oven for 350F until on of the sides is brown, then put the mixture

PS: Trick to cut the toast thin is to put on the freezer overnight

8.3 Eggplant (Sergio)

Ingredients:

- 1 eggplant
- 5 garlic cloves
- red bell peppers

Directions:

- Chop everything, put some olive oil and salt then put in a tray at 400F for 20-30min.
- Put everything in a blender with a bit of water

8.4 Eggplant (Cunhado)

Ingredients:

- 1 Eggplant
- 8 garlic cloves
- 1 onion
- olive oil
- red pepper
- 1 tomato

Directions:

- Add olive oil in the sauce pan and cook garlic, onion and pepper
- Add eggplants cut into small pieces
- Cover sauce pan for 10'
- Leave in the fridge overnight for absorbing flavour

8.5 Garlic bread

Ingredients:

- 2 cups - Cream cheese (Whipped is better)
- 1/2 cup - Mayonese
- Garlic (5 tablespoons)
- Parmesan
- Sharp Sheddar
- Pepper
- Oregano
- Bread (Take and bake are better)

Directions:

- Mix all ingredients
- Put oven on 425F for 10-15'

8.6 Paprika Toasts

Ingredients:

- Smoked Paprika
- Olive oil
- Cream cheese
- Cheese (Mozzarella, Parmesian)
- Salt
- Toasts

Directions:

- Mix all ingredients (You can also use mayo if you want)
- Turn oven on 350F and once hot add toasts before so that its slightly toasted before you add the spread - 5' each side
- Remove from oven put spread
- Put for more 5' in the oven

9 Weekend Meals

9.1 Tomato Soup

Ingredients:

- 2 lb of tomatoes
- 7 garlic cloves
- 1 onion
- Chicken stock
- olive oil
- 3 table spoons Parmesan cheese

Directions:

- Cut tomatoes in half.
- Roughly chop onions
- Put all vegetables in a large tray.
- Season generously with salt and pepper
- Sprinkle olive oil on top
- Put tray on oven on 375F for 60-90minutes
- When vegetables are roasted put in a food mixer
- Put mixture in a sauce pan, add chicken stock until reaches desired consistency.
- Taste and depending on acidity add some sugar (1-2 tsp of coconut sugar). Make sure to balance with salt for sweetness.

Notes:

- (Optional) Add 1 tsp of cornstarch and 1 cup of milk for a richer soup.
- (Optional) Add 2-4 tbl spoon of Parmesan cheese.

9.2 French Onion Soup

Ingredients:

- 2 tbl spoons unsalted butter
- 3 large onions (2 pounds), halved lengthwise and thinly sliced crosswise
- sea salt
- fresh ground pepper
- 2 tablespoons dry sherry
- 1 quart rich beef stock
- 1 bouquet garni, made with 1 bay leaf, 1 thyme sprig, 2 juniper berries and 2 flat-leaf parsley sprigs, tied in cheesecloth
- 2 cups shredded Gruyre cheese (about 6 ounces)

Directions:

- Melt the butter in a large enameled cast-iron casserole. Add the onions and a pinch of salt, cover and cook over moderate heat, stirring once or twice, until the onions soften, about 10 minutes. Uncover and cook over moderate heat, stirring frequently, until the onions are lightly browned, about 40 minutes.
- Stir in the sherry. Add the stock and bouquet garni and bring to a boil. Cover and simmer over low heat until the soup has a deep flavor, about 30 minutes. Discard the bouquet garni and season the soup with salt and pepper.
- Preheat the oven to 425. Bring the soup to a simmer, ladle it into 4 deep ovenproof bowls and sprinkle with half of the cheese. Bake the bowls of soup on a baking sheet in the middle of the oven for 10 minutes, or until the cheese is bubbling. Serve hot.

9.3 Boef Bourguignon

Ingredients:

- 4 ounces of bacon, sliced crosswise into thin strips (1/4 inch by 1 inch pieces)
- 2 pounds of boneless beef chuck, trimmed of all fat and cut into 1 inch cubes
- 1 carrot, peeled and sliced into 1/4 inch thick rounds
- 1 large yellow onion, medium diced
- 2 tablespoons unbleached all-purpose flour
- 2 cups full-bodied, red wine like chianti or merlot
- 2-3 cups of low sodium beef stock
- 1 tbl spoon tomato paste
- 3 large garlic cloves, finely minced
- 3 sprigs fresh thyme, tied with butcher's twine
- 2 bay leaves
- 15 pearl onions
- 2 tbl spoon of butter, room temperature
- 8 ounces cremini or button mushrooms, trimmed and quartered
- 1/3 cup sherry vinegar
- 3 tbl spoons chopped flat-leaf parsley

Main:

- Preheat oven to 325
- In a large dutch oven over medium heat, saute bacon until lightly browned. About 5 minutes. Transfer bacon into a medium bowl and reserve fat in the pan.
- Dry the beef thoroughly with paper towel and season with salt and pepper. Return dutch oven to medium-high heat. When fat is shimmering, add the beef and sear all sides. Transfer seared beef to bowl with bacon.
- Reduce heat to medium and add the carrots and onions to the pan. Saute until lightly browned, about 8 minutes.
- Return the beef and bacon to the dutch oven with the onion and carrots; season lightly with salt and pepper. Sprinkle flour over and toss to a lightly coat.
- Slowly stir in wine and add enough stock to just cover the meat.
- Stir in tomato paste, garlic, thyme sprigs and bay leaf.
- Bring to a simmer over medium heat.
- Cover the pot and place in the preheated oven for 1 1/2 to 2 hours.
- The meat is done when a fork pierces it easily.
- Separate the solids from the liquid with a sieve.
- Discard thyme sprigs and bay leaf.
- Put liquid in a saucepan with the sherry vinegar and let it simmer until liquid is reduced by half.
- Add roasted onions and mushroom to the dutch oven.
- Skim fat off the surface of the braising liquid with a laddle and discard fat.
- Season with salt and pepper. Maybe adding a bit of sugar to balance the acidity (Used 3 teaspoons of coconut sugar).
- Pour mixture to dutch oven and stir to combine.

Pearl onions and Mushroom

- While the beef is cooking, blanch the pearl onions in rapidly boiling salted water until tender, about 4 minutes.
- Drain and let cool, then trim ends and peel. Set aside
- To a large ovenproof skillet over medium-high heat, add butter.
- Add onions and mushrooms and stir to coat vegetables with the melted butter.
- Drizzle with sherry vinegar and season generously with salt and pepper.
- Place skillet in a oven, stirring occasionally, until onions and mushrooms turn golden brown and most of the liquid have evaporated. Around 20-25minutes.
- Remove from oven and set aside.

