
TERESI FAMILY COOKERY

AN ONGOING COLLECTION OF FAVORITES FROM
AROUND THE GLOBE

MICHAEL TERESI
& COMPANY



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Preface

Welcome to the Teresi family cookbook. This is a curated list of recipes from family, friends, and other sources. Consider it an invitation for collaboration.

This is designed as an ongoing project. It's written in `LATEX` to separate content from presentation and versioned in `Git` to track changes over a long period of time.

Said presentation is included below, see `recipe_snippet.tex`. Future changes to the layout will affect all recipes through the use of environments / commands provided there.

§ 0.1 Example Recipe Long Title

 preparation time  cook time  source / author
 servings  inactive time  original source

This abstract provides the background. Fill out recipe fields above and the steps below. Removing an icon entry will leave it blank.

<i>first group</i>			<i>second group</i>		
<i>qnty</i>	<i>unit</i>	ingredient	<i>qnty</i>	<i>unit</i>	ingredient
<i>qnty</i>	<i>unit</i>	ingredient	<i>qnty</i>	<i>unit</i>	ingredient

- 0. First step...
- 1. Second step...

VARIATIONS

- § First variation...
- § Second variation...

EXPERIMENTS

- ▲ First experiment...
- ▲ Second experiment...



 for 'vegetarian'

add hints to margin

group titles optional

Chapter 1

Breakfast

Contents

1.1	Spinach Quiche	2
1.2	Overnight Oats	3
1.3	Egg Muffins	3

§ 1.1 Spinach Artichoke Quiche

🕒 45 min 📅 45 min 📖 Mike & Jane
 👤 4 people 📖 Joy of Cooking [20]

A classic dish. We like to serve this as a side along with cardamom rice and have leftovers for breakfast.

1	pie pastry	1	onion, white
5 <i>large</i>	eggs	3 <i>Tbs</i>	butter
1 <i>C</i>	cream	2 <i>tsp</i>	garlic
2 <i>C</i>	spinach	1/4 <i>tsp</i>	salt
3/2 <i>C</i>	Asiago	1/2 <i>tsp</i>	pepper, white
6 <i>fl oz</i>	artichokes	1/2 <i>tsp</i>	marjoram

0. Prepare pastry and chill prior. Preheat oven to 400 F° .
1. Slice onion, begin cooking over medium-low heat with a little oil while stirring occasionally.
2. Butter pie pan, add pastry, and begin to partially pre-bake (see 17.1). Set aside 1 egg yolk. Immediately brush with egg yolk when removed from oven.
3. Meanwhile, measure and set aside remaining ingredients. Roughly chop artichokes & spinach, shred cheese. Grind salt, pepper. Combine remaining eggs, cream.
4. Prepare filling. Whisk egg, cream, spices. Add spinach to onions. Add garlic and remaining butter and cook ≈ 1 min.
5. Layer into pie: cheese, vegetables, egg mixture. Optionally garnish w/ cayenne || chili flakes || paprika for some pizzazz.
6. Bake at 375 F° for 25 min, broil briefly, rest 10 min.

VARIATIONS

- 🔗 This recipe has a lot of leeway. Try cayenne, or a different pepper corn for example. Asiago / artichoke / spinach, or, cheddar / spinach both work well.
- 🔗 Other milk varieties are available but heavy cream will make the best texture in my humble opinion.



§ 1.2 Overnight Oats

🕒 10 min 📖 Mike & Jane
 ⌚ 3 ⌚ 12 hr 📖 *Overnight Oats* [11]

A quick breakfast to make ahead on the weekend.

$\frac{1}{2}$ C **oats** (quick || rolled) 1 **banana**
 $\frac{1}{2}$ C **milk** ≈ 4 Tbs **strawberry jam**
 $\frac{1}{2}$ C **Greek yogurt**

0. Mix oats, milk, yogurt, jam, and sliced banana.
1. Refrigerate overnight. Use within 3 days.

VARIATIONS

- 🔗 Jane likes to mix in honey then serve w/ fresh strawberries instead of banana / strawberry jam.
- 🔗 Blackberry or cherry jam w/o the banana works well.
- 🔗 Peanut butter, granola, chia seeds, etc. are popular.

*a just green
banana
is best*

*rolled oats
will keep
their shape
more so
than quick*

*See [11]
for many
variations*

§ 1.3 Egg Muffins

🕒 30 min 📖 25 min 📖 Mike & Jane
 ⌚ 10

A quick breakfast to make ahead on the weekend.

8 **eggs** 1 *small* **potato, waxy**
 $\frac{1}{4}$ C **milk** 4 oz **monterey jack cheese**
 1 **onion, red** 1 tsp **salt**
 4 *slices* **bacon** 1 tsp **marjoram**

0. Begin cooking bacon on medium in a skillet, flipping occasionally. Remove when cooked through and chop.
1. Meanwhile, lyonnaise cut the onion, dice the cheese and potato.
2. Whisk in a large bowl the eggs, milk, salt, marjoram.
3. Coat muffin tin w/ shortening. Preheat oven to 350 F° .
4. Add the potato to skillet, stirring occasionally. Cook ≈ 5 min.
5. Add onion to skillet. Cook until browned to your preference, $\approx [5...10]$ min.
6. Remove from heat when onion is done. Spoon out vegetables into a small bowl to strain, mix in bacon.
7. Pour egg mixture into muffin tins about $\frac{3}{4}$ full. Add vegetable mix and cheese on top. Add water to unfilled tins. Bake 25 min.

*cut onion in
half along
axis then
slice along
axis, so it
cooks evenly*

VARIATIONS

☞ Try chorizo instead of bacon, feta / spinach, scallions, etc.

EXPERIMENTS

⚠ Muffin liners may be necessary to prevent eggs from sticking.



Chapter 2

Sous vide

Contents

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§ 2.1 Egg Bites

- 🕒 15 min 📅 1 hr 📖 Anova Culinary
 🍲 12 jars

These are perfect for a quick and portable breakfast. Jane and I got a sous vide machine for our wedding and tried them as the inaugural recipe since they cook quickly. That and Jane's appreciation for Starbucks Egg Bites. As it turns out there are many egg bite clones available and we felt this was a classic flavor combination.

12 large	eggs	1/4 tsp	salt
1 C	Gruyere	6 slices	bacon
1/2 C	cream cheese	12 4 fl oz	canning jars

greasing
the jars is
important as
the eggs can
get stuck

0. Set the water bath for 172 F° / 77.8 C°.
1. Grease jar interiors w/ butter || crisco etc.
2. Cook bacon & cut slices in half. Grate cheese.
3. Add half of a bacon slice to each jar.
4. Blend eggs, cheeses, salt. Add egg mixture to each jar.
5. Add lids to each jar and screw on lightly using only your fingertips. The goal is to allow air to release in order to prevent the jars from shattering in the bath.
6. Add jars to water bath and cook for 1 hour. Remove, cool, tighten lids, and refrigerate up to ≈ 1 week.
7. Reheat by: a) microwave for [1...1.5] min, or b) invert & remove, broil for a few minutes.

VARIATIONS

- 👉 Jane likes red pepper, I like Asiago & mushroom.
- 👉 The cream effects the texture of the eggs: milk produces a smooth consistency, cream is fluffier, cream & cottage cheese (50/50) or cream cheese for in-between (needs more experimentation).

EXPERIMENTS

- ⚠️ This recipe may need some more salt, other resources recommend a ratio of 300g eggs (about 6), 300g cream, 3g salt, but omit the cheese.
- ⚠️ This recipe might benefit from butter / olive oil beaten into the eggs.



§ 2.2 Ribeye Steak

🕒 10 min 📅 [40 min... 2½ hr] 📖 Mike & Jane
 Ⓞ 2 📖 Sous Vide Ribeye [13]

A classic steak recipe. Sous vide makes it easier to reach your target temperature and gives lee way for timing the rest of the meal.

also see [12]

	<i>sous vide</i>	<i>searing</i>
1 lb	ribeye, boneless 1"	1 Tbs oil
1 tsp	salt	1 Tbs butter
½ tsp	pepper, black	
¼ tsp	garlic powder	
¼ tsp	onion powder	

0. Prepare water bath at 130 F°.
1. Rub steak evenly with spices and dash of oil. Seal into bag.
2. Cook in water bath for [40 min... 2 ½ hr] (see variations).
3. Remove steak onto plate w/ paper towel to dry.
4. Open your window and turn on the range fan. Heat iron skillet on high w/ ≈ 1 Tbs oil until smoking. Melt the butter then lay steak into pan. Cook each side ≈ 30 sec. Lift with tongs to cook each edge ≈ 15 sec.
5. Remove and serve. Spoon some of the juice from the pan on top.

*No need
to rest it.
Sear quickly,
don't over-
cook.*

VARIATIONS

🔗 Cook 60 min minimum for steaks $\approx 1\frac{1}{2}$ inch, 40 min else.

rare	[120...129] F°	[1... 2½] hr
medium rare	[130...134] F°	[1... 3½] hr
medium	[135...144] F°	[1... 3½] hr
medium well	[145...155] F°	[1... 3½] hr
well	[156...165] F°	[1... 3½] hr

*Do not cook
> 2½ hr if
< 130F° for
food safety!*

- 🔗 Replace spices w/ Worcestershire sauce or pickle juice.
- 🔗 Add fresh thyme or rosemary.
- 🔗 Add butter at end of searing to reduce the char.



Baking soda
gives it a
snappier
texture

Add shrimp
to the tail
end of a
sous vide
steak for surf
& turf

🔪 2.3 Shrimp

🕒 10 min

📅 [15 min...1 hr]

👤 Mike & Jane

🍳 2

📖 Sous Vide Shrimp [14]

Perfect shrimp every time.

1½ lb	shrimp
½ tsp	baking soda
½ Tbs	olive oil
1 tsp	cumin

0. Prepare water bath at 135 F°.

1. Add ingredients to a bag, shake, and seal.

2. Cook [15 min...1 hr].

VARIATIONS

🔪 Change the temperature to tune the texture.

translucent, soft & buttery	[125] F°
nearly opaque, very tender	[130] F°
barely opaque, tender	[135] F°
traditional poached, firm	[140] F°

🔪 Use oil or butter, and/or other spices.

8

Chapter 3

Soup

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*Andouille
sausage
works partic-
ularly well*

*Serve w/
hot sauce &
yeast rolls*

§ 3.1 Thanksgiving Turkey Gumbo

🕒 30 min 📅 4 1/2 hr 📖 Pamela Teresi
👤 [4 ... 6] people

A Teresi post Thanksgiving tradition.

