

Cookbook

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Zak's tip: Recipes with * are especially good

01 - Grain cook times

Amaranth	1:2 $\frac{1}{2}$	25-30 min
Barley, pearled	1:3	45-60 min
pot		90 min
Buckwheat	1:2	20 min
Couscous	1:1-1 $\frac{1}{2}$	5 min
Millet	1:3	20-25 min
Oats, rolled	1:3	10-25 min
Quinoa	1:2	20 min
some needs washed first		
Rice, white	1:2	10-20 min
brown		40-60 min
wild	1:3 $\frac{1}{2}$	60 min
Wheat, bulgur	1:2	5 min
berries	1:3	90-120 min
aka cracked		

For all grains, bring them to a boil, then simmer for the time indicated.

03 - Meat cook times (the party line)

Beef, ground	160°F	71°C	
Lamb, ground	160°F	71°C	
Pork, ground	160°F	71°C	
Beef, steak	125°F	52°C	Rare
	135°F	57°C	Medium Rare
	145°F	63°C	Medium
	150°F	66°C	Medium Well
	160°F	71°C	Well done
Pork, loin/chop	145°F		
Pork, cutlets/ribs	until tender		
Lamb, all cuts	145°F		
Chicken, dark	165°F		
Chicken, light	160°F		
Fish	145°F		

Remove 5-10°F after the center of the meat reaches the correct temperature.

E coli dies at 155°F.

Salmonella dies at 160°F.

Trichinosis dies at 137°F and is not common in US pork.

04 - Biscuit, Angel Biscuits

Source: online, not folk school recipe

active dry yeast
 $\frac{1}{4}$ c warm water
2 c warm buttermilk
5 c flour (all-purpose)
 $\frac{1}{3}$ c sugar
2 t salt
2 t baking powder
1 t baking soda
1 c shortening
melted butter

1. Dissolve yeast in water. Let stand 5 minutes. Add warm buttermilk.
2. Combine other ingredients in bowl. Cut in shortening until coarse crumbs. Stir in yeast mixture.
3. Flour counter. Knead 3-4 times. Roll out to $\frac{1}{2}$ " thickness. Cut with biscuit cutter, $2\frac{1}{2}$ " width. Put on greased baking sheet.
4. Cover + let rise in a warm place until doubled, about 1 hour.
5. Bake at 450°F for 8-10 minutes or until golden brown. Brush tops with melted butter. Serve warm.

05 - Biscuit, Hard Tack

4-5 c flour

1½ c water

3 t salt

1. Roll into ½" thick rectangle, cut into 3"x3" pieces.
2. Cook 30min/side at 375°F. Let dry for a few days. Store, airtight.

To eat: Soak in water or milk 15 min. Can fry.

Zak's tip: I've never tried this.

06 - Bread, White

Source: New Baking book, p344

Makes: 2 loaves

6 c all-purpose flour
1 package active dry yeast
2 c milk or buttermilk or sour milk
2 T sugar
1 T butter or shortening
1½ t salt

1. In a big-ass bowl, combine 2½ c flour and yeast. Set aside.
2. In a saucepan, heat milk, sugar, butter, and salt until warm, stirring. Butter should almost melt. Add to bowl.
3. Mix, stir in the rest of the flour with a spoon.
2. Turn dough into lightly floured surface. Knead in any remaining flour to make smooth, elastic, moderately stiff dough. 6-8 minutes total. Shape dough into ball. Place in greased bowl, turning once. Cover and leave in warm place to double in size (45-60 minutes).
3. Punch dough down. Divide in half if using full recipe. Cover and let rest 10 minutes. Lightly grease 8"x4"x2" loaf pans.
4. Shape dough into loaves by patting into loaf shape.
5. Place in loaf pan. Cover + let rise until doubled again (30-40 min).
6. Bake in 375°F oven about 40 minutes or until bread sounds hollow when you tap the tops with your fingers. (If necessary, cover with foil for the last 10 minutes of baking to prevent overbrowning). Remove from pans immediately. Cool.

Bread, Cheese

Source: Zachary

+ 1-2 c grated cheese

4. After punching down, roll flat and long. Sprinkle generously with grated cheese. Roll up tightly like a jelly roll, sealing the edges with your fingers.

07 - Burger, Grilled Portobello Mushroom

Marinade

- $\frac{1}{4}$ c balsamic vinegar
- 2 T olive oil
- 1 t dried basil
- 1 t oregano
- 1 T minced garlic
- salt
- pepper

Burger

- 4 portobello mushroom caps
- 4 slices provolone cheese
- burger buns
- tomato
- avocado

1. Whisk together sauce.
2. Soak mushrooms at room temperature for 15 minutes, turning twice.
3. Preheat to medium-high.
4. Brush with oil. Add mushrooms. Grill 5-8 minutes on each side, brushing with marinade. Top with cheese in last 2 minutes.
5. (Optional) Add other ingredients, burger buns.

08 - Burger, Ground Beef (Hamburger)

- 1 lb ground beef
- $\frac{1}{2}$ onion
- $\frac{1}{2}$ c cheese
- 1 t soy sauce
- 1 t worcestershire sauce
- 1 egg
- 1 T onion powder
- 1 clove garlic
- 1 T garlic powder
- 1 t dried parsley
- 1 t dried basil
- 1 t dried oregano
- $\frac{1}{2}$ t dried rosemary
- salt
- pepper

1. Mix ingredients, make into thin patties with a divot in the middle.
2. Grill, 5 minutes to a side.
3. Put on bread, add toppings.

09 - Cake, Blueberry tart

1 premade graham cracker crust
8 oz (1 package) cream cheese, soft(!)
 $\frac{1}{2}$ c marshmallow creme
 $\frac{1}{2}$ t lemon peel
3 c blueberries
 $\frac{1}{4}$ c grape jelly

1. Beat cream cheese until light.
2. Add marshmallow creme and lemon.
3. Put jelly on stove.
4. Fill crust with cream cheese mixture. Add blueberries on top. Brush with melted jelly.
5. Serve chilled.

