

# 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.

 for 'vegetarian'

## § 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.*

add hints to margin

group titles optional

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

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

### VARIATIONS

- 🔗 First variation...
- 🔗 Second variation...

### EXPERIMENTS

- ⚠ First experiment...
- ⚠ Second experiment...



# Chapter 1

# Breakfast

## Contents

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## § 1.1 Spinach Artichoke Quiche

🕒 45 min 📅 45 min 📖 Mike & Jane  
 👤 4 people 📖 Joy of Cooking [46]

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

See 17.1 for  
pastry recipe.

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

*If using pre-mad pastry, roll it out a little more.*

See 17.1 for  
more partial  
prebake  
details.

0. Reserve a large bowl and large pie pan.
1. Prepare pastry and chill prior. Preheat oven to 400  $F^{\circ}$ .
2. Measure spinach, artichokes. Grind salt, pepper, marjoram.
3. Begin to cook the onion. Slice onion, cook over medium-low heat with a little olive oil while stirring occasionally.
4. Begin to partially prebake the pastry. Butter pie pan, add pastry, pre-bake for 15 min @ 400  $F^{\circ}$  w/ weights, [10..12] min @ 375  $F^{\circ}$  w/o weights. Set aside 1 egg yolk and immediately brush with egg yolk when removed from oven.
5. Meanwhile, roughly chop artichokes & spinach, shred cheese.
6. Prepare vegetables. Add spinach to onions. Add garlic, butter, and cook  $\approx 1$  min, take off the heat.
7. Combine remaining eggs, cream, salt, pepper, marjoram.
8. Layer into pie: cheese, vegetables, egg mixture. Optionally garnish with 1/2 tsp paprika for some pizzazz.
9. Bake at 375  $F^{\circ}$  for 30 min, broil briefly, rest 10 min.

### VARIATIONS

- 🍴 Quiche Lorraine uses bacon and Gruyere, quiche Florentine is spinach and Gruyere, and leek and onion appear popular.
- 🍴 Other milk varieties are available but heavy cream will make the best texture in my humble opinion.

Check @ 20  
min and  
add foil  
to edges  
if needed  
to prevent  
burning.



## § 1.2 Overnight Oats

🕒 10 min 📖 Mike & Jane  
 ⌚ 3 ⌚ 12 hr 📖 *Overnight Oats* [32]

*A quick breakfast to make ahead on the weekend.*

$\frac{1}{2}$  C **oats (quick || rolled)** 1 **banana**  
 $\frac{1}{2}$  C **milk**  $\approx 4$  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 uses honey, replaces banana & jam w/ fresh strawberries.

🍯 Other jams, peanut butter, granola, chia seeds, etc. are popular.

*A just green  
banana  
is best.*

*Rolled oats  
will keep  
their shape  
moreso  
than quick.*

*See [32]  
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. Add cupcake liners to muffin tin. Preheat oven to 350  $F^\circ$ .

4. Add the potato to skillet, stirring occasionally. Cook  $\approx 5$  min.

5. Add onion to skillet, cook  $\approx [5...10]$  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.

### VARIATIONS

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

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

## § 1.4 French Toast Casserole

🕒 30 min 📅 35 min 📖 Mike & Jane  
 ⌚ 8 ⌚ 12 hr 📖 Chris Berg & Pam Teresi

*A Teresi Christmas tradition. Prepare the night before for an easy breakfast. See 1.5 Sausage Casserole for the savory counterpart.*

16 oz	bread	$\frac{1}{2}$ C	brown sugar
16 fl oz	light cream	8 Tbs	butter
12 large	eggs	1 Tbs	cinnamon
		$\approx \frac{1}{2}$ tsp	nutmeg

*An italian, challah, or brioche loaf all work.*

0. Grease a  $\approx 13 \times 9$  inch pan.
1. Mix cinnamon and brown sugar, set aside.
2. Dice bread loaf into  $\approx [1..2]$  inch cubes, add to pan.
3. Beat eggs in a large bowl, beat in cream, fold mixture into bread.
4. Cover pan and refridgerate overnight.
5. Next morning preheat oven to  $350\text{ }F^{\circ}$ .
6. Sprinkle sugar on top of casserole, melt butter, pour over sugar.
7. Bake 35 min, let cool 10 min. Grate some nutmeg on top, serve w/ maple syrup.

### VARIATIONS

🍷 Try also with pecans or mixed berries.

## § 1.5 Sausage & Mushroom Breakfast Casserole

🕒 1 hr 📅 1 hr 📖 Mike & Jane  
 ⌚ 8 ⌚ 12 hr 📖 Pam Teresi & Southern Living '86

*A Teresi Christmas tradition. Prepare the night before for an easy breakfast. See 1.4 French Toast Casserole for the sweet counterpart.*

3 C	croutons	$2\frac{1}{4}$ C	whole milk
1 lb	breakfast sausage	16 oz	mushrooms
$\frac{1}{2}$ lb	bacon	2 C	cheddar
4 large	eggs	$\frac{3}{4}$ tsp	dry mustard

0. Clean the mushrooms and slice  $\approx \frac{1}{4}$  inch thick. Cook on medium high in a large skillet.

1. Slice bacon to  $\approx 2$  *inch* strips, add to mushrooms.
2. Begin cooking sausage on medium high in another skillet.
3. Remove bacon just before it starts to get crispy. Cook mushrooms and sausage until well browned. Set aside.
4. Grease a 13x9 *inch* pan, add croutons.
5. Beat eggs in a large bowl, beat in milk, mustard.
6. Add mushrooms, bacon, sausage over croutons. Pour eggs over.
7. Seal with lid and refridgerate overnight.
8. In the morning, preheat oven to 350  $F^\circ$ . Remove from fridge and let stand for 30 *min*.
9. Bake for 50 *min*. Meanwhile, shred the cheese, set aside.
10. Remove from oven, add cheese on top, bake another 5 *min*.

*Break up  
sausage  
gradually.  
Be care-  
ful not to  
burn it.*

*Always  
serve with  
hot sauce.*

### VARIATIONS

- § Substitute a 10.75 *oz* can of cream of mushroom soup for the mushrooms. Add to egg / milk mix.



# Chapter 2

## Sous vide

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## § 2.1 Egg Bites

🕒 25 min 📅 1 hr 📖 Mike & Jane  
 🕒 12 jars 🕒 1 hr 📖 *Sous Vide Egg Bites* [41]

*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 for all tastes.*

12 large	eggs	$\frac{1}{2}$ C	cream cheese
1 C	Asiago	$\approx 3$ Tbs	butter
8 oz	mushrooms	$\frac{1}{4}$ tsp	salt
6 slices	bacon	12 4 fl oz	canning jars

0. Set the water bath for  $172\text{ }^{\circ}\text{F}$  /  $77.8\text{ }^{\circ}\text{C}$ .
1. Grease jar interiors w/ butter || crisco etc.
2. Slice mushrooms and begin to sauté w/ dash of salt. Meanwhile slice bacon in half and add. Remove bacon when still slightly chewy, remove mushrooms when well browned.
3. Meanwhile, grate the cheese.
4. Add bacon & mushrooms to each jar.
5. Whisk eggs, cheeses, salt. Add egg mixture to each jar.
6. Optionally, add a small pat of butter on top to each jar.
7. 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.
8. Add jars to water bath and cook for 1 hour. Remove, cool, tighten lids, then refrigerate up to  $\approx 1\text{ week}$ .
9. Reheat by: a) microwave for  $[1...1.5]\text{ min}$ , or b) invert & remove, broil for a few minutes.

*Greasing the jars is important as the eggs can get stuck.*

### VARIATIONS

- 🍷 Jane likes red pepper, the original recipe was bacon & 1C Gruyere.
- 🍷 Many ingredients are available, try spinach / feta, basil, chilis, chorizo, potato, tomatoes, etc.

### EXPERIMENTS

- 🏠 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.



## § 2.2 Ribeye Steak

Also see [33]  
for technique.

🕒 10 min 📅 [40 min...2½ hr] 📖 Mike & Jane  
🔍 2 📖 Sous Vide Ribeye [34]

*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.*

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

0. Prepare water bath at 125  $F^\circ$ .

1. Rub steak evenly with spices and dash of oil. Seal into bag.

*No need to rest it.*

2. Cook in water bath for [40 min...2 ½ hr] (see variations).

*Sear quickly, don't over-cook.*

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/  $\approx 1$  Tbs oil until smoking. Melt the butter then lay steak into pan. Cook each side  $\approx 30$  sec. Lift with tongs to cook each edge  $\approx 15$  sec.

5. Remove and serve. Spoon some of the juice from the pan on top.

### VARIATIONS

*Do not cook > 2½ hr if < 130 $F^\circ$  for food safety!*

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

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

🔗 Replace spices w/ Worcestershire sauce or pickle juice.

🔗 Add fresh thyme or rosemary.

🔗 Add butter at end of searing to reduce the char.



