



some recipes i like

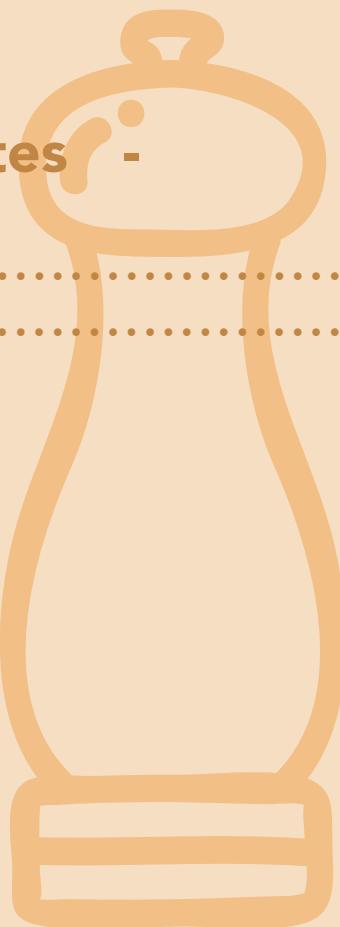
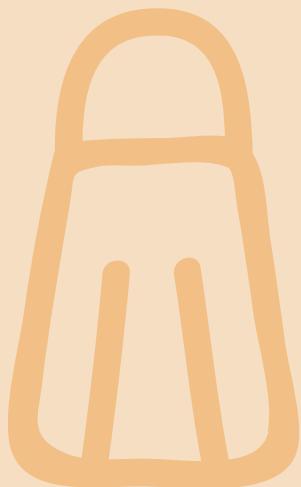
compiled by miles

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how to use this book

This cookbook is a compilation of recipes I have enjoyed from various sources, but mostly the Bon Appétit magazine. Many are modified to my liking, since the folks at Bon Appétit get ratios off sometimes (e.g., no recipe in this world needs a fourth cup of dill, not even pot pie [pg. 9]).

Since many recipes are largely about ingredient preparation and assembly, most of the instructions are described in the ingredient list itself. Note the **instructions next to each ingredient** and the **labeled groups** that some ingredients are ordered in. To prioritize the cooking experience over ingredient collection, some ingredients are **listed multiple times** (indicated by a [‡] symbol).

Different recipe dietary types are marked next to recipe titles as follows:

- GF gluten-free
- V vegetarian
- VV vegan

I assume you have basic ingredients handy (e.g., common spices, flour, cooking oils, and other American cooking staples). You might also benefit from having a few other frequently-used ingredients on hand: **rice vinegar**, **hoisin sauce**, **miso**, **tahini**, and **dry white wine**.

Hope you enjoy!