10 - Cake, Cream Cheese Frosting

$\frac{1}{4}$ c butter (soft)

8 oz cream cheese (soft) = 1 package

4 c confectioner's sugar

2 t vanilla extract

Zak's tip: Let the cake cool before spreading

11 - Cake, Plum Tart Crumble

Prep time: ~2 hr (pitting plums)

2 c flour

1½ stick butter (12 T), cubed

1 egg yolk

1½ lb plums, pitted

$\frac{3}{4}$ c brown sugar

1. Mix flour, butter, egg, and sugar with a fork.
2. Preheat oven to 400°F. In 9" pan, place crumb layer, sprinkle remaining crumb.
3. Cook 45 minutes.

12 - Cake, Sacher Torte

Source: New Baking Book, p244

Glaze

4 oz semisweet or bittersweet chocolate, chopped
2 T butter
2 t corn syrup
 $\frac{1}{2}$ c heavy cream

Cake

6 eggs
5 oz semisweet or bittersweet chocolate, chopped
 $\frac{1}{2}$ c butter
 $1\frac{1}{2}$ t vanilla
 $\frac{1}{2}$ c sugar
 $\frac{3}{4}$ c flour
 $\frac{2}{3}$ c apricot preserves
springform pan

1. Let egg whites stand at room temperature 30 minutes. Grease + lightly flour springform pan. Set aside.
2. In a saucepan, melt chocolate and butter. Cool. Stir egg yolk+vanilla into cooled chocolate mixture. Set mixture aside.
3. Beat egg white with electric mixer on medium to high until soft peaks form (tips curl). Add sugar gradually, beating 4 min or until stiff peaks form (tips stand straight).
4. Fold about 1 c of the egg white mixture into the chocolate mixture. Fold the egg whites and chocolate back to the remaining egg white mixture. Add $\frac{1}{3}$ the flour over the mixture. ("Sift + gently fold in"). Mix. Ditto other thirds. Spread butter into prepared pan.
5. Bake in 350°F oven 35-40 minutes or until a wooden toothpick inserted near center comes out clean. Let cool completely. Remove spring form.
6. In a saucepan, heat preserves until melted. Press through sieve if there are chunks. Cool slightly. Cut cake horizontally into 2 even layers using toothpicks as markers. Set top aside. Add apricot preserves over top. Replace top layer. Spoon chocolate glaze over torte. Spread over sides if possible. Let cool 1 hr at room temperature.

13 - Candy, Caramel

(1 t salt, optional)

2 c sugar

1 t vanilla (or 1 bean)

1½ c corn syrup

2 c heavy cream

1 c butter

1. Combine sugar, corn syrup, 1 c cream, butter in saucepan.
2. Bring to a boil, stirring often. Add cream.
3. Heat without stirring to 242F (116C). You can test syrup in cold water (pliable but not stiff).
4. Remove from heat and add vanilla and optionally salt.
5. Put in buttered pan, refrigerate.

14 - Candy, Fudge

3 c chocolate chips

1 can sweetened condensed milk

$\frac{1}{4}$ c butter

1. Put ingredients in bowl. Microwave until melted (7 minutes). Stir.
2. Pour into 8"x8" pan, refrigerate until set.

15 - Chicken Cordon Bleu

Time: 70 min

Makes: 5 servings (5 chicken breasts)

4-5 chicken breast halves
thinly sliced ham
aged swiss cheese

Ziploc 1

$\frac{1}{2}$ c flour

Bowl 2

2 large eggs

1 T water

Ziploc 3

$1\frac{1}{2}$ c dry bread crumbs

$\frac{1}{2}$ t pepper

1 t salt

1. Mash chicken $\frac{3}{8}$ in. thick, until it gives up and is floppy.
2. Place 1 slice ham, 1 slice cheese on chicken.
3. Fold, trimming each packet with a knife.
4. Prepare ziplocs/bowls/plates of dips. Bread.
5. Prepare olive oil and butter mixture for frying, brown butter.
6. Cook chicken on medium-high. 3-4 minutes to a side.

16 - Chicken, Baked

Dry rub

- 2 T brown sugar
- 1 t garlic powder
- 1 t onion powder
- 1 t cumin
- 1 t paprika
- $\frac{1}{2}$ t salt
- $\frac{1}{4}$ t black pepper
- $\frac{1}{4}$ t cayenne pepper

Dish

- dry rub
- 2 tbsp oil
- 1" pieces of chicken, or whole wings

1. Pre-heat oven to 400°F
2. Mix dry rub
3. Put wings in a bowl. Drizzle over oil.
4. Add rub, make sure they are coated.
4. Bake for 45-50 minutes.

Zak's tip: A metal tray is useful for adding the rub and to avoid oil washing the juices off while cooking.

Zak's tip: For an intense rub, leave out brown sugar.

17 - Chicken, Rosemary

Source: Mama

1.5 lb chicken
2 T olive oil
4 cloves garlic
3 T rosemary
1 lemon (zest)
grill seasoning OR salt, pepper
 $\frac{1}{2}$ c wine OR chicken broth
1 lemon (juice)

1. Cut chicken into chunks. Toss with oil in baking dish.
2. Preheat oven to 450°F.
3. Add garlic, rosemary, lemon zest, spices. Toss chicken, cover dish, cook 20 minutes.
4. Add wine and lemon juice.
5. Leave uncovered in oven 5 min.