9.4 Bacalhau Gomes Sa (Tia Ana)

Ingredients:

- Bacalhau (1.5kg)
- Batata (6 batatas)
- Cebola (6 cebolas)
- Alho (1 cabeça de alho)
- Azeite (2 latas de azeite galo)
- Tomate (4 tomates)
- Ovo (8 ovos)
- Salsa (1 bocadinho)

Directions:

- Doura cebola e alho no azeite (Bastante azeite). Nao colocar no oleo quente. Deixar a cebola e o alho cozinhar no azeite.
- Cozinha o bacalhau na agua e sal por pouco tempo, separa e desfia (Se o bacalhau ja for salgado no precisa colocar mais sal)
- Cozinha batata cortada em cubinhos. Nao deixar cozinhar muito pra no virar um "pure" quando misturar no bacalhau depois
- Quando a cebola começar a dourar, joga o peixe e deixa uns 10min
- Coloca salsa picada
- Coloca a batata e espera ver se vai precisar botar mais azeite
- Coloca ovo cozido amassado no bacalhau (so coloca 4) os outros voce coloca fatiado por cima
- Deixa descansar durante a noite (pode botar em tupperware desde que esteja frio).
- No dia seguinte corta umas rodela de ovo cozido e poe por cima e umas fatias de tomate tambem. Bota no forno pra deixar queimado em cima.

9.5 Steakhouse Steak

Ingredients:

- 2 good steaks (Ribeye or New york - look for dry aged prime beef)
- 5 cloves of garlic

Directions:

- Turn oven at 450F
- Pat steak with a paper towel to remove any excess of moisture
- Season with kosher salt, group pepper and maybe coriander also.
- Let it sit for 10'
- Heat skillet
- Just before adding the steak add butter and a touch of olive oil.
- (If you bought a cheap steak you might want to add garlic)
- Sear each side of the steak (2' each)
- Put the steak on the oven for 10-15' (For medium)
- Let it sit for 2-3' before serving.

9.6 Torta de Ana**Ingredients (For dough)**

- 6 cups of flour
- 2 egg yolks
- 2 table spoons of Parmigiano cheese
- 7 tbl spoon of mayonnaise
- 3 blocks of butter - or 1 2/3 cup of margarine

Ingredients (For chicken)

- 2 chicken breasts
- lime
- creme de leche
- 1 onion
- 1 tomato
- 1/2 bell pepper
- scallion
- 3 garlic cloves
- 2 knoors (one for each breast)
- cumin
- cilantro
- tomato paste
- olive
- green peas

Directions:

- Cut chicken in small cubes put in a container with water and lime. Let it sit for a couple of minutes.
- Sear the vegetables with the knoor (onion, tomatoes, peppers, scallion and garlic).
- After the garlic is fragrant add the chicken, cumin, cilantro and tomato paste.
- Let it simmer for 30'
- While chicken cooks, make the dough (mix all ingredients).
- When the chicken is ready, shred the chicken and put the juices on the side.
- Mix chicken, creme de leche and sauce to taste.
- Add olives and green peas
- Wait for chicken to cool
- Put dough in a pie container (use the plastic wrap technique for building the top)
- Put chicken and cover the top
- Use egg yolks and Parmesan to decorate the top
- Turn oven to 325F and put pie for 30'
- Increase heat to 425F for finish

Note:

- You can use the dough if any left to make some snacks. Add some smoked paprika with Parmigiano cheese.
- If any sauce from the chicken is left, its an excellent base for rice.

9.7 Slow Cooked BBQ Ribs

Ingredients:

- Jack Daniels BBQ Sauce
- 1 Rack of Ribs
- Ribs Seasoning (Safeway would do it)

Directions:

- Put seasoning in both sides of ribs
- Wrap the ribs in aluminum foil
- Turn oven on 325F and let it cook for 3-4hrs
- Remove aluminum foil and put BBQ sauce
- Turn the heat up to 425F and leave for more 10min
- Cut and serve

9.8 Peixe ao coco

Ingredients:

- Azeite de dende (3 colheres de sopa)
- 2 lata de leite de coco (coconut thai)
- 1 pimentao vermelho
- 1 pimentao laranja
- 1 pimentao verde (pequeno)
- 1 1/2 cebola
- 2.5lb (1.1kg) posta de peixe (tilapia)
- 2-3 tomates
- coentro

Directions:

- Deixe o peixe descansando no limao, sal e pimenta
- Refogue o pimentao e a cebola no dende
- Quando o pimentao e cebola ficarem macios jogue o tomate e coentro
- Preaqueca o forno a 400F
- Coloque o leite de coco, deixe aquecer mas n deixe ferver.
- Tempere com sal a gosto
- Num refratario coloque o peixe e a mistura anterior
- 15'no forno eh o suficiente.

9.9 Steak au Poivre

Ingredients:

- 4-6 1 1/2 inch thick steaks
- Kosher salt
- 4 table spoons of whole peppercorn
- 1 tablespoon unsalted butter
- 1 tsp of olive oil
- 1/3 cup of cognac
- 1 cup of heavy cream

Directions:

- Remove the steaks from the refrigerator for at least 30 minutes and up to 1 hour prior to cooking. Sprinkle all sides with salt.
- Coarsely crush the peppercorns with a mortar and pestle, the bottom of a cast iron skillet, or using a mallet and pie pan. Spread the peppercorns evenly onto a plate. Press the fillets, on both sides, into the pepper until it coats the surface. Set aside
- In a medium skillet over medium heat, melt the butter and olive oil. As soon as the butter and oil begin to turn golden and smoke, gently place the steaks in the pan. For medium-rare, cook for 2-3 minutes on each side. Once done, remove the steaks to a plate, tent with foil and set aside. Pour off the excess fat but do not wipe or scrape the pan clean.

- Off of the heat, add 1/3 cup Cognac to the pan and carefully ignite the alcohol with a long match or firestick. Gently shake pan until the flames die. Return the pan to medium heat and add the cream. Bring the mixture to a boil and whisk until the sauce coats the back of a spoon, approximately 5 to 6 minutes. Add the teaspoon of Cognac and season, to taste, with salt. Add the steaks back to the pan, spoon the sauce over, and serve.

Note1 If the sauce is too bitter add a bit of sugar.

Note2 If you need to cook many batches of the recipe use many pans so that the bits in the pan don't get cooked too much.

