

A close-up photograph of a meal on a white plate. The dish consists of several pieces of salmon fillets, some with a light pink glaze and others with a golden-brown crust, garnished with white sesame seeds. The salmon is served over a bed of green leafy vegetables, possibly arugula or spinach, and red bell pepper strips. The plate is set against a light-colored wooden background.

# The Antonius Cookbook

## Version – 0.025

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This document is designed for the purpose of storing and sharing recipes that have either been discovered by or created by myself (the author). All images are taken by myself of meals I have prepared unless otherwise stated.

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(Yes, this is a contradiction.)*

# **Breakfasts**

## 1.1 Egg Sandwich

### Base Ingredients

- English Muffin or Toast
- Butter
- Garlic
- 2-3 Eggs
- Olive oil
- Salt & Pepper
- Beef Summer Sausage
- Milk

### Spinach and Feta (optional)

- Spinach
- Feta Cheese
- Onion

### Greek Delight (optional)

- Mushroom
- Onion
- Ginger
- Green Pepper
- Tomato
- Fresh Parsley

### Your Favorite Omelet

You can use ingredients of your liking. This is a very versatile dish.

### Preparation

Toast English muffin or bread to desired level while preparing other ingredients. Scramble eggs in a separate bowl with a small drizzle of milk (this helps them fluff up) and dice other optional ingredients. Slice Summer Sausage into circles and place in a medium-low heat pan. When the sausages start to bubble, they are ready to be flipped. While that is cooking, in a hot pan, lightly drizzle olive oil and place in Minced Garlic and other optional ingredients<sup>1</sup>. Sauté these until they start browning. Once browning begins, add eggs<sup>2</sup>. Place lobs of butter on edges of omelet as it cooks. Once cooked, add Salt & Pepper and remove from pan.

When toast is finished, butter it. When sausage is finished, dab with paper towel to remove excess grease. Cut omelet in half or appropriate size for bread and assemble sandwich by bread—egg—sausage—bread. Enjoy with a side of fruit and a warm cup of tea for best breakfast results.

### Tips

Do not season the eggs before they are cooked. To practice flipping an omelet, you can get a piece of toast in an empty frying pan and flip it. A great way to slice spinach for use in something like this where you are not cooking it down for a while is to roll the leaves together and slice into strips (being careful not to crush the leaves). You can also make home made sausage with ground beef and the appropriate seasonings which will go brilliantly well as a replacement to any sausage. A small amount of fresh ginger is a great addition to most combinations of ingredients here. Cinnamon toast is also a great choice (and a childhood favorite of mine) for use with these sandwiches.

<sup>1</sup>If you are using greens such as spinach, parsley, cilantro, etc. or cheeses such as cheddar, swiss, feta, etc., wait to put these in until the eggs are in.

<sup>2</sup>This is when it is a good idea to add items such as Parsley, Spinach, cheese, etc.

## 1.2 Spinach and Feta Eggs

### Ingredients

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## 1.3 Venison and Eggs

### Ingredients

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# Lunches

## 2.1 Spicy Mexican Soup

### Ingredients

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## 2.2 Mango Salsa Taco

### Ingredients



## 2.3 Vegetable Stir Fry With Rice Noodles

### Ingredients



## 2.4 Steak Sandwich with Tomato Relish

This recipe was adapted from Gordon Ramsay's "The Ultimate Steak Sandwich" found on YouTube. I would recommend watching the video to see it prepared.

### Ingredients

- Fillet Mignon
- Fresh Thyme
- Butter
- 1 Clove Garlic
- $\frac{1}{2}$  Red Onion
- $\frac{1}{2}$  Red Bell Pepper
- 1 cup Cherry Tomatoes
- 1 Large Jalapeño
- Fresh Basil
- Apple Cider Vinegar
- Olive Oil
- Romaine Lettuce
- Stone Ground Mustard
- Mayonnaise
- Salt & Pepper
- French Bread

### Preparation

Pre-heat oven to 190°C (375°F) In a hot pan, lightly drizzle olive oil and sear fillet on all sides. Lightly butter the fillet quickly or place small slabs of butter on top. Slice garlic clove into two pieces through the side and place them into pan with thyme on top. Use this as a bed to place fillet on top of and cook in oven for 10-15 minutes. When finished, let the fillet rest for 10 minutes and baste with juices from cooking.

In a separate hot pan, generously drizzle olive oil and add finely diced onions, bell pepper, and Jalapeño. Slice tomatoes in half and place them in pan as well. As the tomatoes heat up crush with a spoon. Add about a tablespoon on vinegar and cook until the mixture is no longer sour. Lightly slice basil leaves and add to completed mixture when desired consistency is met.

To prepare sandwich, drizzle olive oil on sliced french bread and grill in pan until lightly charred (or to desired texture) on both sides. Slice fillet into strips. Mix in a small bowl 1 part mustard and 1 part mayonnaise and place on bread, followed by lettuce, fillet, relish and then topped with bread. Slice in half and enjoy!

### Tips

When slicing hte fillet, keep the pieces thick so that they retain their heat longer. Even to people who do not like either mayonnaise or mustard, mixing the two as described above gives a unique condiment unlike either individually. I have had personal experience with someone who did not like either on their own but liked the combination of the two. Be sure to cook the relish long enough after adding the vinegar so that the dish does not taste sour. Always taste ones cooking until it is as desired.