18 - Chickpeas, Falafel (real)

1. Soak chickpeas overnight
2. Dry

1 c soaked chickpeas, food processed
 $\frac{1}{2}$ t salt
 $\frac{1}{4}$ t cumin
 $\frac{1}{4}$ t turmeric
 $\frac{1}{2}$ t garlic powder
1 T wheat flour, chickpea flour, or corn starch

1. Mix thoroughly with fork.
2. In $\frac{1}{4}$ c olive oil, fry falafels.
3. Turn once, until crispy on both sides.

18 - Chickpeas, patties

cooked chickpeas
corn starch
garlic
onions
cumin seeds
curry

1. Mash chickpeas with a fork or food processor into a paste.
2. Add ingredients, mix.
3. Fry as 1cm thick patties (very thin).
4. Sprinkle on extra garlic powder and optionally salt.

Zak's tip: These fall apart but everybody like them.

19 - Chickpeas, Roasted

Makes: 4 servings (2 c)

3 c chickpeas

olive oil

salt

pepper

(optional) other spices

1. Cook chickpeas. Pat dry. If from a can, rinse first.
2. Spread on a foil-lined pan. Coat in oil.
3. Cook at 400°F for 30 min. Shake every 10 min.
4. Cover in spices.

20 - Chili, Cincinnati

Makes: A lot

- 1 (6-oz) can of tomato paste
- 3 T cacao powder
- 5 c water
- $\frac{1}{4}$ t cinnamon
- 1 (2) t garlic powder
- 1 t cumin
- $\frac{1}{4}$ t allspice
- $\frac{1}{4}$ t ground cloves
- $\frac{1}{4}$ t red pepper flakes
- $\frac{1}{8}$ t black pepper
- $\frac{3}{4}$ t salt
- $\frac{1}{2}$ t sugar
- 2 T apple cider vinegar
- $1\frac{1}{4}$ lb lean ground beef
- 5 c water

1. Add water, tomato paste, chocolate. Stir with whisk to combine.
2. Add spices.
3. Crumble in ground beef, stir with whisk.
4. Boil. Turn down to med-low. Cook uncovered 1-1 $\frac{1}{2}$ hours.

How to eat. Combine

- seared hot dog in a bun OR thin spaghetti
- very finely grated cheese
- tabasco sauce
- (optional) raw onion, diced
- (optional) beans, cooked

Zak's tip: (untested) You need 100% lean beef, the fat otherwise absorbs the chili spices, leaving a boring liquid and a fiery-hot fat layer congealed on top.

Cook the beef first, and skim the fat off the top. Put the cooked beef through a food processor, and return to the liquid.

Or if that's too hard, mix them or take a bit of both when serving.

21 - Cookies, Hais

Source: A Miscellany, p101

Makes: ~40 Hais

- 1 $\frac{1}{3}$ c bread crumbs
- 1 c pitted dates (1lb), cut up with scissors
- $\frac{1}{4}$ c almonds, ground in food processor
- $\frac{1}{2}$ c pistachios, ground in food processor
- 3 T melted butter or sesame oil

1. Mix everything (in food processor if available).
2. Roll into 1" balls, using extra water if necessary.
3. Let dry.

Zak's tip: These keep forever but they get stale--you might want to halve it.

22 - Cookies, Honey Oat Cakes

12 oz rolled oats
8 oz butter
8 oz honey
pinch salt

1. Melt butter.
2. Add salt, honey, oats. Stir.
3. Spoon onto baking tray, press down.
4. Bake at 325°F for 30 min until golden brown.
5. Cool a few minutes, then split into squares. Serve when cold.

Zak's tip: Find a new recipe, these ended up soupy.

23 - Cookies, Lemon Squares

Source: Sally's Baking Addiction.com

Makes: 24 (1"x2") bars

Prep 10 min / Cook 40 min

Crust

1 c butter = $\frac{1}{2}$ lb = 2 sticks

$\frac{1}{2}$ c sugar

2 t vanilla

$\frac{1}{2}$ t salt

2 c flour

Filling

2 c sugar

6 T flour

6 eggs

1 c lemon juice (~4 lemons)

1. Preheat to 325°F/163°C. 9"x13" pan, parchment paper with edges.
2. Mix crust, adding flour last. Press into pan.
3. Bake 18-20 minutes, until very lightly browned.
4. Pour filling. Bake 22-26 minutes. Cool 2 hours, refrigerate.

Can be frozen 3-4 months. Keeps 1 week.

24 - Cookies, Peanut Butter

Source: New Baking Book p194

$\frac{1}{2}$ c butter, room temperature
 $\frac{1}{2}$ c peanut butter
 $\frac{1}{2}$ c granulated sugar
 $\frac{1}{2}$ c packed brown sugar or $\frac{1}{4}$ c honey
 $\frac{1}{2}$ t baking soda
 $\frac{1}{2}$ t baking powder
1 egg
 $\frac{1}{2}$ t vanilla
 $1\frac{1}{4}$ c flour

1. Mix butter and peanut butter thoroughly. Add sugar, brown sugar, baking soda, baking powder. Beat in egg and vanilla. Add flour.
2. Shape dough into 1" balls (about a spoonful). Put on ungreased cookie sheets, then flatten twice with a fork.
3. Bake at 375°F for 7 to 9 minutes.

25 - Cookies, Sugar

3 c flour
1 t baking soda
 $\frac{1}{2}$ t baking powder
 $1\frac{1}{2}$ c white sugar
1 egg
1 t vanilla extract
1 c butter

1. Preheat to 375°F.
2. Mix dry ingredients.
3. Cream together butter, sugar, egg, vanilla. Add dry ingredients.
4. Bake 8-10 minutes on ungreased cookie sheet.

