

A close-up photograph of a plate of salmon sashimi. The salmon is cut into thin, pinkish-red slices and arranged on a bed of green leafy vegetables, likely arugula or spinach. A small mound of white wasabi and a piece of ginger are placed next to the salmon. The plate is white with a dark rim, set against a light-colored wooden background.

The Antonius Cookbook

Version – 1.012

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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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A large bunch of white chrysanthemums with many petals and green stems, resting on a dark, textured surface.

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(Yes, this is a contradiction.)*

Breakfasts

Breakfast is the first meal of the day and an important part of the day in that it proves you energy early in the morning after sleeping through the night. The word refers to breaking the fasting period of the previous night. Any foods can be eaten for breakfast, as with all meals, but it is important to have a nutrition packed meal to revitalize you for the day. Breakfast has been popularly referred to as “the most important meal of the day” in some areas. Some epidemiological studies even link an association between breakfast consumption and a lower risk of type two diabetes mellitus and metabolic syndrome¹.

Tips to a Healthy Breakfast

1. Avoid any added sugars and greasy foods.
2. Add a fruit!
3. Have lean protein like eggs or nuts.
4. Drink tea, coffee or water.
5. Mix it up day to day and get a variety of foods.
6. Avoid processed foods such as cereals and granola bars.

¹Maki KC, Phillips-Eakley AK, Smith KN (2016). "The Effects of Breakfast Consumption and Composition on Metabolic Wellness with a Focus on Carbohydrate Metabolism". *Adv Nutr.* 7 (3): 613S–21S. doi:10.3945/an.115.010314. PMID 27184288.

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 ingredients². Sauté these until they start browning. Once browning begins, add eggs³. 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.

²If 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.

³This is when it is a good idea to add items such as Parsley, Spinach, cheese, etc.

1.2 Lamb Sausage Patties

Ingredients

- 1 lb Ground Lamb
- Sea Salt
- Ground Black Pepper
- Fresh Basil
- Fresh Sage
- Marjoram
- 1 Tblsp. Stone Ground Mustard
- 1 Clove Garlic
- 1 tsp. Cayenne pepper powder (optional)
- Red pepper flakes (optional)

Preparation

Dice garlic and herbs. In a large bowl, mix thawed ground lamb with other ingredients. Once blended well, form into patties and cook over medium heat until done. flip after a few minutes to prevent burning of sides.

Tips

Always slice fresh herbs gently as to not squish them. Squishing them will squeeze the juices out of them and they will become bitter. For fresh basil, it is easy to stack leaves on top of one another, roll them like a blanket, and then slice as if cutting a carrot.

1.3 Venison and Eggs

Ingredients

- Beef or Venison Sirloin
- Eggs
- Garlic
- Sea Salt
- Basil
- Butter
- Pepper
- Chives
- Olive Oil

Preparation

Pre-heat oven to 205°C (400°F). Generously season the beef or venison. Seer all edges in a pan, place a few tablespoons of butter over top and set on a bed of whole garlic cloves in the pan. Place in oven for 10-12 minutes (or to desired wellness). Once finished, let rest for 8 minutes out of pan. While resting, warm a egg pan and add a drizzle of olive oil. Scramble eggs in separate bowl and dice chives and basil. Add scrambled eggs to egg pan followed by chives and basil. Cook eggs until done (omelet or scrambled) then season with salt and pepper.

Tips

This dish is wonderful with a side of seasonal fruit or tomato relish and toast.

Lunches

Lunch is an abbreviation of the word luncheon. It is a meal typically eaten around midday shortly after second breakfast, elevenses, and before afternoon tea (if you're a hobbit that is). The word luncheon is derived from nuncheon which means light snack¹, and can range from a light snack to a large meal. Since it occurs around midday when many people are still at work, it is often accompanied with a social gathering in which conversing happens. For this reason, lunches are generally made to be quick, tasty so that as to elicit conversation and not take up a significant portion of the day.

Tips to a Healthy Lunch

1. Have lunch with friends.
2. Don't over eat. Otherwise you'll be napping right after lunch!
3. Avoid any added sugars and greasy foods.
4. Drink tea, coffee or water.
5. Mix it up day to day and get a variety of foods.
6. Have something lean with lots of vegetables like a salad or a wholesome soup.
7. Lunch is the perfect time for lean meats - fish, chicken, turkey, etc!

¹Dhirendra Verma (1999). Word Origins. Sterling Publishers Pvt. Ltd. p. 52. ISBN 978-81-207-1930-9. Retrieved March 15, 2016.

2.1 Spicy Mexican Soup

This recipe was adapted from the youtube video “Spicy Mexican Soup with Tortillas & Salsa - Gordon Ramsay.” I would highly recommend watching

Ingredients

- Red Onions
- Olive Oil
- 1 Orange Bell Pepper
- Habanero (or chipotle)
- 1 Tablespoon Brown Sugar
- $\frac{1}{2}$ -1 cup vegetable stock
- 1 Teaspoon Cumin seeds
- 1 Tablespoon Tamato Puree
- 1 Tomato
- 1 Teaspoon Oregano
- 1 Can of Kidney Beans
- 2 Clove Garlic
- Cilantro or Coriander

Preparation

Begin by drizzling olive oil in a hit pot and add finely sliced red onions, Bell pepper and habanero. Add finely diced garlic, oregano and cumin seems and reduce down until ingredients brown. Drizzle olive oil again generously which will help reduce spice. Add brown sugar and coat ingredients in the light caramel. Add tomato puree and blend well. Add one whole diced tomato, kidney beans, and vegetable stock. Let simmer and stir occasionally. The longer you cook the dish the hotter (spicier) it will become. When done, add fresh cilantro or Coriander and mix in.

This dish is well served with avocado and cheese or with a side of garlic bread. Garlic bread can be made simply by buttering your favorite bread, adding garlic powder and sea salt, and then baking until golden brown and crispy.

Tips

Habanero works well with this dish if you can handle a good deal of spice. If not, you may want to use something less potent like chipotle or chili peppers. You can also leave the spice out entirely but the flavor from the spice adds a lot to this dish.

2.2 Mango Salsa Taco

Base Ingredients

- Mango Salsa (Section 4.5)
- Sharp Cheddar Cheese
- Mixed Greens
- Sour Cream
- Tortilla's
- Olive Oil

Beef Tacos

- 1 lb Ground Beef
- Salt & Pepper
- Fresh Basil

Chicken Tacos

- Chicken Breasts
- Cumin Powder
- Garlic Powder
- Salt & Pepper
- Paprika
- lemon

Preparation

Begin by making Mango Salsa found in section 4.5.

