

Recipes

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1 Flavor Profiles

2 Ratios

3 Fast everyday recipes

3.1 Curry Chicken

Ingredients:

- Knoor, Curry
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken and add some lime
- Let it sit for 10min
- 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.
- On a sautee pan, add some oil and sear all sides of the chicken.
- Throw in the remaining ingredients. Lower the heat and let it simmer for 20-30min.

Notes: If you can use coconut oil the chicken will taste a lot better.

3.2 Garam Masala Chicken

Ingredients:

- 3 tsp garam masala, 2 table spoon of chopped garlic
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken and add some lime
- Let it sit for 10min
- 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.
- On a sautee pan, add some oil and sear all sides of the chicken.
- Throw in the remaining ingredients. Lower the heat and let it simmer for 20-30min.

Notes:

3.3 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 and add some lime
- Let it sit for 10min
- 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.
- On a sautee pan, add some oil and sear all sides of the chicken.
- Throw in the remaining ingredients. Lower the heat and let it simmer for 20-30min.

Notes:**3.4 Tajin chicken****Ingredients:**

- tajin seasoning
- 1 Chicken Breast
- oil

Directions:

- Cut the chicken and add some lime
- Let it sit for 10min
- 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.
- On a sautee pan, add some oil and sear all sides of the chicken.
- Throw in the remaining ingredients. Lower the heat and let it simmer for 20-30min.

Notes:**3.5 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 and add some lime
- Let it sit for 10min
- 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.
- On a sautee pan, add some oil and sear all sides of the chicken.
- Throw in the remaining ingredients. Lower the heat and let it simmer for 20-30min.

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

3.6 Curried Tomato

Ingredients:

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

Directions:

- Cut the chicken and add some lime
- Let it sit for 10min
- 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.
- On a sautee pan, add some oil and sear all sides of the chicken.
- Throw in the remaining ingredients. Lower the heat and let it simmer for 20-30min.

Notes: User a blender to blend onion and garlic.

3.7 Paprika Chicken

Ingredients:

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

Directions:

- Cut the chicken and add some lime
- Let it sit for 10min
- 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.
- On a sautee pan, add some oil and sear all sides of the chicken.
- Throw in the remaining ingredients. Lower the heat and let it simmer for 20-30min.

Notes:

3.8 Fish sauce

Ingredients:

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

Directions:

- Cut the chicken and add some lime
- Let it sit for 10min
- 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.
- On a sautee pan, add some oil and sear all sides of the chicken.
- Throw in the remaining ingredients. Lower the heat and let it simmer for 20-30min.

Notes:

3.9 KitchenSync Sauce

Ingredients:

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

Directions:

- Cut the chicken and add some lime
- Let it sit for 10min
- 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.
- On a sautee pan, add some oil and sear all sides of the chicken.
- Throw in the remaining ingredients. Lower the heat and let it simmer for 20-30min.

Notes:

3.10 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'

3.11 Soy Meat

Ingredients:

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

Directions:

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

3.12 Chicken (Receita Casa Vovo)

Ingredients:

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

Directions:

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

4 Starches / Beans

4.1 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 garlic 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'.

4.2 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'

4.3 Feijao de Soja Luzinete

Ingredients:

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

Directions:

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

4.4 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.

4.5 "Risoto" Brasileiro

Ingredients:

- Arroz
- 2 colheres de trigo
- 1 xicara de leite
- Queijo parmesao
- Manteiga

Directions:

- Cozinhe o arroz normal
- Bata no liquidificador o leite e o trigo
- Quando o arroz tiver pronto na mesma panela do arroz coloque o leite com farinha
- Coloque 1 tbl spoon de manteiga, parmesao e sal a gosto
- Misture ate engrossar

4.6 Feijoada

Ingredients:

- 0.5 Kg of Black beans
- 300g de charque (any salted meat will do)
- 1 Calabresa Sausage (pork, salt, etc) - smoked turkey sausage
- 1 piece of pork ribs
- Coloral (similar to paprika but spicier)
- Bay leaves
- Tomatoe sauce
- Cilantro

- 1 onion
- 1 tomatoe
- 1/4 green pepper
- vinegar

Directions Ribs:

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

Directions Salted beef (Charque):

- Boil with water to remove excess of salt. - or throw some hot water into it.