Love you (probably, idk who you are),

Miles

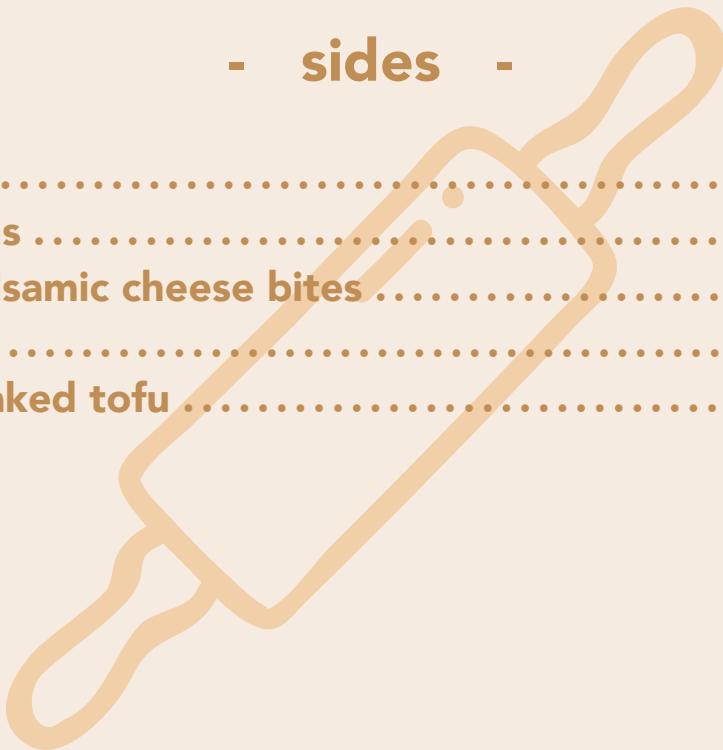
taking care of cast iron

Cast iron cookware has a few unique benefits: it (1) is stovetop- and oven-safe, (2) heats more evenly, (3) lasts a really long time, and (4) resists sticking. A few important notes:

- **Buy real cast iron.** Some cheap cast iron cookware is not made of iron, and cannot be maintained well. There are many reliable companies to keep an eye out for, including Lodge, Field Company, and Lancaster.
- **Monitor the seasoning.** Seasoning is just several thin layers of polymerized oil (i.e., long, durable chains formed with oil molecules), which gives cast iron its dark color and stick resistance. Cast iron generally comes seasoned when purchased, but it can wear off over time.
 - Cooking with oil in cast iron will build up some seasoning on its own.
 - You might notice while scraping your cast iron that a brown substance seems to surface. It looks like surprise rust, but it is actually seasoning, which is dark brown.
 - While scraping off food waste you may reveal a silver-looking patch, which is the iron. In this case, you should vigorously scrape the whole pan, removing protrusions and loose bits of seasoning, then reseason.
- **To season the pan**, drizzle **<1 Tbsp** of oil and wipe with a paper towel to leave a thin layer on the business surfaces of the cookware. Cook in an oven at **~400°F** for one hour, upside down to prevent oil pooling. Repeat this once or twice more.
- **Clean and dry it after each use.** Letting water or food waste sit on cast iron can make it rust, which is difficult to correct. Unlike what they might teach you in school, I assure you that cast iron definitely can be cleaned with **soap** as the layers of seasoning are very protective.

- sides -

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sushi rice

- 2 cup** dry white rice
3 cup water
1/2 cup rice vinegar A↓
1 Tbsp cooking oil
1/4 cup white sugar
1 tsp salt

Rinse **rice** under cold water in colander until it runs clear. Add to pan with **water**, set to **medium-high**. Bring to boil, then reduce heat to **low**. Cover until water is absorbed, ~20 mins.

Add group **A** to sauce pan over **medium** heat until sugar dissolved. Add to cooked rice, mix until liquid is absorbed.

**fried onions**

- 3 yellow onions** cut into strips
2 Tbsp corn starch
1 cup frying oil

Heat **oil**. Mix **onions** in **corn starch** until well-coated. Fry in pot until golden and crispy.

tomato balsamic cheese bites V

- 1 french bread loaf** sliced and toasted
1 onion sliced and caramelized
3 tomatoes 1/4" slices A↓
1/2 cup cream cheese
1/2 cup sour cream
1 tsp pepper
1 garlic clove finely chopped
2 green onions for chives
1 Tbsp balsamic vinegar B↓
1 Tbsp olive oil

Whip group **A** till light and fluffy. Drizzle **tomato** slices with group **B** and broil until tomatoes start to shrivel. Top **french bread** slices with prepared components.

eggnog

- 2 cup** milk A↓
1 cup heavy cream
6 egg yolks B↓
1/2 cup sugar
1/2 tsp salt
1 tsp vanilla C↓
1/4 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp cloves

Scald group **A**. Whisk group **B** until whitened. Mix in scalded milk bit by bit. Reheat this mixture at a very low temperature, no boiling, until thickened. Mix in group **C**. Chill and serve.



GF

boullion-baked tofu

VV

adapted from Bon Appétit Nov 24 p32

1 firm tofu package (~14oz)

pressed, cubed, patted dry

A ↓

2 tsp vegetable boullion paste

1/2 tsp pepper

1/2 tsp garlic powder

1/2 tsp sugar

2 Tbsp olive oil

1 Tbsp corn starch

Mix group A and toss with **tofu**. Cover and let sit at least **15 mins**. Prepare oven (middle rack, **400°F**). Lightly oil parchment paper on rimmed baking sheet.