For Beef Tacos: In a large hot pan, lightly drizzle olive oil and add ground beef mixture. Crush beef into pieces, add salt & pepper, sliced basil and then cook meat thoroughly. Drain excess fat from the meat while it is liquid.

For Chicken Tacos: Slice chicken breasts into thin strips. Season with salt & pepper, cumin, garlic and paprika. In a large hot pan, lightly drizzle olive oil and add chicken strips. Cook thoroughly until done and once fully cooked squeeze lemon juice over top to lightly blacken. Drain any excess juice and remove from heat.

Shred Cheddar cheese or another favorite kind of cheese (Colby jack goes well with this). Serve on your favorite tortillas as a build your own taco assembly line with other ingredients which is perfect and quick for dinner guests.

Tips

The Mango salsa can be prepared the night before you plan on having this which makes this a perfect dish to quickly make for multiple guests since you only have to cook the meat. Personally, I prefer tortillas that you cook yourself because they add a warm shell to the taco and taste better. This is also slightly more work though. The thinner the chicken strips are cut the quicker they will cook.

2.3 Vegetable Stir Fry With Rice Noodles

Ingredients (versatile)

- Ginger
- Garlic
- Sesame Oil
- Olive Oil
- Broccoli
- Carrots
- Mushrooms
- Bell Pepper
- Sesame Seeds
- Onion
- Rice Noodles
- Braggs Amino Acids
- Lemon

Preparation

Slice all vegetables into pieces of the desired size. Place rice noodles into a bowl and pour boiling water over top. Let rice noodles sit in boiling water for 3-5 minutes or until soft and then strain. Try to time this so that they are done when ready to be placed into stir fry. In a hot stir fry pan, drizzle olive oil with 2-3 drops of sesame oil. Add diced garlic, diced ginger, onion, mushroom, and peppers to mix and cook down. Add Broccoli and carrots and cook until desired texture is met. Add a spray of amino acids and squeeze a lemon over top. Mix in rice noodles with the stir fry after draining them and add more amino acids to taste.

Tips

For a fancy look, you can slice carrots using a vegetable peeler. Don't overcook the vegetables because sometimes a soft/crunch to some of the vegetables adds a nice texture to the stir fry. If you do not have a lemon, other citrus fruit will give a great flavor too such as grapefruit, oranges, or limes!

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 Pizzas

Base Ingredients

If you don't have time to make your own, you can generally pick up a pizza dough from your local pizzeria!

- Pizza Dough
- Mozzarella Cheese
- Salt & Pepper
- Pasta or Pizza Sauce
- Flour

Mushroom, Green Pepper & Onion

This very simple combination was my childhood favorite.

- Mushrooms
- Onion
- Green Bell Pepper
- Oregano

Hawaiian Barbecue Chicken

- Cooked Chicken
- Red Onion
- Pineapple
- BBQ Sauce
- Oregano

Greek

- Olives
- Spinach
- Feta Cheese
- Tomato
- Basil

Flavored Crusts

Garlic Butter: Mix melted butter with Garlic and Salt and brush over crust before cooking. **Sesame:** Brush crust with melted butter and lightly sprinkle sesame seeds around. **Parmesan cheese:** Mix finely grated Parmesan with melted butter and brush over crust.

Preparation

Preheat oven to 215°C (425°F). Begin by Flouring hands, a rolling pin, and the dough lightly (this will prevent sticking). Roll out dough (or toss if you're adventurous) into circle. Place Sauce and spread to thinly cover crust. Lightly cover with Mozzarella cheese. Place favorite ingredients (or ingredients from recipe above) and seasonings on and bake in oven for 18-20 minutes.

Tips

Everyone has their own taste and if you can find a pizza sauce you love, it's easy to store for long periods. If you have time you can even make your own! In general people have a tendency of putting more ingredients than needed. If you use too much sauce, the pizza will be runny. With too much cheese, it will not cook evenly, and with too much of the other ingredients, the pizza will not stay together when eating. If you are using leafy toppings, you will get best result if placed under the cheese when preparing.

2.6 Chicken Salad Wrap

Ingredients

- Cooked chicken breast or rotisserie chicken
- Sea Salt
- Pepper
- $\frac{1}{2}$ small green apple
- 2 Celery sticks
- 2 Tablespoons Mayonnaise
- Raisins
- Almonds (finely chopped)
- Hemp seeds
- 1 Dill Pickle
- Basil
- Oregano
- 1 Tsp. Garlic Powder
- Tomato
- Cheese
- Lettuce
- Tortillas

Preparation

Cut chicken into bite size chunks. Finely dice all ingredients and mix well with chicken in large bowl. Season to likeness. Dice a tomato, shred cheese, and serve with lettuce for best results.

Tips

Your favorite kind of tortilla wraps can be used with this recipe as well as your favorite kind of cheese. Personally, I buy raw tortillas and cook them upon serving. The warm tortilla tastes better and makes for a more impressive dish. As far as cheeses, I would recommend a sharp orange or white cheddar. This dish is fairly versatile and thus can be adjusted to the taste of the individual. By changing the proportions around, you can make something that ranges from sweet to salty and everywhere in between.

2.7 Vegetable and Tofu Soup

Ingredients

- 1 Package Tofu
- 2 Tbsp Olive Oil
- 1 Small Onion
- 4 Celery Sticks
- 1 Orange Pepper
- 1 Package Tofu
- 1 Cup Broccoli
- 1 Can Mixed beans
- Handful of Fresh Parsley
- 1 Tai Chili Pepper (dried)
- Sea Salt
- Pepper
- Basil
- 1 32 Oz Vegetable Stock
- 1 Cup Mushrooms
- 2 Large Carrots
- 2 garlic cloves

Preparation

In a hot pan, add olive oil then diced onions, sliced mushrooms and diced pepper and garlic. Let these reduce for a minute or two on high heat. Add diced carrots, diced celery, salt and pepper. Reduce for another minute or so and add broccoli, beans, and vegetable stock followed by the dried thai pepper (optional for spice and flavor). Add tofu sliced into cubes. Add chopped parsley and sliced basil. Bring to a simmer and simmer for about 10 minutes stirring occasionally. Taste often and add seasoning as needed.

