

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
-  cooking time
-  no. of servings
-  source or inspiration

The optional abstract typically provides the background.

<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...



Chapter 1

Breakfast

§ 1.1 Egg Bites, Sous Vide

🕒 15 minutes 📅 1 hour
 🍲 12 jars 📖 Anova Culinary

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	4oz	canning jars

greasing the jars is important as the eggs can get stuck

0. Set the water bath for $172F^{\circ}$ / $77.8C^{\circ}$.
1. Grease jar interiors w/ butter || crisco etc.
2. Cook bacon & cut slices in half. Grate cheese.
3. Add 1/2 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 $\approx 1week$.
7. Reheat by: *a)* microwave for [1...1.5 *minutes*], 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.

§ 1.2 Spinach Artichoke Quiche

🕒 45 minutes 📖 45 minutes
 👤 4 people 📖 Joy of Cooking [7]

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	large	eggs	2	Tbs	butter
1	C	cream	2	tsp	garlic
2	C	spinach	1/4	tsp	salt
3/2	C	Asiago	1/2	tsp	pepper, white
6	fl oz	artichokes			

0. Remove ingredients from the refrigerator.
1. Slice onion, begin cooking over medium-low heat with a little oil while stirring occasionally.
2. Measure and set aside remaining ingredients. Roughly chop artichokes & spinach, shred cheese, separate 1 egg yolk, add remaining eggs to cream, grind spices.
3. Butter pie pan, add pastry, partially pre-bake (see 10.1). Immediately brush with egg yolk when the pastry is removed from oven.
4. Meanwhile prepare filling. Whisk egg, cream, spices. Add spinach to onions. Add garlic and remaining butter in the last minute or so.
5. Layer into pie: cheese, vegetables, egg mixture. Optionally garnish w/ cayenne || chili flakes || paprika for some pizzazz.
6. Bake at 375 F° for 30 *min*, broil briefly, rest 10 *min*.

VARIATIONS

- 🔗 This recipe has a lot of leeway. Try marjoram, 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 IMHO.



Chapter 2

Soup

§ 2.1 Thanksgiving Turkey Gumbo

🕒 30 minutes 📅 4.5 hours
 👤 [4 ... 6] people 📖 Pamela Teresi

A post Thanksgiving tradition.

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

Andoullie
sausage
works par-
ticularly well

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

Serve w/
hot sauce &
yeast rolls

§ 2.2 Cajun Crabmeat Bisque

🕒 45 minutes 📅 45 minutes
 👤 5 people 📖 Art of the Palate 2006 (Pamela Teresi)

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



Chapter 3

Sides

§ 3.1 Thanksgiving Collard Greens

🕒 30 minutes 📅 [2 ... 6] hours
 👤 [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 $\sim 180 F^\circ$. Simmer for 1...4 hr.
1. Prepare collards greens ($\sim 15 min$ prior to removing turkey necks). Clean & rinse collard greens, cut off the main stem, dice || tear greens (into $\sim 1x1$ " rectangles).
2. Remove turkey necks and sieve out undesired particulates.
3. Add greens, simmer $\sim 1 hr$ 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.

§ 3.2 Classic Macaroni and Cheese

🕒 25 minutes 📅 25 minutes
 👤 8 people 📖 The Gieskens

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>tsp</i>	salt
$\frac{1}{4}$	<i>C</i>	butter	$\frac{1}{4}$	<i>tsp</i>	pepper
3	<i>Tbs</i>	flour	2	<i>tsp</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 $400\text{ }F^{\circ}$, 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 $\approx 9x13''$ or $\approx 10x15''$ pan, bake at $400\text{ }F^{\circ}$ for [20...25] *minutes*



Chapter 4

Entrées

§ 4.1 Mexican Beef Bowl

🕒 30 minutes 📖 30 minutes
 👤 4 people 📖 Blue Apron [1]

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			

add a chile
de árbol
to taste (or
cayenne)

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 450F°.
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.

for dried
chilis: re-
move seeds,
toast ≈
3 min 350
F°, grind

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.

we partic-
ularly ap-
preciate the
cauliflower
rice version

§ 4.2 Fettuccine Alfredo

🕒 10 minutes 📖 20 minutes
 👤 2 people 📖 *Better Homes and Gardens* [2]

8 oz	fettuccine, dry	$\frac{1}{2}$ tsp	salt
≈ 3	garlic cloves	$\frac{1}{8}$ 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. Saute crushed garlic in butter in a large saucepan ≈ 1 minute on medium-high.
2. Add cream, salt, pepper to sauce. Bring to boil then reduce heat, simmer uncovered ≈ 3 minutes or 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.



