Nakedly Steak

Ingredients

- 1 grilling steak, such as striploin or rib
- 1 tablespoon sea salt
- 1 tablespoon grape seed oil or butter

Preparation

- Four days before you want to have steak, go and buy it, take it home, and sprinkle salt generously on both sides. No need to rub it in.
- Put the steak on a rack placed over a plate, and leave it in the fridge for 4 nights, uncovered.
- After the four days/nights, or when you want to eat your steak, take it out of the fridge 20 minutes before cooking.
- Meanwhile, preheat the grill to the highest setting, or preheat your cast iron pan until it's very hot.
- Grease the grill or pan with the oil or butter and grill the steak, for 2-3 minutes on each side, until well crusted. This should get you to a rare if you have an inch-thick steak. Turn off the grill and leave your steak in there, with the lid down if you like it a bit more done.
- Serve with roasted vegetables, and as always with steak, a liberal application of salt and pepper. In the picture I also added a garlic pea puree, but that's optional. The steak itself is plenty enough flavour.

Nutritional Facts

- Servings: 1
- Calories: 834 kcal
- Fats: 65 g
- Carbohydrates: 0 g
- Protein: 58 g

Salt-and-Pepper Steak

Ingredients

- 1½ pounds skirt steak
- Salt and pepper

Preparation

- Cut 1½ lb. skirt steak into 4 pieces; season with salt and pepper.
- Grill over medium-high heat until medium-rare, about 4 minutes per side.
- Let rest 5 minutes before thinly slicing against the grain.

Nutritional Facts

- Servings: 4
- Calories: 1332 kcal
- Fats: 87 g
- Carbohydrates: 1 g
- Protein: 137 g

Greek Nachos

Ingredients

- 1/2 cucumber peeled and seeds removed, diced
- 1/2 cup plain Greek yogurt
- 2 garlic cloves
- 2 tablespoons lemon juice
- 1/2 teaspoon dried dill
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Preparation

- Combine all tzatziki ingredients in a food processor and blend until smooth.
- Refrigerate until ready to use, stirring before serving.
- Arrange pita triangles on baking sheets in a single layer.
- Spray lightly with nonstick cooking spray; season with salt and pepper.
- Bake for 3-4 minutes, or until crisp and golden. Remove from oven.
- On a large platter, distribute baked pita chips.
- Top chips with cherry tomatoes, cucumber, olives, pepperoncini, red onion, and crumbled Feta.
- Drizzle with prepared tzatziki sauce, reserve some for dipping.
- Garnish with additional Feta and chopped parsley.

- For crispier chips, bake for an additional 1-2 minutes.
- Tzatziki can be made a day ahead; flavors meld with time.
- If pita bread is stale, increase baking time slightly for extra crispness.

Nutritional Facts

- Servings: 2
- Calories: 166 kcal
- Fats: 8 g
- Carbohydrates: 15 g
- Protein: 12 g

Lasagna Bolognese

Ingredients

- To make the bolognese sauce:
- 1/2 cup Italian extra virgin olive oil, plus 3 tablespoons
- 4-5 fresh basil leaves
- 2 cloves garlic, peeled and smashed (plus 1 clove finely chopped)
- 2 teaspoons crushed red pepper (optional, and more to taste)
- 8 cups crushed tomatoes
- 2 cups water, as needed
- 2 tablespoons tomato paste
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 tablespoon chopped basil
- 1 small onion, finely chopped
- 1/4 pound pancetta, finely chopped
- 1 pound organic ground beef (93% lean)
- 1/2 cup good red wine
- 1 bay leaf
- 1/2 cup mascarpone cheese
- To make the lasagna:
- 4 cups bolognese sauce
- 1/4 cup butter

- 1/4 cup flour
- 3 cups organic dairy milk, warmed
- 9 lasagna sheets (or 1 package fresh lasagna sheets)
- 1 cup grated parmigiano cheese, plus 1 cup
- Sliced fresh mozzarella (optional)

Preparation

- Make the red sauce: In a small saucepan, combine the olive oil with basil and garlic (add the crushed red pepper flakes for a spicy sauce). On very low heat, allow the basil and garlic to simmer in the olive oil for 10 to 15 minutes. This steeping process will allow the olive oil to become fragrant. Be careful that garlic gets toasted brown, but not black. Remove from the heat and strain the aromatics, saving the olive oil. Set aside.
- In a large pot or Dutch oven, pour in the tomato sauce and the water. Add the tomato paste, salt, and pepper.
- Pour the reserved olive oil into the sauce and mix to combine. Bring to a boil and then immediately reduce to a simmer. Partially cover the pot and allow sauce to simmer for at least 45 minutes or up to 2 hours. The longer it cooks, the better it tastes. (This recipe yields about 8 cups; you will only need 4 cups to make the bolognese.)
- Make the bolognese: In a large sauté pan, heat the olive oil and brown the pancetta in the pan until crisp. Then add the onion and garlic. Maintain low heat to cook onions and garlic until translucent, being careful not to brown.
- Increase the heat to medium-high and add ground beef, breaking it up with the side of a wooden spoon, incorporating the onion and garlic as you work. Allow the meat to brown until almost cooked though and all excess liquid has evaporated.
- Deglaze the pan with wine and let it cook until the meat is aromatic and the wine has reduce by half.
- Add 4 cups of the red sauce and the bay leaf to the pan; reduce the heat to a simmer and cover. Allow to simmer for 1 1/2 hours until the sauce has become very thick.
- Remove the sauce from heat and add mascarpone cheese, mixing it to melt it and create a slightly pink hue.
- Make the : In a large pot, melt the butter. Add flour and whisk until a light brown roux forms. Slowly add warmed milk, whisking constantly until a thick sauce is created. It should coat the back of a spoon. Add 1 cup freshly grated parmigiano reggiano cheese. Add the besciamella to the bolognese sauce and mix gently to combine the two.
- In a large lasagna pan (9 x 13-inch works best), add a layer of your sauce. Place three lasagna sheets down. Cover layers with more meat sauce and continue this process until all the sheets are used. The top layer should be a thick layer of sauce and then grate additional parmigiano on top. Cover with foil.
- After 30 minutes, you can add fresh mozzarella and place under the broiler for another 5 minutes or just sprinkle a bit more parmigiano on top and serve. I prefer the latter.