1 lb	sausage	2	white onions
2 C	Turkey	4 C	stock
1/4 C	vegetable oil	1 tsp	gumbo filé
1/4 C	flour	1/2 tsp	salt
3/2 C	celery	≈ 2 C	rice

0. Brown sausage, dice vegetables, shred turkey, set aside.
1. Make roux: combine flour & oil, stirring constantly on medium heat, 10...15 *min* until copper in color.
2. Add celery & onions to roux, cook 5 *min*.
3. Add turkey, sausage, stock. Simmer ≈ 4 *hr*.
4. Meanwhile, prepare rice to serve when gumbo is complete
5. Add gumbo filé, salt, pepper.



§ 3.2 Cajun Crabmeat Bisque

🕒 45 min 📅 45 min 📖 Pamela Teresi
👤 5 people

3/4 C	butter	2 quarts	stock, chicken
3/4 C	flour	1 Tbs	Worcestershire
3 Tbs	tomato paste	1	bay leaf
3/2 C	onion, yellow	1 tsp	thyme, dried
1 C	celery	1 tsp	salt
1/2 C	scallions	1/8 tsp	pepper, black
4 cloves	garlic	1/8 tsp	cayenne
2/3 C	green pepper	1/2 tsp	ketchup
3 Tbs	parsley	1 lb	crabmeat

0. Make roux: melt butter, gradually combine flour, stirring constantly on medium heat, 20...30 *min* or until golden brown.
1. Add tomato, vegetables finely diced, sweat.
2. Add stock gradually. Add spices, crab meat.
3. Simmer 40 *min*, covered, stirring occasionally.

*Serve w/
hot sauce &
yeast rolls*

EXPERIMENTS

- ▲ Vary the amount of stock, crab; adding a quart of stock & 8 oz crab can work.



§ 3.3 Hearty Italian Sausage Soup

🕒 30 min 📅 45 min 📖 Pamela Teresi
 ◎ 8

An easy and well rounded soup. The use of canned ingredients reduces preparation effort.

1 lb	italian sausage	14.5 oz	cannellini beans
1 large	onion, white	14.5 oz	tomatoes, crushed
2 cloves	garlic	14.5 oz	potatoes, diced
1 Tbs	tomato paste	1½ C	spinach, fresh
1 Tbs	oil, olive	½ C	parmasan
29 oz	stock, chicken		

14.5oz is
the standard
can weight

0. Reserve a ≥ 3.5 quart pot. Chop the onion, smash & peel the garlic, drain the beans, shred the cheese.
1. Brown $\approx 1/2$ the sausage, breaking it up as you go. Deglaze and add the onion and remaining sausage. Cook 10 min, breaking up the sausage and deglazing occasionally.
2. Stir in tomato paste, oil, crushed garlic, and cook ≈ 2 min.
3. Add stock, beans, tomatoes, and bring to a boil. Reduce heat and let simmer ≈ 30 min.
4. Drain and add the potatoes. Season to taste, optionally add basil / chili flakes.
5. Roughly chop the spinach and stir in. Remove from heat, cover, and rest ≈ 5 min. Serve w/ cheese.

VARIATIONS

- 🍷 Sweet / mild / hot italian sausage all work. Season accordingly.
 🍷 Substitute mozzarella etc. for parmasan; pasta for potatoes.



§ 3.4 Lasanga Soup

🕒 20 min 📅 20 min 📖 HGTV Magazine
 ◎ 4

Soup of lasagna. Uses simple ingredients that keep well.

*hot Italian
sausage is
best*

8 oz	lasgna noodles	4 C	broth, chicken
$\frac{1}{2}$ lb	Italian sausage	15 oz	tomatoes, crushed
1	onion, white	$\frac{1}{2}$ C	basil
3 cloves	garlic	$\frac{1}{2}$ C	parmesan
1 tsp	oregano	$\frac{1}{4}$ C	cream
2 Tbs	tomato paste		

0. Reserve a ≥ 3.5 quart pot for both the soup and noodles. Break the noodles into pieces. Chop the onion. Smash and peel the garlic.
1. Cook the noodles and toss with oil.
2. Meanwhile brown the sausage on medium high, brake apart as you go. Add the onion and sauteè $[2 \dots 4]$ min. Add the garlic, oregano, tomato paste, cook $[2 \dots 4]$ min.



Chapter 4

Sides

Contents

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§ 4.1 Thanksgiving Collard Greens

- 🕒 30 min 📅 [2 ... 6] hr
 👤 [4 ... 6] people

These are similar to southern-style collards in that they are simmered for a long time with meat. Turkey was substituted here for ham as an experiment for thanksgiving, partly due to availability. The stock can also be used to make gravy and can be very flavorful.

*smoked
turkey necks
works best*

1 lb	collards	2 Tbs	vinegar
2	turkey necks	1 tsp	sugar
6 C	water	1 tsp	pepper
2 Tbs	butter	1 tsp	hot sauce

0. Make stock with turkey necks: cover with cold water, cook over high heat, bring to simmer, skim off foam from surface, reduce to $\approx 180 F^\circ$. Simmer for 1 ... 4 hr.
1. Prepare collards greens (≈ 15 min prior to removing turkey necks). Clean & rinse collard greens, cut off the main stem, dice || tear greens (into $\approx 1 \times 1$ " rectangles).
2. Remove turkey necks and sieve out undesired particulates.
3. Add greens, simmer ≈ 1 hr uncovered.
4. Meanwhile, remove and dice meat from turkey necks according to your preference. Add to pot.
5. Add butter, vinegar, spices, serve.

EXPERIMENTS

- ⚠ This was more of a quick experiment, it would be good to find a more traditional recipe.
- ⚠ The stock was good but removing the meat was quite labor intensive for Thanksgiving day. This recipe might benefit from making the stock ahead of time and giving it a bit more spices & vegetables.



§ 4.2 Classic Macaroni and Cheese

- 🕒 25 min 📅 25 min 📅 The Gieskens
 👤 8 people

This is a classic baked macaroni and cheese that is fast and perfect for parties. The secret ingredient is Dijon mustard.

3	<i>C</i>	macaroni	$\frac{1}{4}$	<i>ts</i> <i>p</i>	salt
$\frac{1}{4}$	<i>C</i>	butter	$\frac{1}{4}$	<i>ts</i> <i>p</i>	pepper
3	<i>Tbs</i>	flour	2	<i>ts</i> <i>p</i>	mustard, Dijon
2	<i>C</i>	milk	2 $\frac{1}{2}$	<i>C</i>	cheddar, sharp
8	<i>oz.</i>	cream cheese			

0. Preheat oven to $400\ F^\circ$, remove cream cheese from fridge to soften, shred cheese.
1. Cook macaroni al dente, drain, set aside.
2. Meanwhile, melt butter over medium heat then stir in flour and cook until bubbling. Stir in milk, cream cheese, salt, pepper, and mustard until thick. Stir in macaroni and cheese.
3. Add to $\approx 9 \times 13''$ or $\approx 10 \times 15''$ pan, bake at $400\ F^\circ$ for $[20 \dots 25]$ *min.*



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Drinks

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§ 5.1 Cococo co cococo

🕒 5 min 📖 Mike & Jane

🍹 1

The thing that's best, if you're feeling glum, is coconut water with a little rum.

8 fl oz	coconut juice	2 fl oz	spiced rum
1 1/2 fl oz	lime juice	1 Tbs	sugar

0. Shake rum, lime juice, sugar, with ice.

1. Add mixture over ice into highball.

VARIATIONS

🍹 Coconut juice w/ pulp is best. There are differences between brands so tailor to your taste / ingredients.

🍹 Coconut juice / water are interchangeable but not coconut milk.



§ 5.2 Caipirinha

🕒 5 min 📖 Kevin & Marina

🍹 2

Brazil's national drink. Cachaça is a spirit distilled from sugar-cane juice typically used for mixed drinks. It has a slight fruity / vegetal flavor that is distinct. It is not considered a rum which is typically made with molasses.

2	limes
2 fl oz	cachaça
2 Tbs	sugar

0. Roll limes on counter w/ your palm to help release the juice.

1. Slice limes into eighths, add to pitcher, add sugar.

2. Muddle the limes for a few minutes to thoroughly juice.

3. Fill with $\approx 1 C$ ice, add cachaça, stir.

4. Pour into a highball with ice. You may want to leave most of the limes in the pitcher for making more batches.

VARIATIONS

🍹 Strawberry or passion fruit are popular. Muddle other fruit with the limes.



*coco got a
lot of iron*

*coconut
make you
strong
like a lion*



*Marina
makes this to
taste, these
ratios are
guidelines*

*Domino
'quick
dissolve'
sugar is best*

§ 5.3 Margarita

§ 5.3.1 Original Margarita

🕒 5 min

📖 Original Margarita[2]

🍹 1

1 fl oz Cointreau
2 fl oz tequila, white
1 fl oz lime juice

0. Shake ingredients with ice.

1. Rub edge of glass w/ lime, dip into salt, add ice, add drink.

VARIATIONS

🍹 Substitutue Cointreau with Triple Sec or Grand Marnier.

§ 5.3.2 Margarita for Two

🕒 5 min

📖 Joy of Cooking[20]

🍹 2

1 fl oz Cointreau
3 fl oz tequila, white
1 fl oz lime juice

0. Shake ingredients with ice.

1. Pour into highball with ice.

§ 5.4 Flamingo

🕒 5 min

📖 Mike & Jane

🍹 1

📖 Rum Volume III[3]

Rum, pineapple, pink. The pineapple provides a nice foam top when shaken for an impressive display in a coupe glass.

1½ oz rum
1 oz pineapple juice
½ oz lime juice
2 tsp grenadine

0. Add ice to shaker, add ingredients, shake and serve in a coupe.

Jane likes
this

Shake
pineapple
juice first as
the sediment
improves the
taste

§ 5.5 Hemingway Daiquiri

🕒 5 min

📖 Mike & Jane

🕒 1

📖 How To Drink[\[24\]](#)

A low sugar variation of the Daiquiri originally created for Ernest Hemingway. The maraschino evens out the tart citrus.

2 oz **rum, white**
 3/4 oz **lime juice**
 1/2 oz **grapefruit juice**
 1/2 oz **maraschino liqueur**

0. Add ice to shaker, add ingredients, shake and serve in a coupe.

EXPERIMENTS

⚠ Check out the 'original' version, much more grapefruit.