9.10 Parisian Gnocchi

Ingredients (For dough):

- 1 7/8 cup of flour
- 1 1/2 cup of water
- 6oz of unsalted butter
- 3/4 tsp kosher salt
- 1 tablespoon dijon mustard
- 3/4 cup of grated parmesan cheese
- 4 eggs
- 2 tbl spoon parsley leaves

Ingredients (For stir frying the gnocci):

- butter
- olive oil
- 2 table spoons chives
- 6 pureed garlic cloves

Directions:

- Bring water, butter, and salt to a boil in a medium saucepan over high heat. Add flour all at once and stir with a wooden spoon until a smooth dough forms. Reduce heat to medium-low and continue to stir, beating dough forcefully and rapidly to prevent it from sticking to the pot. Continue cooking until dough pulls away from sides of pot leaving a thin layer and steams slightly.
- Transfer hot dough to the bowl of a stand mixer fitted with a paddle attachment. Add mustard and cheese and beat on medium-low speed. Add eggs one at a time, allowing dough to fully incorporate egg before adding the next one. When final egg has been added, add herbs and beat to combine. Transfer mixture to a gallon-sized zipper-lock bag or a pastry bag fitted with a 1/2-inch tip.
- Let mixture rest 15 to 25 minutes at room temperature. Meanwhile, bring a large pot of salted water to a simmer and have a rimmed baking sheet. If using a zipper-lock bag, cut off a 1/2-inch opening in one corner. Holding the bag over the boiling water, squeeze the mixture out of the bag, cutting it off with a paring knife into 1-inch lengths and letting them fall directly into the simmering water. Continue cutting off as many as you can in one minute, then stop.
- When all gnocchi have floated to the top, continue cooking until gnocchi are fully cooked to the center, about 3 minutes longer.
- In a non-stick pan, add a bit of butter and olive oil, add gnocchi and garlic until the gnocci is golden brown. Do in batches.

9.11 Asian Glazed Salmon in Foil

Directions:

- 1/4 cup soy sauce low sodium
- 3 tbsp maple syrup
- 2 tbsp sweet chili sauce
- 2 tbsp lime juice freshly squeezed
- 1 tsp fresh ginger minced
- 3 cloves garlic minced
- salt and pepper to taste
- 1-2 lb salmon fillet no skin
- 1 tbsp sesame seeds
- 2 green onions chopped

Directions:

- Preheat your oven to 375 F degrees. Place 2 foil sheets on a baking sheet. I used 2 foil sheets because I want to make sure theres enough foil to wrap around the salmon.
- In a small bowl whisk together the soy sauce, maple syrup, sweet chili sauce, lime juice, fresh ginger, garlic, salt and pepper. The salt can probably be omitted since the soy sauce should have plenty of sodium.
- Place the salmon fillet over the foil then pour about half the marinade over and brush if necessary to cover the entire surface of the fish. Turn the fish over and pour the rest of the marinade. Also brush the marinade making sure that the entire fish is brushed with marinade.
- Fold the edges of the aluminum foil over the salmon so that it is fully wrapped. Bake for about 20 to 25 minutes, depending on the size of your salmon. My salmon was quite a big piece, so I baked it for 25 minutes. You may also turn the broiler on and broil for about 2 to 3 minutes at the end if preferred.
- Open the foil and garnish with sesame seeds and chopped green onions.

10 Pressure Cook

10.1 Beef Ragu (Tia Angela)

Ingredients:

- 1 good cut of meat (I actually used last time Skirt Steak)
- 1 Bottle of 12oz of Guinness Beer
- Olive oil
- 1 jar of tomato sauce (Used Barilla tradition)
- 1 Packet of Onion Soup (Used lipton)
- 1 tablespoon of sugar

Directions:

- In the pressure cooker add olive oil and tablespoon of sugar in the pan (Original recipe uses teaspoon of sugar)
- Sear all sides of the steak
- Throw remainder of ingredients (Tomato sauce, Beer and Onion Soup), stir until mixture is uniform.
- Leave in the pressure cooker for 35-40'

Note: The chicken version of this dish you replace beer for 1/2 cup of white wine, and 1 cup of chicken stock and put grated onion instead of the onion soup

10.2 Ragu Clement

Ingredients (Meat):

- 1.5 lb of meat
- 1/2 onion
- 3 garlic cloves
- 1 beef onion soup packet (Lipton)
- sugar
- chicken stock

Ingredients (Topping)

- 1 Cup of milk
- 1 tbl spoon butter
- 1 tbl spoon flour
- Mozzarella

Directions (Meat)

- Add some oil into the pan, wait until it gets hot then add onion and garlic. Leave for 3-4min until onion trans-lucid and fragrant. Reserve.
- Rub sugar on sides of meat (Make small cuts of 2in x 5in) and sear both sides.
- After meat is seared, transfer to pressure cooker with reserved onion/garlic, add onion soup packet and cover with chicken stock until approximately 1in above the meat.
- Cook on pressure for 50'.

Directions White sauce)

- Make a basic bechamel sauce with the milk, butter and flour.
- After the meat is done, shred the beef, put in a pirex and cover with the white sauce
- Put in the oven on 475 for 10' or until cheese melts.

10.3 Bife de Molho Luzinete

Ingredients:

- Beef cut into thin steaks
- 1 onion
- 1 tomato
- bunch of cilantro
- cumin
- 2 garlic cloves
- 1 knoor block
- tomato sauce (1 1/2 cup)
- 1/2 cup of water
- 1 cup of mozzarella cheese

Directions:

- Season the beef with knoor, cumin and garlic
- On a saut pan sear the beef both sides
- Add the (onion, tomato, cilantro, tomato sauce and water)
- Put in the pressure cook for 15'
- If require cook without pressure for more 10'
- Turn the oven on 425F
- Put beef on a bowl, add mozzarella cheese and put on the oven for 15' or until cheese is melt.

10.4 Savory Beef Tips and Gravy

Ingredients:

- 1 cup finely chopped onion
- 2 tomatoes chopped
- 4 garlic cloves minced
- 1 1/2 lb beef chuck cut into pieces
- 1/4 cup flour
- kosher salt
- fresh ground pepper
- 1/4 cup red wine
- 1 cup beef stock
- 2 table spoons Worcestershire Sauce

Directions:

- Season beef with salt and pepper and use flour to coat.
- Add oil to large skillet, sear all sides of the beef, 5-10. Reserve.
- Add a little bit more of oil and add onions. Wait until onion gets translucent. 3. Add garlic until its fragrant. Around 1.
- Deglaze pan with wine, cook on medium/low heat for 1-2, then add stock, worcestershire sauce and tomatoes.
- Cook under pressure for 20.