26 - Cookies, To Make an Excellent Cake

Source: A Miscellany, p102 (omitted yeast)

Cake

2 c flour
1½ sticks butter
2 c currant jelly
¼ t cloves
¼ t mace
½ t cinnamon
¼ t nutmeg
½ T sugar
2 T rum

Icing

2 t egg white
2 T sugar

1. Mix cake ingredients. Stir until smooth.
2. Bake at 350°F for 40 minutes.
3. Remove from pan and brush rum on top. Add icing.
Cut into bar cookies.

Zak's tip: This cake doesn't rise, it's cookie bars.

27 - Cookies, White Choc. Macadamia Nut Energy Balls

Source: Sammy (original tennislifemag.com)

2 c quick oats
 $\frac{1}{2}$ c white chocolate chips, roughly chopped
 $\frac{2}{3}$ c coconut flakes
 $\frac{1}{2}$ c peanut butter
 $\frac{1}{2}$ c honey
 $\frac{1}{2}$ c macadamia nuts, chopped
1 t vanilla
1 T chia
1 T ground flaxseed
 $\frac{1}{4}$ t salt

1. Mix. Refrigerate 1 hour.
2. Roll into 30 balls.
3. Refrigerate for up to 1 week (or freeze).

28 - Croquette, Mushroom

Makes: 5 croquettes

Bechamel sauce

1 T butter

1 T flour

$\frac{1}{2}$ c milk

Croquettes

$\frac{1}{2}$ t worcestershire sauce

$\frac{1}{8}$ t curry powder

1 slightly beaten egg

2 T cracker crumbs

1 c chopped mushrooms

$\frac{1}{2}$ t salt

$\frac{1}{4}$ t paprika

breeding

1. Make Bechamel sauce, remove from heat.
2. Add other ingredients.
3. Chill. Form into 1"x1"x2 $\frac{1}{2}$ " pieces, roll in flour, then egg, then bread crumbs. Let dry, repeat.
4. Fry croquettes.

29 - Caffeine Shots

Makes ~300ml, 10mg/mL (~2.5% by weight).

Safety note: Label clearly with a poison warning.

Safety note: Coloring is to stop people thinking it's water, etc.

Safety note: Don't put it all in one container, this is enough to kill you or send you to the hospital.

3 g caffeine, as powder

1 T sugar = 15g

1 t citric acid = 1.5g

300 ml water

1 green food coloring drop

3 yellow food color drops

Recommended dose: 50mg = 5mL per vial, about the same as a can of soda.

30 - Drink, Coffee, Cold Brew

Source: Zachary, 2019-11-20. Based on recipes with ground beans.

Makes: About 3 c

100 g whole roasted beans

1 quart jar

1. Put beans in jar
2. Fill with water
3. Wait 3 days
4. Filter beans out

Experimentation notes

- Tried grinding beans on 2 machines, tasted burnt.
- Ground coffee needs at least 3x less coffee, it's much stronger.
- Haven't tried pre-ground coffee.
- Tried freeze distillation. Lost all coffee flavor.
- Tried evaporation. Lost all coffee flavor.
- Tried low-simmer boiling. 10x tastes burnt. 5x is worth trying again.
- Measuring concentration by color worked best. pH does not work.

31 - Drink, Coffee, Not-Turkish

For each cup of coffee

1 t sugar

1 turkish cups water, ~2.5 fl oz

1 t sugar

1 t coffee

1. Add water.
2. Bring to a boil.
3. Add coffee.
4. Add sugar.
5. Bring near a boil again.
6. Immediately take off heat.

Zak's tip: This is easy to burn.

32 - Drink, Cream Soda

Simple Syrup

Boil

1 c water

1 c sugar

Vanilla Syrup

Add

3 T vanilla

Cream Soda

Combine

1 oz vanilla syrup

1 oz cream

5 oz soda water

33 - Drink, Gypsy tea

Source: Sammy

2 oranges
3 lemons
13 cloves, whole
1 T ground allspice
 $\frac{1}{2}$ cinnamon stick
3 T black tea
8 c boiling water
 $1\frac{1}{4}$ c sugar

1. Squeeze fruits + set aside juice.
 2. Put rinds, spices, tea in pot.
 3. Pour over boiling water. Steep 10 minutes. Strain.
 4. Add fruit juice + sugar.
- Serve hot or iced.

34 - Drink, Sekanjabin
Source: Miscellany, p132

2½ c water
4 c sugar
1 c wine vinegar (red wine is tasty)
mint

1. Dissolve sugar in water. Bring to a boil.
2. Add vinegar. Open a window. Simmer ½ hour.
3. Take off burner, add mint. Strain back out mint.

To drink, dilute to taste. Good hot or cold.

Zak's tip: This is okay to keep unrefrigerated and sealed for months.

35 - Gloop, Congee

Keeps: 1 day only

75g jasmine rice

marinade in:

$\frac{1}{4}$ t oil

~~8~~ t salt

5 c water

1 T spring onion

saltines

(optional) 1 egg OR

(optional) 1 century egg, diced OR

(optional) 100g salt pork

that's 100g lean pork soaked in 1 t salt

1. Rinse jasmine rice until it is clear.
2. Marinade jasmine rice 15-30 min.
3. Boil water.
4. Add marinated rice, stir.
5. Boil 10-15 minutes, turn to low. Simmer 30-40 minutes until rice is mushy + soup is milky.
5. Add egg, pork. Simmer a few minutes on medium, stirring.
6. Season with salt, pepper, onion. Crumble a saltine into it.

Zak's tip: Freeze the rice to cook faster.

Zak's tip: You need to add at least one optional thing.

36 - Gloop, Milkmete

Source: A miscellany, p130

3 c milk
 $\frac{3}{4}$ c flour
4 egg yolks
4 T sugar
 $\frac{1}{4}$ t salt

1. Mix flour and milk thoroughly, removing lumps. Force through strainer. Dissolve lumps that didn't go through and repeat.
 2. Bring to a low simmer on medium to medium-low heat (~10 minutes). Simmer ~5 minutes, stirring constantly with a whisk.
 3. Remove from heat, let cool $\frac{1}{2}$ hour to 125°F. Beat egg yolks with salt, add to pot and stir in thoroughly with a whisk.
- Heat about 10 minutes, bringing it to near a boil.
Add sugar and serve.

