

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 Chicken

4.1 Curry Chicken

Ingredients:

- 1 tsp koor, 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.
- If you have a temperature probe, make sure its 165F

4.2 Galinha Baiana

Ingredients:

- Tempero baiano, 3-4 colheres de molho ingles, 6-7 dentes de alho amassado, 2 colheres de molho shoyu, 3 colheres de molho de tomate, 1 colher de cha de koor
- 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.
- If you have a temperature probe, make sure its 165F

4.3 Galinha italiana

Ingredients:

- Cuminho, Oregano, Alho e sal
- 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.
- If you have a temperature probe, make sure its 165F

4.4 Cilantro chicken

Ingredients:

- Cilantro, Chopped onion and Salt
- 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.
- If you have a temperature probe, make sure its 165F

4.5 Chicken on Tomato Sauce

Ingredients:

- 1 can of diced tomato (fire roasted), cummin, cilantro, 1 knoor, 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.
- If you have a temperature probe, make sure its 165F

4.6 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.
- If you have a temperature probe, make sure its 165F

Notes:

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

4.7 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.
- If you have a temperature probe, make sure its 165F

Notes:

- User a blender to blend onion and garlic.

4.8 Grandma's Chicken

Ingredients:

- 1 cebola
- 1 tomate
- 1/2 pimentao
- cebolinha (o verde e branco tudo junto)
- 2-3 dentes de alho
- Coentro
- 1:1 caldo knoor pra peito de frango. E.g. 2 caldos knoors para 2 peitos de frango
- Molho de tomate a gosto (1/2 xicara)
- Vinagre branco a gosto (1-2 colheres)

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
- Joga o cuminho com sal.
- Bota molho de tomate e vinagre (1 colher)
- Deixa por uns 30-40min em fogo baixo tampado.

Notes:

- Pra um sabor diferente use 2 colheres de molho ingles e 2 colheres de molho soyu.

4.9 Oven Roasted Chicken

Ingredients (Chicken):

- Half chicken

Ingredients (Gravy):

- 2 tbl spoon flour
- 2 tbl spoon butter

Directions (Chicken):

- Preheat the oven to 400°F.
- 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 165°F.) 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):

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

4.10 Chicken Fricassee

Ingredients:

- 1 Onion
- 2lb of chicken
- 1 tablespoon of butter
- Batata palha
- 2 Requeijao

Directions:

- Blend onion on a blender (You might need to add a bit of olive oil in order to blend)
- Add chicken to skillet, sear all sides
- Then add onion mixture
- Let it cook for a little bit.
- Shred chicken
- Add in onion sauce until the consistency seems correct
- Put chicken in a Pyrex
- Then add the requeijao
- Then add the batata palha

4.11 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 (Main):

- 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

Notes:

- 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.

4.12 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:

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

4.13 Chicken Piccata

Ingredients (Sauce):

- 3/4 cup of chicken stock
- 2 tbl spoon Butter
- 1/2 cup of white wine
- 1/2 cup of lemon juice
- 1/4 cup of capers

Ingredients (Chicken):

- Chicken breast w/ skin
- 1 cup and 1 tbl spoon Flour

Directions (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 (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.

4.14 Skillet Creamy French Mustard Chicken**Ingredients:**

- 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.

4.15 Strogonoff

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 Strogonoff 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.

4.16 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.

4.17 Chicken Shawarma

Ingredients:

- 1/2 cup olive oil
- 1/4 cup lemon juice from 2 lemons
- 2 tsp smoked paprika
- 1/2 tsp turmeric
- 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'

4.18 Chicken Madeira

Ingredients:

- 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
- 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 hasn't 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.

Notes:

- To make the chicken madeira, you just need to change the wine to Masala wine (1 1/2 cup) + heavy cream (1 1/2 cup) and 3 cups of chicken stock.

4.19 Butter Chicken

Ingredients:

- 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 don't 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.

4.20 Italian Pasta Chicken - Mo Pasta

Ingredients (For seasoning chicken):

- 1 lb Chicken chopped into small pieces
- 1-2 tsp Knorr
- 6-7 Garlic cloves, chopped

Ingredients (For sauce):

- 1 tbl spoon tomato paste
- 1 cup of water
- 2 onions chopped
- 1 bouquet garni (Thyme, parsley, bay leaf)

Directions (Main):

- Sear the chicken, both sides. 5-10min.
- Add sauce in, season with salt and pepper.
- Let it simmer for 10-15min

4.21 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

Notes:

- Experiment with more soy sauce + sesame oil + grated onions

5 Meats

5.1 Soy-Glazed Beef

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 soy sauce (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.

Notes:

- You can add some sesame oil on the pan, just when it gets done.

5.2 Leozin's Meat Marinade

Ingredients:

- 2 lb of meat
- 8 table spoon soy sauce
- 6 table spoon of molho ingles
- 4 minced garlic
- pepper to taste
- salt

Directions:

- Mix all ingredients and let it marinate for a few hours
- Stir fry on a pan with some oil

5.3 Pork in Mustard and Vinegar Sauce

Ingredients:

- 1/2 onion
- 1 clove of garlic
- 1 table spoon mustard
- 3 table spoons of apple cider vinegar
- 3 tablespoons oil or olive oil
- 1 tablespoon margarine
- salt
- pepper

Directions:

- Chop onion
- Mince garlic
- Mix onion, garlic, mustard, apple cider vinegar and put into a bowl
- Put pork into bowl and let it sit for 30'
- On a skillet put margarine and a bit of oil
- Add pork
- Season both sides, then pour the onion mixture
- Let it cook a bit and done

5.4 Mexican 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'

5.5 File Mignon

Ingredients (Marinate):

- 2lb of Beef tenderloin (Make sure to remove fat otherwise sauce gets really greasy)
- 12 garlic cloves (1 package of garlic)
- 1/2 of chipped onion
- 1 tomato without seeds (I remove the inner part entirely)
- 2-3 tablespoons of red wine vinegar
- 1-2 teaspoons of cumin
- Salt and pepper

Ingredients (Searing):

- 2 tablespoons of margarine (I've used Country Rock)
- 2 tablespoons of oil
- 4oz of red wine
- 1 tablespoon of tomato extract
- 1 cup of water
- 2 cans of while mushrooms

Directions (Marinate):

- Poke small wholes in the tenderloin for the marinate to penetrate.

Directions (Searing):

- In an aluminium pan, put margarine and oil. Let it get super hot.
- Reserve the veggies. Sear the two sides of the tenderloin.
- Reserve the tenderloin and let the oil get hot again (Repeat this step as needed).
- Brush the tenderloin in the pan.
- Sear all sides of the tenderloin.
- Reserve the tenderloin.
- Put the veggies in the pan, let it sear. Sometimes I put a bit of water if the pan is burning too much.
- Once veggies are very soft, put wine and let it cook a bit.
- Add Tomato extract and water, let it cook for 5-10min.
- Taste and see if it needs salt.
- Once ready, put veggies on a strainer and using a spoon apply some force so that the veggies go over the strainer so that the sauce thickens.
- Add the mushrooms and tenderloin back in the pan.
- Done.

5.6 Boef Bourguignon**Ingredients (Onions):**

- 15 pearl onions
- 8 ounces cremini or button mushrooms, trimmed and quartered
- 1/6 cup sherry vinegar
- butter

Ingredients (Main):

- 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 tablespoon 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
- 2 tbl spoon of butter, room temperature
- 3 tbl spoons chopped flat-leaf parsley
- 1/6 cup sherry vinegar

Directions (Onions):

- 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.

Directions (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 is simmer until liquid is required 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.

5.7 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.

5.8 Slow Cooked BBQ Ribs

Ingredients (Rub):

- 1/2 cup brown sugar
- 2 tablespoons paprika
- 1 tablespoon smoked paprika
- 1 tablespoon black pepper
- 1/2 tablespoon kosher salt
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon mustard powder

Ingredients (Main):

- Jack Daniels BBQ Sauce
- 1 Rack of Ribs
- Rub

Directions (Rub):

- Mix all dry ingredients.

Directions (Main):

- 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

5.9 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
- 1/4 cup of cognac (Original Elton Brown recipe calls for 1/4)
- 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.

Notes:

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

5.10 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 (White sauce):

- 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.

6 Jane Loures

6.1 Homemade Cumin Seasoning Mix

Ingredients:

- 6 dentes de alho
- 100ml de oleo
- 1/2 cebola
- 1/4 colher de cha de cominho
- 2 colheres de molho ingles
- 2 colheres de azeite
- 2 colheres de sal

Directions:

- Bate tudo no liquidificador. Vai virar uma manteiga.

