## The Book of Cook

The only true guide to creating deliciousness

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### 1 Beans

## Classic Black Beans and Rice

 $\emptyset$ 

 $15 \, \mathrm{minutes}$ 



20 minutes

 $\bigcirc$ 

4 Portions

Calories 340

## Preparation

Cook rice in chicken stock with peas

Meanwhile, dice and saute onion, pepper, and garlic over medium-high heat in a pot until tender, about

8-10 minutes

345

Stir in remaining ingredients, and bring to a boil

Reduce heat, and simmer 10 minutes

Serve over rice

### Ingredients

1 cup white rice

1 tsp chicken buillon

2tb frozen peas

2 tb olive oil

1 onion, finely

chopped

1 green pepper,

finely chopped

1/2 Habanero

pepper, finely

chopped

2 cloves garlic, minced

15.5oz can Goya Black

Beans

(undrained)

 $3/4 \, \text{cup}$  water

1 tsp Oregano

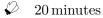
1 packet Sazon Goya

without Annatto

1tb white wine

## 2 Beef

## Easy Beef Stew



■ 3 hours

© 6 Portions

#### Preparation

1 Preheat oven to 300F

Sear the beef steaks in a hot pan with some oil until a crust develops. Set aside on a plate to cool.

Add onion, potatoes, carrots, beer, chichen broth, worcestershire sauce, peas, salt, and pepper to a dutch oven.

Bring to a simmer

Cut beef into 1.5 inch cubes, toss with flour.

### **Ingredients**

3 lb Chuck beef, cut into 1 inch thick steaks

1 Large white onion, sliced

1 lb Potatoes, cut into 1 inch cubes

2 cups Baby carrots

16 oz Beer (stout)

2 cups Chicken broth

1 Tbsp Worcestershire

sauce

4 oz Frozen peas

1 tsp Salt

1 tsp Cracked pepper

1 Tbsp Flour

#### Hint

You can add any aromatics you wish. Thyme, oregano, and parsley are my personal favorites.

## 3 Breakfast

## **Pancakes**

Ø 15 i

 $15\,\mathrm{minutes}$ 

15 minutes

O 4 Portions

## Preparation

1 In a l

In a large mixing bowl, combine dry ingredients

In a seperate (large) mixing bowl, combine liquid ingredients

**Q** Mix liquid ingredients quickly into dry ingredients

#### **Ingredients**

1.5 cups All-purpose flour

3 tbsp Sugar

1.75 tsp Baking powder

1 tsp Salt

1.5 cups Milk

3 tbsp Butter, melted

2 Eggs

1 tbsp Vanilla extract

## Classic Waffles

√ 10 minutes

■ 15 minutes

O 4 Portions

## Preparation

In a large mixing bowl, combine dry ingredients
In a seperate (large) mixing bowl, combine liquid ingredients

Spoon batter into preheated waffle iron. Cook until golden. Serve immediately.

Mix liquid ingredients quickly into dry ingredients

### **Ingredients**

2 cups All-purpose flour
1 tsp Salt
4 tsp Baking powder
2 tbsp Sugar
2 Eggs
1.5 cups Milk
1/3 cups Butter, melted
1 tsp Vanilla extract

## Hint

Using a second bowl is entirely optional. I ususally make a well in the dry ingredients and mix everything together at once.

#### Chicken 4

# Cajun Chicken

Add additional spices to taste

Serve hot cajun chicken/broccoli mixture over

$\varnothing$	20	minute
	20	minute

 $20\,\mathrm{minutes}$ 

4 Portions

## Preparation

Prep	paration	Ingredien	its
1	Mince garlic and onion	$2  \mathrm{lb}$	Chicken
Ť		4 Cloves	Garlic
')	Cut chicken into small even bit sized chunks	<b>2</b>	Yellow Onions
	Mix Paprika, Chile Powder, Dried Oregano, Onion	$1\mathrm{tbsp}$	Olive Oil
.3	Powder, Garlic Powder, Black Pepper, Crushed Red	$2\mathrm{Heads}$	Broccoli
Penr	per Flakes, Salt, and Cayenne Pepper	$1/2\mathrm{Cup}$	Julliened Sun
1 CPF	of Flakes, Sait, and Cayenne repper		Dried Tomatoes
1	Dry-rub chicken in spice mix	$1\mathrm{Bunch}$	Scallions (Green
4			Onions)
5	Start to boil water for pasta	$1\mathrm{pint}$	Heavy Cream
Ŏ		$1 \operatorname{Box}$	Penne (Or favorite
6	Sautee garlic and onion in olive oil until onion is		Pasta)
U	translucent	$3\mathrm{tbsp}$	Paprika
	Add and sautee chicken	$3\mathrm{tbsp}$	Chile Powder
	ud and sautee chicken	$3\mathrm{tbsp}$	Dried Oregano
Ö	Cut broccoli heads into small chunks	$2\mathrm{tbsp}$	Onion Powder
Ŏ		$2\mathrm{tbsp}$	Garlic Powder
Ŏ	Add broccoli and cover, allow steam to cook broccoli	$2\mathrm{tbsp}$	Black Pepper
$\mathcal{I}$	(turn bright green, but not mushy, 4 minutes)	$1\mathrm{tbsp}$	Crushed Red
			Pepper Flakes
10	Pour in heavy cream and add sun dried tomatoes	$1\mathrm{tsp}$	Salt
T	and scallions; bring to simmer	$1\mathrm{tsp}$	Cayenne Pepper
11	Cook pasta while sauce simmers		