## § 2.3 Shrimp

🕒 10 min 📅 [15 min...1 hr] 👤 Mike & Jane  
 🍳 2 📖 Sous Vide Shrimp [35]

*Perfect shrimp every time.*

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

*Baking soda  
 gives it a  
 snappier  
 texture.*

0. Prepare water bath at 135  $F^{\circ}$ .
1. Add ingredients to a bag, shake, and seal.
2. Cook [15 min...1 hr].

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

### VARIATIONS

- 🔗 Change the temperature to tune the texture.

translucent, soft & buttery	[125] $F^{\circ}$
nearly opaque, very tender	[130] $F^{\circ}$
barely opaque, tender	[135] $F^{\circ}$
traditional poached, firm	[140] $F^{\circ}$

- 🔗 Use oil or butter, and/or other spices.



# Chapter 3

## Soup

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## § 3.1 Thanksgiving Turkey Gumbo

🕒 30 min 📅 4 hr 📖 Teresi Family  
 👤 [4 ... 6] people

*A Teresi tradition; Scott says it is “the best part of Thanksgiving.” Create a stock with the turkey bones for some extra pizzazz.*

*Andouille  
sausage  
is best.*

12 oz	smoked sausage	4 C	stock
2 C	shredded turkey	1 tsp	gumbo filé
1/4 C	vegetable oil	1 tsp	salt
7 Tbs	flour	1 tsp	marjaoram
2 C	white onions	1 tsp	white pepper
3/2 C	celery	≈ 1 C	white rice
1/2 C	green bell pepper		

0. Reserve a dutch oven and skillet.
1. Dice vegetables & turkey, rangiri cut the sausage, set aside.
2. Make the roux. Combine flour & oil, stirring constantly on medium-high heat until light brown,  $\approx 15 \dots 20$  min.
3. Add celery, onions, salt; cook  $\approx 10$  min; deglaze w/ beer.
4. Meanwhile lightly brown the sausage.
5. Add turkey, sausage, stock. Simmer  $\approx 4$  hr.
6. Prepare rice to serve when gumbo is complete.
7. Add gumbo filé & marjoram, then salt & pepper to taste.

*Serve w/  
Ciabatta.*

### EXPERIMENTS

- ⚠ Should add garlic after mirepoix.

## § 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.*

14.5oz is  
the standard  
can weight.

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

0. Reserve a  $\geq 3.5$  *quart* pot. Chop the onion, smash & peel the garlic, drain the beans, shred the cheese.
1. Brown  $\approx \frac{1}{2}$  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  $\approx 2$  *min*.
3. Add stock, beans, tomatoes, and bring to a boil. Reduce heat and let simmer  $\approx 30$  *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  $\approx 5$  *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

🕒 25 min 📅 25 min 📖 Mike & Jane  
 🕒 4 📖 *Lasanga Soup* [36]

*A fairly simple Soup of lasagna.*

8 oz	lasagna noodles	1 bottle	Chianti
1/2 lb	Italian sausage	4 C	broth
1	onion, white	15 oz	tomatoes, crushed
4 cloves	garlic	1/2 C	basil
1 tsp	oregano	1/2 C	parmesan
1 tsp	marjoram	1/4 C	cream
2 Tbs	tomato paste		

1. Reserve a  $\geq 3.5$  quart pot for both the soup & noodles.
1. Break the noodles into pieces. Chop the onion. Smash then peel the garlic.
2. Cook the noodles al dente and toss with oil.
3. Meanwhile brown the sausage on medium high. Stir and break apart the sausage until browned, deglaze w/ some Chianti.
4. Add the oregano, marjoram, onion, cook  $[2 \dots 4]$  min.
5. Add the tomato paste and garlic, sauté  $[1 \dots 2]$  min.
6. Add the broth and tomatoes, simmer  $\approx 10$  min.
7. Meanwhile, chop the basil, shred the cheese.
8. Stir in the noodles, basil, cheese, cream. Simmer  $\approx 2$  min.
9. Serve topped w/ basil and a glass of Chianti.

*Hot Italian sausage is best.*

*Also try serving w/ ricotta on top.*

### EXPERIMENTS

- ⚠ The parmesan does not dissolve well, perhaps slices of asiago would work better?



# Chapter 4

## Sides

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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.*

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

*Smoked  
turkey necks  
works best.*

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 ( $\approx 15$  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  $\approx 1$  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 C	<b>macaroni</b>	$\frac{1}{4}$ tsp	<b>salt</b>
$\frac{1}{4}$ C	<b>butter</b>	$\frac{1}{4}$ tsp	<b>pepper</b>
3 Tbs	<b>flour</b>	2 tsp	<b>mustard, Dijon</b>
2 C	<b>milk</b>	2 $\frac{1}{2}$ C	<b>cheddar, sharp</b>
8 oz.	<b>cream cheese</b>		

*About 6  
oz 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  $\approx 9 \times 13''$  or  $\approx 10 \times 15''$  pan, bake at  $400\text{ }F^{\circ}$  for  $[20 \dots 25]$  min.

*Add as much  
extra cheese  
as you want.*



# Chapter 5

## Drinks

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## § 5.1 Syrups

### § 5.1.1 Simple Syrup

🕒 5 min

🕒 ≈ 1 Cup  The Cocktail Seminars [22]

*Simple syrup is a 1:1 by volume mix of water and sucrose.*

$\frac{1}{2}$  C **water**


$\frac{1}{2}$  C **white sugar**

0. Microwave water to near boil, combine with sugar.

1. Bottle, cool, and refridgerate up to 3 weeks.

### § 5.1.2 Rich Syrup

🕒 5 min

🕒 ≈ 1 Cup  The Cocktail Seminars [22]

*Rich syrup is a 2:1 by volume mix of water and sucrose.*

$\frac{1}{3}$  C **water**

$\frac{2}{3}$  C **white sugar**


0. Microwave water to near boil, combine with sugar.

1. Bottle, cool, and refridgerate up to 3 weeks.

*Rich syrup  
dilutes a  
drink less  
than **Simple  
Syrup** &  
provides  
a silky  
mouthfeel.*

### § 5.1.3 Honey Syrup

🕒 5 min

🕒 ≈ 1 Cup  Mike & Jane  
 The Cocktail Seminars [22]

*Honey diluted with water to improve solubility. This form is easier to measure and mix with cold liquids. Approximately  $\frac{3}{4}$  C honey to  $\frac{1}{4}$  C water.*

≈ 250 g **honey**

60 g **water**

0. Microwave water to lukwarm, transfer to bottle.

1. Add honey and shake until dissolved.

2. Refridgerate up to 3 weeks.

*$\frac{3}{4}$  fl oz  
of this can  
replace  
 $\frac{1}{2}$  fl oz  
honey [22].*

### § 5.1.4 Ginger Simple Syrup

🕒 5 min

🥄 ≈ 1 Cup

📖 Aloha Kitchen [1]

*Ginger flavored simple syrup.*

1/2 C	<b>water</b>
1/2 C	<b>white sugar</b>
≈ 1 inch	<b>ginger root</b>

0. Peel and crush ginger into saucepan, add water & sugar.
1. Bring to simmer and stir over medium heat until fully dissolved.
2. Take off heat, steep ≈ 1hr, strain & bottle.

### § 5.1.5 Demerara Simple or Rich Syrup

*Mike likes  
Piloncillo for  
it's complex  
flavor.*

🕒 5 min

🥄 ≈ 1 Cup

📖 Mike & Jane

📖 The Cocktail Seminars [22]

*This syrup is used to impart a richer flavor compared to **Simple Syrup**. The measurements below use the traditional 1:1 and 2:1 ratio by volume. Demerara, Piloncillo, and Turbinado are raw granulated sugars, or **Non-Centrifugal Cane Sugar (NCS)**, meaning it has been reduced with evaporation rather than a centrifuge[16].*

*Demerara,  
Turbinado,  
& Pilon-  
cillo are  
0.81 g/ml  
or 192 g/C  
[3][5][4].*

	<i>simple</i>	<i>rich</i>
120 g	<b>water</b>	80 g <b>water</b>
150 g	<b>Demerara sugar</b>	200 g <b>Demerara sugar</b>

0. Bring the water to a near boil on medium / high heat.
1. Add the sugars, turn off heat, stir until dissolved,
2. Let cool, refridgerate up to 3 weeks.

#### EXPERIMENTS

⚠ Should validate the densities, though it's probably not critical.

#### VARIATIONS

🔗 Many **NCS** varieties exist, e.g. Demerara, Turbinado, blanco / oscuro Piloncillo, Jaggery.

### § 5.1.6 Smuggler's Cove Demerara Syrup

🕒 5 min

🍹 ≈ 1½ Cup

📖 Smuggler's Cove [37]

The custom 2:1 rich syrup used by Smuggler's Cove. Demerara sugar is an raw sugar that has a caramel character. Demerara differs from brown sugar in that it is refined to a point where some molasses flavor remains, while brown sugar is white sugar with some molasses added back in.

*Turbinado is an acceptable substitute but may be slightly more subtle than Demerara.*

½ C water

¾ C white sugar

¼ C Demerara sugar

0. Bring water to a boil over medium/high heat.
1. Add the Demerara sugar, stir until dissolved.
2. Add the white sugar, stir until dissolved.
3. Remove and let cool, refigerate up to 3 weeks.

### § 5.1.7 Super Joose, or, Acid Adjusted Citrus

🕒 30 min

🍹 ≈ 12 fl oz

🕒 2 hr

📖 Kevin Kos[31]

A shelf stable and high yielding preparation for citrus juice. Peels are combined with acids, diluted, blended, and strained. The recipe addresses two issues: succinic acid causes oxidation, and the peels are normally wasted. The solution is to use an oleo citrate by dissolving the citrus oil with citric and malic acids, then combine it with the original juice. The overall reduction in succinic acid results in a longer shelf life and the incorporation of the peel produces a higher yield. Oleo citrate is very similar to oleo saccharum which uses sugar instead of acid, commonly used for punch[39].