6.2 Bife acebolado

Ingredients:

- 400-600g de carne
- Tempero caseiro a vontade
- Molho ingles avontade
- 1/2 colher de cha de pimenta do reino em po
- 1 cebola grande cortada em rodela.

Directions:

- Coloca o tempero caseiro, molho ingles e pimenta na carne.
- Massageia a carne pra o tempero entrar.
- Coloca o oleo na figideira para esquentar.
- Sela a carne dos dois lado, depois que a carne ta boa reserva.
- Frita a cebola.
- Adiciona a carne de volta e adiciona um copo de agua (200ml) com uma colher de cha de tempero caseiro.

7 Hellofresh

7.1 Lemon Rosemary Chicken Cutlets

Ingredients:

- 10 oz Chicken Cutlets
- 1/4 oz Rosemary
- 2 Cloves Garlic
- 1 Lemon
- 4 oz Heirloom Grape Tomatoes
- 1 tsp Chili Flakes
- 1/2 Cup Israeli Couscous
- 1/4 Cup Parmesan Cheese
- 2 tsp Olive oil
- 1 TBSP Butter
- Salt
- Black Pepper

Directions:

- Wash and dry all produce. Pat **chicken** dry with a paper towel and season all over with **salt** and **pepper**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **chicken** and cook until browned on bottom, 3–4 minutes.
- While **chicken** cooks, pick 2 tsp **rosemary** leaves from stems and chop (save a sprig for the couscous). Mince or grate **garlic**. Bring 2 cups salted water to a boil in a medium pot. Zest the **lemon**, then cut in half; cut one half into wedges. Halve the **tomatoes**.
- Once **chicken** is browned on bottom, flip and cook on other side for about 1 minute, then add chopped **rosemary**, **garlic**, and a pinch of **chili flakes** to the pan. Cook until fragrant and **chicken** is browned, about 1 minute more.
- Stir in **tomatoes**, juice from half the **lemon**, and 1/3 cup water into the pan with **chicken**. Simmer until slightly reduced, 1–2 minutes. Remove pan from heat and stir in 1 TBSP **butter**.
- Meanwhile, once water is boiling, add reserved sprig of **rosemary** and **couscous** to the pot. Cook until tender, 7–8 minutes. Drain, remove **rosemary**, and return **couscous** to the pot. Stir in **Parmesan** and **lemon zest**. Season with **salt** and **pepper**.
- Divide **couscous** between bowls or plates, then arrange **chicken** on top. Drizzle with sauce from the pan. Serve with remaining **lemon** wedges.

Notes:

- Use any extra rosemary for adding an herby touch to roasted veggies.
- Chicken is fully cooked when internal temperature reaches 165°F.

7.2 Beef Bulgogi Meatballs

Ingredients:

- 12 oz carrots
- 1 thumb ginger
- 2 scallions
- 1/2 cup jasmine rice
- 10 oz ground beef
- 1/4 cup panko breadcrumbs
- 8 TBSP bulgogi sauce
- 2 TBSP sour cream
- 1 tsp sriracha
- 1 TBSP sesame seeds
- Vegetable oil (2 tsp)
- Kosher salt
- Black pepper

Directions:

- Adjust racks to top and middle positions and preheat oven to 425°F. Wash and dry all produce. Trim, peel, and cut **carrots** on a diagonal into 1/2-inch-thick pieces. Toss on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast on top rack until browned and tender, 20–25 minutes.
- While carrots roast, peel and mince or grate **ginger**. Trim and thinly slice **scallions**, separating whites from greens; mince whites.
- Heat a drizzle of **oil** in a small pot over medium-high heat. Add half the **ginger**; cook until fragrant, 1 minute. Stir in **rice**, 1 cup water, and a pinch of **salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15–18 minutes. Keep covered off heat.
- In a large bowl, combine **beef**, **scallion whites**, **panko**, remaining **ginger**, and 1 TBSP **bulgogi sauce**. Season with **salt** and **pepper**. Form into 1 1/2-inch meatballs; place on a second baking sheet. Bake on middle rack until browned and cooked through, 14–16 minutes.
- Meanwhile, in a small bowl, combine **sour cream** and **sriracha** to taste. Add water 1 tsp at a time until it reaches a drizzling consistency. Once meatballs are done, transfer to a large bowl; add remaining **bulgogi sauce** and toss to coat.
- Fluff **rice** with a fork and season with **salt** if needed. Divide between plates and top with **carrots**, **meatballs**, and any remaining **bulgogi sauce**. Drizzle with **sriracha crema** and garnish with **scallion greens** and **sesame seeds**.

Notes:

- Optional: Toast the sesame seeds in a small dry pan until golden to enhance flavor.
- Ground beef is fully cooked when internal temperature reaches 160°F.

7.3 Beef Tenderloin in a Mushroom Sauce

Ingredients:

- 10 oz beef tenderloin
- 4 oz button mushrooms
- 1 shallot
- 2 scallions
- 3/4 cup arborio rice
- 1 chicken stock concentrate
- 1 beef stock concentrate
- 1 oz black truffle butter
- 1/4 cup parmesan cheese
- 2 tbsp plain butter

Directions:

- Combine **chicken stock concentrate** and **4 cups water** in a pot. Bring to a simmer. Thinly slice **mushrooms, shallot, and scallions** (separate whites from greens).
- Heat **olive oil** in a large pan. Add **scallion whites and rice**. Cook 1–2 minutes. Add **stock 1/2 cup** at a time, letting absorb between additions, until rice is creamy (30–35 min).
- After 10 min of risotto cooking, season **beef** with **salt and pepper**. Sear in second pan over medium-high heat, 4–7 min per side. Rest on plate.
- In same pan, **sauté mushrooms and shallot**. Add **1/4 cup water** and **beef stock concentrate**. Simmer until thickened. Remove from heat and stir in **2 tbsp plain butter**. Season to taste.
- Stir **truffle butter and parmesan** into risotto. Season.
- Plate risotto, top with beef and mushroom sauce. Garnish with scallion greens.

Notes:

- Add a squeeze of lemon to risotto for brightness.
- Use instant-read thermometer: 145°F for medium beef.

8 Starches / Beans

8.1 Simple 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'

Notes:

- 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.

8.2 Sushi Rice

Ingredients:

- 2 cups Japanese short-grain rice (sushi rice)
- 2 cups water
- 1/3 cup unseasoned rice vinegar
- 2 tablespoon sugar
- 1 teaspoon fine sea salt

Directions:

- Place the **rice** in a fine-mesh strainer and rinse under cold water for 1–2 minutes until the water runs clear. Drain well.
- Combine the rinsed **rice and water** in a saucepan. Bring to a boil over medium-high heat. Once boiling, reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let it sit, covered, for 10 minutes.
- While the rice cooks, combine the **rice vinegar, sugar, and sea salt** in a small saucepan. Heat over medium-high heat until the mixture nearly reaches a simmer. Remove from heat and stir until the sugar dissolves.
- Transfer the cooked rice to a large bowl. Gently fold in the sushi vinegar mixture with a wooden spatula, using a slicing motion to avoid mashing the rice. Continue folding until the rice has absorbed the seasoning and has a glossy appearance.
- Allow the seasoned rice to cool to room temperature before using it for sushi rolls or other dishes.

Notes:

- Using a wooden bowl (hangiri) to mix and cool the rice can help absorb excess moisture.
- Cover the rice with a damp cloth to prevent it from drying out if not using immediately.

8.3 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.

8.4 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'.

8.5 Brazilian "Risotto"

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

8.6 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). UPDATE: I've recently updated to use a table spoon only. I think it tastes much better.
- 1/3 of bunch of cilantro (without the stems)
- 1 onion
- 1 tomato
- 1/4 red pepper
- 1 table spoon white vinegar

Directions:

- Sautee the meat with Cumin, Paprika, garlic and vinegar (a bit) and salt
- Add tomato, onion, red pepper, cilantro, tomato paste and water to a blender. Add salt.
- 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.

8.7 Creamy Polenta

Ingredients:

- 1 cup Polenta. The finer grain the better. Been relatively successful with Delallo Instant 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.

8.8 Loaded Scalloped Potatoes

Ingredients:

- 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.