Tips

This (along with most soup dishes) is very versatile. Ingredients can be added or taken away based on the taste of the individual making this. Always taste the soup as you go to see if any seasonings need added.

Dinners

Dinner generally refers to the largest meal of the day in many English-speaking cultures. The word comes partially from an Old French word “disner” which means to “dine”, combined with some Latin etymology¹. In many parts of the world and even between many families, dinner falls within vastly different times of the day. Some prefer an early dinner shortly after midday while others prefer dinners late into the evening. Regardless of the time of day, dinner is generally the meal that would require the most amount of time to prepare compared to others as it generally falls after ones work day or even as a closing to it.

Tips to a Healthy Dinner

1. Use fresh ingredients.
2. Eat a variety of food.
3. Eat smaller portions and stop eating when you are not hungry (don’t over eat).
4. Avoid products with a lot of ingredients to make your food simple!
5. Don’t cook with fatty meats. A lean piece of meat can contain as much if not more flavor than a fatty one if cooked and seasoned properly.

¹Etymology of ”dinner” from Online Dictionary. Accessed November 11, 2009.

3.1 Calzone

If you don't have time to make your own, you can generally pick up a pizza dough from your local pizzeria!

Ingredients

- Pizza Dough
- Mozzarella Cheese
- Salt & Pepper
- Pasta or Pizza Sauce
- Flour

Ground Beef & Pepper

This combination is perfect for using up leftover ground beef made while using tacos.

- Ground Beef
- Red Onion
- Butter
- Mushrooms
- Basil
- Garlic Powder
- Red Bell Pepper
- Thyme

Preparation

Preheat oven to 215°C (425°F). Begin by Flouring hands, a rolling pin, and the dough lightly (this will prevent sticking). Roll out dough (or toss if you're adventurous) into circle. Place pizza sauce on half of the dough followed by Mozzarella cheese. Then place other favorite ingredients. Roll empty side of pizza dough on top of the side with ingredients and seasonings and use thumb to make a nice seal between the top and bottom layer. Take a sharp knife (lightly floured) and score the top of the calzone. Mix in a bowl melted butter, garlic powder, and sea salt and brush over top of the calzone. Place on a baking tray and bake in oven for 18-20 minutes or until golden brown.

Tips

When making pizza or calzones, it is best to wash all of the ingredients well before hand and allow them to dry completely before using. This can prevent the crust from getting soggy.

3.2 Penne Alfredo

This recipe was written by Heather Torode

Ingredients

- 1 box penne noodles
- 2 tbsp butter
- $\frac{3}{4}$ cup parmesan/romano cheese
- 1 small onion
- 1 small tomato
- $2 \frac{1}{2}$ cups half & half
- 3 cloves garlic
- $\frac{1}{2}$ cup mushrooms
- Sea Salt & Pepper
- 2 tbsp olive oil
- $1 \frac{1}{2}$ cups spinach
- 1 Teaspoon Nutmeg

Preparation

In a large pot bring 6 cups of water to a boil. Add in the penne and cook until al dente (8-9 minutes). Dice the onion, tomato and mushroom into centimeter cubes and mince the garlic. In a large sauce pan heat the olive oil over medium heat. Add in the butter and allow to melt. Immediately add in the onion, garlic and mushrooms and sauté until lightly browned. Add in the half & half and stir continuously. Add in the tomato and allow to cook down. Add in the spinach and also allow to cook down. Add in the cheeses a little bit at a time (followed by nutmeg) and cook until sauce reaches desired thickness. Season the sauce with pepper and add salt to taste. Add the noodles to the sauce and stir just to combine. Serve and enjoy!

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

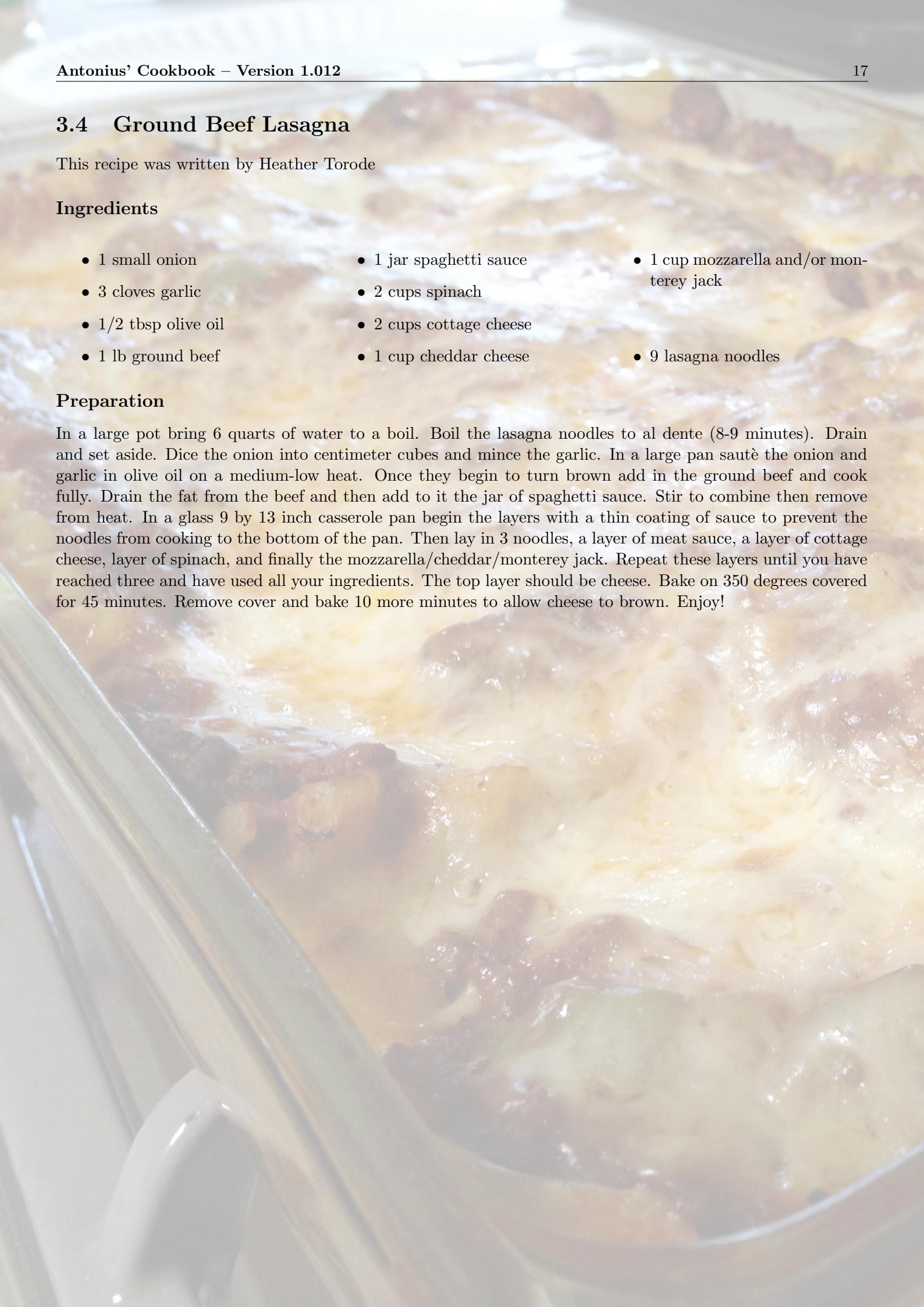
This recipe was written by Heather Torode