## 2.5 Fresh and Simple Pizza

### Ingredients



# Dinners

### 3.1 Calzone

#### Ingredients



## 3.2 Alfredo

### Ingredients

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### 3.3 Marinated Chicken And Vegetables on a Bed of Rice

#### Ingredients

- 2 Chicken Breasts
- $\frac{1}{2}$  Bell Pepper
- 3 Cardamom seeds
- $\frac{1}{2}$  Onion
- 1 cup white rice
- Sesame Seeds

#### Marinade

- 1 part Olive Oil
- Paprika Powder
- Garlic Powder
- 1 part Bragg Liquid Aminos
- Dried Basil
- Salt & Pepper
- 1 part Apple Cider Vinegar
- Dried Thyme

#### Preparation

Slice the chicken into cubes and place into a zip lock bag. Combine ingredients of marinade into the zip lock bag so that there is enough to coat all of the chicken with. Add about a teaspoon of paprika, basil, thyme, and garlic powder followed by a pinch of salt and pepper. Close the zip lock bag so that there is very little air inside and mix well. Let this sit in the fridge for anywhere from 2-24 hours before cooking.

Combine 1 cup rice and 2 cups water in pot. Add a pinch of salt and pepper and 3 cracked cardamom seeds. Bring to boil stirring occasionally, then cover and reduce to simmer. Cook for 10-12 minutes (this timing may need adjusted based on stove and heat setting).

In a large pan, lightly drizzle olive oil and add diced onion and pepper. Sauté until soft then move to edge of pan and add contents of chicken and marinade to center. Cook until chicken is done.

Serve by creating a bed of rice on a plate followed by the chicken and vegetables and sprinkle with sesame seeds.

#### Tips

Brown rice can also be used well with this dish but it takes much longer to prepare.

### 3.4 Ground Beef Lasagna

#### Ingredients



### 3.5 Venison with Homemade Barbecue Sauce

#### Ingredients



# **Snacks**

## 4.1 Fruit Medley (A real Fruit Salad)

### Ingredients

- 1 Apple
- 1 Banana
- Blueberries
- Strawberries
- 1 Pear
- Sliced Almonds
- Hemp Seeds
- Raisins or Grapes
- lemon

### Preparation

Slice all of the fruit ingredients to desired size (apple last). Zest one lemon onto the fruit and squeeze a small amount of lemon juice onto the mixture (this will prevent the apples from turning brown). Combing all of fruit ingredients into a large bowl. Mix in almonds and top with shelled hemp seeds.

### Tips

Using whole almonds will make this harder to eat so only used slice almonds. Slicing the almonds make it much easier to bite through which evens the texture out for this dish. This is perfect served with breakfasts, stored in the fridge for a few days, or topped with vanilla yogurt!

## 4.2 Lemon Poppyseed Muffins

### Ingredients



## 4.3 Tortilla Chips

### Ingredients



## Sides & Toppings

## 5.1 Mango Salsa

### Ingredients

- 1 Orange Bell Pepper
- 1 Large Tomato
- 1 Large Mango
- 1 Large Red Onion
- 1 Large Jalapeño
- Fresh Cilantro
- 1 Tablespoon Olive Oil
- 1 Teaspoon Honey
- Salt & Pepper

### Preparation

Finely dice Bell Pepper, Tomato, Mango, Red Onion and Jalapeño and place in medium to large bowl. Slice Cilantro while being careful not to squish the leaves and combine in bowl. Drizzle olive oil and honey over top mixture and stir/mix to combine ingredients evenly. To finish add Salt & Pepper to taste.

### Tips

For less spice, remove the seeds from the jalapeño before dicing. In general the olive oil and honey cut down on the spicy impact of the jalapeño so this may not be needed. For a better mixed salsa, dice the ingredients into smaller pieces.

## 5.2 Cheesecake Topping

### Ingredients

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## 5.3 Fruit Toppings

### Ingredients

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# Deserts

## 6.1 New York Cheesecake

### Ingredients

- 3 8 Oz. packages of Cream cheese
- 1 Cup Cane Sugar
- 3 Eggs
- 2 Tablespoons Flour
- 1 Large Lemon

### Preparation

Preheat oven to  $180^{\circ}C$  ( $355^{\circ}F$ ). In a large Bowl, whisk cream cheese and sugar together until they are well blended and very soft. In a separate bowl, whisk 3 eggs together. Add the eggs to the cream cheese mixture one third at a time and whisk well after each addition. Once all of the eggs are in the mixture, add 2 tablespoons of flour and again blend well. Finish mixture off with the zest of a whole large lemon. For extra lemon flavor a small squeeze of lemon juice can be added as well. Pour the mixture into a buttered cheesecake pan. Gently tap the pan on a surface so that all of the gaps between the pan and mixture are filled. Bake in oven for 35-40 minutes.

### Tips

It will be much easier to mix the cream cheese if left out of the fridge for about 15 minutes before use.

### Additions - Marble

Although this recipe is great on its own, it is great served with raspberries or strawberries. One can also add a marble to the cheesecake using some Cherry Tart Concentrate. To do this, once the mixture is in the pan, pour a small amount of cherry concentrate over the center and swirl into the mixture with a large whisk.

## 6.2 Warm Apple Tart With Vanilla Ice Cream

### Ingredients

- 



## 6.3 Chocolate Covered Fruit

### Ingredients