Uncover **tofu** and sprinkle on **corn starch**. Toss to coat. Arrange tofu on prepared sheet, not touching each other. Bake until golden brown and crispy, **30-35 mins**.

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pork and cucumber stir-fry

adapted from Bon Appétit May 25 p38



1 lb **ground pork**

2 cup **dry rice** cooked

3 **cucumbers** zebra-peeled, halved ^{A↓}
lengthwise, seeds removed,
sliced diagonally 1/2" thick

1 tsp **salt**

3 Tbsp **oyster sauce**

^{B↓}

3 Tbsp **soy sauce**

3 Tbsp **dry white wine**

2-3 **jalapeños** no seeds, thinly sliced ^{C↓}

1 Tbsp **ginger powder**

2 **garlic cloves** grated

1 tsp **pepper**

Form **pork** into several patties, season lightly with salt. Set aside.

Toss **cucumber** with **salt** (group **A**) in medium bowl. Let sit until cucumber starts releasing its water, about **10 mins**. While waiting, mix wets (group **B**) to make sauce, set aside*.

Rinse, drain and pat dry **cucumber**. Heat **1 Tbsp** oil in large skillet at **medium-high** and cook, tossing frequently, until lightly browned. Remove and set aside.

Cook **pork** patties in skillet until deeply browned on both sides, about **5 mins** per side. Break up into bite-sized pieces and add seasonings (group **C**), cook another **1-2 mins**.

Add **cucumber** and *reserved sauce to skillet, cook ~**1 min**. Add cooked **rice** on top.

popover-topped pot pie

v

adapted from Bon Appétit May 25 p14



- 12 oz **golden potatoes** 1/2" cubes
1 bunch **asparagus** 1/2" pieces A↓
1-2 cup **carrots** 1/4" sliced pieces
2 stalks **celery** thinly sliced
2 **yellow onions** chopped
1 cup **frozen peas**
6 **garlic cloves** grated B↓
1/4 cup **flour**†
2 cup **vegetable broth** C↓
1/2 cup **dry white wine**
2/3 cup **heavy cream**
1 Tbsp **Dijon mustard**
3 Tbsp **dill** (save some for topping)
1 tsp **pepper**
1 1/2 tsp **lemon zest**
1 1/2 tsp **salt**†
5 **eggs** blended till fluffy D↓
1/2 tsp **salt**†
1 1/4 cup **flour**†
1 oz **Parmesan** grated
1 1/3 cup **whole milk**
1/2 tsp **baking powder**

Heat 1/4 cup **olive oil** in Dutch oven on **medium**. Cook **potatoes** for **2 mins**, stirring often. Add veggies (group **A**) and cook **15-18 mins**. Add group **B**, stirring until homogenous. Add group **C** to pot while stirring. Simmer ~1 min. Take off heat, let sit without stirring **20-60 mins**.

Prepare oven: middle rack, **425°F**. Mix and briefly blend group **D** till smooth. Gently pour into pot. Bake until deep golden brown and puffed, **45-55 mins**.

oyakodon (parent and child)

adapted from Bon Appétit May 25 p18

1 1/4 lb **chicken** (preferably thighs, but breast ok)

1 1/2 **dry rice** cooked

2 tsp **Hondashi powder**

1 **yellow onion** thinly sliced A↓

1/4 cup **soy sauce**

1/4 cup **sake**

1 Tbsp **sugar**

3 **green onions** pale and dark parts separated, thinly sliced

5 **eggs** blended

Mix **dashi** and 1 1/2 cup hot water in a skillet until dissolved. Add group A and immerse on **medium-high** until onion is slightly softened and liquid slightly reduced, **6-8 mins.**

Add **chicken** and **pale green onion** to pan. Cook until chicken is not pink on the outside, for **2-3 mins.**

Reduce heat to **medium**, evenly drizzle half of **eggs**. Cover and simmer until eggs almost set, **~2 mins.** Repeat with other half of eggs.

