Recipes

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# To Cook List

* Muesli with oats. Breakfast porridge. Zimbabwe fermented breakfast porridge.
* Chipotle <http://www.food.com/recipe/mexican-grilled-chicken-484420>
* Huevos rancheros
* Tich will bbq chicken
* Korean bibimbap bowl
* Cava: Rice, eggplant dip, meat (lemon, garlic, oregano, parsley, harissa, cayenne, cilantro, coriander), shredded greens, tomato + cucumber + onion salad, lemon, pickled banana peppers, cabbage, pickled onion, quinoa tabbouleh, feta, tahini sauce/yogurt sauce/harissa
* Kabobs
* Daikaya grilled avocado (<http://cincinletseat.com/2013/04/25/grilled-avocado-recipe>, <http://www.feedingyourappetite.com/grilled-avocado-with-wasabi-ponzu>, <https://munchies.vice.com/recipes/grilled-avocado-with-ponzu-sauce>)
* Gjelina
* Sadza with traditional flours
* Organ meats
* <http://www.thekitchn.com/recipe-misoroasted-asparagus-soba-noodle-salad-recipes-from-the-kitchn-202478>
* <http://www.thekitchn.com/tips-for-setting-up-a-salad-bar-buffet-for-a-party-gatherings-from-the-kitchn-203897>

# 

# Breakfast

## 

## Baked Oatmeal

http://nourishedkitchen.com/baked-oatmeal

12-16 servings:

Cover 1 lb **steel cut oats** and 1c **walnuts or other nuts** with filtered water. Add a **pinch of salt** and 2T **yogurt, whey, kefir, or buttermilk**. Soak overnight. Drain.

Preheat the oven to 375. Grease a 9x13 pan with **coconut oil**.

Beat 6 **eggs**, 2c **milk**, and **<** ¼c **maple syrup** til frothy. Pour over the oats/nuts, stirring well.

Add ½c **raisins/cranberries**, ½c **dried unsulfured diced apricots**, 2T **cinnamon**, and ¼c **coconut oil**. Pour into baking pan, smoothing with a rubber spatula.

Bake 40-45 minutes til golden brown on top, a knife comes out clean, and the food is fragrant. Cool 5-10 minutes.

Serve with maple syrup, yogurt, fresh fruit, mashed banana, sautéed apples. Alternatives: dried cherries and almond; orange zest; lemon zest.

## 

## Smoked Salmon with Eggs

Scramble **eggs**. Top with **smoked salmon**, **crème fraiche**, and **herbs** (eg, tarragon).

## 

## \*\*\*Fried Egg

Version 1: Fried **egg**, **harissa**, caramelized **onion** and **pepper**, and optional **feta** cheese on open-faced **sourdough** with a side of **avocado**.

Version 2: Fried **egg**, lightly cooked diced **tomato**, purple **sauerkraut**, **hot ketchup**, optional **hot sauce**, **salt**, and **pepper** on open-faced buttered **pain au levain**.

## 

## Gjelina’s Bialy

Serve fried **egg**, **harissa**, **tomato**, **fontina**, **sprouts**, and **pork** **belly** with **sesame toast**.

## 

## Baked Egg in Avocado

Bake **egg** in **avocado**. Serve with **harissa sauce**.

# 

# Lunch & Veggie Dishes

## Sally’s Tomatillo Salsa Verde

<http://allrecipes.com/recipe/94028/tomatillo-salsa-verde/?mxt=t06dda>

In saucepan, combine 1 lb husked **tomatillos**, ½c diced **onion**, 1t minced **garlic**, 1 minced **serrano chile pepper**, 2T chopped **cilantro**, 1T chopped **oregano**, ½t ground **cumin**, 1½t salt, and 2c water. Boil on high, then simmer on med-low for 10-15 min until tomatillos are soft. In blender, blend in batches until smooth. Use much less water for a less watery version.

## 

## Guacamole

Bernd: 1 **avocado**, 1 chopped **shallot**, 1 hard-boiled **egg**, **salt**, **pepper**, and a little **lemon juice**.

Macky: 1 **avocado**, diced **onion**, chopped **pepper**, **mayonnaise**, **lemon juice**, and **salt**.

Whole Foods: 1 **avocado**, chopped **onion**, chopped **tomato**, **cilantro**, **lime juice**, and **salt**. Optional: chopped **jalapenos**.