11 Ground Beef Based

11.1 Ground Beef

Ingredients:

- 1 onion
- 1 tomato
- 1/4 red pepper
- cilantro
- cumin

- salt
- pepper
- ground beef (Use low fat beef)
- knoor
- tomato paste (1 can)

Directions:

- Chop onion, tomatoes, red pepper, cilantro. On a big sauce, put veggies with some olive oil. Stir for a couple of min until smells. Mix in knoor, beef, cilantro, cumin
- Mix in tomato paste
- Season with salt and pepper
- Let it simmer for a good 30min. Be careful for bottom of pan not burn

11.2 Engorda Marido

Ingredients:

- Ground Beef Recipe
- Mashed Potatoes Recipe
- Mozzarella cheese

Directions:

- Turn oven to 425F
- In a container put the ground beef and top with the mashed potatoes.
- Top over with cheese
- Wait for 20-30min until cheese melted and formed a crust

11.3 Hamburgers

Ingredients:

- Good quality ground beef
- 1/2 onion
- 2-3 cloves of garlic
- garlic salt and onion salt or
- 1 table spoon of finally chopped bacon
- salt
- pepper
- olive oil
- cheese

Directions:

- On a sautee pan add onion for 2-3' then garlic
- When onion is caramelized, turn off the heat. Reserve.
- On a bowl, mix ground beef, [onion salt, garlic salt] or [bacon], salt and pepper
- Make the patties, using the same pan add 1 tablespoon of olive oil and 1/2 part of butter. Sear both sides of steak than cover so it can cook.
- While burger is cooking, but buns into the oven at 400 for 5min.
- Wait for 5', add cheese on top, cover again for 1'

11.4 Meatballs

Ingredients (Meatballs):

- 1 pound lean ground beef
- 1/2 cup fresh bread crumbs
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon of onion powder
- 1 teaspoon of garlic powder
- puree of 4 garlic cloves

Ingredients (Sauce):

- 2 cups of tomato sauce (Cento brand preferably)
- some spice: either italian seasoning or chopped parsley

Directions:

- Mix all the meatball ingredients and make small meatballs.
- Add a bit of olive oil to a pan, sear the meatballs in high heat both sides, then add the tomato sauce and spice, lower the heat down, cover and let it simmer for 10-15min.

11.5 Lasagna

Ingredients:

- Ground Beef Ingredients
- Bechamel Ingredients
- Lasagna sheets
- Mozzarella cheese

Directions:

- Make Ground Beef
- Make Bechamel
- Start layering: Sheets, Beef, Sheets, Bechamel, Mozzarella, Sheets, ... You should make 3 layers of beef. In the top, cover with mozzarella cheese.

Note: You can replace the ground beef for pesto (Ive used the costco one) for a Pesto Lasagna.

11.6 Beef Empanadas

Ingredients:

- Ground Beef Ingredients
- 1/2 tsp oregano dry
- 1 tsp smoked paprika
- 1 tsp chili powder
- 1/2 tsp kosher salt
- 1 tsp brown sugar
- 2 tbl hot sauce (Ive used Cholula)
- beef stock
- 1 egg for egg wash

Directions:

- Make ground beef, or using the ground beef left over
- Mix all spices (oregano, smoked paprika, chili powder, salt, brown sugar, hot sauce) using beef stock as needed to allow stirring.
- Working with one puff pastry sheet at a time, roll it out so that its long enough to cut 6 circles, 2 on each row. Using a 4 inch cookie cutter or bowl, cut 6 circles, 2 per row. Fill each with a about a tablespoon of meat mixture in the middle of each pastry round. Brush half of the pastry round edge with egg wash, then fold the dough over into a half-moon shape so the edges meet and then press them together with your fingers to seal. Use a fork to crimp the edge. Place it onto a baking sheet and repeat with remaining ingredients.
- Poke holes in each empanada using a fork then brush the empanadas with the egg wash and bake (on 375-400F) for about 20 to 25 minutes, or until golden brown.

11.7 Sheperds Pie

Ingredients (For Meat Mixture):

- 1 tbsp olive oil
- 1 1/4 lb lean ground beef
- salt and pepper to taste
- 1 large onion chopped
- 1 clove garlic minced
- 1/2 tsp red pepper flakes
- 2 tbsp Worcestershire sauce
- 1.9 oz onion soup mix I used Knorr, 55g pkg
- 1 cup beef broth
- 2 cups frozen veggies I used mix of peas, carrots, green beans and corn

Ingredients (Mashed Potatoes):

- 6 large potatoes
- 1 tbl spoon butter
- 2 tbl spoon powdered milk (Ive used nido)
- 2 tbl spoon Parmesan cheese

Directions:

- Start by first cooking the potatoes in boiling water for about 15 minutes or until fork tender. While the potatoes are cooking, you can prepare the meat mixture.
- Heat the oil in a large skillet over medium heat. Add the ground beef to the skillet and cook it for about 5 minutes or until its no longer pink, breaking it up as you go along.
- Add the onion and garlic and cook for 3 more minutes until the onion softens and becomes translucent.
- Add the pepper flakes, Worcestershire sauce, onion soup mix, beef broth and stir. Stir in the frozen veggies and cook for a couple more minutes. Set aside.
- Preheat the oven 350 F degrees.
- Prepare the mashed potatoes.
- Spread the potatoes over the meat and smooth with a spoon. Take a fork and rough up the top a bit and garnish with a bit of parsley.
- Place the skillet on a baking sheet, then place it in the oven and bake for 40 minutes until golden brown on top.
- Garnish with more parsley and pepper and serve warm.

12 Chicken

12.1 Breaded chicken

Ingredients:

- Panko breadcrumbs
- Good Seasons Salad Dressing Recipe Mix, Italian
- Egg whites
- Chicken Breast
- Lime
- Parchment paper

Directions:

- Cut the chicken breast in half, use a hammer to flatten it out and put lemon juice.
- Let it aside for 5-10min
- Turn on the oven on 450F
- Wash chicken on water
- Mix the panko breadcrumbs with the italian season.
- Brush the chicken on egg whites, then on the panko breadcrumbs.
- Put the parchment paper on a tray and then on the oven.
- Leave it on the oven for 20-30min or until fully brown.

Notes: You can replace the panko breadcrumb with tempura batter. The ingredients are: Tempura mix, cold water, salt and water.