Top with **dark green onion**, serve over **rice**.



cauliflower chowder

v

adapted from Bon Appétit May 25 p22

3 Tbsp **butter**^{*}

1 yellow onion finely chopped

A↓

4 celery stocks thinly sliced

6 garlic cloves finely chopped

2 tsp thyme chopped

1 1/2 cup salt

1/4 cup flower

B↓

1 cauliflower head trimmed and
cut into small florets

10 oz golden potatoes cut into 1/2"
pieces

1 1/2 cup heavy cream chopped

2 Tbsp butter[†] melted

C↓

3 cup crackers like oyster or Ritz,
break up into smaller pieces
if necessary

2 tsp Old Bay seasoning

2 Tbsp miso

1 green onion for chives

Heat 3 Tbsp **butter** in Dutch oven over **medium**. Add group **A** and cook until onion is translucent, **6-8 mins**. Sprinkle in **flower** and stir **1 min**. Add group **B** and **4 cup** water. Simmer until veggies are tender and liquid is slightly thickened, stirring occasionally, **20-25 mins**.

Toss group **C** in a bowl. Set aside.

Stir a few spoonfuls of soup in with **miso** separately, then stir into the pot.

Serve with prepared crackers and **chives**.



miso-mayo chicken

adapted from Bon Appétit Nov 24 p12



- 2 lb **chicken breast** patted dry
- 2 cup **dry jasmine rice** cooked
- 1 Tbsp **soy sauce** A↓
- 1/2 cup **mayo**‡
- 3 Tbsp **white miso**‡
- 2 **leeks** white and pale green parts B↓
only, sliced 1/4" thick
- 1 lb **brussel sprouts** trimmed,
quartered lengthwise
- 1 Tbsp **rice vinegar**‡ C↓
- 1 Tbsp **white miso**‡
- 1/4 cup **mayo**‡
- 2 Tbsp **rice vinegar**‡
- 2 tsp **sesame seeds**

Preheat oven to 425°F, rack in middle. Whisk group **A**, use to coat **chicken**. Arrange veggies (group **B**) on baking sheet with parchment paper, salt and drizzle ~1 Tbsp oil. Place **chicken** on top of veggies, roast 13-16 mins. Meanwhile, mix group **C** to create sauce for serving*.

Leaving chicken in oven, turn on broil. Cook till veggies are tender with some charring and chicken is cooked through and well-browned, 9-12 mins.

Cut chicken into strips, and add 2 Tbsp **rice vinegar** to veggies if desired. Top rice with veggies, chicken, *prepared sauce, and sesame seeds.

garlic coconut shrimp

adapted from Bon Appétit Sep 24 p18

1 lb **shrimp**

1 cup **dry rice** cooked

1 tsp **turmeric**

A↓

1/2 tsp **salt[‡]**

B↓

6 **garlic cloves** chopped

1/4 cup **olive oil**

1/2 cup **unsweetened coconut flakes**

1/2 tsp **salt[‡]**

C↓

1 tsp **sugar**

D↓

1/2 lb **green beans**

1/2 Tbsp **pepper flakes**

2 Tbsp **rice vinegar**

1/2 **red onion**

Prepare **shrimp**, removing tails unlike the barbarians that took the included picture. Pat dry and toss with group **A**. Set aside.

Cook group **B** in pan ~4 mins, until garlic is golden. Add **coconut**, cook ~2 mins. Strain, separating oil and coconut. Add group **C** to coconut.

Heat separated oil in large skillet at **medium**. Cook group **D** with **shrimp** ~2 mins. Add **vinegar** and **3 Tbsp** water. Cook ~2 mins, till shrimp done.

Top **rice** with **shrimp** and **green beans, onion, and coconut**.



pho

adapted from Bon Appétit Feb 25 p24



8 oz thin rice noodles soaked in water to soften, drained

1 Tbsp veggie oil

1 yellow onion thinly sliced

1 lb ground beef

1/2 tsp salt

2 tsp Chinese five-spice powder

5 garlic cloves grated A↓

2" ginger grated

1 Tbsp fish sauce

32 oz low-sodium chicken broth

1 bean sprout package B↓

1 cilantro bunch

2 jalapeño sliced

hoisin sauce

sriracha

lime

Heat 1 Tbsp cooking oil in Dutch oven at medium-high. Cook onion until it starts to soften, 2 mins. Add beef and salt and cook until beef is partially browned, 2 mins. Add five-spice powder and some pepper, cook until beef is just cooked through, 3 mins. Pour off and discard excess fat.