## 

## Who Needs Bread Sandwich

Roll **bologna** around **mustard** and chopped **onion**. Optional: **avocado**.

## 

## \*\*\*Turkey, Pesto, Avocado Sandwich

Sliced roast **turkey** (preferably with a little **gravy**), **pesto**, and **avocado** slices

## 

## Mozzacado Sandwich

Smashed **avocado**, buffalo **mozzarella**, **tomato**, **basil**, **pesto**, **salt**, and **pepper** on slices on toasted **sourdough**.

## 

## Prosciutto, Tomato, Artichoke Sandwich

Panini **bread** toasted and brushed with **olive oil**, with **prosciutto**, **artichoke hearts**, **salted** **tomatoes**, **jack cheese**, sliced **onions**, and **harissa**. Optional: **arugula**, **mustard.**

## 

## Vinoteca’s Squash Mozzarella Sandwich

Toasted **baguette** with melted buffalo **mozzarella**, **fig** jam, cooked **kale**, and cooked slices of **squash**.

## 

## Steak Sandwich

http://www.jamieoliver.com/recipes/beef-recipes/next-level-steak-onion-sandwich/#bKGdCDmasPLvyB0H.97

Caramelize **onions,** adding **broth** or **wine**. Cover **sandwich steak** with **salt** and **pepper**, and cook on skillet.Put steak and onions on toasted **sourdough** with **mustard** and sliced **tomatoes**. Optional: **watercress/arugula** and a touch of **harissa**.

## 

## Quinoa Mango Salad

http://food52.com/recipes/17492-quinoa-and-mango-salad-with-lemony-ginger-dressing#comments

Preheat oven to 400. Cook 1c **quinoa** in 2c water (boil together, simmer + cover 12-15 min, strain, fluff). Toss 1 **red** **onion** slivered in 1T **olive oil**, **salt**, and **pepper**. Roast 30 min. Stir only occasionally after they have started to brown. Dice 3 **mangoes**. Assemble quinoa, mango (and mango juices), 1 can **black beans**, and 3T chopped **cilantro**. Spread salad over 2c **micro greens**. Top with roasted onions and 1-2 **avocados** sliced. Make dressing with 4T **olive oil**, 4T **lemon juice**, 1/2t **ginger**, **salt**, and **pepper**.

## 

## Peggy’s Salad

Pour 1 c **vinaigrette dressing** on 8 c cooked warm **brown rice**. Cool.

Add 2 julienne sliced **green peppers**, 1 diced medium **purple onion**, 6 sliced **scallions**, 1 c **currants**, 10 oz blanched frozen **peas**, ½ c chopped **black olives**, ¼ c **parsley**, ½ c **dill**, **salt**, and **pepper**. Toss. Serve at room temperature.

## 

## The Rabbit Hole

Cook Trader Joe’s 10-minute **farro**, preferably in **broth**. Cook chopped fresh **garlic** with sliced **shitake mushrooms**. Mix all together with crumbled **feta**, sliced **olives**, pickled **artichoke**, **balsamic vinegar**, **salt**, **pepper**, 1 slice **lemon juice**, and **arugula**. Optional: **olive oil**, **chicken**.

## 

## Risotto ai Funghi Porcini

The Well-Tooled Kitchen

Simmer 2 quarts **chicken stock** on medium, then reduce to bare simmer. Melt 2T **butter** in saucepan. Add 1 chopped **onion** and 2 coarsely chopped **garlic** cloves. Sauté 8 min until onions are clear. Add 3 chopped **porcini** stems and cook 2 min. Add 1½c Italian arborio **rice**, stir, and cook 5 min. Add 1c dry **white wine** and cook until the rice absorbs the liquid, stirring frequently. Add ladleful of stock and simmer until the rice absorbs it. Repeat for all of the stock, stirring frequently. Add 1T **tomato puree** and 3 porcini caps. Cook for 2 min, stirring constantly. Remove from heat, add 4T butter, ½c grated **Parmesan**, and 1T **parsley**. **Salt** and **pepper**. Stir and serve immediately.

## 

## \*\*\*Orzo Caprese

Cook **orzo** using **broth**. In a skillet, cook chopped **onions** and **tomatoes**. Add to the orzo, along with chopped **basil**, buffalo **mozzarella**, **balsamic** **vinegar**, **salt**, and **pepper**.