Ingredients

- 1 small onion
- 3 cloves garlic
- 1/2 tbsp olive oil
- 1 lb ground beef
- 1 jar spaghetti sauce
- 2 cups spinach
- 2 cups cottage cheese
- 1 cup cheddar cheese
- 1 cup mozzarella and/or monterey jack
- 9 lasagna noodles

Preparation

In a large pot bring 6 quarts of water to a boil. Boil the lasagna noodles to al dente (8-9 minutes). Drain and set aside. Dice the onion into centimeter cubes and mince the garlic. In a large pan sauté the onion and garlic in olive oil on a medium-low heat. Once they begin to turn brown add in the ground beef and cook fully. Drain the fat from the beef and then add to it the jar of spaghetti sauce. Stir to combine then remove from heat. In a glass 9 by 13 inch casserole pan begin the layers with a thin coating of sauce to prevent the noodles from cooking to the bottom of the pan. Then lay in 3 noodles, a layer of meat sauce, a layer of cottage cheese, layer of spinach, and finally the mozzarella/cheddar/monterey jack. Repeat these layers until you have reached three and have used all your ingredients. The top layer should be cheese. Bake on 350 degrees covered for 45 minutes. Remove cover and bake 10 more minutes to allow cheese to brown. Enjoy!



3.5 Venison with Homemade Barbecue Sauce

Ingredients

- Small Tomato's
- Olive Oil
- Garlic
- Mushrooms
- Salt & Pepper
- Venison
- 2 Tablespoons Butter

Barbeque Sauce

This Barbeque Sauce Recipe is derived from the YouTube video "Smoky Pork Sliders with BBQ Sauce - Gordon Ramsay." I would highly recommend watching it to see how it is cooked.

- 1 Onion
- 1 Tablespoon Brown Sugar
- 2 Tablespoons Apple Cider
- 3 Cloves Garlic
- 1 Teaspoon Smoked Paprika
- Vinegar
- 2 Teaspoons Olive Oil
- 1 Tablespoon Ketchup

Preparation

Barbecue Sauce: In a hot pan, drizzle olive oil and add finely diced garlic and onions. Sauté until browning then add brown sugar and caramelize. Add smoked paprika, mix well and then add vinegar. Reduce mixture to remove sourness from vinegar. Once reduced fully, add ketchup and cook until desired thickness is reached.

Venison: Preheat oven to 205°C (400°F). Season Venison generously with salt & Pepper. In a hot pan, drizzle olive oil. Seer venison on all sides then melt butter over top. Add peeled Garlic cloves to pan and set venison onto garlic so it is not touching the pan (This will help it cook evenly in the oven). Place in oven and let cook for 12-15 minutes² or to desired wellness. In a small pan on low heat, drizzle olive oil and add tomatoes and mushrooms (bulb side down). Season tomatoes and mushrooms and let cook until soft and wrinkled. After venison is cooked, baste with butter and remove from pan. Let venison rest for 10 minutes before cutting (It will continue to cook slightly during this process).