*Use a sharp peeler to minimize the pith cut from the peel.*

2 limes

⅔ x weight of peel citric acid

⅓ x weight of peel malic acid

16 ⅔ x weight of peel water

0. Peel the citrus and measure the weight of the peels.
1. Measure the acids by weight compared to the weight of the peels.
2. Combine acids and peels in a jar, shake, and macerate [1..2] hr.
3. Juice the fruit, combine everything (w/ peels), blend for 2 min.
4. Strain w/ cheescloth, squeeze to get all the juice out.
5. Bottle and refigerate up to 2 week.

*Rinse out jar w/ part of the water to get it all into the blender.*

Kevin Kos  
advises that  
super grape-  
fruit may  
not be a good  
1:1 sub for  
squeezed  
since the  
peels are  
strongly  
flavored[30].

## VARIATIONS

- ☞ Other citrus varieties are available using the following ratios[29][31].  
Note that grapefruit is the only one using MSG, which is used  
as a substitute for glutamic amino acid[30].

ingredient	lime	lemon	orange	grapefruit
citric acid	0.66	1.00	0.90	0.80
malic acid	0.33		0.10	0.20
water	16.66	16.66	16.66	16.66
MSG				0.033

## ★ ★ ★ § 5.2 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.*

*Coco got a  
lot of iron.*

8 fl oz **coconut juice**      2 fl oz **aged rum**  
1½ fl oz **lime juice**      1 Tbs **sugar**

*Make you  
strong like a  
lion.*

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.

## ★ ★ ★ § 5.3 Caipirinha

Marina  
makes this to  
taste, these  
ratios are  
guidelines.

- 🕒 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.
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.

*Domino*  
*‘quick*  
*dissolve’*  
*sugar is best.*

### VARIATIONS

☞ Strawberry / passion fruit are popular. Muddle them w/ limes.

## § 5.4 Margarita

### § 5.4.1 Original Margarita

★ ★ ★

🕒 5 min

📖 Original Margarita [12]

🍹 1

*Mike*  
*likes this.*

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

0. Shake ingredients with ice.
1. Pour into highball with ice.

### VARIATIONS

☞ Substitutue Cointreau with Triple Sec.

### § 5.4.2 Margarita for Two

★ ★ ★

🕒 5 min

📖 Joy of Cooking [46]

🍹 2

*Jane*  
*likes this.*

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

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

### ★ ★ ☆ § 5.4.3 Floridita Margarita

🕒 5 min      📖 Floridita Margarita [10]  
 ◎ 1

*The grapefruit and cranberry juice gives this margarita a tart twist and a perfectly pink hue.*

1½ fl oz	<b>tequila</b>	1½ fl oz	<b>cranberry juice</b>
1½ fl oz	<b>grapefruit juice</b>	¼ fl oz	<b>lime juice</b>
½ fl oz	<b>Cointreau</b>		

0. Shake ingredients with ice and pour.

#### VARIATIONS

🍷 If it's too sour, try subbing sweetened lime juice for fresh, or adding a small dash of maraschino liqueur.



### ★ ★ ☆ § 5.4.4 Piña Margarita

🕒 5 min      📖 Piña Margarita [11]  
 ◎ 1

*Perfectly proportioned pineapple.*

2 fl oz	<b>tequila</b>	1 fl oz	<b>lime juice</b>
1 fl oz	<b>Cointreau</b>	1 fl oz	<b>pineapple juice</b>

0. Shake ingredients with ice and pour.

#### EXPERIMENTS

⚠️ Passion fruit and soursop juice are too light in flavor to sub for the pineapple juice. Maybe keep trying other juices or look for other brands?



## § 5.5 Flamingo

★ ★ ★

🕒 5 min

📖 Mike & Jane

🕒 1

📖 Rum Volume III [13]

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

1½ fl oz rum

½ fl oz lime juice

1 fl oz pineapple juice

1½ tsp grenadine

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

*Shake pineapple juice first as the sediment improves the taste.*

## § 5.6 Hemingway Daiquiri, or, La Floridita Daiquiri

★ ★ ★

🕒 5 min

📖 Mike & Jane

🕒 1

📖 How To Drink [51]

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

2 fl oz rum, white

½ fl oz grapefruit juice

¾ fl oz lime juice

½ fl oz maraschino liqueur

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

### VARIATIONS

🔗 Some recipes swap the volumes for grapefruit / lime juice.

*Although out of style, a bit of sugar helps to balance this out.*

## § 5.7 Tom Collins

★ ☆ ☆

🕒 5 min

📖 Mike & Jane

🕒 1

📖 Here's How [54]

*A perfect summer drink, bright and refreshing. “Made originally with Tom Gin, hence the name.” [54].*

1½ fl oz gin, dry

2 tsp sugar, powdered

1 fl oz lemon juice

3 fl oz club soda

0. Add to highball, fill halfway with ice, stir, fill with soda.

### VARIATIONS

🔗 A “Sandy Collins” is done with Scotch, “Rum Collins” with rum.

### EXPERIMENTS

⚠ Need to select the right gin, and dial in the sugar / soda.

## ★ ★ ★ § 5.8 Airmail

Jane and  
Mike like the  
Airmail for  
it's buoyant  
bubbles.

🕒 5 min

🕒 1

📖 The Cocktail Seminars [22]

*Complex, sweet, and effervescent. Hoefling (the author) recommends the dry shake technique which unlocks the “aromatic power” of the honey and produces a light foam.*

1½ fl oz **rum, aged**

½ fl oz **honey**

¾ fl oz **lime juice**

1½ fl oz **sparkling wine**

Rum  
[5...12]  
years old is  
best[22].

0. Shake rum, lime, honey, without ice.

1. Shake again with ice.

2. Pour into a coupe and top w/ wine.

3. Garnish with a citrus peel.

### EXPERIMENTS

🍷 Is Champagne, Processo, or Cava best? Processo may be sweeter but less carbonated.



## ★ ★ ☆ § 5.9 Pegu Club

🕒 5 min

🕒 1

📖 The Cocktail Seminars [22]

*A classic drink. The bitters help to counteract the sour citrus. Recommended for those who may not normally like gin as the bitters give it a pleasant depth of spice.*

1½ fl oz **gin, dry**

1 dash **Angostura bitters**

¾ fl oz **triple sec**

1 dash **orange bitters**

¾ fl oz **lime juice**

0. Shake with ice, pour into coupe.

1. Optionally garnish with lime peel.

### VARIATIONS

🍷 Replace orange bitters with Angostura





## § 5.10 Original Jungle Bird

★ ★ ☆

🕒 5 min

📖 1 In Search of the Ultimate Jungle Bird [45]

A modern tiki classic made famous for the use of the unusual ingredient, Campari. Invented by Jeffrey Ong Swee Teik in 1973 as a welcome drink for guests at the Kuala Lumpur Hilton hotel in Malaysia[22]. It's name come from the fact that guests could watch tropical birds from an aviary inside the bar. There are now many variations, often reducing the amount of pineapple juice but always keeping the Campari.

4 fl oz **pineapple juice**  
 1 1/2 fl oz **dark Jamaican rum**  
 3/4 fl oz **Campari**  
 3/4 fl oz **lime juice**  
 1/2 fl oz **simple syrup**

0. Shake with ice.
1. Strain into rocks glass or tiki mug, fill with crushed ice.
2. Garnish with a slice of lime, orange, and maraschino cherry.

## § 5.11 Giuseppe González's Jungle Bird ★ ★ ★

🕒 5 min

📖 1 Giuseppe González's Jungle Bird [19]

Mike  
likes this.

A variation of the Jungle Bird by Giuseppe González, deemed the very best by PUNCH magazine[45]. Giuseppe notably prefers flavored black rum over the original dark Jamaican rum, and reduced the pineapple juice.

1 1/2 fl oz **pineapple juice**  
 1 1/2 fl oz **black rum**  
 3/4 fl oz **Campari**  
 1/2 fl oz **lime juice**  
 1/2 fl oz **simple syrup**

Giuseppe  
prefers  
Cruzan  
Black  
Strap[45].

0. Shake with ice.
1. Strain into a rocks glass over one giant ice cube.
2. Garnish with an orange slice.

### VARIATIONS

🔗 Try *dark* or *black* rum. The name of *dark* / *black* / *blackstrap* rum is ambiguous. Confusingly, there is no such thing as 'Blackstrap Rum' as all rum is made with some blackstrap mollasses;

All black  
rums are  
dark, but  
not all  
dark rums  
are black.

the fundamental difference is whether the color and flavor came from barrel aging or backsweetening[28]. This backsweetening uses coloring and flavorings to imitate the look and taste of molasses. *Dark* rum typically refers to aged, while *black* is sweetened. Thankfully the author also specifies “Cruzan Black Strap” is preferred[45][19], meaning the sweetened rum should be used.

☞ Mike prefers to cut the Campari to  $\frac{1}{2}$  fl oz, replace the simple syrup with agave, and add a lime peel to the shaker.