Chapter 6

Beverages

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§ 6.1 Frozen Limeade

- 🕒 10 *min* 📖 Mike & Jane
 👤 8 people

A frozen twist on one of Jane's favorites.

12 <i>fl oz</i>	frozen limeade concentrate
8 <i>fl oz</i>	coconut juice
≈ 5 <i>C</i>	ice
≈ 2 <i>dashes</i>	orange bitters

0. Blend coconut juice, ice, and bitters.
1. Blend in limeade concentrate. Add ice to your preference.

VARIATIONS

🍷 Serve with maraschino cherries and / or strawberries.

EXPERIMENTS

⚠ Increase coconut to 17.6 *fl oz*?



Chapter 7

Entrées

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§ 7.1 Mexican Beef Bowl

🕒 30 min 📅 30 min 📖 Blue Apron [1]
 👤 4 people

Full flavored and complex. This recipe introduced us to the chili baked carrots which are excellent on their own. The tomatoes, sauce, and cotija balance out the spicy beef.

1 lb	ground beef		<i>spice blend</i>
1/2 lb	tomatoes, cherry	2 Tbs	guajillo
1/2 lb	carrots	1 Tbs	ancho
1	lime	1 Tbs	paprika, smoked
1/4 C	jalepeños, pickled	1 Tbs	cumin
1/4 C	mayonnaise	1 Tbs	marjoram
≈ 8 oz.	cheese, cotija	1/2 Tbs	garlic powder
≈ 1 C	rice	1/2 Tbs	salt
≈ 3 Tbs	spice blend		

0. Prepare ground spice blend; ahead of time if preferred.
1. Begin to brown the beef in large sauté pan, stirring occasionally. Reach a strong color at end of recipe.
2. Dice carrots, toss with oil and spices. Preheat oven to 450 F°.
3. Begin cooking rice.
4. Roast carrots in oven on a cookie sheet, 12...14 min.
5. Dice tomatoes, finely dice jalepeños, combine with juice of 1/2 of lime, pickled jalepeño juice to taste.
6. Add spices to beef (≈ 3/4 Tbs) at end, cook ≈ 1 min. Add 1/4 C water, cook 2...3 min.
7. Combine mayonnaise and juice of 1/2 lime. Add pickled jalepeño juice to taste.
8. Serve by layering rice, beef, vegetables, pickled jalepeños, cheese, mayonnaise.

VARIATIONS

- ✎ Substitute riced cauliflower in place of rice. Cut into small pieces, chop in food processor with garlic, optionally pan fry.
- ✎ Substitute Chorizo in place of beef, reduce spices.
- ✎ Cotija cheese is worth the effort to find it, but mozzarella works.
- ✎ For convenience, regular pre-ground chili powder can replace the guajillo. Similarly ancho powder is readily available.

*add a chile
de árbol to
taste (or
cayenne)*

*for dried
chilis:
remove
seeds,
toast ≈ 3
min 350
F°, grind*

*we particu-
larly appre-
ciate the
cauliflower
rice version*

§ 7.2 Fettuccine Alfredo

- 🕒 10 min 📖 20 min 📖 Better Homes & Gardens [5]
 ◎ 2 people

8 oz fettuccine, dry 1/2 tsp salt
 ≈ 3 cloves garlic 1/8 tsp pepper
 2 Tbs butter, unsalted 2 oz Parmesan
 1 C cream, heavy

0. Prepare pasta according to the packaged directions. Meanwhile, grate cheese and crush garlic.
1. Sauté crushed garlic in butter in a large saucepan ≈ 1 min on medium-high.
2. Add cream, salt, pepper to sauce. Bring to boil then reduce heat, simmer uncovered ≈ 3 min until it begins to thicken.
3. Remove from heat add cheese.
4. Drain pasta, add to sauce, toss to combine.

VARIATIONS

- 🔗 For shrimp alfredo add ≈ 8 oz prior to removing from heat, cook through and continue.
- 🔗 Try adding mushrooms by browning in oil prior to this recipe, remove from pan, add to sauce with the cream.
- 🔗 Try other combinations of cheese such as Parmesan and Asiago. Be sure to freshly grate it.



§ 7.3 Chistmas Rib Roast

- 🕒 1 1/4 hr 📖 2 1/4 hr 📖 Ralph Nelson (Fa)
 ◎ 2 person / 1 lb

A Giesken Christmas tradition.

standing rib roast
 ≈ 1 Tbs pepper
 ≈ 1 tsp salt

0. Let stand at room temperature for one hour.
1. Rub black pepper & salt on roast. Preheat oven to 400 F°.
2. Place roast on pan fat side up. Do not cover or add water.
3. Bake 15 min at 400 F°.
4. Lower to 375 F°, bake for 45 min.
5. Turn off heat, do not open oven. Bake for about 30 min.

*Fa's rule
 is that you
 MUST NOT
 open the
 oven under
 and circum-
 stances.*

6. Turn on oven to $375\text{ }F^{\circ}$ [35...45] *min* before eating.

§ 7.4 Chili Colorado

🕒 30 *min* 📅 2 *hr* 📖 Rick Martinez [18]
 🍽️ 4 people

“Chili Colorado. It’s a traditional Mexican dish of beef or pork stewed in a red chili sauce, chili ‘colored red,’ not chili from the state of Colorado” [18]. The dried chilies lend a sweetness to the dish not possible with chili powder.

5	ancho	8	garlic cloves
2	pasilla	2	bay leaves
2	guajillo	1 <i>Tbs</i>	cumin, ground
8 <i>C</i>	stock, chicken	1 <i>tsp</i>	sage, fresh
2 <i>lb</i>	pork shoulder	2 <i>tsp</i>	oregano, Mexican

0. Measure the spices, chop the sage, and smash the garlic.
1. Cut pork into ≈ 1 *inch* cubes, toss with salt, pepper.
2. Brown the pork. Heat a neutral oil almost to smoking point in a ≥ 3.5 *quart* pot. Reduce to medium high. Brown in batches so as to not overcrowd, de-glazing if necessary to prevent burning.
3. Add spices, stir for about a minute.
4. Add 5 *C* stock, simmer uncovered for 1 *hr*.
5. Meanwhile, re-hydrate chilies. Remove stems, seeds, veins from chilies and roughly chop. Add to large bowl, add 3 *C* boiling stock, cover with plastic wrap. Wait 30 *min*, then blend all.
6. Add blended chilies to the soup at the end of the first simmer. Simmer for 45 *min* uncovered.
7. Season with salt pepper to taste.

VARIATIONS

- 🍴 Marjoram can be a substitute for the Mexican oregano if necessary, but not Mediterranean oregano.
- 🍴 Serve with tortillas, and the carrots from **Beef Bowl 7.1**. Rick Martinez recommends rice, beans a la charra, and tortillas.

EXPERIMENTS

- 🔪 Should we cook the chili sauce in some oil, like in enchiladas?

Your chilies are fresh if they are pliable. Do not use if they are brittle.

Toss pork with a bit of flour as well to thicken the chili further.

§ 7.5 Chili Schwarz

🕒 1 hr 📅 1 hr 📄 Teresi Family
 👤 4 people

*This was an experiment on **Chili Colorado 7.4** to use more black chilies and reduce cook time.*

4	ancho	3	carrots
4	pasilla	3	garlic cloves
1	guajillo	3	black garlic cloves
8 <i>C</i>	stock, beef	2	bay leaves
≈ 3/2 <i>lb</i>	ground beef	1 <i>Tbs</i>	cumin, ground
1	onion, red	2 <i>tsp</i>	oregano, Mexican
2	pablano		

*Leftovers
may need
some chili
dè arbol to
bring back
the heat*

0. Preheat oven to 400 F° . Remove seeds / veins / stems of chilies. Squash garlic and cut off the ends. Toast chilies for $\approx 1...2$ on a sheet (make certain not to burn them).
1. Add chilies & garlic to a bowl, cover w/ boiling water. Keep submerged, cover w/ plastic wrap, steep for 20...30 *min*.
2. Meanwhile begin browning the beef. Achieve a strong color and deglaze often. Recommend 1/2 in a dutch oven, 1/2 in a pan, drain and reserve fat from pan. Deglaze with a toasty beer for a bit of flair.
3. Julienne the onion, lightly sauté in pan w/ pepper. Meanwhile slice the Pablano, roughly chop the carrots, set aside.
4. When the chilies are done remove from the water into a food processor. Add black garlic. Blend well with a bit of the stock for ≈ 5 *min*.
5. Add cumin to beef, stir ≈ 1 *min*, add chili sauce.
6. Add onion, broth / stock, bay leaf, oregano. Bring to simmer. Simmer for $\approx 30...60$ *min*.
7. Meanwhile, sauté the carrot, add to chili, repeat with Pablano. Season with salt.

VARIATIONS

- 🔗 There is not a clear answer on whether or not to use the liquid used to re-hydrate the chilies. Prefer to toss it if it tastes bitter.

EXPERIMENTS

- 🔗 Still working out which chilies to use. Maybe try some mulato or morita?



§ 7.6 Argentine Spiced Steak

🕒 15 min 📅 30 min 📖 Hello Fresh
 👤 2 people

Cumin and pepper steak with a citrus couscous and spinach salad. Green scallions are used for a mellow Chimichurri garnish.

12 oz	steak		<i>Chimichurri</i>
1 1/4 tsp	cumin	2	scallions, green
1/2 tsp	pepper, black	1 Tbs	oil, olive
1/4 tsp	salt	≈ 1 Tbs	juice, lemon
3/4 C	couscous, Israeli		
5 oz	spinach		
1	red bell pepper		
3 cloves	garlic		
2	scallions, white		
1/2 tsp	zest, lemon		

0. Grind cumin, salt, pepper. Add a thin layer to steak with a dash of vegetable oil. Set aside, reserve remaining spice.
1. Begin boiling salted water for the couscous. Wash produce.
2. Slice bell pepper and scallion whites, mince scallion greens. Crush the garlic. Zest the lemon. Measure the spinach.
3. Make the chimichurri. Mix scallion greens, oil, lemon juice in a small bowl. Season to taste w/ salt & pepper.
4. Sauté bell pepper in a frying pan over medium heat for ≈ 5 min. Add scallion whites, garlic; cook ≈ 1min. Remove, set aside.
5. Add couscous to boiling water, cook according to directions. When done, drain, and mix the couscous, spinach, bell pepper mix, lemon zest. Add olive oil / salt to taste.
6. Meanwhile cook the steak. Sear ≈ 4 . . . 7 min per side on medium heat, to ≈ 150 F°. Set aside ≈ 5 min when done.
7. Thinly slice the steak. Plate on top of the couscous salad. Add a dash of the cumin mix and top w/ chimichurri.