§ 4.3 Chistmas Rib Roast

🕒 1 hour 15 minutes 📖 2 hours 15 minutes
 👤 ≈ 1 person / 1 lb 📖 Ralph Nelson (Fa)

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 $400 F^\circ$.
2. Place roast on pan fat side up. Do not cover or add water.
3. Bake 15 minutes at $400 F^\circ$.
4. Lower to $375 F^\circ$, bake for 45 minutes.

Fa's rule
 is that you
 MUST NOT
 open the
 oven un-
 der and cir-
 cumstances.

5. Turn off heat, do not open oven. Bake for about 30 *minutes*.
6. 35...45 *minutes* before eating, turn on oven to 375 F°



§ 4.4 Chili Colorado

- 🕒 30 minutes 📅 2 hours
 👤 4 people 📖 Rick Martinez [6]

“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” [6]. The dried chilies lend a sweetness to the dish not possible with chili powder.

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

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 crush 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 *Cups* stock, simmer uncovered for 1 *hour*.
5. Meanwhile, re-hydrate the chilies. Remove stems, seeds, veins from chilies and roughly chop. Add to large bowl, add 3 *Cups* boiling stock, cover with plastic wrap. Wait 30 *minutes*, then blend it all.
6. Add blended chilies to the soup at the end of the first simmer. Simmer for 45 *minutes* uncovered.
7. Season with salt pepper to taste.

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

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 4.1**. Rick Martinez recommends rice, beans a la charra, and tortillas.



§ 4.5 Chili Schwarz

🕒 1 hour 📅 1 hour
 👤 4 people

*This was an experiment on **Chili Colorado 4.4** 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
$\approx 3/2$ <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?

§ 4.6 Hoola Poola

🕒 10 minutes 📅 20 minutes
 👤 1 person

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

4	oz	Spam	$\approx 1/2$	tsp	Sazón
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 ($\approx 1 \times 1$ "), 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 Sazón. 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 Sazón and yell "HOOLA POOLA!" for a bit of pizzazz.

Cooking the collards until crispy (instead of stewed) is sometimes referred to as "Brazilian" collards



Chapter 5

Bread

§ 5.1 Handshake Focaccia

🕒 3 hours 📅 15 minutes
 👤 6 people 📖 How to Bake [4]

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	<i>g</i>	bread flour	140	<i>ml</i>	olive oil
10	<i>g</i>	salt	360	<i>ml</i>	water
10	<i>g</i>	yeast, instant			

0. Mix the dough. Add flour to mixing bowl, add salt & yeast on opposite sides. Add 40ml 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.
1. Knead the dough. Add some oil to the working surface. Add dough to surface, knead $\approx 5\ldots 10$ min. Knead past the wet stage until the exterior is smooth & soft. Refrain from adding more flour.
2. Rise the dough. Move dough to a lightly oiled $\approx 2\ldots 3$ quart tub. Add tea towel on top and rise ≈ 1 hr until at least doubled in size.
3. 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.
4. Prove the dough. Add each tray into a plastic bag and prove for ≈ 1 hr, until it has doubled in size. The dough should spring back quickly. Preheat oven to $430^\circ F$.
5. 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 ≈ 15 min. The bread should be cooked through so that tapping the bottom will sound hollow. Drizzle with olive oil, cool.



Chapter 6

Hot Sauce

§ 6.1 Base Brined Hot Sauce

🕒 60 minutes 📅 2 weeks
 ⦿ 12 fl oz 📦 Fiery Ferments [8]; *Pickl-It*

A base recipe for whole brined peppers. Select your peppers, spices and other accouterments. Peppers are fermented whole and then purèd rather than mashed prior to fermentation, see “Mixed-Media Basic Mash” [8].