Zak's tip: This is disgusting.

37 - Ice Cream

Source: mama + dada

2 c half-and-half
 $\frac{3}{4}$ c sugar
1 t vanilla extract

road salt / ice cream salt
1 big and 1 small coffee can

1. Mix ingredients, put in small coffee can.
2. Surround with ice + road salt layers in outside can.
3. Roll it around for 15-30 minutes. Can pop in the freezer at some point.

Dada's tip: Add chopped strawberries as mix starts solidifying.

38 - Lamb, Sikbaj

Source: A Miscellany, p33

2 lb pork or lamb

Cut meat in $\frac{1}{2}$ " cubes. Bring to a boil with

3 c water

1 stick cinnamon bark

$\frac{1}{2}$ t salt

1 t coriander

Remove froth (try not to remove too many spices). After 20 minutes, add

2 leeks, chopped

5 carrots, chopped

6 small white onions, quartered

Boil 50 minutes. Add

$\frac{1}{4}$ oz cilantro

$\frac{1}{2}$ t cinnamon

$\frac{1}{2}$ t pepper

1 t cumin

1 t salt

simmer $\frac{1}{2}$ hour. Mix vinegar and honey, add and simmer 10 more minutes.

$\frac{1}{3}$ c wine vinegar

$\frac{1}{3}$ c honey

Cover, let sit 15 minutes on low heat.

20 split almonds

2 T raisins or currants

2 T figs

Serve.

Zak's tip: This is a super-sweet meat dish.

39 - Lamb, "Slow-cooked"

Source: Zachary, 2019-11-20

$\frac{1}{2}$ hr prep, 3 hr cook, 1 hr clean

2-3 lb lamb chops

5 potatoes, chopped

1 head garlic, peeled + chopped roughly

mushrooms or mushroom Better Than Bouillon

salt

pepper

rosemary

$\frac{1}{2}$ onion, yellow

4 c water

1. Cook in pressure cooker at "2" (10psi) for 3 hours.
Or, actually slow-cook, turning sometimes, for
at least 6 hours.

40 - Liver, Fried Chicken

Keeps: 1 day, can't be frozen

6 chicken livers (halved)

flour

salt

pepper

(optional) $\frac{1}{4}$ onion

butter

1. Saute onion in butter until golden brown.
2. If needed, remove veins and membranes from livers, halve.
3. Season livers with salt+pepper. Dip in eggs and flour to coat.
3. Fry 1 minute to a side on low heat (2 for medium) in fresh butter. Discard butter between batches (may be bitter).

Zak's tip: Chicken liver is much tastier medium-done than cooked all the way.

41 - Pasta, Ground Beef Stroganoff

1 lb ground beef
 $\frac{3}{4}$ lb mushrooms, sliced
1 onion, diced
1 clove garlic, minced
3 T flour
2 c beef broth
2 t worcestershire sauce
salt
pepper
 $\frac{3}{4}$ c sour cream
2 T fresh parsley

1. Cut onions, garlic, and mushrooms.
2. Brown onion, garlic, and beef. Drain fat. Add mushrooms, cook 2-3 minutes.
Stir in flour, cook 1 more minute.
3. Add broth, worcestershire sauce, salt, and pepper.
Boil and simmer 10 min. Remove from heat.
4. In another pot, cook egg noodles.
5. Add sour cream, parsley to beef mixture.

42 - Pasta with Tomato Sauce

spicy italian sausage OR ground beef
crushed red pepper
black olives
onion
garlic
tomato sauce

1. Cook spaghetti.
2. Cook olives and garlic briefly.
3. Add beef, onion, and cook.
4. Add tomato sauce. Serve.

43 - Pasta with White Sauce

Cook

12 oz pasta

Add white sauce:

$\frac{1}{2}$ c half-and-half

salt

pepper

$1\frac{1}{2}$ c ricotta

any of

spinach, cooked

chickpeas

herring

broccoli

44 - Popcorn

popcorn, large kernels

high-smoke point oil, like vegetable oil

melted butter OR vegetable oil

1. Pop popcorn in a large pot, jiggling it so nothing burns.
2. Slowly pour melted butter or oil over the popcorn.
You need some added oil for any seasonings to stick.
Put the lid on the pot and shake to coat.
3. Add any seasoning and shake again thoroughly.

Suggested spices

salt

garlic powder

cheese powder

paprika (opt. with chili)

Zak's tip: If your pot isn't big enough to mix in, you can put saran wrap over a big bowl using a rubber band.

45 - Pork, Pulled

pork shoulder
salt
pepper
cheap beer
onion
garlic
jalapeno
cumin
paprika
tomato paste
mustard powder
bay leaves

1. Salt and pepper pork shoulder.
2. Open a window. Burn the shit out of it. 4min/side minimum.
3. Cover with cheap beer (lots).
4. Add everything else.
5. Simmer 6-8 hours, ladling liquid over the top every hour if not covered entirely in beer.

Zak's tip: Use a pressure cooker to get a similar result faster. See Lamb, "Slow-cooked".

46 - Potato, Baked

Source: Joy of cooking, p292

Source: thekitchn.com

Baked Potato

1. Wash + dry potato. Grease with butter or rub in oil.
Stab with a fork all over.
2. Cook at 425°F for 60 minutes.
3. Add toppings.

English "Jacket" Potato

1. Wash + dry potato. Grease with butter, and slice a cross into it.
2. Cook at 400°F for 120 minutes.
3. (Optional) Take out, slice deeper, cook 10 more minutes.
4. Add toppings.