Directions Beans:

- Put beans in water for 1-2 hrs
- Mix beans, water, ribs, beef and bay leaves and cook under pressure for 15-25min.
- Take some beans with water, blend with: a. Add cilantro, 1/2 tomato, 1/2 onion, 1/4 green pepper chopped, tomato paste (You can also blend this in the beginning and let it cook on pressure with the beans altogether)
- Pour back
- Add sausage and boil for about 10min
- Add salt if necessary

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

5 Indian food

5.1 Sag Paneer (With tofu)

Ingredients (For gravy):

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

Ingredients (Base):

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

Ingredients (Seasonings):

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

Ingredients (Protein):

- Tofu

Directions:

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

6 Breakfast

6.1 Waffle

Ingredients:

- 2 eggs
- 2 cups of all purpose flour
- 2 cups of milk (or nido - 1/2 cup powder + 2 cups of water)
- 1/2 cup of vegetable oil
- 1 tbl spoon sugar
- 4 tsp baking powder
- 1/4 tbl spoon salt

Optional Mozzarella cheese and turkey (chopped)

Have some spare butter

Directions:

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

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

6.2 Pancakes

Ingredients:

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

Have some spare butter

Directions:

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

7 Apps

7.1 Beet Humus

Ingredients:

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

Directions:

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

7.2 Bruschetta

Ingredients:

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

Directions:

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

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

7.3 Eggplant (Sergio)

Ingredients:

- 1 eggplant
- 5 garlic cloves
- red bell peppers

Directions:

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

7.4 Eggplant (Cunhado)

Ingredients:

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

Directions:

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

7.5 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'

7.6 Paprika Toasts

Ingredients:

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

Directions:

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

8 Weekend Meals

8.1 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 Gruyere 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.

8.2 Hamburgers

Ingredients:

- Good quality ground beef
- 1/2 onion
- 2-3 cloves of garlic

alt and onion salt or

ly 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'

8.3 Boef Bourguignon

Ingredients:

- 4 ounces of bacon, sliced crosswire 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 think rounds
- 1 large yellow onion, medium diced
- 2 tsp unbleached all-purpose flours
- 2 cups full-bodied, red wine like chianti or merlot
- 2-3 cups of low sodium beef stock
- 1 tbl spoon tomato paste
- 2 large garlic cloves, finely minced
- 3 sprigs fresh thyme, tied with butcher's twine
- 2 bay leaves
- 15 pearl onions
- 2 tbl spoon of butter, room temperature
- 8 ounces cremini or button mushrooms, trimmed and quartered
- 1/3 cup sherry vinegar
- 3 tbl spoons chopped flat-leaf parsley

Directions:

- 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 bacon in the pan.
- Dry the beef thorouly 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.

8.4 Beef Ragu (Tia Angela)

Ingredients:

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

Directions:

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

Note: The chicken version of this dish you replace beer for 6oz of white wine (half those small bottles), [chicken stock] and put grated onion instead of the onion soup

8.5 Bacalhau Gomes Sa (Tia Ana)

Ingredients:

- Bacalhau (1.5kg)
- Batata (6 batatas)
- Cebola (6 cebolas)
- Alho (1 cabeca 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.
- Cozinhá o bacalhau na água e sal por pouco tempo, separa e desfia (Se o bacalhau já for salgado no precisa colocar mais sal)
- Cozinhá 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 rodélas de ovo cozido e põe por cima e umas fatias de tomate também. Bota no forno pra deixar queimado em cima.

8.6 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.

8.7 Engorda Marido

Ingredients:

- Ground Beef Recipe
- Mashed Potatoes Recipe
- Mosarella 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

8.8 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.

8.9 Torta de Ana

Ingredients (For dough)

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

Ingredients (For chicken)

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

Directions:

- Cut chicken in small cubes put in a container with water and lime. Let it sit for a couple of minutes.
- Sear the vegetables with the knoor (onion, tomatoes, peppers, scallion and garlic).
- After the garlic is fragrant add the chicken, cumin, cilantro and tomatoe paste.
- Let it simmer for 30'
- While chicken cooks, make the dough (mix all ingredients).
- When the chicken is ready, shred the chicken and put the juices on the side.
- Mix chicken, creme de leche and sauce to taste.