## Chicken Cacciatore

 $\emptyset$ 

10 minutes

40 minutes

O 4 Portions

#### Preparation

1 cut the chicken into bite sizes pieces, salt and pepper, and saute in olive oil over medium heat

2 remove chicken, and saute onions, bay leaves, rosemary, and sage until onions are golden (about 5 minutes) over medium-high heat

add minced garlic, and saute about 30 seconds (without browning)

add chicken, chicken stock, red wine, and tomatoes

bring to a boil (high heat), then reduce heat and simmer, covered, for 25 minutes

Add mushrooms (sliced), and black olives

If serving with pasta, cook now

Continue simmering, covered, an additional 10 minutes

Add seasoning to taste

### **Ingredients**

2 lbs chicken

1 yellow onion

1 14.5 oz can diced

tomatoes

1 cup chicken stock

 $1/2 \,\mathrm{cup}$  dry red wine

8 oz mushrooms

8 oz sliced olives

2 bay leaves

3 cloves garlic

1 tsp rosemary 1 tsp sage

1 tsp salt

1 tsp pepper

## Hint

you can swap the rosemary/sage palette for oregano/basil!

## Chicken Piccata

20 minutes



20 minutes

4 Portions

### Preparation

Start to boil water for pasta

Slice Chicken into thin fillets and dredge with flour (add salt and pepper to taste)

Sautee chicken in olive oil and butter, 1 tbsp olive oil and 2 tbsp butter per 1/2 lb of chicken added incrementally as fillets are sauteed

Mince three quarters of the fresh parsley

Crush and mix boulion cubes with water (1 Cup water per cube), add juice from lemons, capers, and half the minced parsley

Return all fillets to pan and pour in boulion-lemon mixture; bring to simmer

(Optional) Add used lemon halves to pan and simmer with chicken (adds more lemon flavor and can be added to visual presentation on plates)

(Optional) Add a dash of heavy cream or more butter or corn starch to adjust consistency (creamy vs. buttery vs. brothy)

Cook pasta while sauce simmers

Add additional spices to taste (black pepper, oregano, parsely, lemon)

Serve hot chicken and sauce over pasta, present with a half lemon, sprig of parsley, and sprinkled with minced fresh parsley.

2 lb Chicken

1 Pile Flour

8 tbsp Butter 4 tbsp

Olive Oil

Lemons

2 **Boulion Cubes** 

1 Jar Capers

1 Bunch Fresh Parsley

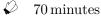
Heavy Cream 1 Dash

(Optional)

1 Box Linguine (Or

favorite Pasta)

## Chicken Teriyaki



20 minutes

O 4 Portions

#### Preparation

Heat together all ingredients except chicken, cornstarch, rice, bok choy and one clove of garlic in a small saucepan until sugars dissolve

• Let mixture cool a bit

Cut up chicken into bite size chunks, mix in large plastic bag with sauce mixture

Marinate for about an hour

Start cooking rice

Remove chicken from bag and separate from sauce

Stir-fry chicken

Add sauce back into pan, allow it to boil off a bit, while adding cornstarch until sauce thickens and glazes chicken

Stir-fry bok choy with the last clove of garlic, vegetable oil, and black pepper

1 O Serve chicken and bok choy over rice

### Ingredients

$1  \mathrm{Cups}$	Soy Sauce
$1\mathrm{Cups}$	Granulated Sugar
$3/2 \operatorname{tsp}$	Brown Sugar
7 Clove	Diced Garlic
$2\mathrm{tbsp}$	Fresh Grated
	Ginger
$1\mathrm{tsp}$	Ground Black
	Pepper
$1\mathrm{tsp}$	Ground White
	Pepper
$1\mathrm{tbsp}$	Honey
1	Cinnimon Stick
$1\mathrm{tbsp}$	Pineapple Juice
$4  \mathrm{lb}$	Chicken Breast
$2\mathrm{tbsp}$	Corn Starch
$2\mathrm{Cups}$	Cooked Rice
1 Bunch	Baby Bok Choy