12.2 Chicken Piccata

Ingredients:

- Chicken breast w/ skin
- 1 cup and 1 tbl spoon Flour
- 2 tbl spoon Butter
- 3/4 cup of chicken stock
- 1/2 cup of white wine
- 1/2 cup of lemon juice
- 1/4 cup of capers

Directions for chicken

- Season chicken with salt in both sides
- Apply flour in both sides of the chicken
- Add 1 tbl spoon of gee or butter with some olive oil in a skillet (don't use a non-stick one).
- Once oil is hot, add chicken skin side down.
- Sear for 3-5' until side golden brown, then flip.
- Once the other side is done, set chicken aside.

Directions for sauce

- Add wine and scrape the bottom of the pan so that it removes chicken bits (Deglaze)
- Add chicken stock and lemon juice
- Add capers
- Make a small mixture of 1 table spoon of butter and 1 table spoon of flour
- Use a whisk to add tiny bits of the mixture until sauce thickens.
- Taste sauce and add salt and pepper as necessary.

12.3 Skillet Creamy French Mustard Chicken

Directions:

- 1 tablespoon olive oil
- 2 pounds bone-in chicken thighs
- Kosher salt
- Ground black pepper
- 1/2 cup diced shallots
- 1/2 cup dry white wine
- 1 cup low-sodium chicken broth
- 2 tablespoons whole-grain Dijon mustard
- 2 tablespoons Dijon mustard
- 2 tablespoons heavy cream

Directions:

- Pat the chicken dry with paper towels and season with salt and pepper.
- Add the chicken skin-side down in a large cast iron with oil and cook until the fat is rendered and the skin is crisp and golden-brown, 6 to 8 minutes. Reserve chicken.
- Add the shallots to the pan and cook over medium heat until softened, about 3 minutes.
- Add the wine, scrape up any browned bits at the bottom of the pan with a wooden spoon, and cook until evaporated, about 3 minutes.
- Stir in the broth and whole-grain mustard and bring to a simmer.
- Return the chicken skin-side up, and add any juices accumulated on the plate to the pan.
- In a 400F oven, braise the chicken for 15-20 or until internal temperature reaches 165F.
- Transfer the chicken with tongs to a platter.
- Place the pan over medium-high heat, whisk the smooth Dijon mustard into the sauce, and simmer until reduced slightly, about 2 minutes. Add the cream.
- Adjust salt and pepper accordingly.

12.4 Stroganoff

Ingredients:

- 1 grated onion
- 800g of meat cut into cubes
- 4 tbl spoons of ketchup
- 1 tbl spoon of Worcestershire sauce
- 1 tbl spoon of mustard (the yellow cheap one)
- 2 tbl spoon of oil
- 1/2 cup of whipped cream
- 1 can of mushrooms

Directions:

- Season the meat with salt and pepper. Let it sit for 10-15'
- In the high heat, add onion, then throw the meat.
- Once the meat is seared, lower the heat, add ketchup, mustard, Worcestershire sauce and mushrooms.
- Let it simmer for 10'
- Add whipped cream and simmer for 3-5'. Be careful not to boil.

Notes:

- You can make a chipotle Stroganoff by using 1 table spoon of chipotle pepper (Best brand is Embasa: Chipotle peppers in adobo sauce) instead of the ketchup, worcestershire sauce and mustard.
- You can replace the whipping cream with 1 1/2 cup of milk and 2 tsp of cornstarch. But you have to thicken the milk by mixing on the heat for a few minutes.

12.5 Chicken in White Wine Sauce with Mushrooms

Ingredients:

- 2 tbsp butter
- 1 lb chicken breasts boneless and skinless cut in half lengthwise
- salt and pepper to taste
- 1 medium onion chopped
- 3 cloves garlic minced
- 12 oz white mushrooms sliced, 340 g
- 1 tbsp all-purpose flour
- 1/4 cup white wine
- 1 cups whole milk
- parsley for garnish

Directions:

- Add the butter to a large skillet and melt over medium high heat.
- Season chicken breasts on both sides with salt and pepper.
- Place chicken breasts in skillet and cook on both sides, about 5 min per side or until no longer pink inside. Remove chicken from skillet.
- Add onion and garlic to skillet and cook for a couple minutes until onion is translucent and soft. Add mushrooms and stir. Season mushrooms generously with salt and pepper. Let cook for about 5 minutes, stirring occasionally. When mushrooms are cooked to your liking, reserve them along with the onions.
- De glaze pan with wine, let the alcohol cook.
- Whisk milk and flour and pour into skillet
- Add chicken and mushrooms into the skillet, mix everything and simmer for 3'.
- Garnish with parsley and serve hot.

12.6 Chicken Shawarma

Ingredients:

- 1/2 cup olive oil
- 1/4 cup lemon juice from 2 lemons
- 2 tsp smoked paprika
- 1/2 tsp tumeric
- 2 tsp cumin powder
- 1/2 tsp cinnamon
- 4 cloves garlic minced
- 1/2 tsp salt
- 1 large onion sliced
- 2 lbs chicken thighs boneless and skinless
- 2 tbsp fresh parsley for garnish
- chicken stock

Directions:

- Add the olive oil, lemon juice, paprika, turmeric, cumin, cinnamon, red pepper flakes, garlic, pepper, salt and onions to a ziploc bag, then add the chicken thighs. Seal the bag and shake it well to mix the ingredients. Place the bag in the refrigerator and marinate for at least 1 hour.
- Transfer the chicken into a pressure cooker and add chicken stock enough to cover the chicken.
- Cook under pressure for 10-15'

12.7 Chicken Madeira

Directions:

- 4 chicken breasts skinless and boneless, about 1 lb
- salt and pepper to taste
- 3 tbsp olive oil
- 1 lb cremini mushrooms cleaned and sliced
- 2 cloves garlic minced 36
- 2 cups Madeira wine or a dry red wine
- 1 cup chicken broth
- 1 tbsp all-purpose flour optional
- 2 tbsp butter
- 2 tbsp fresh parsley chopped

Directions:

- Season the chicken breasts generously with salt and pepper.
- Heat 2 tbsp of the olive oil in a large skillet or a saucepan over medium-high heat. Add the chicken breasts to the skillet and cook for about 3 to 4 minutes per side until they get to get golden brown. More time may be needed depending on the thickness of your chicken breasts. Remove the chicken breasts from the skillet and set aside.
- Add the remaining 1 tbsp of olive oil to the skillet and add the mushrooms. Season the mushrooms with salt and pepper then cook for about 8 minutes until the mushrooms start to brown. Stir occasionally.
- Add the garlic, Madeira wine and chicken broth to the skillet and stir. Season with more salt and pepper as needed. Reduce heat and cook for another 15 minutes until the sauce thickens a bit and reduces.
- If you find that the sauce hasnt thickened enough, you can take about a ladle of the liquid from the pan and whisk it with a tbsp of flour, then pour it back into the saucepan and stir, the sauce should thicken almost instantly. Add the butter and stir, this will give the sauce a nice glossy color.
- Add the chicken breasts back to the pan and cook for another 5 minutes.
- Garnish with fresh parsley and serve over mashed potatoes.