VARIATIONS

🔗 Green Chimichurri can be made w/ fresh parsely, oregano, etc.



*Israeli cous-
cous is
pearled
couscous*

*watch the
steak care-
fully as
the spices
may burn*

See Cooking Italian with the Cake Boss [4] for technique

use hot italian sausage, 28 oz either canned or fresh tomatoes

sautèing the tomato paste sweetens the sauce by caramlizing the sugars

§ 7.7 American Lasagna

🕒 1½ hr 📅 1 hr 🏠 Teresi Family
🍽 12 servings

We like to make this on the weekends for quick meals later on. There is a lot of leeway so feel free to experiment. This features hot Italian sausage, eggplant, and plenty of basil.

1 bottle	Chianti	12 oz	mozzarella
1 lb	italian sausage	15 oz	ricotta
1 lb	eggplant	4 oz	parmasan
1 large	onion, white	≈ ¾ lb	lasagna noodles
28 oz	tomatoes	≈ 2 Tbs	basil, fresh
15 oz	tomato sauce	½ Tbs	italian seasoning
2 Tbs	tomato paste	≈ ¼ tsp	chili flakes
6 cloves	garlic	≈ ¼ tsp	salt

0. Open the Chianti and queue some Luciano Pavarotti. Reserve a large sauté pan, frying pan, and a ≈ 9 x 13” baking dish.
1. Begin sautèing onions in frying pan. Heat ≈ 1 Tbs oil, medium high. Quarter onions, then slice along the axis. Add to pan w/ dash of salt, reduce to medium, stir occasionally.
2. Preheat oven to 375 F°. If using dry raw noodles, begin that recipe according to your package directions.
3. Meanwhile prep the vegetables. Dice the eggplant into ≈ ½” cubes, toss w/ dash of salt. Pick the basil and rinse. Smash and peel the garlic. Dice the tomatoes. Measure the dry spices.
4. Shred or slice (≈ ⅛”) the mozzarella. Shred the parmasan.
5. Brown the sausage on medium high in large sauté pan, while breaking it apart. Deglaze w/ some Chianti.
6. When the sausage is browned enough, reduce to medium, transfer onions to sausage. Begin cooking eggplant in the frying pan in batches on medium low, stirring periodically.
7. Crush garlic into the sausage, add italian seasoning & chili flakes, mix and cook ≈ 2 min. Stir in tomato paste and cook for ≈ 2 min. Deglaze w/ the Chianti to break up the fond.
8. Add tomatoes, tomato sauce, minced basil. Bring to a boil, then reduce and let simmer for ≥ 15 min. Periodically check on the eggplant and transfer when browned enough.
9. Mix ricotta, egg, ½ parmasan in a large bowl.
10. Taste the sauce and season accordingly.
11. Assemble the layers into baking dish. You will need 4 layers of sauce, 3 noodles, and 2 ricotta. First add a layer of sauce,

then noodles. Then in order: ricotta, sauce, mozzarella, noodles. Repeat. Top w/ sauce, then remaining parmesan.

12. If necessary, cover with foil according to the pasta instructions. Bake 50 *min*, rest 10 *min*.

VARIATIONS

- ✎ Try adding minced sun dried tomatoes and/or mushrooms.
- ✎ See *Better Homes & Gardens* [5] for substitutions such as bacon / pancetta, cream cheese in place of ricotta, etc.
- ✎ One can make the sauce ahead of time, and/or assemble and freeze before baking.



§ 7.8 Pork Al Pastor Tacos

🕒 2 *hr* 📅 8 *hr*
 👤 8 people

Shepherd's style tacos features a mix of Mexican & Lebanese spices. It is traditionally cooked on a vertical spit and the exterior is thinly sliced through the day. Here we use a barbeque in lieu of a motorized trompo, which although not traditional, is more available.

3 <i>lb</i>	pork shoulder
	Marinade Al Pastor 13.2 on page 46
10 <i>oz</i>	pineapple, sliced
32 <i>6 inch</i>	tortillas
2	lime
2 <i>C</i>	cabbage
1	onion, white
4 <i>oz</i>	cotija
	Pickled Red Onions 14.1.1 on page 50
	Pickled Radishes 14.1.3 on page 50

0. Prepare quick pickled vegetables ≥ 1 *week* in advance if desired.
1. Prepare marinade. Reserve $\approx 1 \dots 2$ *C* for serving later.
2. Slice pork $\approx 1/2$ *inch*, flatten with a mallet. Marinade 3 \dots 12 *hr*.
3. Light barbeque to your preferred temperature ($\approx 225 \dots 250$ F°).
4. Meanwhile layer the pork on the vertical barbeque spit.
5. Barbeque ≈ 2 *hr/lb* to a target of 195 F° (minimum 145 F°). Pull off and let rest in a cool oven ≈ 30 *min*.
6. Meanwhile prepare the toppings. Dice the onion, pineapple. Julienne the cabbage. Shred the cotija. Quarter the limes.
7. Prepare the sauce. Heat ≈ 2 *Tbs* oil in a sauce pan. Add the reserved marinade, cook a few minutes, take off heat.

*see [19]
for more
inspiration*

*cut pork
according
to your preferred cooking method
half of a 20
oz can of
pineapple
is perfect*

8. Transfer pork to a cutting board and thinly slice.
9. Heat a frying pan with a bit of oil. Grill tortillas ≈ 30 sec per side. Serve with pork, pineapple, and preferred toppings.

VARIATIONS

- ✎ Traditional toppings are cilantro, diced onion, grilled pineapple. Feel free to experiment.
- ✎ Try grilling, baking, or barbequing whole in lieu of the spit.
- ✎ Pork is traditional but chicken and fish work too. Try baking boneless chicken thighs.



§ 7.9 Honey Soy Baked Chicken Thighs

🕒 15 min 📅 35 min 📖 Pamela Teresi

🍳 2

Chicken with a sweet soy sauce and a bit of ginger. It is quite simple and can be made ahead. Goes well with rice, bread, or something that can soak up the sauce.

Jane likes
this

≈ 2 Tbs
minced
garlic

2 $\frac{1}{2}$ lb	chicken thighs	1 Tbs	vinegar
$\frac{1}{3}$ C	honey	6 cloves	garlic
$\frac{1}{3}$ C	soy sauce	1 tsp	sesame oil
$\frac{1}{4}$ C	green onion	1 tsp	ginger, crushed
2 Tbs	oil		

0. Chop green onion, smash and peel garlic, peel ginger.
1. Mix honey, soy sauce, green onion, oil, vinegar, and sesame oil. Crush garlic and ginger into mix. Stir to dissolve.
2. Combine chicken, marinade. Marinate ≥ 30 min, or overnight.
3. Preheat oven to $425^\circ F$. Transfer chicken and marinade to a cast iron pan.
4. Bake $20 \dots 25$ min, flipping halfway through. Broil ≈ 5 min.
5. Remove and serve. Optionally garnish with sesame seeds and/or parsely.



Chapter 8

Bread

Contents

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§ 8.1 Handshake Focaccia

- 🕒 3 hr 📅 15 min 📖 How to Bake [8]
 👤 6 people

A Focaccia worthy of the Paul Hollywood Handshake. This is best eaten out of the oven and dipped in olive oil with a little salt and or-A-gaano (as they say in Britain).

500 g	bread flour	140 ml	olive oil
10 g	salt	360 ml	water
10 g	yeast, instant		

- Mix the dough. Add flour to mixing bowl, add salt & yeast on opposite sides. Add 40 ml oil & $\approx 3/4$ water, hand mix. Continue mixing and gradually add water until all the flour is incorporated; water may be left over. Aim for a soft / wet dough.
- Knead the dough. Add some oil to the working surface, then the dough. Knead 5...10 min. Knead past the wet stage until the exterior is smooth & soft. Refrain from adding more flour.
- Rise the dough. Move it to a lightly oiled $\approx 2...3$ quart tub. Add tea towel on top, rise $\approx 1hr$ until at least doubled in size.
- Separate the dough. Line baking parchment to two trays, drizzle olive oil on top. Add olive oil to the working surface, optionally dust w/ fine semolina. Move dough to working surface slowly as to keep air in the dough. Divide dough in half and stretch out flat onto the trays.
- Prove the dough. Add each tray into a plastic bag and prove for $\approx 1 hr$, until it has doubled in size. The dough should spring back quickly. Preheat oven to 430 F° .
- Bake. Add dimples on top of the dough using your fingers; push all the way to the bottom. Drizzle each with olive oil, top with flaked salt and oregano. Bake $\approx 15 min$. The bread should be cooked through so that tapping the bottom will sound hollow. Drizzle with olive oil, cool.

§ 8.2 Buttery Soft Pretzels

- 🕒 1 1/2 hr 📅 20 min 📖 Soft Pretzels [25]
 👤 8 pretzels

Buttery and soft indeed. Emma introduced us to these with vegan butter which worked very well.

3 Tbs sugar

4 C water, hot

7 g yeast, active dry

1/4 C baking soda

1 C water

≈ 1 Tbs pretzel salt

2 1/2 C flour, all purpose

2 tsp malt powder

1 Tbs butter

0. Proof yeast in 1 C water at [105...115] F° with sugar, 10 min.

1. Mix flour, malt, water, melted butter until combined. Knead on a floured surface [3...5] min, form into ball. Grease a large bowl, add dough, cover w/ towel. Rise to double in size, ≈ 1 hr.

2. Punch down dough, remove from bowl and divide into 8 pieces.

3. Form each piece into pretzels. Roll out to ≈ 17". Twist ends together, fold over and affix ends to the center.

4. Preheat to 400 F°, line two baking sheets w/ parchment paper.

5. Bring the water to a light simmer and a medium pot. Stir in baking soda. For each pretzel, dip into bath for ≈ 5 sec using a spoon. Remove, place onto sheet, and immediately sprinkle with salt.

