

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 – 0.023

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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).

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(Yes, this is a contradiction.)*

# **Breakfasts**

## 1.1 Egg Sandwich

### Ingredients



## 1.2 Spinach and Feta Eggs

### Ingredients



## 1.3 Venison and Eggs

### Ingredients



# Lunches

## 2.1 Spicy Mexican Soup

### Ingredients



## 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  $190^{\circ}C$  ( $375^{\circ}F$ ) 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



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

#### Ingredients



### 3.4 Ground Beef Lasagna

#### Ingredients



### 3.5 Venison with Homemade Barbecue Sauce

#### Ingredients



# **Snacks**

## 4.1 Fruit Medley

### Ingredients



## 4.2 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.

## 4.3 Tortilla Chips

### Ingredients



# Deserts

## 5.1 New York Cheesecake

### Ingredients



## 5.2 Cheesecake Topping

### Ingredients



### 5.3 Warm Apple Tart With Vanilla Ice Cream

#### Ingredients