Add group A, cook ~1 min. Add broth and 4 cup water. Increase heat to high, bring to a boil. Add noodles until tender (might refer to package instructions).

Serve with items from group B.

pork and tomatillo udon

adapted from Bon Appétit Feb 25 p84

1 lb **ground pork**

1/2 **cabbage head** cut into strips

1 lb **cooked udon** prepared per
package instructions

3 Tbsp **hoisin sauce** A↓

1 1/4 cup **tomatillo salsa**

2 Tbsp **butter**

2/3 cup **chopped cilantro**

1 **radish** thinly sliced

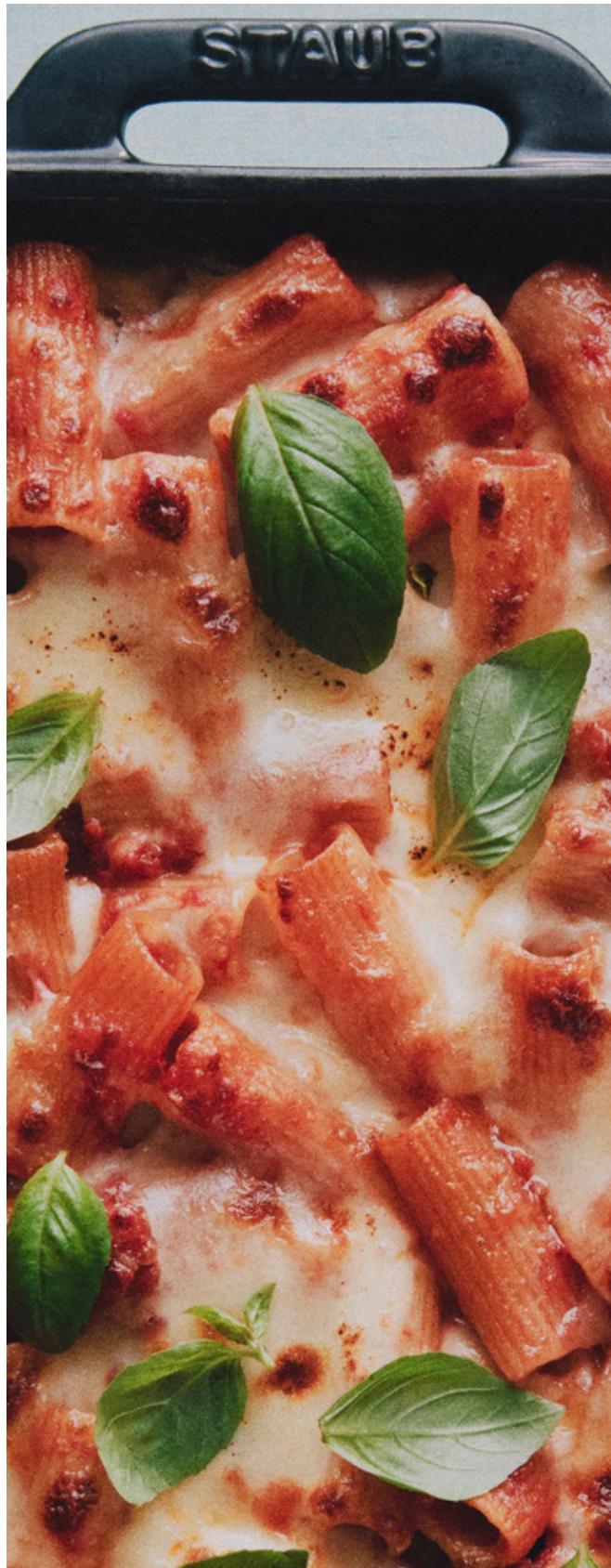
Heat 1 Tbsp **cooking oil** over medium high in large skillet.