## ★ ★ ☆ § 5.12 Halekulani

🕒 5 min

🍹 1

📖 Sippin Safari [6]

*An unusual Tiki drink for it's use of bourbon. Courtesy of the Halekulani Hotel all the way from 1932 Waikiki, Hawaii.*

$1\frac{1}{2}$ fl oz	<b>bourbon</b>	$\frac{1}{2}$ fl oz	<b>grenadine</b>
$\frac{1}{2}$ fl oz	<b>lemon juice</b>	1 dash	<b>Angostura</b>
$\frac{1}{2}$ fl oz	<b>orange juice</b>		

0. Shake with ice.

1. Strain into a coupe, optionally garnish w/ citrus of your choice.

### EXPERIMENTS

⚠ Looking to try custom grenadine given it's high volume, as it sometimes can overpower the other ingredients.



## ★ ★ ★ § 5.13 Smuggler's Cove Halekulani

🕒 5 min

🍹 1

📖 Smuggler's Cove [37]

📖 Sippin Safari [6]

*A more balanced **Halekulani** from Martin Cate, achieved with the addition of pineapple juice and the partial replacement of grenadine with Demerara syrup.*

$1\frac{1}{2}$ fl oz	<b>bourbon</b>	$\frac{1}{4}$ fl oz	<b>SC Demerara syrup</b>
$\frac{1}{2}$ fl oz	<b>lemon juice</b>	$\frac{1}{2}$ tsp	<b>grenadine</b>
$\frac{1}{2}$ fl oz	<b>orange juice</b>	1 dash	<b>Angostura</b>
$\frac{1}{2}$ fl oz	<b>pineapple juice</b>		

0. Shake with ice.

1. Strain into a chilled coupe, garnish with an edible orchid.



## § 5.14 Brown Derby #2

★ ★ ☆

🕒 5 min

📖 1

📖 The Cocktail Seminars [22]

*A bourbon based drink that uses honey and a dry shake to produce foam. It is a variation of the original Brown Derby which is rum, lime juice, and maple syrup.*

2 fl oz **bourbon**  
 1 fl oz **grapefruit juice**  
 1/3 fl oz **honey**

0. Shake without ice, then shake with ice, strain into a coupe.



## § 5.15 Mai Tai

★ ★ ★

🕒 5 min

📖 1

📖 The Cocktail Seminars [22]

*“Maita’i roe a’e!”, or, “Out of this world!”. A famous tiki drink known for its nebulous origin and use of multiple rums, claimed by both Trader Vic and Don the Beachcomber. The prevailing recipe of today appears to hail from Trader Vic who resorted to blending rum when his preferred 17-year-old Wray & Nephew was no longer available. The short of it is that variations abound and you should feel free to experiment.*

2 fl oz **rum, aged**      1/2 fl oz **curaçao**  
 3/4 fl oz **lime juice**      1/2 fl oz **orgeat**

*Imagine the  
 lime shell  
 & mint is  
 a small  
 deserted  
 island.*

0. Add to shaker, fill with crushed ice, shake.

1. Pour all contents into double old fashioned.

2. Garnish with a sprig of mint and the peel of half of a spent lime.

### VARIATIONS

🔗 One common variation is to sub the aged rum with 1 1/2 fl oz white and 1/2 fl oz dark rum.

🔗 Floating the dark rum on top after the shake/pour is also common.



## ★ ☆ ☆ § 5.16 Aperol Spritz

*Prosecco may be best to provide sweetness.*

🕒 5 min

🍷 1

📖 The Cocktail Seminars [22]

*A spritz is composed of carbonated wine, bitter liquor, and soda. Any Amaro can be used, which is an Italian herbal liqueur. The Aperol here gives it a bitter citrus flavor, similar to but more subdued than Campari. One could be compare this spritz to an IPA.*

*One traditionally eats the orange slice after the spritz.*

3 fl oz sparkling wine

2 fl oz **Aperol**

1 fl oz **soda water**

0. Fill large wine glass halfway with ice.
1. Add ingredients, stir, garnish with an orange slice.

## ★ ★ ★ § 5.17 Pacific Sunshine

*Emma, Jane, & Mike likes this.*

🕒 5 min

🍷 1

📖 Mike & Jane

📖 Mr. Boston [2]

*As blue as the Pacific.*

1<sup>1</sup>/<sub>2</sub> fl oz **tequila**

1<sup>1</sup>/<sub>2</sub> fl oz **blue curaçao**

3<sup>3</sup>/<sub>4</sub> fl oz **simple syrup**

3<sup>3</sup>/<sub>4</sub> fl oz **lemon juice**

2 dash **Angostura bitters**

2 **Maraschino cherry**

0. Shake with ice.
1. Pour all into chilled tulip glass. Fill with crushed ice.
2. Garnish with the cherry and a paper umbrella.

## ★ ★ ★ § 5.18 Whiskey Sour

*Jane prefers the sour with a cherry.*

🕒 5 min

🍷 1

📖 Hoefling[22]

*An early classic, named a “sour” as it is spirit with sugar and citrus juice.*

2 fl oz **whiskey**

1 fl oz **simple syrup**

3<sup>3</sup>/<sub>4</sub> fl oz **lemon juice**

0. Shake with ice and pour into a coupe or rocks glass.
1. Optionally garnish with a lemon twist, and/or a block of ice.

### VARIATIONS

- ☞ Replace syrup with [5.1.4 Ginger Simple Syrup](#) for extra pizzazz.
- ☞ Freeze some cranberries into a large ice block for a holiday theme.

## § 5.19 Bourbon Renewal

★ ★ ★

🕒 5 min

🕒 1

📖 Jeffrey Morgenthaler [26]

*A whiskey sour with part of the syrup replaced by crème de cassis, and a little extra lemon juice to round it out. Crème de cassis is a black current liqueur with a rich and tart berry flavor. Jeffrey thinks the liqueur works well with the lemon[26].*

2 fl oz	<b>Bourbon</b>	1/2 fl oz	<b>crème de cassis</b>
1 fl oz	<b>lemon juice</b>	1/2 fl oz	<b>simple syrup</b>
		1 dash	<b>Angostura</b>

*Mike like  
crème de  
cassis for  
it's unique  
flavor.*

0. Shake with ice, pour over ice in a rocks glass.
1. Garnish w/ lemon wedge or currants.

## § 5.20 Hotel Nacional Special

★ ★ ★

🕒 5 min

🕒 1

📖 Jeff Berry [25]

*Named after a bar, as often is the case, Hotel Nacional de Cuba. Similar to a Daiquiri but includes apricot liqueur.*

1 fl oz	<b>white rum</b>	1/4 fl oz	<b>apricot liqueur</b>
1 fl oz	<b>pineapple juice</b>	1/4 fl oz	<b>lime juice</b>

*Use fresh  
pineapple.  
  
Use lemon  
instead  
of lime if  
using canned  
pineapple[17].*

0. Shake w/ ice and strain into frozen coupe.
1. Garnish w/ lime slice.

### EXPERIMENTS

- 🏠 Reformulations abound, need to checkout Smuggler's Cove's.

# Chapter 6

## Beverages

### Contents

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## § 6.1 Frozen Limeade

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

*A frozen twist on one of Jane's favorites.*

12 *fl oz*   **frozen limeade concentrate**  
 17.6 *fl oz*   **coconut juice**  
 ≈ 4 *C*   **ice**  
 ≈ 2 *dash*   **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.



# Chapter 7

## Entrées

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## § 7.1 Mexican Beef Bowl

🕒 30 min 📅 30 min 📖 Mike & Jane  
 👤 4 people 📖 Blue Apron [7]

*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		spice blend
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 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.

*For dried chilis: remove 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 particularly appreciate the cauliflower rice version.*

## § 7.2 Fettuccine Alfredo

🕒 15 min 📅 20 min 📖 Mike & Jane  
 👤 2 people 📖 *Better Homes & Gardens* [15]

8 oz **fettuccine, dry** 3 Tbs **butter, unsalted**  
 4 oz **mushrooms** 1 C **cream, heavy**  
 2 oz **Asiago** 1/2 tsp **salt**  
 ≈ 4 cloves **garlic** 1/8 tsp **pepper**

*Stir mushrooms occasionally, cook to well done.*

*Use a bit of the pasta water to thicken the sauce.*

*Pecorino Romano does not melt well for use in the sauce.*

0. Slice mushrooms, begin to sauté on medium w/ dash of oil.
1. Cook pasta in salted water to al dente, then toss with oil. Meanwhile grate cheese, crush garlic.
2. Sauté crushed garlic in butter in a large saucepan ≈ 1 min on medium-high.
3. Add cream, salt, pepper to sauce. Bring to boil then reduce heat, simmer uncovered ≈ 3 min until it begins to thicken.
4. Remove from heat add cheese & mushrooms.
5. Add pasta to sauce, toss to combine.

### VARIATIONS

- 🔗 Try Parmesan instead of Asiago, mushrooms are optional.
- 🔗 For shrimp alfredo add ≈ 8 oz prior to removing from heat, cook through and continue.

## § 7.3 Chistmas Rib Roast

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

🕒 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.
6. Turn on oven to 375 F° [35...45] min before eating.