## **Curried Coconut Chicken**

√ 10 minutes

■ 40 minutes

O 4 Portions

#### Preparation

Mince garlic and habanero, and dice onion, combining in a bowl

2 Cut the chicken into bite sized pieces, and season with salt + pepper

Cover a large saute pan with the oil (and a tad more), and heat over medium high heat

When hot, add the curry paste, (removing from heat while you stir it in, then returning to heat)

Cook the curry paste, stirring constantly, for about 2 minutes (until thick)

Add the garlic, habanero, and onion, cooking for about 1 minute

Add the chicken, and cook through (until no pink shows, about 7 minutes)

Add coconut milk, tomatoes, tomato sauce, and sugar to pan, stirring to combine

Cover and simmer, stirring occasionally, for 30-40 minutes. Meanwhile, prepare rice

Serve hot over rice

### Ingredients

2 lbs chicken breast  $2 \, \mathrm{tb}$ sesame oil  $1 \, \mathrm{tsp}$ salt + pepperred curry paste  $3 \, \mathrm{tb}$ large yellow onion 4 cloves garlic habanero pepper 14 oz can coconut milk  $14.5\,\mathrm{oz}\,\mathrm{can}$ diced tomatoes, drained tomato sauce 8 oz

sugar

1 tb

## Ginger Chicken



20 minutes

O 4 Portions

#### Preparation

Stir together sherry, soy sauce, water, and cornstarch.

Heat a wok or large skillet over high heat, with 1 tb of oil

**Q** Stir-fry ginger root for about 45 seconds

Add carrots, and stir-fry until tender (about 5 minutes)

Add bok choy, pea pods, and scallions, then stir fry until bok choy wilts (about 5-7 minutes)

Remove vegetables from the wok, and place in separate bowl

Add remaining cooking oil, and cook chicken in wok until done (about 5 minutes)

Push chicken from center of wok, stir soy sauce mixture, and add to center of wok

Cook until mixture is thickened and bubbly

Return vegetables to wok, and stir to coat with sauce

11 Cook and stir about 1 minute or until heated through, then serve

### **Ingredients**

1 Bunch

 $3/2 \,\mathrm{Cups}$ 

4 tbsp Dry Sherry Soy Sauce 3 tbsp Water 1 tbsp  $1 \operatorname{tsp}$ Corn Starch Chicken Breast 1 lb (bite sized pieces) 2 tbsp Cooking Oil Medium Ginger Root  $3/2 \,\mathrm{Cups}$ Bias-sliced Carrots  $7/2 \,\mathrm{Cups}$ **Bok Choy** 2 Cups Fresh Pea Pods

> Scallions Habanero

Cooked Rice

## Red Curry Chicken



20 minutes

4 Portions

### Preparation

Boil water for potatoes Skin and dice sweet potatoes, start to boil until slightly soft

Start to cook rice

Trim and wash string beans

Skin, wash and slice carrots

Wash and slice scallions

Cut chicken into small even bit sized chunks, salt and pepper to taste

Briefly sautee red curry paste in olive oil until fragrent (2 minutes)

Sautee chicken in red curry paste

Add string beans and carrots and cover, allow steam to cook string beans (turn bright green, but not mushy, 4 minutes)

Uncover, pour in coconut milk and add cooked sweet potatoes and scallions; bring to simmer

Add cumin, tumeric, corriander, etc. to taste.

Serve hot curry mixture over rice

## Hint

Replace chicken with shrimp for a twist!

#### **Ingredients**

Chicken  $2 \, \mathrm{lb}$ 

 $2\,\mathrm{tbsp}$ Red Curry Paste

Olive Oil 1 tbsp

> 1 lb String Beans

Large Carrots

Large Sweet

Potatoes (Yams)

Scallions (Green 1 Bunch

Onions)

2 Cans Coconut Milk

Rice (long grain) 1 Cup

#### Cocktails 5

## Boulevardier

 $\bigcirc$  2 minutes

 $0 \, \mathrm{minutes}$ 

1 Portions

## Preparation

Serve neat with a dash of chocolate bitters

## Ingredients

3/2 oz Bourbon

 $3/4 \, \mathrm{oz}$ Campari

3/4 oz Sweet Vermouth 1 dash Chocolate Bitters

# Cherryhattan



2 minutes



0 minutes

O 1 Portions

## Preparation

 $\frac{1}{2}$ 

Muddle cherries in a rocks glass

Pour rye and vermouth into glass

Add a dash of bitters

## Ingredients

2 oz Rye Whisky

1/4 oz Sweet Vermouth

3 Muddled cherries

1 dash Angostura Bitters

## Hint

Best served neat, on the rocks masks the powerful fragrance.