8.9 Beans in Tomato Sauce (Luzinete Style)

Ingredients:

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

Directions:

- On a sautee pan cook chopped onions and tomato
- Cook the soybeans on the pressure cooker (w/ onion an tomato) with just water and salt for 20/40' (Depending whether is white beans/soy).

8.10 Feijao tropeiro

Ingredients:

- 1 bunch of collar greens, cut in thin slices
- 3 cups of bacon, in small pieces
- 2 cups of uncooked pinto beans
- 6 smoked pork sausages (used calabresa)
- 6 scrambled eggs
- 1 full bulb of garlic
- 1 large onion
- 2 cups of cassava flour
- 1/2 cup of green onion.

Directions:

- Cook all bacon, reserve meat and oil
- Cook all sausage, reserve
- Cook all green onion, reserve
- Cook all onion + garlic, reserve
- Cook in the pressure cooker the pinto beans for 10min
- Toast the cassava flour. This requires patience so that it doesn't burn.
- Make the scrambled eggs. Ideally all using the same pot.
- Just before mixing all ingredients, cook the collard greens.

8.11 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 (Main):

- 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.

8.12 Potato Salad

Ingredients (Main):

- 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 (Miracle Whip):

- Mix everything.

Directions (Main):

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

8.13 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)

8.14 Perfect Salmon Burgers (Food Network Kitchen)

Ingredients:

- 1 1/4 pounds center-cut salmon fillet (skin and pin bones removed)
- 2 tablespoons Dijon mustard
- 1 tablespoon mayonnaise
- 1 tablespoon lemon juice
- 1/2 teaspoon grated lemon zest
- Pinch of cayenne pepper
- 2 scallions (chopped)
- 1 cup plus 2 tablespoons panko breadcrumbs
- Kosher salt
- Freshly ground black pepper
- 2 tablespoons extra-virgin olive oil (plus more for brushing)
- 4 brioche buns (split)
- Tartar sauce
- Arugula

Directions:

- Cut **3/4 of the salmon** into **1/4-inch pieces** and place in a large bowl.
- Process the remaining salmon with **Dijon, mayo, lemon juice, zest, and cayenne** until a paste forms.
- Add the paste to the bowl with the **diced salmon**. Mix in **scallions, 2 tbsp panko, 1/2 tsp salt, and pepper**. Combine gently.
- Line a baking sheet with parchment and brush with **olive oil**. Shape mixture into 4 patties (about 4-inch wide, 3/4-inch thick). Refrigerate for 30+ minutes.
- Preheat broiler. Coat patties with remaining **panko**.
- Heat **2 tbsp olive oil** in a skillet. Cook patties 3–4 minutes per side until browned and springy.
- Drain on paper towels and season with salt.
- Broil **buns** cut-side up for 1–2 minutes until toasted.
- Assemble burgers with salmon patty, **tartar sauce, and arugula** on toasted buns.

Notes:

- Great served with fries, slaw, or chips.
- Alternative topping: lettuce and tomato.
- For a simpler sauce, mix mayo and Dijon.

9 Pasta Dishes

9.1 Truffle Sauce for Pasta

Ingredients:

- 4 tbl spoons of truffle butter (Put two blocks of butter with a truffle in a zip-lock bag. Let it rest for 2 days in the fridge or <https://a.co/d/8Xkq81l>.)
- 1 truffle shredded (size of a brussel sprouts)
- 1/4 cup of milk
- 1/3 cup of shredded cheese (used Beecher's. you can use parmesan too)

Directions:

- Heat butter in as saucepan
- Add shredded truffle
- Stir until butter is fully melt
- Add cheese
- Add milk slowly, taste, you might need more or less milk if truffle is too strong.

9.2 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

9.3 Smoked Salmon Alfredo

Ingredients:

- 1 cup of whipping cream
- 1/2 cup of parmesan cheese
- pinch of salt
- ground pepper to taste
- 1 package of trader joes salmon (4oz) chopped
- 1/2 chopped onion
- 1 tbl spoon of butter
- 1 tsp of oil

Directions:

- In a skillet add a bit of butter and oil
- Add onions
- Let it caramelize
- Add smoked salmon
- Add whipping cream and parmesan
- Taste for salt, add if necessary
- Add ground pepper to taste

9.4 Pasta al Fungi

Ingredients:

- 2 cups Dried Porcini Mushrooms
- 2 cups heavy cream
- 1 1/4 cup parmesan cheese
- 2 table spoon butter
- 3 table spoons flour.

Directions:

- Put dried porcini on hot water (1 cup) and let it rest for 1hr. Then boil the water until it reduces the water significantly.
- On a saucepan add ground pepper and butter, let it boil for a little bit.
- Add heavy cream, and parmesan.
- Add mushroom and half the liquid.
- On a small container add the other half of the mushroom liquid and flour, mix well.
- Mix flour paste and main ingredients.
- Taste and if necessary add salt and/or pepper.

9.5 Fettuccine al Tartufo

Ingredients:

- 2 tbl spoons of White Truffle Olive Oil
- 2 tea spoons of truffle oil salt
- 2 cups heavy cream
- 1 1/4 cup parmesan cheese
- Milk to taste
- 2 table spoon butter
- 3 table spoons flour.

Directions:

- On a saucepan add ground pepper and butter, let it boil for a little bit.
- Add heavy cream, and parmesan.
- Add Truffle oil and salt
- Mix flour paste and main ingredients.
- Taste and if necessary add milk if too salty or truffle salt if not enough salty.

9.6 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 don't 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

9.7 Brother-in-law's Cheese Sauce

Ingredients:

- 1/3 to 1/2 of smoked provolone
- 1/2 cup of shredded parmesan
- 3 cups of heavy cream (consider mixing with milk to take richness)
- 2 onions chopped into small pieces
- 2/3 of the amount of onion in bacon
- 4 garlic chopped

Directions:

- Fry bacon, once ready reserve, keep bacon fat in pan.
- Fry onion, once caramelized, add cream and cheese
- Last add the bacon bits

9.8 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.)

10 Bacalhau

10.1 Bacalhau à Gomes de Sá (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 não precisa colocar mais sal)
- Cozinha batata cortada em cubinhos. Nao deixar cozinhar muito pra não 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.

10.2 Bacalhau Espiritual - Modificado

Ingredients:

- 1 lb bacalhau
- Azeite de oliva
- 1 onion
- 2 garlic cloves crushed
- 10 yellow potatoes, chopped
- Bechamel Sauce (Blue Apron)

Directions:

- (T-2) Deixar o bacalhau de molho, trocar a agua pelo menos 3 vezes.
- (T-1) Cozer o bacalhau, depois que estiver fervendo contar 5 minutos. Retire do fogo. Descarte a agua e desfie.
- (T-1) Fritar a cebola no azeite, adicionar o alho e logo em seguida o bacalhau desfiado.
- (T-1) Deixar o bacalhau fritando um pouco (uns 5 minutos)
- (T) Corte a batata, leve para ferver. Quando estiver ao dente retire a batata do forno.
- (T) Fazer o molho branco seguindo a receita to Molho Bechamel (Blue Apron) ao pe da letra.
- (T) Misture tudo (Molho Branco, Batata e base do bacalhau)
- (T) Adicione mais queijo fontina em cima a gosto e leve ao forno para gratinar (450F)

Notes:

- A base desse bacalhau eh o gomes sa + o molho bechamel. A grande diferenca do gomes sa eh que essa receita leva bem menos azeite ja que vai levar o molho branco. A receita original [1] leva pao, mas eu acho melhor com batata.