## § 7.4 Chili Colorado

🕒 30 min 📅 2 hr 📖 Rick Martinez [43]  
 👤 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” [43]. 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	<b>ancho</b>	8	<b>garlic cloves</b>
2	<b>pasilla</b>	2	<b>bay leaves</b>
2	<b>guajillo</b>	1 <i>Tbs</i>	<b>cumin, ground</b>
8 <i>C</i>	<b>stock, chicken</b>	1 <i>tsp</i>	<b>sage, fresh</b>
2 <i>lb</i>	<b>pork shoulder</b>	2 <i>tsp</i>	<b>oregano, Mexican</b>

0. Measure the spices, chop the sage, and smash the garlic.
1. Cut pork into  $\approx 1$  *inch* cubes, toss with salt, pepper.
2. 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.
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.

*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 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?



## § 7.5 Chili Schwarz

🕒 1 hr    📅 1 hr    📖 Mike & Jane  
 👤 4 people

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

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

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

0. 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).
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  $\approx 5$  *min*.
5. Add cumin to beef, stir  $\approx 1$  *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 📖 Mike & Jane  
 👤 2 people 📖 Hello Fresh [21]

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

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

*Israeli cous-  
cous is  
pearled  
couscous.*

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.

*Watch the  
steak care-  
fully as  
the spices  
may burn.*

### VARIATIONS

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



## § 7.7 American Lasagna

See Cooking  
Italian with  
the Cake

Boss [14] for  
technique.

🕒 1½ hr    📅 1 hr    📖 Mike & Jane  
👤 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	<b>Chianti</b>	12 oz	<b>mozzarella</b>
1 lb	<b>italian sausage</b>	15 oz	<b>ricotta</b>
1 lb	<b>eggplant</b>	4 oz	<b>parmasan</b>
1 large	<b>onion, white</b>	≈ ¾ lb	<b>lasagna noodles</b>
28 oz	<b>tomatoes</b>	≈ 2 Tbs	<b>basil, fresh</b>
15 oz	<b>tomato sauce</b>	½ Tbs	<b>italian seasoning</b>
2 Tbs	<b>tomato paste</b>	≈ ¼ tsp	<b>chili flakes</b>
6 cloves	<b>garlic</b>	≈ ¼ tsp	<b>salt</b>

*Use hot italian sausage, 28 oz either canned or fresh tomatoes.*

*Sautèing the tomato paste sweetens the sauce by caramlizing the sugars.*

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* [15] 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 Tacos Al Pastor



🕒 2 *hr*    📅 8 *hr*    📖 Mike & Jane  
 👤 8 people    ⌚ [3...12] *hr*    📖 Rick Martinez [44]

*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>	<b>pork shoulder</b>
	<b>Marinade Al Pastor 13.2 on page 59</b>
10 <i>oz</i>	<b>pineapple, sliced</b>
32 6 <i>inch</i>	<b>tortillas</b>
2	<b>lime</b>
2 <i>C</i>	<b>cabbage</b>
1	<b>onion, white</b>
4 <i>oz</i>	<b>cotija cheese</b>
	<b>Pickled Red Onions 14.1.1 on page 64</b>
	<b>Pickled Radishes 14.1.3 on page 64</b>

*See [44] for a inspiration and a pineapple salsa. Half of a 20 oz can of pineapple is perfect.*

0. Prepare quick pickled vegetables  $\geq 1$  *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...12 *hr*.
3. Light barbeque to your preferred temperature ( $\approx 225 \dots 250$   $F^\circ$ ).
4. Meanwhile layer the pork on the vertical skewer.
5. Barbeque  $\approx 2$  *hr/lb* to a target of 195  $F^\circ$  (minimum 145  $F^\circ$ ). Pull off and let rest in a cool oven  $\approx 30$  *min*.
6. Meanwhile prepare the toppings. Dice the onion, pineapple. Julienne the cabbage. Shred the cotija. Quarter the limes.
7. Prepare the sauce. Heat  $\approx 2$  *Tbs* oil in a sauce pan. Add the reserved marinade, cook a few minutes, take off heat.

*In lieu of a skewer you might barbeque whole or grill the slices.*

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

### VARIATIONS

- 🍴 Traditional toppings are cilantro, diced onion, grilled pineapple.
- 🍴 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

Jane likes  
this.

🕒 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.*

$\approx 2$  Tbs  
minced  
garlic.

2 1/2 lb	<b>chicken thighs</b>	1 Tbs	<b>vinegar</b>
1/3 C	<b>honey</b>	6 cloves	<b>garlic</b>
1/3 C	<b>soy sauce</b>	1 tsp	<b>sesame oil</b>
1/4 C	<b>green onion</b>	1 tsp	<b>ginger, crushed</b>
2 Tbs	<b>oil</b>		

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  $\geq 30$  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  $\approx 5$  min.
5. Remove and serve. Optionally garnish with sesame seeds and/or parsley.





## § 7.10 Venison Tenderloin

🕒 5 min 📅 [10...15] min 📖 David Henry  
 🍷 2

*A super simple and wonderfully tasty way to prepare venison tenderloin or back straps that if done right will make anyone who thinks that they don't like venison change their mind. Best served with a side of steamed vegetables. My personal favorite pairing is spinach and carrots.*

1 lb **venison tenderloin or backstrap**  
**steak seasoning**  
**vegetable oil**

*McCormick  
 Montreal  
 Steak  
 season-  
 ing is best.*

0. Slice venison to  $\approx 3/4$ ", season heavily on both sides.
1. Place a cast iron skillet on the stove with oil and bring to medium high heat.
2. Use one slice of venison to test the temperature, it should sizzle immediately when placed into pan. Cook  $\approx 2$  min per side and remove. Cut open center, should be red but warm, outside nicely seared. Towards the end of the second side the red juice should pool on the top. Adjust time / temperature based on the result of the first slice.
3. Cook remainder using the same technique, adjusting for different thickness of the slices.
4. Serve immediately after cooking. Best if eaten within 5 min after removing from pan.

*Doe meat  
 preferred;  
 younder deer  
 tastes better.*

*Both fresh  
 / thawed  
 work well.*



# Chapter 8

## Bread

### Contents

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## § 8.1 Handshake Focaccia



🕒 1 hr    📅 15 min    📖 How to Bake [23]  
 👤 6 people    ⌚ 2 hr

*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	<b>bread flour</b>	10 g	<b>salt</b>
10 g	<b>diastatic malt powder</b>	140 ml	<b>olive oil</b>
10 g	<b>yeast, instant</b>	360 ml	<b>water</b>

0. 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.
1. 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.
2. 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.
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  $\approx 1 hr$ , until it has doubled in size. The dough should spring back quickly. Preheat oven to 430  $F^{\circ}$ .
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  $\approx 15 min$ . The bread should be cooked through so that tapping the bottom will sound hollow. Drizzle with olive oil, cool.





## § 8.2 Buttery Soft Pretzels

🕒 1/2 hr 📅 20 min 📖 Emma  
 🍷 8 pretzels ⌚ 1 hr 📖 Soft Pretzels [52]

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

3 Tbs	sugar	1 Tbs	butter
7 g	yeast, active dry	4 C	water, hot
1 C	water	1/4 C	baking soda
2 1/2 C	flour, all purpose	≈ 1 Tbs	pretzel salt
1 tsp	malt powder		

*Diastatic malt powder helps produce that classic pretzel texture.*

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.



## § 8.3 Josh's Biscuits

🕒 30 min 📅 15 min 📖 Joshua Mollohan  
 🍷 12

*A fine biscuit with or without meat.*

2 1/2 C	flour, all purpose	2 Tbs	baking powder
8 Tbs	butter, unsalted	1 C	buttermilk
1 tsp	salt	1/4 C	honey

*Mixing manually will instill a greater sense of pride.*

0. Preheat oven to 425 F° (400 F° convention).
1. Mix flour, baking powder, and salt in a food processor.
2. Cube the butter, pulse in food processor to a crumb texture.

3. Move mix to a bowl, create a hole in the center, and add buttermilk & honey. Mix just enough to combine.
4. Turn dough onto a lightly floured surface. Roll or press dough to  $\approx 1/2''$ , brush w/ buttermilk, then fold. Repeat [3...5] times.
5. Cut biscuits out of dough w/ a glass or biscuit cutter. Do not twist cutter as this will ruin them and bring you shame.
6. Place on a baking sheet and brush w/ buttermilk.
7. Bake [15...18] *min*.
8. Optionally glaze w/ mix of 1 *Tbs* honey & 2 *Tbs* melted butter.



*The dough  
will be very  
messy.*

*Brushing  
w/ honey  
will appease  
small  
children.*

# Chapter 9

## Sandwiches

### Contents

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

## § 9.1 Fantastic Frank

🕒 10 min 📅 10 min 📖 Mike & Jane  
 🍷 1 📖 Fantastic Frank [49]

*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	<b>focaccia bun</b>	2 oz	<b>roasted red pepper</b>
1 Tbs	<b>pesto</b>	1½ oz	<b>provolone</b>
1 Tbs	<b>mayo</b>		<b>arugala</b>
4 oz	<b>chicken breast</b>		<b>olive oil</b>

0. Cook and thinly slice chicken breast.

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

*$\approx 2\text{ slices}$   
provolone.*

2. Slice focaccia in half, place cut ends down on the cookie sheet. Brush with olive oil. Top one side with provolone, then chicken. Toast  $\approx 5\text{ min}$  or your preference.