Nutritional Facts

- Servings: 8
- Calories: 6705 kcal
- Fats: 487 g
- Carbohydrates: 350 g
- Protein: 243 g

Eggs in Bacon Baskets Recipe

Ingredients

- 8 eggs
- 8 slices bacon

Preparation

No instructions were able to be migrated.

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Nutritional Facts

- Servings: 4
- Calories: 1404 kcal
- Fats: 119 g
- Carbohydrates: 2 g
- Protein: 75 g

Chocolate Pancakes Recipe

Ingredients

- For the chocolate pancakes:
- 1 1/3 cups all purpose flour
- 1/3 cup plus 1 tablespoon cocoa powder
- 6 tablespoons granulated sugar
- 1 1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 1/4 teaspoon baking soda
- 2 large eggs
- 3 tablespoons melted unsalted butter, plus extra for greasing pan and buttering pancakes
- 3/4 cup whole milk
- For the chocolate sauce
- 1/2 cup whole milk
- 5 ounces semi-sweet chocolate, finely chopped
- 1 teaspoon pure vanilla extract

Preparation

- Using a fine-mesh strainer set over a large bowl, sift together flour, cocoa, sugar, baking powder, salt, and baking soda. In a medium bowl, whisk eggs, milk, melted butter, and espresso powder (if using) until well combined. Pour liquid ingredients into dry and gently mix until batter is just combined and moistened (there will still be lumps). Do not overmix the batter.
- Very lightly butter a large non-stick skillet over medium heat. Drop 2 heaping tablespoons batter in hot skillet and spread into a 3 to 3 1/2-inch disc. Space discs at least 1 to 1 1/2 inches apart. Cook until bottoms of pancakes are set, edges are just starting to set and some very small bubbles are just starting to form on tops, about 1 minute. Using a lightly greased silicone spatula, carefully flip pancakes and continue to cook until done, about 1 minute more. Adjust heat as needed to prevent excess browning; wipe skillet clean and butter as needed between batches. Keep pancakes warm (see notes).
- In a small saucepan, heat milk to just simmering over medium heat. Add chocolate; remove from heat and whisk until smooth. Whisk in vanilla. Serve immediately over pancakes.
- Maple syrup or raspberry preserves are good substitutes for the chocolate sauce.
- To keep the pancakes warm, tent them in foil or place them in an oven preheated to 300ºF (150ºC) until ready to serve.

Nutritional Facts

- Servings: 15
- Calories: 2305 kcal
- Fats: 103 g
- Carbohydrates: 330 g
- Protein: 52 g

Blueberry Pancakes + Pancake 101

Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt, or slightly less table salt
- 3 tablespoons sugar
- 2 large eggs, lightly beaten
- 3 cups buttermilk
- 4 tablespoons unsalted butter, melted, plus 1 tablespoon extra for brushing griddle (I've made these pancakes with and without the butter mixed in, and can say with confidence they work either way. They're just richer with it, of course.)
- 1 cup blueberries, fresh or frozen and thawed (optional)

Preparation

No instructions were able to be migrated.

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Nutritional Facts

- Servings: 16
- Calories: 2090 kcal
- Fats: 78 g
- Carbohydrates: 288 g
- Protein: 64 g

Fig Dessert

Ingredients

- Visit ITA101.

Preparation

- Visit ITA101.

Nutritional Facts

- Servings: 0
- Calories: 0 kcal
- Fats: 0 g
- Carbohydrates: 0 g
- Protein: 0 g

Bolognese

Ingredients

- Visit ITA101.

Preparation

- Visit ITA101.

Nutritional Facts

- Servings: 0
- Calories: 0 kcal
- Fats: 0 g
- Carbohydrates: 0 g
- Protein: 0 g

Tiramusa

Ingredients

- Visit ITA101.

Preparation

- Visit ITA101.

Nutritional Facts

- Servings: 0
- Calories: 0 kcal
- Fats: 0 g
- Carbohydrates: 0 g
- Protein: 0 g

Fig Ravioli

Ingredients

- Visit ITA101.

Preparation

- Visit ITA101.

Nutritional Facts

- Servings: 0
- Calories: 0 kcal
- Fats: 0 g
- Carbohydrates: 0 g
- Protein: 0 g