6. Bake [12...15] min or until the desired color is achieved. Cool 10 min, brush with additional melted butter to taste.

diastatic
malt powder
optional

§ 8.3 Banana Bread

🕒 30 min

📅 1 hr

👤 Mike & Jane

🍞 1 loaf

📖 Joy of Cooking [20, p. 628]

A classic banana bread ripe for customization.

1 1/2 C flour, all purpose

2 eggs

1 1/2 tsp baking powder

3 bananas, ripe

1/2 tsp salt

8 oz strawberries

2/3 C sugar

≈ 2 Tbs golden syrup

6 Tbs butter

0. Bring ingredients to room temperature.
Grease a loaf pan. Preheat oven to 350 F°.

1. Combine flour, baking powder, salt; set aside.

2. Quarter strawberries and toss with ≈ 1 Tbs flour.

3. Beat sugar & butter on medium until creamy.

4. Beat in eggs, banana. Beat in flour ≈ 1/2 C at a time.
Fold in strawberries.

5. Pour into loaf pan, bake ≈ 1 hr. Remove from oven when done
& drizzle golden syrup on top. Cool, then unmold.

golden syrup
provides
a distinct
flavor simi-
lar to butter-
scotch or
caramel

coating
w/ flour
prevents
the fruit
from sinking

VARIATIONS

☞ Mike likes strawberries, Jane likes chocolate chips w/o the syrup, the original [20] uses walnuts and apricot.

EXPERIMENTS

⚠ Measuring by weight may be more consistent.



Chapter 9

Sandwiches

Contents

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§ 9.1 Fantastic Frank

🕒 10 min 📅 10 min 📍 Virginia Tech

🍷 1

Fanastic indeed. Jane's favorite sandwich, courtesy of Owens Hall. The freshly cut sides of the focaccia are flipped outwards so it gets extra toasty.

1	focaccia bun	2 oz	roasted red pepper
$\frac{1}{2}$ tsp	pesto	$1\frac{1}{2}$ oz	provolone
1 Tbs	mayo		mixed lettuce
4 oz	chicken breast		olive oil

0. Cook and cut chicken breast to $\approx \frac{1}{2}$ " slices.

1. Reserve a cookie sheet and preheat to $\approx 400 F^\circ$. Slice peppers.

2. Slice foccicia in half, place cut ends down on the cookie sheet. Brush with olive oil. Top one side with provolone, then chicken. Toast ≈ 5 min or your preference.

3. Meanwhile, prepare sauce with mayo & pesto.

4. Top chicken with pepper, lettuce. Add sauce to bare foccicia. Assemble sandwich with toothpicks, cut in half. Serve with dill pickle, potato chips.

VARIATIONS

🍷 Toast bread prior to baking for extra crunch.



≈ 2 slices
provolone

Chapter 10

Bachelor Chow

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Also see [16]

S&B 'Golden Curry'
hot is best
(although my options are limited)

Short grain rice is best

Uneven slicing while rotating is called 'rangiri'

Microwaving reduces cook time a lot

§ 10.1 Curry Rice, or, Karē Raisu

🕒 10 min 📅 30 min 📖 Mike
🔍 4 📖 S&B Foods [22]

Curry Rice is a Japanese style 'curry'. A stew of vegetables and meat with a side of rice. Instant curry roux makes it very easy to prepare and the ingredients keep well.

1 lb	chicken thighs, skinless
1 small	onion
2 medium	potatoes, waxy
2 large	carrots
92 g	Japanese curry mix
1 tsp	chile dè arbol
1 C	rice, uncooked
1 Tbs	black bean garlic sauce

0. Add dash of oil to a sauté pan and heat to medium high.
1. Dice chicken $\approx 1 \times 1$ inch and toss into pan.
2. Fry for ≈ 5 min, deglaze with water.
3. Reduce to medium. Stir and deglaze w/ water as necessary.
4. Meanwhile dice onion and toss into chicken.
5. Meanwhile, dice potatoes $\approx \frac{1}{2} \times \frac{1}{2}$ inch. Cut carrot once length-wise then cut diagonally while rotating.
6. Microwave carrots and potatoes together for 4 min.
7. Meanwhile cook your rice according to your instructions.
8. When you chicken is copper in color (or to your preference), add vegetables. Add $2\frac{1}{4}$ C water, bring to boil. Reduce to simmer and cook 10 min.
9. Add curry roux and stir well until completely dissolved. Optionally add black bean garlic sauce. Simmer ≈ 5 min more.
10. Serve with rice.

VARIATIONS

- 🔗 Combining roux varieties is common.
- 🔗 Sweet curry with apple and honey is common.
- 🔗 Adding flavorings to make your curry unique is common, e.g. tonkatsu, worcestershire, chocolate, coffee, ketchup, cream, etc.

§ 10.2 Hoola Poola

🕒 10 min 📅 20 min 📖 Teresi Family
 👤 1 person

This was created for a cost-effective lunch. The ingredients keep a long time and can mostly be prepared before hand. The name is a play on the Giesken's bologna & eggs recipe Hunka Punka.

4 oz	Spam	$\approx 1/2$ tsp	sažon
2 C	collards	1 Tbs	butter
1 C	chickpeas, cooked	$1/2$ Tbs	garlic, minced
1 C	rice, cooked		

0. Dice and add Spam to frying pan over medium heat. Optionally add mushrooms, or other customization. Stir occasionally.
1. Meanwhile prepare the collards. Discard woody stems, slice leaves ($\approx 1x1$ "), let soak in water w/ a dash of vinegar and salt. Set aside remaining ingredients.
2. Once Spam is toasted, drain majority of water from collards, add to pan, add Sažon. Stir often and cook until collards begin to get crispy.
3. Once collards are toasted, reduce heat a bit, expose center of pan by pushing mixture aside and add butter and garlic. Cook to a light toast ($\approx [30 \dots 60]$ sec).
4. Serve with rice. Top with a dash of Sažon and yell "HOOLA POOLA!" for a bit of pizzazz.



Sažon is an all purpose seasoning often made with cumin & coriander GOYA sažon w/ annato works well, other seasonings are available

Chapter 11

Crock Pot

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§ 11.1 Peppery Italian Beef Sandwiches

🕒 30 min 📅 10 hr 📖 Mike & Jane
 🕒 8 📖 *Better Homes & Gardens* [5, p. 552]

Chuck roast beef sandwiches with italian peppers.

≈ 2½ lb **beef chuck roast**
 2 tsp **black pepper, ground**
 2 tsp **garlic powder**
 14.5 oz **broth (beef | chicken)**
 1 oz **dry Italian salad dressing mix**
 1 tsp **onion salt**
 1 tsp **oregano, dry**
 1 tsp **basil, dry**
 1 tsp **parsley, dry**
 32 oz **pepperoncini, jarred**
 ≈ 16 oz **roasted red pepper, jarred**
 8 oz **mozzarella**
 8 **rolls**

- Trim beef, coat with garlic powder & black pepper. Reserve crock pot, coat interior w/ oil.
- Heat iron skillet on medium high w/ oil and sear the beef. Add beef to crockpot. Deglaze w/ broth, scrape the fond, add to pot.
- Drain pepperoncinis, slice off stems, add to pot.
- Mix remaining spices with broth: dressing mix, onion salt, oregano, basil, parsley. Add mixture to pot and submerge peppers.
- Cook on low for 10 hr or high for [5...6] hr.
- Heat oven to 325 F°. Add cookie sheet on bottom with a little water. Add pizza pan on top.
- Slice or shred mozzarella. Slice rolls. Add mozzarella to one side of roll and toast in oven ≈ [5...10] min.
- Meanwhile, remove pepperoncinis, slice red peppers, shred beef.
- Assemble sandwich and serve *au jus*.

VARIATIONS

§ Serve with pesto mayonnaise (½ mix of each).

*steam heat
 keeps the
 bread soft
 also consider
 a low broil*


Chapter 12


Hot Sauce


Contents


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🔪 12.1 Base Brined Hot Sauce

 1 hr

 2 week

 Teresi Family

 12 fl oz



 Fiery Ferments [23]

A base hot sauce recipe with whole brined peppers. Select your peppers, spices, and custom additions. Peppers are fermented whole and then purèed rather than mashed prior to fermentation, see “Mixed-Media Basic Mash” [23].

1	jar, 32 fl oz	≈ 600 g	water, un-chlorinated
1	pickle weight	≈ 30 g	salt, un-iodized
1	air lock	≈ 10 g	cabbage
	Star San	≈ 8 oz	peppers

0. Sanitize equipment. Move jar, weight, lid to dish rack to dry.
1. Mix a [5...5.3]% brine by weight, ≈ 3/4 volume of jar.
2. Wash produce. Halve peppers, remove stems and seeds.
3. Add fermentables to jar. Prevent items from floating; start with smaller pieces, pack tightly, end with cabbage leaf tucked into the sides. Top with fermentation weight.
4. Add brine mixture, leaving ≈ 1cm of head space. Ensure all ingredients are submerged.
5. Add lid and air lock. Ensure air lock is not submerged.
6. Ferment for [1...2] week or up to many months, then refridgerate until ready to purèe.
7. Separate brine and ingredients, purèe with ≈ 1/2 C brine. Strain if desired; recommended if dried peppers are used. Optionally blend Achiote for color.
8. Add vinegar or brine to desired consistency, refridgerate.

EXPERIMENTS

-  Prevent spoilage by keeping ingredients submerged and by not removing the lid (keep it anaerobic). See Fiery Ferments [23], for troubleshooting. In general: you should throw out the batch if you see any fuzzy mold.
-  The heat level of the sauce lowers drastically over fermentation.



use un-iodized salt to prevent discoloration

floating chunks cause spoilage

§ 12.2 Fermented Red Hot Sauce

§ 12.2.1 Red No. 3

🕒 1 *hr* 📅 4 *week* 📖 Teresi Family
 ⦿ 12 *fl oz*

8	fresno	1	shallot
6	cherry	1 <i>tsp</i>	Indian green pepper
6	thai	1/4	oil
3	guajillo	1/4 <i>tsp</i>	achiote
3	arbol		

0. Follow **12.1 Brined Hot Sauce** with a 5.3% brine.
1. Ferment 2 *week*, refridgerate 2 *week*, blend with 1/2 *C* brine and white vinegar each, strain.