## 

## Farfalle Pasta

The Well-Tooled Kitchen

Pour ¼c heavy **cream** into skillet. Add 8 1/8-inch-thick **zucchini** slices, 1c cooked farfalle **pasta**, and **salt**, and simmer. Add 4 **asparagus** spears (blanched 30 seconds), 2T **spicy tomato concasse** (cooked tomato, and hot sauce), and 4 ½-inch cubes of bufala mozzarella. Do not stir, and cook until mozzarella melts enough to hold pasta together.

## 

## Nando’s Squash Salad

Mix cubed roasted **butternut squash**, **corn**, **pomegranate seeds**, and **cilantro**. Optional: add finely chopped **hot pepper** and/or **onions**.

## 

## Bernd’s Mediterranean Salad

Mix together **corn**, chopped colorful bell **peppers**, chopped **avocado**, maybe some chopped **scallions**, chopped sundried **tomatoes** or regular tomatoes, sliced **olives**, a spoon of **olive oil**, and a splash of **balsamic vinegar**. Heat or serve cold. Serve with white fish, especially grilled sardines.

## 

## Beet and Goat Cheese Salad

Roast 6 small **beets**. Fill a bowl with **salad greens** and **walnuts**, especially candied walnuts. Add dressing: ¼ cup **olive oil**, 1 finely chopped small **shallot**, juice from ½ **lemon**, leaves from 5 springs of **thyme**, **salt**, and **pepper**. Add beets to salad. Add **goat cheese**, especially honey goat cheese.

## 

## Matchbox Fig, Goat Cheese, and Honey Salad

Mix fresh (or dried) cut **figs**, **goat cheese**, **arugula**, **honey**, **olive oil**. Maybe add **balsamic vinegar**.

## 

## Potato and Artichoke Gratin

http://nourishedkitchen.com/potato-and-artichoke-gratin/

6 servings

Preheat oven to 400. Cook 3 **leeks** and 8oz chopped **artichoke hearts** (optional: tender part of fresh artichokes) in **butter** over medium heat for 5 minutes, until fragrant and tender. Slice 2lbs **potatoes** (optional: purple) to 1/8 inch thick. Layer the bottom of a gratin dish with 1/3 of potatoes, ½ of leeks/artichokes, spoon of **thyme**. Continue layering, ending with potatoes. In a small bowl, whisk 1c **heavy cream**, ½ c **chicken stock**, 1t **salt**, and ½ t **pepper**. Pour over veggies. Top with ½ c **grated parmesan** and thyme. Bake 1 hour, until potatoes are tender and gratin is browned. Cool 5-10 min.

## 

## \*\*\*Crispy Potatoes

Slice thinly. Roast. Let cool on counter, with air flow.

## Orange Sweet Potatoes

Dice and roast sweet potatoes. Top with orange zest.

## 

## Sweet Potatoes Anna

http://nourishedkitchen.com/sweet-potatoes-anna-spiced-ghee/

To make spiced ghee (niter kibbeh): Place ¾ lb **butter** in skillet. Toss in 6 **cardamom** pods, 2 **cinnamon** sticks, 1t whole **coriander** seeds, ½t powdered **turmeric**, ½t **fenugreek** seeds, and ½t **cumin** seeds. As the butter melts, skim off foam and discard it. Continue melting butter for ~30 minutes until it releases all foam and the remaining milk solids settle to the bottom of the pan. Pour the melted butter through a butter **muslin**-lined fine strainer over a bowl.

Heat oven to 400. Peel 3 lbs **sweet potatoes** and slice <= 1/16th inch using a mandolin. Brush cast iron skillet with spiced ghee. Arrange sweet potato slices in overlapping circles, brushing each layer with ghee. Drizzle remaining ghee.

Cover with parchment paper. Place another cast iron skillet or heavy oven-proof dish on parchment paper to press down on sweet potatoes. Bake 40 minutes, then remove weight and parchment paper, and bake another 5 minutes (or until sweet potatoes are tender). Cut into wedges and serve warm.

