

# Teresi Family Cookbook

Michael Teresi

April 19, 2020





## Contents

<b>1</b>	<b>Breakfast</b>	<b>3</b>
1.1	Egg Bites, Sous Vide . . . . .	4
<b>2</b>	<b>Soup</b>	<b>6</b>
2.1	Turkey Gumbo . . . . .	7
2.2	Cajun Crabmeat Bisque . . . . .	8
<b>3</b>	<b>Sides</b>	<b>9</b>
3.1	Collard Greens, Thanksgiving . . . . .	10
<b>4</b>	<b>Entrées</b>	<b>11</b>
4.1	Mexican Beef Bowl . . . . .	12
4.2	Fettuccine Alfredo . . . . .	13
4.3	Christmas Rib Roast . . . . .	14
4.4	Chili Colorado . . . . .	15
4.5	Chili Schwarz . . . . .	16
<b>5</b>	<b>Hot Sauce</b>	<b>17</b>
5.1	Base Brined Hot Sauce . . . . .	18
5.2	Fermented Red Hot Sauce . . . . .	19
5.2.1	Red No. 3 . . . . .	19
<b>6</b>	<b>Ice Cream</b>	<b>20</b>
6.1	Chocolate Ice Cream . . . . .	21

<b>7</b>	<b>Cookies, Cakes</b>	<b>22</b>
7.1	Italian Tricolors . . . . .	23
7.2	Schwarz-Weiss Gebäck . . . . .	25
7.3	Peppermint Fudge . . . . .	27

## 1 Breakfast

## 1.1 Egg Bites, Sous Vide

-  15 minutes
-  1 hour
-  12
-  Anova Culinary

### Preparation

- 1 Set the water bath for  $172F^{\circ}$  /  $77.8C^{\circ}$ .
- 2 Add a coating of butter / crisco / etc. to the jar interiors to allow egg bites to release.
- 3 Cook bacon & cut slices in half. Grate cheese.
- 4 Add 1/2 of a bacon slice to each jar.
- 5 Blend eggs, cheeses, salt. Add egg mixture to each jar.
- 6 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.
- 7 Add jars to water bath and cook for *1hour*. Remove, cool, tighten lids, and refridgerate up to *≈ 1week*.
- 8 Reheat by: *a)* microwave for [1...1.5 *minutes*] *b)* invert & remove, broil for a few minutes.

### Ingredients

- 12 large eggs
- 1 C Gruyere
- 1/2 C cream cheese
- 1/4 tsp salt
- 6 slices bacon
- 12 canning jars (4oz) & lids





### Hint

- *The cream effects the texture of the eggs: milk for flan-like, cream for fluffier, cream & cottage cheese (50/50) or cream cheese for in-between (but this will require more experimentation to verify).*
- *Other flavors are available, such as tomato / basil, broccoli, red pepper, pickled jalepeños. Experiment and add to this recipe.*
- *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 Soup

## 2.1 Turkey Gumbo

-  10 minutes
-  4 hours 20 minutes
-  3 quarts (4...6 people)
-  Pamela Teresi

### Preparation

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

### Ingredients

- 1 lb sausage, smoked
- 2 C turkey
- 1/4 C vegetable oil
- 1/4 C flour
- 5 stalks celery
- 2 medium onions
- 2 C turkey
- 4 C stock || broth
- 1 tsp gumbo filé
- 1/2 tsp salt
- 2 1/2 C cooked rice

### Hint

- *Andouille sausage works particularly well.*
- *Serve with hot sauce & yeast rolls.*
- *Traditionally served the day after Thanksgiving.*

## 2.2 Cajun Crabmeat Bisque



45 min



45 min



5 people



Art of the Palate; 2006 (Pamela Teresi)

### Preparation

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

### Ingredients

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




### Hint

- Serve with hot sauce & yeast rolls.
- Vary amount of stock, crab, cayenne to taste. Adding a quart of stock & 8 oz crab can work.



### 3 Sides

## 3.1 Collard Greens, Thanksgiving

 30 minutes  
 2...6 hours  
 4...6 people

### Preparation

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

### Ingredients





1 lb	Collard Greens
2	turkey necks, smoked
6 C	water
2 Tbs.	butter
2 Tbs.	vinegar
1 tsp.	sugar
1 tsp.	pepper
1 tsp.	hot sauce

### Hint

- *Substitute a ham hock for the turkey necks for a more traditional dish.*
- *Consider adding garlic, bay leaf, and/or bacon after the stock is complete.*

## 4 Entrées

## 4.1 Mexican Beef Bowl

 20 minutes  
 30 minutes  
 2...4 people  
 Blue Apron

### Preparation

- 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  $450F^{\circ}$ .
- 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 ( $\approx 3/4$  Tbs) at end, cook  $\approx 1$  *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.

