

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, including arugula and spinach, and some red bell pepper slices. The plate is set against a light-colored wooden background.

The Antonius Cookbook

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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 ingredients¹. Sauté these until they start browning. Once browning begins, add eggs². 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.

¹If 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.

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

1.2 Spinach and Feta Eggs

Ingredients

- Eggs
- Spinach
- Feta Cheese
- Garlic
- Ginger
- Olive Oil
- Butter
- Bread of choice



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

Base Ingredients

- Mango Salsa
- 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 5.1.

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.

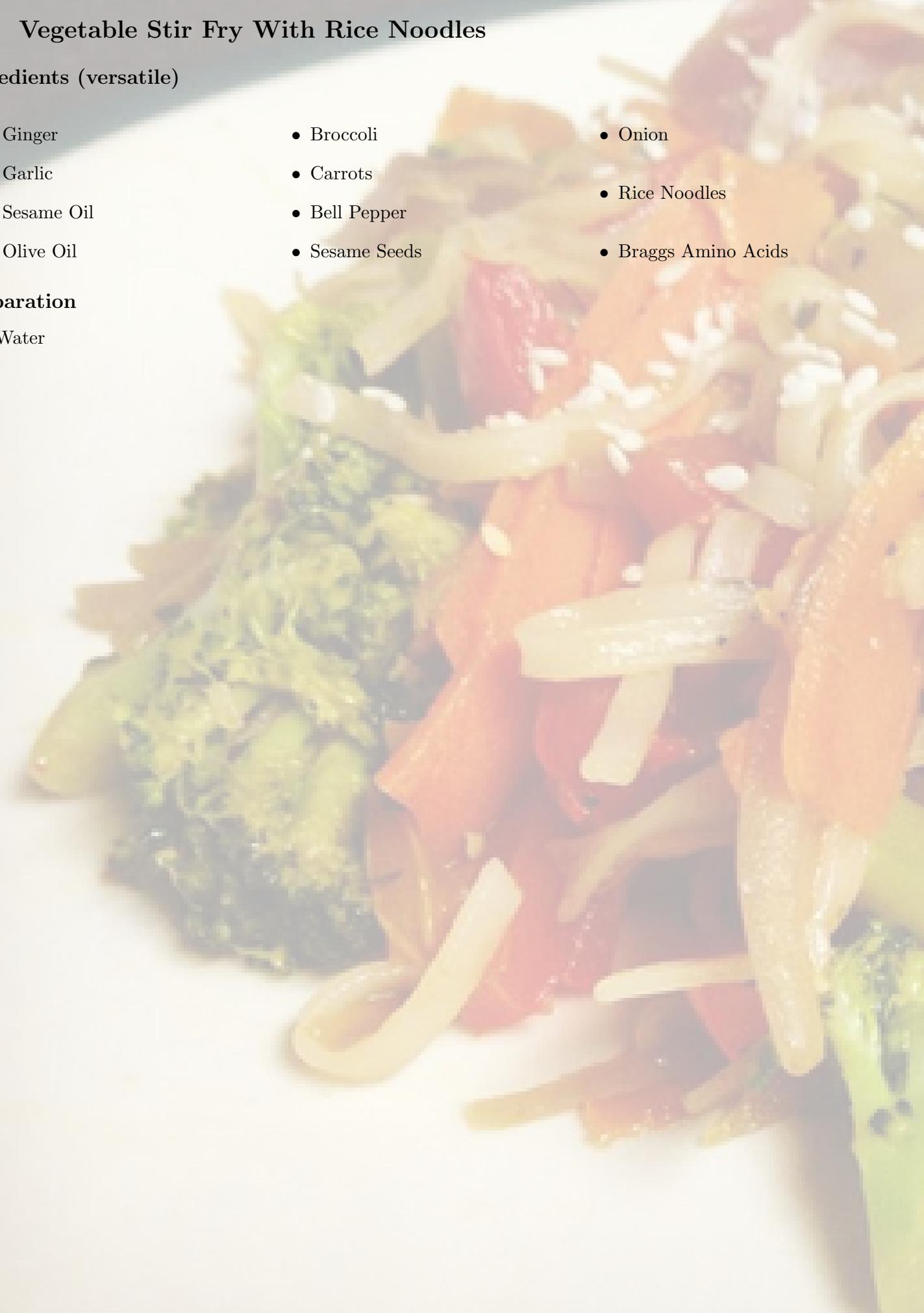
2.3 Vegetable Stir Fry With Rice Noodles

Ingredients (versatile)

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

Preparation

Boil Water



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.