## 

## Curry Squash

http://allrecipes.com/recipe/red-curry-butternut-squash/

Chop 1 bunch **scallions**, reserving a few for garnish. Heat 1T **coconut oil** in pot. Sauté scallions, 2T **tomato paste**, 1T **red curry powder**, 1t ground **cumin**, and 1t **red curry paste** for 5 minutes, until sizzling and toasted. Add 3 cloves crushed **garlic** and sauté for another minute. Add 1 can **coconut milk** and 3T **fish sauce**. Once simmering, add 1 **butternut squash** (peeled and cut in 1in cubes). Cover and cook on med-low, stirring every 5 min. Cook ~20 minutes until squash are tender; do not overcook squash. Add ¼c torn **basil** leaves and remaining scallions.

## 

## Friederike’s Pumpkin Soup

## 

## Sweet Potato and Poblano Soup

http://nourishedkitchen.com/sweet-potato-poblano-pepper-soup/ \*use ¼ the amt of pepper!

In a large saucepan, add 2T **coconut oil**. Add a chopped **onion**, then a sliced **poblano pepper**. After a couple minutes, add **4 medium sweet potatoes**, a dash of **cayenne** (or paprika or cumin) and **salt**. Cover for 10 minutes. Add **2 quarts chicken broth**. Simmer 30 minutes, til soft. Blend. Serve with **sour cream**. Optional, **cilantro**.

## 

## Peanut Butter Soup

http://ohmyveggies.com/african-peanut-soup/

In a large pan on medium-high heat, sauté 1 diced **onion**, 1/2c diced **celery**, 1 inch **ginger**, and 4 **garlic** cloves. Add 3c **broth**, 2 cans **coconut milk,** 1 **hot pepper**, 4c chopped **sweet potato**, 1 can **tomatoes**, 2t **salt**, ¼t **pepper**, pinch of **cayenne pepper**, 1T **cumin**, and 1T **soy sauce**. Cook 15 mins. Add ¾c **peanut butter** and cook 5 more mins. Blend. Garnish with **cilantro**.

## 

## Red Curry Lentils

http://pinchofyum.com/red-curry-lentils

Cook 1½c rinsed **lentils**, then drain. Melt 2T **butter** on med-high. Saute ½ large diced **onion** for a few minutes. Add 2T **red curry paste**, ½T **garam masala**, 1t **curry powder**, ½t **turmeric**, 1t minced **garlic**, 1t minced **ginger**, and shakes of **cayenne pepper**. After 1-2 min, add 14oz **tomato puree**. Simmer til smooth. Add lentils and ¼c **coconut cream**. Stir and simmer 15-20 min. Serve over **rice** and garnish with **cilantro**.

## 

## Hannah’s Eggplant Parm

Slice 3 **eggplants**. **Salt** and let sit for 1 hr. Wash and pat dry. Fill a bowl with 3-4 beaten **eggs** and a bowl with **chickpea flour**. Dip eggplant in bowls. Cook on stove in oil 1-2 min each side til starting to brown. In a casserole pan, put layers of **tomato sauce** (1 jar total), **eggplant**, **mozzarella** (1 log), and **parmesan** (1 container). Bake 20 min at 350.

## 

## Mediterranean Veggie Medley

Cook spinach **pasta**. In saucepan, sauté chopped **onion, garlic,** and baby portobello **mushrooms**. Add a little **broth**, chopped **tomatoes**, chopped **peppers**, **salt**, **pepper**, **harissa**, **tomato paste**, **eggplant paste**, and **balsamic vinegar**. Serve drizzled in **olive oil** with **feta** and sliced **olives**.

## 

## \*\*\*Spanish Rice Stuffed Portobello

In saucepan, sauté diced **garlic** and **onion**. Add **rice** and cook 5 min until golden. Add **chicken broth** and **tomato sauce/paste**. Simmer for 20 min. During simmer, add diced **peppers**, **tomatoes**, and spices (e.g. **salt, pepper, cayenne pepper**, **harissa sauce**, **spicy ketchup, cumin**). After cooking, add **cilantro**. Simultaneously, roast **portobellos**. Add the diced stems and the mushroom juice to the rice. Can top with slice of **cheese** and melt. Serve with **guacamole**, **fermented veggies**, and **sausage**.

## 

## Portobello Pizza

http://picturetherecipe.com/index.php/recipes/grilled-portobello-mushroom-pizzas/

Roast **portobellos** 8 min. Then remove from oven, and add **pizza sauce, cheese,** and toppings (**basil, sausage, peppers,** etc). Roast another 8 min.