Add **pork** and **cabbage** and cover. Cook, stirring occasionally, until few pink spots remain in pork and cabbage has softened, ~10 mins.

Add group **A**, cook until warmed and well-mixed, **3 mins**.

Remove from heat and mix in **cilantro**.
Decorate with **radish**.





baked pasta and sausage

adapted from Bon Appétit Feb 25 p48

- 12 oz spicy sausage cooked or uncooked
.....
10 garlic cloves finely grated A↓
4 large basil springs chopped
56 oz canned crushed tomatoes
1/2 cup butter cut into pieces
1/2 Tbsp salt
1 tsp sugar
1 tsp red pepper flakes
.....
1 lb pasta like rigatoni
1 lb low-moisture mozzarella coarsely grated

Prepare oven: middle rack, 350°F. In a 9×13" pan, combine group A and bake uncovered for 45 mins. If sausage is uncooked, add now, otherwise add after 30 mins.

Add pasta, uncooked, with 1 cup water. Lightly mix contents. Cover pan tightly with foil. Bake 23-27 mins.

Remove pan from oven, turn oven to broil. Remove foil, lightly mix contents. Top pasta with mozzarella and broil until cheese is golden brown in spots, 5-8 mins. Keep a close eye as it can turn quickly.

baked sweet potato chaat

v

adapted from Bon Appétit Nov 24 p14



2-3 lb **sweet potatoes**

1 lb **dry chickpeas** soaked,
cooked, and patted dry A↓

1 1/2 Tbsp **cumin**

1 1/2 Tbsp **chaat masala**

1/4 cup **olive oil[#]**

1 **cilantro bunch** B↓

2 **jalapeño** stem cut off

4-6 **green onions**

1/4 cup **lime juice**

1/4 cup **olive oil[#]**

1-2 **serves fried onion** (see pg. 5) C↓

plain whole milk yogurt or
sour cream

1 **red onion** finely chopped

1 **pomegranate** for seeds

Preheat oven to 450°F. Cut **potatoes** in half if large. Prick all over with a fork. Run under water to dampen skin. Place on rimmed baking sheet with parchment paper. Drizzle olive oil and sprinkle salt, spread with hands to coat. Roast 30-35 mins.

In a bowl, mix group **A**. Add to potato sheet. Cook all for another 15-20 mins.

In a food processor, blend group **B** till well mixed, but not puréed.

Serve in bowls by mixing and lightly mashing potatoes and chickpeas (or do it like the picture, I'm not your mom), then topping with blended sauce and elements of group **C**.

miso-tahini & tofu grain bowls vv

adapted from Bon Appétit Apr 25 p20



- | | | |
|---|-------|----|
| 1 firm tofu package (~14oz)
pressed, cubed, patted dry | | A↓ |
| 1 1/2 cup dry brown rice rinsed until
water runs clear | | |
| 1/2 cup dry quinoa | | |
| 8 oz red cabbage thinly sliced | | B↓ |
| 3 Tbsp rice vinegar† | | |
| 2 tsp honey† | | |
| 1/2 tsp salt | | |
| 1 Tbsp soy sauce | | |
| 2 broccoli bunches cut into
florets with long stems | | C↓ |
| 1 tsp red pepper flakes | | |
| 3 cup miso | | D↓ |
| 2 Tbsp tahini | | |
| 3/4 tsp turmeric | | |
| 2 tsp honey† | | |
| 2 Tbsp rice vinegar† | | |
| 1 avocado thinly sliced | | |

Preheat oven to **450°F**. Bring grains (group **A**) and **2 1/2 cup water** to a boil in medium saucepan. Cover tightly with lid, reduce heat to **low**. Cook until grains are tender and liquid is absorbed, **40 mins**. Meanwhile, combine group **B** in large bowl and vigorously massage with hands. Set aside for serving.

Arrange **tofu** on rimmed baking sheet, drizzle with **soy sauce** and **3 Tbsp olive oil**. Roast until lightly browned, **9-11 mins**. Combine group **C** and roast alongside tofu until starting to char, **15-20 mins**.