1 <https://www.196flavors.com/portugal-bacalhau-espiritual/>

- Essa receita demora 3 dias para ficar pronta:
- T-2: Bacalhau fica de molho pra desalgar
- T-1: Faz a base do gomes sa
- T: Faz o molho branco, batata e mistura com o bacalhau

10.3 Chef Zeca – Creme de Bacalhau

Ingredients:

- 2lb of bacalhau
- 1 onion
- 1 red bell pepper cut in thin strips
- 1 yellow bell pepper cut in thin strips
- 5 garlic cloves minced
- 2 leeks cut in small pieces (sliced then in 4 pieces each cilinder)
- cream cheese (catupiry works better)
- 1 can of creme de leche
- 1/2lb of parmesan cheese
- olive oil
- salt
- ground pepper to taste

Directions:

- Prepare the bacalao like the other recipes until the boiling phase.
- Add olive oil wait it to get warm 275F-300F
- Add onions for 3min or so
- Season with ground pepper
- Add bell pepper
- Add garlic and leeks
- sear for a few minutes then add the bacalhao (should be boiled and in small bits)
- Mix it thoroughly
- Add more olive oil, then wait for a few 2-3 minutes
- Add cheese and creme de leche
- Taste for salt
- Plate the bacalao and add parmesan cheese
- Put in the oven @ 400F until parmesan crust shows up

Notes:

- Fazer esse bacalhau inicialmente como os anteriores, deixar de molho na agua e dar uma leve fervura no dia seguinte.
- <https://www.youtube.com/watch?v=sf8dNmpWWVA>

10.4 Chef Zeca - Bacalhau ao Ze do pipo

Ingredients:

- 2lb of bacalao
- 1 Red onion sliced
- 5 garlic cloves sliced
- Green bell pepper sliced in thin strips
- Red bell pepper sliced in thin strips
- 1 bay leaf
- Mayonnaise
- black olives sliced in half without seeds
- Mashed potatoes Recipe

Directions:

- Prepare the bacalao like the other recipes until the boiling phase.
- Add 3 table spoons olive oil wait it to get warm 275F-300F
- Add onions for 3min or so
- Season with ground pepper
- Add the garlic
- Add bacalao
- Taste for salt

- add bay leaf
- Add bacalao mixture at the bottom
- Add mashed potatoes on top
- Add Mayonnaise on top
- Decorate with the bell peppers and olives
- 400F in the oven until it gets lightly brown

Notes:

- Fazer esse bacalhau inicialmente como os anteriores, deixar de molho na agua e dar uma leve fervura no dia seguinte.
- <https://www.youtube.com/watch?v=vKF096k3oxk>

10.5 Chef Zeca – Bacalhau à Gomes de Sá

Ingredients:

- 2lb of potatoes in small cubes (ratio between bacalao and potatoes we are looking for is 1:1)
- 3 red onions
- 1/2 red pepper
- 1/2 yellow pepper
- 1/2 lb of black olives in slices
- 8 garlic cloves
- 2 lb of bacalao
- 3 eggs boiled in slices
- bay leaf
- olive oil
- salt
- pepper

Directions:

- Boil water then add potatoes
- Turn off the heat and drain water when potatoes are al dente
- Prepare the bacalao like the other recipes until the boiling phase.
- Add 3 table spoons olive oil wait it to get warm 275F-300F
- Add onions for 3min or so
- Add peppers
- Season with ground pepper
- Add garlic and bay leaves
- Add bacalao (Should be in small pieces)
- Add more olive oil
- Add black olives and more olive oil
- Add potatoes in the bottom

- Add bacalao mixture
- Add more bacalao mixture
- Add eggs
- 400F in the oven until it gets lightly brown

Notes:

- Fazer esse bacalhau inicialmente como os anteriores, deixar de molho na agua e dar uma leve fervura no dia seguinte.
- <https://www.youtube.com/watch?v=biRLy3Uuj3Q>

10.6 Chef Zeca - Bolinho de bacalhau

Ingredients (Main):

- 1lb of bacalao
- 1lb of asterix potatoes (1:1 ratio), boil them and mash like a puree
- 1 red onion in small pieces
- green onion in small slices
- parsley in small pieces
- 3 garlic cloves in small pieces
- 2 eggs
- lemon
- panko breakcrumb (3/4 of a bowl)
- olive oil
- black pepper

Directions (Main):

- Prepare the bacalao like the other recipes until the boiling phase.
- Add 3 table spoons olive oil wait it to get warm 275F-300F
- Add onions for 3min or so
- Season with ground pepper
- Add garlic
- Add bacalao (Should be in small pieces)
- Taste for salt

Directions (Balls):

- In a bowl, mix puree, bacalao mixture and green onion and parsley
- Add lemon
- Taste for salt
- add eggs
- Add half the panko
- Make small ball shaped (1oz per ball)
- Coat each ball with panko

Directions (Searing):

- Add oil to a pan until its hot 350F
- Add the balls in a controlled manner to the frying pan so that the temperature doesn't drop too much
- Fry the balls like you would deep fry other stuff like french fries

Notes:

- If you want to freeze you can stop here. If you froze you can continue from here. If it was frozen, wait 30min before throwing them in the frying pan
- Fazer esse bacalhau inicialmente como os anteriores, deixar de molho na agua e dar uma leve fervura no dia seguinte.
- <https://www.youtube.com/watch?v=tA48tXulepQ>

11 Bread & Pizza

11.1 Bread

Ingredients:

- 800g flour
- 540g water
- 25g salt
- 7g dry yeast

Directions:

- Add water and mix ingredients
- Fold dough 3-5 times every 30min.
- Let it rise for 2-3 hours
- On dutch oven (using the water inside the dutch oven) cook for 30min @ 480F with the lid closed
- Open the lid to allow bread to brown

Notes:

- <https://www.youtube.com/watch?v=3Uc8h4T7GDo>

11.2 Pizza Dough

Ingredients:

- 250g of 00 flour
- 5g of salt
- 1.5 active dry yeast
- 162.5g of warm watter

Directions:

- mix all ingredients (be-careful with mixing salt and yeast together as the salt kills the yeast)
- turn the light of the oven on, put a wet cloth
- leave rising for a few hours

11.3 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

Notes:

- Should yield 20 slices with 100 cal each.

12 Smoker

12.1 Smoked Salmon

Ingredients:

- 1 : 2 mixture between salt to sugar (e.g. 2 cups of salt to 4 cups of sugar typically handles 2-3 trays for fish)
- Fresh ground pepper

Directions:

- Spread cure on both sides and inside of the fish and use a plastic wrap around it.
- Transfer to refrigerator and cure for 4-6 hours
- Wash the fish
- Set smoker temperature to 180F
- Use temperature probe to make sure fish is 140F

12.2 Pulled Pork

Ingredients:

- 1 bone in pork shoulder
- Pork rub
- BBQ Sauce
- 2 cup apple cider

Directions:

- Rub season on pork and let it sit for 20min
- Turn on Smoker at 250F
- Put pork on grill with butt side up until temp reaches 160F
- Pour apple cider into pork
- Wrap pork on aluminum foil
- Add back to the grill until internal temp reaches 204F

13 Seafood

13.1 Fish Tacos

Ingredients (Sour cream):

- 1:2 ratio between sour cream and mayo (e.g. 1/2 cup of sour cream and 1/4 cup of mayo)
- juice from 1 lime
- salt and pepper to taste

Ingredients (Guacamole):

- 2 avocados smashed
- juice from 1 lime
- salt and pepper to taste

Ingredients (Pico de gallo):

- 2 tomatoes chopped
- 1 red onion
- 1/2 cup of chopped cilantro
- salt and pepper to taste

Ingredients (Fish):

- 1/2 cup flour (preferably Wondra or fine-milled)
- 1 1/2 teaspoons chili powder
- 1/2 cup milk
- 1/4 cup peanut oil, plus a splash for greasing pan
- 1-2lb Fish
- Tortillas

Directions (Pico de gallo):

- In a medium bowl, combine **tomatoes**, **onion**, **cilantro**. Season to taste.

Directions (Sour cream):

- In a small bowl, whisk **mayonnaise** and **sour cream** until combined. Season to taste with **lime juice**, **salt**, **pepper**.

Directions (Fish):

- In a medium bowl, mix **flour**, **chili powder**, and 1 1/2 teaspoons each of **kosher salt** and **black pepper**. In another bowl, add the **milk** and submerge the **fish**.
- Heat **peanut oil** in a large frying pan over medium-high until shimmering. Remove **fish** from **milk**, dredge through the **flour** mixture, and shake off excess. Add **butter**, then fry fish in batches, 3–4 minutes per side. Transfer to paper towel-lined plate and season with **salt**.
- Grease a skillet lightly with **oil** and heat over medium. Warm **tortillas**, one or two at a time, until soft. Keep warm wrapped in a towel.

13.2 Moqueca

Ingredients:

- 1 onion
- 1/2 red bell pepper
- 1/2 yellow bell pepper
- 2 tomatoes
- 4 garlic cloves
- 150ml of coconut milk (CHAOJKOH)
- 2 table spoon of chopped cilantro
- tomato sauce
- 2-3 tbl spoon red palm oil (NUTIVA)
- 2-3 tbl spoon olive oil
- salt
- black pepper

Directions:

- Add olive oil + red palm oil in a pan, wait til is warm
- Add onions for 2-3min, then bell peppers for 2-3min, then garlic, add tomatoes and cilantro
- Add Coconut milk (Maybe less than 150ml)
- Season with salt, then add tomato sauce til color is somewhat light yellow/orange.
- Let is cook in low heat for a few minutes

Notes:

- You can use crab or fish here, insert the crab or fish just before you add the coconut milk. For the crab you want to take off the shell and for the fish you want to a light sear on a pan before adding to the mix.