12.8 Butter Chicken

Directions:

- 3 tbsp butter unsalted
- 8 cloves garlic minced
- 2 tsp fresh ginger minced (or paste)
- 1 cup tomato puree or passata
- 2 tbsp tomato paste

- 3 tsp garam masala
- 1 tbsp coriander ground
- 1 tsp cumin ground
- 1 tbsp smoked paprika
- 1 tsp turmeric
- 1 tsp salt
- 2 lbs chicken thighs boneless and skinless, cut into pieces
- 1 cup water
- 1 cup whole cream
- 1 tbsp flour
- 2 tbsp parsley chopped

Directions:

- Add the butter and cook until the butter has melted. Add the garlic and ginger and saute for another minute or until the garlic becomes aromatic. Do not cook too long because you dont want to burn it.
- Add the tomato puree and tomato paste to the Instant Pot and stir. Add the garam masala, coriander, cumin, paprika, turmeric and salt to the Instant Pot, stir and cook for about 3 to 5 minutes.
- Add the chicken thighs, water and stir everything together. There should be enough liquid in the pot to cover the chicken, so add more water if needed.
- Close the lid. Cook on the pressure cooker for 20.
- Whisk milk and flour and add to the pot. Simmer for another 5 until sauce reduces a bit. Add chopped parsley.

13 Sandwich

13.1 Mustard Sandwich

Ingredients:

- 1 tablespoon of mayo
- 1 teaspoon of Dijon mustard
- 2 slices of bread
- 3 slices of ham
- 3 slices of provolone

Directions:

- Spread mayo and mustard on the inside part of the bread
- put 3 slices of ham inside the bread
- put 3 slices of provolone in the top of the bread
- put 10min @ 450F on the toaster

14 Misc

14.1 Lemon and Sprite

Ingredients:

- 2 lemons (the green)
- 1 sprite
- ice

Directions:

- Mix everything

14.2 Caramelized Carrots

Ingredients:

- 2 chopped carrots
- 2 cloves of garlic
- 1 tablespoon of honey or agave nectar
- 1 orange (Juice the orange)

Directions:

- Heat 2 tablespoons of olive oil on a skillet
- Add carrots and garlic cook for 3-5 min until fragrant (you might want to cook carrots on steam before)
- Add agave nectar / orange and cook until dries out
- Season with salt and pepper to taste

15 Pastas

15.1 Spaguetti Squash

Ingredients:

- Spaguetti Squash
- Olive oil
- Salt and pepper

Directions:

- Poke some holes on the squash and put on the microwave for 5'
- Remove from the microwave, cut it in half and remove the seeds with a spoon.
- Turn oven on 400F and leave it for 35-40'
- Using a fork, make the pasta
- Add your favourite sauce (marinara, olive oil and garlic, etc.)

15.2 Fettuccine Alfredo (Olive garden)

Ingredients:

- Parmesan Grated (3/4 cup)
- Milk (1/2 cup - 8 tbl spoons)
- 1/2 cup butter
- Philadelphia cheese (8oz)
- Salt
- Pepper

Directions:

- Melt butter, then mix all ingredients.
- Add salt and pepper to taste

15.3 Carbonara

Ingredients:

- 2 large eggs
- Olive oil
- Pancetta or bacon
- 4 garlic cloves chopped
- 1 cup of parmesan
- Ground pepper
- Parsley
- Spaguetti

Directions:

- Mix first the eggs, parmesan and ground pepper (You might add a touch of pecorino cheese as well). Add a pinch of salt.
- Heat the skillet and put in either the bacon or pancetta. (if using pancetta you need a bit of olive oil). After the bacon is ready add the garlic for 1min.
- When the pasta is ready reserve 1 cup of the water for later
- Mix the pasta, and mixture done in step 1 quickly so that the egg cooks (make sure to mix outside the oven so the eggs dont become scrambled), then mix in the fat, bacon and garlic from step 2. Add the reserved water if necessary.
- Season with parmesan, salt and pepper for taste.
- Garnish with parsley

16 Healthy

16.1 Overnight Oats

Ingredients:

- 1 cup of old fashioned oats
- 1 cup of almond milk
- 1 scoop of whey protein
- 1/2 tsp of pumping pie spice (1/2 tsp cinnamon, 1/8 tsp nutmeg, 1/8 tsp ginger). I actually like more like 8:1:2 the proportions between (cinnamon, nutmeg and ginger).
- (Optional) 1 1/2 tsp maple syrup

Directions:

- Combine all ingredients, shake well. Leave in the fridge overnight.

16.2 Roasted brussel sprouts

Ingredients:

- Brussels sprouts
- Salt
- Pepper
- Olive oil

Directions:

- Cut brussels sprouts in half, mix with a bit of olive oil, salt and pepper.
- Turn oven on 475F and leave for 20'. Flip sides 10'.

Notes: You can make broccoli as well. Just add some chopped garlic to the broccoli.

17 Dump

17.1 Paprika Chicken

Ingredients:

- Knorr, Sweet Paprika (A lot - 2 tablespoons for 1 chicken breast)
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken, wash and add some lime. Alternatively: Just washing the chicken and patting with paper towels for removing excess moisture (After last step you can optionally coat chicken with flour for making it crisp).
- If you let it **lime**, let it sit for 10min, than wash the chicken with running water
- (Optional) If you can put all ingredients in a ziplock bag and let it rest for couple of hours or overnight.
- On a sautee pan, add some oil and sear one side of the chicken in high heat.
- Throw in the remaining ingredients. Lower the heat, flip the side of the chicken, add a lid and let it simmer for 10-15min.