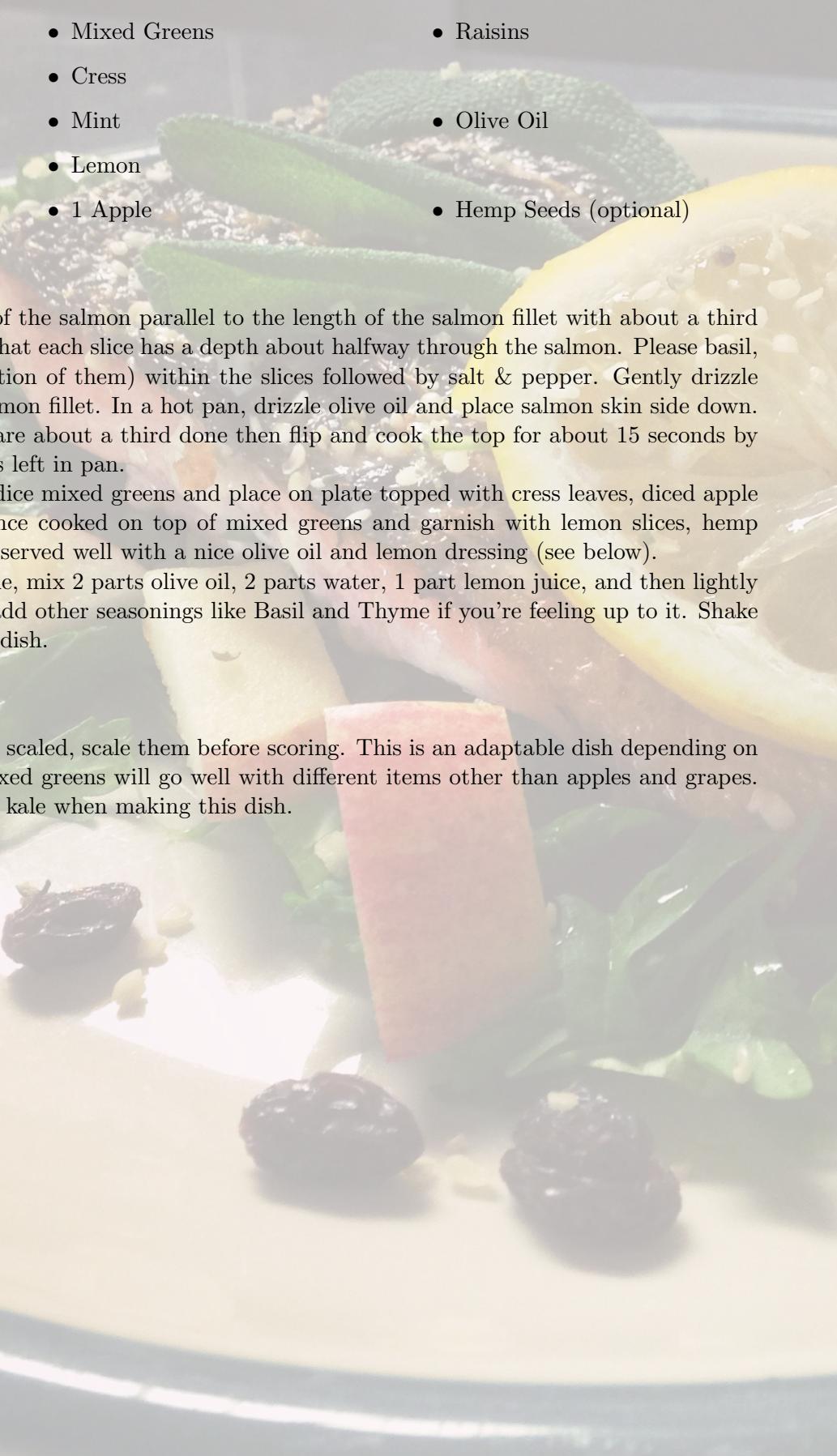
Tips

In the original recipe, Worcestershire sauce is added with the ketchup to add extra flavor. When cooking tomatoes slowly like we are in this recipe, it is helpful to buy tomatoes still on the vine that way we can set them into the pan with the stem and remove them the same way. It also holds them together which makes for easy plating. It is a good idea to always poke meat when cooking with two fingers. Depending on the meat and firmness of it when touching, this can give you a very good idea of how cooked it is (This comes with practice).

²Time to cook heavily depends on size and shape of meat.

3.6 Crispy Salmon on a Bed of Fresh Mixed Greens

Ingredients

- 
- Salmon Fillet
 - Rosemary
 - Basil
 - Thyme
 - Sea Salt & Pepper
 - Mixed Greens
 - Cress
 - Mint
 - Lemon
 - 1 Apple
 - Raisins
 - Olive Oil
 - Hemp Seeds (optional)

Preparation

Begin by Scoring (slicing) the skin of the salmon parallel to the length of the salmon fillet with about a third of an inch in between each score so that each slice has a depth about halfway through the salmon. Please basil, thyme and rosemary (or a combination of them) within the slices followed by salt & pepper. Gently drizzle olive oil over the skin side of the salmon fillet. In a hot pan, drizzle olive oil and place salmon skin side down. Cook on a medium heat until fillet are about a third done then flip and cook the top for about 15 seconds by tilting fillet so that it sits in any oils left in pan.

While cooking salmon, gently dice mixed greens and place on plate topped with cress leaves, diced apple pieces and raisins. Serve salmon once cooked on top of mixed greens and garnish with lemon slices, hemp seeds, and mint leaves. This dish is served well with a nice olive oil and lemon dressing (see below).

Dressing: In a dressing bottle, mix 2 parts olive oil, 2 parts water, 1 part lemon juice, and then lightly add salt and pepper. You can also add other seasonings like Basil and Thyme if you're feeling up to it. Shake well and lightly drizzle over salmon dish.

Tips

If the Salmon Fillets are not already scaled, scale them before scoring. This is an adaptable dish depending on the mixed greens you use. Some mixed greens will go well with different items other than apples and grapes. I use gourmet lettuces and a hint of kale when making this dish.

3.7 Quinoa Patties with Tomato Relish

This recipe was introduced to me by Mike Roosa.

Ingredients

- 1 Cup Quinoa
- 3 Cloves Garlic
- Olive Oil
- 4 Eggs
- $\frac{1}{2}$ Teaspoon Sea Salt
- Buns or bread
- $\frac{1}{3}$ Cup Shredded Cheese
- 1 Cup Steamed Kale
- Tomato Relish (optional)
- 3 Spring Onions
- 1 Cup Flour

Preparation

Rinse quinoa thoroughly and place in saucepan with 2 cups of water. Allow grains to soak for 15 minutes then bring to boil and reduce to a simmer while covered with a lid. Cook until the quinoa has absorbed all of the liquid and is tender. Let quinoa cool to room temperature. Beat eggs in a separate dish, then mix together all ingredients except olive oil and bread in large bowl. The mixture should be moist but not runny. Form patties or appropriate serving sizes and prepare to cook them. On a large skillet, drizzle olive oil and place patties onto skillet. Cover and let cook for about 8 minutes on each side or until both sides appear cooked and center is not raw.

Tomato Relish: This recipe goes well with a tomato relish topping but can be served as one likes. A good tomato relish can be found in section 2.4 but is optional. If you choose not to make these with a relish, you can simply serve them on bread or topped with lettuces, parsley, and tomato slices for a nice finish!

Tips

This recipe is best when using cheeses like Parmesan, Asiago, and Romano. Instead of spring onions, yellow or white onions can be used instead if finely chopped. The more patties that are placed on the skillet at a time can affect the cooking times and they will all be drawing on the heat of the pan. For this reason, do not overcrowd the pan while cooking.

3.8 Bison Burger

Ingredients

- 6 Oz. Ground Bison per burger
- Fresh Basil
- Fresh Thyme
- Fresh Sage
- $\frac{1}{2}$ Tblsp. Stone Ground Mustard
- Sea Salt
- Pepper
- Hamburger Buns
- Preferred Burger Toppings

Preparation

In a large bowl, blend diced herbs, ground bison and stone ground mustard. Add salt and pepper. Mix well. Form patty out of mixture. Place on large pan or grill and cook to desired wellness. Toast burger bun and assemble desired burger toppings. This dish is served well with sauteed onions and mushrooms with melted cheese over the two.

Tips

A good burger is a well seasoned burger. Bison is generally pretty lean which means there is not much fat to give flavor to the burger.