13.3 Chinese Style Fish

Ingredients (Marinate):

- 2 table spoon soy sauce
- 2 table spoon chinese wine
- 1 long strip of ginger, cut into pieces
- 2 green onion cut into pieces

Ingredients (Stew):

- 2 tomatoes
- 2 pinches of salt
- 1 pinch of sugar
- 1/2 table spoon of apple vinegar
- 4 table spoon soy sauce
- 2 table spoons chinese wine
- 4 garlic cloves
- 2 strips of ginger
- 1 cup of boiling water

Directions (Marinate):

- Mix the ingredient from the marinate together.

Directions (Stew):

- With the marinate ingredients, season fish. Let aside for 10min
- Sear both sides of fish (just the fish not the sauce)
- Pour all ingredients (from marinate and stew)
- Let it cook for 20min on low heat

13.4 Clam Chowder

Ingredients:

- 1 tablespoon unsalted butter
- 1/4 pound slab bacon or salt pork, diced
- 2 leeks, tops removed, halved and cleaned, then sliced into half moons
- 3 large Yukon Gold potatoes, cubed
- 1/2 cup dry white wine
- 3 sprigs thyme
- 1 bay leaf
- 2 cups cream
- Freshly ground black pepper to taste

Directions:

- Cook clams on dutch oven until they are opened – 10-15min. If you cook already processed clams (e.g. razorclams). Cook them less time. 5-10min.
- Add butter and cook bacon until fat renders (bacon a bit brown)
- Reserve bacon bits (leave bacon fat in dutch oven)
- Add leeks, and let it cook for 5-10min.
- Add potatoes and wine and cook til wine has evaporated
- Add broth enough to cover the potatoes, add thyme and bay leaf
- Cook for 10-15min
- Add chopped clams, reserved bacon, cream and let it come to a simmer.

13.5 Ceviche

Ingredients:

- Freshly squeezed lemon juice
- Bunch of cilantro
- 1 tomato
- 2 shallots
- half a cucumber
- 1 chile serrano

Directions:

- Cut

13.6 Camarao ao Tornado

Ingredients (Shrimp):

- 3lb of shrimp
- 1 lime
- 3 table spoons of olive

Ingredients (Sauce):

- 200ml of flour
- 1 cup of powdered milk (nido)
- Water (TBD)

Ingredients (Searing):

- 3/4 chopped onion
- 1 tablespoon oil
- 4 tablespoons of margarine (Country rock)
- 1 tablespoon of tomato extract
- 4 oz white wine
- 2 cans of creme de leche (200g each)
- 1 cup of shredded parmesan cheese

Directions (Shrimp):

- Squeeze lime with water in a container
- Remove skins and organ from shrimp and add to the container with mixture.
- Let the shrimp stay in the water with lime for 20min (Usually its just the time of prepping the shrimp)
- Wash the shrimp to remove the lime
- Put the shrimp in a saucepan with water
- Turn off when the shrimp turn lightly pink (The water doesn't even boil)
- Throw away the water, put shrimp with olive oil, salt and pepper in a container.

Directions (Sauce):

- Mix flour, powdered milk and mix well. Add water.

Directions (Searing):

- Put margarine and oil in a saucepan
- Add onion, let the onion get trans-lucid.
- Add the shrimp, add wine, white sauce, tomato extract and parmesan cheese.
- No need to boil (its still going to the oven), Add the creme de leche.
- Test the salt
- Put in a dish for going to the oven, add parmesan on the top.
- 425F for 30min.

13.7 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.

13.8 Smoked Salmon Dip (Chef Taku)

Ingredients:

- 1 lb (450g) smoked salmon, chopped
- Two 8 oz (227g) blocks cream cheese, softened to room temperature
- 1 cup (250g) plain Greek yogurt
- 1-2 tbsp (15-30ml) wasabi, to taste
- 1 1/2 bunches of green onion, chopped
- 1 serrano pepper, chopped
- 1 tbsp (15ml) light soy sauce

Directions:

- In a large bowl, combine all the **ingredients**. To get the perfect spice balance, mix all the **ingredients** together, adding as little or as much **wasabi** as you'd like. Taste and adjust accordingly.
- Enjoy with your favorite crackers!

Notes:

- Recipe works with any smoked fish, not just salmon.
- I like a more fishy dip, so I use **less cream cheese and yogurt** (1/4 of the amount they mention). I also use **chives** instead of green onions.

13.9 Asian Glazed Salmon in Foil

Ingredients:

- 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 there's 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.

13.10 Teriyaki Salmon

Ingredients:

- 3 tablespoons of teriyaki sauce (might use more)
- 3 tablespoons hoisin
- 3 tablespoons soy sauce
- 1 tablespoon white vinegar

- 1 tablespoon of sesame oil
- 1/3 cup brown sugar
- 3 garlic cloves minced
- 2 teaspoon of freshly grated ginger

Directions:

- Season salmon with above mixture
- You can cook either in oven (@400F) or in the frying pan

14 Breakfast

14.1 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)

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.

Notes:

- Have some spare butter.
- Experiment1: Add more salt (1/2). Add parmesan cheese.

14.2 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

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

Notes:

- Have some spare butter

15 Appetizers & Snacks

15.1 Bruschetta

Ingredients:

- 2 riped tomatoes chopped
- 2 minced garlic cloves
- basil finely chopped
- olive oil

Directions:

- Mix all ingredients.
- 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

Notes:

- PS1: Trick to cut the toast thin is to put on the freezer overnight
- PS2: One variation is using fried garlic. But you need more. I've used 6 garlic cloves.
- PS3: Another variation is using balsamic vinegar.

15.2 Caponata (Sergio)

Ingredients:

- 1 eggplant
- 1lb of tomatoes (3-4 tomatoes)
- 1 onion
- 5 garlic cloves
- 3 table spoons of chopped olives.
- 2 teaspoon of sherry vinegar.
- 1 red bell pepper

Directions:

- Roast eggplant (425F for 20min)
- With olive oil (Be generous) and on this order sear: onions, garlic, bell peppers.
- Once they are seared, add tomatoes and let it simmer for 30min.
- Once ready, add vinegar and olives.

15.3 Eggplant in preserved olive oil

Ingredients:

- 2 eggplant chopped in thin strips
- 500g salt
- 4 garlic cloves chopped in slices
- Red bell peppers chopped in thin strips
- 1 teaspoon oregano
- 2 bay leafs
- 1 liter of water
- 500ml of white vinegar
- 500ml of olive oil

Directions:

- (T-1) Cut eggplant in small thin strips (peel it first) – same with red bell peppers
- (T-1) Add salt (Didn't see them adding everything)
- (T-1) Add a strainer and some weight on the top
- (T-1) Leave in the fridge overnight
- (T) Wash the eggplant/peppers in 1:2 between vinegar and water (500ml of vinegar / 1000ml of water)
- (T) Start layering ingredients (garlic then eggplant and pepper mixture)
- (T) Add olive oil til the top
- (T) Let it sit for 2 weeks

15.4 Caponata in Oven

Ingredients:

- 10 roma tomatoes roughly chopped
- 1 onion
- 10 green olives
- 8 garlic cloves (whole)

Directions:

- Mix everything with olive oil, salt and ground pepper.
- Turn oven to 350F and leave for a 2-3hours. Mix every 30mins.

15.5 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'

15.6 Paprika Toasts

Ingredients:

- Smoked Paprika
- Olive oil
- Cream cheese
- Cheese (Mozzarella, Parmesan)
- 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

15.7 Pickled Onions

Ingredients:

- 30 small onions
- 1 cups distilled white vinegar
- 1 cups water
- 2 tablespoon sugar
- 2 teaspoon salt
- 1 teaspoon mustard seed
- 2 sprigs fresh dill
- 1/2 teaspoon chili pepper flakes

Directions:

- In a saucepan over medium heat, combine **onion**, **distilled white vinegar**, **water**, **sugar**, **salt**, **dill seed**, **mustard seed**, **fresh dill**, and **chili pepper flakes**. Bring to a boil, stirring until the **sugar** and **salt** dissolve.
- Pack the **onions** into sterilized jars, and pour the hot vinegar mixture over them, ensuring the **onions** is fully submerged.
- Seal the jars and refrigerate for at least 2 hours before serving. For best flavor, refrigerate overnight.