1	32 fl oz	mason jar
1		pickling weight
1		air lock
$\approx 1/4$	fl oz	Star San
≈ 48	fl oz	water, un-chlorinated
≈ 70	g	salt, un-iodized
≈ 8	oz	peppers, fresh dried
		spices
$\approx 1/4$	tsp	achiote

0. Sanitize equipment with Star San or equivalent.
1. Prepare a [5...5.3]% brine by weight, $\approx 3/4$ volume of jar.
2. Prepare dried peppers by removing stems, veins, and seeds. Keep flesh largely intact by slicing stem off and cutting once down length-wise, then unrolling the pepper.
3. Prepare fresh peppers by removing stems / seeds and cutting into large portions.
4. Add ingredients to jar. Prevent ingredients from floating up by starting with smaller pieces, then top off with a large dried pepper or cabbage leaf tucked down the sides of the jar. Reserve Achiote for post fermentation.
5. Add a fermentation weight to top of ingredients.
6. Add brine mixture, leaving $\approx 1\text{cm}$ of head space. Remove ingredients floating on top of brine.
7. Add lid and air lock, making sure the lock vent is not covered in brine.
8. Ferment for [1...2] weeks or up to many months, then place in fridge until ready to purée. Make certain that everything is covered in brine.
9. Separate brine and ingredients, purée with $\approx 1/2$ Cup brine. Strain if desired; recommended if dried peppers are used. Optionally blend Achiote for color.
10. Add vinegar or brine to sauce to desired consistency, refrigerate.

EXPERIMENTS

- ⚠ Prevent spoilage by keeping ingredients submerged and by not removing the lid (keep it anaerobic). SEE Fiery Ferments 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. Consider compensating for example with Thai, Pequin, or Arbol.
- ⚠ This recipe should probably have some cabbage in order to jump-start fermentation.

§ 6.2 Fermented Red Hot Sauce

§ 6.2.1 Red No. 3

- 🕒 60 minutes 📅 4 weeks
 🥄 12 *fl oz*

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

- Follow the basic brine 6.1 with a 5.3% brine.
- Ferment 2 weeks, re-fridge 2 weeks, blend with $\frac{1}{2}$ Cup brine and white vinegar each, strain.

EXPERIMENTS

- ⚠ Look into using xanthan 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

Chapter 7

Pickles

§ 7.1 Basic Quick Pickles

- 🕒 15 minutes 📅 10 minutes (+1 day chill)
 ⦿ 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	4	<i>cloves</i>	garlic
1	<i>C</i>	water	$\frac{1}{2}$	<i>tsp</i>	oregano
1	<i>C</i>	vinegar	$\frac{1}{2}$	<i>tsp</i>	cumin seeds
2	<i>Tbs</i>	sugar	$\frac{1}{2}$	<i>tsp</i>	peppercorns
2	<i>Tbs</i>	salt			

we prefer
 black or
 white pep-
 percorns
 over pink

0. Smash garlic, peel, and cut off the woody end. Add spices to the bottom of the jar.
1. Slice vegetables and pack into the jar.
2. Simmer the water, vinegar, salt, sugar. Let cool ≈ 5 min.
3. Pour into jars leaving about a centimeter of head space and tighten lid loosely. Let cool on the counter at least until lukewarm, tighten lid.
4. 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.



Chapter 8

Ice Cream

§ 8.1 Chocolate Ice Cream

-  preparation time
-  cooking time
-  5 *Cups*
-  Joy of Cooking [7]

definitely
use dutch
process co-
coa for a
'dark choco-
late' flair

2	<i>C</i>	milk, whole	1/3	<i>C</i>	cocoa powder
3/4	<i>C</i>	sugar	1	<i>C</i>	heavy cream
4		egg yolks	1	<i>tsps</i>	vanilla

- Combine in saucepan over medium low heat the milk and 1/2 cups sugar, bring to light simmer stirring occasionally.
- Whisk egg yolks and 1/4 cups sugar in a medium bowl, whisk in cocoa.
- Pour slowly while stirring constantly about half of the hot milk into the eggs. Pour back into the saucepan.
- Cook stirring constantly over low heat until it reaches 175F°, and do not allow it to boil. Remove from heat.
- 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 9

Cookies, Cakes

§ 9.1 Italian Tricolors

- 🕒 1 hour (1.25 hour chilling) 📅 10 minutes
 🍪 36 cookies 📖 Italian Tricolors [5]