Toppings

butter
sour cream
chives or parsley
bacon
cheese Sauce (below)

Cheese Sauce

2 T butter
3 T flour
1½ c milk
4 c grated cheese
½ t salt
⅛ t paprika
cayenne
½ t dry mustard

47 - Potatoes, Roasted

potatoes, cut into 2cm pieces
olive oil
salt
pepper
rosemary

1. Cover potatoes in oil and spices.
2. Cook at 400°F for 45 minutes. Turn halfway.

Zak's tip: If you want crispier potatoes, try smaller pieces or frying.

48 - Pretzel, Soft

1. Combine
 - 1½ c flour
 - 1 package active dry yeast
2. In a medium saucepan, heat until warm
 - 1½ c milk
 - ¼ c sugar
 - 2 T cooking oil
 - 1 t salt
3. Add warm mixture to bowl, beat well. Using a spoon, stir in
 - 2½-3 c flour
4. Turn dough into lightly floured surface. Knead. Shape into a ball. Place in a lightly greased bowl, turning once. Cover + let rise (about 75 min).
5. Punch dough down. Turn out, cover let rise 10 min. Lightly grease baking sheets.
6. Roll into 12"x10" rectangle. Cut into twenty 12"x½" strips. Pull out into 16" strips, shape into pretzels.
7. Place pretzels on sheet. Bake at 475°F for 4 minutes. Reduce oven to 350°F.
6. Boil in a wide pot
 - 6 c water
 - 2 T saltLower 3-4 pretzels into pot at a time. Boil 2 minutes, turning once. Drain on paper towels. Put on greased baking sheets, ½" apart.
7. In a small bowl stir egg white with water. Brush pretzels with
 - 1 egg white, slightly beaten
 - 1 T waterAdd any toppings:
 - salt
 - butter
 - minced garlic
 - cayenne pepper
8. Bake at 350°F for 20-25 min, or until golden. Let cool.

49 - Quiche

Pie Crust

1 c flour
 $\frac{1}{2}$ t salt
 $\frac{1}{3}$ c shortening
 $2\frac{1}{2}$ T water

1. Sift flour + salt.
2. Add $\frac{1}{2}$ shortening, work with hands until like cornmeal. Add $\frac{1}{2}$ shortening in pea sized bits with pastry cutter.
3. Roll the dough.

Quiche

$\frac{1}{4}$ lb bacon, sliced
2 c milk or cream
3 eggs
 $\frac{1}{4}$ t salt
 $\frac{1}{8}$ t white pepper
nutmeg
1 t chives
 $\frac{1}{2}$ c cheese (diced swiss)

1. Cook bacon, dry well.
2. Scald milk.
3. Beat in eggs, spices.
4. Add bacon to pie, along with cheese.
5. Pour custard.
6. Bake 35-40 min at 375°F.

Notes:

Takes a really long time to dry enough, listed time is not enough. Find a recipe with less milk/liquid

50 - Quinoa, Curried

Makes: 2 servings (4 c)

- 1 onion
- 2 cloves garlic
- 1 c dry quinoa
- 2 c broth (clam)
- 1 T curry powder
- 1 t cayenne
- salt
- pepper

1. Saute onion 2 minutes. Add quinoa, garlic. Saute 3 more minutes.
2. Add broth, spices. Bring to boil, then simmer for 25 minutes (until quinoa dries).

Zak's tip: Some quinoa needs washed first, some doesn't

51 - Rice, Basmati

Source: Sammy

3 c rice
3 c water
 $\frac{1}{4}$ t turmeric
1 t salt
4 whole cloves
2 cloves garlic (optional)
1 cinnamon stick, 1" long
 $\frac{1}{4}$ c (half stick) butter
chives / green onions (garnish)

1. Rinse rice.
2. Fry spices w/oil for about 1 minute. Add rice and stir 1 more minute.
3. Add water, bring to boil, and cover. Turn to very low simmer, 20 minutes.
4. Fluff with a fork & add butter, cut into "pats" to melt faster. Garnish with chives or green onions.

52 - Salad, Fenn's Corn

Source: Fenn

Microwave

- 1 piece butter

- 1 c corn, thawed

Stir in

- dill

- cumin

- Better Than Bouillon mushroom

- 3 stalks baby bok choy, chopped

- (optional) cayenne to taste

- garlic powder

Zak's tip: I've never tried this.

53 - Salad, Crunchy Thai

From: Sammy (originally Jessica Gavin)

2 c kale, thinly sliced
1½ c napa cabbage, thinly sliced
1½ c red cabbage, thinly sliced
½ bell pepper
⅓ c carrot, shredded
1 mango, thinly sliced
¼ c cilantro, chopped
8 mint leaves, thinly sliced
1 T green onions, thinly sliced
¼ c peanuts, roasted, roughly chopped
salt
pepper

Peanut dressing

⅔ c peanut butter, smooth
4 T lime juice
6 T honey or maple syrup
3 T rice wine vinegar
3 T soy sauce
[2 t sesame oil]
2 t sriracha
1 t ginger, minced
2 cloves garlic, roughly chopped
2 T water

1. Puree dressing (or mix).
2. Mix salad, add dressing. Season with salt + pepper.

Zak's tip: I have never tried this.

54 - Salad, Fish

Source: Fenn

bok chok

spinach OR bok choy

quinoa

canned salmon OR herring

55 - Salad, Tabouli

150g or 2 bunches parsley
6 green onion
4 tomatoes
3 lemons' juice
5 T olive oil
1 c bulgur wheat
1 c water, boiled
salt
pepper

1. Mix bulgur and boiling water. Let cool.
2. Chop the rest. Mix.
3. After bulgur is chilled, fluff and add other ingredients. Serve.