Notes:

- Original recipe from <https://www.allrecipes.com/recipe/69722/pickled-asparagus/> and <https://www.allrecipes.com/recipe/69722/pickled-onions/>
- Pickled onions can be stored in the refrigerator for up to 2 weeks.
- Adjust the amount of **chili pepper flakes** to taste for a milder or spicier flavor.

16 Spanish Cuisine

16.1 Bravas Sauce

Ingredients:

- 1/3 cup of olive oil
- 1/2 Tbsp. of pimentón picante hot smoked paprika
- 1 1/2 Tbsp. of pimentón dulce sweet smoked paprika
- 1 –2 Tbsp. of flour
- 1 cup of chicken broth or vegetable broth, for a vegetarian version
- Heavy cream
- Salt to taste

Directions:

- Heat the olive oil in a small saucepan over medium heat.
- Add the pimentón dulce and pimentón picante and stir until combined.
- Add 1 tablespoon of flour and stir until combined. Keep stirring for about a minute, to toast the flour slightly.
- Over a medium-low heat, add the broth very gradually, stirring constantly. (This is similar to how you'd make a cream sauce. The flour will absorb the liquid and leave you with a delicious sauce.)
- The sauce should start to thicken as you incorporate the broth; add more flour only if necessary to achieve the right consistency (it should be velvety and smooth, but not so thick that it holds its shape alone).
- Reduce to low heat and simmer for 3-5 minutes, stirring occasionally.
- Season with salt to taste.
- Drizzle over some fried potatoes and enjoy!

16.2 Patatas Bravas

Ingredients:

- 4 medium potatoes
- Olive oil for frying, about 1-2 cups
- Salt
- 1/2 cup of homemade bravas sauce

Directions:

- Peel the potatoes, rinse thoroughly, and dry with a paper towel.
- Cut the potatoes into bite-size chunks.
- Heat the olive oil in a large skillet over medium heat.
- Add the potatoes and adjust the heat to the lowest setting, allowing them to pre-cook for a few minutes.
- Remove the potatoes and let them cool in the fridge for a few more minutes.
- Turn the heat up to high and add the potatoes back into the pan.
- Fry until crispy and golden.
- Transfer the potatoes to a plate lined with paper towels to cool, and sprinkle with salt to taste.
- To serve, drizzle the bravas sauce over the potatoes.
- Dig in—no forks necessary!

16.3 Croquetas de Jamon

Ingredients:

- 4 tbsp unsalted butter (60 g)
- 1/4 cup olive oil (60 ml)
- 1 scant cup flour (just under one cup — 120 g)
- 1 medium onion very finely diced
- 1/4 gallon whole milk at room temperature (1 liter)
- 1 pinch nutmeg
- 1/2 pound jamón serrano diced into small pieces (225 g)
- flour for breading
- 2 beaten eggs
- bread crumbs for breading (try Panko for non-traditional extra crispy croquettes!)

Directions:

- Melt the butter and warm the oil in a heavy pan over medium high heat.
- Add the diced onion and sauté for a few minutes, until it just starts to color.
- Add a pinch of salt and the nutmeg. Don't add too much salt as the Serrano ham is already salty.
- Add the diced ham and sauté for 30 seconds more.
- Add the flour and stir continuously, until the flour turns a light brown color. You must not stop stirring or the flour will burn!
- When the flour changes color, add the milk little by little, always stirring until you incorporate the entire amount. It should take about 15-20 minutes to add it all.
- Turn off the heat and let the dough cool to room temperature.
- Butter the sides of a large bowl and place the croquette dough inside, covered directly with plastic wrap. Refrigerate a minimum of 4 hours, but preferably overnight.
- To make the ham croquettes, shape them into little logs (or use a pastry sleeve if you have one.)
- Next, while heating a pan full of olive oil on the stove, pass the croquettes through the three step breading process. First, cover them in flour, then in egg, and, finally, in the breadcrumbs.
- Fry the ham croquettes in the hot oil for about five minutes (making sure to turn halfway so they brown evenly) and then let them cool for a few minutes before enjoying!

16.4 Paella valenciana

Ingredients:

- 500g Rabbit
- 500g Chicken
- 60 cl Extra virgin olive oil
- 1 ripe tomato
- 200g of green beans
- 200g g of garrofón (lima bean)
- 500g Bomba rice (or any other short-grain rice if you can't get it)

- 1.5 liters chicken or vegetable stock.
- Sprig of fresh rosemary
- Saffron from La Mancha (if you don't have any don't worry, you can use a Paella Seasoning like this one)
- Salt

Directions:

- Heat up the paella, add the oil and when it gets quite warm, add the meat (chicken and rabbit, cut into small pieces).
- Sauté it over low heat until the meat is sealed and golden.
- The next step is to add the tomatoes (peeled and ground) and vegetables (lima and green beans), maintaining the same heat.
- Once everything is well fried, add the stock, a sprig of rosemary and heat everything up.
- Just when it begins to boil, add the rice, the snails, salt and saffron and remove the rosemary. At this moment the fire needs to be at its maximum.
- When the rice is cooking for about 10 minutes, decrease the heat gradually for at least another ten minutes.
- Once the paella is done and all the liquid has evaporated, let it stand for a couple of minutes to let it form the socarrat or socarradet (light crust of rice on the bottom of the pan) and then it's ready.

17 Ground Beef Dishes

17.1 Burger

Ingredients (Main):

- 1 garlic clove minced
- 1 pound of 80-85% meat
- 1-2 oz of bacon chopped in small pieces
- 2 egg yolk
- 4 burger buns
- 4 cheese slices

Ingredients (Aioli):

- 4 table spoons Mayonnaise
- 1/4 of onion seared (add some salt and sugar)
- 1 tablespoon of worcestershire sauce

Directions (Aioli):

- Mix Mayonnaise, worcestershire sauce and seared onion. You want to blend that.

Directions (Main):

- Fry the bacon, reserve meat and fat
- Wait bacon to cool
- Mix egg yolk, meat, bacon and garlic and make some nice paddies.
- Fry the burger paddies on the bacon fat
- Once its close to done (125F) add the cheese and cover for the cheese to melt.
- Toast the buns lightly
- Assemble the dish adding aioli

17.2 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

17.3 Husband-Fattening Casserole**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

17.4 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'

17.5 Molho burger

Ingredients:

- 1/2 onion chopped
- 2 pinches of salt
- 1 pinch of sugar
- 2 table spoons of Worcestershire Sauce
- 1/2 cup mayo

Directions:

- In a pan, add oil and fry onion
- Add the salt and sugar
- Once onion is caramelized, add Worcestershire Sauce
- Turn heat off, let it cool and blend in mixer, then mix mayo

17.6 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 (Meatballs):

- 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.

Directions (Sauce):

- 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.

17.7 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.

Notes:

- Note: You can replace the ground beef for pesto (I've used the costco one) for a Pesto Lasagna.

17.8 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 (I've 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 it's 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.

17.9 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 Lipton, 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 (I've used nido)
- 2 tbl spoon Parmesan cheese

Directions (Main):

- 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 it's 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.
- Taste for salt, might need more.
- 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.

18 Sauces

18.1 Teriyaki Sauce

Ingredients:

- 1 cup of water
- 4 table spoon of brown sugar
- 1/4 cup soy sauce
- 1 tablespoon honey
- 1 large clove of garlic, finely minced
- 1/2 teaspoon ground ginger
- 2 tablespoons cornstarch

Directions:

- Mix everything, put on low heat, mix and wait until its thick.

18.2 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 sauté 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'.

18.3 Bechamel Sauce (Blue Apron)

Ingredients:

- 1 tablespoon 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

18.4 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

18.5 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'.

18.6 Mother sauces

Ingredients:

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

Directions:

- 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.

18.7 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:

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

18.8 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

18.9 Chimichurri

Ingredients:

- 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.

19 Pressure Cook

19.1 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'

Notes:

- 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.

19.2 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 sauté 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.

19.3 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'.