Dinners

3.1 Calzone

Ingredients



3.2 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
- 3 cloves garlic
- $\frac{1}{2}$ cup mushrooms
- 2 cups half & half
- 2 tbsp olive oil
- 1 $\frac{1}{2}$ cups spinach

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 and cook until sauce reaches desired thickness. 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

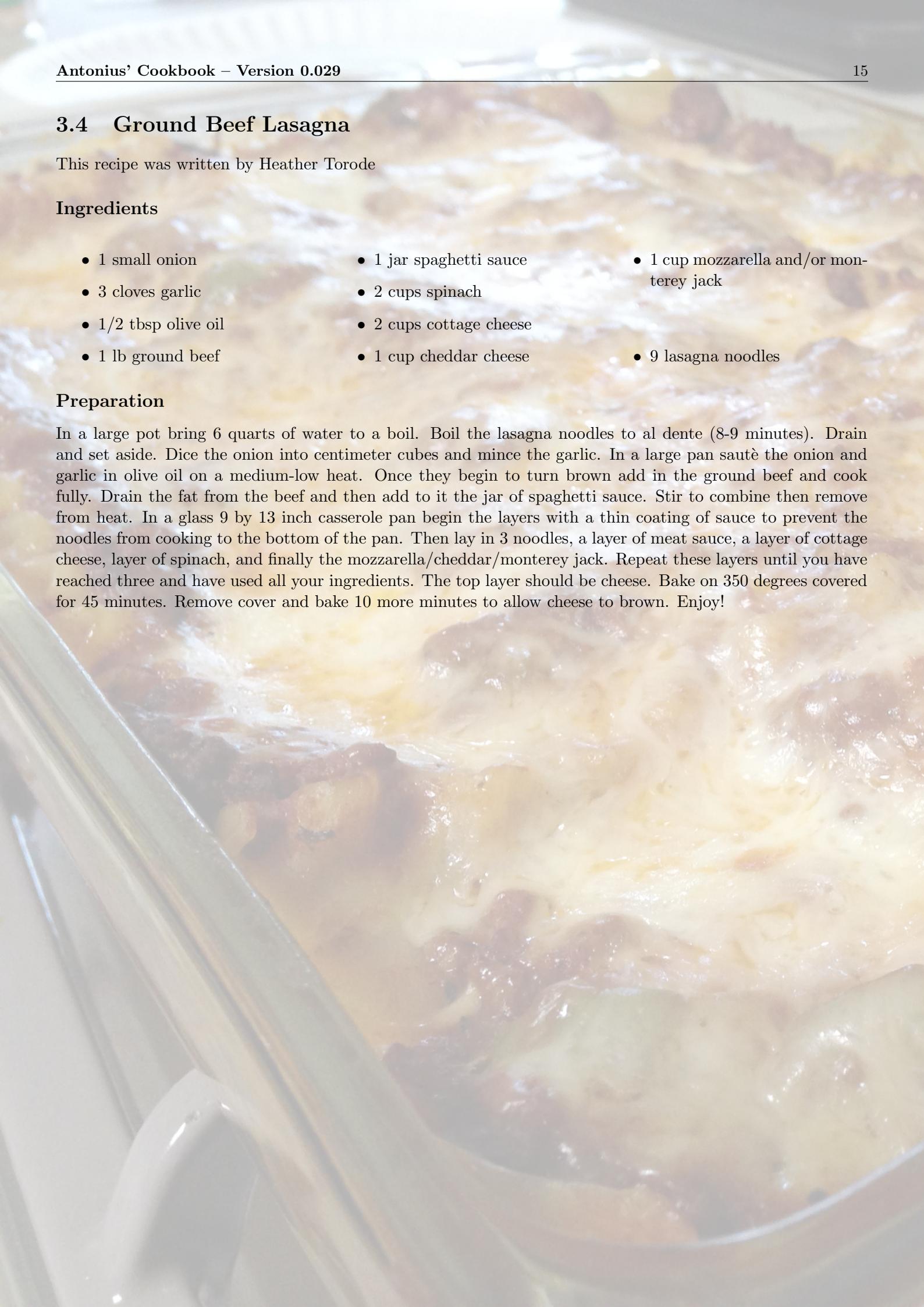
This recipe was written by Heather Torode

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



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

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. 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.

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

•



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