3. Meanwhile, prepare sauce with mayo & pesto.

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

### VARIATIONS

🍷 Toast bread prior to baking for extra crunch.



# Chapter 10

## Bachelor Chow

### Contents

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## § 10.1 Curry Rice, or, Karē Raisu

🕒 10 min 📅 30 min 📖 Mike  
 🕒 4 📖 S&B Foods [48]

Also see [40]

*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

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

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  $\approx 5$  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 lengthwise 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  $\approx 5$  min more.
10. Serve with rice.

*Uneven slicing while rotating is called 'rangiri'*

*Microwaving reduces cook time a lot*

### 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 📄 Mike  
 👤 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 balogna & eggs recipe Hunka Punka.*

*Sazón is an all purpose seasoning often made with cumin & coriander. GOYA sazón w/ annato works well, other seasonings are available.*

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

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.



# Chapter 11

## Crock Pot

### Contents

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

## § 11.1 Peppery Italian Beef Sandwiches

🕒 30 min 📅 10 hr 📖 Mike & Jane  
 🍷 8 📖 Better Homes & Gardens [15, 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**

0. Trim beef, coat with garlic powder & black pepper. Reserve crock pot, coat interior w/ oil.
1. 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.
2. Drain pepperoncinis, slice off stems, add to pot.
3. Mix remaining spices with broth: dressing mix, onion salt, oregano, basil, parsley. Add mixture to pot and submerge peppers.
4. Cook on low for 10 hr or high for [5...6] hr.
5. Heat oven to 325 F°. Add cookie sheet on bottom with a little water. Add pizza pan on top.
6. Slice or shred mozzarella. Slice rolls. Add mozzarella to one side of roll and toast in oven ≈ [5...10] min.
7. Meanwhile, remove pepperoncinis, slice red peppers, shred beef.
8. 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 [50]

*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” [50].*

*Use un-iodized salt to prevent discoloration.*

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

*Floating chunks cause spoilage.*

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 refrigerate until ready to purée.
7. Separate brine and ingredients, purée 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, refrigerate.

### EXPERIMENTS

- ⚠️ Prevent spoilage by keeping ingredients submerged and by not removing the lid (keep it anaerobic). See Fiery Ferments [50], 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.



## § 12.2 Fermented Red Hot Sauce

### § 12.2.1 Red No. 3



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

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

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 g	<b>habenero, red</b>	1/4	<b>xanthan gum</b>
40 g	<b>cabbage</b>	1/3	<b>lime juice, bottled</b>
30 g	<b>carrot</b>	1/4	<b>achiote</b>

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 Achiot Paste



🕒 15 min      📖 Rick Martinez [42]  
 ⌚ 1/2 C

*A spice paste often used in marinades or a rub for pork, chicken, and fish. Achiot (achi-o-te) imparts a strong red color and has a mild earthy / bitter flavor.*

*Annato seeds are from the Achiot tree; Annato / achiot are interchangeable*

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	orange 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      📖 Mike & Jane  
 ⌚ 3 lb meat      ⌚ [3...12] hr      📖 Rick Martinez [44]

*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. The achiot and chile impart a strong red color.*

*Morita chilis also work well*

6	guajillo	1/4 C	sugar
3	chili de árbol	3 Tbs	achiot paste 13.1
2	ancho	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. Remove stems, veins, and seeds. Rinse off exterior with water.
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. Add onion roughly chopped.
3. Add chiles & 1 C soaking liquid to the blender when done. Blend on high for a few minutes.
4. Marinade meat  $\approx$  [3...12] hr.

*Half of a 20 oz can of pineapple is perfect.*

## 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 Ancho Chicken Rub

🕒 30 min 📅 10 min 📖 Mike & Jane  
 🍴 10 fl oz ⌚ [3...12] hr

*A smokey chicken rub perfect for barbeque. The garlic helps hold the rub together, and the chili comes through strong.*

*Good for about 1 1/4 lb chicken thighs.*

	rub	chili powder
1/4 C	<b>chili powder</b>	5 <b>Ancho</b>
5 cloves	<b>garlic</b>	2 <b>Pasilla</b>
1 Tbs	<b>salt</b>	2 <b>Gaujillo</b>
1 Tbs	<b>brown sugar</b>	
1 Tbs	<b>cumin</b>	
1 Tbs	<b>onion powder</b>	
1/2 Tbs	<b>achiote powder</b>	

*Chilies are done when they turn crispy after cooling. The red chilies will toast faster than the black.*

0. Rinse chilies and let dry. Slice open, remove stems, seeds, veins.
1. Toast the chilis in a 325 F° ≈ [5...10] min. Remove and cool.
2. Grind chilies to a powder.
3. Combine the rub ingredients in a food processor. Refrigerate rub and use within a week.

## EXPERIMENTS

- ⚠ Still optimizing the chili combination. Probably don't need smoked chilis when smoking the chicken.
- ⚠ Need to weigh out the garlic for consistency.

## § 13.4 Honey Mustard Ham Glaze

🕒 10 min 📅 10 min

⦿ 6 lb

*A classic honey mustard ham glaze.*

$\frac{1}{4}$ C	<b>butter</b>	$\frac{1}{8}$ tsp	<b>cinnamon</b>
$\frac{1}{2}$ C	<b>brown sugar</b>	$\frac{1}{8}$ tsp	<b>cloves</b>
$\frac{1}{4}$ C	<b>honey</b>	2 cloves	<b>garlic</b>
$\frac{1}{4}$ C	<b>mustard, Dijon</b>		
1 Tbs	<b>mustard, whole grain</b>		

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  $\approx 15$  min in the last  $\approx 45$  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	<b>canning jar</b>			<i>spices</i>
≈ 14 fl oz	<b>vegetables</b>	4	<i>cloves</i>	<b>garlic</b>
3/4 C	<b>water</b>	1/2	<i>tsp</i>	<b>oregano</b>
3/4 C	<b>vinegar</b>	1/2	<i>tsp</i>	<b>cumin seeds</b>
1 Tbs	<b>sugar</b>	1/2	<i>tsp</i>	<b>mustard seeds</b>
1 Tbs	<b>salt</b>	1/2	<i>tsp</i>	<b>peppercorns</b>

*prefer un-  
iodized salt  
to prevent  
discoloration*

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.

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

### 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.



### § 14.1.1 Quick Pickled Red Onions

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

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

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

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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## § 15.1 Chocolate Marshmallow Oreo Ice Cream Extravaganza

🕒 10 min 📅 30 min 📖 Mike & Jane  
 ⌚ 5 C ⌚ 24 hr 📖 Joy of Cooking [46]

*A special treat best made ahead of time. We use a KitchenAid ice cream bowl and definitely recommend. Adapt recipe to your tools or method. If you freeze the bowl prior, you can make the cream on the first night, the ice cream the next morning, and serve the next night.*

*Dutch*

*process cocoa is best.*

2 C	milk, whole	1/3 C	cocoa powder
1 C	heavy cream	1 tsp	vanilla
1/2 C	sugar	1 tsp	coffee, dried
1/4 C	sugar	≈ 1 C	Oreos, chopped
4	egg yolks	≈ 1 C	marshmallow fluff

8 Oreos for

1 C

0. Move the ice cream bowl to the freezer, chill  $\geq 15$  hr before use.
1. Reserve one sauce pan, two large bowls, one airtight container.
2. Set aside the sugar, cocoa. Separate egg yolks into a bowl.
3. Combine in saucepan over medium low heat the milk,  $\frac{1}{2}$  cups sugar, coffee. Bring to light simmer stirring occasionally.
4. Whisk egg yolks,  $\frac{1}{4}$  C sugar in a medium bowl, whisk in cocoa.
5. Pour slowly while stirring constantly about half of the hot milk into the eggs. Pour back into the saucepan.
6. Cook stirring constantly over low heat until it reaches  $175^\circ F$ , and do not allow it to boil. Remove from heat.
7. Strain through a fine sieve into a bowl, then add cream & vanilla. refrigerate  $\geq 8$  hr.
8. Assemble ice cream bowl. Chop Oreos and set aside in freezer.
9. Add batter to bowl, stir on low 13 min. Add Oreos, stir 2 min.
10. Spoon ice cream into an airtight container, occasionally folding in small scoops of marshmallow. Freeze  $\geq 8$  hr.

*Mix slowly to prevent curdling.*

*Don't bother measuring the fluff, just eyeball it.*



# Chapter 16

## Cakes

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## § 16.1 Italian Tricolors

- ♪ 1 hr (+chill) 📅 10 min 📖 Teresi Family  
 ☉ 36 cookies 📖 Italian Tricolors [24]

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

*fresh almond  
paste is crit-  
ical*

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

*it's ok if a  
few lumps  
remain*

0. Preheat oven to  $350\text{ }F^{\circ}$ , grease three  $8 \times 8$ " 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  $5\text{ min}$ . Run knife around sides to loosen. Invert onto racks, cool completely, remove paper.
6. Blend jam in food processor w/  $\text{tsp}$  water to make smooth.
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  $\approx 3\text{ months}$ .

*add more  
shorten-  
ing 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.