EXPERIMENTS

- ⚠ Look into using xantham gum to keep the emulsion in suspension longer
- ⚠ Consider rinsing / re-hydrating the dried chilies
- ⚠ Still needs more heat
- ⚠ Consider adding some cabbage to help fermentation

§ 12.2.2 Red No. 4

🕒 1 *hr* 📅 4 *week* 📖 Teresi Family
 ⦿ 12 *fl oz*

220 <i>g</i>	habenero, red	1/4 <i>tsp</i>	xanthan gum
40 <i>g</i>	cabbage	1/3 <i>fl oz</i>	lime juice, bottled
30 <i>g</i>	carrot	1/4 <i>tsp</i>	achiote

0. Follow **12.1 Brined Hot Sauce** with a 5.3% brine and the habenero, cabbage, carrot.
1. Ferment 2 *week*, refridgerate 2 *week*.
2. Blend vegetables with 1/2 *C* cup brine, 1/2 *C* vinegar, for 5 *min*. Strain through a mesh seive, rinse blender, move sauce back to blender.
3. Add lime juice, achiote. Turn on blender and slowly add the xanthan gum.

EXPERIMENTS

- ⚠ 1/4 *tsp* xanthan gum produced an ok consistency but try 1/8 next.
- ⚠ Increase lime juice to 1 *oz*?

Chapter 13

Marinades & etc.

Contents

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§ 13.1 Achiote Paste

 15 min

 Rick Martinez [17]


 1/2 C


A spice paste often used in marinades or a rub for pork, chicken, and fish. Achiote (achi-o-te) imparts a strong red color. Annato / achiote is sometimes used interchangeably, however Annato seeds are grown from the Achiote tree.


3 whole	cloves	1 tsp	black peppercorns
1	bay leaf	1 tsp	salt
1/4 C	annato seeds	25 g	garlic
2 tsp	coriander seeds	1/4 C	vinegar, white
2 tsp	cumin seeds	1 tsp	lime zest
2 tsp	oregano, Mexican	1 tsp	organge zest

0. Process whole spices in a spice grinder. Add to a food processor.
1. Add garlic, vinegar, zest, salt. Blend to combine.
2. Store in fridge up to 1 month.

§ 13.2 Marinade Al Pastor

 15 min

 30 min

 3 lb meat

Shepherd's style tacos features a mix of Mexican & Lebanese spices. The marinade plays a large role in the dish as the meat is sliced very thin. It has a strong red color from the achiote paste and chile.

6	guajillo	1/4 C	sugar
3	morita	3 Tbs	achiote paste 13.1
3	chili de àrbol	10 oz	pineapple, sliced
2 oz	garlic	1	orange, juiced
3 oz	salt	1	lime, juiced
1 C	white vinegar	1/2	onion, white

0. Rinse and dry chiles, remove stems and seeds.
1. Place chiles in a large bowl and submerge with boiling water. Cover and wait 30 min.
2. Meanwhile prepare remaining ingredients & add to a blender. Smash and peel garlic. Juice the orange, lime. Add pineapple slices and juice. Roughly chop the onion.

see [19] for more inspiration

half of a 20 oz can of pineapple is perfect

3. Add chiles & 1 *C* soaking liquid to the blender when done. Blend on high for a few minutes.

VARIATIONS

- § There is a lot of leeway for chile selection. Guajillo seems to be common, as well as chipotle in adobo. The morita / chipotle provide a smoky flavor.



§ 13.3 Honey Mustard Ham Glaze

🕒 10 min 📅 10 min

🍖 6 lb

A classic honey mustard ham glaze.

1/4 <i>C</i>	butter	1/8 <i>tsp</i>	cinnamon
1/2 <i>C</i>	brown sugar	1/8 <i>tsp</i>	cloves
1/4 <i>C</i>	honey	2 <i>cloves</i>	garlic
1/4 <i>C</i>	mustard, Dijon		
1 <i>Tbs</i>	mustard, whole grain		

0. Measure and mix brown sugar, cinnamon, cloves. Measure honey. Smash and peel garlic.
1. Brown the butter in a small saucepan over medium low heat to a light copper color.
2. Add sugar, honey, spices, and mustard. Stir until dissolved.
3. Crush in garlic and stir. Cook for another few minutes and remove from heat.
4. Apply glaze once per ≈ 15 min in the last ≈ 45 min of cooking.



Chapter 14

Pickles

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§ 14.1 Basic Quick Pickles

🕒 30 min 📅 10 min 📖 Teresi Family
 ⦿ 16 fl oz

These pickles are “quick” since they don’t require canning. They are stored in the fridge as a result. We like to make jalepeños and red onions, both with plenty of garlic.

1	16oz	canning jar			<i>spices</i>
≈ 14	fl oz	vegetables	4	cloves	garlic
3/4	C	water	1/2	tsp	oregano
3/4	C	vinegar	1/2	tsp	cumin seeds
1	Tbs	sugar	1/2	tsp	mustard seeds
1	Tbs	salt	1/2	tsp	peppercorns

0. Begin heating the water, vinegar, sugar, salt on low.
1. Smash garlic, peel, cut off ends, slice. Add spices to the jar.
2. Slice vegetables and pack into the jar.
3. Bring brine to a simmer.
4. Pour into jars leaving about a centimeter of head space and tighten lid loosely. Let cool on the counter at least until luke-warm, tighten lid.
5. Put in refrigerator and let cool overnight. The general rule of thumb is to keep about a month but your mileage may vary.

VARIATIONS

- 🔗 Your choice of vegetables, e.g. red onions, jalepeños, radishes, cucumbers.
- 🔗 Other vinegar and spices are available.
- 🔗 Slice garlic into smaller pieces for a stronger flavor.

EXPERIMENTS

- ⚠ Large spices that float are not recommended, such as coriander or Brazilin pepper corns. It can be unpleasant to bite into and is difficult to separate from the vegetables. Mustard seeds and dried herbs do not have this issue.
- ⚠ Still need more experiments to find the right measurements for the spices. I am not convinced they make much a difference.



*prefer un-
iodized salt
to prevent
discoloration*

*we prefer
black or
white pepper-
corns
over pink*



§ 14.1.1 Quick Pickled Red Onions

4	<i>cloves</i>	garlic
≈ 2	<i>medium</i>	red onions
$\frac{1}{2}$	<i>tsp</i>	oregano, mexican
$\frac{1}{2}$	<i>tsp</i>	cumin seeds
$\frac{1}{2}$	<i>tsp</i>	mustard seeds, brown
1	<i>tsp</i>	pequin chili, dry
$\frac{1}{2}$	<i>tsp</i>	allspice

0. Cut onions in half across the axis, then into $\approx \frac{1}{4}$ " slices across the axis. Smash, then coarsley slice the garlic.
1. Use method [14.1 Quick Pickles](#), replacing the vegetables and spices with this recipe.

§ 14.1.2 Jalepeños

4	<i>cloves</i>	garlic
≈ 8		jalepeños, green
1	<i>tsp</i>	oregano, mexican
$\frac{1}{2}$	<i>tsp</i>	marjoram
$\frac{1}{2}$	<i>tsp</i>	cumin seeds
$\frac{1}{2}$	<i>tsp</i>	mustard seeds, brown
$\frac{1}{2}$	<i>tsp</i>	coriander seeds

0. Slice jalepeños $\approx \frac{1}{8}$ " thick. Smash, then slice garlic coarsely.
1. Use method [14.1 Quick Pickles](#), replacing the vegetables and spices with this recipe.

§ 14.1.3 Quick Pickled Radishes

4	<i>cloves</i>	garlic
≈ 8		radishes
1	<i>tsp</i>	oregano, mexican
$\frac{1}{2}$	<i>tsp</i>	cumin seeds
$\frac{1}{2}$	<i>tsp</i>	mustard seeds, brown
1	<i>tsp</i>	pequin chili, dry
$\frac{1}{2}$	<i>tsp</i>	coriander seeds

0. Slice ends off radishes, slice in half and then into $\approx \frac{1}{8}$ " disks. Smash, then coarsley slice the garlic.
1. Use method [14.1 Quick Pickles](#), replacing the vegetables and spices with this recipe.

Chapter 15

Ice Cream

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------------------------------------	----

*definitely
use dutch
process cocoa
for a 'dark
chocolate'
flavor*

§ 15.1 Chocolate Ice Cream

🕒 preparation time 📅 cooking time 📖 Joy of Cooking [20]
⌚ 5 C

2 C	milk, whole	$\frac{1}{3}$ C	cocoa powder
$\frac{3}{4}$ C	sugar	1 C	heavy cream
4	egg yolks	1 tsp	vanilla

0. Combine in saucepan over medium low heat the milk and $\frac{1}{2}$ cups sugar, bring to light simmer stirring occasionally.
1. Whisk egg yolks, $\frac{1}{4}$ C sugar in a medium bowl, whisk in cocoa.
2. Pour slowly while stirring constantly about half of the hot milk into the eggs. Pour back into the saucepan.
3. Cook stirring constantly over low heat until it reaches $175^{\circ} F$, and do not allow it to boil. Remove from heat.
4. Strain through a fine sieve into a bowl, then add cream & vanilla. Refrigerate until cold. Proceed with ice cream machine directions.

VARIATIONS

- 🍪 Marshmallow Oreo: 1 cup broken Oreos in mixer at end, fold in marshmallow fluff after mixing.



Chapter 16

Cookies, Cakes

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§ 16.1 Italian Tricolors

- 🕒 1 hr (+chill) 📅 10 min 📖 Italian Tricolors [9]
 ◎ 36 cookies

A Teresi Christmas tradition. The almond, apricot, and chocolate are quite complementary flavors.

8 oz	almond paste
$\frac{3}{4}$ C	butter
$\frac{3}{4}$ C	sugar
$\frac{1}{2}$ tsp	almond extract
3 large	eggs
1 C	flour, all purpose
$\frac{1}{4}$ tsp	salt
15 drops	red food coloring
15 drops	green food coloring
$\frac{2}{3}$ C	apricot preserves
3 oz	dark chocolate
2 tsp	shortening

0. Preheat oven to $350\text{ }F^{\circ}$, grease three 8×8 " pans. Line bottoms w/ waxed paper, grease and flour the interior.
1. Blend at medium-high speed: almond paste, butter, sugar, almond extract. Reduce to medium and add eggs one at a time. Reduce to low and beat in flour & salt until just combined.
2. Divide batter into thirds into separate bowls. Blend green dye into one, red into another.
3. Transfer and spread each mixture evenly into the pans.
4. Bake on two oven racks $10 \dots 12\text{ min}$ rotating between upper/lower halfway through.
5. Cool in pans on wire racks 5 min . Run knife around sides to loosen. Invert onto racks, cool completely, remove paper.
6. Blend jam in food processor to remove the larger chunks.
7. Assemble layers, green / white / red, with jam between. Melt on low chocolate / shortening, stirring frequently. Spread on top then refrigerate $\geq 1\text{ hr}$.
8. Rest at room temperature for $\geq 15\text{ min}$ then trim the edges and cut into squares. Store cookies in a single layer in a tightly covered container. Refrigerate $\approx 1\text{ week}$ or freeze $\approx 3\text{ months}$.