3.9 Roasted Turkey

Ingredients

- Fully Thawed Turkey
- Sea Salt
- 2-3 Lemons
- $\frac{1}{2} - \frac{3}{2}$ Cup Butter
- Pepper
- Bay Leaves
- 1-2 Heaping Cup Parsley
- Olive Oil
- 2-3 small onions

Preparation

Preheat Oven to 220°C (425°F). Clean out insides and wash turkey (Make sure to remove bag of giblets stuffed in the neck if store bought turkey). In a bowl, mix butter, a pinch of salt and pepper, a tablespoon of olive oil, chopped parsley, and the zest and juice of 1-2 lemons (these amounts depend entirely on the size of turkey you are using). Use fingers to gently separate turkey skin from the meat on both the breast and thigh sides of the turkey. Place herb and butter mixture under the skin and spread around thighs and breasts of bird. Cut onions in halves and a lemon into slices and stuff turkey with those, bay leaves, and butter mixture. Spread remaining butter mixture atop bird. Drizzle olive oil atop bird and bake for 10 minutes. Remove bird, lower oven to 180°C (350°F), baste, and lay strips of beef bacon over top of bird (optional). Return to oven and allow the bird to cook fully, basting often. After finished, let the bird rest for as long as it was cooked (this step is crucial). This will allow the bird re-absorb it's juices, and cool slightly so it is not very hot when carving.

Tips

A general rule with a turkey is that it needs cooked for about a half hour per kilogram (2.2 lb). Resting the turkey is crucial, and may seem strange but it enhances the flavor greatly. The onions and lemons that were cooked inside the turkey are perfect to be diced and used in a gravy with some rosemary and resting juices from the turkey. If the turkey is not fully thawed when ready to cook, it will not cook evenly and parts will be raw while others are done.

Snacks, Sides & Toppings

A snack is a portion of food that is too small to consider a full meal. A side is essentially a snack that goes with a meal. A topping is meant to be served with a meal. Snacks are generally eaten between meals while sides and toppings are served either with a meal or with a snack. Snacks are typically prepared with ingredients commonly available for those times where you are not ready to prepare a planned meal but you are still hungry. Many of todays commercially available snacks are high in sugars and fats but are packed with flavor which are typically eaten due to a craving or to hold one over until the next meal. They are popular because they are usually sold in vending machines and easily accessible or store-able A much better snack by far is any combination of whole foods which include fruits, vegetables, nuts and berries which can serve as an excellent source of nutrition between meals when one finds them self in need of food.

Tips to a Healthy Snack

1. Avoid processed snacks like potato chips or snack bars.
2. Avoid sugary snacks.
3. Grab a piece of fruit.
4. Grab some vegetables.
5. Grab some assorted trail mix with dried fruits.
6. Fruits and vegetables are perfect for snacks because they contain a balance of vitamins, minerals, fiber, and more. This will leave you will energy and nutrients for the remainder of the day.

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

This recipe was originally found on www.food.com and modified from there.

Ingredients

- $\frac{1}{2}$ Cup Softened Butter
- $\frac{2}{3}$ Cup Cane Sugar
- 2 Large Eggs (separated)
- $1 \frac{1}{3}$ Cup Flour
- 1 Teaspoon Baking Powder
- $\frac{1}{2}$ Teaspoon Baking Soda
- 2 Tablespoons Poppy seeds
- 2 Large Lemons
- $\frac{1}{4}$ Teaspoon Sea Salt
- $\frac{1}{2}$ Cup Vanilla Yogurt
- 1 Teaspoon Vanilla

Preparation

Preheat oven to 175° C (350° F). In a large bowl, mix butter and sugar until fluffy. Add egg yolks one at a time and whisk well after each. In a separate bowl, mix together flour, salt, baking powder/soda, poppy seeds, and the zest of 2 large lemons. Cut a large lemon in half and remove visible seeds. While mixing well (preferably with a mixer), insert about a third of the dry ingredients, then about a third of the yogurt, then about a third of the juice from half the lemon (be careful not to get lemon seeds in mixture) into the batter. Continue this three times and mix until smooth.

In a separate bowl, beat egg whites until soft peaks form. Fold the egg whites into the batter until blended. Butter a baking pan or muffin tray and pour batter into prepared pan (about $\frac{3}{4}$ full). Bake for 20-25 minutes or until inserted toothpick comes out clean. Cool for 5 minutes, then remove from pan and allow to cool fully or eat warm!

Tips

If you do not have an electric mixer, then beating the egg whites until fluffy will take a while. You can add the eggs in whole instead of separating them but they will not have as smooth of a texture when finished. If the egg whites are over mixed in (when separated), the muffins will have sunken tops when cooked. It may be a good idea to squeeze half of the lemon into a cup or bowl before adding it to a mixture that way you can remove any seeds that come with the juice. In total you want to add about 2 tablespoons of lemon juice so more than a half of a lemon may be needed. I have made this recipe with baking soda in place of baking powder and it turned out fine. This is not recommended but it can be done if you do not have baking powder.

4.3 Tortilla Chips

Ingredients

- Tortilla's
- Olive Oil
- Paprika
- Lime

Preparation

Pre-heat oven to 190°C (375°F). Lightly coat tortillas in olive oil and sprinkle with paprika. Rub paprika into tortillas. Cut tortillas into desired chip shape and place on a large baking sheet and place in oven until chips are crispy. Squeeze lime juice over chips and enjoy!

Tips

Depending on the type of tortilla's used, the cooking time on this will vary.

4.4 Mexican Spinach Dip

This recipe was originally introduced to me by Mariah Fitch.

Ingredients

- 1 Jar salsa
- 10 Oz. Spinach
- 2 Cups Shredded Cheese
- 1 8 Oz. packages of Cream Cheese
- 1 Cup Evaporated Milk
- 2.25 Oz. Olives
- 1 Tablespoon Red Wine Vinegar
- Salt & Pepper

Preparation

Combine ingredients into large bowl and mix well. Serve with Favorite chips.

4.5 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.