# 

# Meat

## 

## Salmon Mango Tartare

Finely dice **raw salmon**, **onions**, and **mango**. Cooked salmon works, too. Add a spoon of **olive oil** and some finely chopped **cilantro**. Maybe a splash of **balsamic vinegar**.

## 

## Salmon Teriyaki

For the sauce, mix 1 part **soy sauce** with 2 parts **apple cider**. Add some of the diced **pickled ginger** and its juice. Optional: add 1 spoon **fish sauce** and a bit of **chili paste**. Break the **cooked salmon** into bite-size pieces. In a stovetop pan, caramelize **onions**. Add **veggies** (eg: broccoli, snow peas, peas, spinach, mushrooms, etc) and sauté. Optional: add **rice noodles**. Mix all together in a big bowl. Let sit to meld flavors.

## 

## Salmon with Coconut Fried Rice

Cook **rice** using half water and half **coconut milk**. Cook **onions** and **garlic** in **coconut oil**. Add rice to skillet. Add stirredraw **eggs**. Stir in **basil**, **pickled ginger**, **salt**, **soy sauce**, and **fish sauce**. Top with **smoked salmon**. Serve with **pickled ginger**, sliced **avocado**, and **fermented veggies**.

## 

## Salmon with Tomato Cream Sauce

Caramelize a lot of **onions** in butter so they look like pasta. Add some finely diced **garlic** and sauté. Add **mushrooms** (optional) and cook. Add **tomatoes** (probably the canned kind with the juice). Add **cream** and simmer. Turn off the heat. Add bite-size pieces of **cooked salmon** and **basil** (optional). Salt and pepper.

## 

## Smoked Salmon Pasta

Cook 8oz **linguine** or **fettuccine** in boiling water until barely tender; drain. Meanwhile, melt ½c **butter** on low. Stir in 1c **sour cream**, 2t ground **garlic**, 1 **egg** slightly beaten, and ¼c **parmesan cheese**  (recipe needs ½c total). Fold in 2/3c chopped **tomatoes** (peeled and seeded), 4-6.5oz **smoked salmon** pieces, and 1T **chives**. Heat thoroughly ~2 min and season with **salt** and **pepper**. Fold sauce into hot pasta. Place on serving platter and garnish with remaining parmesan and 1T **parsley**.

## 

## Chicken with Cream and Potatoes

Caramelize **onions** in butter. Boil **potatoes**, cut into bite-size pieces, and add to the onions. Add bite-size pieces of **cooked chicken**, a little less than a cup of **heavy cream**, and simmer. Salt and pepper. Season with **parsley**. Serve hot.

## 

## Scott’s Curry Chicken

Preheat oven to 350.

Combine ¾ c **almond flour** (chop almonds), 1½ t **salt**, and ¾ t **pepper** in a medium bowl.  Rinse a 3-5 lb **chicken** (cut up), pat it dry with paper towels, and then dip the pieces into the flour mixture, turning until they are thoroughly coated.  Place on a rack, and set aside.

Pour 4 T melted **butter** into a 9 x 13 inch baking pan.  Add the chicken pieces, turning until they are coated with the butter.  Bake, uncovered, for 30 minutes.

Mix together ¼ c **dark brown sugar**, ¼ c **honey**, ¼ c **lemon juice**, 1 T **soy sauce**, and 1½ t **curry powder**.  Pour over the chicken, and bake 45 minutes longer, basting occasionally with the pan drippings.

Variations for leftovers: serve as a salad with **spinach**, **peaches**, and **cashews**. Serve with **rice**, **sprouts**, **cashews**, and **veggies** (eg scallions, mushrooms, spinach).

## 

## Quinn’s Garlic Mustard Meat Glaze

http://smittenkitchen.com/blog/2008/07/garlic-mustard-glazed-skewers/

For chicken, beef, pork. Makes ¾ c glaze, for ~2lbs meat.

Whisk together ¼ c **whole grain mustard**, 2T **Dijon mustard**, 4 cloves finely chopped **garlic**, 2T **apple cider vinegar**, 1T **soy sauce**, 1T **honey**, 1T finely chopped **rosemary**, 2t **paprika**, ¼ t **salt**, and ¼ t **pepper**. Let sit for 30 min – 4 hours before using.