Notes:

17.2 Fish sauce

Ingredients:

- 2 tbl spoon sugar, 2 garlic cloves (finely minced), fish sauce (1/4 cup)
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken, wash and add some lime. Alternatively: Just washing the chicken and patting with paper towels for removing excess moisture (After last step you can optionally coat chicken with flour for making it crisp).
- If you let it **lime**, let it sit for 10min, than wash the chicken with running water
- (Optional) If you can put all ingredients in a ziplock bag and let it rest for couple of hours or overnight.
- On a sautee pan, add some oil and sear one side of the chicken in high heat.
- Throw in the remaining ingredients. Lower the heat, flip the side of the chicken, add a lid and let it simmer for 10-15min.

Notes:

17.3 Cauliflower Couscous

Ingredients:

- 1/2 cauliflower
- 3-4 cloves of garlic
- Knorr
- Seasoning (Curry for example)

Directions:

- Grate cauliflower on a food processor for example.
- Wrap cauliflower in a towel to remove excess of water
- In a sauteed pan, put garlic for 2-3 min (until fragrant)
- Add salt, pepper and seasoning (curry for example) and let it cook for 6-7 min (Do not cover with lid otherwise will be watery)

17.4 Creamy onion Chicken

Ingredients:

- Garlic
- Green onion
- Chicken
- Powdered Onion Soup (Lipton brand)
- Parmesan cheese
- Mozzarella cheese
- Crme de leite (TODO)

Directions:

- Directions Stir fry the chicken with garlic and green onion.
- Then put 1/4 of the package of the onion soup. Stir well.
- Then put the chicken with some mozzarella and parmesan cheese on the top.
- Put in the oven on 400F for 10-15min.

17.5 Bread (Rosinha)**Ingredients:**

- 1 cup of sweet potato - cooked and mashed
- 1/4 cup of oil
- 2 eggs
- 1 3/4 cup of gluten free flour (Bob Mills)
- 1 cup of brown sugar
- 1/4 tsp of salt
- 1 tsp of baking soda (Try baking powder)
- 1 tsp of xanthan gum (Bob Mills)
- 1/3 cup of water (*try more water)
- 1 tsp of cinnamon (*try more)

Directions:

- Mix all ingredients, adding the water gently.
- Spread a bit of oil on a loaf pan (12 x 4 1/2 inches used in this recipe)
- Turn on the oven at 350F for 50'
- Check if bread is ready

Should yield 20 slices with 100 cal each.

17.6 Filet Mignon - Luzinete Style**Ingredients:**

- Salt
- Pepper
- Filet Mignon
- Corn starch
- Red wine
- 2 onions (or 1 large)

Directions: For leaving overnight:

- Wash the meat in water, grate the onion and put 1 cup of red wine. Add salt and pepper to taste.
- Put in a container (tupperware) and leave it overnight.

For the day the filet is being cooked:

- In a large and hot skillet melt a tablespoon of butter
- Sear on all sides of the filet
- Remove the filet from the skillet, and in the same skillet add the mixture (wine and onion) with 2 table spoons of cornstarch (Be careful with the cornstarch so that is fully dissolved)
- Let it cook for 5min
- Add the filet into the skillet and close it with a lid, put the fire on low and let it cook for 10min.
- Turn off the heat, cut the filet in pieces and use the juice from the meat and put back in the skillet.
- Put 1 tablespoon of butter in the skillet and let it cook for a couple more minutes.

17.7 Healthy Chicken Masala

Ingredients:

- 1 onion chopped
- 1 teaspoon ginger
- 1 teaspoon coriander
- 1 teaspoon garam masala
- 1 teaspoon turmeric
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 tablespoon tomatoe paste
- 2 chopped tomatoes
- 1/2 cup cilantro
- 1 tablespoon chopped garlic
- 2 chicken breasts

Directions:

- Mix all ingredients in the chicken, let it season for a day.
- In a frying pan turn up the heat with oil and sear until ready.

17.8 Chicken Fried Rice

Ingredients:

- Cooked rice (Leave overnight on the fridge)
- 3 tablespoons peanut oil
- 2 tablespoons of soy sauce
- 1 teaspoon toasted sesame oil
- 2 eggs
- Chicken
- Chickpeas

Directions:

- Put peanut oil and crack the eggs
- Make an egg scramble then throw in the remaining ingredients
- Mix a bit and season with salt if required

Note: Experiment with more soy sauce + sesame oil + grated onions

17.9 Truffle oil fettuccine

Ingredients:

- Truffle oil
- Parmesan or pecorino cheese
- Butter
- Heavy whipping cream

Directions:

- Melt the butter in a pan
- Put over heavy whipping cream and parmesan.
- Add some salt and pepper and taste accordingly (maybe adding some more parmesan or cream).
- Put 1 table spoon of truffle oil in the end.

18 Deserts

18.1 Cheese Mousse

Ingredients:

- 1 can of condensed milk
- 1 can of "Crema de leche"
- Philadelphia cheese or brazilian requeijao, Guava Jam

Directions:

- Blend all ingredients on a blender.

Note: Melt the guava jam and mix after mixing all the ingredients

18.2 Passion Fruit Mousse

Ingredients:

- 1 can of condensed milk
- 1 can of "Crema de leche"
- Passion Fruit Juice

Directions:

- Blend all ingredients on a blender.

Note: Melt the guava jam and mix on the mixture after mixing all the ingredients

18.3 Creme brulee

Ingredients:

- 1 tsp vanilla bean paste
- 6 egg yolks
- 6 tbl spoon of sugar
- 2 1/2 cup of heavy cream

Directions:

- Combine heavy cream and sugar in a sauce pan. Place over medium heat, bring just to a simmer and remove from heat.
- Whisk the egg yolks until they lighten in color in a mixing bowl. Slowly add the cream mixture, mixing continuously.
- Add back to the sauce pan on medium heat, stir constantly until mixture thickens. About 5'. Don't let it boil.
- Put mixture in small containers and bake in a preheated oven (300F) for 30'.
- Let it refrigerate overnight
- Using a hand torch add a bit of sugar over the top and caramelize the sugar. Be careful not to burn.

Notes: Try with 5 eggs and more vanilla paste (2-3 tsp?)

18.4 Milk Pudding (Pudim de leite)

Ingredients:

- 1 can of condensed milk
- 1 1/2 cup of sugar
- Milk
- 1 1/2 spoon of cornstarch

Directions:

- Blend the condensed milk, same amount of milk and cornstarch.
- On a saucepan, melt sugar. It takes quite a while
- In a pudding container, carefully put the melted sugar. It gets solid pretty quickly.
- Turn on heat at 350F, setup a bain-marie.
- Wrap pudding in aluminium foil, let it cook for 30-40'
- Remove aluminium foil and cook until ready (When its not wet inside)

19 Sauces

19.1 Tomato Sauce (Sergio)

Ingredients:

- 1 onion
- 1 tomato
- 3 cloves of garlic
- 1 tomato paste can

Directions:

- Chop onion, tomatoes and garlic. On a sauce pan add one table spoon of oil, mix veggies and let it saut for a while (until smells).
- Remove from sauce pan, put on blender and mix all ingredients.
- Put the blended mix back into the sauce pan. Reduce the fire, mix in tomato paste and let it simmer for 30'.