## Chocolate Midnight Martini



2 minutes



 $0 \, \text{minutes}$ 

© 1 Portions

## Preparation

123/1

Combine ingredients (except for espresso) in shaker

Pull shot, and add to shaker

Fill shaker with ice, and shake to chill

Serve in a chilled martini glass

## Ingredients

1 shot Espresso

 $1.5\,\mathrm{oz}$  Vodka

1 oz Kahlua

1 oz Creme de Cacao

## Coffee Martini

 $\bigcirc$  2 minutes

0 minutes

© 1 Portions

## Preparation

12345

Combine ingredients in shaker

Shake with ice until well-chilled

Strain into chilled martini glass

(optional) Add a splash of Frangelico

(optional) Float heavy cream on top

## Ingredients

 $1.5\,\mathrm{oz}$  Kahlua

 $1.5\,\mathrm{oz}$  Stong Coffee or

Espresso

1.5 oz Vodka

optional Heavy Cream optional Frangelico

## Farmer's Daughter

 $\bigcirc$  2

2 minutes

0 minutes

1 Portions

### Preparation

Pour gin, lemon juice, simple syrup, and grapefruit juice into a shaker

Fill with ice and strain into a chilled glass

Add bitters

Add sliced strawberries if desired as garnish, or berries skewered on a toothpick

## Ingredients

2 oz St. George Terroir

Gin

1/4 oz Lemon Juice

1/4 oz Thyme Simple

Syrup

6 oz Grapefruit Juice

5 dashes Rhubarb Bitters

## Forest Fire

√ 1 n

1 minutes

 $0 \, \text{minutes}$ 

O 1 Portions

## Preparation

1 Light first cedar piece, and set on aluminum

 $\begin{array}{c} 2 & {\rm Place\ (chilled)\ glass\ facedown\ over\ lit\ cedar,\ to\ smoke} \\ & {\rm the\ glass} \end{array}$ 

After 20-30s, turn glass upright, and pour in ingredients

Mix, then light the other cedar piece, and toss in to extinguish

## Ingredients

3/2 oz Rye 1/3 oz Pine Liqueur 1/3 oz Sweet Vermouth 3 dashes Snappy's Firewater 3 drops Devil's Larder Smoke Bitters

2 pieces Cedar wood

## **Gin And Tonic**



2 minutes



 $0 \, \text{minutes}$ 

O 1 Portions

## Preparation

123

Muddle two thin slices of cucumber in a lowball glass

Fill glass halfway with crushed ice

Pour in Gin, fill with tonic and stir a bit

Add thick cucumber slice to rim and drop in rose mary sprig for garnish  $\,$ 

## Ingredients

3/2 oz Gin

1 Splash Tonic Water 3 slices Cucumber

1 sprig Rosemary

## Goldrush



 $2 \, \mathrm{minutes}$ 



 $0 \, \mathrm{minutes}$ 

© 1 Portions

## Preparation

123

 ${\bf Combine\ ingredients\ in\ shaker...shake.}$ 

Strain into chilled glass on the rocks

Add lemon twist as garnish

## Ingredients

2 oz Bourbon

1 oz Honey Syrup

3/4 oz Lemon juice

1 Lemon twist

## Manhattan

 $\emptyset$ 

 $2 \, \mathrm{minutes}$ 



 $0 \, \mathrm{minutes}$ 

O 1 Portions

## Preparation

 $\frac{1}{2}$ 

Pour rye and vermouth into a rocks glass

Add a dash of bitters

Drop in lemon twist garnish

## Ingredients

2 oz Rye Whisky

 $1\, oz \quad Sweet \ Vermouth$ 

1 dash Angostura Bitters

1 twist Lemon Rind

## Hint

Best served neat, on the rocks masks the powerful fragrance.