## 

## Beef Tartare

From pg. 442 of the Meat cookbook. Mix **raw ground beef**, one raw **egg yolk** per person, a few spoons of **ketchup**, finely chopped **onion**, finely chopped **pickle**, a spoon of **Worcestershire sauce**, and pepper. Let sit, and serve cold.

## 

## \*\*\*Slow-Cooked BBQ Beef

Brown beef **chuck roast** for 3-4 minutes each side on stove. Put meat in slow-cooker with 1 can of **BBQ sauce** and a little water to cover the meat. Cook on low, 6 hours, ‘til tender. Serve with **mashed potatoes** and **veggie**.

## 

## Liver with Fried Egg

Cook **liver** on stove on medium heat, 2-3 minutes each side. Fry an **egg**. Put the fried egg on top of the cooked liver. Top with diced **tomato**, **crème fraiche**, a little bit of **ketchup**, and **scallions**. **Salt** to taste. Pierce the yolk with a spoon and drizzle the yolk over the whole dish.

## 

## Liver with Mustard

Soak **liver** in **lemon** juice. Dry with paper towel. Grill 2-3 minutes each side. Caramelize **onions**. Add **broth**, **gravy**, and/or a splash of **wine** to the onions. Serve open-faced **toast** with **butter**, liver, and the onions. Top with **mustard** and optional **sauerkraut**.

## 

## Liver BBQ Sandwich

Soak **liver** in **lemon** juice. Dry with paper towel. Add **salt** and **pepper.** Cook 2-3 minutes each side. Coat in **BBQ sauce** (or BBQ sauce with veggies, curry, pepper, pinch of cumin, tomato paste, thyme, wine, pickle juice). Caramelize **onions**. Add **balsamic vinegar** and **red wine**. Serve on buttered ciabatta **rolls** with sliced **tomato**.

## 

## Veal Escalopes Caprese

The Well-Tooled Kitchen

Preheat oven to 375. Season 8 4oz 1/3-inch-thick **veal loin escalopes** with **salt** and **pepper**. Dredge in ¼c **flour**. Heat 4T **butter** in med-high skillet. Sauté veal. Put veal on oven-proof platter, cover with 1 cubed **tomato**, 4oz cubed **mozzarella**, 4 slices **prosciutto**, and 24 **basil** leaves. Bake 10 min til cheese melts. Serve with 1c **reduction sauce** and 1 lb cooked **spinach pasta** sautéed in butter.

## 

## Jamaican Jerk Bison Sausage

Put **maple ginger bison sausage** in fry pan with some water or broth. Cover and cook. Remove cover and let water/broth evaporate and sausage brown.  
To make the jerk sauce, blend in blender: ½ **red onion**, ½ c **red wine vinegar**, 1/2 - 1/3 c **olive oil**, handful of **cilantro/thyme**, **clove**, **nutmeg**, **allspice**, **chili powder**, **coriander**, and 3-5 cloves **garlic**.  
Stir fry **peppers**, **mushrooms**, and **tomatoes**. Add jerk sauce and simmer on low for 5-10 minutes. Serve over **rice**.

## 

## \*\*\*Sausage with Mustard

**Sausage** (e.g. hot Italian bison) with **mustard**. Served with sides of **ferments** (e.g. pickled green beans, sauerkraut).

## 

## Shophouse Meatball Bowl

http://www.beachreadynow.com/recipes/shophouse-meatball-bowl-copycat-recipe/

Cook **rice** in **coconut milk** or **rice noodles**.

Mix ground **pork/bison/beef/turkey**, 1 **egg**, chopped **onion**, chopped **scallion,** 2T **garlic**, 2T **soy sauce**, 1T **fish sauce**, 1T **hot sauce**, 4T **cilantro**, ½t **ginger**, **salt**, and **pepper**. Bake 15-20 min at 400, or 5-8 per side in skillet.

For sauce, simmer **coconut milk, chicken stock,** 1/2t **cumin**, grated **ginger**, 2t **red curry paste**, **honey,** and **curry powder**.

Garnish with **pickled veggies, lime juice, cilantro,** and **sesame seeds**.