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

fresh almond paste
is critical

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

it's ok if a
few lumps
remain

- Preheat oven to $350\text{ }^{\circ}\text{F}$, grease three 8×8 " pans. Line bottoms w/ waxed paper, grease and flour the interior.
- 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.
- Divide batter into thirds into separate bowls. Blend green dye into one, red into another.
- For each mixture. transfer and spread evenly into the pans.
- Bake on two oven racks $10 - 12\text{ min}$ rotating between upper/lower halfway through.
- Cool in pans on wire racks 5 min . Run knife around sides to loosen layers. Invert onto racks and cool completely; removing the paper when done.
- Blend jam in food processor to remove the larger chunks.
- Assemble layers, green / white / red, with jam between. Melt on low chocolate / shortening, stirring frequently. Spread on top then refrigerate $\geq 1\text{ hour}$.
- 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 $\approx 3\text{ months}$.

add more
shortening or corn
syrup to the
chocolate
to make it
easier to cut

VARIATIONS

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

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

- 🕒 30 minutes (+90 min chill) 📅 12 minutes / batch
 🍪 40 cookies 📖 *Classic German Baking* [9]

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	<i>g</i>	butter, unsalted	200	<i>g</i>	flour, all purpose
75	<i>g</i>	sugar, powdered	1		egg yolk
1/8	<i>tsp</i>	salt	2	<i>Tbs</i>	whole milk
1/4	<i>tsp</i>	vanilla extract	2 1/2	<i>Tbs</i>	cocoa powder

0. Cream butter ≈ 1 minute, 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 hour.
2. Mix milk & egg yolk in a small bowl.
3. Make 4 square logs, brush sides w/ egg wash, press together and refrigerate ≈ 30 minutes.
4. Meanwhile preheat oven & line baking sheets with parchment paper.
5. Slice off cookies to 1cm or other desired thickness, bake 12...15 minutes.

other shapes are available, like 6 petal flowers, spirals, etc.

don't over bake, try adding another sheet below to shield the radiation

VARIATIONS

- 🍷 Dip into dark chocolate.



§ 9.3 Peppermint Fudge

- 🕒 15 minutes 📅 30 minutes
 🍪 60 squares 📖 *Cookie Swap* 2003

A Giesken Christmas tradition.

4	<i>C</i>	sugar	7	<i>fl oz</i>	marshmallow creme
10	<i>fl oz</i>	evaporated milk	1/2	<i>tsp</i>	peppermint extract
1	<i>C</i>	butter	2/3	<i>C</i>	peppermint candy
2	<i>C</i>	chocolate chips			

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 to 10 *minutes*.
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.



§ 9.4 Seven Layer Brownies

© 9 brownies  Rand Pearson

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.



§ 9.5 Elegant Wine Cake

© 2 loafs 📖 Lucille Steinmiller (Oma)

A Teresi Christmas tradition from Oma. Truly a refined and flavorful cake, perfect for sharing.

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 for 2 minutes on medium speed.
1. Bake in 2 loaf pans $\approx 9 \times 5$ " (greased and floured) at $350\text{ }^{\circ}\text{F}$ for 45 *minutes* 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.



Chapter 10

Pie

§ 10.1 Basic Flaky Pie Pastry

🕒 45 minutes 📅 1 hour (chill)
 🍷 1 pastry 📖 Pie [3]

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

works very
well as a
double batch

1 1/2	C	flour, all purpose	1/4	C	butter, unsalted
1 1/2	tsp	sugar	1/4	C	shortening
1/2	tsp	salt	1/4	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 $\approx 1.5...2$ Tbsat 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 *hour* or overnight.
4. Roll pastry onto wax paper, invert onto pie 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 || 15...17 *min* for a fully prebaked crust.



§ 10.2 Strawberry Rhubarb Crumb Pie

🕒 1 1/2 hours 📅 50 minutes
 🍷 1 pie 📖 Pie [3]

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.

don't eat
the rhubarb
leaves

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

make a high
crust to pre-
vent spills

place a
cookie
sheet un-
derneath to
catch spills

0. Prepare **10.1 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.

§ 10.3 Classic Lemon Meringue Pie

🕒 1 hour

🍷 1 pie 📖 Pie [3]

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.

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

0. Prepare pastry [10.1 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 || stiff peaks. Beat in vanilla briefly. Top the pie and broil.

Fresh lemons are critical, you'll need ≥ 2 . A little extra juice / zest is ok.



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