## Sazerac

 $\emptyset$ 

2 minutes



 $0 \, \mathrm{minutes}$ 

© 1 Portions

## Preparation

 $\frac{1}{2}$ 

Coat the inside of a chilled rocks glass with Absinth

 $\bar{2}$ 

Stir remaining ingredients seperately in shaker with ice

Pour remaining absinth out of the glass and strain

3

Add lemon twist for garnish

mixture into glass

## Ingredients

3/2 oz Rye Whisky

1/4 oz Absinth

1 tsp Sugar

 $3\, {\rm dashes} \quad {\rm Peychaud's \ Bitters}$ 

1 twist Lemon Rind

## Sierra Madre Sunrise

 $\emptyset$ 

2 minutes

0 minutes

© 1 Portions

## Preparation

123456

Fill shaker with ice

Add Mezcal, Aperol, lemon juice, and bitters

Shake well, until chilled

Fill rocks glass with fresh ice

Add club soda to glass

Strain cocktail on top

Garnish with lemon peel

## Ingredients

1 oz Mezcal

3/4 oz Aperol

1/2 oz Lemon juice

3 dashes Chocolate Bitters

3 oz Club Soda

1 peel Lemon

## TNT

 $\emptyset$ 

 $2 \, \mathrm{minutes}$ 



 $0\,\mathrm{minutes}$ 

O 1 Portions

## Preparation

1

Shake cognac, absinth, and cointreau in shaker with ice

2

Strain into chilled glass and add bitters

Add lemon twist as garnish

## Ingredients

1 oz Cognac

1 oz Absinth

1 oz Cointreau

 $5\, {\rm dashes} \quad {\rm Angostura} \,\, {\rm Bitters}$ 

1 twist Lemon Rind

## The Currant Favorite

 $\emptyset$ 

 $2 \, \mathrm{minutes}$ 

 $0 \, \text{minutes}$ 

O 1 Portions

## Preparation

 $\frac{1}{2}$ 

Combine in shaker over ice

Shake well, serve on the rocks

Add lemon twist for garnish

## Ingredients

2 oz Gin

1 oz Honey Syrup

3/4 oz Lemon Juice

1/4 oz Creme de Cassis

1 twist Lemon Rind

## Whisky Ginger

 $\mathcal{Q}$ 

2 minutes



0 minutes

O 1 Portions

## Preparation

 $\frac{1}{2}$ 

Mix ingredients in glass with ice

Optionally add sliced strawberries as a garnish

## Ingredients

2 oz Bourbon Whisky

1 bottle Reed's Extra

Ginger Ginger Beer

1/4 oz Lime Juice

1 splash Pomegranate Juice

## Egg Nog



0 minutes

O 16 Portions

### Preparation

1234

Beat egg whites until stiff. Set aside.

Beat egg yolks.

Add cream, milk, sugar, both rums, and brandy.

Fold in egg whites.

Serve with a dash of nutmeg on top!

### Ingredients

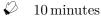
12 Eggs, separated
1 Quart Heavy Cream
1 Quart Whole Milk
1.5 Cups Sugar (or a little less)
.5 Cups Dark Rum
1 Cup White Rum
2 Cups Brandy

## Hint

Its best if you let it rest for a few days before drinking.

### 6 Dessert

## Easy Pie Crust



0 minutes

© 2 Portions

#### Preparation

- Combine two thirds of flour with sugar and salt in food processor. Pulse twice to mix.
- 2 Sprinkle butter chunks over top, pulse food processor to incorporate.
- Add remaining flour and pulse until looking like coarse sand.
- Transfer to a large bowl, sprinkle with water and fold dough with a rubber spatula until coming together into a ball.

Divide dough in half, and press into a disk.

wrap tight in plastic and refridgerate for a minimum of two hours before rolling and baking.

## Ingredients

 $6\,\mathrm{tbsp}$ 

 $\begin{array}{ccc} 2.5\,\mathrm{cups} & \mathrm{all\text{-}purpose} \; \mathrm{flour} \\ 2\,\mathrm{tbsp} & \mathrm{sugar} \\ 1\,\mathrm{tsp} & \mathrm{salt} \\ 2.5\,\mathrm{sticks} & \mathrm{unsalted} \; \mathrm{butter}, \\ & \mathrm{cut} \; \mathrm{into} \; .25\text{-}\mathrm{inch} \\ & \mathrm{pats} \end{array}$ 

cold water

## Hint

To make a delicious savory crust, omit sugar.