56 - Salmon, Baked

Baked salmon

- 2 (6-oz) salmon fillets
- 6 T olive oil
- 2 cloves garlic, minced
- 1 t dried basil
- 1 t salt
- 1 t black pepper
- 1 T lemon juice
- 1 T parsley, fresh, chopped

1. Marinate fish in spices for 1hr in fridge. Turn if needed.
2. Preheat to 375°F.
3. Cover in aluminium foil, marinade, seal. Place in glass dish, bake 35-45 minutes.

57 - Salmon, Blackened

- 2 T paprika
- 1 T cayenne
- 1 T onion powder
- 2 t salt
- $\frac{1}{2}$ t white pepper
- $\frac{1}{2}$ t black pepper
- $\frac{1}{4}$ t dry thyme
- $\frac{1}{4}$ t dry basil
- $\frac{1}{4}$ t dry oregano
- 4 salmon fillets, skin+bones removed
- $\frac{1}{2}$ c butter, melted

1. Mix spices in a small bowl.
2. Brush salmon fillets with half the butter on both sides. Sprinkle with spice mixture.
Drizzle with half remaining butter in pan.
3. Open a window. Cook salmon butter-side down until blackened, 2-5 minutes. Flip, drizzle with rest of butter, blacken.

58 - Salmon, Poached

1. Boil water
2. Pour it over salmon
3. Simmer 10 minutes

Bechamel sauce

2 T butter

1 t flour

1 c milk

(optional) anchovy paste, don't recommend here

1. Melt butter.
2. Add flour, mix.
3. Add milk.
4. Cook until thicker, stirring constantly.

59 - Sauce, 5-Layer Dip

- 1 packet taco seasoning
- 1 can refried beans
- 1 c = 8 oz sour cream (can be 16)
- 1 package = 8 oz cream cheese
- 8 oz salsa
- 1 c butter lettuce
- green onions, some
- black olives
- 1 c diced tomato
- cheese, shredded

60 - Sauce, Guacamole

- 1 mashed avocado
- 1 chopped avocado
- 1 T lemon juice
- 1 T salsa
- $\frac{1}{2}$ t chili powder
- $\frac{1}{2}$ t chopped garlic
- pinch cayenne
- salt
- pepper
- 3" scallion or green onion

Zak's tip: An open-face guacamole on sourdough sandwich is delicious.

61 - Sauce, Pesto

Keeps: ~1 week in fridge, try freezing

2 c basil (press down and pack, not tightly)

2 cloves garlic

$\frac{2}{3}$ c olive oil

$\frac{1}{2}$ c parmesan cheese

salt

pepper

no pine nuts because they're gross

1. Remove basil stems.

2. Blend all ingredients.

62 - Salt, Wine-infused

1 bottle of dry red wine
1-3 c salt

1. Boil until it's really low.
2. Put in the oven on lowest heat setting, checking back regularly to get the rest of the moisture out.

Zak's tip: I never made this. I tried with white wine, anything with sugar definitely will not work.

63 - Shrimp, Boiled
Source: Zachary/Fenn

shrimp, raw

1. Unthaw and peel shrimp.
2. Boil water (more than needed for thermal mass).
3. With a sieve or other small dipper, cook in batches of no more than a dozen, 30 seconds each.

Shrimp are good plain or dipped in melted butter.

This is way better than the overcooked cooked shrimp you can buy.

64 - Smoothie, Fenn's

1½ c milk
1½ T whey protein
2 T buttermilk powder
(optional) ½ T psyllium husk

1. Add milk, lowest speed with no center.
2. Add spirulina, any powders on low.
3. Add frozen banana in chunks, moving from low to high for each.
3. Add spinach on high.

Zak's tip: It's not that tasty? But probably good for you.

65 - Soup, Cream of Cauliflower

Source: Alicorn, Improvisational Soup

Makes: 4 servings

1 cauliflower

1 onion

1 potato

Better Than Bouillon (veggie)

lots of garlic

heavy cream

salt

white pepper

1. Roughly chop veggies. Add water to cover. Add BTB.
2. Boil until soft.
3. Blend some.
4. Add cream, salt, pepper to taste.

66 - Soup, Fennel Leek
Makes 7 servings (14 c)

2 c leeks, sliced
2 c fennel, sliced
2 T butter
2 lb red potatoes, $\frac{1}{2}$ " pieces
 $7\frac{1}{2}$ c broth
heavy cream

1. Saute leeks and fennel.
2. Add broth and potato. Boil. Simmer 25 min. until potatoes are very tender.
3. Blend, season. Garnish with fennel fronds.
4. Serve with heavy cream.

67 - Soup, Peanut

Source: Mama (originally from Moosebook Cookbook)

Cook (saute)

2 T butter

2 garlic cloves

1 onion

2 t grated ginger

Add

2 c water

Better than Bouillon (any)

1 c chopped/smashed peanuts

1 t salt

$\frac{1}{4}$ t cinnamon

$\frac{1}{4}$ t ground cloves

$\frac{1}{4}$ t cardamom

$\frac{1}{2}$ T mustard

$\frac{1}{2}$ t turmeric

1 t cumin

$\frac{1}{2}$ c peanut butter

Before serving, add

$1\frac{1}{2}$ c buttermilk

1. Chop onion, potato, garlic cauliflower.

2. Add water to cover. Add BTB.

3. Boil until soft.

4. Blend.

5. Add cream, salt, pepper to taste.

Zak's tip: Cultured buttermilk keeps making me sick.

You can also use normal milk.