### Ingredients

#### Beef:

1 lb ground beef  
 1/2 lb tomatoes, cherry  
 1/2 lb carrots  
 1 lime  
 1/4 C jalepeños, pickled  
 1/4 C sour cream  
 4...8 oz cheese, cotija  
 3 Tbs spice blend  
 1 C rice

#### Spices:

2 Tbs Guajillo powder  
 1 Tbs chili powder  
 1 Tbs paprika, smoked  
 1 Tbs cumin  
 1 Tbs marjoram  
 1/2 Tbs garlic, ground  
 1/2 Tbs salt

### Hint

- Chorizo works well in place of part or all of the beef. Season accordingly.
- Vary the amount of tomatoes, carrots, jalepeños to taste. More carrots works particularly well.
- Cotija cheese is worth the effort to find it, but melted mozzarella works too.
- Try replacing the rice with riced cauliflower. Cut into small pieces, chop in food processor with garlic, optionally frying in pan with or without oil.
- Ancho chili powder works particularly well.
- For the Guajillo powder, buy the dried chilies, remove the seeds, grind in a coffee grinder.
- The spice list is more of a guideline, experiment with the recipe, such as adding a few Arbol or another dried chili.

## 4.2 Fettuccine Alfredo



10 minutes



20 minutes



2 people



Better Homes and Gardens; New Cook Book

### Preparation

- 1 Prepare pasta according to the packaged directions. Meanwhile, grate cheese and crush garlic.
- 2 Saute crushed garlic in butter in a large saucepan  $\approx$  1 *minute* on medium-high.
- 3 Add cream, salt, pepper to sauce. Bring to boil then reduce heat, simmer uncovered  $\approx$  3 *minutes* or until it begins to thicken.
- 4 Remove from heat add cheese.
- 5 Drain pasta, add to sauce, toss to combine.

### Ingredients

- |         |                  |
|---------|------------------|
| 8 oz    | dried fettuccine |
| 2...4   | garlic, cloves   |
| 2 Tbs   | butter, unsalted |
| 1 C     | cream, heavy     |
| 1/2 tsp | salt             |
| 1/8 tsp | pepper, black    |
| 2 oz    | cheese, Parmesan |

### Hint

- For shrimp alfredo add  $\approx$  8oz 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 Christmas Rib Roast



1 hour



2 hour 15 minutes

1 *person* / 1 *lb* rib roast

Ralph Nelson (Fa)

### Preparation

- 1 Let stand at room temperature for one hour.
- 2 Rub black pepper & salt on roast. Preheat oven to 400  $F^\circ$ .
- 3 Place roast on pan fat side up. Do not cover or add water.
- 4 Bake 15 *minutes* at 400  $F^\circ$ .
- 5 Lower to 375  $F^\circ$ , bake for 45 *minutes*.
- 6 Turn off heat, do not open oven. Bake for about 30 *minutes*.
- 7 35...45 *minutes* before eating, turn on oven to 375  $F^\circ$





### Ingredients

1 lb	standing rib roast /
	person
to taste	black pepper
to taste	salt

### Hint

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

## 4.4 Chili Colorado

 30 minutes  
 2 hours  
 4 people  
 Rick Martinez; Bon Apetit

### Preparation

- 1 Measure the spices, chop the sage, and crush the garlic.
- 2 Prepare the pork. Cut into  $\approx 1$  inch cubes, toss with salt, pepper.
- 3 Brown the pork. Heat a neutral oil almost to smoking point in a  $\geq 3.5$  quart pot. Reduce to medium high. Brown in batches so as to not overcrowd, de-glazing if necessary to prevent burning.
- 4 Add spices, stir for about a minute.
- 5 Add 5 Cups stock, simmer uncovered for 1 hour.
- 6 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.
- 7 Add blended chilies to the soup at the end of the first simmer. Simmer for 45 minutes uncovered.
- 8 Season with salt pepper to taste.




### Ingredients

5 ancho  
 2 pasilla  
 2 guajillo  
 8 C stock, chicken  
 2 lb pork shoulder  
 6...9 garlic cloves  
 2 bay leaves  
 1 Tbs cumin, ground  
 2 tsp sage, fresh  
 2 tsp oregano, Mexican

### Hint

- "Chili Colorado" means "chili colored red" rather than from the state of Colorado.
- Toss pork with a bit of flour as well to thicken the chili further.
- Marjoram can be a substitute for the Mexican oregano if necessary, but not Mediterranean oregano.
- Serve with tortillas, and the carrots from 'Mexican Beef Bowl' 4. Rick Martinez recommends rice, beans a la charra, and tortillas.