#### 7 Pasta

## **Baked Macaroni and Cheese**

- $\checkmark$  45 minutes
- $30 \, \text{minutes}, \quad 350^{\circ} \, \text{F}$
- © 8 Portions

#### Preparation

- Preheat oven to 350
- Melt butter over medium low heat in a medium sized dutch oven
- Whisk in butter gradually, and heat until thick and smooth (about 1 minute). Make sure to whisk constantly, to prevent lumps
- Remove the roux from the heat, and whish in the milk gradually
- Return to the heat, and raise to medium
- Bring to a simmer, whisking constantly to keep smooth (about 20 minutes)
- Once thick and smooth, add salt, pepper, and nutmeg to taste (I recommend about 1tsp each), and also sherry, chives, onions, paprika, bay leaves, and habenero
- Bring to a simmer, and cook covered voer low heat for 15 minutes, stirring occasionally
- Meanwhile, cook cellentani according to package
- Grate cheeses, and mix together in a large mixing bowl
- 1 Add 2/3 cheese to the sauce, and add salt and pepper to taste
- To Drain the noodles, and mix with sauce
- Add half the mixter to a 9 x 13 baking tray, then sprinkle half the remaining heese on top
- Add the remaining mixture, top with remaining cheese, and sprinkle with bread crumbs

## Ingredients

- 8 tb unsalted butter
- $1/2 \, \text{cup}$  flour
- 4 cups milk
  - salt, pepper, nutmeg, chives
  - nutmeg, chives
  - 4 tsp sherry 2.5 onions
- 1/2 tsp sweet paprika
  - 2 bay leaves
  - 1 lb cellentani noodles
- 1/2 lb white cheddar
  - cheese
- 1/4 lb swiss cheese
- 1/4lb jarlsberg cheese
  - 1 habenero
    - breadcrumbs

Bake for 30 minutes. Let cool 5 minutes before seving.

## Lasagne

- $\bigcirc$  30 minutes
- **■** 60 minutes, **↓** 375° F
- O 4 Portions

### Preparation

- Heat cumin in olive oil in dutch over or large saute pan until fragrant
- 2 Saute garlic until brown
- Add onions, mushrooms, and habanero, and saute until tender
- Add ground beef, and cook through

  Meanwhile, cook lasagna, and preheat oven to 375

  Add tomato sauce to meat mixture, and heat through
  - Layer baking pan until full noodles, ricotta, mozzarella, parmesan, then sauce

## O Bake for 45 minutes

### **Ingredients**

$2\mathrm{tb}$	olive oil
$1\mathrm{tb}$	cumin seed
$5\mathrm{cloves}$	garlic, minced
$8\mathrm{cups}$	tomato sauce
$1/2  \mathrm{cup}$	mushrooms, diced
1	habanero, diced
2	onions, diced
$2  \mathrm{lb}$	ground beef
$4  { m cloves}$	garlic
$16\mathrm{oz}$	ricotta cheese
$1/2  \mathrm{lb}$	mozzarella cheese
$4\mathrm{oz}$	grated parmesan
12 sheets	lasagne noodle

## Penne With Chicken And Pesto

■ 10 minutes

O 4 Portions

### Preparation

1 Bring water to a boil, and add penne

Meanwhile, heat olive oil over medium high heat in a large pan

• Saute garlic until fragrant, and add chicken

Season with salt, pepper, and oregano, and cook through

Drain penne (11 minute cook time to al dente), and combine chicken, pasta, and pesto in a large mixing bowl

Mix well to coat, and add sun dried tomatoes

### **Ingredients**

1 tb olive oil
1/2 cup pesto sauce
1 lb penne pasta
1 lb chicken breast,
cubed
4 cloves garlic, minced

 $1/4 \, \mathrm{cup}$  sun dried tomatoes, cut fine

salt, pepper and oregano to taste

## Penne With Vodka Sauce

 $\varnothing$ 

30 minutes



20 minutes

O 4 Portions

### Preparation

Heat cumin seeds in olive oil over medium heat in a large frying pan (with cover) until fragrent

Saute half of garlic until brown (about 1 minute)

Saute sausage until brown on both sides (about 2 minutes per side)

Remove sausage from frying pan, and add butter, moving to coat bottom

Saute onions until tender (about 5 minutes)

Add remaining garlic to onions, saute until fragrent

Dice plum tomatoes, and add tomatoes, vodka, crushed peppers, and sausage to pan

Simmer briskly, covered, for 10 minutes

Add 1/2 cup heavy crem and heat through. Meanwhile, cook penne (10 minutes for al dente)

Season sauce to taste, and add 12 leaves of basil and 1/2 cup grated parmesean cheese for garnish