19.4 Pork Cassoulet

Ingredients (Beans):

- 1 lb of white beans
- 1 carrot, chopped
- 1 bouquet garni (thyme, 2 bay leaves, parsley)
- salt to taste

Ingredients (Main):

- 1-2 lb of duck confit
- 2 lb of pork shoulder
- 4 garlic cloves minced
- 5 oz of bacon
- 1 smoked pork hock
- 4-6 slices of bacon or 6oz, chopped
- 1 smoked sausage, sliced (cooked)
- 1 large onion, chopped
- 2 tomatoes, chopped
- 1 tbl spoon tomato paste
- 4 garlic cloves, minced
- 1 table spoon of tomato paste

Ingredients (Bake):

- Breadcrumbs

Directions (Beans):

- Put the beans on water for 3 hours.
- Drain the water, then mix all ingredients and cook under pressure for 20'

Directions (Main):

- Turn oven on 375F, season **duck** with salt and olive oil and let it bake for around 40'.
- Sear the **bacon** first, until browned. Reserve.
- With the bacon fat, sear the **pork shoulder**. Reserve
- With the bacon fat, sear lightly the **sausage**. Reserve
- With the bacon fat (maybe add some oil if the fat is gone), add **onion**
- Once onion is translucent add **garlic** until fragrant.
- Then Deglaze the pan with a bit of water, then add tomatoes, tomato paste, pork hock all other cooked ingredients (beans and meat)
- Cook in the oven (with a dutch oven) on 325F for 1-2hr.

Directions (Bake):

- Once stew is fully cooked, put on a pyrex baking dish, cover with breadcrumbs
- Bake on 400F for 15'

19.5 Pressure Cook Pork (Receita Vaco)

Ingredients:

- 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).

20 Sandwich

20.1 Croque Madame

Ingredients (Bechamel):

- 1 tbl spoon flour
- 1 tbl spoon butter
- 1 pinch nutmeg
- 2/3 cup of milk

Ingredients (Sandwich):

- 4 loafs of bread
- 2 tbl spoon butter
- Ham
- 2 eggs
- 4 slices of gruyere cheese

Directions (Bechamel):

- Prepare bechamel sauce using Bechamel ingredients

Directions (Sandwich):

- Prepare bechamel sauce using Bechamel ingredients
- Toast lightly the bread first (spread butter on loaf)
- Once lightly toasted add cheese on and let it melt on each side of toast
- Cook egg sunny side up
- Order of ingredients are: Egg / (Sauce / Bread) / Cheese / Ham / (Cheese / Bread)

20.2 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

21 Desserts

21.1 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.

Notes:

- Melt the guava jam and mix after mixing all the ingredients.

21.2 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.

21.3 Banana Bread

Ingredients:

- 1 stick of butter
- 3/4 cup of sugar
- 1 egg
- 3 ripe bananas
- 1 pinch of salt
- 1 1/2 vanilla extract
- 2 cups of flour
- 1 teaspoon of baking soda
- 1/2 cup of chocolate chips

Directions:

- Beat butter, sugar and eggs
- Smash bananas and add them
- Add remainder ingredients
- Bake at 350F for 45min

21.4 Banoffee Pie

Ingredients (Massa):

- 5 bananas nanicas bem madura
- 2 latas de leite condensado cozido ou doce de leite pronta (a da kitanda da bem)
- 1 pacote de 400 de bolacha de sua preferência
- 200g de manteiga ou margarina
- 1 colher de acucar
- chantily para decorar (heavy cream + acucar)
- canela em pó para decorar

Directions (Massa):

- Bate a bolacha, mistura com a manteiga (Depois de derreter no microondas) e adiciona a acucar
- Coloca na forma
- Bota na geladeira para descansar uns 30min

Directions (Montar):

- Bota o doce de leite por cima da massa.
- Depois cortar as bananas em rodela, colocar em cima do doce de leite
- Coloca o chantily
- Polvilha com canela

Notes:

- <https://www.youtube.com/watch?v=OWh748JNruM>

21.5 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:

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

21.6 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)

21.7 Beet Pistachio Bars

Ingredients (Dry components):

- 1/4 cup brown sugar
- 1 cup brown rice flour
- 1/4 cup coconut flour
- 2 teaspoons baking powder
- 2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 cup dark chocolate chips (optional)
- 1/2 cup unsalted shelled pistachios
- Zest of 1 lemon

Ingredients (Wet components):

- 2 large eggs
- 1/3 cup melted coconut oil
- 1/2 cup low-fat milk
- Some oil for roasting the beets, e.g. sunflower/avocado oil.
- 1 pound beets (about 4 medium-sized), peeled and chopped

Directions (Main):

- Add a little bit of oil to chopped beets, mix well.
- Roast beets on 400F (200C) for 35'. Let them cool.
- On a blender add all wet ingredients (Except eggs)
- Once blended, move to a container and add eggs.
- On a separate container, mix the dry ingredients.
- Mix both containers well.
- Using a baking pan, add parchment paper and spread evenly. Bake for 30'.

21.8 Brownie Sofia

Ingredients:

- 2 packages of 10oz bittersweet chocolate (Ghirardelli premium baking chips - 60
- 4 tablespoons unsalted butter
- 1 cup of fine granulate sugar
- 2 eggs
- 1/2 tsp of vanilla extract
- 2/3 cup flour
- 1 cup of nuts
- a touch of salt

Directions:

- Melt the chocolate and the butter altogether (You can melt on the microwave, perhaps 30-60" at a time)
- Let it cool a little bit.
- Add everything (except the flour), mix well.
- Add flour.
- In a baking sheet, spread butter and flour.
- Spread mixture well in baking sheet.
- Put in the oven for 30min at 375F.

22 Cured Meats

22.1 Charque

Ingredients:

- 2lb Lagarto meat – Trim the excess fat
- liquid smoke
- Non iodized salt

Directions:

- (T-1) Season the meat with liquid smoke, don't over do it
- (T-1) Cover with salt and massage thorough
- (T-1) Add to the fridge
- (T) Remove salt and add more salt
- (T) Repeat the process until there is not a lot of water being released

Notes:

- <https://www.youtube.com/watch?v=zCUlzl2n0ic>
- <https://www.youtube.com/watch?v=QEAqYDH6DDk>
- <https://www.youtube.com/watch?v=liP9mfqCIQw>

22.2 Coppa

Ingredients:

- 1000 g pork neck coppa
- 27.5 g kosher salt 2.75%
- 2.5 g Cure #2 0.25%
- 0.45 g black pepper cracked; 0.045%
- 0.25 g cloves ground; 0.025%
- 0.1 g bay leaf ground; 0.01%
- 0.15 g cinnamon ground; 0.015%
- 0.1 g nutmeg ground; 0.01%

Directions:

- Trim the meat into a boneless, uniform shape. Make sure there are no cuts in the meat where bacteria could enter, and cut off any loose pieces.
- Weigh the coppa in grams. Divide by 1000, then multiply each ingredient by that number. For example, if your coppa weighs 2650 g, you need to multiply the ingredients specified above by 2.65.
- Mix all the salt and the seasonings together, and rub on the meat. Place the coppa and all the extra salt and seasonings in a vacuum-sealable bag and seal. You can also use a Ziploc bag.
- Place the bag in the fridge for 7 days. Flip the bag every day or so.
- After 7 days have passed, remove the meat from the bag and gently scrape off any excess salt and seasonings.
- Prepare the coppa for hanging by casing (veil, beef bung) and trussing. Poke a lot of small holes all over the surface with a sterilized needle to remove any trapped air.
- Spray with white mold solution.
- Weigh the meat and write it down on a tag. Attach the tag to the meat.
- Hang and dry in the curing chamber at 55F and 75% humidity .
- Make sure to check often the dehumidifier container so that it doesn't fill up.
- Once the meat loses 35% of the weight take off curing chamber.
- Vacuum seal and put on the fridge for 7 days.
- Once the time passed, use a slicer for cutting the coppa and enjoy.

Notes:

- Original: <https://tasteofartisan.com/capicola-recipe/>

23 Experimental

23.1 Fish/Vegetable Broth

Ingredients:

- 2 pounds fish heads, fish strips, prawn shells or whole fish
- 2 celery stalks, broken into pieces
- 2 carrots, peeled, cut in half
- 1 large onion, quartered
- 6 black peppercorns
- 2 tbsp salt
- 3 bay leaves, broken into small pieces
- 2 tbsp lobster base (optional)
- 4 quarts plus 2 cups cold water

Directions:

- In a large pot, place **seafood, celery, carrots, onion, peppercorns, salt, bay leaves** and **lobster base**.
- Add **cold water** and simmer, uncovered, over medium-low heat for 1 hour.
- Skim the surface foam occasionally with a slotted spoon.
- Strain the **broth**, discarding the solids.

Notes:

- For vegetable broth, omit the seafood and lobster base.

