

## Spanakopita (20 min)

- spinach, frozen (2x10oz)
  - onion (1/2)
  - green onion (2)
  - garlic (2cl)
  - butter (1 stick)
  - feta (1/2lb)
  - chicken (1/4lb)
  - nutmeg(1/2 tsp)
  - phyllo sheets (10x(17by12in)
  - pan
1. preheat oven to 375
  2. saute onion and green onion in pan for 5 minutes
  3. add garlic, oregano, red pepper flakes, salt and pepper
  4. mixed with thawed out spinach,feta, nutmeg
  5. cut phyllo to right size
  6. assemble spanakopita
  7. bake until golden (roughly 20 minutes)
- <https://www.delish.com/cooking/recipe-ideas/a26471474/spanakopita-spinach-pie-recipe/>

## Potstickers (60 min)

- shredded green cabbage (1 cup +)
  - garlic(2+cl)
  - green onions (2)
  - ginger (1+tbs)
  - ground pork (1lb)
  - sesame oil (2 teaspoons)
  - brown rice(1cup)
  - soy sauce (2 tbs)
  - sriracha (1 teaspoon)
  - won ton wrappers (36)
  - Large pan
1. combine everything in large bowl, knead with hands
  2. assemble in hand, wet contact area with water
  3. make folds to stick, set down hard so they stand upright
  4. add 8-12 potstickers to pan at same time, flip on side after 3 minutes
  5. flip to last side, serve immediately
- 2020-03-21, roughly this recipe <https://damndelicious.net/2014/03/01/potstickers/>
  - they were great put pretty meaty. I also had 10-15 wrappers left
  - I didn't add any mushrooms but next time I would put in more stuff
  - maybe add more cabbage? [2020/03/21]

## Pizza, frozen dough (30 min)

- prosciutto
  - frozen dough
  - pizza sauce
  - sun-dried tomatoes
  - Oven
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

## Teriyaki Salmon (30 min)

- Broccoli (2stalks)
  - garlic(4cl)
  - ginger
  - salmon (1lb)
  - sesame oil
  - brown rice(1cup)
  - soy sauce (1/4cup)
  - sugar(2tbs?)
  - rice cooker
  - Large pan
1. Start rice
  2. Mix soy, ginger, garlic, sesame, sake,sugar, 1 cup of water
  3. thicken sauce for 10 minutes on stove
  4. Lay salmon in pan, surround by broccoli, drip teriyaki sauce over it
  5. have on medium/high heat for 6 minutes (lid on?)
  6. flip salmon and keep on stove until salmon is done
- sesame oil would be good, can reduce water amount for quicker stir? With fresh garlic and ginger,used honey (no sugar), added miso also, but didn't do much I think. Drizzled over salmon and broccoli, ate with brown rice (tasty!) overall success. [2020/03/21]
  - Works with chicken too

## Teriyaki chicken (30 min)

- Broccoli (2stalks)
  - Green cabbage (half)
  - ginger
  - chicken thighs (4 pieces)
  - sesame oil
  - brown rice(1cup)
  - soy sauce (1/4cup)
  - sugar(2tbs?)
  - Large pan
1. Start rice
  2. Mix soy, ginger, garlic, sesame, sake,sugar, 1 cup of water
  3. Lay chicken in pan, marinate in teriyaki sauce
  4. high heat to thicken sauce (5 min?)
  5. Add vegetables, have on medium/high heat for 6 minutes (lid on?)
    - Used weird amino acid replacement, still, was good [2020/03/24]

## French toast (15 min)

- eggs(2)
  - milk (1/2 cup)
  - butter (1/4 stick)
  - cinnamon
  - bread (4 slices)
  - powdered sugar
  - skillet
1. whisk eggs, milk, optional vanilla
  2. heat butter in pan
  3. dunk slice of bread in whisked mixture, then powder in cinnamon
  4. put slice in pan, don't turn too early
    - Optional vanilla extract,almond slices
    - [2020/3/31] tried with almond slices, but they were too thick and not very tasty. Try with thin slices next time .
    - one suggestion had something lemonzesty, that sounds like it might be very tasty too

## Egg scramble (10 min)

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

## Chicken pesto crepes (20 min)

- spinach leaves
  - eggs (1)
  - milk (1/2cup)
  - butter (1tbs)
  - chicken (1/4lb)
  - flour(1/4 cup?)
  - pan
1. fry up chicken cubes w spinach
  2. whisk eggs and milk, slowly whisk in flour
  3. add a pinch of salt
  4. spread butter in pan, bake crepes
  5. fill with chicken/spinach mixture
    - 2020-04-05, mixture was good, added some curry powder