11 Combine penne and sauce in a large mixing bowl, and stir well to coat

1 Serve hot, with parsley as a garnish

### **Ingredients**

1 lb penne 28 oz can whole plum tomatoes 2 large yellow onions diced  $1 \, \mathrm{tsp}$ cumin seeds 6 cloves garlic, minced 1tb butter 1tb olive oil  $1/4 \,\mathrm{cup}$ vodka  $1/2 \operatorname{tsp}$ crushed red pepper flakes 2 lbs hot italian sausage, sliced into 1 inch pieces  $1/2 \,\mathrm{cup}$ heavy cream salt + pepper to

taste

### 8 Rice

## Vegetable Fried Rice

 $\bigcirc$  20 minutes

20 minutes

O 4 Portions

## Preparation

Cook rice in chicken stock

Meanwhile, heat cumin seeds in olive oil in a wok until fragrant

Mince garlic, and add to wok. Saute until brown, about 2 minutes

Dice onions and carrots, and add to wok with peas

Saute, stirring constantly, until softened (about 5 minutes)

Move vegetables to side of wok, and crack all 6 eggs into the bottom of the wok

Cook the eggs through, moving to mix the yolk and whites

Mix eggs and vegetables together, add cooked rice

Cut scallions into 1 inch pieces, and add to the rice  $\,$ 

Add soy sauce, and mix well

Season with salt, pepper, and additional soy sauce to taste

#### Ingredients

 $\begin{array}{ccc} 1\,\mathrm{tb} & \mathrm{olive\ oil} \\ 1\,\mathrm{tsp} & \mathrm{cumin\ seeds} \\ 4\,\mathrm{cloves} & \mathrm{garlic} \\ 2\,\mathrm{cups} & \mathrm{Basmati\ rice} \\ 2\,\mathrm{tsp} & \mathrm{chicken\ buillion} \end{array}$ 

4tb soy sauce 2 onions

1 bunch scallions

4 large carrots  $1/2 \, \text{cup}$  frozen peas

6 eggs

## 9 Salad Dressings

## Balsamic Vinaigrette



## Preparation

Mix ingredients and stir!

## Ingredients

1/4 cup balsamic vinegar 1/4 cup olive oil 1 clove garlic, mince 1 pinch mustard, ground 1 pinch salt 1 pinch pepper

### 10 Salads

## Strawberry and Spinach Salad



#### Preparation

Heat olive oil over medium high heat in a skillet

Cook the chicken breasts whole over medium heat until cooked through, about 10 minutes

Meanwhile, combine spinach, strawberries, feta,

Meanwhile, combine spinach, strawberries, feta cranberry raisins, and red onion in a salad bowl

Cut chiken into bite sized pieces, and add to bowl

Dress with balsamic vinaigrette, mix and serve

### **Ingredients**

 $2 \, \mathrm{tb}$ olive oil 1lb chicken breast (skinned, boneless) baby spinach leaves 5 oz1lb strawberries, sliced crumbled Feta  $4 \, \mathrm{oz}$ cheese red onion, sliced cranberry raisins  $1/3 \,\mathrm{cup}$  $1/2 \,\mathrm{cup}$ balsamic vinaigrette

## 11 Side Dishes

## **Baked Asparagus**

 $\bigcirc$  15 minutes

 $\blacksquare$  12 minutes,  $\blacksquare$  400° F

O 4 Portions

## Preparation

Preheat oven to 400

 $\overline{\mathbf{9}}$  Cut bottom 2 inches off asparagus

Combine asparagus and olive oil in large mixing bowl, and toss to coat

Place asparagus in a baking tray, and sprinkle salt, pepper, and parmessan over

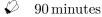
Bake for 12 minutes until crispy
Serve hot!

## Ingredients

 $\begin{array}{ccc} 1\,\mathrm{bunch} & \mathrm{asparagus} \\ & 2\,\mathrm{tb} & \mathrm{olive\ oil} \\ & \mathrm{salt} \\ & \mathrm{pepper} \\ & \mathrm{Parmesan\ cheese} \end{array}$ 

## 12 Soups

## French Onion Soup



abours 2 hours

O 4 Portions

#### Preparation

Heat butter and oil in a soup pot over medium heat until butter melts

Add onions and thyme, stir to coat

Cook over medium heat, stirring occasionally and making sure onions do not scorch until onions begin to brown, about 15 minutes

Reduce the heat to medium-low and continue to cook, covered, stirring, until they are a rich brown, about 40 minutes