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

🕒 30 min (+chill) 📅 12 min 📖 *Classic German Baking* [53]  
 ◎ 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
1/8 tsp	salt	2 Tbs	whole milk
1/4 tsp	vanilla extract	2 1/2 Tbs	cocoa powder

0. Cream butter  $\approx 1$  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  $\approx 1$  hr.
2. Mix milk & egg yolk in a small bowl.
3. Make 4 square logs, brush sides w/ egg wash, press together and refrigerate  $\approx 30$  min.
4. Preheat oven, line baking sheets w/ parchment paper.
5. Slice cookies to  $\approx 1$  cm, bake 12...15 min.

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

### 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	1/2 tsp	peppermint extract
1 C	butter	2/3 C	peppermint candy
2 C	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 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 *box* **Betty Crocker Brownie / Cookie combo mix**  
 4 *Tbs* **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

🕒 10 min 📅 45 min 📖 Lucille Steinmiller (Oma)  
 🍷 2 loafs

*A Teresi Christmas tradition from Oma. We like to make these as small bundt cakes to share with family and friends.*

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

0. Grease & flour 2 loaf pans  $\approx 9 \times 5$ ", or four smaller bundt pans.
1. Combine all ingredients in a bowl, beat 2 min on medium speed.
2. Bake at  $350\text{ }F^\circ$  for 45 min or until done.
3. Top with powdered sugar.

### VARIATIONS

- ☞ Chablis can be substituted for the sherry.
- ☞ Mom usually uses pecans, I omit the nuts.

## § 16.6 Frankie Cookies

🕒 30 min 📅 11 min 📖 Mike & Jane  
 🍷 20 cookies 📖 *Entenmanns Baking* [18]

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

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

*Each  
peppermint  
pattie is  
 $\approx 8$  grams.*

0. Remove butter & eggs from refrigerator. Soften the butter. Reserve two cookie sheets and wipe with Crisco.

*Make sure the edges are covered to prevent leaks.*

*The cookies are done after the pattie melts and spreads out.*

1. Begin to preheat oven to  $350\text{ }^{\circ}\text{F}$ . 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  $\approx 2\text{ min}$ . Add egg & vanilla, mix  $\approx 1\text{ min}$ . Add dry ingredients, mix  $\approx 2\text{ min}$ .
4. Assemble the cookies in batches. Take two portions  $\approx 1\text{ Tbs}$  each and enclose a peppermint pattie. Top with sprinkles. Arrange on the sheet, refrigerate  $\approx 15\text{ min}$ , then bake  $11\text{ min}$ .

## VARIATIONS

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

## EXPERIMENTS

⚠ Dutch process cocoa would be interesting, but would require a change in leavening as it's not as acidic.



## § 16.7 Frankie Deluxe Cookies

🕒 1 hr 📅 12 min 📖 Mike & Jane  
🔍 16 📖 Brownie Cookies [38]

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

*Dutch process cocoa is best, and Ghiradelli chocolate is best.*

8 oz	<b>chocolate</b> , 60%	$\frac{1}{4}\text{ tsp}$	<b>salt</b>
95 g	<b>flour</b>	$\frac{3}{4}\text{ C}$	<b>brown sugar</b>
18 g	<b>cocoa powder</b>	$\frac{1}{4}\text{ C}$	<b>sugar</b>
5 Tbs	<b>butter</b> , unsalted	2	<b>eggs</b>
1 Tbs	<b>milk powder</b>	1 tsp	<b>vanilla</b>
1 tsp	<b>coffee powder</b>	16 thin	<b>peppermint patties</b>
1 tsp	<b>baking powder</b>		

*Each peppermint pattie is  $\approx 8\text{ grams}$ .*

0. Bring eggs & butter to room temperature.
1. Melt the chocolate. Add it to a small bowl, microwave  $\approx 15\text{ sec}$ , stir, repeat until melted. Set aside to cool slightly.
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  $10\text{ min}$ . Preheat oven to  $350\text{ }^{\circ}\text{F}$ . Unwrap peppermint patties. Grease two cookie sheets.

6. Assemble cookies in batches. Scoop out  $\approx 2$  Tbs, 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  $\approx 10$  min. Bake  $\approx 10$  min, or until edges are set. The center should be mostly soft and will set as it cools. Transfer to a wire rack when it solidifies.

*Store with  
a piece of  
bread or an  
apple slice to  
prevent from  
drying out.*

## VARIATIONS

- ☞ The original uses chocolate chips instead of peppermint patties.

## EXPERIMENTS

- ⚠ The chill time significantly affects the spread. McKenney [38] 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.



## § 16.8 Frankie Brownies

- 🕒 15 min 📅 30 min 📖 Mike & Jane  
🕒 36 🕒 2 hr 📖 Peppermint Brownies [27]

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

*Dutch  
process  
cocoa is best.*

	<i>brownie</i>
50 g	sugar
200 g	brown sugar
60 g	flour
25 g	cocoa
169 g	butter, unsalted
50 g	chocolate, 60%
2 large	eggs
$\frac{1}{2}$ tsp	salt
$\frac{1}{4}$ tsp	baking powder
1 tsp	vanilla
1 tsp	instant coffee

	<i>peppermint</i>		<i>ganache</i>
280 g	sugar, powdered	100 g	chocolate, 60%
15 g	butter, unsalted	60 g	butter, unsalted
$\frac{1}{2}$ tsp	peppermint extract		
$\frac{1}{4}$ tsp	vanilla extract		

0. Prepare  $8 \times 8$  inch pan: grease and insert parchment paper. Leave an edge large enough to lift out later. Preheat to  $350^\circ F$ .

*Halfway through baking remove and slam on the counter, this helps it set evenly.*

1. Melt butter and chocolate, set aside.
2. Beat eggs, sugar, vanilla.
3. Combine flour, cocoa powder, baking powder, salt, coffee.
4. Mix chocolate into eggs slowly. Fold wet ingredients into dry.
5. Bake for  $[25 \dots 30]$  min. The center will still be slightly wet. Allow to cool completely.
6. Combine powdered sugar, butter, peppermint and vanilla extracts. Stir in boiling water  $\frac{1}{2}$  tsp at a time. Mixture should be thick.
7. Pour over brownies and smooth out. Refrigerate  $\geq 30$  min.
8. Melt butter and chocolate for the ganache until just smooth. Pour over peppermint layer. Refrigerate until set  $\approx 1$  hr.
9. Remove and cut into squares.

## EXPERIMENTS

- ⚠ Need to stop center from falling, add more flour?
- ⚠ Need to find best amount of water to reduce peppermint viscosity.



## § 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 | 🕒 $\geq 1$ hr | 📖 Triple Chocolate Cake [47] |

*A decadent birthday cake. 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>	
225 <i>g</i>	<b>flour, all purpose</b>	12 <i>Tbs</i>	<b>butter, unsalted</b>
65 <i>g</i>	<b>cocoa</b>	250 <i>g</i>	<b>sugar, confectioners</b>
350 <i>g</i>	<b>sugar</b>	45 <i>g</i>	<b>cocoa, dutch process</b>
2 <i>tsp</i>	<b>baking soda</b>	2 <i>g</i>	<b>salt</b>
1 <i>tsp</i>	<b>baking powder</b>	2 <i>Tbs</i>	<b>cream</b>
1 <i>tsp</i>	<b>salt</b>	1 <i>tsp</i>	<b>vanilla</b>
1/2 <i>C</i>	<b>vegetable oil</b>		
2	<b>eggs</b>		
2 <i>tsp</i>	<b>vanilla extract</b>		
1 <i>C</i>	<b>buttermilk</b>		
15 <i>g</i>	<b>coffee beans</b>		
1 <i>C</i>	<b>water, hot</b>		

0. Preheat oven to 350  $F^{\circ}$ . Grease and line 2 cake pans.
1. Combine eggs, oil, vanilla, in large mixing bowl.
2. Combine flour, cocoa powder, sugar, baking soda, salt; set aside.
3. Brew the coffee; measure the buttermilk.
4. Beat egg mixture on medium high w/ a whisk until combined.
5. Change speed to low. Beat in buttermilk. Beat in flour mixture  $\approx 1/4$  *C* at a time. Beat in hot coffee.
6. Turn off mixer, scrape bowl with spatula to remove lumps.
7. Pour batter into pans and bake 25 *min* or until done. Remove and let cool completely in pan.
8. Mix sugar, cocoa, salt. Bring butter to room temperature.
9. Beat butter on medium  $\approx 2$  *min*. Add sugar mixture, cream, vanilla, then beat on low  $\approx 30$  *sec*, then on high  $\approx 60$  *sec*. Adjust viscosity w/ more cream.
10. Remove the cakes, cut flat if necessary, and ice.

*Take butter  
out of  
fridge now.*

*Use room  
temp eggs.*

*Expect a  
thin batter.*

*Refridgerate  
up to 5 day.*

## VARIATIONS

- ☞ See original recipe [47] for options with ingredients such as sour cream for a denser cake.

## EXPERIMENTS

- ⚠ Looking for a way to add marshmallow fluff between layers.
- ⚠ Dial in bake time for 6 *inch* pans.
- ⚠ Can we replace buttermilk w/  $3/4$  *C* sour cream &  $1/4$  *C* milk?



## § 16.10 Real Deal Mango Banana Bread

About 7  
bananas,  
4 eggs, 6  
limes, 2  
mangos.