VARIATIONS

- 🔗 Other colors and jams are available. Fourth of July with red / white / blue / cherries works out nicely.



*fresh almond
paste is crit-
ical*

*it's ok if a
few lumps
remain*

*add more
shorten-
ing or corn
syrup to the
chocolate
to make it
easier to cut*

§ 16.2 Felix Cookies, or, Schwarz-Weiß-Gebäck

🕒 30 min (+chill) 📅 12 min 📖 *Classic German Baking* [26]
 ◎ 40 cookies

A shortbread cookie with a black and white checkerboard. Works very well with the addition of chocolate. Aliased for our black and white cats, Felix and Frankie.

150 g	butter, unsalted	200 g	flour, all purpose
75 g	sugar, powdered	1	egg yolk
$\frac{1}{8}$ tsp	salt	2 Tbs	whole milk
$\frac{1}{4}$ tsp	vanilla extract	$2\frac{1}{2}$ Tbs	cocoa powder

0. Cream butter ≈ 1 min, add sugar, salt, vanilla, then cream. Add flour and mix until just combined.
1. Divide dough in half, mix cocoa into one half. Form into disks, wrap in plastic wrap, refrigerate ≈ 1 hr.
2. Mix milk & egg yolk in a small bowl.
3. Make 4 square logs, brush sides w/ egg wash, press together and refrigerate ≈ 30 min.
4. Preheat oven, line baking sheets w/ parchment paper.
5. Slice cookies to ≈ 1 cm, bake 12...15 min.

VARIATIONS

🔗 Dip into dark chocolate.



§ 16.3 Peppermint Fudge

🕒 15 min 📅 30 min 📖 *Cookie Swap 2003*
 ◎ 60 squares

A Giesken Christmas tradition.


4 C	sugar	7 fl oz	marshmallow creme
10 fl oz	evaporated milk	$\frac{1}{2}$ tsp	peppermint extract
1 C	butter	$\frac{2}{3}$ C	peppermint candy
2 C	chocolate chips		

*other shapes
are avail-
able, like 6
petal flowers,
spirals, etc.
don't over
bake, try
adding
another
sheet below
to shield the
radiation*

0. Line a 13x9 *inch* pan with foil and butter the interior. Crush peppermint candy.
1. Combine sugar, milk, butter, in a 3 *quart* saucepan. Bring to boil over medium-high heat, stirring constantly.
2. Reduce to medium, stir 10 *min*.
3. Remove from heat, add chocolate chips, marshmallow creme, peppermint extract. Stir until chocolate and creme are melted and mixture is smooth.
4. Pour into pan, sprinkle peppermint on top, cover, refrigerate until set.



§ 16.4 Seven Layer Brownies

 Rand Pearson

© 9 brownies

A most excellent brownie recipe. The original was free-form so these instructions are more like guidelines. Try to find your inner muse and capture some of that magic.

1	<i>box</i>	Betty Crocker Brownie / Cookie combo mix
4	<i>Tbs</i>	butter
4...6		Heath Bars
		marshmallows
		graham crackers
		chocolate chips
		peanut butter

0. Mix up the brownie and cookie mix as instructed on the box.
1. Place brownie mix in a baking dish as instructed.
2. Coarsely chop Heath bar and spread evenly over brownie batter.
3. Place cookie dough mix on top of Heath bar layer.
4. Crush graham crackers and spread over cookie dough.
5. Melt half a stick of butter and pour over graham crackers.
6. If using chocolate chips spread a layer over graham crackers. If using peanut butter melt it and pour over graham cracker.
7. Split marshmallows lengthwise and arrange a solid layer over the top of everything. You might also use mini marshmallows to skip cutting them.
8. Bake as instructed on brownie box. Time may increase due to the extra layers. Brownies are done when a toothpick comes out clean.

EXPERIMENTS

⚠ Keep in mind that there really isn't a recipe since I just made it all up as I went along. What you should take from that is this: Feel free to experiment; any problems can be overcome with enough butter and sugar. I'm pretty sure this is also true in life.

⚠ In the future I was considering leaving the marshmallows off until I take the brownies out of the oven, then adding them and hitting them with a torch.



§ 16.5 Elegant Wine Cake

📖 Lucille Steinmiller (Oma)

🕒 2 loafs

A Teresi Christmas tradition from Oma. We like to make these in small bundt pans to share.

1	pkg	cake mix, yellow
1	pkg	vanilla pudding, instant
1/2	C	vegetable
4	large	eggs
3/4	C	sherry, medium
3/4	C	water
1	C	chopped nuts

0. Combine all ingredients in a bowl, beat 2 min on medium speed.
1. Bake in 2 loaf pans $\approx 9 \times 5$ " (greased and floured) at 350 F° for 45 min or until done.
2. Top with powdered sugar.

VARIATIONS

- 🔗 Chablis can be substituted for the sherry.
- 🔗 Mom usually uses pecans, I omit the nuts.
- 🔗 Using four smaller cake or a bundt pans also works well.



§ 16.6 Frankie Cookies

🕒 30 min 📖 11 min 📖 *Entenmanns Baking* [6]
 🕒 20 cookies

A chocolate cookie with a peppermint pattie center. Simple and quick. Aliased for our black and white cats, Felix and Frankie.

*dutch process
cocoa is best*

each pepper-
mit pattie is
≈ 8 grams

make sure
the edges are
covered to
prevent leaks

the cookies
are done
after the
pattie melts
and spreads
out

dutch process
cocoa is
best, and
Ghiradelli
chocolate is
best

each pepper-
mint
pattie is
≈ 8 grams

1/2 C	butter, unsalted	1 C	flour
1 C	sugar	1/3 C	cocoa
1 large	egg	1/2 tsp	baking soda
1/2 tsp	vanilla	12 thin	peppermint patties

0. Remove butter & eggs from refridgerator. Soften the butter. Reserve two cookie sheets and wipe with Crisco.
1. Begin to preheat oven to 350 F°. Place one more empty cookie sheet on bottom rack, move second rack to middle.
2. Add butter, sugar to a mixing bowl. Mix flour, cocoa, baking soda to another bowl.
3. Cream butter & sugar on medium high ≈ 2 min. Add egg & vanilla, mix ≈ 1 min. Add dry ingredients, mix ≈ 2 min.
4. Assemble the cookies in batches. Take two portions ≈ 1 Tbs each and enclose a peppermint pattie. Top with sprinkles. Arrange on the sheet, refridgerate ≈ 15 min, then bake 11 min.

VARIATIONS

🍪 The cookies work well on their own without the peppermint, too.



🍪 16.7 Frankie Deluxe Cookies

🕒 1 hr 📅 12 min 📖 Brownie Cookies [15]
🕒 16

Brownies in cookie form with a peppermint pattie center. The recipe is a little involved but is worth it for those that appreciate brownies.

8 oz	chocolate, 60%	1/4 tsp	salt
95 g	flour	3/4 C	brown sugar
18 g	cocoa powder	1/4 C	sugar
1 Tbs	milk powder	2	eggs
1 tsp	coffee powder	1 tsp	vanilla
1 tsp	baking powder	16 thin	peppermint patties

0. Bring eggs & butter to room temperature.
1. Melt the chocolate. Add it to a small bowl, microwave ≈ 15 sec, stir, repeat until melted. Set aside to cool.
2. Mix dry ingredients except the sugar in a large bowl.
3. Cream on medium high the butter, brown sugar, white sugar. Add eggs, vanilla, mix well. Add chocolate slowly while mixing.

4. Gradually beat in the dry ingredients on low until combined.

5. Chill dough in the mixing bowl for 10 min. Preheat oven to 350 F°. Unwrap peppermint patties. Grease two cookie sheets.

6. Assemble the cookies in batches. Scoop out two tablespoons, flatten out, and sandwich around a peppermint pattie. Pinch the dough on the perimeter to close and roll to shape. Arrange on a cookie sheet.

7. Move the cookie sheet to the fridge for ≈ 10 min. Bake for ≈ 10 min, or until edges are set. The center should still be mostly soft and will set as it cools. Transfer to a wire rack when it solidifies.

VARIATIONS

🔄 Try replacing the peppermint pattie with chocolate chips.

EXPERIMENTS

⚠ The chill time significantly affects the spread. McKenney [15] recommends 20 min, but recommends 15 min out on the counter if it cools too much. Here we need the dough to be less firm to shape. These instructions may need further modifications so that each batch is consistent after the first chill of the dough.

store with
a piece of
bread or an
apple slice to
prevent from
drying out

🍰 16.8 Frankie Brownies

🕒 15 min

🕒 30 min

📖 Mike & Jane

🕒 36

🕒 2 hr

📖 Peppermint Brownies [10]

A peppermint pattie brownie from scratch. Three layers of brownie, peppermint, and ganache. Currently a work in progress.

use dutch
process cocoa

brownie		peppermint	
50 g	sugar	280 g	sugar, powdered
200 g	brown sugar	15 g	butter, unsalted
60 g	flour	1/2 tsp	peppermint extract
25 g	cocoa	1/4 tsp	vanilla extract
169 g	butter, unsalted	ganache	
50 g	chocolate, 60%	100 g	chocolate, 60%
2 large	eggs	60 g	butter, unsalted
1/2 tsp	salt		
1/4 tsp	baking powder		
1 tsp	vanilla		
1 tsp	instant coffee		

halfway
through
baking
remove and
slam on the
counter, this
helps it set
evenly

0. Preheat to $350\text{ }^{\circ}\text{F}$.

1. Prepare 8×8 *inch* pan: grease and insert parchment paper. Leave an edge large enough to lift out later.

2. Melt butter and chocolate, set aside.

3. Beat eggs, sugar, vanilla.

4. Combine flour, cocoa powder, baking powder, salt, coffee.

5. Mix chocolate into eggs slowly. Fold wet ingredients into dry.

6. Bake for $[25\dots 30]$ *min*. The center will still be slightly wet. Allow to cool completely.

7. Combine powdered sugar, butter, peppermint and vanilla extracts. Stir in boiling water $\frac{1}{2}$ *ts*p at a time. The mixture should be thick.