Stir in sherry/cognac, and increase heat to high

Cook, stirring constantly, until sherry/cognac has evaporated

Stir in broth, and bring to a boil

Reduce the heat and simmer, partially covered, for 20 minutes

Season with salt and pepper

Place one slice of provolone, then one slice of swiss on each bowl

Serve into bowls, then top bowls with one slice of french bread

Use broiler to melt cheese until it browns, then serve

### Ingredients

4 slices

2 tbsp Butter

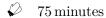
2 toop	
$2\mathrm{tbsp}$	Olive Oil
5	Yellow Onions
1 pinch	Dried Thyme
$2\mathrm{tbsp}$	Dry Sherry or
	Cognac
$7/2 \mathrm{Cups}$	Vegetable Broth
$1 \operatorname{tsp}$	Salt
$1 \operatorname{tsp} $ $1/4 \operatorname{tsp} $	Salt Black Pepper
$1/4 \operatorname{tsp}$	Black Pepper

Swiss Cheese

## Hint

580 calories per bowl

## **Mushroom Barley Soup**



■ 1 hours

© 6 Portions

## Preparation

1 Saute onion in butter for 5 minutes

Add barley, and simmer for 5 minutes

Add the rest of the ingredients (except mushrooms), and cook for 1 hour

Chop mushrooms and add before serving

### Ingredients

1 Onion, Chopped

6 tbsp Butter

1 Cup Pearl Barley

8 Cups Boiling Water

6 tsp Bouillon

1 tsp Italian Seasoning

3 tbsp Garlic Powder

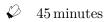
 $1/2 \operatorname{tsp}$  Black Pepper

1 thing Mushrooms

### Hint

 $580\ calories\ per\ bowl$ 

## Red Lentil Soup



45 minutes
4 Portions

### Preparation

Saute onion, garlic, carrots in soup pot over mediumhigh heat for 10 minutes, until tender

Add water, lentils, builton, and seasoning

Bring to a boil, and simmer (covered) for 25 minutes

Serve with lemon wedges + mint as garnish

### **Ingredients**

 $4/3 \,\mathrm{Cups}$ Red Lentils, picked through/rinsed 7 Cups Boiling Water 6 Cubes Vegetable Bouillon Large Yellow Onion, diced Large Carrots, sliced 4 Stalks Celery, sliced 4 Cloves Garlic, minced Tomato Paste 2 tbsp  $1 \, \mathrm{tsp}$ Ground Cumin  $1/4 \, \mathrm{tsp}$ Cayenne Pepper (to taste) 1 tbsp Garlic Powder  $1 \, \mathrm{tsp}$ Salt  $1 \, \mathrm{tsp}$ Black Pepper Italian Seasoning  $1 \, \mathrm{tsp}$ Fine Sea Salt (to  $3/4 \operatorname{tsp}$ taste) 1 bunch Lemon Wedges (optional garnish) 1 bunch Chopped Mint (optional garnish)

### Hint

275 calories per bowl

## 13 Vegetarian

## Chana Masala



20 minutes



20 minutes

© 4 Portions

#### Preparation

Mince garlic and onion

Pour olive oil into a large frying pan (with lid), and add cumin seeds

Toast until fragrent over medium-high heat (about 1 minute)

Add garlic, and saute until fragrent (about 1 minute)

Add onion, and saute until translucent (about 5 minutes)

Add spice mix (garam masala, cayenne pepper, salt, black pepper, ground cumin), and sear (at medium high heat) about 3 minutes

Add chicken stock, coconut milk, diced tomatoes (drained), and chickpeas (drained)

Pring to a simmer, then simmer covered 20 minutes

Meanwhile, prepare rice (I recommend cooking in chicken stock, with peas)

1 Serve hot over rice

### Ingredients

4 Cloves Garlic

2 Yellow Onions

1 tbsp Olive Oil

1 tbsp Garam Masala

2 tsp Cayenne Pepper

1 tsp Salt

1 tsp Black pepper

1 tsp Group cumin

1 tbsp Cumin seeds

14.5 oz Coconut Milk

14.5 oz Diced tomatoes 28 oz Chickpeas

1 cup Chicken stock

## **Cheese Fondue**

 $\emptyset$ 

10 minutes

20 minutes

O 4 Portions

#### Preparation

1 Rub the inside of the fondue pot with garlic halves.

Pour wine into fondue pot, heat over med. low until just barely boiling.

Begin adding cheese by the handful, stirring until melted.

Mix cornstarch and lemon juice in a small bowl with a whisk until cornstarch dissolves.

Stir cornstarch mixture into cheese mixture.

Serve immediately with crusty bread cut into bitesize chunks, pre-cooked meat, and fresh or cooked vegetables.

### **Ingredients**

1 clove garlic

1 cup dry white wine

1 lb Gruyere and

Emmentaler cheese,

shredded

2 tbsp cornstarch

2 tbsp fresh lemon juice