23.2 Chicken Broth

Ingredients:

- 1 chicken (4 pounds), cut into 6 pieces
- 2 celery stalks, broken into pieces
- 2 carrots, peeled, cut in half
- 1 large onion, quartered
- 6 black peppercorns
- 2 tbsp salt
- 3 bay leaves, broken into small pieces
- 2 tbsp chicken base (optional)
- 4 quarts plus 2 cups cold water

Directions:

- In a large pot, place **chicken, celery, carrots, onion, peppercorns, salt, bay leaves** and **chicken base**.
- Add **cold water** and simmer, uncovered, over medium-low heat for 3 hours.
- Strain the **broth**, discarding the solids.

Notes:

- The remaining chicken pieces are great for salads or other recipes.

23.3 LINGUINE ALL'AMATRICIANA PASTA WITH PANCETTA AND TOMATOES

Ingredients:

- 1 pound linguine
- 2 tablespoons extra-virgin olive oil
- 1/2 pound pancetta, diced
- 1 small white onion, diced
- 1 can (28 ounces) San Marzano tomatoes
- 1/4 cup grated Pecorino Romano
- 2 teaspoons crushed red pepper flakes
- 1 tablespoon ground black pepper

Directions:

- In a large pot, bring 6 quarts of salted water to a boil. Add **linguine** and cook until al dente. Drain the **pasta**.
- In a large sauté pan, heat **olive oil** over high heat until shimmering. Add **pancetta** and cook until the fat has been rendered from the meat. Turn the heat down to medium. Add **onions** and cook until translucent. Add **tomatoes** and mash with a spoon. Cook for 1 minute. Stir in **cheese, red pepper flakes & black pepper**. Turn the heat to low. Add the **pasta** to the sauce and serve.

23.4 BRASATO DI CARNE AL CHIANTI CHIANTI BRAISED BEEF

Ingredients:

- 6 pound boneless bottom rump beef roast, trimmed
- 1/2 cup extra-virgin olive oil
- 3 small white onions, peeled, quartered
- 6 carrots, peeled, chopped into wedges
- 5 celery stalks, chopped into wedges
- 10 cloves garlic, peeled
- 1/4 bunch rosemary
- 8 sage leaves
- 1/2 teaspoon grated nutmeg
- 1 teaspoon whole black peppercorns
- 1 cup porcini mushrooms, sliced
- 3 bottles Chianti
- 3 cups vegetable broth
- Salt

Directions:

- Preheat oven to 250°F. Season the outside of the **roast** with **salt**.
- In a large ovenproof saucepan or Dutch oven, heat **olive oil** over medium heat until shimmering.
- Place the **roast** in the pan and brown each side for 2 minutes, or until caramelized. Move the **roast** to a platter. In the pan with **oil**, toss **onions**, **carrots**, **celery** & **garlic**. Add **rosemary**, **sage**, **nutmeg**, **peppercorns**, **mushrooms** & **salt**. Cook over medium heat for 4 minutes, or until the **vegetables** soften. Make sure to scrape the browned bits from the bottom and stir frequently. Reduce the heat, pushing the **vegetables** to the side of the pan.
- Place the **roast** in the center. Pour in **wine** and **meat juices** from the platter. The **roast** should be half submerged. Add **broth** as needed. Cover and turn the heat to high until the **liquid** is steaming. Uncover and place the pan in the oven. Cook for 30 minutes and then rotate the **roast**. Turn the meat every 30 minutes for 3 hours. The **liquid** should not boil. If it does, lower the temperature and add cold water to stop.
- After 4 1/2 hours, use a meat thermometer to check the temperature in the center of the **roast**. Once it reads 180°F, remove the pan from the oven. Place the **roast** on a serving tray and garnish with **carrots**, **celery** & **juices**. Serve.

23.5 UPPER EAST SIDE STEAK SAUCE

Ingredients:

- 1/4 cup expeller-pressed safflower oil
- 1/2 jalapeño pepper, stemmed, seeded, and cut into thin strips
- 1/2 yellow onion, diced (3/4 to 1 cup)
- 2 tablespoons white vinegar
- 2 teaspoons finely chopped ancho chile (about 1/4 chile)
- 12 ounces mushrooms, sliced 1/8-inch thick
- 1/2 teaspoon kosher salt
- 1 clove garlic, minced (about 1 teaspoon)

Directions:

- In a large skillet over high heat, heat the **oil** until smoking, about 1 minute. Add the **jalapeño** and cook, without stirring, until the **pepper** is just beginning to blacken on one side, about 2 minutes. Add the **onion** and cook until the **onion** is translucent, about 3 minutes. Add the **vinegar** and **ancho chile** and cook until partially reduced, 1 minute. Add the **mushrooms**, **salt**, and **garlic**, and cook, stirring occasionally, until the **mushrooms** release their moisture and partially collapse, about 3 minutes.
- Serve immediately or store refrigerated in an airtight container for up to 5 days; rewarm before serving.

24 Unsorted / Miscellaneous

24.1 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

24.2 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.

24.3 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 nutmet, 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.

24.4 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:

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

24.5 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.

24.6 Lemon and Sprite

Ingredients:

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

Directions:

- Mix everything

24.7 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

24.8 Requeijao Cremoso

Ingredients:

- 2 litros de leite quente (fervendo)
- 10 colheres de vinagre branco
- 200ml de leite morno
- 8 colheres de manteiga
- 1 colher de sal

Directions:

- Ferva o leite, adicione o vinagre e misture por uns 30s.
- Deixe descansar por 5min.
- Separe o soro do leite com uma peneira e toalha
- Coloque o queijo no liquidificador com o leite morno a manteiga e o sal.
- Bata ate ficar com a consistencia cremosa.

24.9 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.**

24.10 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)

24.11 Creamy onion Chicken

Ingredients:

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

Directions:

- Directions Stir fry the chicken with garlic and green onion.
- Than 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.

24.12 Filet Mignon - Luzinete Style

Ingredients:

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

Directions:

- (T-1) Wash the meat in water, grate the onion and put 1 cup of red wine. Add salt and pepper to taste.
- (T-1) Put in a container (tupperware) and leave it overnight.
- (T) In a large and hot skillet melt a tablespoon of butter
- (T) Sear on all sides of the filet
- (T) 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)
- (T) Let it cook for 5min
- (T) Add the filet into the skillet and close it with a lid, put the fire on low and let it cook for 10min.
- (T) Turn off the heat, cut the filet in pieces and use the juice from the meat and put back in the skillet.
- (T) Put 1 tablespoon of butter in the skillet and let it cook for a couple more minutes.

24.13 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.

24.14 BBQ Beans

Ingredients:

- 1 cup de tomato sauce
- 1/2 cup de bbq sauce
- 2 table spoons of liquid smoke
- seasoning (e.g. 1 tbl spoon of knoor)
- 1lb of pinto beans

Directions:

- Add all ingredients into a pressure cooker and cook for 20'

24.15 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.

25 Soups

25.1 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.

25.2 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 Gruyère 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.

25.3 Carrot Soup (Healthy)

Ingredients:

- 1.5 lb of carrots (Chopped)
- 1 Onion
- Olive oil
- 2 cups of vegetable stock (no salt)
- 2 cups of water
- 1 table spoon of minced ginger
- 3 strips of orange

Directions:

- Put oven on 375 and add carrots and onion into a tray.
- Sprinkle olive oil and salt.
- Roast for 30-45' until slightly brown.
- Put onions, carrots, stock, water, ginger and orange on a saucepan and simmer for 30'
- Remove orange
- Blend everything

25.4 Tomato Soup (Healthy)

Ingredients:

- 3 lb of tomatoes
- 1 Onion
- Olive oil
- 2 cups of vegetable stock (no salt)
- 2 cups of water

Directions:

- Put oven on 375 and add tomatoes and onion into a tray.
- Sprinkle olive oil and salt.
- Roast for 30-45' until slightly brown.
- Put onions, tomatoes, stock and water simmer for 90'
- Blend everything

25.5 Asparagus Soup (Healthy)

Ingredients:

- 2 lb of asparagus
- 1 Onion
- Olive oil
- 2 cups of vegetable stock (no salt)
- 2 cups of water
- 1 table spoon of yogurt

Directions:

- Put oven on 375F and add onion into a tray.
- Sprinkle olive oil and salt.
- Roast for 30-45' until slightly brown.
- Put onions, asparagus stock and water simmer for 30'
- Blend everything
- Add yogurt