## 4.5 Chili Schwarz

 1 hour  
 1 hour  
 4 people

### Preparation

- 1 Preheat oven to 400  $F^{\circ}$ . 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).
- 2 Add chilies & garlic to a bowl, cover w/ boiling water. Keep submerged, cover w/ plastic wrap, steep for 20...30 *min*.
- 3 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.
- 4 Julienne the onion, lightly sauté in pan. Meanwhile slice the Pablano, roughly chop the carrots, set aside.
- 5 When the chilies are done remove from the water into a food processor. Add black garlic. Blend well for  $\approx 5$  *min*.
- 6 Add cumin to beef, stir  $\approx 1$  *min*, add chili sauce.
- 7 Add onion, broth / stock, bay leaf, oregano. Bring to simmer. Simmer for  $\approx 30...60$  *min*.
- 8 Meanwhile, sauté the carrot, add to chili, repeat with Pablano. Season with salt.

### Ingredients

3	Ancho
3	Pasilla
1	Guajillo
8 C	stock / broth
1...2 lb	ground beef
1	onion, red
1...2	Pablano
3	carrots
3	garlic cloves
3	black garlic cloves
2	bay leaves
1 Tbs	cumin, ground
2 tsp	oregano, Mexican





### Hint

- Consider adding ground Arbol to leftovers which will mellow out.



## 5 Hot Sauce

## 5.1 Base Brined Hot Sauce

-  60 minutes
-  2 weeks
-  12 fluid ounces
-  Fiery Ferments[2]; *Pickl-It*

### Preparation

- 1 Sanitize equipment with Star San or equivalent.
- 2 Prepare a [5...5.3]% brine by weight,  $\approx 3/4$  volume of jar.
- 3 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.
- 4 Prepare fresh peppers by removing stems / seeds and cutting into large portions.
- 5 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 Achioté for post fermentation.
- 6 Add a fermentation weight to top of ingredients.
- 7 Add brine mixture, leaving  $\approx 1cm$  of head space. Remove ingredients floating on top of brine.
- 8 Add lid and air lock, making sure the lock vent is not covered in brine.
- 9 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.
- 10 Separate brine and ingredients, purée with  $\approx 1/2$  Cup brine. Strain if desired; recommended if dried peppers are used. Optionally blend Achioté for color.
- 11 Add vinegar or brine to sauce to desired consistency, re-refrigerate.

### Ingredients

- 1 Mason jar, 32 oz
- 1 Pickling weight
- 1 Air lock
- Star San
- water, un-chlorinated
- salt, un-iodized
- peppers, fresh || dried
- spices

1/4 tsp Achioté

### Hint

- *This base recipe is the technique for whole brined peppers c.f. mashed peppers. Peppers are fermented whole and then puréed rather than mashed prior to fermentation, SEE "Mixed-Media Basic Mash" of Fiery Ferments.*
- *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.*

## 5.2 Fermented Red Hot Sauce

### 5.2.1 Red No. 3



60 minutes



2 weeks



12 fluid ounces

#### Preparation

- 1 Follow the basic brine 5.1 with a 5.3% brine.
- 2 Ferment 2 weeks, re Fridgerate 2 weeks, blend with 1/2 *Cup* brine and white vinegar each, strain.

#### Ingredients

- |         |                     |
|---------|---------------------|
| 8       | Fresno              |
| 6       | Cherry              |
| 6       | Thai                |
| 3       | Guajillo            |
| 3       | Arbol               |
| 1       | Shallot             |
| 1 tsp   | Indian Green pepper |
| 1/4 tsp | Achiote             |
| 1 Tbs   | Oil, vegetable      |

## 6 Ice Cream

## 6.1 Chocolate Ice Cream

🕒 5 Cups  
📖 Joy of Cooking<sup>[1]</sup>

### Preparation

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

### Ingredients

2 C	milk, whole
1/2 C	sugar
4	egg yolks, large
1/4 C	sugar
1/3 C	cocoa powder, dutch
1 C	cream, heavy
1 tsp	vanilla

---

### Hint

- Try marshmallow oreo: 1 cup broken oreos in mixer at end, fold in marshmallow fluff after mixing.

## 7 Cookies, Cakes

TODO collage of images

TODO add a sub header to the recipe title (e.g. a commit msg)






NOTE consider using bold font in key areas of the steps (e.g. the first sentence?)

TODO fix reference/label between recipes, add recipe name to ref (SEE chili colorado)

TODO add experimentation section, like the hints

TODO consolidate images to top level folder `/img/` instead of per section?