Whisk group **D** to make sauce for serving. Assemble bowls with components and serve.

french onion pasta

V

adapted from Bon Appétit Apr 25 p18

4 yellow onions thinly sliced A↓

1 tsp salt

1 tsp pepper

6 garlic cloves B↓

4 tsp chopped thyme

3/4 cup dry white wine

1 lb shell pasta like lumache

2 oz Parmesan finely grated C↓

3 Tbsp butter

1 Tbsp Dijon mustard

2 tsp sugar

2 tsp Worcesterhire sauce

8-12 oz Gruyère or White Cheddar
coarsely grated

Heat 3 Tbsp olive oil in Dutch oven over medium-high. Add group A and cook, stirring occasionally and adding 1 Tbsp water at a time if onions are sticking and burning. Continue until onions are deep brown and jammy, 30-35 mins.

Add group B to pan, stirring often, cooking 1 min. Add wine and cook, stirring occasionally, until reduced by half, ~3 mins. Add 5 1/2 cup water and bring to a simmer. Add pasta and cook, stirring often to prevent pasta from sticking, until pasta is al dente, almost all liquid is absorbed besides a thick sauce, 10-14 mins.

Remove pan from heat and add group C, stirring until Parmesan is melted.

Place rack in upper third of oven and turn on broil. Scatter cheese over pasta and broil until melted and golden brown, 2-5 mins, watching closely. Add chives for serving if desired.



salmon and shiitake rice

adapted from Bon Appétit Aug 24 p14

1 1/2 cup dry white or brown rice rinsed ^{A↓}
until water runs clear

1/3 cup quinoa

1 Tbsp sake

2 tsp soy sauce[‡]

5 oz shiitake mushrooms thinly
sliced

1 lb skinless salmon fillets

4 Tbsp rice vinegar

2 Tbsp sesame oil (preferably
toasted)

5 Tbsp soy sauce[‡]

5 green onions sliced

Gently stir group A and 2 cups water in a large pot with a lid. Gently place mushrooms then salmon in respective layers on top of rice. Lightly season with salt. Put pot over medium-high, lid askew, until small bubbles start to form, then reduce to medium and cover tightly with lid. Cook undisturbed for 15 mins, then move off heat (do not remove lid) and let sit 20 mins.

Meanwhile, mix group B to make a sauce.

Uncover rice lid, letting water from lid drip into pot. Gently fold contents, breaking up salmon. Transfer into bowls and serve with sauce.



samosa-dilla

V

adapted from Bon Appétit Aug 24 p18

3 Tbsp veggie oil

1 tsp cumin seeds or half as much powder A↓

1 Tbsp curry powder

1/2 Tbsp ground ginger

2 garlic cloves minced

1 small red onion diced B↓

1 jalapeño diced

1 lb russet or golden potatoes peeled, cut into 1/2" pieces

1 cup cilantro leaves and soft stems only, coarsely chopped C↓

1 cup frozen peas thawed a bit

1 Tbsp lime juice

4 8"-10" wheat tortillas

8 oz sharp white cheddar or pepper jack

Add veggie oil to large pot with a lid over medium heat. Add group A and stir about 1 min.

Add group B and cook until onion is softened, ~3 mins. Add potatoes and 2 1/2 cups water, bring to a simmer and cover. Continue until water is mostly absorbed by potatoes, 20-25 mins.

Remove from heat and stir in group C.

Cover half of each tortilla in cheese, add a layer of filling, and another layer of cheese. Fold the tortilla over. Fry at low-medium heat on both sides with a thin layer of oil in pan until golden.



gado gado

v

adapted from Bon Appétit Apr 24



14 oz extra-firm tofu pressed, cut into 1/2" cubes, patted dry

16 oz white rice noodles wide like linguine

3/4 cup creamy peanut butter A↓

3 Tbsp lime juice

1 1/2 Tbsp garlic chili sauce

3 cloves garlic finely chopped

1/2 cup water

3/4 cup brown sugar B↓

1/2 cup soy sauce

1 red onion finely chopped C↓

3 carrots cut into matchsticks

1 bundle cilantro tough stems removed

1 cucumber thinly sliced

1 cup peanuts halves or chopped

Combine group A in a bowl to make sauce. Mix until mostly homogeneous. Set aside.

