

## Spiced lamb meatballs on pita with yoghurt (60 min)

- lemon
  - garlic (2cl)
  - mint
  - cilantro
  - dill
  - yoghurt (1cup)
  - ground lamb (1 lb)
  - coriander (1tbs)
  - cumin (1.5tbs)
  - paprika (1 tbs)
  - pita breads (3)
  - olive oil (1.5 tbs)
1. whisk yoghurt with lemon juice, stir in chopped herbs and salt. Refridgerate
  2. mix all ingredients by hand in a bowl
  3. Form 12 3-inch oval patties (1 inch thick)
  4. arrange patties on a plate and refrigerate for 30 minutes until firm
  5. grill the patties for 5-6 minutes, then flip and grill 5 more minutes
  6. warm pita in foil in oven or toaster
- 2020-03-31, had 1lb instead of 1.5, and used cayenne pepper instead of paprika. It was very tasty, maybe a bit overspiced. Spices didn't feel completely in balance. I only had unground coriander, so I ground it with a breadroller. Experiment needs a bit more experimentation.

## Lasagna (60 min)

- basil
  - cheese, grated (1/2 cup?)
  - milk (1qt)
  - butter (6 tablespoons)
  - pork (1lb)
  - nutmeg (1/4 teaspoon)
  - Lasagna sheets (10?)
  - tomato sauce (24 oz)
  - flour (5 tablespoons)
1. Heat oven to 375
  2. Bring milk to simmer
  3. In separate pan melt butter and stir in flour
  4. stir hot milk into butter-flour mixture
  5. whisk vigorously and bring to a simmer, cook for 5 min
  6. add salt, pepper nutmeg (and cheese?)
  7. brown pork, season and add tomato sauce
  8. alternate sauce with lasagna layers, top with cheese
  9. bake until corners bubbly, 20-30 minutes?
- 13x9 oven dish
  - sauce pan
  - frying pan
- <https://www.allrecipes.com/recipe/236656/oven-ready-lasagna-with-meat-sauce-and-bechamel/>

## Pizza, frozen dough (30 min)

- prosciutto
  - frozen dough
  - pizza sauce
  - sun-dried tomatoes
1. thaw out dough, 3 hours outside fridge or 45 min in warm water
  2. Turn on oven to 400
  3. flour table, throw pizza
  4. add toppings
  5. grind some pepper over pizza
  6. put on sheet in oven for 10 to 12 minutes, have a guard sheet below
- Oven

## Avocado toast (10 min)

- Avocado
  - bread
- 1.
- toaster

## Sausage egg scramble (10 min)

- green onion (2)
  - Bell pepper (<=1)
  - Crimini Mushrooms (5)
  - eggs (2)
  - sausage, breakfast (3)
- 1.
- toaster

## Egg scramble (10 min)

- green onion (4)
  - tomato (1)
  - eggs (6)
- 1.
- pan