

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

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Written and Compiled by: Antonius Torode
Michigan State University
Department of Physics & Astronomy

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The Original Maintainer of this work is: Antonius Torode.

The Current Maintainer of this work is: Antonius Torode.

Primary Shareholder: Pranjal Tiwari

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°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



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

3.4 Ground Beef Lasagna

Ingredients



3.5 Venison with Homemade Barbecue Sauce

Ingredients



Snacks

4.1 Fruit Medley

Ingredients



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



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