68 - Soup, Potato

Saute

2 T butter

1 large onion, diced

5 celery stalks

Add

$\frac{1}{2}$ t salt

$\frac{1}{2}$ bay leaf

water to cover

Beat up with

2 T butter

Add

6 c stock (1 T Better Than Bouillon veggie)

4 medium potatoes, chopped

$\frac{1}{2}$ t salt

$\frac{1}{2}$ t worcestershire sauce

heavy cream

69 - Steak Tartare

Source: Zachary, Tricia

1. Dice finely and combine
 - 3 T olives
 - 4 T olive oil
 - 3 t brown mustard
 - 2 T red onion
 - crushed red pepper
 - (optional) 1 T capers
 2. Take
 - 8-10 oz very fresh raw steak
 - Remove fat and tendons from steak. Season lightly with salt and pepper. Sear lightly on all sides if you're a wuss.
 3. Slice steak into very thin strips, then keep slicing that into tiny bits. Pile steak in bowls.
 4. To each bowl, add diced mixture and
 - olive oil
 - (optional) 1 raw egg yolk, from washed egg
- Serve cold.

Zak's tip: Raw eggs are more dangerous than raw steak.

70 - Steak, Made-up

Source: Zachary from various recipes

Pan-fry steak, searing both sides.

Bake steak in the oven with

- butter

- 1 T chives

- 1 T parsley

- 1 sprig rosemary

- 2 T kosher salt

- 2 T olive oil

- 2 t pepper

Use the burnt bits on the pan and make a sauce adding

- dry red wine

- shallot

- 1 sprig sage

- 1 T butter

- salt

Pour sauce over the steak.

71 - Steak, Pan-Broiled

Maitre'd Hotel butter

$\frac{1}{4}$ c butter (soft)

$\frac{1}{2}$ t salt

$\frac{1}{8}$ t pepper

1 t chopped parsley

1-1 $\frac{1}{2}$ T lemon juice

1. Sear steak 1 minute on each side in a pan.
2. Cook 7 minutes on medium (ish) for 1" steak.
3. Add any salt.

Add one of

maitre'd hotel butter (above)

pre-made balsamic glaze

72 - Stew

Makes: 6 servings

3 pounds beef (marbled), 1½" pieces
salt
pepper
olive oil
2 yellow onions, 1" chunks
7 cloves garlic, smashed
2 t balsamic vinegar
¼ c flour
1½ t sugar
2 c dry red wine (mandatory)
4 c water as clam broth (other broth ok)
2 bay leaf
½ t dried thyme
4 carrots, as 1" pieces
1 lb white potatoes, as 1" pieces

1. Use dutch oven. dry, season, and sear beef in 3 batches, 5-8 minutes/batch.
2. Preheat oven to 325°F.
3. Remove meat. Add onions, garlic. Stir 5 min.
4. Add flour, broth, spices. Cover, braise 2 hours.
5. Add carrots and potatoes. Cook 1 hour.

73 - Stir-fried Noodles

Makes: 2 servings

1 package egg noodles
white mushrooms, sliced
soy sauce
(optional) corn, frozen or canned
(optional) peas, frozen
(optional) broccoli, frozen
(optional) egg
(optional) diced meat

1. Boil egg noodles until done. Strain.
2. Add any frozen vegetables to the pan until thawed.
3. Add any raw egg, scramble as it cooks.
2. Stir-fry noodles in a pan, adding soy sauce immediately. Once drier, remove from heat.
4. Add sliced raw mushrooms. Add additional soy sauce if wanted.

74 - Stir-fry, lemon-pepper patties

Source: Zachary, based on A Miscellany, p44 (Maqluba)

Slice up

10 oz steak

Pat on

2 T lemon pepper

Stir-fry. Sprinkle on and let dry:

1 T lemon juice

Add

$\frac{1}{2}$ c water

$\frac{1}{2}$ t ground coriander

$\frac{1}{2}$ t cumin

$\frac{1}{2}$ t pepper

1 t cinnamon

$\frac{1}{2}$ t dry mint

2 T sesame oil

Cook $\frac{1}{2}$ hour until drier. Mix with

(optional) $1\frac{1}{4}$ c walnuts, ground in food processor

5 eggs

Fry as patties.

75 - Stuffed Bell Peppers

Makes: 6 servings (6 peppers)

- 6 large bell peppers
- 1 lb. beef
- $\frac{1}{2}$ c onion, diced
- 1 can diced tomato
- $\frac{1}{2}$ c uncooked rice
- 1 c water
- 1 t salt
- dash pepper
- 1 t worcestershire sauce
- 1 c shredded cheese

1. Clean peppers. Cut up tops. If green, boil 5 minutes first and salt insides.
2. Cook ground beef, onion, pepper tops.
3. Cook rice separately (20 min or until done)
4. Add to beef mixture: cooked rice, tomato, spices. Stir in cheese.
5. Stuff peppers. Top with more cheese.

Zak's tip: Green peppers suck

76 - Waffles, Oat

Source: Fenn (inventor), Zachary (dry mix and recipe writing)

Oat Waffle

$1\frac{1}{2}$ c oats, ground in a coffee grinder

$\frac{1}{4}$ c coconut oil, melted

OR $\frac{1}{4}$ c olive oil

OR $\frac{1}{4}$ c sunflower oil

1 egg

$\frac{1}{4}$ t salt

molasses

$\frac{1}{2}$ c milk OR $\frac{1}{2}$ c evaporated milk

(optional) chocolate chips

(optional) currants

Waffle Mix

16 c oats, ground (= 1 container oats)

4 c powdered milk

4 t salt

$1\frac{1}{4}$ c powdered egg

Oat Waffle from Mix

$1\frac{1}{2}$ c waffle mix (above)

$\frac{1}{4}$ c oil

$\frac{1}{2}$ c water

molasses

(optional) chocolate chips

(optional) currants

Good Toppings

butter

bananas

sour cream and apricot preserves

1. Combine waffle ingredients.
2. Cook until it stops steaming in waffle maker.
3. Add toppings (optional).