8. Pour over brownies and smooth out. Refridgerate ≥ 30 *min*.

9. Melt butter and chocolate for the ganache until just smooth. Pour over peppermint layer. Refridgerate until set ≈ 1 *hr*.

10. Remove and cut into squares.

EXPERIMENTS

⚠ Need to stop center from falling, add more flour?

⚠ Need to dial in the mass of water for the peppermint. It should be difficult to spread.



§ 16.9 Much Too Good for Children Chocolate Cake

natural cocoa
powder
(*v.s. dutch
process*) is
critical for
the cake as
it's more
acidic

🕒 1 *hr* 📅 35 *min* 📖 Mike & Jane
🕒 12 *slices* ⌚ ≥ 1 *hr* 📖 Triple Chocolate Cake [21]

A decadent cake perfect for a birthday. Natural cocoa powder is used with buttermilk and baking soda for leavening. Coffee is used to enhance the chocolate flavor but it won't taste like coffee.

<i>cake</i>		<i>frosting</i>	
220 <i>g</i>	flour, all purpose	195 <i>g</i>	butter, unsalted
65 <i>g</i>	cocoa powder	280 <i>g</i>	sugar, confectioners
350 <i>g</i>	sugar	45 <i>g</i>	cocoa, dutch process
2 <i>tsp</i>	baking soda	3 <i>Tbs</i>	cream
1 <i>tsp</i>	baking powder	$\frac{1}{8}$ <i>tsp</i>	salt
1 <i>tsp</i>	salt	1 <i>tsp</i>	vanilla
3 <i>g</i>	instant coffee		
$\frac{1}{2}$ <i>C</i>	vegetable oil		
2	eggs		
2 <i>tsp</i>	vanilla extract		
1 <i>C</i>	buttermilk		
7 <i>g</i>	coffee beans		
1 <i>C</i>	water, hot		

- Preheat oven to $325\text{ }F^{\circ}$. Grease and line two 9 *inch* cake pans.
- Grind the coffee beans and brew it. Add instant coffee.
- Combine flour, cocoa powder, sugar, baking soda, salt; set aside.
- Beat on medium high w/ a whisk: oil, eggs, vanilla; until combined.
- Change speed to low. Beat in buttermilk. Beat in flour $\approx \frac{1}{4}$ *C* at a time. Beat in hot coffee.
- Turn off mixer, scrape bowl with spatula to remove lumps.
- Pour batter into pans and bake 35 *min* or until done. Remove and let cool completely in pan.
- Make frosting. Bring butter to room temperature. Mix sugar, cocoa, salt, set aside. Reserve mixer w/ paddle attachment.
- Beat butter on medium ≈ 2 *min*. Add sugar mixture, cream, vanilla, then beat on low ≈ 30 *sec*, then on high ≈ 60 *sec*. Adjust viscosity w/ more sugar or cream.
- Remove cakes from pans and cut flat if necessary. Ice the cakes.
- Refridgerate up to 5 *day*.

VARIATIONS

- ☞ See original recipe [21] for options with ingredients such as sour cream for a denser cake.

EXPERIMENTS

- ⚠ Dial in bake time. Reducing temperature / increasing time should reduce dome shape. So far trying 350 to $325\text{ }F^{\circ}$, 25 to 35 *min*.
- ⚠ Looking for a way to add marshmallow fluff between layers.
- ⚠ Dial in bake time for 6 *inch* pans.

*take butter
out of fridge
now for
frosting*

*expect a
thin batter*

*refridgerate
prior to
serving
to help
maintain
the shape*

Chapter 17

Pie

Contents

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§ 17.1 Basic Flaky Pie Pastry

🕒 45 min 📅 1 hr (chill) 📖 Pie [7]
 🍷 1 pastry

An all purpose pie pastry. Very useful to make in large batches, freezing up to a month.

1½ C	flour, all purpose	¼ C	butter, unsalted
1½ tsp	sugar	¼ C	shortening
½ tsp	salt	¼ C	water

0. Cut fat into small pieces ($\approx 3/8$ " cubes), place in freezer briefly along with water until cold.
1. Mix flour, sugar, salt, butter, in a large bowl. Blend using a pastry cutter || fork || fingers, until the butter is pea sized. Blend the shortening similarly.
2. Add half the water and toss with fork. Add water $\approx 1.5 \dots 2$ Tbs at a time, and pull all the flour into the dough. Continue until the dough can be packed together.
3. Pack dough into a ball, knead once or twice. Flatten onto a floured surface into $\approx 3/4$ " disks. Wrap in plastic and refrigerate at least 1 hr or overnight.
4. Roll pastry onto wax paper, invert onto pan & shape. Freeze for 15 min.
5. For a pre-baked crust: preheat to 400 F° , press aluminum foil on top of pastry and fill with pie weights. Bake 15 min, remove foil & weights, prick holes into pastry base with fork to prevent bubbles.
6. Lower to 375 F° , bake 10...12 min for a partially pre-baked crust or 15...17 min for a fully prebaked crust.



§ 17.2 Strawberry Rhubarb Crumb Pie

🕒 1 ½ hr 📅 50 min 📖 Pie [7]
 🍷 1 pie

I don't always have favorites but when I do it's pretty close to this pie. Make sure to capitalize on the spring season when rhubarb is available. There is a lot of liquid so I increased the tapioca and maceration time. Make sure to use a deep pan and high crust.

make a high
crust to
prevent spills

place a
cookie sheet
underneath
to catch
spills

	filling		topping
3 C	rhubarb	3/4 C	flour, all-purpose
3/4 C	sugar	1/4 C	cornmeal, yellow
1 1/2 Tbs	lemon juice	2/3 C	sugar, brown
1 lemon	zest	1/2 tsp	cinnamon
4 C	strawberries	1/4 tsp	salt
1/2 C	tapioca, quick	1/2 C	butter, unsalted

0. Prepare 17.1 Basic Flaky Pie Pastry and refrigerate ≥ 1 hr.

1. Roll pastry onto wax paper $\approx 13''$ diameter, invert onto pie pan and shape. Freeze for 15 min. Preheat oven to 400 F°.

2. Prepare filling. Slice rhubarb $\approx 1/2''$ pieces, mix fruit w/ sugar, lemon juice, zest, tapioca. Quarter strawberries and mix in. Macerate for ≥ 15 min.

3. Add filling evenly into crust, bake on center rack 30 min.

4. Meanwhile prepare topping. Combine flour, cornmeal, brown sugar, cinnamon, salt. Cut butter into pieces and blend in with food processor or pastry cutter. Make large crumbs by rubbing the mixture between your hands. Refridgerate.

5. Remove pie and reduce oven to 375 F°. Add crumbs to top of pie. Rotate pie 180° (to bake evenly) and bake [30...40] min. Add foil heat shield if needed for last ≈ 10 min. Cool ≥ 1 hr.

VARIATIONS

§ Try a bit of ground green cardamom in the filling.

§ 17.3 Classic Lemon Meringue Pie

🕒 1 hr 📅 20 min 📖 Pie [7]

🍷 1 pie

A Teresi Thanksgiving & Christmas tradition. This is perfect for large gatherings. It can be made the day prior, save for the meringue which is done before serving. It is light and tart which is excellent after a large meal.

	filling		meringue
1 1/3 C	sugar	4 large	egg whites
3/8 C	corn starch	1/4 tsp	cream of tartar
1/8 tsp	salt	1 pinch	salt
2 C	water	1/2 C	sugar, powdered
1/2 C	lemon juice	1/2 tsp	vanilla extract
1 Tbs	lemon zest		
4 large	egg yolks		
2 Tbs	butter, unsalted		

0. Prepare pastry [17.1 Basic Flaky Pie Pastry](#), partially pre-bake, and let cool. Dice the butter into $\approx 1/2$ inch pieces.
1. Cook custard. Mix sugar, cornstarch, salt, in a saucepan. Add water, lemon juice & zest. Whisk in egg yolks. Whisk nonstop over medium, heat, for $\approx 5 \dots 7$ min, until it boils. Reduce heat and continue whisking for $\approx 60 \dots 90$ sec.
2. Emulsify custard. Remove from heat, continue whisking, and add the butter slowly one piece at a time.
3. Cool custard. Pour custard into shell, let settle & cool briefly. Press plastic wrap on top to keep air out and let cool to room temperature. Refrigerate and use within 1 day.
4. Prepare meringue prior to serving. Preheat broiler. Beat egg whites on medium-high to soft peaks, beat in cream of tartar & salt. Slowly beat in sugar to firm or stiff peaks. Beat in vanilla briefly. Top the pie and broil.



§ 17.4 Chocolate Crème de Cacao Walnut Pie

🕒 20 min 📅 40 min 📖 Pie [7]
 🍷 1 pie

A Teresi Thanksgiving & Christmas tradition. The crème de cacao, molasses, and cinnamon give this pie a complex flavor.

1 C	corn syrup	1/2 C	sugar
1 Tbs	molasses, unsulfered	2 Tbs	flour
1/4 C	butter, unsalted	1/4 tsp	cinnamon
1/4 C	dark chocolate chips	1/8 tsp	salt
3 Tbs	crème de cacao	3 large	eggs
2 tsp	vanilla extract	2 C	walnuts
1 tsp	espresso powder		

0. Prepare pastry [17.1 Basic Flaky Pie Pastry](#), partially pre-bake, and let cool.
1. Preheat oven to 350 F°. Chop walnuts.
2. Heat on low until melted the corn syrup, molasses, butter. Add chocolate chips, remove from heat, wait ≈ 5 min. Add crème de cacao and vanilla, whisk together.
3. Add to a large bowl sugar, flour, cinnamon, salt. Whisk in eggs, then chocolate, then walnuts.
4. Pour filling into pie shell and even out walnuts.

*Fresh lemons
are criti-
cal, you'll
need ≥ 2 .
Extra juice
/ zest is ok.*

*let eggs come
to room
temperature*

5. Bake [35...40] *min*, rotating 180° halfway through cooking. Add more time if the center is not set. The edges should puff up as well.
6. Remove and let cool completely. Serve at room temperature or refridgerated.

VARIATIONS

- ☞ Server with whip cream and / or vanilla icecream.
- ☞ Haedrich [7] recommends a nut pastry, and trying Kahlúa in place of crème de cacao.



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