4.6 Strawberry Pecan Side Salad

Salad Ingredients

- Mixed Greens
- Strawberries
- Hemp Seeds
- Pecans
- Raisins

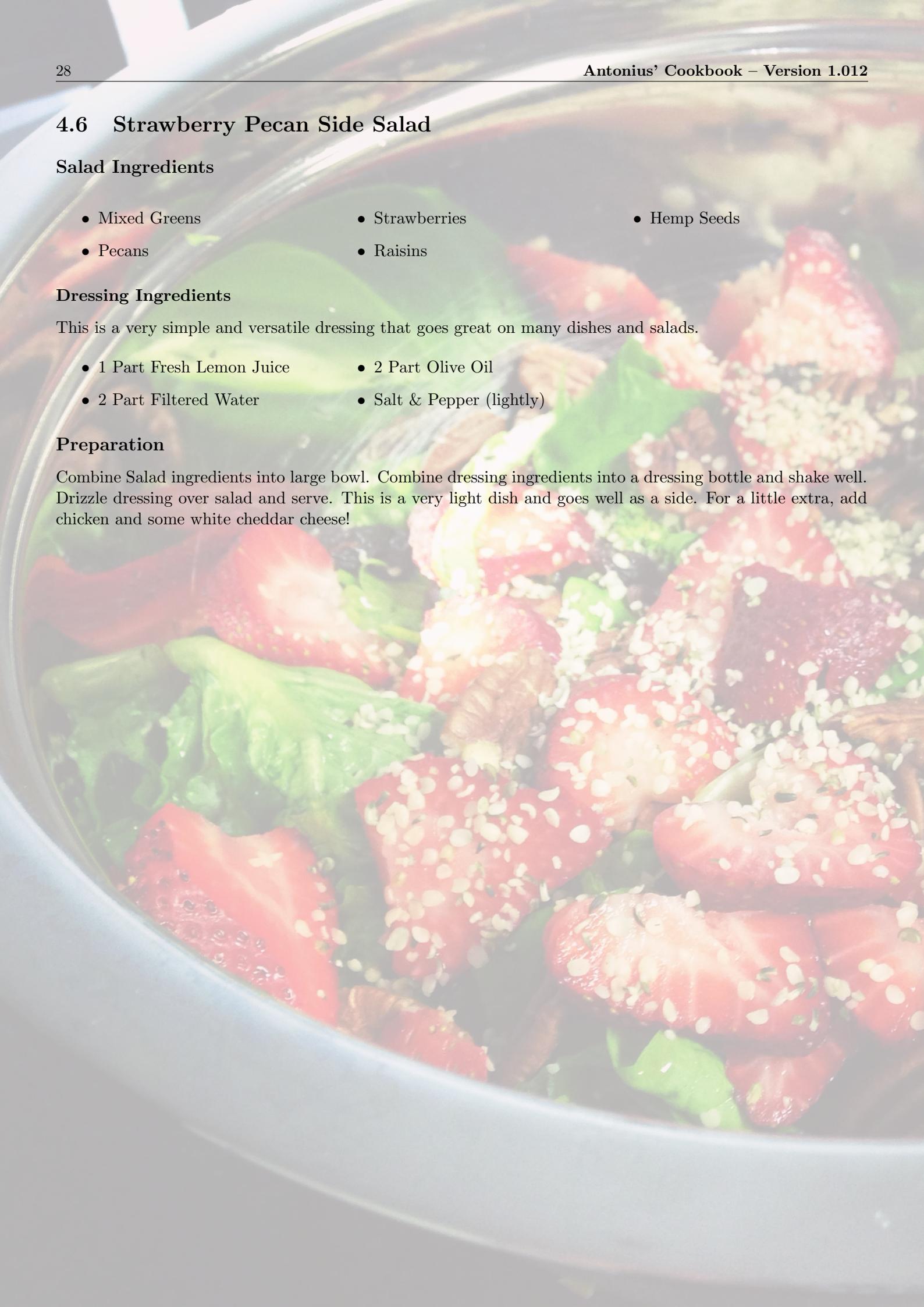
Dressing Ingredients

This is a very simple and versatile dressing that goes great on many dishes and salads.

- 1 Part Fresh Lemon Juice
- 2 Part Olive Oil
- 2 Part Filtered Water
- Salt & Pepper (lightly)

Preparation

Combine Salad ingredients into large bowl. Combine dressing ingredients into a dressing bottle and shake well. Drizzle dressing over salad and serve. This is a very light dish and goes well as a side. For a little extra, add chicken and some white cheddar cheese!



4.7 Tuna Fish Pate

Ingredients

- Tuna Fish (cooked or canned)
- Sea Salt
- Pepper
- $\frac{1}{2}$ Cup Fresh Dill
- $\frac{1}{2}$ Cup Mayonnaise
- $\frac{1}{2}$ Cucumber
- 3 Celery sticks
- $\frac{1}{3}$ Cup Diced Onion
- 1 Small green apple
- 1 cup grapes
- Hemp seeds
- 10 Almonds

Preparation

Finely dice all ingredients and combine together in a large bowl. Use salt and pepper to taste.

Tips

This is served great with Muenster cheese and Matzo's or a toasted sprouted wheat bread.

4.8 Cranberry Sauce

Ingredients

- 1 Packages Cranberries
- Cane Sugar
- red wine
- 1 Large Apple
- Almonds or Walnuts
- Sea Salt
- 1 Large Orange
- Hemp seeds (optional)
- Pepper

Preparation

Wash cranberries and let dry before cooking. In a large saucepan on medium-high heat, cover bottom in cane sugar and allow to caramelize. Once the sugar is all caramelized and begins to bubble, add cranberries and mix (be wary of caramelized sugar as it will splatter if water is added and burn you). Mix/stir the pan often. Lightly season with a pinch of salt and pepper. Peel and slice the apple and add into the mixture once the cranberries start to become broken down (soft). Zest a whole orange into the mixture. Once the mixture is to the desired cranberry consistency, add a splash (few tablespoons) of red wine to deglaze pan. Cook until alcohol is cooked out then dice almonds/walnuts with hemp seeds and add to mixture. Let cool and serve!

Tips

If you do not like the bitter taste of cranberries¹, you can increase the amount of sugar you use in the beginning.

¹Why are you making this dish?

Desserts & Sweets

Dessert is a confectionery course that generally concludes the main meal of the day. It usually consists of sweet and savory food or beverages. The term can refer to a large variety of different items and is derived from the French word desservir which means “to clear the table.”¹ Because desserts are generally sweet, they are very likable by children which makes them a perfect incentive for literally clearing the table and cleaning up after a large meal (generally dinner in English speaking countries) in hopes to acquire their dessert.