19.2 Bechamel Sauce (Blue Apron)

Ingredients:

- 1 stick of butter
- 1 tablespoons all purpose flour
- 1 cup of whole milk at room temperature
- 1/2 cup fontina cheese
- Optional: Nutmeg

Directions:

- Melt the butter over medium heat
- Add flour and whisk until smooth (2min)
- Add the milk gradually
- Simmer until thick enough (10min)
- Optional: Add nutmeg
- Add the fontina cheese
- Season with salt and pepper

19.3 Bechamel Sauce (Adapted Luzinete Style)

Ingredients:

- 2 tablespoons of flour
- 1 onion or garlic (2 cloves)
- 1 cup of milk
- (Optional) pinch of nutmeg
- 1 tablespoon of butter
- 1 1/2 tablespoon of Parmesan cheese

Directions:

- On a blender add the milk and flour
- Put the butter on a sautee pan, add grated onion or garlic
- Add mixture of milk and flour
- Wait until thickens
- Add Parmesan cheese and nutmeg

19.4 Bechamel Sauce (Luzinete Style)

Ingredients:

- 2 tablespoons of flour
- 1 onion
- 1 cup of milk
- 1 tablespoon of butter
- 1 1/2 tablespoon of Parmesan cheese

Directions:

- On a blender add the onion, milk and flour
- Put the butter on a sautee pan, add mixture
- Add Parmesan cheese
- Wait until it thickens

19.5 Roux

Ingredients:

- 2 tbl spoon clarified butter (Melted butter where the fat is separated from the milk)
- 2 tbl spoon of white flour

Directions:

- Melt clarified butter (if not already melted)
- Add flour and whisk constantly
- For white roux, around 5' will cause flour to lose that raw smell. We are looking for a wet sand consistency. About 20' for blonde roux (smell of toasted bread) and 35' for brown roux (Peanut butter). Dark roux 45'.

19.6 Mother sauces

- Bechamel: White roux mixed with milk
- Veloute (From velvet): White roux mixed with clear stock (usually chicken or vegetable).
- Espagnole: Dark roux + beef stock.

Notes: Mix ingredients (1:8 part ratio). For example: 2 table spoons of roux and 1 cup of liquid (1 cup = 16 tbl spoons), let it simmer for 10' and strain at the end.

19.7 Pesto Sauce

Ingredients:

- 2 garlic cloves
- 2 cups of basil
- 1/4 cup of pine nuts
- 1/3 cup of olive oil
- 1/2 Parmesan cheese
- salt to taste

Directions:

- Mix everything in a mixer. Add salt and pepper to taste.

Notes: You can make a sauce for pasta by adding a bit of milk and cornstarch (mix both together before putting in pesto mixture).

19.8 Chipotle Mayo

Ingredients:

- 2 eggs raw
- oil (Canola or Peanut oil)
- Chipotle peppers in adobo sauce (in the can)
- salt
- lime

Directions:

- Using a mixer, add the two eggs and oil until it emulsifies. Don't be shy on the oil.
- Use a spoon to see if the consistency reminds you of mayonnaise.
- Add chipotle peppers (You might want to half first otherwise it might be too spicy)
- Add the lime of 2 lemon wedges
- Add salt to taste

19.9 Chimichurri

Directions:

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 tbsp lemon juice freshly squeezed
- 1/2 cup curly leaf parsley minced
- 1 tbsp dried oregano (or fresh)
- 1/2 tsp red pepper flakes
- 1/2 tsp salt
- 1/2 tsp black pepper freshly ground

Directions:

- Mix all ingredients and let it sit in the fridge overnight.

20 Salad Related

20.1 Miso Dressing

Ingredients:

- 1/3 cup of lemon juice
- 1/2 cup of olive oil
- 1 tbl spoon of miso paste
- pinch of salt
- 2 garlic cloves finely minced

Directions:

- Mix all ingredients

20.2 Cesar Dressing (Blue Apron)**Ingredients:**

- 1 teaspoon of lemon zest
- 2 lemon wedges (the juice)
- 2 garlic cloves
- 1 tbl spoon white vinegar
- 1/4 cup mayo

Directions:

- Smash garlic until it resembles a paste, add vinegar and place it in a bowl. Let it marinate for 5-10'.
- Mix all ingredients.
- Season with salt and pepper.

20.3 Potato Salad**Ingredients:**

- 5 large potatoes
- 2 ribs of celery, finely chopped
- 1/2 onion, finely chopped
- 3 hard boiled eggs. 2 chopped, 1 sliced
- 1 cup miracle whip
- 3 tablespoons Dijon mustard
- salt
- pepper

Ingredients (Miracle Whip):

- 6 teaspoons of white vinegar
- 2 teaspoons of cornstarch
- 3 teaspoon of sugar
- 1 teaspoon paprika
- 1 teaspoon of garlic salt
- 1/4 teaspoon of mustard powder
- 1 1/2 cup of mayo

Directions:

- Mix everything and season with salt and pepper to taste.

21 Dump

21.1 Rosbife Tia Tina (Tia Ana)

Ingredients:

- manteiga
- limao
- pimenta branca
- sal
- alho
- molho ingles

Directions:

- Faz uns furinhos na carne pra deixar o tempero entrar. depois de algumas horas temperando eh so por na panela manteiga deixar bem quente e depois jogar o file.
- Sela o file numa panela aderente. Fica esfregando o file na panela. So vira o file quando tiver queimado de um lado. O segredo eh ficar esfregando o file na frigideira.
- Pra fazer o molho joga um pouco de molho ingles e agua e mistura as raspas que ficam na panela. prova e ve se precisa de sal. Fica provando pra ver se precisa de mais molho ingles.

21.2 Stir Fried Chayote Squash (Sergio)

Ingredients:

- 1 onion
- 3 garlic cloves
- 1 tomato
- Chayote Squash
- knoor

Directions:

- Stir fry the onion and garlic with some oil until garlic is fragrant
- Add tomato and knor
- Add Chayote Squash (after being steamed)