

Cooking by the Book

William Findlay

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*It's a piece of cake to bake a pretty cake,
If the way is hazy,
You gotta do the cooking by the book,
You know you can't be lazy!
Never use a messy recipe,
The cake will end up crazy,
If you do the cooking by the book,
Then you'll have a cake.*

Stephanie, Lazy Town

Part I

Traditional Recipes

Chapter 1

Findlay Family Recipes

The other night, I ate at a real nice family restaurant. Every table had an argument going.

George Carlin

In this chapter, I will cover some traditional Findlay family recipes — some of which date back to well before my father was born! Others are not so traditional, but have held a special place in my heart for one reason or another. Section 1.1 covers breakfast recipes, section 1.2 covers lunch, section 1.3 covers dinner, and finally section 1.4 covers dessert.

I hope that you will enjoy these recipes. Perhaps some may one day have a special place in your kitchen as they have had in mine.

1.1 Breakfast

The “William Special”

1 person

5 min.

The “William Special” is a simple recipe for a breakfast wrap that I used to make every morning, religiously, for a period of several months near the beginning of 2020. It gets its name from the “Grandpa Special”, covered later in this chapter—my mother jokingly referred to it as such one fateful morning and the name stuck, a fact I have come to reluctantly accept.

1

Heat a medium-sized non-stick skillet over medium-high heat (level $\frac{6}{10}$ on my stove). I like to start the kettle boiling for tea while I wait for the skillet to come up to temperature. You can test whether the pan is hot enough by wetting one finger with lukewarm water and flicking a drop onto the pan. If the drop sizzles, the pan is ready.

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| <p>2 <i>One large flour tortilla</i>
<i>Two slices cheddar cheese</i>
<i>One tsp. salsa</i></p> <p>3 <i>Two large eggs</i>
<i>A knob of salted butter</i></p> <p>4</p> | <p>Prepare the tortilla by placing two slices of cheese across the center, length-wise, and spooning the salsa directly next to the row of cheese slices.</p> <p>Place a knob of butter into the hot pan. When the butter has melted, crack two eggs into the pan and stir vigorously until curds begin to form. When the eggs are done, quickly dump the contents of the skillet onto your tortilla and arrange them length-wise to match the cheese.</p> <p>Assemble your wrap by folding the ends inwards and rolling it tightly towards your body. This is a trick I learned by watching the burrito chefs at Chipotle™. Return your tortilla to the pan and cook until nicely browned, flipping once.</p> |
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1.2 Lunch

The “Grandpa Special”

1 person

X min.

The “Grandpa Special” is a simple recipe for...

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| <p>1</p> <p>2 <i>One large flour tortilla</i>
<i>Two slices cheddar cheese</i>
<i>One tsp. salsa</i></p> <p>3 <i>Two large eggs</i>
<i>A knob of salted butter</i></p> <p>4</p> | <p>Heat a medium-sized non-stick skillet over medium-high heat (level 6/10 on my stove). I like to start the kettle boiling for tea while I wait for the skillet to come up to temperature. You can test whether the pan is hot enough by wetting one finger with lukewarm water and flicking a drop onto the pan. If the drop sizzles, the pan is ready.</p> <p>Prepare the tortilla by placing two slices of cheese across the center, length-wise, and spooning the salsa directly next to the row of cheese slices.</p> <p>Place a knob of butter into the hot pan. When the butter has melted, crack two eggs into the pan and stir vigorously until curds begin to form. When the eggs are done, quickly dump the contents of the skillet onto your tortilla and arrange them length-wise to match the cheese.</p> <p>Assemble your wrap by folding the ends inwards and rolling it tightly towards your body. This is a trick I learned by watching the burrito chefs at Chipotle™. Return your tortilla to the pan and cook until nicely browned, flipping once.</p> |
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1.3 Dinner

1.4 Dessert

Part II

**Special Equipment and
Techniques**

Chapter 2

The Air Fryer

2.1 Breakfast

Air Fryer Egg McMuffin

1 person

8 min.

- 1 *One large egg*
One English muffin
Cheddar cheese, to taste
One "glug" of cooking oil

Brush cooking oil around the bottom of the ramekin. Crack one large egg into the ramekin. Place the ramekin into the air fryer. Cut English muffin in half and place both sides face up in the air fryer. Place cheese on top of one half of the English muffin. Fry at 350°F for 4 minutes.

- 2 *One slice Canadian bacon*

Remove English muffins from the air fryer and replace them with Canadian bacon. Leave the eggs in the air fryer and fry once more at 350°F for 4 minutes.

3

Assemble the Egg McMuffin and enjoy.

2.2 Lunch

2.3 Dinner

2.4 Dessert