## 

## Pineapple Beef

Marinate thinly sliced **beef** in 1 **can of pineapple**’s juice, 1T **soy sauce**, and 1T **fish sauce**. Sauté on each side. Separately, sauté **vegetables** with **ginger**. Add pineapple chunks to the veggies. Serve with rice.

## 

## Ragu alla Bolognese

The Well-Tooled Kitchen

Cut 1 slice lean **pancetta** (or salt pork) in small pieces. Combine with ½ **carrot**, 1 small **onion**, and 1 stalk **celery**, and mince to fine paste (or put in food processor). Sauté the mince until golden in **olive oil**. Trim **chicken liver and heart**, and skin the **gizzard**. Mince the meat in a food processor or meat grinder. Add organs and ¾lb **ground** **beef** (or mixed veal, pork, beef) to the pancetta mixture and cook until thoroughly browned, breaking up any lumps of meat. Add ½c dry **red wine**, 3c **canned plum tomatoes**, 2T **tomato paste** dissolved in ¼c water, 2t **salt**, and **pepper**. Boil, cover, and cook 3 hrs (or 15 min at 15 lb pressure). Cook uncovered at the end to reduce liquid.

## \*\*\*Lamp Shoulder Chops

www.foodnetwork.com/recipes/food-network-kitchens/pan-grilled-lamb-shoulder-chops-recipe.html

Marinade 4 8-12oz **lamb shoulder chops** in ½c **lemon** juice, 2T **mustard**, 1T chopped **rosemary**, 3 cloves **garlic**, 1t **salt**, ½c **olive oil**, and **pepper**. Shake and let marinate for 1 hr at room temperature or 4-12 hrs in fridge. Lightly scrape marinade off and pat dry. Cook on med-high grill pan for 3 minutes, then rotate 90 degrees for another 3 minutes. Flip and repeat. Cook in oven at 350 for another ~15-20 mins. Let sit 5 mins before serving with pan drippings.

Serve with cooked **rice pasta**. Stir **pesto** into the pasta. Optional: add a **honey**, **mustard**, **apple cider vinegar** sauce to the pasta.

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# Dessert

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## Coconut Flour Yellow Cake

http://nourishedkitchen.com/coconut-flour-cake

Preheat the oven to 350. Beat **12 eggs**, **2 cups coconut milk**, **¾ cup honey**, **2 t vanilla extract**, **½ t lemon juice** til smooth.

Add **2 cups coconut flour**, **½ t baking soda**, and **¼ t salt**, beating til smooth.

Grease two 8-inch spring-form pans with coconut oil and coconut flour. Bake for about 40 minutes til they pass the toothpick test. Cool completely.

For frosting, whip heavy cream with a bit of honey and a teaspoon of vanilla extract.

Chill till ready to serve.

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## Apple Bread

http://www.lifeasaplate.com/2010/10/18/grain-free-flourless-apple-spice-bread-with-maple-cream-cheese-frosting/#comment-21168

Simmer **2-4 roughly diced apples**, **2 T apple cider or orange juice**, **1 t vanilla extract**, and a **cinnamon stick** in a pan on the stove til apples are soft.

In a food processor, blend **2 cups almond butter**, **2 eggs**, **¼ cup honey or maple syrup**, **2 t baking soda**, **1 T cinnamon**, **1 t nutmeg**, and a little **cloves**. It will form a ball after a while. Pulse a little more.

Add the apples and liquid and pulse a couple of times til they’re chopped but not too small.

Bake 20-30 minutes til it passes the toothpick test.

Make a lemon honey glaze and brush on top.

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## Fruit with Cream

Optional: stir a little **vanilla extract** into the cream. Sprinkle with **cinnamon**.

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# Drinks

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## Milkshake

2 cups **frozen fruit**, 1 quart **milk**, 2 T **honey**, 1 T **vanilla extract**, 2 **egg yolks**

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## Herbal Fruit Drinks

Mix **water, cucumber, lemon, basil,** and **mint**. Chill overnight.

Mix **water**, **strawberries/raspberries**, **lime,** and **mint**. Chill overnight.

Mix **water, ginger,** and **lemon**.

Mix **water, pineapple,** and **mint**. Chill overnight.

Mix **water, watermelon,** and **rosemary**. Chill overnight.

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## Ginger Tea

Boil **ginger**. Add **lemon** and **honey**.