In a skillet on low, mix group B, stirring constantly until brown sugar is dissolved. Take half of mixture and add to sauce, mixing well. Increasing skillet heat to medium, add tofu cubes to the remaining half of the mixture, cooking until liquid is absorbed.

Meanwhile, cook the rice noodles in boiling water until al dente, ~5 mins. Soon after draining and lightly rinsing the noodles, add sauce.

Serve noodles with cooked tofu and group C.

miso-marinated salmon



1 lb **salmon filet**

1/3 cup **sake**

A↓

1/3 cup **mirin**

1/3 cup **white miso**

3 Tbsp **sugar**

1 tsp **salt**

1 cup **dried rice** cooked

B↓

3 Tbsp **rice vinegar**

3 g **dried seaweed** like seasoned
laver, crushed

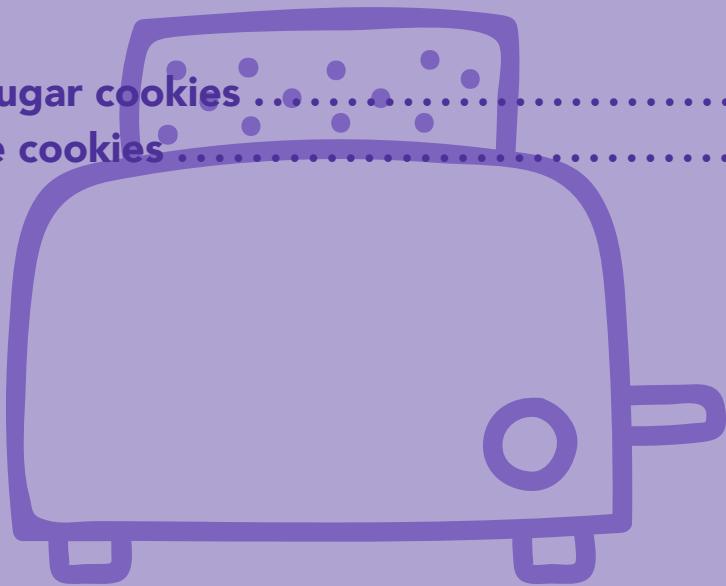
Combine group **A** to create a marinade. Reserve some for serving. Marinade **salmon 1-2 days** in fridge.

Scrape the marinade off the salmon to discard. Broil the salmon filets on low-middle rack, cooking **8 mins** until tops are slightly charred.

Combine group **B**. Serve with salmon and reserved marinade.

- treats -

earl grey sugar cookies	25
applesauce cookies	25



applesauce cookies

1 cup sugar
A ↓
1/2 cup shortening
2 eggs
1 tsp baking soda B ↓
1 cup applesauce
2 3/4 cups flour C ↓
3/4 tsp cinnamon
3/4 tsp nutmeg
1/2 tsp salt
7 oz chocolate chips

Preheat oven to 400°F.

Combine group A, stir until well-mixed. Combine group B in its own bowl to mix, then add to first mixture. Add group C and mix. The dough will be thick but mixable with a spoon. Fold in chocolate chips.

Add dough to cookie sheet with parchment paper. Cook 9-12 mins.



earl grey sugar cookies

1/2 cup butter melted A ↓
2 Tbsp earl grey tea leaves chopped if necessary
1/2 cup sugar (plus more for rolling) B ↓
1/4 cup brown sugar
1 egg
1 Tbsp vanilla
1 1/2 cup flour C ↓
1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

Mix group A. Add group B, mixing until smooth. Add dries (group C) and mix until no dry spots remain. Refrigerate dough for at least 30 mins to solidify butter.

Preheat oven to 325°F. Roll balls of dough in sugar. Place on sheet with parchment paper. Cookies will spread, leave room between them. Cook 12-15 mins, until edges are darkened and set. Allow to sheet cool before serving.