## 7.1 Italian Tricolors

-  1 hour (plus cooling/ chilling)
-  10 minutes,  350  $F^{\circ}$
-  ~ 36 cookies
-  Good Housekeeping 2013 (magazine pg. 69-70)

### Preparation

- 1** Preheat oven (350 $F^{\circ}$ ), grease three 8"  $\times$  8" (square) pans. Line bottoms w/ waxed paper, grease and flour paper.
- 2** In large bowl w/ mixer at medium-high speed, blend: almond paste, butter, sugar, almond extract. There will be small lumps remaining. Reduce to medium and add eggs one-at-a-time. Reduce to low and beat in flour & salt until just combined.
- 3** Divide batter into thirds into separate bowls. Blend green dye into one, red into another, leaving one un-tinted.
- 4** For each mixture, transfer into prepared metal pan and spread evenly (e.g. with an offset spatula).
- 5** Bake on two oven racks 10 – 12 *minutes* rotating pans between upper/lower racks halfway through. Ensure layers are set such that a toothpick inserted in the center comes out clean.
- 6** Cool in pans on wire racks 5 *minutes*. Run knife around sides to loosen layers. Invert onto racks, leaving wax paper attached, and cool completely.
- 7** When layers are cool, use a food processor or sieve to remove large chunks from the fruit preserves. Remove the waxed paper from the layers. Assemble by inverting the layers and spreading the preserves in the following order: green, 1/2 of the preserves, white, 1/2 of the preserves, red. Heat the chocolate and shortening on low in a 1-quart saucepan, stirring frequently until melted. Spread on top of the red layer, but not the sides, and refrigerate at least 1 hour.
- 8** To serve, let rest at room temperature for at least 5 minutes then trim the edges and cut into squares (about 36 pieces). Store cookies in a single layer in a tightly covered container in the refrigerator up to 1 week or in the freezer up to 3 months.

### Ingredients

- 7 to 8 oz almond paste
- 3/4 C butter or margarine, softened
- 3/4 C sugar
- 1/2 tsp almond extract
- 3 L eggs
- 1 C all purpose flour
- 1/4 tsp salt
- 15 drops red food coloring
- 15 drops green food coloring
- 2/3 C apricot preserves
- 3 oz semisweet chocolate
- 1 tsp vegetable shortening





### Hint

- Use fresh almond paste, try dark chocolate, try adding liqueur to the fruit, try adding zest in the cake layer.
- Reduce cracking in chocolate by increasing shortening or adding corn syrup or raising temperature.
- Try other combinations of colors and preserves for different events, such as red/white/blue with cherries for 4<sup>th</sup> of July, and orange/white/black for Halloween.
- A double batch may prevent breaking and make it easier to spread in the pan.





## 7.2 Schwarz-Weiss Gebäck

-  30 minutes prep & 1.5 hour chill
-  12-15 minutes per batch, 🔥 350  $F^{\circ}$
-  ~ 40 cookies
-  Classic German Baking (Lusia Weiss 2016)

### Preparation

- 1 Cream butter ~ 1minute, add sugar, salt, vanilla, then cream. Add flour and mix until just combined.
- 2 Take 1/2 dough, make a disk, wrap in plastic wrap. Mix cocoa into other half of dough, wrap as well, refrigerate both ~ 1hour.
- 3 Combine milk & egg yolk in a small bowl.
- 4 Make 4 square logs, brush sides w/ egg wash, press together and refrigerate ~ 30minutes.
- 5 Preheat oven & line baking sheets with parchment paper while chilling.
- 6 Slice off cookies to 1cm or other desired thickness, bake 12 – 15minutes

### Ingredients

- 10.5 Tb unsalted butter (150g)
- 9 Tb confectioners sugar (75g)
- 1/8 ts salt
- 1/4 ts vanilla extract
- 1 2/3 Cup all purpose flour (200g)
- 1 egg yolk
- 2 Tb whole milk
- 2 1/2 Tb cocoa powder

### Hint

- Try other designs such as pinwheels, 3x3 checkerboards, ying-yangs, marble, stripes, etc.
- Try dipping bottom in chocolate.
- Try arranging little balls into 6 sided flowers instead of slicing.
- Try not to over bake for aesthetics.



## 7.3 Peppermint Fudge



30 *min*



~ 60 squares



Cookie Swap 2003

### Preparation

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

### Ingredients

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

## References

- [1] Irma S. Rombauer, Marion Becker, and Ethan Becker. *Joy of Cooking*. 2006, p. 1152. ISBN: 0743246268.
- [2] Kirsten K. Shockey and Christopher Shockey. *Fiery Ferments*. 2017. ISBN: 1612127282.