Tips to a Healthy Dessert

1. Is it possible to have a healthy dessert? Absolutely.
2. Use sugar sparingly!
3. Be sparing on the sweets you eat and avoid them if you have not been active throughout the day.
4. Make something with fresh fruits.
5. Use real ingredients. Avoid highly process foods, artificial colors, etc.
6. switch to Non-processed sweeteners from nature like honey and maple syrup! Make sure to get the real stuff. Honey is *not* bad for you!
 - “Medicinal importance of honey has been documented in the world’s oldest medical literatures, and since the ancient times, it has been known to possess antimicrobial property as well as wound-healing activity.”²
 - “There is now a sizeable evidence that honey is a natural immune booster, natural anti-inflammatory agent, natural antimicrobial agent, natural cancer “vaccine,” and natural promoter for healing chronic ulcers and wounds.”³
7. Use Dark chocolates instead of sweetened chocolates.
8. You can sweeten dishes in other ways than with sugar. Try cinnamon, cardamom, or other spices (depending on the flavors you want)!

¹ “Dessert”. Merriam-Webster. Merriam-Webster Incorporated. Retrieved 15 October 2012

²Mandal M. “Honey: its medicinal property and antibacterial activity.” 2011 Apr; 1(2): 154–160. doi: 10.1016/S2221-1691(11)60016-6

³Othman, N. “Honey and Cancer: Sustainable Inverse Relationship Particularly for Developing Nations—A Review.” 2012; 2012: 410406. Published online 2012 Jun 17. doi: 10.1155/2012/410406

5.1 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.

5.2 Berry De Casis Cheesecake Topping

Ingredients

- Strawberries
- Cane Sugar
- Blueberries
- Creme De Casis

Preparation

Wash strawberries and blueberries well before hand and allow to fully dry before using. In a hot pan, pour cane sugar to cover bottom of pan. Slice strawberries in half (thirds for large ones) Let sugar Melt into caramel. Place strawberries and blueberries into pan with caramel and toss to coat fruit. Deglaze pan with Creme De Casis and set to side to cool for a few minutes.

5.3 Warm Apple Tart With Ice Cream

The background image of this apple tart was taken by Samantha Murray. This recipe was originally one of Gordon Ramsay's and modified from there.

Ingredients

- Puff Pastry
- Butter
- Chocolate Ganache
- Honey Crisp apples
- Powdered Sugar
- Cane Sugar
- Favorite Ice Cream

Preparation

Pre-heat Oven to $190^{\circ}C$ (375° F). On a large sheet of Parchment paper, roll out puff pastry and cut into desired shape. Gently poke the puff pastry with a fork so that it has holes in various places (this keeps it from bubbling up while cooking). Thinly slice cored and peeled apples and lay atop the pastry overlapping each other so that the pastry is covered. Brush top with melted butter and sprinkle cane sugar over top pastry to cover apples. Place in oven to caramelize and until apples are tender and pastry is golden (about 25-30 minutes). Once finished, lightly sift powdered sugar over top and caramelize with blow-torch and serve Warm with a scoop of Vanilla or your favorite ice cream. For extra finesse, make a chocolate ganache to drizzle over top which can be found in section 5.4.

Tips

Puff Pastry can be bought in store but it is hard to find a good puff pastry using good ingredients. If you are bold you can make your own, but I buy mine from Whole Foods which uses great ingredients and works well with this recipe. When baking this, it is best to use a pan with edges on it in case the caramelized sugar runs off of the edge. My favorite combination to use with this is a black cherry ice cream with a dark chocolate ganache found in section 5.4.

5.4 Chocolate Ganache

Ingredients

- 1 70% Dark Chocolate Bar
- 1 Tablespoon Honey
- $\frac{1}{2}$ Tablespoon Butter
- $\frac{1}{4}$ Cup Heavy Cream

Preparation

In a pot, warm the cream to just before a boil. Dice the chocolate into small pieces and place in bowl with butter and honey. Once cream is warm pour into chocolate mixture and gently mix with a spoon until blended. Let cool for 5-10 minutes and then mix well with a whisk to allow the mixture to aerate. This can be served as a warm topping or cooled and used as a fruit topping. Depending on the intended use, you may want to cool this for a short amount of time. My favorite use of this is in conjunction with the warm apple tart found in 5.3.

Tips

The better the chocolate, the better the ganache.

5.5 Saffron Cardamom Ice Cream

Ingredients

This recipe was based off of and modified from "Saffron Cardamom Ice Cream With Pistachios" found on www.food.com and introduced to me by Pranjal Tiwari.

- 2 Cups Milk
- $\frac{1}{4}$ Teaspoon Saffron Thread
- $\frac{3}{4}$ Cup Cane Sugar
- 2 Cups Heavy Cream
- 8 Large Egg Yolks
- 2 Teaspoons Ground Cardamom

Preparation

Using a Pestal, finely ground saffron and add to cream and milk in a saucepan. Bring to boil. Remove pan from heat and let stand covered for 1 hour. Return pan to heat and bring the mixture to a simmer. In a separate bowl, mix egg yolks, salt and sugar together well so that they have a custard texture. Add half a cup of cream mixture into custard and mix well. Then mix rest of cream mixture in slowly while mixing. Place mixture back into saucepan and cook over medium-low heat while stirring until reaching 75° C (170° F). Strain mixture through a fine sieve and add cardamom. Stir well and place pan in cold water to chill. Once cooled off, place in freezer. Every 25 minutes, stir to prevent water crystals from forming. Once too thick to stir, cover and let freeze.

5.6 Cinnamon Apple Pastry

Ingredients

- Puff Pastry
- Apples
- Cinnamon Powder
- Nutmeg
- Vanilla
- Cane Sugar
- Butter
- Flour

Preparation

Preheat oven to 205° C (400° F). The proportions on this one depend on how sweet you want it. I generally eye-ball everything. First, shred an apple (like you would cheese). In a large bowl, mix, sugar, cinnamon powder, a pinch of nutmeg, and a pinch of vanilla. Mix well as to coat the apples. Cut floured puff pastry into desired shapes and place on baking paper, place apple mix on top and cover with puff pastry or roll apple mixture into puff pastry. Gently cut slices into top of pastry to allow air in while cooking. Brush top with a melted butter and cinnamon mix. Cook until golden brown and crispy.

Tips

Any type of apple can be used here, but it is best to find apples that have a light amount of water content as to not create a lot of moisture while cooking.