“Pastry  
flour can  
be subbed  
for ... all-  
purpose flour  
and ... corn  
starch [at  
92% to 8%  
ratio][9].”

“The final  
texture of  
the cake  
depends  
[on adding  
the liquid  
slowly to the  
batter][8].”

Batter can  
be chilled  
≤ 5 day.

Top glaze  
w/ zest for a  
little pizzazz.

Bread can  
be chilled ≤  
5 day, frozen  
≤ 3 month.

🕒 1 hr 📦 1 hr 📖 Mike & Jane  
🕒 2 loafs 📖 Bruno Albouze[8]

“The marriage between banana, lime, and mango is quite amazing[8].” The lime glaze really does take this cake up notch.

banana mix		batter	
525 g	<b>banana</b>	525 g	<b>pastry flour</b>
20 g	<b>lime juice</b>	270 g	<b>butter</b>
add-ins		200 g	<b>eggs</b>
250 g	<b>chocolate chips</b>	20 g	<b>baking powder</b>
15 g	<b>flour</b>	3 g	<b>salt</b>
		3 g	<b>baking soda</b>
mango mix		glaze	
500 g	<b>mango</b>	30 g	<b>lime juice</b>
20 g	<b>butter</b>	180 g	<b>sugar, powdered</b>
20 g	<b>brown sugar</b>		
10 g	<b>lime zest</b>		
15 g	<b>lime juice</b>		

0. Save overripe bananas in freezer, thaw before using.
1. Grease and line two loaf pans, preheat oven to 350  $F^{\circ}$ .
2. Measure batter: bring butter to room temperature, beat eggs; combine flour, soda, powder; combine salt, sugar.
3. Toss chocolate chips, flour.
4. Prep mango mix: add brown sugar, butter, zest, to a frying pan for the mango; zest the lime and set aside.
5. Squeeze out bananas, mix w/ lime juice w/ immersion blender.
6. Peel and cube mango, sauté  $\approx 8$  min. Transfer to plate, add lime juice & zest, let cool.
7. Cream butter, salt, sugar. Gradually add eggs until smooth.
8. Add  $\approx 1/10$  flour mix on low, then banana, then remaining flour.
9. Fold chips and mango mix, fold in batter.
10. Bake for  $\approx 1$  hr or until done. Meanwhile, combine lime juice and powdered sugar.
11. When done baking, immediately glaze and bake for 1 min. Let stand 15 min before unmolding. Let cool then chill overnight.

### VARIATIONS

- 🍌 The original recipe uses 200 g chocolate chips and 220 g walnuts.

### EXPERIMENTS

- 🍌 Looking to replace the chips w/ Mango or strawberry; would strawberry overpower the mango?

- ⚠ Need to cut the recipe in half for a normal loaf pan.  
 ⚠ Need to try fresh mango, previously had to use canned w/ syrup.

## § 16.11 Banana Bread

- 🕒 30 min 📅 1 hr 📖 Mike & Jane  
 ☉ 1 loaf 📖 *Joy of Cooking* [46, p. 628]

*A classic banana bread ripe for customization.*

$1\frac{1}{2}$ C	flour, all purpose	2	eggs
$1\frac{1}{2}$ tsp	baking powder	3	bananas, ripe
$\frac{1}{2}$ tsp	salt	8 oz	strawberries
$\frac{2}{3}$ C	sugar	$\approx 2$ Tbs	golden syrup
6 Tbs	butter		

*Golden  
syrup  
provides  
a distinct  
flavor simi-  
lar to butter-  
scotch or  
caramel.*

0. Bring ingredients to room temperature.  
Grease a loaf pan. Preheat oven to  $350\text{ }F^{\circ}$ .
1. Combine flour, baking powder, salt; set aside.
2. Quarter strawberries and toss with  $\approx 1$  Tbs flour.
3. Beat sugar & butter on medium until creamy.
4. Beat in eggs, banana. Beat in flour  $\approx \frac{1}{2}$  C at a time.  
Fold in strawberries.
5. Pour into loaf pan, bake  $\approx 1$  hr. Remove from oven when done  
& drizzle golden syrup on top. Cool, then unmold.

*Coating fruit  
w/ flour  
prevents the  
fruit from  
sinking.*

### VARIATIONS

- ☞ Mike likes strawberries, Jane likes chocolate chips w/o the syrup,  
the original [46] uses walnuts and apricot.

### EXPERIMENTS

- ⚠ Measuring by weight may be more consistent.

## § 16.12 “Best” Banana Bread

🕒 30 min 📅 1 1/2 hr 📖 Pamela Teresi & Jean Jesperse  
 ☉ 1 loaf

*My friend Jean gave me this decades ago; she told Oma and I that it was the “Best” Banana Bread and we agreed.*

1 1/2 C	<b>banana, overripe</b>	1/2 C	<b>nuts</b>
2 C	<b>flour</b>	2	<b>eggs</b>
3/4 C	<b>butter</b>	1 tsp	<b>vanilla</b>
1 1/2 C	<b>sugar</b>	1 tsp	<b>salt</b>
1/2 C	<b>buttermilk</b>	1 tsp	<b>soda</b>

≈ [4..6]  
*bananas.*

*Nuts are  
 optional.*

*Add lemon  
 juice to milk  
 to mak sour  
 milk.*

0. Grease and line a loaf pan. Preheat oven to 350  $F^{\circ}$ .
1. Bring ingredients to room temperature. Sift flour, soda, salt. Mash the banana. Measure remaining dry ingredients.
2. Cream the butter. Add sugar gradually until combined.
3. Blend in banana, eggs, vanilla.
4. Add flour and milk alternately until just combined. Fold in nuts.
5. Pour into pan and bake at 350 $F^{\circ}$  for 1 1/2 hr.



# Chapter 17

# Pie

## Contents

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## § 17.1 Basic Flaky Pie Pastry

🕒 45 min 📖 Pie [20]  
 🍷 1 pastry ⌚ 1 hr

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

1 <sup>1</sup> / <sub>2</sub> C	<b>flour, all purpose</b>	1/4 C	<b>butter, unsalted</b>
1 <sup>1</sup> / <sub>2</sub> tsp	<b>sugar</b>	1/4 C	<b>shortening</b>
1/2 tsp	<b>salt</b>	1/4 C	<b>water</b>

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 onto wax paper, invert onto pan & shape. Freeze 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, lower to 375 F°.
6. For a partially pre-baked crust: bake 10...12 min at 375 F°.
7. For a fully pre-baked crust: bake 15...17 min at 375 F°.

*Freezing  
before rolling  
results in  
cracking*

## § 17.2 Strawberry Rhubarb Crumb Pie

🕒 1 1/2 hr 📖 50 min 📖 Pie [20]  
 🍷 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.*

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

0. Prepare **17.1 Basic Flaky Pie Pastry** and refrigerate  $\geq 1$  hr. *make a high crust to prevent spills*
1. Roll pastry onto wax paper  $\approx 13''$  diameter, invert onto pie pan and shape. Freeze for 15 min. Preheat oven to 400  $F^\circ$ .
2. Prepare filling. Slice rhubarb  $\approx 1/2''$  pieces, mix fruit w/ sugar, lemon juice, zest, tapioca. Quarter strawberries and mix in. Macerate for  $\geq 15$  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  $F^\circ$ . Add crumbs to top of pie. Rotate pie 180 $^\circ$  (to bake evenly) and bake [30..40] min. Add foil heat shield if needed for last  $\approx 10$  min. Cool  $\geq 1$  hr. *place a cookie sheet underneath to catch spills*

## VARIATIONS

- 🍷 Try a bit of ground green cardamom in the filling.



## § 17.3 Classic Lemon Meringue Pie

- 🕒 1 hr 📅 20 min 📖 Pie [20]  
 🍷 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.*

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

*Fresh lemons are critical, you'll need ≈ 3. Extra juice / zest is ok.*

0. Prepare **17.1 Basic Flaky Pie Pastry**, full pre-bake, set aside.
1. Set aside a saucepan and pie pan. Grease pie pan w/ butter.
2. Dice the butter into ≈ 1<sup>1</sup>/<sub>2</sub> *inch* pieces, set aside.
3. Combine into saucepan the sugar, cornstarch, salt, water.
4. Separate eggs, add yolks to saucepan, set aside whites in fridge.
5. Zest then juice lemons, add to saucepan.
6. Cook custard. Whisk nonstop over medium heat until it boils (≈ 8...15 *min*). Reduce heat & whisk for ≈ 60...90 *sec*.
7. Emulsify custard. Remove from heat, continue whisking, and add the butter slowly one piece at a time.
8. 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*.
9. 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 [20]  
 ☉ 1 pie

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

*let eggs come to room temperature*

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



0. Prepare pastry [17.1 Basic Flaky Pie Pastry](#), partially pre-bake, and let cool.
1. Preheat oven to  $350\text{ }F^{\circ}$ . Chop walnuts.
2. Heat on low until melted the corn syrup, molasses, butter. Add chocolate chips, remove from heat, wait  $\approx 5\text{ }min$ . 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.
5. Bake  $[35 \dots 40]\text{ }min$ , rotating  $180^{\circ}$  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 [\[20\]](#) recommends a nut pastry, and trying Kahlúa in place of crème de cacao.



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# Acronyms

**MSG** Monosodium Glutamate. 22

**NCS** Non-Centrifugal Cane Sugar. 20