- Add olives and green peas
- Wait for chicken to cool
- Put dough in a pie container (use the plastic wrap technique for building the top)
- Put chicken and cover the top
- Use egg yolks and parmesan to decorate the top
- Turn oven to 325F and put pie for 30'
- Increase heat to 425F for finish

Note:

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

8.10 Bife de Molho Luzinete

Ingredients:

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

Directions:

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

8.11 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.

8.12 Slow Cooked BBQ Ribs

Ingredients:

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

Directions:

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

8.13 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 knorr, beef, cilantro, cummin
- Mix in tomatoe paste
- Season with salt and pepper
- Let it simmer for a good 30min. Be careful for bottom of pan not burn

8.14 Peixe ao coco

Ingredients:

- Azeite de dende (3 colheres)
- 1 lata de leite de coco (coconut thai)
- 1 pimentao vermelho
- 1 pimentao verde
- 1 cebola
- 1 posta de peixe
- 2 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.

8.15 Meatballs

Ingredients (Meatballs):

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

Ingredients (Sauce):

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

Directions:

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

9 Sandwich

9.1 Mustard Sandwich

Ingredients:

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

Directions:

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

10 Misc

10.1 Lemon and Sprite

Ingredients:

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

Directions:

- Mix everything

10.2 Caramelized Carrots

Ingredients:

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

Directions:

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

11 Pastas

11.1 Spaguetti Squash

Ingredients:

- Spaguetti Squash
- Olive oil
- Salt and pepper

Directions:

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

11.2 Fettuccine Alfredo (Olive garden)

Ingredients:

- Parmesan (3 table spoons)
- Heavy Cream (1/2 cup)
- 1 part of butter
- Philadelphia cheese (3 table spoons)
- Salt
- Pepper

Directions:

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

11.3 Carbonara

Ingredients:

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

Directions:

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

12 Healthy

12.1 Overnight Oats

Ingredients:

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

Directions:

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

13 Work in Progress (WIP)

13.1 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)

13.2 Creamy Polenta

Ingredients:

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

Directions:

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

13.3 Creamy onion Chicken

Ingredients:

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

Directions:

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

13.4 Bread (Rosinha)

Ingredients:

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

Directions:

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

Should yield 20 slices with 100 cal each.

13.5 Filet Mignon - Luzinete Style

Ingredients:

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

Directions: For leaving overnight:

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

For the day the filet is being cooked:

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

13.6 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.

13.7 Chicken Fried Rice

Ingredients:

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

Directions:

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

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

13.8 Truffle oil fettuccine

Ingredients:

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

Directions:

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

14 Deserts

14.1 Cheese Mousse

Ingredients:

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

Directions:

- Blend all ingredients on a blender.

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

14.2 Passion Fruit Mousse

Ingredients:

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

Directions:

- Blend all ingredients on a blender.

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

14.3 Creme brulee

Ingredients:

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

Directions:

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

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

14.4 Milk Pudding (Pudim de leite)

Ingredients:

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

Directions:

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

15 Sauces

15.1 Tomato Sauce (Sergio)

Ingredients:

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

Directions:

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

15.2 Bechamel Sauce (Blue Apron)

Ingredients:

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

Directions:

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

15.3 Bechamel Sauce (Adapted Luzinete Style)

Ingredients:

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

Directions:

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

15.4 Bechamel Sauce (Luzinete Style)

Ingredients:

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

Directions:

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

15.5 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'.

15.6 Mother sauces

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

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

15.7 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.

15.8 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

16 Salad Related

16.1 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

16.2 Cesar Dressing (Blue Apron)

Ingredients:

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

Directions:

- Mix all ingredients

16.3 Potato Salad

Ingredients:

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

Ingredients (Miracle Whip):

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

Directions:

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

17 Dump

17.1 Rosbife Tia Tina (Tia Ana)

Ingredients:

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

Directions:

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

17.2 Stir Fried Chayote Squash (Sergio)

Ingredients:

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

Directions:

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